

DAY CARE INTRODUCTION

DAY CARE

Designed to be a comfortable and welcoming “second home” for your dog, the Martha and Friends Day Care center provides large well-lit rooms which are heated and ventilated as well as air-conditioned during the summer months. These rooms are entirely separate and kept calm from the hustle and bustle of the rest of the center.

From 07.00 until 19.00, Monday to Friday, your dog will be in the expert care of our experienced team who have worked with dogs over many years.

During the day, your dog will be taken for walks in small groups which will take into consideration the needs of different breeds, temperaments and ages. The day will include either one or two long walks (c. 45 minutes to 1 hour) in the surrounding forests, depending on your request, as well as play in our indoor dog training and play areas.

While you are busy elsewhere, your dog will have plenty of interaction with our team as well as with other dogs. As in a children’s day care facility, our days are well structured. Indoor and outdoor play and exercise times will be followed by relaxation and rest together with their buddies and under the constant surveillance of our staff.

As member of the Day Care center, you and your dog will have access to our other services, such as training, canine exercise classes, workshops, and in the near future, grooming and physiotherapy.

We can arrange a pick-up and drop-off service upon request and availability.

To request further information on our day care services and to book an introductory appointment, please fill in the questionnaire or send us an email on info@marthaandfriends.lu, and we shall get in touch with you as soon as possible.

We look forward to meeting you!

MARTHA & FRIENDS 2020 DAY CARE PRICE LIST

	Monthly price € Incl. VAT
Half Day (morning or afternoon)	490
Full time	700

Two Days/ Week	362
Three Days/Week	525
Four Days/Week	615

	Daily Price € Incl. VAT
Half Day (morning or afternoon)	30
Full day	40

SUPPLEMENTARY SERVICE PRICES (INCL. VAT):

- Pick Up or Drop Off : € 20
(pre-booking required, depends on availability)
- Early Drop Off or late Pick Up : € 15/hour
- Puppy/Junior dog supplement (up to 1 year old) : € 5/per day
- Additional Long Walk per day : € 12

2nd dog receives a 20% discount

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

The training programme at Martha and Friends Dog Wellness is led by Verena Helfrich, a well-known trainer and dog behaviorist who has taught in Luxembourg and Germany for over 10 years. She is a certified dog trainer (3-year training programme), has a graduate degree in educational sciences (2004-2009) and has completed various coaching programs. She started her own business in the field of behavioral development with dogs in 2008 and began to train human-dog-teams in different disciplines and activities. The methods used in the training sessions are based on enhancing positive experiences for the dogs and on improving communication and understanding between dog and owner. The training sessions, whether individual or in small groups, are individually tailored, mindful of the age, breed and particular circumstances of the dogs and their owners. Particular care is given when dealing with so called "difficult" dogs. The training sessions are aimed at working with practical issues that come up in everyday life. In addition to behavioral counseling and individual one-to-one training, we offer various levels of classes and groups, as well as various activities and fitness classes which develop and challenge you and your dog, fostering working together and having fun!

We also provide guidance and help with choosing the dog which you will share your life with. And we cover various interesting topics in our evening lectures, seminars and workshops given by Verena as well as external speakers.

hope you enjoy discovering our training programme and look forward to meeting you or seeing you again!

PLEASE NOTE : Our teaching programmes will take place under the strict observation of prevailing regulations that apply in connection with Covid-19. This means limiting the size of groups as appropriate, use of masks, maintaining social distances, regular hand washing and use of hand sanitizers.

TRAINING GROUPS – CHOOSING THE RIGHT GROUP

For new clients (who have not yet attended any training with Verena), it is required to make an introductory appointment to assess what is suitable for each dog and owner. The introductory appointment aims to briefly assess whether you & your dog meet the basic requirements for participating in the class or activity you have selected, or whether it makes sense to take advantage of individual training or another group class first. These appointments last about 30 minutes and are priced at € 30.00.

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

BLOCK COURSES VS. OPEN COURSES

Block courses offer an ideal framework for learning new content or consolidating what has already been learned in a small group of human-dog teams. The advantage: working in a regular fixed group includes the same participants throughout your course, and thus maximises the success of each phase of development.

Open groups also take place in a small groups. The advantage: as it is not possible to book a fixed course but individual dates, participation is very flexible! However, please note the different requirements for participating in the groups.

All group types guarantee that, despite the group training, every dog and every person receives individualised training respecting their their needs.

EDUCATION:

- **PUPPY LEARNING GROUP**

Course start: from November 6, 2020, Fridays from 16:00 – 17:00 (continuous)
Training location: indoors at Martha & Friends (Munsbach) and outdoors, near Luxembourg City and/or Grevenmacher

For whom?: dogs from 8 to approx. 24 weeks (depending on their level of development)

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is recommended, but not mandatory.

