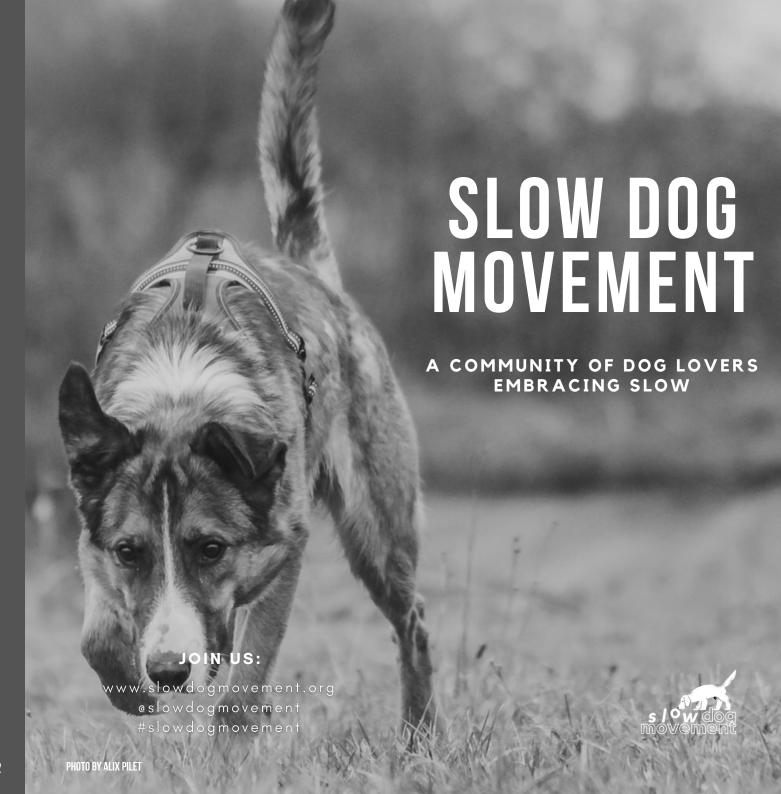


THE SLOW DOG **MOVEMENT AIMS TO FOSTER DEEPER RELATIONSHIPS BETWEEN DOGS AND HUMANS, EDUCATE BY 'SHOWING THE RIGHT** WAY', AND GROW A **LIKE MINDED** WORLDWIDE COMMUNITY OF DOG LOVERS EMBRACING THE VALUE OF SLOW.'





## 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.



'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'