

## Living and Learning with Dogs / Joyful Easy Training

### VISION

*Dogs make us better humans!*

- 🐾 To enhance dog / human relationships with awareness centered training and well being.
- 🐾 To raise awareness about responsible dog care through education and advocacy.
- 🐾 To provide training, coaching, motivation and resources in a caring environment.
- 🐾 To offer volunteer opportunities for pet assisted therapy ([New England Pet Partners Inc.](#)).
- 🐾 To inspire effective communication, cooperation and integrity among dog training and wellness professionals.

Education is knowledge. Knowledge is a path to better choices and change. Awareness centered training provides skills that can be integrated into daily living .

**[Training Your Dog can Change Your Life.](#)** Open your mind to the possibilities of learning something new while creating a happy, healthy and confident dog.

### Nose—to—Navel Breathing

Take a moment, close your eyes and relax with your dog. Teaching our dogs to relax is helpful to reduce sensory overload. Dogs (and humans) who are calm can focus and learn quicker. Inhale through your nose to the count of 4, holding for about 6, and exhaling through your mouth to the count of about 8, while imagining “so calm”.

Children and dogs require adult supervision in class. An adult must accompany teenagers under 16. Work in collaboration with your Veterinarian regarding immunizations. All dogs must be on leash (no flexi-leads), and healthy, to attend sessions.

### ABOUT US

[Dog Talk LLC](#) was founded in 1989, as an insured, registered business in the State of N.H.

Dog Talk has evolved into a training and wellness sanctuary, focusing on awareness centered training, behavioral counseling and pet assisted therapy.

We work collaboratively, as a team, with veterinarians, wellness practitioners and trainers in the community.

There is an overwhelming wealth of knowledge available today. We can help you discover what works best for you, your dog & individual lifestyle.

We are grateful to be connected to heart-centered individuals who support our vision:

- 🐾 [CCPDT](#) (Certified Professional Dog Trainer)
- 🐾 [Pet Partners](#) and [READ](#)
- 🐾 [APDT](#) (Association of Pet Dog Trainers)
- 🐾 [IAABC](#) (International Assoc. of Animal Behavior Consultants)
- 🐾 [NBCC](#) (Board Certified Counselor)
- 🐾 [AKC/CGC](#) (American Kennel Club/Canine Good Citizen)
- 🐾 [Latham Foundation](#)
- 🐾 [GHCC](#) (Greater Hudson Chamber of Commerce)
- 🐾 NHNP—New Hampshire Non-Profits

### [Maureen Ross](#)

- 🐾 MA in Counseling / Behavioral Psychology
- 🐾 BS in Organizational Management
- 🐾 Board Certified Counselor (NBCC #40374)
- 🐾 Canine Massage, Acupressure (Certified)
- 🐾 Registered Yoga Teacher (Yoga Alliance #25738)

For more information: [www.dogtalk.com](http://www.dogtalk.com)

Pet Assisted Therapy Team Training and Evaluations  
[www.newenglandpetpartners.org](http://www.newenglandpetpartners.org)  
[info@petpartners.org](mailto:info@petpartners.org)

Daily Doga Inspirations / [www.dailydoga.com](http://www.dailydoga.com)



## A Training and Wellness Sanctuary for Dogs and Their Humans!

- 🐾 Family Focused Dog Training
- 🐾 Behavior / Wellness Coaching
- 🐾 Dog Sports (energy balancing)
- 🐾 Integrative Canine Massage
- 🐾 Pet-Assisted Therapy (Licensed)

Awareness—Education  
Relationship—Well Being  
A Whole Learning Experience

### [Maureen Ross, MA, CPDT-KA, NCC, RYT](#)

Author, Awareness Centered Training (ACT)  
Train Your Dog, Change Your Life  
Dog Talk Media Publications on dog/human relationships, behavior, pet assisted therapy and fit-train, (Dogs, Balls and Balance), [Daily Doga](#), Mindfully Living and Learning with Dogs.

24 Tenney Road  
Pelham, N.H. 03076

**603-635-DOGS (3647)**

Email: [maureenr@dogtalk.com](mailto:maureenr@dogtalk.com)  
[caninecoach@dogtalk.com](mailto:caninecoach@dogtalk.com)

[www.dogtalk.com](http://www.dogtalk.com)

- Small classes begin with breathing / centering with our dogs in the present moment.
- Registration, guidelines, program descriptions, fees and events can be found at [DogTalk.com](http://DogTalk.com).
- PayPal, MC / Visa / Discover / Checks and Cash accepted.
- For Pet Assisted Therapy Training and Evaluations Information, please visit — [newenglandpetpartners.org](http://newenglandpetpartners.org).
- For Living and Learning with Dogs / Meditations - [Daily Doga](http://DailyDoga)
- There are no drop-ins for Level 1. For Level 2 or 3, inquire at Email: [info@dogtalk.com](mailto:info@dogtalk.com)
- You are welcome to take each level as often as you like.
- Clicker training clarity (CTC) is a choice and a skill. If you are not sure email [maureenr@dogtalk.com](mailto:maureenr@dogtalk.com).
- Take Advantage of our Re-Join Discount. For more information [www.dogtalk.com](http://www.dogtalk.com).

