

### *N-Harmony with the Animal Kingdom*



### Celebrate the Season

*Don't forget your animal family members this holiday season! Make sure you add them to your list. Below are some ideas:*

Liver treats 🍖 are a tasty snack. Both Max & Fluffy will like them! Fluffy might like the Salmon treats even more.

Bully Sticks 🍖 are another fun way to give Barkley something to do when you are busy entertaining or doing chores.

When you need stress relief during the holiday madness, stop and do a little meditation or Doga 🐾 with Sadie (Meowoga 🐾 with Tiger)

Check out the bins of holiday nuts in your grocery store and grab a handful for Tweety. When picking out fruit for a gift basket, Tweety would love a piece or two. In a pinch, grain-free (small) dog biscuits can be shared with your bird.



See Announcements (below) for specials

### *Giving Thanks*

*At the table, before embarking on the big feast, you may give thanks for the many things in your life – having a good job, your health, friends and family. One thing you should certainly be thankful for is the wonderful furry or feathered companion that is in your life!*



*Our animal companions give us love without judgment. They are great listeners. They are good snugglers. They make us laugh. Even for the times that we get frustrated and the eventual challenge we face at the end of our journey together – we are ever-so-thankful for the joy that we receive on a daily basis. These furry and feathered beings bring something to our lives that we cannot get from our fellow humans. Life would not be complete without experiencing the diversity of living with another species.*

*So, when you are giving thanks for what you have in your life, be thankful of the non-human family member who greets you when you come home, who listens to your woes, who cuddles up next to you and looks up at you with those big adoring eyes (and/or purrs softly). Return that thanks with something special that your dog, cat, bunny, bird, etc., will enjoy.*

*Another way to offer thanks is to look into your heart and think of all those wonderful animals that haven't found their human companion, and make a donation to a local animal rescue organization 🐾 (either monetary, volunteering time, or gather things you have around your home that are on their wish lists).*



## Feature Companion for this issue: Your Friend's Animal Companion



If you have a friend whose dog or cat has a behavior or health issue - consider a gift certificate for training that can enhance the well-being of your friend's companion. N2paws offers many tools and techniques that you can use to modify a behavior, bring calm, ease pain, lift spirits, improve performance, and build a better bond between animal and person. Contact N2paws, ([pat@n2paws.com](mailto:pat@n2paws.com)), to learn more about these methods.



### Announcements:

N2paws is offering buy 1 get 1 half-off on treats 🍗 and bully sticks 🍗 during the holiday season. Delight your beloved companion and let them indulge in the delicacies for their species.

### Training Tip of the Month:

Winter is a good time to brush up on training, because it is frequently too cold or nasty outside and we have less daylight for other activities. If your dog is rusty on some of her cues (e.g. come or stay), practicing them will enhance your ability to count on those cues when you need them. Think about a new cue that you can teach her, maybe something that would come in handy such as "leave it" and "go get it". Leave it, can be a life saver if you ever come across something dangerous, and "go get it" can be versatile - if she wants to play fetch and you want to make sure she will bring it back, or if you want to be able to point and have her retrieve something for you ☺

You want to make sure that you keep training fun by using high value treats. 🍗 Find something that is really tasty (and nutritious), but reserve it only for training so that your dog will look forward to it and be more motivated to engage in the training exercise.

## Just for Fun & Heart Tugs

### Quotes of the Month:

"All of the animals except for man know that the principle business of life is to enjoy it." - Samuel Butler

"Love the animals: God has given them the rudiments of thought and joy untroubled." - Fyodor Dostoyevsky

## Doga & Meowoga for this issue:

### **Glolitesana** (light stretch)

Strengthens front legs  
Improves concentration  
& meditative state  
Brings glow to life



credit to vivaboo.com

### **Evergreesana** (tree stretch)

Strengthens front legs  
Improves balance  
& focus  
Brings joy & cheer



credit to modcatlove.com

p.s. Try not to let this happen 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: Evie**



EVIE is a *total sweetheart* of a little girl, with a beautiful coat! She looks just like a small German Shepherd, but we suspect she's mixed with....maybe Spitz?? She's an absolute lover and will be a 50 lb. lap dog if you let her. She just adores people, loves life, and wants to investigate everything and everyone!

Evie is between 1-2 years old. She was confiscated for cruelty, and was kept in a cage on a front porch most of the time. It was also reported that she was beaten, but we don't see any behavioral signs of frequent beatings. She has such great energy and inquisitiveness that we can tell she was cooped up for long periods and not exposed to much of life - it's as if she's experiencing freedom for the first time!

The only issue she seems to have is that she likes to dig under the fence to get out and go exploring. She doesn't really go anyplace when she gets out and usually comes round to the side. We're guessing this may be related to her early life confinement and suspect that as she gets used to her new environment and gets past puppyhood she'll outgrow it, but until then it will need to be monitored.

Evie is also INCREDIBLY smart and learns most things in just one or two takes! She is already sitting on cue with just a look and a cocked eyebrow from her foster mom. We believe she will be very easy to train. She also shows some signs of having a talent for scent work. Whatever happened to her previously, she's now a dynamic, loving, energetic, grab-life-by-the-tail kind of girl! Only one lucky family will get to share life with this sweet, precious girl for many years to come!



If you would like to meet any of these wonderful mid-life/seniors, check them out at Missouri German Shepherd Rescue: <http://mogsrescue.rescuegroups.org>, where their mission is to help animals that cannot help themselves. All dogs are spayed/neutered and current on shots. N2paws offers discounted services to help transition any of the MOGS dogs to their new forever homes. If you aren't in a place to bring in a new canine family member at this time, please consider a donation to help the cause of changing one dog at a time.

## Upcoming Events for N2paws & other fun stuff

**N2paws is on a holiday break –**

**Check out the seasonal calendar of events at:**

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

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



### **Local Animal Rescues – Consider Holiday Donations**

Breed Specific – many in KC Area (search on your breed and Kansas City)

Mixed Breed/Any Breed – (Animals' Best Friends, Furry Kids Refuge, T.A.R.A)

Shelters – (Great Plains SPCA, Wayside Waifs, Humane Society of Greater KC,

HELP Humane Society, Friends of Parkville Animal Shelter)

Outreach (helping dogs outside & on chains) – Chain of Hope, Unleashed

*Happy Holidays  
to you and all your animal  
companions  
from N2paws*



N2paws carries a nice variety of high quality treats for dogs & cats (liver bites, grain-free treats, bully sticks). Buy1/Get1 is limited to 2 bags/boxes of treats or 4 Bully Sticks. Contact [pat@n2paws.com](mailto:pat@n2paws.com) or 816-522-7005 for flavors.



N2paws teaches yoga for dogs (Doga) and yoga for cats (Meowoga)

**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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