

Core Strengthening & Body Awareness Starting Feb. 21st

Using the Theraball and other props to strengthen and exercise your dog is a fun and entertaining way to reduce the chance of injury, increase balance and overall performance in your dog.



If it is raining or 90° outside, this gives you a way to mentally stimulate and strengthen your dog.

The first two weeks will be spent on the theraballs learning body awareness and balance as well as how to strengthen your dogs core muscles. Tricks that lend to core strength and balance will also be taught.

We will be working on hind end awareness and strengthening using core discs, steps stool, aerobic steps as well as fun tricks. Continually doing these exercises and tricks will benefit your dog physically, mentally and will deepen the human dog bond. Proper stretching will also be demonstrated

“Focus on Me” Starting Feb. 21st



more.

We will work with each dogs strengths and try to overcome their weaknesses. If you have a dog that plays, we will build on that play drive. If you have a dog that doesn't play we will figure out what moves them and build on it over 5 weeks of training. You and your dog will learn valuable behaviors that teach you to communicate better and will increase your bond.

This class offers you the opportunity to incorporate small things into your schedule to get the desired behavior from your dog. These exercises can be done in 5-10 minutes a day. If done consistently, you will have a better relationship with your dog and a dog that loves to focus on you.

This class will teach your dog to understand the value in focusing on you. Your dog will learn to look to you for the next instruction whether it be to be released to play, to learn a new trick, to go to mat, to leave it, and

Contact Bobbie Lyons for more information.
pawsitiveperformance@yahoo.com
503-329-1235



Classes held for 5 weeks Feb 21, 2010 through March 21, 2010

12:15 pm Focus on ME!

1:30 pm Core Strength & Body Awareness

If paying by CC, please email me for a paypal invoice. Email listed above.

Payment required in advance to hold your spot. Mail checks payable to Bobbie Lyons with your registration. Please mail to c/o Zell & Associates, 6800 SW 105th Ave., #210, Beaverton, OR 97008



Lexi Dog Boutique & Social Club
Lake Oswego Location
366 3rd Street @ A Avenue
Lake Oswego, OR 97035
www.lexidog.com

**"Focus on Me,
Hello I am over here"**

(please turn in with payment)

_____ payment enclosed \$130, check payable to Bobbie Lyons. Mailing address on front of flier or email for Paypal invoice.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number _____

Dog's Breed: _____

Dog's Name: _____

Any food allergies: _____

Shots records attached: Yes/No?

Any behavior issues?

If so please explain: _____

Email _____

**"Core Strength and
Body Awareness"**

(please return with payment)

_____ payment enclosed \$130, check payable to Bobbie Lyons. Mailing address on front of flier or email for Paypal invoice.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number _____

Dog's Breed: _____

Dog's Name: _____

Any food allergies: _____

Shots records attached: Yes/No?

Any behavior issues?

If so please explain: _____

Email _____

Keep for your records: Classes Sunday, January 17th through February 14th, 2010.

**"Focus on ME,
Hello I am over here"
12:15pm**

**Core Strength and
Body Awareness
1:30 pm**

Location:



**Lexi Dog Boutique & Social Club
Lake Oswego Location
366 3rd Street @ A Avenue
Lake Oswego, OR 97035
www.lexidog.com**



**brought to by:
Bobbie Lyons
503-329-1235**

**PawsitivePerformance@yahoo.com
www.pawsitive-performance.com**