

'On the Ground' Zine

Issue No.5 | August 2023



photo credit **Hendrina Schrijver**

We Did the Film Shoot! written by Laura Dobb

I thought that the day would never come! Making a **Slow Dog Movement** film was an idea from our inception. The project really got rolling when I met *Lorianne Hall*, a film producer, on a dog walk in Old Malton, North Yorkshire. I basically badgered her until she introduced me to several groups of her students. After speaking with a few film companies,

I chose *Polychrome Studios*. They 'got' our philosophy and I liked their way of working. Next came the *Crowdfunder*. This is where our community really shone. I couldn't believe the amount of support we received for this project. I am very grateful to all who pledged to help our film. **We raised just over £2k!** A film is a natural medium to get our philosophy out there because we use visuals to...

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photo credit **Laura Dobb**

'On the Ground'

“

But for my dog's part, he will always give what he can and the only thing he asks of me is me. He needs to feel that I am with him. Simply that... that I am with him. That when the day ends, my dog can say: Today has been a great day, because you have been with me.

”

#slowdogmovementphilosophy

#beyourdogsbestfriend

— Jonas Thulin
jonasthulin.com

Photo credit: Kathy Daisy No

'On the Ground'

We Did the Film Shoot!

written by Laura Dobb, continued

explain and highlight what our movement's philosophy is all about. A written outline of our philosophy is always on the last page of this ZINE.

After the Crowdfunder's wild success, I arranged the date of the 11th August with *Polychrome Studios* to shoot the film.

The weather in the U.K. can be awfully unpredictable but we were blessed on the 11th August with clear, warm skies at our 7am start and overcast and slightly cooler weather around noon. Our two dog stars were my dogs, Ted (Weechon) and Izzy (JRT). Hannah, Ethan and Austin of Polychrome were very relaxed and we shot the film following Ted's pace. Izzy had a smaller role (due to her age) at the end of the day's work.

Our focus in the film was to show a slow walk, how dogs should be allowed to set the pace and lead, if possible and to show the human/dog relationship at its best. There are several interviews with myself, talking about our movement and if you think that it will be cut to 2-3 minutes as a finished product, that's seven hours of filming distilled into an artful expression of who we are!

We are aiming to have subtitles for our film so that everyone, around the world, can enjoy and learn from it.

Thank you to all who donated and to Polychrome Studios for helping us make our SLOW film a reality.

photo credit **Laura Dobb**



photo credit **Laura Dobb**

Ethan from Polychrome Studios



More about our contributor and AMBASSADOG, Nadine Mazzola...

Nadine Mazzola is author of the award-winning book "Forest Bathing with Your Dog". She is the director of New England Nature and Forest Therapy Consulting (nenft.com) has been guiding Forest Therapy walks since 2015. She is a senior trainer and has been a part of the ANFT training staff, and an advisor to ANFT, since 2016, training guides and trainers around the world. Nadine has worked with leading conservation and educational and health organizations, speaking on forest bathing and conducting workshops in her home area of Massachusetts. She has appeared on PBS, ABC, and in The Boston Globe and Boston Magazine. She is also trained in Somatics and Expressive Arts. In addition to training new guides, Nadine teaches her own in-person and online training programs having to do with expressive arts, somatics and helping guides to develop their business skills. She does private coaching for individuals when requested, and for businesses she does team wellness programs and speaking.



'On the Ground'

Slow Dog Movement Stories from our Worldwide Community...

