



The Tellington TTouch Method is a unique approach to the care and training of our animal companions.

TTouch for companion animals improves the partnership between animals and humans and increases the ability to learn, to change inappropriate behavior and to adapt to new situations.

The Tellington Touch is a combination of :

- specific TTouches for bodywork
- body wraps for relieving anxiety
- groundwork exercises with the use of obstacles and a variety of equipment for confidence building
- and a philosophy that teaches how to work with respect and co-operation with an animal rather than dominance.



## Nancy Horenburg

*Guild-certified TTouch Practitioner for Companion Animals*

**Private sessions**  
**½ day workshops**  
**Full day workshops**

Cell: 74471515  
 naneky@gmail.com  
 www.anotherwayfitness.com/ttouch.html

### Private Sessions

**1st consultation:**

- Evaluation of the animal and its challenges: physical, emotional, health, behaviour, performance, etc.
- Assessment of the environment and the animal's relationship with other animals and people.
- Depending on the animal, a session of TTouches, and if appropriate, also leading and ground exercises.

**Follow-up/single sessions:**

- TTouches, leading exercises, ground work, basic clicker training, anything else needed.
- Assessment of changes.

✿  
**Notice:**

Sessions are based on the needs of the animal and its guardian (owner). What is given in a session all depends on the environment and the animal.

### Prices

	At The Land or other place	At your home
1st TTouch and Assessment Session	P 250	P 300
<i>(from 1 to 1½ hours; depending on the animal) includes evaluation of animal and its environment and relationships and a TTouch session</i>		
Individual TTouch sessions	P 150	P 200
<i>from 30 to 45 minutes</i>		
4 sessions	P 650	P 800
<i>every week/two weeks</i>		
<i>includes first session and three following sessions</i>		
4 sessions	P 550	P 700
<i>every week/two weeks</i>		
<i>4 Individual sessions</i>		

www.ttouch.co.za  
 www.ttouch.com

TTOUCH is not a replacement for appropriate veterinary attention and should never be used as such. If you suspect that the animal in your care has a physical problem, please consult your veterinarian.



# TTOUCH

## The TTouch That Teaches

*An inspirational method of improving your animal's health, behaviour, performance and well being that provides solid, practical solutions for challenges common among dogs, cats and other animals.*



Developed in 1983 by internationally known trainer, teacher, and author, Linda Tellington-Jones, *TTouch* is based on understanding and respect for our animal friends.

This gentle method promotes well-being and adaptive behaviour through an integrated approach.

The basic touches are based on circular movements of the fingers and hands all over the body, and connect on a cellular level with the nervous system. The intent of the TTouch is to activate the function of the cells, the regenerative potential, and awaken cellular intelligence - a little like “turning on the electric lights of the body.” This neural and cellular activity promotes optimal behavior and health and takes animals beyond instinct so that they can learn, think and behave in a new way.

The TTouch is done on the entire body, and each circular TTouch is complete within itself. The combination of the body work, using specific touches, lifts and slides, and unique movement, such as the Confidence Course and leading exercises, TTouch helps to release tension and increase body awareness in animals, and improves focus and attention, allowing optimal learning to take place. The animal can then more easily learn new and more appropriate behaviors.

TTouch can be applied for well-being and support of veterinary care, problem solving behavioural issues, caring for older animals, restoring confidence and working with fears, improving coordination, balance and athletic ability, assisting with recovery from illness or injury, or just enhancing the quality of your animal’s life; these are a few of the many uses.

TTouch also provides people with a wonderful means of deepening the bond they share with their animal companions. It helps establish a deeper rapport between humans and animals through increased understanding and more effective communication.



**TTouch is a valuable tool that can help animals overcome a variety of challenges including:**

**Dislike of contact**

Fear of the vet or groomer	Handling issues
Reluctance to be petted	Defensiveness due to injury

**Noise sensitivity**

Fear of thunder, fireworks, loud noises; household noises

**Lack of balance**

Leash pulling	Stumbling
Gait irregularities	Stiffness

**Hyperactivity/Restlessness**

Jumping up	Excessive chewing
Excitability	Spinning
Lack of concentration	Inability to settle

**Nervousness**

Fear biting	Timidity / shyness / fear
Lack of confidence	Separation anxiety
Tension	Stress

**Traveling Issues**

Excitability	Excessive Vocalization
Vomiting / car sickness	Reluctance to get in car

**Health Issues**

Injury	Illness
Arthritis	Dysplasia
Aging	Pain

**Performance**

Balance	Coordination
Focus	Confidence
Self-control	
Awareness	



**Increase your animal’s willingness to learn and ability to perform**

**Identify and alleviate soreness without drugs**

**Overcome resistances without fear, pain or force**

**Enhance healing and speed recovery of injury-related problems**

**Learn ground exercises to improve balance and focus and develop co-ordination**

*TTOUCH is used widely in many countries across the world by shelter assistants, dog trainers, zoo personnel, veterinarians, therapists, groomers and pet owners.*