Brief description: In addition to learning commands that can make everyday life easier, learning on a social and emotional level also plays a major role in our puppy learning group. All exercise units and the guided free games are individually adapted to age, the respective level of development and the composition of the training group.

Price: € 28 (1h)

- **LEASH TRAINING**

Course start: from November 13, 2020, Fridays from 17:30 – 18:30 (block course with 5 sessions of 1 hour each)

Training location: indoors at Martha & Friends (Munsbach) and outdoors, near Luxembourg City and/or Grevenmacher

For whom?: dogs from 4 months

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: In this course, your dog learns to walk next to you in a relaxed manner on a loose leash.

Price: € 125.00 (5x1h)

- **EVERYDAY ETIQUETTE TRAINING**

Course start: from November 6, 2020, Fridays from 19:00 – 20:00 p.m.
(continuous)

Training location: indoors at Martha & Friends (Munsbach) and outdoors, near Luxembourg City and/or Grevenmacher

For whom?: dogs from 6 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: Commands, leash training, recall training, dealing with difficult situations – we train a wide variety of everyday situations.

Price: € 28 (1h)

- **RECALL TRAINING**

Course start: from January 08, 2021, Fridays from 17:30 – 18:30 (block course with 5 sessions of 1 hour each)

Training location: indoors at Martha & Friends (Munsbach) and outdoors, near Luxembourg City and/or Grevenmacher

For whom?: dogs from 6 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: Taking small steps, various practical exercises with and without distraction, we work on the binding recall.

Price: € 125.00 (5x1h)

- **BECOME A WELL-TRAINED DOG IN 12 WEEKS**

Course start: from November 27, 2020, Fridays from 14:30 – 15:30 (block course with 10 sessions of 1 hour each – no course during the Christmas holiday period – and 2 x 1:1 individual trainings of 45 minutes each)

Training location: indoors at Martha & Friends (Munsbach) and outdoors, near Luxembourg City and/or Grevenmacher

For whom?: dogs from 6 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

Brief description: Being on a leash, running freely without a leash, binding recall and environmental safety as well as other main topics are on the programme of this all-round course.

Price: € 370.00 (10x1h group training und 2x 45minutes 1:1 individual training)

- **EDUCATIONAL WALKS (90 MINUTES)**

Course start: From Saturday November 21, 2020 09:00 – 10.30; 1-2 sessions per month

Training location: outdoors, near Luxembourg City and/or Grevenmacher

For whom?: dogs from 10 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: During each educational walk, different issues are worked on, depending on the training location and group constellation, for example:

- meet other humans, dogs and other animals on your dog walk
- leash training
- stay in contact with the owner even without a leash in distracting situations

Price: € 35.00 (1.5 hours)

- **(EX-)RAMBO WALKS (90 MINUTES)**

Course start: From Saturday December 19, 2020, 09:00 – 10.30; 1-2 sessions per month

Training location: indoors at Martha & Friends (Munsbach) and outdoors, near Luxembourg City and/or Grevenmacher

Brief description: As the name suggests, the training is about bringing dogs together, which sometimes are reactive at the sight of other dogs, and learning to go on walks together or in a group.

For clients who have not joined a prior training session with Verena, an introductory appointment in advance is required.

Price: € 35.00 (1.5 hours)

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

ACTIVITIES AND COURSES :

- **NOSE & SCENT BEGINNER**

Course start: From November 12, 2020, Thursdays from 16:00 – 17:00 p.m.
(block course with 5 sessions of 1 hour each)

Training location: indoors at Martha & Friends (Munsbach) during winter

For whom?: dogs from 3 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: In our "Nose & Scent" course, everything revolves around the detection of various specific scents. Your dog learns to find a specific scent, regardless of whether it is hidden in a wide variety of containers, from cans to suitcases, in a meadow or in vehicles. Improving the use of a dog's nose and detection of various scents is a great skill for your dog to learn and stimulates intellectual development as well as fostering good communication between dog and owner.

Price: € 125.00 (5x1h)

- **NOSE & SCENT CLUB**

Course start: From November 5, 2020, Thursdays from 17:30 – 18:30
(continuous)

Training location: indoors at Martha & Friends (Munsbach) during the winter

For whom?: for all dogs that have already participated in a Nose & Scent Beginner course or workshop

Brief description: We continue training using various locations and situations.