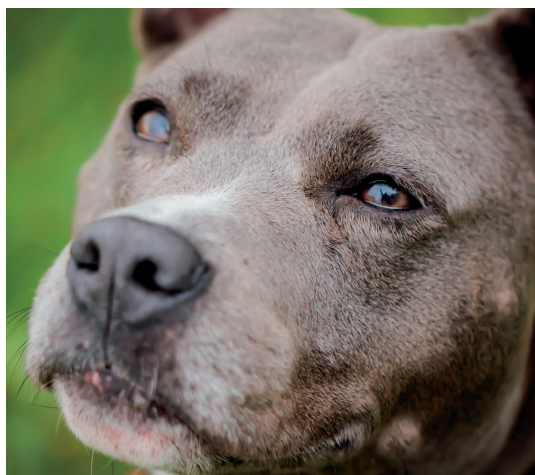


photo credit **Alix Pilet**

'Grey Dogs' by *Lisa Edwards*

For the dogs you see walked on collars, stopping to sniff, and being yanked away. For the dogs you see in pain, desperately trying to keep up with their carer who is busy on their phone and not noticing their pleas of 'slow down as I am struggling'. For the dogs you see in stressful situations, with their carer saying, 'they're just dogs, let them sort it out'. For the dogs you see being admired for their 'obedience'; sitting, walking to heel, constantly waiting for their next instruction. For the dogs with no choices, no voice, no understanding of their natural needs and who just put up with their lot. For the oh so many dogs on social media whose faces say it all, whilst their discomfort and anxiety is viewed as fun. This is for them, the 'grey' dogs.

The fundamental requirement when sharing a life with a dog is providing safety. But what does safety mean? The obvious answer is physical safety, yet emotional safety is paramount.

For many years I was stuck in an unhappy relationship, to the outside world all seemed perfectly normal, married couple, house, family, jobs etc. But it was devoid of a real connection; a true deep love, empathy and understanding, trust and support. There was no physical or verbal abuse, although there was a controlling element financially, and I was existing, rather than living.

Over the years I had a reoccurring dream. The dream would start with me entering a house, other people would be there that felt familiar, and all seemed normal. I would then go upstairs and find a door that no one else could see.

I opened the door and entered a grey room that was completely empty, and with bare concrete walls and floors. Then the dream would end. This dream became so regular that as it started, I knew I would find the secret door to the grey, cold room, and the same dream sequence would occur.

Many years later, after leaving that relationship, I remarried a wonderful partner. Yes, we have had our ups and downs, that's life, but we love each other, we take the time to understand each other when our views may differ, we provide comfort and support to one another, and take pleasure in simply being in each other's company. It's a shared relationship of love, trust and a comforting feeling of safety.

A few years into our relationship, I had that 'grey' dream again.

I entered a house; the familiar people were there, and everything seemed normal. I went upstairs and there was the secret door no one else could see. I opened the door and this time everything was different. The room was full of bright colours, and soft comfy fabrics draped everywhere. It was vibrant, it was alive, it was comforting, and it was safe. I have never had that dream again.

There are some dogs in the UK whose daily lives are 'grey'. They may have the luxuries of modern living; comfy beds, regular meals, trips out and lots of human attention, but on whose terms? and are their own needs being met?

Our dogs are not with us for our lifetime, but we can do our best to ensure their life with us is filled with colour. Allow them to be who they are and perform basic needs, give them the time to sniff, explore and fulfil their curiosity. To be sociable with dogs, people, and other animals they may bond with, to eat, rest and sleep with their family. To have species specific experiences they enjoy, rather than those we choose for them depending on the latest fad. Allow them to make decisions, to figure it out, to have choice and autonomy, to be able to opt out when they are feeling uncomfortable, and knowing when they do, we will support them.

Be kind to yourself too, and when you get it wrong, as we all do, don't beat yourself up, learn from it and continue to deepen your canine/human relationship and make it the best possible experience for you both.

All dogs are unique, learn from your dog, observe them, give them agency, and always advocate for them. Listen to what they are telling you, and respect their judgement, make them feel safe, as they have no one else to turn to.

Don't let your dog be a 'grey dog.'

'On the Ground'

'How My Dog Taught Me the Practice of Forest Bathing' (part two) by Nadine Mazzola

"I invite you" Juliet would say in her wordless way of communicating with her entire body.

I didn't understand what Juliet was offering me until I became a Certified Forest Therapy Guide and trained with the ANFT in 2015. Years later, I am now a senior trainer and advisor for ANFT. Once I became a guide myself, I could see that Juliet was intuitively covering all the core principles of guiding forest therapy and being a good mentor. One of the important things I came to understand during the ANFT guide-training was this idea of 'Invitations' and how invitations arise. I had been wandering with Juliet in the woods and around our neighborhood for several years somewhat forest bathing before becoming a guide. The deepening shift that occurred for me was that I was now able to catch an invitation from Juliet. They didn't pass me by. I was more attuned to notice what and how Juliet was drawn to, and that was heightening my ability to be more attuned to noticing what I was drawn to and thus invited to into!

