

A TTouch-For-You Experience ®: Week of Renewal with
Internationally Renowned Teacher, Author, and Visionary
Linda Tellington-Jones PhD (Hon) & Elinor Silverstein
In Keauhou, Hawaii on February 4-10, 2017

Tuition: \$1060 (Early Bird \$960 if paid in full by December 14, 2016) * Kama'aina Rates available

REGISTER NOW @ 800 854-8326 * www.TTouch.com

Workshop at Linda & Roland's home. Directions given upon registration

- **Join us in Hawaii for a transformative journey into our Cells and our Selves.**
- Being conscious of the effects of every thought, every feeling, every emotion, and every belief will be among the topics shared in Council circle in the TTouch-for-You workshop July 19-24. During this week we will combine TTouch with group discussions in Council form – witnessing and sharing our visions, our choices for personal growth, and our potential for making a difference in this world.
- Some of the processes we will include: Falling in Love with our Cells; the Body Blessing; Practicing gratitude for our 50 trillion cells; Exploring the source of our fear and exploring techniques for transforming it with TTouch & Guided Journeying; Understanding and Practicing Heart Intelligence.
- We will spend these magical days together in an intimate circle of no more than 12. So book now to insure your place
- Learn and share a simple form of caring touch that activates the healing potential of the body, releases pain, stress and fear, and fosters well-being.
- Experience the unique physical, emotional, and spiritual benefits of TTouch for both giver and recipient.
- Feel nurtured and supported by everyone around you.
- Return home energized, enriched, empowered and more enlightened.

In 1978 Linda graduated in the first four-year professional training class in the Feldenkrais Method of Movement Education taught by Israeli physicist Dr. Moshe Feldenkrais at the Humanistic Psychology Institute of San Francisco. In 1976 her passion for cellular intelligence was awakened by the teachings of Nobel laureate, Sir Charles Sherrington. In 1983 Linda began to develop a new form of bodywork applicable for humans and animals and based on moving the skin in a gentle “Circle and a quarter” called Tellington TTouch®. This method enhances cellular function and communication and has been validated by studies and research with both humans and horses. Linda has written 21 books in 14 languages and has Tellington certified teachers for horses, companion animals and humans in 31 countries.

* Gain a newfound sense of well-being, empowerment, and renewal

* Past participants have reported finding relief from everyday physical and emotional issues such as headaches, backache, chronic pain, depression, and anxiety

* Discover a means to enhance relationships beyond the constraints of language, finding new ways to nurture one another, and reaching new levels of understanding, appreciation, and empathy.

About this Course: *TTouch For You - the Tellington Method for Humans* - is intended for the education of both lay persons and health care providers. Feldenkrais Practitioners, nurses, massage therapists, physical therapists, occupational therapists, and physicians have successfully integrated these techniques into their practices for their patients, clients and for their own well-being.

This course is approved for 14 CEUs:

Tellington TTouch Training is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider number: 451334-10

Testimonial:

“The power of TTouch for me is this: It gives me something to give to my patients when there is nothing else to give.” M. Cecilia Wendler, RN, Ph.D., CCRN, U. of Wisconsin



Linda Tellington-Jones, PhD (Hon)

Pioneer, teacher, trainer, and author, Linda Tellington-Jones has forged new paths in the understanding and appreciation of the animal/human relationship, and has offered instruction in her gentle and aware approach to animals and humans for over three decades. Her interest in

equine bodywork was awakened by her grandfather Will Caywood in 1960 based on a form of equine massage he learned from Russian gypsies in 1903. In 1965 Linda co-authored a landmark book on equine massage entitled, *Massage and Physical Therapy for the Athletic Horse*.