

Tellington TTouch for Cats, Dogs and Humans

Linda TELLINGTON-JONES

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.

