**Instructed by Lisa Petterson CPCFT.**   
*Any questions regarding this seminar, please contact Lisa:* [*lpcaninefitness@gmail.com*](mailto:lpcaninefitness@gmail.com)

**SUNDAY, JANUARY 5th, 2020**

**Morning 10:00 am - 12:00 pm**

* Benefits of fitness training
* Safety & signs of pain/fatigue
* Weight and body condition
* Assessment and baseline tests
* Stationary foundation exercises

**Afternoon 12:30 pm - 2:30 pm**

* Dynamic foundation exercises
* Position changes

**\*by registering, you are buying your spot for the whole day.**

**WORKING SPOT (MAX. 12) = $115 per dog, plus GST - Total $120.75**

**AUDITING SPOT (unlimited) = $60 per person, plus GST - Total $63.00**

**Location of Seminar:**

Dog’O’Pogo - “The Bunker”

8465 Buchanan Road, Coldstream, BC

**\*PLEASE NOTE\* this is an UNHEATED facility with foam mat footing. Refunds will be given if we have to cancel due to COLD WEATHER and are unable to reschedule (anything colder than -10 C we will cancel and try to reschedule).**

**POST SEMINAR - ONLINE Fitness Course! Starting January 15th, 2020**

**What’s included:**

* 12-week online course with 8 lessons containing videos, photos, and written descriptions of the exercises and progressions
* Private Facebook group where lessons will be posted.
* Post **unlimited** videos, photos, and questions to the group for **unlimited** feedback
* Progressions of the fitness foundation exercises covered in seminar that can be easily modified to suit your dog’s individual level of training and fitness
* BONUS Lectures on warm up/cool down, weight management, and nail trimming.
* “Fitness Tracker” document, to track your dog’s progress

**Regular cost =** $402 per dog. **Purchase with seminar** = $300 per dog (25% off!!)

*This deal is only available if you register BEFORE the seminar!   
If you wish to join online after, you will pay the regular class price ($402).*

**About the Instructor - Lisa Petterson CPCFT**

Lisa started her dog journey more than 10 years ago, and it all started with teaching her family golden retriever tricks and "agility" in the yard. Pretty soon she was signed up for agility classes and never looked back!

Being a very active person herself, involved in many sports all through elementary and high school, Lisa has always understood the importance of keeping her dogs fit too! That importance grew as she got involved in dog sports. She believes it is up to the humans to make sure their dogs stay injury free and SAFE during the sports (and even in life) so they can be physically prepared of whatever is asked of them.

In 2017 she followed her passion and got her certification as a Certified Professional Canine Fitness Trainer (CPCFT) through the Wizard of Paws Canine Rehabilitation Center in the states. She is committed to learning as much as she can about the subject, to better help her own dogs and her students.

More than anything, she is dedicated to helping dogs live their best lives, for as long as possible. Whether that's competing in high levels in a sport, or just being a daily around the block walker! Any dog can benefit from canine fitness training!

Her approach, influenced by her mentor Dr Debbie Torraca (Gross), is largely focused on the dog’s safety being a number one priority during fitness work. She advocates for slow and controlled movements, ensuring the dog always has correct form and posture during exercises.

**More About the Seminar:**

Dogs of all experience levels welcome! More experienced dogs will get extra challenges, dogs new to fitness will do the foundations.

Dogs of all ages (preferred over 10 months) and breeds welcome.

\*\*Multi-dog handlers may switch out dogs each exercise, or alternate within the session.  
If you have two dogs and want to work BOTH in ALL sessions/exercises, please pay for 2 Working Spots and you will receive a 10% discount off your total before GST.

Handlers and dogs will be working FULL days (ie all 4 hours) BUT we are planning to alternate dogs in two groups throughout the seminar, so the dogs stay fresh!

**Email forms and e-transfer funds to: Lisa Petterson** [**lpcaninefitness@gmail.com**](mailto:lpcaninefitness@gmail.com) **Please make the password “Fitness”**

***Sorry, online registration only! Any issues please email Lisa.***

**Registration is ‘first come first served’. Your spot will be saved upon full payment.  
Please include in registration - Pages 3, 4, & 5**

**Handler Info**

Your name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Province/State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Postal code/Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email (please print clearly!): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dog Info** (no need to complete if you are auditing)

Dog’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: (must be at least 10 months) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Breed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please list any traumas, injuries, surgeries, or accidents that this dog has experienced (and dates of events): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please list any medical conditions that this dog has, and current medications that may impact the dog’s ability to participate in this seminar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Please note that Lisa Petterson offers Canine Fitness and Conditioning, NOT rehabilitation.***

