



**AT THE HEART OF CANINE AQUATICS
CUSTOM Combined LEVEL ONE and TWO
OCTOBER 2024**

A Training Program IN BELLINGHAM - WASHINGTON

Offered by Cindy Horsfall of La Paw Spa

Please also be aware that this itinerary is the intention of my class ...
however, everything is subject to change as schedules come together ...;
course content however will remain basically intact ...

SUNDAY - DAY 1:

Arrive in Bellingham, Washington and get yourself situated for the week...



Bellingham is located between the majestic mountains and the salt water edges of our country... it's a perfect location to ponder the bigger picture of your life... I urge you to take advantage, while you are here, of our vast horizons and allow yourself to let go all that concerns or thoughts that don't serve you... and open your heart and mind to the week to come...

400pm – We'll meet up at FIDO PHYSIO

Facility located at: 1611 Birchwood ave. Bellingham, Wa. 98225

We'll take a tour upon arrival of the pool, the set up, the building and the solutions that were found to create this spa setting. This is an opportunity for you to begin to plan your own pool space and start answering some of your personal questions about your set up at home.

DAY 1 (Continued):



We chose Fido Physio as the perfect venue for this class - as the owner and the 4 employees are all La Paw Spa Level 2 certified and are deep into the work. This beautiful Bellingham facility has 2 different pools for us to enjoy and learn in/from - giving you more information to ponder this fascinating line of work and just how it might fit into your perfect world.

I promise this to be an easy evening as some of you may be tired from the journey to class. We'll talk briefly about water therapy, enjoy introductions, go over the itinerary for class, and have an opportunity to ask and answer any questions you may have.



We will also go over the maps of the area – favorite places to shop and eat so that you can make your plans on how you are going to take care of yourselves in class.

We'll have assorted snacks and beverages out so that you can feel nourished and comfortable and ...

We'll be all wrapped up by 7:00 pm – have a wonderful evening!!

MONDAY DAY 2:

10:00 am - We'll meet up at FIDO PHYSIO IN BELLINGHAM

10-12 NOON - We will go over the course materials and outline and answer any questions about the week. We will cover some basics about canine therapy and will begin to explore the deeper definition of CANINE WATER THERAPY. Then we'll get into the pool together and practice some footwork. You will need to learn to move with a lower center of gravity in the pool – so that you will feel more grounded and secure when you get that 240lb dog in your arms 😊 we'll discuss buoyancy, water movement and moving with intention.



We will also be joined by some of our canine professors and go over some of the basics of positions, landings, swimming, stopping, getting in and getting out!

BREAK FOR LUNCH FROM 12:00 noon - 2:00pm

2:00 pm – Meet back at the POOL for a great afternoon of....



MORE DOGS IN WATER!!!

We will enjoy a selection of dogs who will be teaching us how to use these 2 different sized pools. The size, the steps and the benches - we'll talk about the various ways to hold a dog in water and why - how to swim and how to stop a swim. We have an easy line up of canine professors so that you can get used to applying these techniques in water.

We'll be all wrapped up by 6:00 pm – have a wonderful evening!!

TUESDAY - DAY 3:

9:00 am - We'll meet up at FIDO PHYSIO in Bellingham

9AM to 12NOON with Karen and Kate - 2 of Fido's Finest will be providing you a short class in basic massage strokes, stretches and basic anatomy - and will also cover ENERGY WORK and REIKI. Reiki is a technique that uses energy force to reduce stress and anxiety and encourage relaxation. Massage is a hands on technique used to increase mobility and circulation, aids in recovery, and helps ease pain.



As you dive deeper into these modalities you will learn just how many applications there are how great the benefits can be. Kate and Karen have been practicing these modalities in the water and will be sharing their expertise with you and then we'll be able to practice this afternoon.



**Karen Theusen
Reiki master
Certified Massage Therapist
The Heart Of Canine Aquatic
Therapy Level 1 and 2**



**Kate McNutt
Reiki level 1
Swim Coach
The Heart Of Canine Aquatic
Therapy Levels 1 and 2**

TUESDAY - DAY 3 (continued):

BREAK FOR LUNCH FROM 12:00 noon - 2:00pm

2:00 pm – Meet back at the POOL for a great afternoon of....



MORE DOGS IN WATER !

We will be in the water the rest of the afternoon with Cindy and Lyndsey to practice what we learned from Karen and Kate on some fabulous dogs that will pose a few more challenges! Using the holds and the tools that we learned yesterday and the new modalities that we learned this morning - things will all start falling into place.



