**Chapter 39: Dog Massage Introduction**

On the last Friday of class, there will be a dog massage session given by guest instructor Lynn Vaughan, LMT. She is a licensed massage therapist with a private practice in bodywork for animals, who will be showing you how to massage your dogs.

This hands-on session is important for a variety of reasons:

* **It’s a wonderful way to bond with your dog.** This calming environment helps them to relax and relieve stress. By massaging them it’s a great way to learn new ways your dog may like to be touched and ways that help them be calm and relaxed.
* **Your dog’s health**. By massaging your dog, you are learning what their body feels like. In return, you will be able to determine if there are an unusual lumps or other things amiss with your dog. Your dog performs a very physical job. Massage can help to relax muscles that might tighten from use. This is particularly helpful in the areas where the collar and harness sit.

What to expect:

This lecture will take place upstairs in the front/old living room to the right of the dining room. You will be asked to park your dogs beforehand. When you go to this lecture you will have your dogs on leash, wearing just their half check collar. Lynn will direct you where to go as she will be spacing everyone out. If you can, you will be sitting on the floor with your dog. If you are not able to do this Lynn will modify your position. Lynn will come around and say a quiet hello to both you and your dog before the session begins. This lecture is a nice way to end your training and show your appreciation to your dogs. This is the lecture the dogs enjoy most of all!

Lynn's instructional DVD, called *Bodywork for Dogs*, with an easy to follow audio track, is available through Guiding Eyes at a discounted price. For more information, go to [www.animalshealing.com](http://www.animalshealing.com/).

*Updated September 2020*