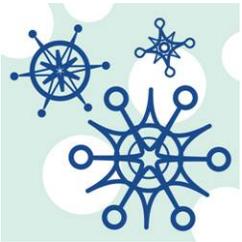




## January - March 2011 Newsletter

*N-Harmony with the Animal Kingdom*



*Love is in the air – open your heart to your animal companion!!!!..... Who better to be your Valentine than your furry or feathered friend? Who else looks at you with those dreamy eyes and offers you unconditional love? Who curls up in your lap when you are watching TV? Who burrows under the covers and snuggles with you in bed on those cold winter nights? Who sits on your shoulder and sings or chatters to make you smile?*



It has been a long hard winter, but we can now welcome Spring with open arms. It is almost here. You can see the tip of the sun and the pot of golden days at the end of the rainbow. You will be able to get back to taking long walks with the dog. You can start thinking about your garden and maybe bringing kitty out on a long leash while you plant. But you also need to remember what comes with making your garden grow – and that is rain.



If your canine companion has problems with storms make sure you have all the tools you need ready to go. 🐾 You might remind your furry girl how good the body wrap or Thundershirt™ feels. That way it will start to remind her cells about body awareness and balance and she can call on that cellular memory when the thunder rolls. You may

*Well, we all know that the tokens of appreciation designed for human enjoyment (like flowers and chocolate) can be very dangerous for our furry and feathered companions. But that should not discourage you from having your own love-fest celebration with your canine, feline, or avian friend. Valentine's Day would be a great day for offering your animal companion a special treat of their own. 🍗 Your canine or feline family member would enjoy something you might not normally offer them such as freeze-dried liver, a "novel" protein treat (such as rabbit or goat), or raw meat/veggie nuggets. Your feathered family member would love some fresh fruits or veggies (and you could even dehydrate some for later on). When February 14<sup>th</sup> gets here, wish your fur-kids (and beaked babies) a Happy Valentine's Day! .....but save a few treats for the rest of the month.*



## Feature Companion for this issue: Minnie



Minnie is a precious girl with a history of being shy. Her “mom” has introduced her to many things, in an effort to build confidence, while exploring socialization and the world around her. We often feel sad, worried, or frustrated on behalf of our animal companions. While holistic methods (i.e. TTouch), calming products (i.e. Thundershirts), or training classes (i.e. agility), provide tools for enhancing your companion’s well-being, boosting their confidence and deepening your

bond, you must also remember to open your heart to the wonderful animal that you share your life with and recognize their full potential – letting them grow and blossom at their own pace. We are all different. We all have experiences that brought us to where we are at this very moment. We need to slow down and recognize the achievements we make – that our animals make – and celebrate every step. With every touch (or TTouch), let a piece of your heart join your animal companion’s heart – plant the seed and watch it grow. Look how happy Minnie is going through that tunnel! .....and she is just as happy going for a ride and getting attention from Mom!



## Announcements:



Hyaflex is the maker of a high quality hyaluronic acid solution that is administered orally. The key features are - enhanced joint mobility and flexibility, and healthy joint and cartilage function. While this product has been available for humans and dogs for several years, the company recently introduced a formula for cats. N2paws carries the Hyaflex brand (with great success for dogs), and is offering a **FREE** sample of *Hyaflex for Cats* to the **first** person that responds to this newsletter! If you have an aging cat that could use some joint mobility support – don’t miss this opportunity to give Hyaflex a try!

N2paws is also offering a **\$5 discount** off the price of the *Aging Gracefully* class (see event list below) – just mention this newsletter to get the discount (no limit on this offer).

## Training Tip of the Month:

While we still have some cool days ahead of us, choose a new *cue* that you would like your dog to learn, such as Leave It or Drop It (or practice an old cue that your dog may not have down 100%, such as Come or Stay). Start working on that cue with repetition, reward 🦴 and consistency, until your dog can master the cue 100 percent of the time in the house. Then as soon as the winter breaks into spring and it is warm enough to spend time outdoors, practice that cue in your backyard or a quiet place outside until your dog has mastered it in that location. Then take your dog to another location with a little bit of distraction (a large park away from people or a parking lot across the street from activity) and practice the cue. Keep moving your dog to new locations (with a little bit more distraction at each place) to continue helping her master the cue. Only move her to new locations when she responds to the cue 100% in the previous location. Choose a location that is only a little bit more difficult than the last one. You want to break each task down into baby steps to set her up for success!

