



**Tellington TTouch Training®**

**TTouch-for-You & Your Dog**  
**January 24-29, 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:**

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](mailto:trainings@TellingtonTraining.com)  
[www.ttouch.com](http://www.ttouch.com)

**Arrival and Departure:** Your training will begin on Sunday, January 24 at 9:15 AM and end on Friday, January 29 at 4:00 PM. Plan to arrive at least one day before the start of training and leave the evening of January 29 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 30 days prior to the start of class. **Pay in full before December 1, 2015 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 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 1, 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'ina 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 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.

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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, January 24**

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: Monday, January 25** (class ends at 4:30)

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

*Optional evening event - Luau and show at the Sheraton Keauhou hotel (not included in tuition, cost is \$99)*

#### **Day 3: Tuesday, January 26**

Hands-on: Introduction to the Playground for Higher Learning and various harnesses and "Freedom Leash"

*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, January 27** (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 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. Afternoon is free time!

#### **Day 5: Thursday, January 28**

Meet at Linda's in the morning and carpool to the KARES animal rescue organization in Kohala. [www.kohalaanimal.org](http://www.kohalaanimal.org) for a day of review and refinement, continuation of body and groundwork, and hands-on practice with the rescue dogs (and cats if you wish). Lunch will be provided at KARES. *Thursday evening gathering and dinner at 7:00pm Linda and Roland's home - included in tuition.*

#### **Day 6: Friday, January 29** (class ends at 4:00pm)

Hands on: Review and refine bodywork and groundwork techniques with dogs. Students in Practitioner Training program will work with clients and their animals in the afternoon. First-time students will have the opportunity to observe and participate. 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: Monday evening Luau, snorkeling lesson with Roland after class on Tuesday, Wednesday boat ride on the *Sunlight on Water* (\$100 for those not attending the class), Thursday evening gathering at Linda and Roland's home.

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**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](http://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. 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.

**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, January 23 to Friday, January 29 (six nights)**

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 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](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 Dog in Kona, Hawaii**

Data Sheet for January 24-29, 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 \_\_\_\_

**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:**

**Luau on Monday evening** at the Sheraton Keauhou Hotel \_\_\_\_ Yes \_\_\_\_ No  
(approx. \$98.00 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 \_\_\_\_

**Thursday evening gathering and dinner at Linda and Roland's home:** \_\_\_\_ Yes \_\_\_\_ No