



**TTouch for You and Your Horse
January 27- February 2, 2019 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:

Kirsten Henry, Tellington TTouch Training
1713 State Road 502
Santa Fe, NM 87506
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kirsten@TellingtonTraining.com
www.TTouch.com

Arrival & Departure: Your training will begin on Sunday, January 27 at 9:30 AM and end on Saturday, February 2 around 2:00 PM. Plan to arrive at least one day before the start of training and leave the evening of February 2 or later. Come early or stay longer and enjoy our island paradise!

Tuition: \$1060.00. A \$300.00 deposit is due at the time of registration to hold a space in the class. The balance is due December 28, 2018. **Or, pay in full before December 1, 2018 and receive the early-bird discounted tuition of \$960.00!** Lodging and meals are not included in tuition.

**Please note, if you pay your deposit with a credit card, any balance due on December 28, 2018 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 1, 2018.)*

Discounts:

- Bring a friend to the training and one of you will receive a 50% discount on the tuition or each of you get 25% off.
- For “Kama’aina rate” please contact our office. (A Hawaii resident rate.)

Four ways to Register:

- Online at www.ttouch.com select *Trainings & Workshops, Register for an Event*
- Or go to: <https://www.cartserver.com/sc/securepage.cgi?ttouch.com/registerEvent.shtml>
- 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 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 \$100.00 administration fee. No refunds are possible for cancellations less than 30 days prior to the start of the training. If you have to cancel, \$300.00 is non-refundable, but you may apply the rest of the deposit to another training that must be attended within one year of your cancellation date.

Daily Schedule of Events

Class hours as noted and each day has a 1.5 hour lunch break.

Day 1: Sunday (9:30 – 5:30)

TTouch for You at Linda and Roland's home. Get acquainted. Theory and practice of TTouch for you, your family or clients (for therapists). Self-help for wellness, stress release, pain and fear. You will learn the basics of TTouch pressure and tempo for yourself to give you a sense of how your horse will feel. We will begin philosophy and techniques for your horse.

Lunch on your own from 12:30 to 2:00

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

Day 2: Monday (9:30 - 4:30)

Theory and practice of TTouch working with the horses at HorsePlay Equestrian Center in Hanalo on the Mamalahoa Road, a 15 minute drive south from Linda and Roland's. *Bring sun block and sun hats or borrow one of ours.*

Optional Group Lunch to be announced.

Optional group evening Luau dinner and show at the Sheraton Keauhou Hotel starting at 5:30 PM. Approximate cost of the Luau dinner is \$85 - not included in the tuition and paid when you are in Hawaii.

Day 3: Tuesday (9:30 - 5:30)

HorsePlay Equestrian Center in Hanalo for more work with the horses. Theory and practice of the *Playground for Higher Learning* and TTouch leading exercises including the Bee Line (a unique theory developed by Robyn Hood to give a deeper level of choice and connection with your horse from the ground).

Optional group lunch to be announced.

Day 4: Wednesday (7:30 - noon)

Morning boat ride on the *Sunlight on Water* boat, swimming with dolphins and whale watching (included in tuition). Snorkel, fins and short 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 and fresh fruit.

Please bring with you on the boat:

Towel, warm clothing (for after the swim, sweatshirt, and/or windbreaker), sunscreen and sun hat (If you don't have a hat, Linda said she has a lot if you need one.).

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 5: Thursday (9:30 - 5:30)

Back at HorsePlay Equestrian Center practicing Playground, Dance Steps, riding equipment (Lindell, Tellington Training Bit), body wraps for riding and ground driving.

Lunch on your own 12:30 to 2:00

Dinner at Linda's and Roland's house.

Day 6: Friday (9:30 - 5:30)

The class will be split in two groups for the day:

Group A will check in at Na'alapa Stables (www.naalapastables.com) for a trail ride starting at 9:30 on Kahua Ranch. Riding helmets are available for guests. The morning ride will be 1.5 hours (cost is approximately \$75- not included in tuition and paid at the stables). *Please take note that the maximum weight for riders is 230 lbs.*

Kahua Ranch is 8,500 acres of private land sited 3000 feet above sea level. It is spectacularly beautiful as well as being one of the oldest working ranches in Hawaii. The ride will offer a stunning variety of landscapes from grazing cattle, sheep and horses, to vistas of ocean and coastal shorelines.

Group B will check in at Hawaii Paso Fino Ranch (52-262 Niuli Place, Kapaau, 808-884 5625) to practice TTouch, wraps and Dingo on gentle Paso Fino horses that have rarely experienced the TTouch Method. It's a great place to practice your skills!

Both groups will come together from 12:00-2:00 for lunch at the Bamboo restaurant – one of the best rated in Hawaii. (55-3415 Akoni Pule Hwy 808-889-5555) www.bamboorestaurant.info. Linda taught the owner to ride when she was 10 years old and lived in Palos Verdes, CA.

