

# 'On the Ground' Zine

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Issue No.13 | August 2025

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Photo credit **Laura Dobb**

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## 'Coming to a Country Near you.' by **Laura Dobb**

We have fabulous news! It's been three years since the inception of the Diplomat Program, and we have launched it, this year, while I have been in San Francisco!

Successful Diplomats were chosen after an application process. We have eight people, from five different countries, dedicated to our movement.

And, that's not all! We have also welcomed four 'Honorary Diplomats,' people who have supported our community for many years.

What a Diplomat does really depends on the person and their country's culture. Some may show our film, and do a Q&A at their local library. Others may do social media posts, and another may tell their clients, and more..



Diplomat **Junko Yorifuji - JAPAN**

# 'On the Ground'

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*The slow movement is not about doing everything at a snail's pace. Nor is it a Luddite attempt to drag the whole planet back to some pre-industrial utopia.*

*The movement is made up of people who want to live better in a fast-paced, modern world. The slow philosophy can be summed up in a single word: balance. Be fast when it makes sense to be fast, and be slow when slowness is called for. Seek to live at what musicians call the *tempo giusto* - the right speed.'*

*— Carl Honore, In Praise of Slow*

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Photo credit Kylie Sheppard

# 'On the Ground'

## 'Coming to a Country Near You.' by Laura Dobb, continued

When I was living on Gabriola Island, I showed our film in my local library twice. The first time, the film was followed by a Q&A, and the second time, I gave a presentation on 'Dogs and Exercise' after the film. I also left our brochures in our local cafes, talked to everyone I could when I was out and about, and posted on our local community Facebook page about the SLOW DOG MOVEMENT. These are the kinds of things our Diplomats will be doing.

Diplomats meet with me one on one, once they are accepted. I listen to their individual ideas, offer resources, and send them two t-shirt decals. They have access to our CANVA brand colours and designs and money for minor printing. The sky is the limit if they have a super idea, depending on our budget, and time, I hope to support them all. There is no pressure for huge projects though, and the Diplomat can choose to leave after one year's commitment. Or stay, if we both agree!

Because our budget for printing and promotion is not huge, we now have a QR code for our website:

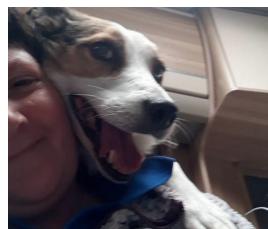


Our Diplomat Logo,



Our website QR code

**Meet our Diplomats!**



Our Diplomats, clockwise from the top left, **Thirza, Haruka Utoda, Adri Albertyn, Chinatsu Sakamoto, Dawn Carnell, Junko Yorifuji, Jack Tatham, Silke Strasser.**

In other news, our ZINE is now free, up until 2024 (two years worth of free reading) on our GUMROAD account. Our latest ZINE will be out at the end of August. This is our 13<sup>th</sup> ZINE, over three years.

When we lived in Scarborough, there was a ZINE library, and a ZINE fest in nearby York. I will be thinking of new ideas to expose our ZINEs to the world and I always need new writers. If you love dogs and our philosophy, and want to get published, here's your chance!

If you have any ideas for sharing our ZINE to the world, or any other ideas that would help our small social enterprise grow and reach more people, please get in touch.

Slowly yours,

**Laura, Founder/Director**

# 'On the Ground'

## SLOW DOG MOVEMENT Stories from our Worldwide Community....

### 'Working with traumatised dogs' by Winkie Spiers

Two years ago, I adopted my third rescue dog from Spain. He was about four years old, picked up off the street and in the pound with a great many other abandoned dogs. He was wearing a big heavy chain around his neck and had a vacant look in his eyes. When adopting from abroad it's literally like internet dating, swipe right or swipe left! My other rescue dogs came from the UK, and had a little date before they came home. I am unsure why I felt he was meant to be with me. I enquired about him and felt that I had the time and space to be able to give another dog a chance at a better life. There was no known history with him. Once I had committed to adopting him, he was very badly attacked in the pound. By the time someone noticed his wounds, they were running with pus, deep, and very badly infected. He had vet care, and I paid for him to go into a foster situation so he could get well enough to travel to the UK.

Once he was well enough, he travelled by van to the UK. I went to collect him from a motorway services car park, and took Artie and Vera with me. I think it's important to include them so that they can see what's happening. His name on the papers was Soul, and I had already decided to call him a cheerier name, Trevor. Trevor came out of the van looking stunned and confused. He had a chance to toilet and then got in the car to his forever home. His first journey in the car was enormously stressful, he barked, whined, paced, as far as space allowed and salivated. It was a stressful two hour long panic attack, quite heart breaking.