We'll end

this day with a short round table talk and Cindy will hand out your JOURNALS. How you serve in the world of canine hydrotherapy is unique to you - enjoy the soul search and embrace what gifts resonate with your soul...

We'll be all wrapped up by 6:00 pm – have a wonderful evening!!

WEDNESDAY - DAY 4:

10:00 am - We'll meet up at FIDO PHYSIO in Bellingham



TODAY FROM 10AM to 12NOON we will be exploring together the wonderful world of WATSU.

Watsu is beautiful form of bodywork created by Harold Dull in California in the 70's. This form combines bodywork tools performed in the weightlessness of water to achieve freedom in the body and mind, providing benefits that include deep relaxation, an increased awareness and connection to the body, improved range of motion and reduced pain.

Receiving this work will allow you to fully appreciate the power of water and will change the way you work with the dogs in your arms...



Emily Stuart LMT, CWP
Emilymassageandwatsu@gmail.com

BREAK FOR LUNCH FROM 12:00 noon - 2:00pm

WEDNESDAY - DAY 4 (continued) :

This afternoon - You will each enjoy a private hour session of WATSU with Emily. The first session starts at 2pm - Look at the schedule and plan to be back at the pool 10 minutes before your special private hour session.

When you are not in session with Emily - this afternoon and tomorrow morning is designed for you to rest, relax and restore and maybe spend some time in your journals. I urge you to take this time to think about your unique gifts to this world and to this work – and how you see your contribution in this world. Seek the wild coast lines and gaze out at the vast horizons as you embrace this bigger picture...



We have explored the bigger picture of canine water therapy, by now you can see that while it includes tennis balls and happy labradors, it is also much much more than this.

Putting this all together - - before we move into harder and first time clients, please take some time today to imagine what your life would look like in a perfect worldwhat gifts are yours to share and how do you see your practice in this wonderful world of alternative health care.....

ENJOY YOUR DAY AND EVENING !

THURSDAY - DAY 5:

Private watsu sessions continue...

WE WILL ALL MEET UP AT 1PM at FIDO PHYSIO!

I cant wait for all of us to meet up at 1pm and share our experiences so far. We'll talk about the power of water and also do some exercises in intuition.

A large part of becoming a water therapist is building your intuition skills. When we receive a dog for water therapy, there are many options to consider when thinking of a treatment plan or how to handle the session. Does this dog need swimming? Massage? Is this case more about the person on deck? Do we just need to listen and help hold the space? This is when we need to often toss out the recipe and instead flow with the facts as they present themselves...

We will always have a plan for a session but never an agenda.

then at 3pm - we'll slide back into the water for a couple of hours and have a couple of easier canine professors to hold in our arms and feel more deeply what is going on in their beautiful bodies....



THURSDAY - DAY 5 (continued) :

AT 5pm we will get out of the pool and change into dry clothes. There will be food out to enjoy for dinner as our class continues into the evening - - -

530 to 730PM - We will be joined by Dr.Claire McPhee



Dr. Claire McPhee has built a practice focusing on Fear Free™ veterinary care in companion animals. Fear Free™ care emphasizes reducing fear, anxiety, and stress around the veterinary visit. She offers end-of-life care by providing services in the home environment, which is the most relaxed option for the pet and pet parent alike.

Dr. Claire has a passion to help improve comfort and connection for both pets and their caregivers during this vital time of life. Dr. Claire is in the process of becoming a certified hospice and palliative care veterinarian - the most advanced and comprehensive training for hospice and home euthanasia. End-of-life care decisions are complex, and they are an opportunity to honor this shared life with our companion. Making this transition smooth and peaceful is a gift to the patient and their family. In addition to Elite Fear Free™ certification, Dr. Claire has completed special training in best practices for euthanasia.

Dr.McPhee from Madrona Vet will be sharing information with us about these subjects and how we can be a compassionate part of the wellness team for these dogs and guardians through this part of life.

8pm Q&A time with Fido Physio's Owner - Lyndsey Stodola

Lyndsey has years of education and experience around how to support grief... We will wrap up the evening with a little Q&A and talk about how to support guardians during this process

We should be wrapped up by 9pm - ENJOY YOUR EVENING

FRIDAY - DAY 6:

10am to 6pm ish with a break for lunch

**This is a full day with special guest Elizabeth Johnson
of "4 legged wellness"**



We will break at 12:30-2pm for lunch and will provide some food for the evening as this day may go very late.

