



Tellington TTouch Training®
TTouch-for-You & Your Dog
January 21-27, 2017 in Kailua-Kona, Hawaii
Instructor: Linda Tellington-Jones

Training Location:

Home of Linda Tellington-Jones &
Roland Kleger
78-288 Manukai Street
Kailua Kona, HI 96740-2537
H: 808-322-2662
C: 808-989-3080
ltjk@kona.net

Coordinator:

Tellington TTouch Office
1713 State Road 502
Santa Fe, NM 87506
Phone: 800-854-8326 or 505-455-2945
Fax: 505-455-7233
trainings@TellingtonTraining.com
www.ttouch.com

Arrival and Departure: Your training will begin on Saturday, January 21 at 9:15 AM and end on Friday, January 27 at 4:00 PM. Plan to arrive at least one day before the start of training and leave the evening of January 27th or later. Come early or stay longer and enjoy our island paradise!

Tuition: \$1060. A \$300 deposit is due at the time of registration to hold a space in the class. The balance is due December 21, 2016. **Or, pay in full before December 2 and receive the early-bird discounted tuition of \$960!** Lodging and meals are not included in tuition.

**Please note, if you pay your deposit with a credit card, any balance due on December 21 will automatically be charged to the same card unless you request otherwise. (This does not apply to the early-bird discounted tuition that must be paid in full before December 2.)*

Discounts:

- Bring a friend to the training and one of you will receive a 50% discount on the tuition or both of you get 25% off.
- For “Kama’ina rate” please contact our office.

Three ways to Register:

- Online at www.ttouch.com select *Trainings & Workshops, Register for an Event*
- Mail a check to our office made payable to Tellington TTouch Training and note the course session in the memo line.
- Call our office to pay with your Visa, MasterCard, American Express, or Discover card

Tellington TTouch Training Cancellation Policy: Tellington TTouch Training reserves the right to cancel a session if necessary because of circumstances beyond our control or when enrollment is deemed insufficient. In this case all deposits, tuitions and the processing fees will be refunded. **We recommend that you purchase flight and hotel insurance for each event for which you register.**

Tellington TTouch Training Participant Cancellation Policy: For cancellations made more than 30 days in advance of the training, a refund will be given minus a \$100 administration fee. No refunds are possible for cancellations less than 30 days prior to the start of the training. If you have to cancel, \$300 is nonrefundable but you may apply the rest of the tuition to another training that must be attended within one year of your cancellation date.

Daily Schedule of Events

Unless otherwise noted, class hours each day will be 9:15 - 5:00 with a 1-1/2 hour lunch break on your own.

Day 1: Saturday, January 21

Introduction to the 9 elements of TTouch & TTouch for You - practice the basics of TTouch with each other for self-help and a greater understanding of what the animals you work with will experience.

Day 2: Sunday, January 22

Hands-on: Working with dogs sent by local residents using TTouch to address typical issues of pulling, hyperactivity, barking and shyness.

Optional after class: snorkel lesson at 5:30 PM at the house with Roland, a former diving instructor. Bring your bathing suit and towel if you wish to participate.

Day 3: Monday, January 23 (class ends at 4:30)

Hands-on: Working with dogs using various harnesses, the "Freedom Leash" and body wraps

Optional group evening Luau dinner and show at the Sheraton Keauhou Hotel starting at 5:30 PM. Approximate cost of the Luau dinner is \$99 - not included in the tuition and paid when you are in Hawaii.

Day 4: Tuesday, January 24

Hands-on: Working with dogs in the Playground for Higher Learning.

Day 5: Wednesday, January 25 (7:30 AM – noon)

Morning boat ride on the *Sunlight on Water* boat, swimming with dolphins and whale watching (included in tuition). Snorkel, fins and wetsuits provided on the boat at no charge.

Meet at the docks at 7:30 AM for fitting of all gear. Unless you have no sea-sickness tendency, we suggest you take Bonine an hour before the boat trip and eat lightly in case. Light food and snacks available on board include muffins, orange and pineapple slices, pretzels and potato chips.

Optional group lunch after the boat ride at the Fish Hopper (75-5683 Alii Drive, Kailua Kona, tel 808-326 2002).

Your afternoon is free time!

Day 6: Thursday, January 26

Hands on: Continued work with dogs in the Playground for Higher Learning. Students in Practitioner Training program will work with clients and their animals. First-time students will have the opportunity to observe and participate.

Optional group evening event: Join Linda and Roland at their home at 7:00 PM for dinner.

Day 7: Friday, January 27 (class ends at 4:00 PM)

Hands on: Review and refine bodywork and groundwork techniques with dogs. Final wrap-up and Closing Circle ceremony.