Once we were home, I brought him in on a harness and a long lead and walked with him around home and garden. Artie and Vera appeared quite chilled about it but Trevor was so stressed; whining, panting, salivating, pacing, shaking and toileting everywhere. I kept him on a lead inside, offered him some food and a few things to explore, but he wasn't really interested. For the next few days and nights, I had him with me in the sitting room as he was totally incontinent and highly stressed.

*"When animals express their feelings they pour out like water from a spout. Animals' emotions are raw, unfiltered, and uncontrolled. Their joy is the purest and most contagious of joys and their grief the deepest and most devastating. Their passions bring us to our knees in delight and sorrow."*

— Marc Bekoff, *The Emotional Lives of Animals:*

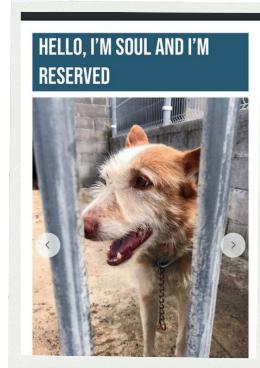


Photo credit: Winkie Spiers

Eventually Trevor stopped pacing and slept. I slept in the sitting room with him for over a week giving him a chance to just settle in one room with us all together in the hope he would feel safe.

Very quickly I picked up on how very traumatised he was, he was:

Fearful of pedestrians, noises, traffic, cyclists, cars, vans, lorries, anything that moved; Fearful of men, men speaking, men smoking, men doing anything.

Trevor reacted with extreme fear to anyone shouting, waving their arms, throwing balls, hitting a tennis ball or golf ball, anyone kicking a football, opening or closing a door.

Hyper-alert to everything and all he wanted to do was bolt.



Photo credit: Winkie Spiers

Photo credit: Winkie Spiers

# 'On the Ground'

## 'Working with traumatised dogs' by Winkie Spiers, *continued*

Photo credit **Winkie Spiers**



Just going out of the front door was huge challenge. We went out at 5am to avoid any triggers and didn't go far from home. I let him head home whenever he wanted to. Being with Artie and Vera didn't seem to help although it probably did! They just ignored him, and he ignored them. I live on my own, so logistics were quite difficult. Artie and Vera were just amazing, showing just how far they had both come since their adoptions.

It got to a point where Trevor started to sleep properly and eat. He discovered chewing and started to settle at home. He didn't like visitors at all and would bark and growl from the safety of the bedroom. Touch was tricky as he shied away from touch and never looked at me. Having trained as a Bowen Therapist many years ago, I was able to do a little bit of bodywork which really helped him. I have a cellar which he liked to sleep in, so I left the door open and put a big bed in there. He liked to sleep in the cellar or in the garden. He still does, but mostly sleeps on the sofas or in my bedroom.

I have been working professionally with dogs for over 20 years, and Trevor nearly broke me as he was so shut down and traumatised. It was heartbreaking to see and live with. We had small successes and many setbacks. I completely understand why some adopters are overwhelmed and find it hard to recognise the stress, anxiety, fear, and trauma as PTSD. PTSD in dogs is important to recognise but not often explained.

Following Trevor's adoption, I started volunteering with Five Circles Dog Rescue, giving support and advice to adopters. I give pre-adoption advice so that adopted dogs get a good first impression of their new home and there is a better chance of things working out.

Helping adopted dogs to feel safe, curious, and confident is vital along with taking things really slow. Too often, people are doing too much too soon; long walks, dog training classes, obedience, toys and ball play instead focussing on bond and relationship. Helping each dog to cope and feel safe whilst building a trusting and understanding relationship takes time. Less is always more. Doing nothing is much underrated and vital in the early days. Offering choices, things to explore, chew and do is easy.

Trevor, two years on, is amazing. He's learned to cope with life and enjoy it with good humour, and a sense of cheek and sass. I can let him run free, but he will always wear a tracker. He wears a long lightweight line for safety. In time, I will feel comfortable to not leave a long line on him, but for now safety is a huge priority as we live in London.

Early attachment experiences play a huge part in how dogs cope and learn. I suspect that Trevor's early life was very impoverished and sad. He has a mental disconnect sometimes and a vacant look in his eyes. He appears quite autistic or on some sort of spectrum as his brain gets overwhelmed and he struggles.