Elizabeth Anne Johnson, has been working with the health and wellness of small, large, exotic animals, and wildlife for 35 years. She is the author of *Know Your Dog's True Nature, Understanding Canine Personality through the Five Elements*. Elizabeth is a TEDx Speaker, Vice President of Global Wildlife Resources, an animal and conservation non-profit copywriter, mentor, adventurer, and loving partner of Mark, Wilbur and Pretzel, rescues extraordinaire !



On this day Elizabeth will be teaching a course on understanding the 5 elements and how to apply this knowledge into our work with our clients. This will mainly be classroom time but we will have hands on dog time and water time in the afternoon portion.

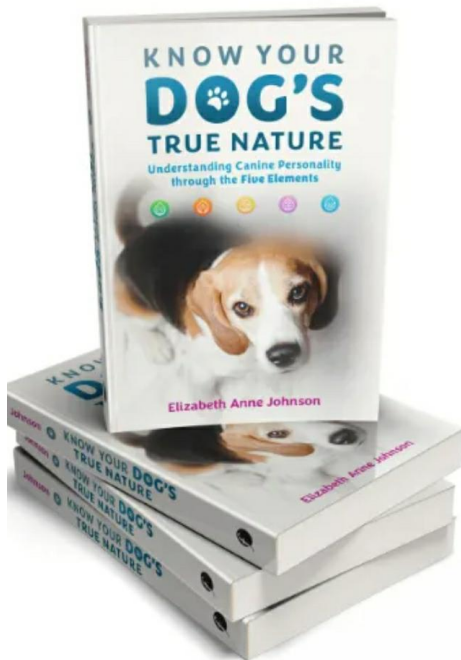
FRIDAY - DAY 6 (continued):

Here is the course description:

Course Syllabus:

This Five Element Training for Canine Hydrotherapists, Canine Body Workers, and Physiotherapists provides a gateway to understanding the five archetypal personalities of dogs and their wants, needs, and stressors. This comprehensive and hands-on training will help the therapist find the best practices when handling and working with each elemental archetype. And it's fun!

For this course you will be given student notebooks and all material covered in course such as element charts, acupoint charts, and photos.



Elizabeth's new book should also be available for sale !

- **Understanding Canine Personality through the Five Elements**
- **Learn “why your dog does what he does, including old dogs and rescue dogs**
- **Element Archetype quizzes for both dog and human**
- **A fresh view on a dog's and dog owner's stressors, wants, needs, and more**
- **Supportive lifestyle measures for body, mind, and spirit**
- **Acupressure techniques for element balance**

Each student will get an 8 hour Certificate of Training.

ENJOY YOUR EVENING AND WE'LL SEE YOU TOMORROW!

SATURDAY DAY 7:

10:00 am - We'll meet up at FIDO PHYSIO IN BELLINGHAM

**10-12 NOON - BUILDING YOUR TOOL BOX
and THE JOURNEY FOR KNOWLEDGE !**

This morning we get to meet another member of the FIDO PHYSIO team, Brendon Toyama.



Brendon is a certified swim practitioner, canine acupressure therapist, and canine massage therapist and holds certificates in La Paw Spa's Heart of Canine Hydrotherapy - levels 1 & 2. He will be covering his own personal journey to seek knowledge in various tools that can be useful as you seek to be your best in the world of animal therapy and alternative health care.

Brendon has a hunger for education and is a student of many modalities as he seeks what ultimately will be his specialized set of tools to use in his animal health care practice. Currently he continues his studies into anatomy, kinesiology, taping, rehabilitation and, myofascial trigger points. As he said recently - "It has been very rewarding when I am able to see how the different pieces all fit together in a specific dog"...

Brendon uses a broad base of knowledge and strives to see the whole picture when a dog comes to see him at the spa, watching all aspects of the session to seek understanding for what the best course of action will be for that particular dog and their person.

I appreciate this desire to see the bigger picture and create a session to provide the most healing...

BREAK FOR LUNCH FROM 12:00 noon - 2:00pm

SATURDAY DAY 7 (continued):

2:00 pm – Meet back at the POOL for a great afternoon of....

3 BRAND NEW DOGS TO THE POOL !!!

There is nothing harder than a **FIRST TIME SESSION** for a dog and their person. Tomorrow and Monday afternoons you'll be seeing your first client - a dog and a person that is new to the pool, I promise you that you can not fail - Lyndsey and I are here to help you in every step of the way.



EEK!

So today is a practice run but shared with 2 of your colleagues. Each of these new dogs will need 3 parts to their session:

1. GETTING IN SAFELY
2. STAYING IN and RECEIVING THE SESSION
3. GETTING OUT SAFELY

We'll break the class into 2 teams of 3 - and one team will be working in the warm pool with Cindy and the other team will be working in the bigger pool with Lyndsey.

