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**THE SLOW DOG  
MOVEMENT AIMS TO  
FOSTER DEEPER  
RELATIONSHIPS  
BETWEEN DOGS AND  
HUMANS, EDUCATE BY  
'SHOWING THE RIGHT  
WAY', AND GROW A  
LIKE MINDED  
WORLDWIDE  
COMMUNITY OF DOG  
LOVERS EMBRACING  
THE VALUE OF SLOW.'**



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# SLOW DOG MOVEMENT

A COMMUNITY OF DOG LOVERS  
EMBRACING SLOW

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[www.slowdogmovement.org](http://www.slowdogmovement.org)

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PHOTO BY ALIX PILET



## WHY SLOW DOWN?

### WE NEED SLOW AND SO DO THEY

As we hurry through our lives, our dogs often get pulled at a fast pace too. We either bring them to loud festivals or on jogs and bike rides with us or leave them at home. Either way is not pleasant for our canine friends. This group's aim is to inspire, share and educate as many people as possible to simply BE with their dogs as well as provide positive experiences for them. Enrichment, slow walking, calm social activities, and many other ideas are part of it. After all, it is part of a dog's natural behaviour!

## HOW TO SLOW DOWN

### LESS IS MORE

Sit beside your dog more often. Sleep near/with them. Eat near them and sit near them when they eat. Involve them in calm activities, while you garden, read, craft, and cook. DO NOTHING with your dog, at home, in nature, in the forest, at the beach etc. Sit and watch the world go by with them. Make sure that people/dogs aren't walking directly towards your dog when you do this! Forest bathe with your dog. Let your dog sniff and slow down on the walk!

## FREEDOM TO CHOOSE

### BE YOUR DOG'S BEST FRIEND

Pay attention to your connection with your dog. Be present, trust them, and grow your relationship. Bond with them by giving them choices on where to walk, what to chew etc. Allow your dog to lead on walks if it is a safe option. This will build your dog's confidence and grow the bond between you. It is a joy to see where your dog will lead you! Let your dog have as much choice as possible in his/her life as possible. Observe your dog in a respectful and curious way. Command your dog less or not at all.

***"Our analysis revealed that the dogs are inactive for over half of the day, either sleeping, lazing or just sitting...this is actually an underestimate. When the dogs were not resting, they were most often seen to be walking."***

*- A dog's day with humans - time activity budget of free-ranging dogs in India Sreejani Sen Majumder<sup>1</sup>, Ankita Chatterjee<sup>1,2</sup> and Anindita Bhadra<sup>1</sup>, \* CURRENT SCIENCE, VOL. 106, NO. 6, 25 MARCH 2014*

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**'THE GREAT BENEFIT OF SLOWING DOWN IS RECLAIMING THE TIME AND TRANQUILITY TO MAKE MEANINGFUL CONNECTIONS--WITH PEOPLE, WITH CULTURE, WITH WORK, WITH NATURE, WITH OUR OWN BODIES AND MINDS'  
CARL HONORÉ, AUTHOR OF 'IN PRAISE OF SLOW'**