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Tellington TTouch uses a combination of touches and ground exercises to improve an animal's physical, mental and emotional balance and wellbeing. Tellington TTouch is a very gentle therapy, suitable for all animals from the very young to the very old and frail.

“When you know what you do, you can do what you want”

Many animals lack awareness of their body and how they use their body. This creates stress and tension, leading to behaviour problems and decreased performance potential. Tellington TTouch influences the animal's nervous system and the way it organises and uses its body. This gives the opportunity for change, leading to improved awareness and movement patterns. As tension in the body is associated with many behavioural problems such as lack of confidence, fear, defensive behaviour, fear of thunder, excessive vocalisation, inappropriate chewing and other destructive behaviours, releasing this tension can also allow the animal to express more appropriate behaviour.

Performance animals that never realise their potential and those that don't fully recover their ability after injury may be holding the memory of injury, and the associated tension, at a cellular level (even if the injury is an old one). Tellington TTouch can help release these tensions and allow the animal to reach its full potential. Tellington TTouch also benefits elderly animals that are losing the ability to move freely due to pain and stiffness.

If your animal displays inappropriate behaviour or performs below its maximum potential, Tellington TTouch (and/or other natural therapies) may help. I have seen profound changes in the behaviour and performance of animals after using Tellington TTouch and other natural therapies.

- Carole Bryant ©