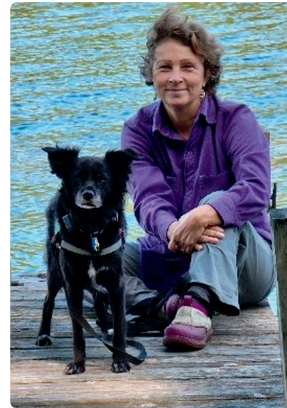
As I look back, I am astonished at what a master mentor Juliet was to me and how she was constantly inviting me into her world of "NOW". She brought me deep into a world of sweet, sensory experiences following my bliss and my curiosity. As Mary Oliver said, in her poem *Wild Geese*, **"You only have to let the soft animal of your body love what it loves."**

As I became more proficient at catching Juliet's invitations something else occurred. Our dialogue and relationship evolved. We started to understand each other on more levels: Body-mind-spirit-intuition. We didn't just rely on my spoken words. We were communicating on more subtle terms and yet so much was passing back and forth between us.



photo © Rachel Giese Brown – Mary Oliver and her dog Percy

photo by Jerry Mazzola – Nadine Mazzola and her dog Juliet



"This is also how it felt for me when I opened to letting in what the trees and other-than-human beings had to share with me. There is an unspoken sense of knowing each other with all our ways of knowing, and of wisdom and insight being offered back and forth."

When I facilitate forest bathing workshops and team wellness retreats, it is very experiential. It is often hard to describe the depth of what can unfold because of this. Most of our time is spent outside and there is both time on our own and time in community together. We come together to share the experiences we had while wandering on our own. This is one of the important elements in forest bathing, sharing our experiences. Of course, folks are always welcome to pass if they wish. In weekend workshops like the ones, I teach at The **Rowe Center** for people with their dogs, we also spend time discussing the nuances of practicing forest bathing with our dogs. There are definitely things to learn and doing this together with others is both supportive and fun!

Through the years my practice and skill as a guide of other humans has grown because of the mentoring Juliet gave me. She has been one of my greatest teachers and guides. As I share in my book, **"Forest Bathing with Your Dog,"** it is a matter of noticing and being present with each other's natural ways. It's not about training something but rather simply noticing each other and being present with. Building authentic relationship and reciprocity over time; noticing and experiencing each other's ways of being. I have found this to be true whether it is a dog and human interaction or any other being like birds and human or even tree and human.

Through the many experiences of forest bathing together, the bond Juliet and I had and our ability to understand each other grew exponentially. Juliet offered the invitations but always let me explore in my own way. She taught me as I slowed down enough to listen and notice. We can all learn the language of the forest and the dogs that we are privileged to have accompany us. The ability is still inside all of us. It just needs a bit of waking up from its nap.

"Forget yourself and get down on all four paws and experience with me" Juliet would say.

Nadine Mazzola

'On the Ground'

'Dogs and Exercise' by Pennie Clayton

Exercise and dogs is a contentious subject.

We all know that humans can and do exercise in many different ways.

We don't all play football or dash around jogging – it doesn't suit all of us, and many people that engage in fast exercise and sports admit to being addicted to the "rush."

To you and me that is adrenaline pure and simple. That is okay because WE can choose how to exercise. Our dogs don't have the choice to decide that yoga might suit them better – or Pilates or breathwork or the many many different forms of exercise that require very controlled movements...why?

Because *we decide* that's why.

If you look at the benefits of deeper controlled breathing and stretches that involve pandiculation (which dogs actually naturally do anyway without our interference) and exercise that involves the whole body, there are a whole host of benefits – including better balance and increased proprioception, suppleness and a lowering of stress levels which switch on the parasympathetic system.

So what? This type of exercise increases our wellbeing, improves sleep and cognition and helps us to learn new things and retain information which we have already learned.

Before you pick up the ball chucker and venture out on a route march please think about your dog and how his brain and body respond to the type of exercise you choose for him...

So, if continual running and jumping are not good for dogs what should you do?