In the afternoon, the groups will switch:

The afternoon trail ride can be a 2.5 hours if there are enough riders requesting the extra time. (Cost is approximately \$100 - not included in tuition.) Otherwise it will be 1.5 hours (cost approximately \$75).

Day 7: Saturday (9:30 - 4:00)

Final TTouch practice and Dance Steps (leading) at the historic Mahealani Ranch (79-7327 Mamalahoa Hwy, Kealahakua) owned by one of Hawaii's oldest families. Barbara Nobriga is a renowned cattle and horse breeder, with Thoroughbreds as their foundation stock.

Lunch on your own from 12:00 to 2:00

Reconvene at 2:00 at the house for final recap and questions, wrap-up and Closing Circle ceremony.

Family members or friends accompanying you to Hawaii and who are not participating in the horse training are welcome to join you at any of following activities: snorkeling lesson from Roland, Luau dinner and show, boat ride on the *Sunlight on Water* (\$100 for those not attending the class), Friday trail ride and Thursday dinner at Linda and Roland's.

Required Reading:

Before attending the training we suggest you read Linda's book, The Ultimate Training and Behavior Book and that you view the DVD Solving Riding Problems With TTEAM, From the Ground. These items may be purchased through the online store on our website www.ttouch.com, or call our order and shipping center Tuesday-Friday at 866-813-8169.

Purchase a second Tellington Method video or DVD of your choice prior to the training and you will receive 50% off that item. Upon registration, we will send first-time students a complimentary TTouch of Magic for Horses DVD. Please watch it before you come to the training.

Equipment:

A Tellington Method Wand - a 4' White Dressage Whip

A Tellington Method Lead with 28" chain or the Tellington Method Zephyr lead

The wand and lead are essential items for a Tellington Method training. If you have them, please bring them with you. (For those of you who will be flying, the wand can bend into a large suitcase. Be careful taking it out though, it whips back into shape really quickly!) If you do not

have a wand and lead, they will be available for sale at the clinic along with other equipment, videos and books.

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. It can be about 65 degrees in the day when we head up into the higher mountain for the ranch ride.

Suggested Dress: For the TTouch sessions at Linda and Roland's home and other activities, wear loose, comfortable, cool clothing. It will most likely be about 84 degrees at the house and around 75 at the stable. The day we go riding it could be in the low 60's. Remember to bring rain gear, and comfortable layers as the weather can be warm enough to walk around in a tee-shirt during the day, but cooler in the evenings and in the mountains during the trail ride. Bring jeans for the days with the horses and **don't forget barn shoes**. Riding helmets and raincoats are available at the stable before the trail ride. If you choose not to wear a helmet, bring a hat in case of rain.

Bring a sun hat, sun block, and water bottle for the horse days. Of course bring a bathing suit. You can rent snorkel gear on the island.

Sandals, shorts and cool tops and Hawaiian shirts for guys are acceptable most places. You have to work to find dress-up events. For the whahini's (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. It's out on the Sheraton lawn so it's a little cool at night - maybe 73 -75.

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:

Kame House 808-721-6722

It is a 10 minute walk to Horse Play Stables. It's brand new in 2018 and is super lodging. \$40 a night as of 1-18. Single rooms with a toilet. Huge shared kitchen and shared shower area with a lovely outdoor garden. It is on Airb&b but not easy to find.

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 \$110.00 per night + 13.42% Hawaii State Tax. Additional \$20.00 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 is a 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 one and two 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 ^{[[1]]}_{[[SEP]]}(808) 327-KONA (327-5662), ^{[[1]]}_{[[SEP]]}seven 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 seven-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*

Highly recommended lodging sit: <http://konafun.com>

Hotels (please note, nightly room rates are 2017 prices and are subject to change next year):

Marriot Courtyard King Kamehameha's Kona Beach Hotel Rooms starting at \$219/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 \$185/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 \$259/night with an additional daily \$31 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 \$165/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 \$119/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 \$41/night for rooms with shared bathroom, \$67/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 six 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.
- * Island Naturals Market & Deli 74-5487 Kaiwi Street In Kailua-Kona. Natural, whole organic foods, deli and grocery items. Open Mon-Sat 7:30am – 8:00pm. Sun 9:00am – 7:00pm
- *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

A wonderful activity Linda recommends for your free time:

Book a TTouch and Massage session with Jesse Brader at Island Spirit Healing Center & Day Spa. 803-769-5212 www.islandspiritspa.com



Tellington Touch® Training

**TTouch-for-You & Your Horse in Kona, Hawaii
Data Sheet for January 27 - February 2, 2019**

**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: snorkeling lesson from Roland ___ Yes ___ No

Monday evening: Luau and show at Sheraton Keauhou Hotel ___ Yes ___ No
(approx \$85 - 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

Friday:

Trail ride at Na'alapa Stables (approx \$73 - \$100 - not included in tuition) ___ Yes ___ No

Lunch at the Bamboo Restaurant in Hawi (not included in tuition) ___ Yes ___ No