He now loves touch, initiates contact, asks for things by stamping his feet or barking. He is curious, funny, likes our friends, both dog and human. Life with him is looking good. It is enormously rewarding working with traumatised dogs but can be isolating, frustrating, difficult, depressing and utterly exhausting. He's taught me loads and I love him to bits. He's cheeky, funny, kind and still changing all the time. Every dog is different and we have to adapt to what they need and prefer to enable them to live a happy and fulfilling life with us.



Photo credit **Winkie Spiers**

### **Winkie Spiers**

Dog Trainer, London, UK  
Ambassadog & Honorary Diplomat  
SLOW DOG MOVEMENT© C.I.C.

# 'On the Ground'

## 'Who am I Actually Walking For?' by Thirza

When our dog OMA first arrived, we let her land softly—to meet us, the house, the rhythm of our days, the quiet company of our other animals. No rush. Just time. Her pace became our guide.

Going for walks? Not yet. The yard and our Sensory Garden Sneupen bij Willem were enough—a world of scents and space, a place to stretch and settle. But curiosity, like spring, crept in slowly. Beyond our front gate, the dirt road and forest began to call.

Fifty meters. Then a hundred. Then two. Until one day, she paused, turned, and with a glance said, "I'd rather go home."

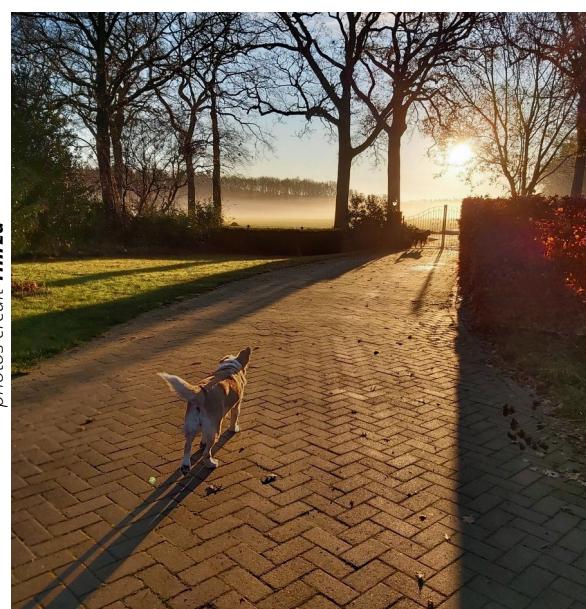
And I wondered—who am I walking for? Does she need walks in the forest? Is staying close to home somehow not enough? Is she missing out on something?

The answer came quietly: No. OMA is retired. She owes nothing to the world beyond. She savors each day, in her own way. Sometimes she wishes to go for walks, sniffing stories left behind. Sometimes she prefers to stay home, content in the now. Both are perfect.

I wrote this post for OMA, back in 2021. She was then twelve years wise. But truly, it's for every dog. Young or old, bold or gentle. Listen. They speak in silence, in steps, in stillness. They'll tell you what they need.

**Thirza**

Sensory Garden 'Sneupen bij Willem'  
The Netherlands



photos credit Thirza

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## 'The Deeper Benefits of Canine Nosework' by Adri Albertyn

There are many benefits associated with canine nosework, including species-specific mental stimulation, low-impact physical exercise, confidence building, strengthening the bond between dog and human, and inclusivity for almost all dogs—regardless of type, size, age, physical capability, breed, temperament, or any other characteristic. While all of these are positive, the one that stands out most for me is how the relationship between a dog and their person develops through this activity.

Since starting our nosework training centre, I've witnessed some truly wonderful moments of growth in "dog-and-their-person" relationships.

Often, people arrive at classes with many layers of thoughts and feelings, beliefs, and expectations about what their dog should do. They may have seen videos on social media that show only a narrow slice of nosework—typically high-intensity searches or selection tests, accompanied by dramatic music designed to draw the viewer in. As a result, they often arrive with a mix of anticipation and trepidation about how they—and their dog—will perform.

It's one thing to be amazed by stories of dogs detecting narcotics through sealed steel pipes, locating gas leaks underground, or helping prevent the smuggling of endangered species like pangolins or rhino horn. It's quite another to try to replicate that awe-inspiring feeling in a classroom setting, working through a beginner-level search.