Firstly, slow down on your walks and pay attention to your dog. I can't tell you how many people have realised that their dogs are lame and stiff when they slow down enough to see what is going on.

Our members are a wealth of stories and can provide a deeper insight into SLOWING down in your life with your dog and how to practice this idea within your life.

If you would like to contribute to our 'On the Ground' ZINE or speak on our 'A Dog's Pace' Podcast, please get in touch with Laura at laura@slowdogmovement.org.

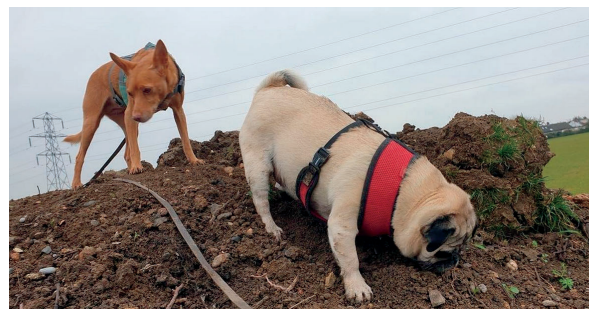


photo credit **Kirsty Falk**

I ask people who have puppies to make a movement diary, which means they take a bit of video once a month or so as they grow up and then continue to do this on a regular basis throughout their lives.

Not everyone has a puppy, and many of us take on rescues and they vary in age. Movement diaries can still be done, you just won't have so much information about what your dog has done throughout his life to the point you took him/her on, but a video diary is still a good idea.

Having slowed down so your dog can interact with his world what else can you do on daily walks?

Stop just walking in straight lines.

Look around the area you are walking in. Are there trees? Bollards? Bushes? If there are, then good! Go around them, circle around them a few times in both directions.

Are there slopes? Go up and down them. Encourage your dog to walk along rather than up and down.

Are there rough patches of grass or a mixture of long and short grass? Tarmac? Sand? Mud? Water and puddles? Then go through them.

Are there gates? Kissing gates are especially good. Not all dogs find them easy, but they provide good opportunities for different ways of moving. This would constitute as lateral movement through the length of the dog's body.

Are there low walls or fallen branches that your dog is happy to walk along? If so, teach your dog to use them.

Are there steps..?

Everyone has the same opportunities to help keep their dogs supple and encourage balance. It is really good to make use of these things.

Pennie Clayton

'On the Ground'

'Slow Dog Grooming - How Did I Arrive at Slow Dog Grooming?' (part two) by Nick Barstow

So what is Slow Dog Grooming?

Simply put, it is grooming done at the dog's pace to a level that is comfortable for the dog. There are no belly straps, neck harnesses or muzzles in sight. I never use muzzles and always grin when owners who have been to previous groomers come along with a muzzle in hand and say something along the lines of "Do you want me to muzzle him/her before I leave?" They tend to look very dubious when I tell them that if I ever did have to use a muzzle I would be doing something wrong! They then always express amazement when collecting the dog. "Well I never thought he/she would let you do that," is the usual comment I get.

A large percentage of my clients are ex-national pet store customers. They tell stories about how their dog was shut down or was visibly shaking afterwards. Some say their dog was restrained by one person while the other did the groom or even that their dog was aggressive and is no longer welcome there. I'm not surprised by these stories.

Triggers and candles

Imagine for a moment that you're a dog and look at things from their perspective. We will also light metaphorical candles every time you encounter stress or excitement.



photo credit **Nick Barstow** - 'A couple of chilled out customers'

