

TTouch for Cats Workshops at SAFE Haven for Cats

The Tellington Touch (TTouch) method is a holistic approach that promotes body awareness, well-being, sociability, and confidence as well as physical, mental, and emotional balance. This teaching method takes animals beyond instinct and helps them learn how to be more comfortable in their own bodies and with their human companions. This technique has been used with a wide variety of animals (horses, dogs, cats, turtles, snakes, zoo animals, etc.) as well as humans. At SAFE Haven, we have used TTouch to work with cats who are anxious, scared, or timid as well as those who are aggressive or easily over-stimulated. We are now opening up workshops to the public to enable more people to learn these techniques for use with their own animals.

Each workshop takes place at the shelter and is 1.5 hours long, followed by a question period. In the Introduction to TTouch Workshops, we will use cats at the shelter for demonstrations of the TTouch techniques and discussions of how to observe a cat's behavior in order to better understand them. Cats will be the primary focus, but dogs and other animals will also be mentioned given the broad applications of TTouch. The Advanced Workshops will only have 5-8 people to permit hands-on instruction on using the TTouch methods with cats. Please note that these workshops are for *humans*, so there is no need to bring your pet(s) with you!

For more information on TTouch, go to www.ttouch.com and for more information about the instructor, Suzanne Nelson, go to www.honestfeline.com. Payment is required for registration. See our website, www.safehavenforcats.org, for upcoming dates!

Please send to: SAFE Haven for Cats
8431-137 Garvey Drive
Raleigh, NC 27616
Fax: (919) 872-7732
Email: info@safehavenforcats.org

Name of Attendee(s): _____

Address: _____

City _____ State _____ Zip _____

Phone number: _____ Email: _____

Workshop Date: _____

Number of people: _____ x \$20 (intro) _____ x \$40 (advanced)

Total cost enclosed: _____

NOTE: SAFE Haven volunteers receive \$5 discount on each workshop.

Method of Payment:

- Check, enclosed, made out to SAFE Haven for Cats
- Credit card _____ Visa _____ M/C

Name on card: _____

Card number: _____ Exp. Date _____

Signature: _____