



Christine Wales 780.818.2739  
cwcanineconsulting@gmail.com  
cwcanineconsulting.com

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## **Meditation Pack Walks – FREE for Everyone**

Come join Christine on a meditation pack walk. This is a great way to practice using calm energy while working with your dog and walking with a loose leash. This will help you feel more confident in how you manage your dog in new places and with new people.

Here are some guidelines for our walk:

- Everyone is welcome
- All dogs must be on leash (please no retractable leashes)
- Please give everyone personal space when you arrive
- In order to promote calmness, we will not be letting the dogs meet before the walk

\*Weather permitting, check my Facebook page  
or my website for the most up to date details

calming chaos one paw at a time!