Join our email list:
slowdogmovement.org

You are driven in the car – which can either be exciting or scary so *light one candle* – to an unfamiliar place which has many strange smells and loud noises (remember you have a sense of smell many times that of a human and you can hear frequencies way above what humans can). For you, it is an environment that smells strongly of unusual scents and is deafening – very overwhelming. Let's *light a couple of candles for that one*. You are taken into the salon where there may be another strange dog or two there who could be barking and distressed which affects you as well. *Another candle*. You start to display signs of stress but no human picks up on them. *Light one more*. That's a total of five so far. A stranger then places you into a bath and washes you down with a strong-smelling shampoo which overwhelms your olfactory senses but the humans like the smell so they happily carry on and ignore more signs of stress you are showing them. *Another candle lit*. After that you are put onto a table with a neck noose on and maybe a belly strap and subjected to a drying session with a loud blaster (yes that is what groomers call the dryers and normally the more powerful the blaster, the better). You don't like it at home when the vacuum comes out or your human mum uses the hair dryer, so being blasted by a hot stream of air accompanied by an incredibly loud noise is way too much. *Candle number seven lit* – you are reaching the maximum now. You try to avoid this horrible thing but none of the humans seems to be communicating with you. All they do is tie you up tighter to stop you from moving around so much. Finally the blasting air stops but it is then replaced by a buzzing clipper which the human puts onto you. It vibrates on your skin and you feel tugging as the human cuts through your fur. Your flanks are very sensitive and this vibration and tugging on them tips you over the edge. *The eighth and final candle is lit*. You only have two options left. Flight or fight. The option to flee is denied to you so you default to fight. You snap at the source of the vibration and tugging. The human berates you and ties you up tighter. You fight back more. A destructive cycle has been started. You are branded as a problem dog.

Okay, I may have simplified things a bit and different dogs will react in different ways but it illustrates what can happen in these stores and salons in general. It comes down to the sympathetic and parasympathetic nervous systems. The sympathetic nervous system is responsible for how the dog's body reacts to danger and is responsible for the fight or flight response. The parasympathetic nervous system keeps the dog calm and balanced. The analogy used here of lit candles was used in the book 'Taking the Grrr out of the Grooming Salon' by Sue Williamson that I mentioned in the last ZINE.

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'On the Ground'

'Slow Dog Grooming – How Did I Arrive at Slow Dog Grooming?' (part two) by Nick Barstow con't

The dog may start with no lit candles and is calm *ie.* in a parasympathetic nervous state. As more candles are lit the dog's parasympathetic system tries to compensate until, eventually, all the candles are lit and the dog's sympathetic nervous state is triggered into flight or fight mode. Bear in mind as well that the dog may also have a candle or two already lit due to previous incidents that could have happened, even the day before.

Blow out those candles!

I employ several strategies in my salon to reduce the opportunities for a candle to be lit which include.

1. I have already mentioned this one previously. No straps or muzzles. I have done away with the strap bar across the top of the grooming table.
2. If the owner is after a showroom-type groom they have come to the wrong place. I always make it clear that I will only do what the dog will allow me to do and therefore things may not be perfect. The grooms I do are maintenance grooms rather than vanity (for the humans) grooms.
3. If the dog wants to move away I will let it and then recommence the groom when the dog comes back to me of its own accord.
4. I keep the grooming table as low as it will go and the only time a dog will be on it is if they jump up (which a few do) or I need to do some underbelly-type work. In the latter case, the dog is always able to jump off the table when it feels the need to or I'll take it off if I can see it wants to get down. I would say that the majority of my grooming is done on the floor.
5. I do have the radio on but instead of popular music, it is tuned to ClassicFM Radio. Studies have shown that classical music can calm dogs and it does seem to work with some of my dogs.
6. Plenty of 'downtime'. A bit of play with some trusty toys. This point also covers 'post bath' where I find a lot of dogs show some rebound behaviour and charge around rubbing themselves on the rug. This can be a bit of a game with some dogs who play 'catch me if you can' with me holding the towel and trying to dry them. It all adds to a bit of stress relief.

There are many more but you get the idea.

Is Slow Dog Grooming the way forward?

Slow dog grooming works but it is initially very time intensive. Slow and patient is the key. You have to read the dog from the moment it comes in and vary one's approach accordingly. I allow the dog the freedom to explore and 'do its own thing' while attempting to build up trust between us. It can take any number of sessions to reach the point where the dog, although maybe not exactly loving it, will allow me to do what I need to do to achieve a reasonable groom. My happiest moments are when a returning customer has an excited dog straining on its leash to come into the salon. I know I have made a breakthrough.