Family members or friends accompanying you to Hawaii who are not participating in the training are welcome to join you for any or all of these activities: Sunday snorkeling lesson with Roland after class, Monday evening Luau, Wednesday boat ride on the *Sunlight on Water* (\$100 for those not attending the class), Thursday evening gathering at Linda and Roland's home.

Animals Attending the Training:

If you are traveling from outside of Hawaii and are contemplating bringing your dog, please refer to this site for the requirements. <http://hdoa.hawaii.gov/ai/aqs/animal-quarantine-information-page/> You will have ample opportunity for hands on work with dogs at the training.

Suggested Reading: Before attending your first training we suggest you read Linda Tellington-Jones' book '*Getting in TTouch with Your Dog*'. You may purchase this on our web site www.ttouch.com or call our shipping department at **866-813-8169** to place your order.

You will be given a binder with training handouts at your first class. You may wish to bring your own notebook as well for taking notes. If you are returning for your second or other continuing session, please bring your original 3-ring binder to class.

Kona Weather: In winter it is usually sunny in the morning, partly cloudy in the afternoon, about 84 degrees during the day at Linda's home and 74 at night. It can be 65 degrees in the day if you head up into the higher mountains for sightseeing and exploring either before or after the training ends. Bring light rain gear and comfortable layers.

Suggested Dress: For the sessions at Linda and Roland's home and other activities, wear loose comfortable cool clothing for bending, stretching, occasionally sitting on the floor. Bring a sun hat, water bottle and sun block for times when we'll be working outside. You'll want a straw hat but can buy nice ones at Long's Drugs and Hilo Hattie's for under \$20.00! Of course bring a bathing suit. You can rent snorkel gear on the island.

Sandals, shorts and a cool top and Hawaiian shirts for guys are acceptable most places. You have to work to find dress-up events. For the wahine (women), it's fun to dress up for the Luau. The luau is casual but most women wear tropical dresses for it, and the men usually wear shorts.

Getting to the class and recommendations on where to stay

Airport:

Kailua Kona, Hawaii. You fly to Kona airport (KOA), on Hawaii Island.

Taxi Service:

Shuttle service to the hotels is not available, however taxi service is readily available. Rates from Kona Airport to hotels in Kona Village run approximately \$30 each way and taxi rates to Kailua Village run as high as \$75-80. Rental cars are advisable.

Accommodations:

Participants are responsible for reserving their own accommodations. **This is high season in Kona so book as soon as possible!** Linda and Roland are familiar with the following condos, rental houses and hotels and recommend them for your consideration:

Condos and Rental Houses:

Papaya Home www.Papayahome.com

Reserved for 7 nights from Friday, January 20 to check-out Friday morning, January 27

Tellington TTouch has rented a 5-bedroom home in Kona during the training for participants who don't mind sharing a home and would like to keep their costs down. The Papaya Home is located in a very peaceful area on a secluded large green property surrounded by tropical fruit trees. It is within 5 minutes of Kailua-Kona village, and approximately 6.5 miles (a 15-minute drive) from Linda and Roland's home.

This 2,400 sq. ft. two-level home includes one master bedroom with a king-sized bed, three bedrooms with a queen-sized bed, and one bedroom with two twin beds. The cost is prorated from \$65 to \$85 per night depending upon the bedroom requested and if all rooms are rented. This is inclusive of all taxes and the one time end-of-stay housekeeping fee for the entire house. **For more information and to reserve one of the bedrooms, contact us directly at the Tellington TTouch office.**

Halemalu www.halemalu.com

81-2026 Haku Nui Road

Captain Cook, HI 96704

info@halemalu.com

888-987-5247

Halemalu Vacation Villa is situated on a private five acre Botanical Garden Estate in Captain Cook. Six 2-bedroom suites with a living-dining area, mini refrigerator and private bath. Four of the suites also feature large open-air lanais. Double occupancy rate is \$110/night + 13.42% Hawaii State Tax.

Additional \$20 per night for each guest. Halemalu is approximately a 25-minute drive to Linda and Roland's home.

Outrigger Kanaloa at Kona and Outrigger Royal Sea Cliff

808-322-9625 (Front desk/Local number), Reservations: 800-688-7444

78-261 Manukai Street, Kailua-Kona, Hawaii 96740

Contact: www.outrigger.com

Roomy condos offer a full kitchen, washer/dryer, free Internet and free parking.

Outrigger Kanaloa -Spacious residential-style condos on a quiet oceanfront at Keauhou on the Kona Coast has the convenience of being only a mile from Linda and Roland's house. The properties are near the popular Kahalu'u Bay Beach Park, one of the best beaches for snorkeling on the island. They have 1 and 2 bedroom condos ranging from \$205.00-\$409.00 a night

Outrigger Royal Sea Cliff – Family-style condos with sweeping ocean views 1 mile from Kona Town. They have 1 and 2 bedroom condos ranging from \$189.00-\$305.00 a night

If you want a condo, check out <http://lodging4vacations.com/keauhou-kona-condo/> www.hawaiicondosbyowner.com or www.vrbo.com. Anywhere on Alii Drive south of Kailua village or near Keauhou Bay are good locations.

