



*The Wholistic Hound Academy Proudly Presents*

## A Weekend of Canine Conditioning Workshops

with **Lisa Schmit**

**Saturday & Sunday, January 6 & 7, 2018**

**Two 3 ½ hour sessions each day – choose one or more.**

**Only 8 Working Spots per session! Unlimited auditing!**

Are you interested in creating a fitness program for your dog but you don't know where to start? Have you seen pictures and videos of dogs doing cool stuff on fitness equipment but you have no idea how to teach it?



Canine Conditioning is very important for all dogs. From puppy to senior, from couch potato to the canine athlete, there are fun exercises to help improve your dog's overall wellbeing. These exercises improve body awareness, balance, flexibility, mobility, muscular strength and help prevent injury.

Besides the incredible physical benefits, doing these exercises will provide mental stimulation, strengthen the bond with your dog, increase dog's confidence and create more focus. Plus, it is fun to do and dogs enjoy it!!!

During these hands-on workshops dogs will learn to use their bodies to increase balance and general fitness. Dogs will learn fitness exercises on the flat and then on balance equipment. You will get time to practice them so you understand how to perform the exercises properly.

### About Lisa

Lisa has been active in agility for over 15 years and gives agility and conditioning seminars across the continent. She is a FITPAWS Master Trainer, Certified Canine Fitness Trainer and member of Bobbie Lyon's K9 FitClub. Her dogs cover a wide spectrum—from big to small, soft to hard, slow to fast, and novice to elite. This allows her to bring real life experiences into her training—all in a fun positive way. To view a complete list of Lisa's accomplishments, agility videos and photos please visit <http://inthezoneagility.com/>.





# Session Descriptions

## Saturday, January 6<sup>th</sup>

- **Morning Session: Canine Fitness Foundation**

Focus will be on teaching dogs to use their bodies to increase balance and general fitness. Dogs will learn fitness exercises on the flat and then on balance equipment. You will get time to practice so you understand how to perform the exercises properly. We will go over a proper warm-up and cool down routine. We will also teach proper and safe body placement for exercises with and without equipment. You will learn the 'basic' fitness exercises on the ground and then perform some of these moves on fitness equipment (Fitbones, pods, balance disc, benches).

- **Afternoon Session: Advanced Canine Fitness Fun & Injury Prevention**

We are seeing more and more psoas and shoulder injuries in sporting dogs. This workshop will target these areas with exercises that will help warm-up, strengthen and stretch these muscles groups. The exercises are intended to help reduce the risk of injury by increasing balance, stability, flexibility, strength and body awareness. Focus will be on teaching more advanced exercises using various pieces of fitness equipment. Dogs must have experience with fitness equipment and be able to do tuck sit, sphinx down, sidepass and backup. Participants should attend the morning session or have taken previous conditioning classes/seminars.

## Sunday, January 7<sup>th</sup>

- **Morning Session: Canine Fitness Foundation**

Focus will be on teaching dogs to use their bodies to increase balance and general fitness. Dogs will learn fitness exercises on the flat and then on balance equipment. You will get time to practice so you understand how to perform the exercises properly. We will go over a proper warm-up and cool down routine. We will also teach proper and safe body placement for exercises with and without equipment. You will learn the 'basic' fitness exercises on the ground and then perform some of these moves on fitness equipment.

- **Afternoon Session: Conditioning for Puppies & Older Dogs**

Focus will be on teaching exercises geared toward the young whose joints and muscles are still growing as well as for the aging dog. Performing conditioning with puppies is beneficial if proper form and technique is obtained. Older dogs benefit greatly from conditioning and can really enhance their life. We will go over what to do, what not to do and how long to perform exercises with pups and older dogs.



## Seminar Registration Information

**Only 8 working spots each session! Unlimited audit spots.**

**Working Slots** \$125 for single session / \$200 for two sessions

**Audit Slots** (*nonworking*) \$40 per session

The workshops will take place at the Wholistic Hound Academy. Doors will open at 8:00 am.