Will slow dog grooming become the normal way of doing things? Not for a long time I'm afraid. Financial pressures and time constraints will hinder its adoption. Until regulatory measures are taken within the grooming industry – consultations are already underway between government agencies and industry representatives so this may happen relatively soon – and groomers are required to have proper accredited qualifications the industry will continue to be looked upon by people as more akin to a hobby than a profession. Higher prices are frowned on by most. Professionals are often undercut in their region by those who have taken an online course and consider themselves fully capable of dog grooming.

Continued on page eight



photo credit Nick Barstow

**'The trees that are slow to grow bear
the best fruit' – Molière**

'On the Ground'

'Slow Dog Grooming - How Did I Arrive at Slow Dog Grooming?' (part two) by Nick Barstow con't

These people tend to charge a ridiculously low rate forcing true groomers to believe they must keep their rates low to compete. Adopting slow dog grooming in this kind of environment would be seen by many as business suicide. To make Slow dog grooming pay professionals need to charge their worth and the public need to appreciate the time, effort and prior investment involved in providing the service.

Changes are happening and those of us who 'have seen the light' need to keep doing what we are doing and spreading the word. My hope is that future groomers will look back on these times as the point where dogs started to be treated as sentient beings to be respected and not as objects to be prettified.

Nick Barstow - The Mutt Hutt, East Ayton, North Yorkshire

*The dog trots freely in the street
and has his own dog's life to live
and to think about
and to reflect upon
touching and tasting and testing everything
investigating everything
without benefit of perjury
a real realist
with a real tale to tell
and a real tail to tell it with*

Dog

By Lawrence Ferlinghetti



photo credit **Kirsty Falk**

¿Por qué “Educación Canina desde la Empatía y la Cooperación”? by Santos Salcines Nazabal

De entrada suena bien, mucho mejor que adiestramiento, pero no nos tenemos que engañar: Nuestra cultura, la sociedad, la tv..., nos han grabado a fuego que los animales -por mucho que los amemos-, TIENEN QUE hacer aquello que consideramos aceptable. Ese “tienen que” es en gran parte la causa del problema. No podemos dejar de ser lo que somos, ni dejar de actuar como nos nace. Y por desgracia, o no somos del todo conscientes o caemos en la cuenta cuando ya es tarde.

Persisten muchas formas de maltrato en nuestra sociedad, pero están tan normalizadas que ni siquiera se ponen en tela de juicio. Respecto a la manera de entender a los animales, como sociedad avanzada, hay aspectos que afortunadamente van cambiando o se empiezan a ver como anacronismos. No obstante, los avances son lentos y heterogéneos. Rechazamos que se lancee a un toro, pero nuestros hijos desayunan los sábados con personajes que ahogan a un perro de 5 kilos (para que sepa quien ostenta el poder en casa). Uno igualito al que vive en su casa o al que se encuentra en la calle, o en el parque.

Una lucha interior se libra, en cada uno de nosotros, entre consciente y subconsciente. Lo que debemos hacer con el perro va en contra de lo que sentimos; te amo, pero debo hacerte esto. A pesar de este conflicto interno, si nos cuentan la película desde otro punto de vista, nos rebelamos en muchas ocasiones. Nos duele que nos digan que no respetamos a nuestro perro, que no le tratamos bien... Ojalá supiéramos ver que quien cuenta la película de otra manera, seguramente antes la veía como nosotros.

Como educadores caninos, pensamos que nuestra labor tiene que ser tan empática hacia las personas, como queremos que las personas lo sean hacia los perros. Ante el riesgo opositorista, podemos cuidar nuestro lenguaje, tanto verbal como no verbal, ir poco a poco, conceder a cada persona, como a cada perro, el tiempo de asimilar al ritmo que necesita. Teniendo en cuenta ... ¿Os suena?

Junto a este problema de coherencia, existe otro de índole evolutiva. Durante las últimas tres décadas, los perros como especie no han evolucionado, pero su lugar en la sociedad sí. El perro, que antes vivía en la terraza, en la cocina o atado fuera de casa, ha pasado a dormir con nosotros, acompañarnos al baño, no moverse de nuestro lado y vivir por nosotros situaciones que les resultan contra natura.

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'On the Ground'

¿Por qué “Educación Canina desde la Empatía y la Cooperación”? by Santos Salcines Nazabal con't

Sustituyen incluso a hijos y nietos humanos, pero no se trata tanto de perros humanizados cuanto de perros descontextualizados. El problema para el perro, sujeto pasivo de este cambio de paradigma, lo causa el hecho de que suele carecer de preparación para este desafío: No sabe que se espera de él.