Price: € 28 (1h)

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

- **BODY LANGUAGE CIRCLE TRAINING BEGINNER**

Course start: From November 9, 2020, Mondays from 19:00 – 20:00 (block course with 5 sessions of 1 hour each)

Training location: indoors at Martha & Friends (Munsbach)

For whom?: dogs from 6 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: Our own body language as dog owners is often unclear or even contradicting. When communicating (not only) with our dogs, this often leads to misunderstandings. Therefore, this course focuses on body language and timing aspects of communication. Body Language Circle Training is good mental and physical stimulation for your dog.

Price: € 125.00 (5x1h)

- **BODY LANGUAGE CIRCLE TRAINING CLUB (60 MINUTES)**

Course start: From December 14, 2020, Mondays from 19:00 – 20:00 (continuous)

Training location: indoors at Martha & Friends (Munsbach)

For whom?: for all dogs who have already participated in a Body Language Circle Training course or workshop

Brief description: We work on the subtleties of body language circle training.

Price: € 28 (1h)

- **ZEN DOG GYM CLUB**

Course start: From November 5, 2020, Thursdays from 19:00 – 20:00 (continuous)

Training location: indoors at Martha & Friends (Munsbach)

For whom?: dogs from 12 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: Dog fitness – Zen Dog Gym is about mindful movement. We train the fitness of our dogs, strengthen their balance, coordination, mobility and strength. This promotes a conscious body awareness in the dog, and communication between human and dog is improved through joint exercises.

Price: € 28.00 (1h)

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

- **CROSSDOGGING BEGINNER**

Course start: From November 9, 2020, Mondays from 17:30 – 18:30 (block course with 8 sessions of 1 hour each)

Training location: indoors at Martha & Friends (Munsbach)

For whom?: dogs from 12 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: A fun activity for you and your dog which allows you to compete with other Crossdogging teams from other canine training schools in Germany, Austria and Switzerland. The tasks change weekly and are made available to participating dog training schools by the company Crossdogging GbR.

Crossdogging involves circuit training in which two people work on each station. One person completes the given task as often as possible for two minutes, the other counts the number of runs. Then the team swaps and when both have completed the task, it goes on to the next of the 5 stations.

The teams are not aware of forthcoming tasks until each training session. The tasks involve several different disciplines within dog sports. Sometimes tricky, sometimes more athletic, from agility and retrieval to body language, circle training and tricks performed by the dogs – there will be something for everyone!

This Beginner course will prepare you and your dog to join our Crossdogging Club afterwards, where you will be able to compete or improve your skills, or even just to find out which kind of activities you and your dog like most.

Price: € 200.00 (8x1h)

- **EXTRA DATE: FIT FOR NEW YEAR'S EVE CELEBRATIONS**

Thursday, December 31, 2020 from 13:30 – 15:00

Training location: indoors at Martha & Friends (Munsbach)

For whom?: dogs from 6 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: We want our dogs to be as relaxed as possible on New Year's Eve, and we will involve them (and you!) in various tasks involving education, dog fitness, nose work & others.

Price: € 35.00 (1.5h)

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

- **FITNESS WITH OUR DOGS**

Course start: Start January 5, 2021, every Tuesday from 09:00 – 10:00 (continuous)

Training location: indoors at Martha & Friends (Munsbach) and outdoors, near Luxembourg City and/or Grevenmacher

For whom?: dogs from 12 months

For clients who have not joined a training with Verena Helfrich, an introductory appointment in advance is required.

Brief description: This is about human fitness, the dogs will accompany us and are also involved in various fitness exercises.

Price: € 28.00 (1h)

WORKSHOPS:

- **NOSE & SCENT BEGINNER WORKSHOP**

November 7, 2020, Saturday from 10:00 – 16.30

Training location: indoors at Martha & Friends (Munsbach)

For whom?: dogs from 3 months

Brief description: In our "Nose & Scent" course everything revolves around the detection of various specific scents. Your dog learns to find a specific scent, regardless of whether it is hidden in a wide variety of containers, from cans to suitcases, in a meadow or in vehicles. Using its nose is a great skill for your dog to learn and stimulates his intellectual development as well as fostering good communication between dog and owner.

Price: € 125.00

- **BODY LANGUAGE CIRCLE TRAINING WORKSHOP**

Saturday, December 5, 2020 from 10:00 – 16:30

Training location: indoors at Martha & Friends (Munsbach)

For whom?: dogs from 6 months

Brief description: Our own body language as dog owners is often unclear or even contradicting. When communicating (not only) with our dogs, this often leads to misunderstandings. Therefore, this course focuses on body language and timing aspects of communication. Body Language Circle Training is good mental and physical stimulation for your dog.