*continued on page 6*

Join our email list: [slowdogmovement.org](http://slowdogmovement.org)

# 'On the Ground'

## 'The Deeper Benefits of Canine Nosework' by Adri Albertyn, continued



photo credit **Adri Albertyn**

In our foundation classes, people often try very hard to achieve results that align with their own ideas of success—but not necessarily with their dog's natural way of working. This can lead to pressure, both on the handler and the dog. The person may feel nervous—not just because the activity is new, but because they think they're supposed to "get it right." In turn, this pressure can affect the dog. After all, dogs already know how to use their noses.

Many handlers come from traditional obedience training backgrounds, where expectations are rigid. "Sit" means "sit," and there's little room for variation. Nosework throws these conventions out the window. But it takes time for people to unwind and embrace the freedom and power of this different approach.

We gently introduce them to this new world, where each dog is encouraged to develop their own natural searching style. Following the mantra "learn from the dog," our instructors highlight each dog's changes in behaviour and encourage their humans to observe very closely. It can be challenging—most people aren't used to paying such close attention to the often-subtle signals dogs give. But nosework demands it, because we can't detect odours ourselves. We must rely on the dog's superior sensory abilities, and in doing so, we begin to truly see and understand them.

As people engage in this deep observation, they begin to notice and describe the nuanced ways their dog communicates. And because the dog is performing a task humans cannot do, handlers begin to trust what their dog is telling them. This shifts the dynamic of the relationship—it becomes more of a two-way conversation.

We celebrate each dog's unique achievements, whether it's pinpointing the exact source of an odour, clearing large areas with ease, identifying inaccessible hides, eliminating distractions, excelling at vehicle searches, or staying focused despite wind and weather. Every dog is an expert at something.

Gradually, people tune in to being part of a team. The layers of preconceived ideas, thoughts, and beliefs begin to fall away. What remains is a meeting ground where dog and person connect authentically, each bringing their own gifts and aptitudes.

When people bring their dogs to nosework training, we believe they come with a wish for their dog. Once the layers of convention, expectation, and uncertainty are peeled back, they can begin to give shape to that dream—and truly do right by their dog.

### **Adri Albertyn**

Co-Owner, Good Scents, South Africa  
Ambassadog & Diplomat  
SLOW DOG MOVEMENT© C.I.C.

*"... Part of being awake is slowing down enough to notice what we say or do. ...It becomes a way of life to stay awake, slow down, and notice."*

— Pema Chödrön

## 2026 FAN CALENDAR OUT SEPTEMBER 1ST! SLOWWEAR.STORE



# 'On the Ground'

## 'What My Dog and Son Taught Me" by *Junko Yorifuji*

For a long time, my German Shepherd, Alan, and I suffered together.

He barked at many things and often rushed forward. I felt love, but also frustration.

I tried many methods, except harsh punishment. But the more I tried to "fix" his behavior the more distant we became.

One day, I decided to stop trying to "fix" him. I stopped all ball games and other activities to make him tired.

Instead, I chose a safe place and just stayed with him. We watched many things from a distance. It was very slow, in silent understanding.

Little by little, he became calm. He started to sniff the ground, and he barked and rushed less.

I also felt calm.

At the same time, I was raising my son with autism. At first, I also tried to "teach" and "fix" him. But what he needed to me to listen to his feelings, and give him time.

I saw that Alan needed the same.

During this time, I met a wonderful teacher. This meeting started the clock in my heart again. My experience with Alan changed me from just a dog owner into a professional dog trainer.

My other partner, Jack, a black Labrador, also taught me. He likes walking slowly, sniffing with a long lead. When he sniffs enough, his breathing is calm, his steps are steady, and his mind and body are stable. I realized that he was reading the world through smell, like a calendar.

He even chooses what food or grass is safe by smelling. Jack showed me that true stability comes from sniffing, waiting, and moving slowly.

In Japan, people are often judged by what they can or cannot do, and speed is valued. So it is hard to live slowly and to feel things calmly.

Dogs are also part of this fast life. Even on walks, which should be fun, they often just go straight on the same path and cannot slowly sniff or look around.

I was lucky to meet the Slow Dog Movement. Through this, I want to help people learn dogs.

~For a dog to be a dog.~

Of course, I cannot help every dog and every owner. But I will never stop learning.

I want to grow for the people who trust me, for their dogs, and for my own life with Alan, Jack, and my son.

Alan, Jack, and my son taught me: The base of a relationship is not obedience, but understanding.

Don't force others into your world.

Go and see theirs.

And just being together without doing anything.

This insight is now the center of my life.

I will spend the rest of my life giving back—to my dogs, to my son, and to all beings who teach us when we slow down and listen.