No entiende por qué a veces se pasa de la efusividad al castigo. No entiende que se le exponga a todo y esperemos que se comporte. Apenas se le conceden opciones, ya que no elige la casa en la que va a vivir, ni tampoco si va a vivir con otros perros o gatos etc.

Todos estos elementos forman el entramado de una montaña rusa emocional en la que subimos, una y otra vez, a los perros. Abrumados por tal experiencia (resulta difícil la gestión para seres que en primer lugar no la necesitan), los perros se expresan y comunican. Ahí es cuando se produce el choque con la realidad, es decir con las expectativas del humano que a cada perro le ha tocado en suerte. Es así como el entendimiento del humano por parte del perro se torna tan importante como el del perro por parte del humano. ¡Cuán injusta resulta esta equiparación, incluso la inversión de roles, tras haber traído a los perros a nuestro mundo!

Para evitar esta peligrosa derrota en el rumbo resulta pertinente, más que nunca, traer a colación el término empatía (*):

*Empatía:

La empatía es la intención de comprender los sentimientos y emociones, intentando experimentar de forma objetiva y racional lo que siente otro individuo.

La empatía hace que las personas se ayuden entre sí. Está estrechamente relacionada con el altruismo, el amor y la preocupación por los demás. También lo está con la capacidad de ayudar, punto en el que conecta con la cooperación (**), entendida como una estrategia de trabajo conjunto.

**Cooperación:

Como cooperación se denomina el conjunto de acciones y esfuerzos que, conjuntamente con otro u otros individuos, realizamos con el objetivo de alcanzar una meta común.

Es sobre estos dos pilares, empatía y cooperación, que podemos progresar como sociedad para entender mejor al perro. Dicho ejercicio pasaría por:

- Adquirir conocimientos sobre las necesidades básicas del perro.
- Capacitarnos para entender la comunicación canina y responder a ella.
- Comprender cómo funcionan sus mecanismos de aprendizaje, muchos de los cuales solapan con los nuestros.
- Entender la etapa vital en la que se encuentran; cachorro o anciano, adolescente o adulto, se trata de circunstancias vitales que condicionan las necesidades.

Los responsables de perros pueden avanzar adquiriendo nociones básicas sobre cada uno de estos temas, las suficientes como para conocer y entender a un solo perro, el suyo. Los profesionales y educadores caninos, en cambio, podremos contribuir más y mejor profundizando sobre estos y otros temas. No solo resulta ventajoso, sino incluso insoslayable pues trabajamos con todo tipo de perros, asesorando sobre un amplio abanico de problemas de conducta y de convivencia. No en balde nuestras profesiones nacen de la inquietud por entender al perro, una necesidad básica en un mundo en el que humanos y perros convivimos desde hace miles de años.

Sobre esa base, y a hombros de los griegos, escribimos a modo de aforismo y en letras doradas en el pórtico de esta asociación la siguiente invitación:

¡Conoce a tu perro, concóctete a ti mismo!

Gnoríste to skylí sas, gnoti seauthón

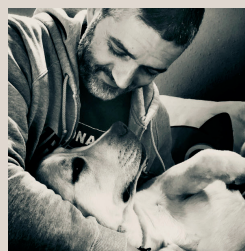
Entrad en este templo, esperamos sea vuestra casa. Muchas gracias, en nombre de tu perro y en el de los perros que conocerás durante toda tu vida.

Santos Salcines

Miembro Fundador de ANPECEC

codirector Slow Dog Movement

(this article will appear in English in our November edition)



Get to know:

Santos Salcines Nazabal

Slow Dog Movement co-director

Santos Salcines Nazabal is a Director at the Slow Dog Movement®.

ANJANA, a beautiful female Border Collie who accompanied me for 14 years, marked the start of my professional career with dogs sharing our human environment.