Price: € 125.00

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

- **ANTI-POISON BAIT | PREVENTION WORKSHOP**

Sunday, January 10, 2021 from 10:00 – 16:30 (in German)

Sunday, January 17, 2021 from 10:00 – 16:30 (in English)

Training location: indoors at Martha & Friends (Munsbach)

For whom?: dogs from 6 months

Brief description: In our anti-poison bait workshop, you will learn step-by-step how to prevent your dog from picking up and eating things from the ground. You will also learn how to recognize symptoms of poisoning in case of doubt and how to react if your dog has swallowed something toxic.

Price: € 125.00

LECTURES:

Lectures are held in our caf teria at Martha & Friends in Munsbach. If your dogs is able to stay with you calm and relaxed during the event you can bring your dog with you. Dogs should not disturb the lecture.

- **FEAR IN DOGS**

Tuesday, November 24, 2020 from 19:00 (1.5-2h) (in German)

Tuesday, December 1, 2020 from 19:00 (1.5-2h) (in English)

Location: indoors at Martha & Friends (Munsbach)

For whom?: All interested dog owners, dog trainers etc.

Brief description: We discuss the subject of fear in dogs from different perspectives and also talk about the subject of coping with fear during New Year's Eve celebrations.

Price: € 35.00 including handout (1.5-2h)

- **IMPULSE CONTROL IN DOGS**

Tuesday, January 5, 2021 from 19:00 (1.5-2h) (in German)

Tuesday, January 12, 2021 from 19:00 (1.5-2h) (in English)

Location: indoors at Martha & Friends (Munsbach)

For whom?: All interested dog owners, dog trainers etc.

Brief description: This talk is all about impulse control, which is often a big issue for dog owners – not just when training dogs. We consider exactly is meant by this term? And can all dogs learn equally good impulse control?

Price: € 35.00 including handout (1.5-2h)

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

ADVENTURES:

- **CRIME TOUR WITH DOGS**

Saturday, November 21, 2020 from 13:00 – 16:00 (in English)

Sunday, November 22, 2020 from 13:00 – 16:00 (in German)

Location: outdoors , near Luxembourg City and/or Grevenmacher

For whom?: Dogs & their owners will deal with a distance of approx. 5 – 6km.

Brief description: As a „K9 special unit“, we are solving an exciting criminal case with our dogs!

Price: € 45.00 (3h)

- **CHRISTMAS-CHALLENGE**

Sunday, December 20, 2020 from 10:00 to 12:30

Location: indoors at Martha & Friends (Munsbach) and outdoors canton Luxembourg and canton Grevenmacher (Munsbach) – depending on weather conditions

For whom?: dogs from 6 months

Brief description: All participants will face various challenges with their dogs.

A lot of fun is guaranteed!

Price: € 40.00 (2.5 hours)

- **NEW YEAR'S END-OF-YEAR HIKE**

Thursday, December 31, 2020 from 10:00 to 12:00

Location: To be decided, depending on the weather conditions

For whom?: All clients of Martha & Friends and former clients of PudelsKern

Brief description: We go on a short hike together, c. 5-6 km.

Price: free

- **FIT FOR THE NEW YEAR – CHALLENGE**

Saturday, January 2nd, 2021 from 10:00 to 12:30

Location: indoors at Martha & Friends (Munsbach) or outdoors canton

Luxembourg and canton Grevenmacher (Munsbach) – depending on weather conditions

For whom?: dogs from 6 months

Brief description: All participants have to face various challenges with their dogs. A lot of fun is guaranteed!

SNEAK PREVIEW DOG TRAINING NOVEMBER 2020 – JANUARY 2021

Price: € 40.00 (2.5 hours)

PRICE LIST

Introductory appointment: € 30.00 (30 minutes)

First contact behavioral counseling & training: € 90.00 (90 minutes)

1: 1 individual training: € 65.00 (45 minutes)

Advice before choosing a dog: € 40.00 (45 minutes)

Lectures: € 35.00 including handout (90-120 minutes)

Prices for group trainings, workshops and other event see course description.

Online advice

1: 1 online consultation Get to know each other (10 minutes): free

We meet online in the virtual meeting room so that you can get an impression of how online consultations work and we can briefly discuss whether your topic is suitable for 1: 1 online consultation.

1: 1 online consultation single appointment (45 minutes): € 59.00

1: 1 online consultation starter package (3 x 45 minutes): € 169.00

1: 1 online consultation exclusive package (6 x 45 minutes including e-mail support between the appointments and a written summary of the appointments): € 319.00

1: 1 online consultation before choosing a dog (45 minutes): € 40.00