Tom, at www.HawaiiBeach.com is another wonderful resource for nearby rental houses. You can reach him at 1-800-588-2800 or (808) 327-KONA (327-5662), 7 days a week (3hrs. earlier than West Coast) or by e-mail at tom@hawaiiibeach.com

You can also go to www.sunquest-hawaii.com. You'll get a home page, click on condos, and go down the list on the left to Keauhou area then click on Keauhou Resort. If you go to www.sunquest-hawaii.com/Condos/KeaResort/kearesort.html, phone: 808 329-6438, you might find a 2-bedroom condo and we can try to find someone from the training to share it with you. Kanaloa is just a block away and also very nice. Check out availability.

Lonny Paulson, at lpaulson@sunquest-hawaii.com sometimes has condos in the Keauhou Resort or within walking distance of 78-288 Manukai where part of the training will be held. Ask Lonny for other condos also at the Kona Coast Condos, a 7-minute walk from the training site.

Another lodging option to consider: www.airbnb.com
Bed & Breakfast listings and rooms in private homes

*Linda and Roland highly recommend some rooms that are available through airbnb by a woman named Cecily Reading joycreated@gmail.com 808-896-1914

Hotels (please note, nightly room rates are 2016 prices and are subject to change next year):

Marriot Courtyard King Kamehameha's Kona Beach Hotel Rooms starting at \$153/night
75-5660 Palani Road, Kailua-Kona, Hawaii 96740 USA
Phone: 1-808-329-2911 **Fax:** 1-808-329-4602

www.marriot.com

Located on the Kailua-Kona beachfront. All rooms have private balconies – some with beachfront views. Free Wi-Fi in room. Participants at our past Hawaii trainings have enjoyed this hotel. Fun place to stay!

Royal Kona Resort Room rates starting at \$159/night
75-5852 Alii Dr, Kailua-Kona HI 96740
Phone: (808) 329-3111

www.royalkona.com

Oceanfront setting overlooking Kailua Bay. Conveniently located within walking distance of Kailua-Kona village. Wi-Fi access \$9.95/daily or \$38.95/weekly. Self Parking (\$). No shuttle service to/from Kona International Airport. Taxi service from airport is approximately \$40

Sheraton Kona Resort & Spa at Keauhou Bay Rooms starting at \$178/night with an additional daily \$31.25 Resort Charge for amenities including Wi-Fi, self-parking, complimentary use of Keauhou to Kona trolley, fitness center, morning yoga classes, and more.

78-128 Ehukai St Kailua-Kona, HI 96740
(808) 930-4900

www.sheratonkona.com

Sheraton Kona Resort & Spa hovers over Kona coast offering sensational views, rooms, spa & unforgettable service.

Kona Seaside Rooms starting at \$140/night

75-5646 Palani Road, Kailua-Kona, Hawaii 96740

www.konaseasidehotel.com 800-560-5558 or 808-329-2455

Located in downtown Kailua, convenient to shops and restaurants, and one block from the water. Moderately priced with clean, comfortable rooms, free wi-fi in-room, and very professional and friendly staff. The older section does not have an elevator and most rooms have ceiling fans with operable windows. Guest parking is available on a limited first-come basis (with surcharge). Please note that attendees from previous classes who have stayed here said some rooms are noisy because of the downtown location.

Kona Tiki Hotel Rooms starting at \$95/night

75-5968 Alii Drive, Kailua-Kona, Hawaii 96740

www.konatikihotel.com 808-329-1425

About a mile from downtown Kailua-Kona, the Kona Tiki is right on the water's edge, so although the road is close, pounding surf at night blocks traffic sounds. One of the best values in Kailua, it retains an old-fashioned Hawaii atmosphere (the best of retro!) No elevators, TV or air-conditioning, but spotless rooms and friendly staff. Complimentary breakfast includes fresh tropical fruit, toast, muffins or Danish along with fruit juice and gourmet coffee. Free parking and free wi-fi internet access in lobby only.

Manago Hotel Starting at \$35/night for rooms with shared bathroom, \$61/night for rooms with private bathroom.

82-6151 Mamalahoa Highway, Captain Cook, HI 96704

www.managohotel.com 808-323-2642

Located in Captain Cook Town overlooking the Kealakekua Bay, the Manago is 12 miles south of Keauhou and Kona. It is relatively inexpensive, but absolutely basic with no amenities, i.e. no TV, Wi-Fi, etc. There is a restaurant onsite. Ask for a room on the 2nd or 3rd floor with a nice ocean view.