In 2016 we created Sanjana & Dogs, more than a company, a philosophy of work, relationship and education aimed at promoting the well-being of dogs and their human families. Today, together with two colleagues, we manage DogStar, a dog centre located in Cantabria (Northern Spain) and devoted to work with abandoned animals to rehabilitate them for future adoption. We also run the Mantrailing Cantabria School and coordinate the solidarity project Trails for Hope, dedicated to the rehabilitation of shelter dogs through scent work and 'mantrailing.' I'm one of the founders of ANPECEC. *(for the full bio, please see our website)*

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'On the Ground'

Slow Dog Movement Philosophy *written by Santos Salcines Nazabal and Laura Dobb*

The #slowdogmovement 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.'

The **Slow Dog Movement® C.I.C.** is a social movement. We promote ethical values within the dog/human relationship. In keeping with the human ecosystem, we cultivate our respectful coexistence. We consider the deep knowledge of the physiology and needs of the dog.

The **Slow Dog Movement® C.I.C.** is not a forum to find "quick solutions" or "how-tos." Or to deal with a specific problem without knowing the dog, the family, and the environment in situ. For this reason, it is risky for us to answer these queries. They need a complete review by a friendly canine education professional. On many occasions, they should also include a multidisciplinary holistic approach.

The **Slow Dog Movement® C.I.C.** promotes self-knowledge and emotional development. Members can learn through 'master scenarios.' These are where each dog can display the entire repertoire of known natural behaviours. Due to lack of experience, some dogs do not even know these yet.

Dogs and humans often find slowing down complicated. Dogs may have the feeling that they need to protect themselves. How can they be aware when they don't know that they can feel otherwise?

Many dogs do not know that going outside can be slow. They do not know that they can go for a walk without pulling on the leash. Without barking. Without a concerned human accompanying them during the walk.

The **Slow Dog Movement® C.I.C.** promotes and shares values such as:

#circleoftrust
#beyourdogsbestfriend
#forestbathingwithyourdog
#inpraiseofslow
#inpraiseofslowness
#slowwalks

And other 'non-hashtag' ideas!

We also support initiatives like ANPECEC.org in Spain and <https://www.sensorygarden4dogs.com/>, a worldwide project.

What we suggest as guidelines within our philosophy:

- The relationship with our dog is the primary focus.
- It's a dog's choice – choice to walk, speed, play, meeting other dogs, humans, chews, sleep, contact etc. Choice builds confidence and is a dog's right.
- Slow enables observation. It's important to observe a dog and what they are communicating.
- Humans must slow down so that their dogs can do the same.
- Studying the 'dog ethogram' and support of natural dog behaviours.
- The 90% calm, 10% aroused ratio is a suggested aim.
- Focus on movement and activity that supports a healthy body and brain.
- Respect for our dogs as sentient beings and individuals.
- Appropriate equipment – well fitted harness and long, loose leash, minimum 3m.
- Ask yourself why it's important to you to engage in training/commands, whether it be 'positive' or 'fear free.'
- In terms of dogs and sports/hobbies, ask yourself, would your dog engage in these activities if left to their own desires?
- Always fulfil the basic needs of your dog and remember to check their emotional requirements as well.
- Slow walks and other recommended activities on our page can really help rescue dogs and dogs with fear and anxiety.
- Take your time to get to know your dog and support their individual character and needs.

How to find us at the Slow Dog Movement® C.I.C.

<http://www.slowdogmovement.org>
laura@slowdogmovement.org
FB, IG & Twitter:
[@slowdogmovement](#)
[#slowdogmovement](#)

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'On the Ground'



Celebra los éxitos de tu perro, disfruta sus triunfos y sus avances, pero no olvides hacer lo mismo contigo.

Sois un equipo, si trabajáis y os esforzáis al unísono, celebradlo igual.

Es justo que tú también te reconozcas tus méritos.

Cuídalo, cuídate

Celebrate your dog's successes, enjoy their triumphs and breakthroughs, but don't forget to do the same with you.

You are a team, if you work and strive in unison, celebrate it equally.

It's only fair for you to acknowledge your merit too.

Take care of him take care of yourself



— ANPECEC

Asociación Nacional de
Profesionales y Educadores
Caninos desde la Empatía y
la Cooperación.

National Association of
Canine Professionals and
Educators from Empathy and
Cooperation.

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