### ***Junko Yorifuji***

Dog Trainer - <https://www.aj-paws.com/>, Japan  
Ambassadog & Diplomat  
SLOW DOG MOVEMENT© C.I.C.



photo credits ***Junko Yorifuji***

# 'On the Ground'

‘犬と息子が私に教えてくれたこと’著：寄藤淳子(よりふじ じゅんこ)

長い間、私はジャーマン・シェパードのアランと一緒に苦しんでいました。

彼はたくさんのものに吠え、しばしば突進していきました。

私は愛情を感じていましたが、同時にフラストレーションもありました。

厳しい罰以外のいろいろな方法を試しましたが、試せば試すほど彼との距離は離れていったのです。

ある日、私は彼を「直そう」とするのをやめることにしました。

ボール遊びや、疲れさせるための活動もすべて。代わりに、安全な場所を選び、ただ一緒にいることにし、私たちは一緒に、遠くからいろいろなものを眺めました。とてもゆっくりとした、静かな理解の時間でした。

そして少しづつ、彼は落ち着いてきました。

アランは地面を嗅ぐことを覚え、吠えたり突進することも減りました。

私自身もまた、心が穏やかになっていきました。

同じ頃、私は自閉症の息子を育っていました。

最初は、彼に「教え」たり「直そう」としたこともあります。

でも息子に必要だったのは、私が気持ちを聴き、時間を与えることでした。

アランも同じものを必要としているのだと気づいたのです。

その時期に、素晴らしい指導者であるドッグトレーナーとの出会いがありました。

その出会いが、私の心の時計を再び動かしてくれました。アランとの経験は、私をただの飼い主からプロのドッグトレーナーへと変えてくれたのです。

もう一人のパートナーである黒ラブラドールのジャックもまた、私に多くを教えてくれました。

彼はゆっくり歩き、長いリードで匂いを嗅ぐのが好きです。

十分に嗅ぐと呼吸が整い、足取りも落ち着き、心と体が安定していきます。

彼は匂いを通して世界を読み取っていることに気づきました。まるでカレンダーのように。

ジャックは、食べ物や草が安全かどうかも匂いで選んでいるのです。

彼から、真の安定とは「嗅ぐこと」「待つこと」「ゆっくり動くこと」から生まれると学びました。

日本では、人は「できること・できないこと」で評価され、速さが重視されます。

だから、ゆっくり生き、穏やかに感じることは難しいのです。

犬もまた、この速い生活の一部に巻き込まれています。本来楽しいはずの散歩ですら、ただ同じ道をまっすぐ歩くだけで、

ゆっくり匂いを嗅いだり周りを見ることができません。

私はスロードッグムーブメントと出会うことができました。

その出会いを通して、人々が犬のことをもっと学べるよう手助けしたいと思っています。

～犬が犬であるために～

もちろん、すべての犬や飼い主を助けられるわけではありません。

それでも私は学び続けます。

私を信じてくれる人たちのために、彼らの犬のために、そしてアラン、ジャック、そして息子と共に生きる自分自身のために成長していきたいのです。

アラン、ジャック、そして息子が私に教えてくれました。関係の土台は「服従」ではなく「理解」であることを。相手を自分の世界に押し込めてはいけないことを。相手の世界に行ってみることを。そして、何もしないで一緒にいることの大切さを。

この気づきは、今の私の人生の中心になっています。私の残りの人生は、犬たちに、息子に、そして「立ち止まり、耳を澄ませるとき」に私たちに教えてくれるすべての存在に、恩返しをしていきたいと思います。

寄藤 順子

ドッグトレーナー - <https://www.aj-paws.com/>, 日本

アンバサドッグ&外交官

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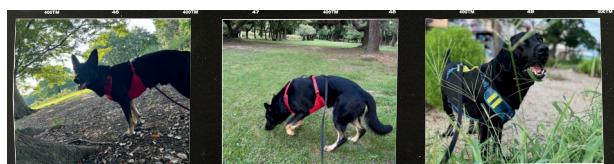


photo credits **Junko Yorifuji**



**Pepi's Story**  
**next page!**

# 'On the Ground'

## 'My Travels With Pepi' by Brett Korteling

photo credit **Cecilia Andersson**



Pepi is a charmer. He is still scared of people and can sound and look quite vicious when scared. His modus operandi is fight, not flight. Pepi always wants to go towards dogs that scare him and tell them off. Pepi has end of the lead energy and is very keen to sniff and hunt. At home when relaxed he sleeps on his back with all limbs outstretched in complete trust. Pepi is great with most dogs once we get past the initial seconds where shows how he can defend himself. He protects our other dogs, Ted (our Weechon) and Izzy (our JRT), from any dog that ventures towards us aggressively. Pepi has great dog mates and is ready to meet any dog who is ready to meet him.

