



**Tellington TTouch Training®**

**TTouch for You and Your Horse**  
**February 21-27, 2016 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](mailto:ltjk@kona.net)

**Coordinator:**

Kirsten Henry, Tellington TTouch Training  
1713 State Road 502  
Santa Fe, NM 87506  
Phone: 800-854-8326 or 505-455-2945  
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[kirsten@TellingtonTraining.com](mailto:kirsten@TellingtonTraining.com)  
[www.TTouch.com](http://www.TTouch.com)

**Arrival & Departure:** Your training will begin on Sunday, February 21 at 9:15am and end on Saturday, February 27 at 4:00pm. Plan to arrive at least one day before the start of training and leave the evening of February 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 30 days prior to the start of the class. **Pay in full before December 28, 2015 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 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 28, 2015.)*

**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’aina rate” please contact our office.

**Three ways to Register:**

- Online at [www.ttouch.com](http://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 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 deposit to another training that must be attended within one year of your cancellation date.

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### **Daily Schedule of Events**

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

#### **Day 1: Sunday, Feb 21**

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 horses will feel. Lunch on your own 12:30-2:00.

#### **Day 2: Monday, Feb 22** (Class will end at 4:45pm)

Theory and practice of TTouch working with the horses at HorsePlay Equestrian Center in Hanalo - a 15-minute drive south from Linda & Roland's home on the Mamalahoa Road.

Buffet Lunch at Strawberry Patch 12:30-2:00

Optional group event on Monday evening – Luau dinner and show at the Sheraton Keauhou Hotel (not included in tuition, cost is \$99)

#### **Day 3: Tuesday, Feb 23**

Working with the horses at HorsePlay Equestrian Center in Hanalo - 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.

Lunch on your own 12:30-2:00, or optional group lunch at Annie's Island Fresh Burgers in Kealahou. Tuesday evening after class – optional. An opportunity to learn to snorkel with Roland, a former diving instructor. At Linda and Roland's pool - snorkel and fins available.

#### **Day 4: Wednesday, Feb 24** (8:00am – Noon)

Morning boat ride on the *Sunlight on Water* boat, swimming with dolphins from the boat and whale watching (included in tuition). Snorkel, fins and wetsuits provided on the boat at no charge – meet at the boat at 7:30am for fitting all gear. Let Linda and Roland know ahead of time if you want a wetsuit and what size.

Optional lunch after the boat ride at The Fish Hopper on Alii Drive. Afternoon is free time!

#### **Day 5: Thursday, Feb 25**

Working with the horses at HorsePlay Equestrian Center in Hanalo - ground exercises, riding equipment, riding exercises, body wraps and ground driving.

Optional group dinner at the Akule Supply Company Restaurant (just past the Sheraton Kona Resort driveway on Keauhou Bay)

**Day 6: Friday, Feb 26** (Leave Kailua-Kona no later than 8:30am)

Check in at Na‘alapa Stables ([www.naalapastables.com](http://www.naalapastables.com)) starting at 9:30am for a trail ride on Kahua Ranch (not included in tuition, cost is approx. \$90) Riding helmets are available for guests. Kahua Ranch is 8,500 acres of private land sited 3,000 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 shoreline.

Drive to Parker Ranch Center in Waimea for lunch break.

In the afternoon, we will be the first TTouch TTEAM class to work with the rescue horses at the Circle J Horse Sanctuary in Waimea!

Friday evening – optional group dinner at The Fish Hopper

**Day 7: Saturday, Feb 27** (class will end at 4:00)

From 9:15 – 12:30 Individual choice of TTouch for You (humans) at Linda and Roland’s home, or more work with horses at HorsePlay Equestrian Center.

Lunch on your own 12:30-2:00

Everyone reconvene at Linda and Roland’s 2:30-4:00 for final wrap-up and Closing Circle ceremony.

For those not leaving the island immediately after class ends, Linda and Roland invite you to join them for an evening gathering and dinner at their home on Saturday starting at 7:00pm.

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

**Required Reading:**

Before attending the training we suggest you become acquainted with 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](http://www.ttouch.com), or call our order and shipping center Tues-Fri at 866-813-8169.

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

**Equipment:**

TTEAM Wand, 4' White Dressage Whip

TTEAM Lead with 28 chain or zephyr lead

The wand and lead are essential items for a TTEAM 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 against rain.

Bring a sun hat and water bottle for the horse days and sun block of course. 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 your snorkel gear on the island.

Sandals, shorts and a 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:**

**Papaya Home** [www.Papayahome.com](http://www.Papayahome.com)

Reserved Saturday February 20 to Saturday February 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 15 minutes / 6.5 miles by car from Linda'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](http://www.halemalu.com)**

81-2026 Haku Nui Road

Captain Cook, HI 96704

[info@halemalu.com](mailto: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](http://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](http://www.hawaiicondosbyowner.com) or [www.vrbo.com](http://www.vrbo.com). Anywhere on Alii Drive south of Kailua village or near Keauhou Bay are good locations.

Tom, at [www.HawaiiBeach.com](http://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](mailto:tom@hawaiiibeach.com)

You can also go to [www.sunquest-hawaii.com](http://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](http://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](mailto: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](http://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](mailto:joycreated@gmail.com) 808-896-1914

**Hotels** (please note, nightly room rates are 2015 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](http://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](http://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](http://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](http://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](http://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](http://www.managohotel.com) 808-323-2642

Located in Captain Cook Town overlooking the Kealahou 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 2<sup>nd</sup> or 3<sup>rd</sup> floor with a nice ocean view.

### **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 Horse in Kona, Hawaii

Data Sheet for February 21 - 27, 2016

**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:

**Luau on Monday evening** at Sheraton Keauhou Hotel \_\_\_\_ Yes \_\_\_\_ No  
(approx. \$99 for dinner and show - not included in tuition)

**Tuesday after class:** snorkeling lesson from Roland \_\_\_\_ Yes \_\_\_\_ No

#### **Boat Trip on Wednesday:** (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 \_\_\_\_

#### **Friday:**

Trail ride at Na'alapa Stables (approx \$90.00 - not included in tuition) \_\_\_\_ Yes \_\_\_\_ No

Dinner at the Fish Hopper Restaurant in Kailua-Kona (not included in tuition) \_\_\_\_ Yes \_\_\_\_ No

**Saturday evening dinner at Linda and Roland's home** (included in tuition) \_\_\_\_ Yes \_\_\_\_ No