

GUIDELINES FOR PACK WALK

Any questions please talk with Gary or Julia

1- Toward dogs: NO TALK! NO TOUCH! NO EYE CONTACT!..Don't misinterpret excitement for happiness. EXCITEMENT IS NOT HAPPINESS. These feelings can be related, but not always. Everyone is here for their own reasons. Be respectful not to just walk up to someone talking to their dog, creating excitement. Identify their energy, body, language, be respectful of their space. Tail wagging doesn't mean we are friends. It could mean I want to eat you!

2- This is a "No Negative Energy Zone." All moments are neutral. It's your feeling about that moment which is real to you and shows people how you feel (body language, facial expression, or your dog's reaction.) Some are working on training with their dogs, socializing with humans, and/or socializing for their dogs, so let's support each other's vision and what we are trying to get out of the day. Peace and Relaxation! If a dog(s) gets excited, barks, etc, be aware of how this makes you feel. Some peoples' faces change instantly, some ignore it, and some feed into it. (See rule one) Ignore them during this period and send calm non-judgmental energy. If you feel something, think first if it's good or bad for the pack. Take a deep focused breath and focus on something in the moment, like a tree or birds chirping. Try as hard as you can to be in the moment. (Any questions again talk with Gary or Julia.)

3-Walking should feel like *meditation*. Like yoga it is movement meditation focused in the now. Feel your feet against the floor, sun and wind on your face, stay in the moment - calm, open, and aware of your surroundings. Remain mentally aware and emotionally in-tune.

4-**Be Prepared**- Use appropriate leash, collar, harness etc. If you use a Flexi leash, keep them short and locked until bathroom breaks. Bring poop bags, sunglasses, hats, water, anything to make you and your pet comfortable and ready for the walk.

Tips:

-**Pressure on / Pressure off on leashes.** Constant pressure on the leash can create frustrated, dominant, or even tense dogs. No one likes pulling - it hurts our arms and makes dogs choke. So, releasing tension on the leash is very important when the dog is doing what you want.

-Excitement can create a ripple effect. Give space. If dogs get excited, just stay calm.