# Just for Fun & Heart Tugs

## Quotes of the Month:

"A loving heart is the beginning of all knowledge." - Thomas Carlyle

"Winter is on my head, but eternal spring is in my heart" - Victor Hugo

## Doga & Meowoga for this issue:

### Vriabhadrasana (Warrior | Pose)



2009© Dan Boris

Stretches chest, lungs, shoulders & back  
Strengthens shoulders, arms, & back  
Strengthens & stretches thighs, calves, & ankles

### Krounchasana (Heron Pose)



2009© Dan Boris

Stretches the hamstrings  
Stimulates abdominal organs & heart  
Reduces flat feet

p.s. trick photography - don't try this at home.....but do come to a Doga class to learn how to relax and have fun with your canine or feline companion!

## Feature Adoptable Companion(s) for this issue:

### Mister



Mister is a sweet boy who has overcome a stumbling block (ACL/knee ligament tears that required surgery – but is on the mend and looking for his forever home). He is 4 years old, good with most dogs, walks well on leash, knows many “cues” and rings a bell to go outside. He enjoys playing with his canine buddies or just lounging around and getting attention. Mister would love to share your couch and your life! If you have some extra room in your heart and on your sofa, contact Animals Best Friends (ABF) – see below.



## Skippy



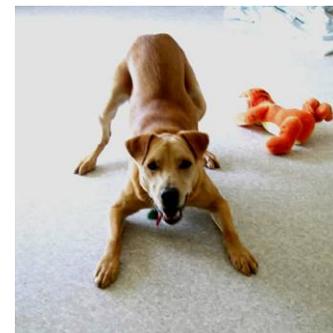
Skippy is a 2 year old, 3-legged wonder, and a sweet little guy. He is good with other dogs (seems to like the little ones more), and good with older children. He is just learning to play with toys, loves attention, and has yet to meet a stranger. He is not a big barker and is good on leash. Skippy gets around well and doesn't think he is physically challenged. N2paws can teach his new family some techniques to help him adjust and enhance his well-being. Skippy can turn on the charm, so if you can't resist this little guy contact ABF - see below.



## Buddy



Early one morning you are taken to a strange place and thrown over the fence. Your family leaves you there in the cold. Alone and scared you sit next to the fence waiting for them to come back for you. They never come. This was what happened to Buddy. He was nearly frozen when he was discovered by the property owner. Since his traumatizing experience he has started to come out of his shell. He enjoys playing with toys and plays well with other dogs. Buddy has a sweet disposition and loves attention (something he truly deserves!!!). If you are interested in this 4.5 year old medium lab mix sweetie, contact Animals Best Friends (see below).



If you would like to meet Mister, Skippy, Buddy, or any of their peers, check them out at Animals Best Friends: [www.animalsbestfriends.org](http://www.animalsbestfriends.org), or 816-254-8664, where their mission is to help animals that cannot help themselves (they take most of their animals from the Independence Animal Control). All dogs are spayed/neutered and current on shots. N2paws offers discounted services to help transition any of these dogs to their new forever homes (including therapeutic techniques to foster the healing process for Mister and Skippy). If you aren't in a place to bring in a new canine family member at this time, please consider a donation to help pay for Mister's or Skippy's surgery.

## Upcoming Events for N2paws & other fun stuff

- Feb 26 – Therapy Team Awareness, Overland Park, KS**
- Mar 7 – Aging Gracefully, Overland Park, KS (6:30pm)**
- Mar 21 – Pedicures for Pups, Overland Park, KS (6:30pm)**
- Apr TBD – Doga (doggie yoga), Downtown, KCMO (10:00-11:30am)**
- Apr 16-17, Pet Expo, Overland Park, KS**

🦷 N2paws carries a nice variety of high quality treats for dogs & cats (liver bites, grain-free treats, bully sticks). Contact [pat@n2paws.com](mailto:pat@n2paws.com) or 816-522-7005 for flavors.

🐾 N2paws teaches the TTouch method using body wraps and also carries the Thundershirt™.

**If you would like to learn more about TTouch, you may contact N2paws by email: [pat@n2paws.com](mailto:pat@n2paws.com) or 816-522-7005, for a private session, group workshop or a public speaking opportunity. Also, visit our website [www.n2paws.com](http://www.n2paws.com), for interesting links and current event schedule.**

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