**Socialization and Manners (SAM) and Level 1 Training—Beginnings—\$180**  
**6, 1<sup>plus</sup> Hour Weekly Sessions - Class Max = 8 / Class Minimum = 3**  
**Please inquire about semi-private classes (2 people—2 dogs) [maureenr@dogtalk.com](mailto:maureenr@dogtalk.com)**  
**Class Includes the following, plus hand-outs and homework for daily practice**  
**10% discount for 2 dogs - 2 handlers = \$342—Join our e-news list for discount coupons**

Socialization and manners creates happy, healthy and confident dogs who enjoy interactions with other dogs, children and society. SAM is supervised off leash play sessions, when appropriate and safe. Socialization to sights, sounds, smells, and gradual introduction to environmental stimuli, happens every day. Pups learn to navigate interactions with others and learn useful body language skills.

**Level 1** is appropriate for puppies 4-months and older. Adopted dogs and adolescents are welcome after evaluation. Classes offer a small, motivational environment and awareness centered training (ACT). Learn skills that are easy to integrate into daily living and learning with your dog: sit, down, stand, stay, take-it / leave-it / give-it (object exchange), relax, and more. Joyful, easy training gives the puppy/dog the opportunity to learn without fear. Basic massage helps desensitize dogs for handling: Vet wellness checks, grooming, boarding, day-care, children, family and friends. People and dogs develop a foundation for a respectful relationship. Positively essentials include: housetraining, therapeutic chewing, occupational digging, exercise, nutrition, play and train.

#### **Level 2—Moderate: \$120 for 6, 1 Hour Sessions**

Those who have completed Level-1 transition into Level-2. After a brief review of Level-1, increase training skills with distractions, distance, diversity, duration, determination and discrimination. Approaches for attention-getting, targeting and sequencing are used. Learn how to recognize your dog's strengths, limitations, thresholds and boredom. Redirect the dog's adolescent energy and natural instincts into positive occupational jobs. We will explore how communication, body language and stress affects you and your dog's learning experience.

#### **Level 3—Challenging: \$120 for 6, 1– Hour Sessions**

Challenging is a matter of personal choice, skill and ability. Dog teams who have completed Levels 1 and 2, at least once, can glean their skills and have fun connecting with their dogs. Develop a confident, reliable relationship with creative challenges, under a broad range of circumstances like: on and off-leash training, baseball, dogs, balls and balance, cross-training, rotation training, switch, sequences, clicker training clarity, desensitization/socialization training and games. Specialized training using various equipment, sights, sounds and smells that will be encountered in the real world may be included (i.e. pet assisted therapy).

#### **Dog Sports (Integrative): Non-Competitive for Energy Balancing and Joy (Woofee)**

A virtual playground of higher learning, this is a non-competitive way to enjoy agility with your dog, while balancing energy into positive outlets.

**For more information and training, event and workshop schedules visit [www.dogtalk.com](http://www.dogtalk.com) or Take a Deep Breath and Call 603-635-DOGS (3647)**

## **Training and Wellness Services**

- Puppy Socialization (supervised)
- Socialization and Manners (SAM)
- Awareness Centered Training:
  - Level 1—Beginning
  - Level 2—Moderate (*Taming Adolescent Energy*)
  - Level 3—Challenging
- Private Behavior and Wellness Coaching
- Lifestyle Adjustment Planning (LAP)
- Behavior Adjustment/Attitude Planning (BAP)
- Clicker, Cross and 6-D's of Advanced Training (Distance, Distraction, Duration, Diversity, Discrimination and Determination)
- Integrative Canine Massage / Acupressure
- Dog Sports - Energy Balancing (*Woofee*)
- Pet Assisted Therapy (*Training & Evaluations*)
- Pet Loss and Bereavement Counseling
- Educational Workshops (*empowering*)

### **Private Training**

**To inquire about Private Training Fees at the Sanctuary or at your home call: 603-635-3647**

**[email maureenr@dogtalk.com](mailto:maureenr@dogtalk.com)**

Maureen provides private, confidential awareness centered training that includes the essentials as described in Level 1—3. The program is designed to meet your particular needs.

### **Private Behavioral and Wellness Coaching and/or Evaluations are by Appointment Only**

Refer to [www.dogtalk.com](http://www.dogtalk.com)

Click on [Behavior Counseling](#)

Call to schedule a coaching session

603-635-3647

### **Telephone and Online Coaching**

Telephone and [online coaching](#) is available with obvious limitations [Canine Coach Online](#).