The first thing we'll do is read the client files and then you'll each get a chance to practice in step 1, 2 and 3 above. I am so excited to share this day with you.

After we get out of the pool, we'll hand out the files for your 2 **NEW CLIENTS** that you'll be seeing tomorrow and Monday afternoon. These will be dogs and clients who have never been to the pool before. This **IS** the real thing!

Be sure to call your clients tonight and introduce yourselves, find out about their dog, and let them know how to get to the pool and what to expect.

We'll be all wrapped up by 7:00 pm – have a wonderful evening!

SUNDAY DAY 8:

9:00 am - We'll meet up at FIDO PHYSIO IN BELLINGHAM



Today we will have a discussion and some Demonstration on the practice of Land Pt from a fear free certified Emergency Veterinarian and certified physical Rehabilitation specialist Dr. Allyssa Henderson - DVM, CVA, CCRP



Allyssa graduated from Washington State University College of Veterinary Medicine in 2012. Since then, Allyssa has practiced in both emergency medicine and general practice.

Throughout her practice of medicine she was drawn towards physical rehabilitation. She most enjoyed aiding those patients in physical recovery and the aging process. She then sought training to become both a Certified Veterinary Acupuncturist and a Certified Canine Rehabilitation Practitioner to help provide patients further care in these areas.

Animal Physical Rehabilitation is a specialized form of therapy designed to help pets recover from injuries, surgeries, or health conditions. It uses exercises, massage, and other techniques to improve mobility, reduce pain, and enhance the overall well-being of pets, similar to how physical therapy helps people.

BREAK FOR LUNCH FROM 12:00 noon - 2:00pm

SUNDAY DAY 8 (continued):

2:00 PM - We'll meet up at the Bellingham Pool !

It is time for your first round of PRIVATE SESSIONS!!!



We will be using both pools for your privates and the times will be 3pm, 4pm and 5pm. Lyndsey and Cindy will be there at the edge of the pool to assist at any moment... I promise you can not fail - so just have fun and provide your session.

The session will start by you meeting your client in the front room - offering them a drink and going over their file. When it's time and the prior client (and student) is out of the pool - you will bring your client up to the pool and continue into your water work. When you feel your session is complete, you will move down into the transition drying room and complete your experience.

When the private sessions are done for this day, lets meet up and share... talk about tomorrow's 2nd round of privates and also talk a bit about how you would keep SOAP notes on your clients and what kind of language to use in a session note to your client's veterinarian and how you might follow up with your clients.

We'll be all wrapped up tonight by 7pm....

MONDAY DAY 9 - our FINAL day together :

10:00 am - We'll meet up at FIDO PHYSIO IN BELLINGHAM

Animal CPR/Fist Aide !

Happy and healthy pups are what we are after!



Today we will be enjoying a certification course with Seattle CPR certifying us in Animal CPR and First aid.

Course overview:

Would you know what to do if your dog suddenly choked on a bone? If your pet ate a toxic substance, like chocolate? Do you have a plan for your pet in the event you need to evacuate your family from your home? These topics, and many more, will be discussed in our Pet CPR and First Aid course as we discuss how to apply these techniques when caring for dogs and cats. This comprehensive program is ideal for pet owners and also for anyone working in an occupation that requires pet supervision or services. Students receive a completion certificate at the conclusion of the course.

Other topics include:

- Approaching and restraining an injured animal
- Checking vitals
- Treating serious bleeding and shock
- Care for injuries and wounds
- Medical emergencies
- Environmental emergencies (animal bites, snake bites, ticks...
- Common pet illnesses and conditions

We will each receive a 40-page e-Manual and a certificate of completion after the course.

BREAK FOR LUNCH FROM 1:30pm - 3:00pm

MONDAY DAY 9 our FINAL day together (continued):

3:00 PM - We'll meet up at the pool for

ROUND 2 of your Private Sessions!



We will be using both pools again for your privates and the times will be 3pm, 4pm and 5pm. Lyndsey and Cindy will be there at the edge of the pool to assist at any moment... ENJOY and enjoy your session!



When we are done around 6pm - we will meet up for our final evening together and answer any and all dangling questions and share how our visions for this work has moved forward. We will just let our conversation flow this evening as we wrap up this wonderful time we've all just shared together.

... it has been such an honor working with you...

We'll be all wrapped up tonight by 8pm ish....

SAFE TRAVELS HOME