

# Doga – Yoga for You and your Pooch

Program developed by Maureen Alderfer, Liz Masich and Silke Wittig



## Rules and Recommendations:

- Please exercise your dog before the session (at least 10 minutes of brisk walking).
- Please make sure that your dog has eliminated before the session.
- Your dog should wear a snap, buckle or martingale collar or harness to class - please no choke chains, prong/pinch or shock collars.
- Please use a 4-6 foot nylon, leather or cotton leash on your dog - please no chain or retractable leashes.
- Bring high-value treats (e. g. string cheese, hot dogs, liver, chicken breast; cut into pieces, half the size of your fingernail). If your dog has any health restrictions, please contact your vet about appropriate treats
- Please bring a dog bed, blanket or towel for your dog to lie on.
- Please bring a yoga, pilates or exercise mat, if you own one.
- Your dog must be healthy and current on licensing and vaccinations required by the State.
- All dogs must be on leash at all times, unless otherwise instructed by one of the trainers.
- Ask for permission before you approach and greet another dog-handler team. Respect other team's social space/comfort zone.
- If your dog has any medical or behavioral issues, please speak to an instructor prior to class.
- Your dog must be under your control at all times.
- Your dog should have some basic obedience skills (e. g. attention to name, sit, down, stay) and be comfortable with being handled and restrained.
- Please clean up after your dog. Plastic bags can be provided on demand.
- Wear comfortable, loose-fitting clothing.
- It is recommended that a dog is accompanied by two people, so that one person can attend to the dog while the other practices yoga. Please crate or tether your dog, if necessary or so instructed.
- Please follow the trainers' instructions at all times. The instructors reserve the right to remove any dog/handler teams that they deem disruptive or unsuitable for class.

## Disclaimer:

The advice presented in this program is not intended as a substitute for qualified medical counseling. Never force or strain yourself or your dog. Consult your physician and/or veterinarian before beginning this, or any other, exercise routine. Not all exercise plans are suitable for everyone and/or every animal.

## Liability Release:

I assume full responsibility for myself, my dog, and for any attending family members or guests. I further agree to hold HeRo Canine Consulting LLC, Wagging Tail Bed & Biscuit Inc., Richard E. Angelo Inc., Maureen Alderfer, Liz Masich and their agents, instructors and employees faultless for any illness, injury or loss that may occur to myself, to my dog or any attending family members or guests. I pledge to abide by the stated rules and will ensure the same of my companions.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



175 B Tunnel Road  
Bloomsburg, PA 17815  
Tel. 570-458 5749  
Cell 574-612 8170  
[contact@herocanineconsulting.com](mailto:contact@herocanineconsulting.com)  
[www.herocanineconsulting.com](http://www.herocanineconsulting.com)

**Please fill out the form below and send it with full payment to HeRo Canine Consulting LLC, 175 B Tunnel Road, Bloomsburg, PA 17815, or drop it off at Wagging Tail Doggie Day Care where the doga classes will be held. Please make checks payable to HeRo Canine Consulting LLC.**  
**Cost for the 4-week course: \$60.00**

**Start Date / Time: DOGA** \_\_\_\_\_

Owner's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number Home: \_\_\_\_\_

Phone Number Cell: \_\_\_\_\_

e-mail (please print clearly): \_\_\_\_\_

Dog's Name: \_\_\_\_\_

Breed: \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Spayed/Neutered (please circle): Yes / No

Please describe any physical limitations of the dog owner, and any physical and/or behavioral issues of the dog that the instructors need to be aware of:

\_\_\_\_\_  
\_\_\_\_\_

Referred by (e. g. vet, another client, advertisement, etc.): \_\_\_\_\_

Payment in full is required at the time of registration. The course fee includes a \$20.00 non-refundable registration deposit. All discounts must be presented at the time of registration. NO REFUNDS OF ANY FEES AFTER FIRST CLASS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

-----for office use only-----

Paid Amount \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Paypal \_\_\_\_\_ Taken by \_\_\_\_\_

## HOUSEKEEPING RULES

1. Please keep your dog on leash at all times, unless otherwise directed by your instructor.
2. Please follow the directions of your instructor at all times. Feel free to ask questions and ask for help, when something needs clarification or more practice.
3. Please arrive on time for your class, or preferably several minutes early, so your dog can eliminate outside.
4. Pagers and cell phones must be turned off or set to vibrate while the class is in session. If you must answer your phone, kindly step outside so as not to interrupt the class.
5. Wear comfortable clothing. Please remove all jewelry on your hands and wrists, and any other items (e. g. long, noisy necklaces) that may startle or hurt your dog.
6. Well-behaved children are welcome and indeed an asset in class. Parents must be able to supervise and control their children at all times. We reserve the right to remove disruptive children from class.
7. If you are unable to make it to class or will be late, please call or email us. Silke's phone number is (570) 458-5749 (home) or (574) 512-8170 (cell), and her email address is [contact@herocanineconsulting.com](mailto:contact@herocanineconsulting.com).
8. Please bring your dog to class with a flat (buckle, snap) or martingale collar, and/or a head collar (Gentle Leader, Halti), if your dog is comfortable wearing one. A front-clip harness (e. g. Sense-ation, Freedom, Easy-Walk) is also very helpful. We would prefer to see no choke chains or prong/pinch collars. Shock collars are not permitted in class. Please use a 4-6 foot nylon, leather or cotton leash. Retractable or chain leashes are not permitted.
9. Please clean up after your dog inside and outside of the building. If you did not bring a plastic bag for your dog's poop, please ask the instructor for one.
10. Please do not feed your dog right before coming to class (unless otherwise instructed by your veterinarian). An earlier meal is fine.
11. Please do not let your dog greet other dogs on leash, unless directed by your instructor, and respect the wishes and concerns of your fellow students. Remember that not every dog may be friendly towards dogs and/or humans.
12. If your dog is sick or in heat, please leave him/her home but come yourself. Although you will not be able to work with your own dog, you can observe, help someone else with their dog, and practice what you learned later at home.
13. In case of inclement weather, we may postpone the class and make it up at the end of the course. Please call us if you have not heard from us already and are unsure.
14. A tired dog is a happy dog! Play games with your dog that will give him/her lots of physical exercise. You will find that mental exercise (such as training) is usually just as or even more tiring for your dog than physical exercise.

If you have any questions, comments or concerns regarding these guidelines, please speak to an instructor.