His trust in me is a great gift and how he cracks me up - he is quite a character. When Laura first showed me photos and videos of Pepi, it was easy to be smitten. Lucky for him and me, I like a challenge. We knew Pepi was fearful of people especially men. During our introduction walk on the beach he ran up to me, gave me a sniff, and looked me in the eyes. I knew that was it. We would be mates. He knew this would be his last trip with his previous owner, and that he would now have a new home. It was hard for me to lead him away from his past on the day I took him home. I had to lift him up and carry him home as he cried.

He is an amazing adventurer. We have travelled from Scarborough to London, flown on two trans-Atlantic flights, driven across America to Canada and back, and had three trips in the Chunnel. On our trip to Italy, we slept in the back of a small SUV for all except two nights. Nothing is a problem for Pepi. He is fine if I am with him and if his safety place (his portable crate) is nearby.

Pepi has taught me the power of deeper intent and calm. I need to convey to him, often without words or actions, that all is okay and will be okay.

I have learned to watch his signals and found ways to balance him out and calm him down or take him away. At first, it was the night time walks that spooked him. I picked him up when I saw the signs. Ted and Izzy understood, and they stepped up and also kept an eye out for Pepi.

After travelling many miles, Pepi's interactions with the world have improved by miles. Slowly, slowly things improve and then one day, we are not chasing cars but sitting at the side of a busy roadside watching them go by. Pepi was fine immediately with Laura and our son Henry and loves being with them even when I am not there. His first outside family human friend was Dianne from Purple Pup in Scarborough. Thank goodness he loves Dianne, as I had to leave Pepi with her when I was packing up our house. Pepi's has a new friend Jim, in Lincolnshire. Jim has a long history working with animals and let Pepi know he wasn't afraid when Pepi tried to nip him and that he appreciated Pepi's spirit. They became fast friends. Pepi is also keen on Lousie, likely because Louise's Patterdale Frank, is like Pepi. Pepi and Frank are also fast friends.

I can't say it's been easy, especially when Pepi would attack Ted at night in a PTSD fit. And I am sorry to say I have lost my temper with Pepi, never with hitting, but sometimes with a frustrated pull on the lead and angry words. I always apologise and explain. Luckily Pepi understands and I have found ways to understand him better instead of getting frustrated with him. I need to guide him to a place where he does not feel trapped and hold him when the busyness of city streets is too much. I look forward to him having more human friends. Many people want to meet him. They appreciate his strong and gorgeous character. I love to see Pepi feel free and unafraid. Thanks for being my best mate Pepi.

**Brett Korteling**  
United Kingdom

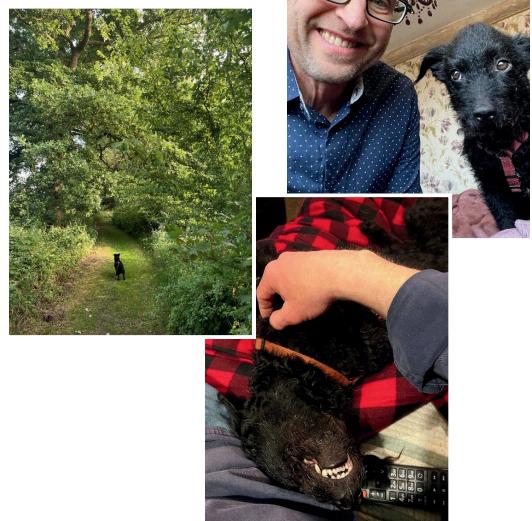


photo credit **Brett Korteling**

# '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 these hashtags:

#donothingwithyourdog©  
#circleoftrust  
#beyourdogsbestfriend  
#forestbathingwithyourdog  
#inpraiseofslow  
#slowwalks

And other 'non-hashtag' ideas!

We also support initiatives like  
<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.

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#donothingwithyourdog

This '**On the Ground**' ZINE is published quarterly and available via GUMROAD for £5 or as a digital benefit if you become a patron on **PATREON**. It is also available in our store, **slowwear.store**

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## 'On the Ground'

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*The Slow Dog Movement was the last piece of the puzzle for my trauma dog to fully recover. It's helped me help countless dogs as a dog walker, building their confidence and giving them more freedom*

— Kirsty Falk, Co-director

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