



Tellington *TTouch* Training®

**TTouch-for-You with Linda Tellington-Jones
& Elinor Silverstein
February 4-9, 2017
Kailua-Kona, Hawaii**

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 this TTouch-for-You experience. During the 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.

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 while feeling nurtured and supported by everyone around you.

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

Return home energized, enriched, empowered and more enlightened.

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 and Guided Journeying; Understanding and Practicing Heart Intelligence.

TTouch for You – The Tellington Method for Humans is for both laypersons and health care providers. Feldenkrais Practitioners, nurses, massage therapists, physical and occupational therapists, and physicians have successfully integrated these techniques into their practices for their patients, clients, and for their own well-being.

We will spend these magical days together in an intimate circle of no more than twelve so register now to insure your place!

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
Kirsten@ttouch.com
www.ttouch.com

Arrival and Departure: Your training will begin on Saturday, February 4th at 9:00 AM and end on Thursday, Feb 9th at 5:00 PM. Plan to arrive at least one day before the start of training and leave the evening of February 9th 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 30 days prior to the start of class. **Pay in full before December 14th, 2016 and receive the early-bird discounted tuition of \$960!** Lodging and meals not included in tuition.

**Please note, if you pay your deposit with a credit card, any balance due 30 days prior to the start of class 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 14, 2016.)*

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.
- “Kama’ina rate” available, please contact our office.
- TTouch Practitioner with current Guild Membership - 10% discount

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.

Training Schedule: Unless otherwise noted, the class will be held at Linda and Roland's home from 9:00 - 5:00 with a 1-1/2 hour lunch break on your own.

Extra-Curricular activities during the class:

Sunday – 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.

Monday (class will end at 4:30)

Optional 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.

Tuesday (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. Your afternoon is free time!

Wednesday - Join Linda and Roland at their home at 7:00 PM for a gathering and dinner.

Family members or friends accompanying you to Hawaii who are not participating in the training are welcome to join you for the snorkel lesson, luau, boat ride (cost \$100 for those not attending the class), or dinner at Linda and Roland's home.

Kona Weather: In winter it is usually sunny in the morning, partly cloudy in the afternoon, about 84 degrees during the day and 74 at night.

Suggested Dress: Wear loose comfortable cool clothing. 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 people dress in 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.

Taxi service recommended by Roland: Tim 808-960-0346 or Tim@adventurouslimi.com

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:

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 15-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@hawaiibeach.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 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, rates shown are subject to change):

Kona Tiki Hotel \$85.00-\$159.00 a 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.

Kona Seaside \$117.50-\$147.50 a night
75-5646 Palani Road, Kailua-Kona, Hawaii 96740
www.konaseasidehotel.com 800-560-5558 or 808-329-2455

The Kona Seaside is 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 the public spaces (surcharge for in-room service), 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). Complimentary breakfast is offered at the on-site restaurant.

Manago Hotel \$33.00-\$81.00 a night
82-6151 Mamalahoa Highway, Captain Cook, HI 96704
www.managohotel.com 808-323-2642

Located about 9 miles (18 minutes) south of Keauhou and Kona, the Manago is inexpensive, quiet, clean and comfortable at a cool elevation of approximately 1,000 feet above seal level. No frills (e.g. no TV), but it is about ½ the cost of most of the other inexpensive hotels. 42 rooms with private baths and 22 rooms with shared bathrooms overlooking the beautiful Kealakekua Bay. Ask for a room on the 2nd or 3rd floor with a nice ocean view.

Marriot Courtyard King Kamehameha's Kona Beach Hotel \$186 a night

75-5660 Palani Road, Kailua-Kona, Hawaii 96740 USA

Phone: 1-808-329-2911 **Fax:** 1-808-329-4602

www.marriot.com

Located in downtown Kailua-Kona. Participants at our past Hawaii trainings have enjoyed this hotel. Fun to stay at!

Royal Kona Resort \$149.00-\$169.00 a night

75-5852 Alii Dr, Kailua-Kona HI 96740

Phone: (808) 329-3111

www.royalkona.com

Located on Kailua Bay, the oceanfront **Royal Kona Resort** is within walking distance to Kona town and offers superb service and modern amenities in an unparalleled setting

Sheraton Kona Resort & Spa at Keauhou Bay \$219.00-\$629.00 a night

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.

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, up-scale flea market with local artisans.

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

Favorite Restaurants:

*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. We love their Prime Rib specialty, fish tacos (about \$12.00) and the Caesar Salad.

*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.

*Aloha Theatre Cafe - old Hawaii charm and excellent, reasonably priced food. Ask for directions.

*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.



Tellington TTouch Training®

TTouch-for-You in Kona, Hawaii

Data Sheet for February 4-9, 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 _____

Let us know which activities you plan to attend:

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

Monday Evening: Luau dinner and show at the Sheraton Keauhou Hotel ___ Yes ___ No

Approximate cost of the Luau dinner is \$99 - not included in the tuition and paid when you are in Hawaii.

Tuesday Morning Boat Trip (included in tuition):

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

I am an experienced snorkeler ___ Yes ___ No

I will stay on the boat and enjoy the dolphins & whales without snorkeling ___ Yes ___ No

Wednesday Evening: Dinner at Linda and Roland's home ___ Yes ___ No