*All dogs who participate in the Canine Fitness Seminar should have veterinarian clearance, and when concerns are noted, the student will be directed to seek appropriate care from their veterinarian, chiropractor, or other canine care provider. This seminar is not suitable for dogs recovering or rehabilitating from injury, or puppies under 10 months of age.   
Lisa cannot diagnose or treat injury, disease, or illness.*

*There will be NO refunds EXCEPT in the event of WEATHER OR LACK OF INTEREST.   
Make sure your dog is able to participate before paying!*

**If your dog has recently recovered from injury, please include your Veterinarian’s signature below, allowing them to participate in this seminar.**

Dog’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Veterinarian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Veterinarian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REGISTRATION & PAYMENT DUE BY DECEMBER 31st, 2019  
No late entries will be accepted.**

**Entries are first come, first served! Payment secures your spot.**

**PLEASE CHECK BOX OF SESSION YOU ARE REGISTERING FOR**

**Combo Prices (3 Sessions)**

|  |  |  |  |
| --- | --- | --- | --- |
| **SESSION** | **✓** | **PRICE** | **TOTAL** |
| WORKING Spot |  | $115 + GST | **$120.75** |
| AUDITING Spot |  | $60 + GST | **$63.00** |
| WORKING Spot + ONLINE course post-seminar  *(only available for working spots in this seminar)* |  | $115 + GST (seminar)  + $300  (online) | **$420.75** |
| \*REPEAT STUDENTS - WORKING Spot |  | $100 + GST | **$105.00** |
| \*REPEAT STUDENTS - AUDITING Spot |  | $50 + GST | **$52.50** |
| \*REPEAT WORKING Spot + ONLINE  course post-seminar  *(only available for working spots in this seminar)* |  | $100 + GST  (seminar, repeat fee)  +$300  (online) | **$405.00** |

**\*Repeat Student Discount applies to anyone who has taken an online or in person   
FITNESS course/program with Lisa Petterson before this seminar.**

**Total paid: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❑ etransfer # \_\_\_\_\_\_\_\_\_\_\_\_**

**Cancellations/Refunds** **Policy:**  
Refunds will only be given if the seminar is cancelled due to lack of participants OR due to cold weather - there will be **no refunds** on seminars for any other reason. If unable to attend the seminar due to injury or illness, payment may be used towards a future workshop or online course with Lisa Petterson, to be used within 8 months. Credits will only be given with advanced notice of non-attendance. ***Initial****:*

I understand that Lisa Petterson and Dog’O’Pogo have the right to refuse me or my dog at any time for any reason, including but not limited to behaviour and health. ***Initial****:*

**Photo/Video Release** - I agree to allow Lisa Petterson to use any photos/videos of me and/or my dog, for promotional, educational, and instructional purposes, online and in print. ***Initial:***

**Signature: Date:**

**Lisa Petterson - Canine Fitness Coach**

**Waiver of Liability**

Owner/Handler Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dog 1 Name: (the “Dog”) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dog 2 Name: (the “Dog”) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I acknowledge that I am voluntarily participating in dog training activities with **Lisa Petterson**, which may take place at the Quonset Hut, my personal residence, the instructor’s home or any public location.

**Assumption of Risk -** I understand and acknowledge that participation in dog training has inherent risks including, but not limited to: minor or serious injuries (including death) to myself, my Dog, or other persons or dogs; damage to property; or other losses. I am aware that any dog, regardless of training, handling, or environmental circumstances, is capable of biting and causing damage to myself, another person, or another dog. I agree to assume all risks of such occurrences.

**Waiver of Negligence -** I waive any and all claims that I have or may have in the future against, release from all liability, and agree not to sue **Lisa Petterson** for any injury, death, property damage or other loss that I, my friends, family members, or my dog may sustain due to any cause whatsoever, including but not limited to, negligence, breach of contract, breach of duty, statutory or otherwise, or mistakes or errors of judgment of any kind.

**Indemnification -** I assume full responsibility for injury or damage caused by myself, my friends, my family members, and my Dog during any dog training activity. I agree to indemnify and hold harmless,   
**Lisa Petterson** from and against any and all claims that may be made against them or costs, fees, expenses or liability (including, without limitation, lawyers’ fees on a solicitor and own client basis) incurred by **Lisa Petterson** that may arise due to: any act or omission of myself, my friends, my family, or any party for whom I am liable at law; or aggressive behaviour by the Dog or any other dog under my control.

I have been given the opportunity to read and understand the terms of this Agreement before signing it and have in fact done so. I understand that by signing this Agreement, I am relinquishing substantial legal rights and I sign this Agreement voluntarily and of my own free will.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian if under 19 years of age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date (dd/mm/yy): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_