A hotel we *do not* recommend: Uncle Billie's Kona Bay Hotel. Past reports are that it is loud and not very clean.

Driving Directions:

To Kailua-Kona

Exit the airport turning right onto Highway 19/Queen Kaahumanu Highway and continue toward Kailua 6 miles south. Pass Makala St. and turn right at the next signal, Palani Road Note that Highway 19 becomes Highway 11 here.

Stay in the right lane going down Palani, pass two signals and follow as the road curves left and becomes Alii Drive in the waterfront village of Kailua. You are again traveling south, now on the waterfront road. On your right will be the Kona Inn Shopping Village, the original hotel built by a steamship company and where Mark Twain stayed while exploring the "Sandwich Isles."

To Linda and Roland's home from Kailua Kona:

Follow the above directions to Kailua-Kona and continue along Alii Drive past the Royal Kona Resort for about another 6 miles. Alii Drive will bend left up a hill. At the signal the road curves to the right and becomes Alii Highway. At the next signal (one block) turn right onto Kamehameha III Road. Turn right again at the next road, Manukai St. Linda and Roland's house is the 4th house on the left, number 78-288.

Places you should know:

*Kahalu'u Beach Park has fabulous snorkeling in a shallow, reef-protected bay with a lifeguard. Lots of turtles and fish that swim up to you thinking they will get fed, however, new laws forbid feeding.

*Snorkel Rental: Snorkel rental is available right at Kahalu'u Park.

*Alii Garden Market Place is a permanent, very up-scale flea market with local artisans.

*Kona International Market 70 stores and eateries on Lahia Street. A must visit.

Favorite Restaurants:

*The Fish Hopper – Beautiful views, fabulous food specializing in fresh seafood and steaks. Seafood is both locally caught and shipped in daily. Certified Angus Beef, fresh locally grown produce and award winning clam chowder!

*On The Rocks – Like the old days in Hawaii with tables in the sand. Watch the sunset from here. Hawaiian music. This bar and restaurant serves light fare.

*Sam Choy's Kai Lanai– about 5 minutes from Linda and Roland's home. In the top 10 best scenic view restaurants in Hawaii with a stunning 230-degree view of the Pacific

*Kona Inn Restaurant - Excellent seafood and a lovely view and atmosphere on the ocean, downtown at the Kona Inn Shopping Village. A little on the pricey side.

*Cuzins Ice Cream Shop - The best cappuccino smoothies with yogurt! They have good vegetarian light food and garden burgers, etc. In the Kona Inn Shopping Village.

* Royal Thai Cafe - Great food - excellent service. Reasonably priced. Keauhou Shopping Center.

*Kona Healthfoods at Crossroads Shopping Center by Safeway where you can find health food and good sandwiches.

*Kanichi Japanese Restaurant. One of the best on the island, in the Keauhou Shopping Center.

*Outback Steakhouse

*Numerous little eateries in town along Alii Drive

Not finished yet! Please see the following page. This Data Sheet will need to be completed and returned to our office as soon as possible after you have made your travel and lodging arrangements, and have decided which extra-curricular activities during the week you plan to attend.



Tellington TTouch Training®
TTouch-for-You & Your Dog in Kona, Hawaii
 Data Sheet for January 21-27, 2017

**Please Complete this form and return it to the TTouch office
 as soon as you have made your travel arrangements**

Name _____

Contact Phone in Hawaii (or cell) _____

Emergency Contact name, phone & email: _____

Transportation:

I am flying into _____

Arrival Date _____ Airline & Flight # _____ Time _____

Departure Date _____ Airline & Flight # _____ Time _____

I will be renting a car ___ Yes ___ No

I am willing to share my rental car ___ Yes with (#) _____ people ___ No

I would like to be a passenger & share expenses ___ Yes ___ No

I will take a taxi from the airport ___ Yes ___ No

Accommodations:

I will be staying at (hotel, vacation rental, etc. name) _____

I would like a private room ___ I am willing to share a room ___

I'd like assistance finding a roommate _____

I live locally ___ I am willing to host a participant in my home ___

Animal Companion:

I am bringing a dog or other animal companion and have submitted their profile ___ Yes ___ No

Let us know which activities you plan to attend:

Sunday after class: snorkeling lesson from Roland ___ Yes ___ No

Monday evening: Luau and show at Sheraton Keauhou Hotel ___ Yes ___ No
 (approx \$99 - not included in tuition)

Wednesday morning: boat trip (included in tuition)

I'm going on the *Sunlight on Water* boat ___ Yes ___ No

I am an experienced snorkeler ___ Yes ___ No

I will stay on the boat and enjoy the dolphins & whales without snorkeling ___

Thursday evening: Dinner at Linda and Roland's home: ___ Yes ___ No