



AGE-PROOFING YOUR DOG

*A Feldenkrais®
Approach to
Lifelong Health
and Vitality*

Would you like to learn how to help yourself and your dog feel better and move more freely—at any age?

Whether you're a baby boomer with an aging dog or a millennial with a young pup, **Mary Debono** can help you and your dog get the most out of life. Mary's unique approach, based on the work of Dr. Moshe Feldenkrais, is designed to enhance not only your dog's health and well-being, but yours as well.

Mary will describe how she has helped dogs overcome the effects of stroke, arthritis, hip dysplasia, torn ligaments, aging, anxiety and stiffness. These dogs—many of whom were considered hopeless cases—demonstrate that improvement is possible at virtually any age or condition.

In *Age-Proofing Your Dog*, you'll discover how to:

- Reduce stress and anxiety
- Facilitate healing after injury, surgery or illness
- Cultivate a deep bond between you and your pet
- Lessen the effects of arthritis, hip dysplasia and aging

- Increase the mobility and vitality of older or injured dogs
- Enhance athletic performance and minimize the risk of injury

Table of Contents

Video #1:

1. Introduction: Two Dogs' Dramatic Recoveries Using Simple Strategies
2. ATM: Hand Movements to Refine Your Touch and Center Your Intention
3. Demo with Dog: Connected Breathing and Exploring the Ribs
4. Partner Practice with Mary's Guidance: Connected Breathing and Exploring the Ribs

Video #2:

5. Demo with Dogs: Observing Canine Movement What to Look For and Why
6. Lecture: Helping Dogs Recover from Knee Ligament Injuries; ATM: Sliding Hand and Knee

Video #3:

7. Demo with Dog: Using Sliding Hand and Knee ATM and Working with the Spine as a Basis for Hands-on Work with Dogs
8. Partner Practice with Mary's Guidance: Sliding Hand and Knee and Working with the Spine

Video #4:

9. Lecture: Canine Body Language and Working with Challenging Dogs;
Dog Demo: Hands-On Assessment
10. Mini ATM: Awakening Your Sternum and Ribs; Demo with Dog:
Mobilizing Ribs and Pelvis to Improve the Spine; Closing Thoughts



Mary Debono is a successful *Feldenkrais* practitioner who works with both humans and animals. She creatively applies the principles of the *Feldenkrais Method* to her work with dogs, creating simple and powerful process that can improve your dogs' health and behavior.

Mary is the author of the Amazon #1 best seller, *Grow Young with Your Dog*, which won the 2015 San Diego Book Award for Best Health book and a silver medal in the Living Now national book awards.

In her video program, *Age-Proofing Your Dog: A Feldenkrais Approach to Lifelong Health and Vitality*, Mary teaches material that complements, not duplicates, her book. In addition to improving yourself and your own dogs, the video program is a useful resource for *Feldenkrais* practitioners who wish to create thriving practices that incorporate dogs and their people.

Mary's book, videos programs, workshops and online sessions make it easy for dog, cat and horse lovers all over the world to benefit from her holistic approach. Mary's website is <https://www.MaryDebono.com>.