



# Tellington TTouch for Cats, Dogs and Humans

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It's a gentle, respectful method of working with animals that honours the body, mind and spirit of animals and their people. It has four components:

- Body work, called the Tellington TTouch®
- Ground exercises called the Playground for Higher Learning
- Tellington TTouch Training Equipment
- Intention – holding a clear image of the behaviour, performance and relationship you desire. “Change your mind and you can change your dog.”

These four components combine to enhance learning, behaviour, performance and well-being, deepening the connection between animals and their people. Tellington TTouch takes animals beyond instinct and teaches them to think rather than react.