Please plan to arrive no later than **8:15 am** for the morning sessions and **12:45 pm** for the afternoon sessions to set up and check in. To reserve your spot, mail registration form with a check made payable to:

*Wholistic Hound, LLC* to:

Wholistic Hound Academy, Attn: Canine Conditioning  
18 Roth Street, Suite 100, Alexandria, VA 22314

Payment must be received with registration form no later than Monday, December 18, 2017.

Any questions? Email us at [info@wholistichound.com](mailto:info@wholistichound.com)

### Participant information:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

### Choose your session(s)

#### SATURDAY, JANUARY 6<sup>TH</sup>

##### 8:30 am - 12:00 pm Canine Fitness Foundation

\$125 Working Slot: Dog Name: \_\_\_\_\_ Age: \_\_\_\_\_ Breed: \_\_\_\_\_

\$40 Audit

##### 1 pm - 4:30 pm Advanced Canine Fitness Fun & Injury Prevention

\$125 Working Slot: Dog Name: \_\_\_\_\_ Age: \_\_\_\_\_ Breed: \_\_\_\_\_

\$40 Audit

#### SUNDAY, JANUARY 7<sup>TH</sup>

##### 8:30 am - 12:00 pm Canine Fitness Foundation

\$125 Working Slot: Dog Name: \_\_\_\_\_ Age: \_\_\_\_\_ Breed: \_\_\_\_\_

\$40 Audit

##### 1 pm - 4:30 pm Conditioning for Puppies & Senior Dogs

\$125 Working Slot: Dog Name: \_\_\_\_\_ Age: \_\_\_\_\_ Breed: \_\_\_\_\_

\$40 Audit

Check # \_\_\_\_\_ Check Amount \_\_\_\_\_

## Photo & Video Release

Video or photos of the seminar may be published on the Wholistic Hound website or elsewhere. I hereby acknowledge that I, my dog and my family may be included in class video posted on the Wholistic Hound website, on social media, or in future training videos. All video and photos are the property of Wholistic Hound, LLC.

## Release of Liability

I hereby acknowledge and agree to this waiver of liability which is in effect for all seminar participants and extends to the crate room accommodations. I shall assume all responsibility for the care of my dog through the duration of the seminar, sanitization of the crates, potty breaks, cleaning up after my dog, supervising my dog when uncrated to protect my dog, other dogs and people and will not leave the premises without taking my dog with me.

Wholistic Hound, LLC, its employees, volunteers, staff, and seminar presenters are not liable or responsible for any damages, loss, injury or illnesses to any person, animal or property stemming from or related to attendance or participation in this seminar. In registering for and attending this seminar, all participants, volunteers and guests agree to indemnify and hold harmless the above individuals, organizations, corporations, their directors, volunteers and staff.

I further agree that Wholistic Hound, LLC has the right to refuse training to any dog that repeatedly displays a vicious aggressive manner that is believed by the trainers not manageable by his/her owner or handler and that the Wholistic Hound, LLC has the right to excuse any dog that appears in poor health.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**RELEASE of LIABILITY: I have carefully read this release of liability and fully understand the contents thereof. I am aware that this is a release of liability and a contract between Wholistic Hound, LLC and me, and I agree to it of my own free will.**

## Cancellation Policy

Your registration and payment is non-refundable / non-transferable after December 23, 2017. Prior to December 23, full refund minus \$35 administrative fee for cancellation. No refund for no-shows. We will keep a waitlist, but if we cannot fill your spot, you will forfeit 100% of the total seminar fees paid.

I have read the above cancellation policy and I agree to all terms. I understand that there are no exceptions to the policy regardless of the reason for the cancellation.

I understand that cancellation may result in my receiving NO REFUND if my spot cannot be filled from the waitlist. I also understand that I may not give nor sell my spot in the seminar to another person.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_