

**TTouch for You  
Charlottesville, Virginia  
May 1-3, 2015**



**Instructor: Linda Tellington-Jones**

**Training location:**

**Homewood Suites by Hilton**

2036 India Rd

Charlottesville VA 22901

434-244-6200

**Schedule:**

Day 1: 9:30 AM - 5:00 PM

(please arrive at 9:15 AM)

Day 2: 9:30 AM - 5:00 PM

Day 3: 9:30 AM - 4:00 PM

**Coordinator:**

**Tellington TTouch Training Inc.**

1713 State Road 502 Santa Fe, NM 87506

Phone: 800-854-8326 Fax: 505-455-7233

kirsten@TTouch.com

[www.TTouch.com](http://www.TTouch.com)

**Local contact:**

Robin Bernhard

Phone: 434-825-6545

[bernhard.rob@gmail.com](mailto:bernhard.rob@gmail.com)

**Tuition:** \$525.00 before April 12, 2015 and \$595.00 after, to be paid to the Tellington TTouch Office.

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 training. *\*Please note, if you pay your deposit with a credit card, the balance will automatically be charged to the same card 30 days prior to the start of the class unless you request otherwise.*

**CE's:** This course is approved for **14 CE's**. Tellington TTouch Training is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider number: 451334-10

**We are hoping to have this course approved for Social Work CEs. We will let you know soon!**

**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 deposit to another training that must be attended within one year of your cancellation date.

### **Training Venue and Accommodations:**

#### **Homewood Suites by Hilton**

2036 India Rd

Charlottesville VA 22901

434-244-6200 or 800-225-5466 [www.homewoodsuites3.hilton.com](http://www.homewoodsuites3.hilton.com)

**We have a block of 15 rooms that will be held for reservations made up until April 1, 2015. Room block is under Linda Tellington. Group Code is LTJ.** The room rates are between \$199.00 and \$219.00 per night and you must book your room directly with the hotel to get these rates. Reservations made through online hotel booking sites will not get you this promotional rate. Please book early as rooms go quickly.

The rooms are expensive, however this is a busy time in Charlottesville with weddings and graduations. The rooms are large enough to share with someone if you are interested. Most rooms have a pull-out couch, but check to make sure before you book a room because there are three different style rooms in our block

You are also welcome to stay at any other hotel your choice. Check here for more options:  
<http://www.visitcharlottesville.org/visitors/lodging/>

**Another lodging option to consider:** [www.airbnb.com](http://www.airbnb.com) B&B listings and rooms in private homes.

#### **Meals:**

The Homewood Suites offers a full complimentary breakfast, has a small snack shop and full bar. The hotel is within walking distance of both Whole Foods and Trader Joes - and numerous restaurants. You are welcome to eat lunch out or bring food back to the hotel to eat in comfortable sitting areas inside or at the outdoor grills. Friday dinner is on your own. We will make reservations at a local restaurant for those interested in eating as a group on Saturday night, location TBA. Those with special dietary needs should be able to find plenty to eat close to the hotel, and the rooms at Homewood Suites have small kitchens if you prefer to cook for yourself.

## **Local Restaurants Nearby:**

### **Walking Distance:**

#### **Chili's Grill & Bar**

100 Zan Road  
434-975-0800

#### **Little John's**

www.littlejohnsdeli.com/  
2050 Bond Street, Suite 250  
434-977-0335

#### **Noodles & Company**

www.noodles.com/  
2035 Bond Street  
434-984-9621

#### **Travinia Italian Kitchen**

www.traviniaitaliankitchen.com/  
2075 Bond Street, Suite 100  
434.244.3304

### **Five minute drive:**

#### **Bodo's Bagel Bakery**

Fast and inexpensive, yet healthy and delicious;  
some vegan; not gluten free).  
bodosbagels.com  
1418 Emmet Street North  
434-977-9598

#### **Maharaja Fine Indian Cuisine**

139 Zan Road  
maharaja-indian-restaurant.com  
434-973-1110

#### **Milan Indian Cuisine**

1817 Emmet Street North  
milan-indian-cuisine.com  
(434) 984-2828

**If you are traveling to the class, Charlottesville-Albemarle Airport is 15 minutes from the hotel:**

**From I-64:** Take Exit 118 B. Follow 29-250 bypass 4 miles to Washington Exit on right. Go straight through 3 lights. Take next right onto India Rd, hotel will be on the right.

Taxis are available at the Charlottesville-Albemarle Airport but Homewood Suites has a complimentary shuttle. Just call the hotel when you arrive and they will send someone out. If you **contact Susan Greene at subette@mindspring.com or 434-361-2344** with your arrival times, she can alert the hotel.

**Richmond International Airport is 80 miles away (approx 1 hour, 20 minute drive):** Head north on Richard E Byrd Terminal Dr toward Federal Rd. Continue onto S Airport Dr. Merge onto I-64 W via the ramp to I-95/Richmond follow for 7.4 miles. Merge onto I-64 W/I-95 N follow for 3.1 miles. Slight right onto I-64 W (signs for Interstate 64 W/Interstate 195 S/Powhite Pkwy/Charlottesville) follow for 62.6 miles. Take exit 124 for US-250 toward Charlottesville/Shadwell. Turn right onto US-250 W/Richmond Rd. Continue to follow US-250 W for 4.2 miles. Turn right onto Hydraulic Rd. Turn right onto Hillsdale Drive. Turn left toward India Rd. Turn right onto India Rd. Hotel will be on the right.

**From the DC metro area:**

**Dulles International Airport is 100 miles away (approx 2 hour drive):** Head east on Saarinen Cir. Continue onto Dulles Access Rd. Take exit 9A toward Washington/Virginia 28/Virginia 267/U.S. 50/U.S. 7/Sterling/Centreville/Interstate 495. Keep left at the fork to continue toward Virginia 28 S/Sully Rd. Keep right at the fork, follow signs for Virginia 28/Virginia 7/US 50/Sterling/Centreville. Keep right at the fork and merge onto Virginia 28 S/Sully Rd follow for 8.3 miles. Take the Interstate 66 W ramp to Front Royal; Merge onto I-66 W follow for 9.6 miles. Take exit 43A to merge onto US-29S follow for 4.2 miles. Slight left onto US-15 S/US-29 S/Lee Hwy follow for 7.3 miles. Continue straight onto US-15 S/US-29 S (signs for U.S 17 S/Culpeper/Fredericksburg). Continue to follow US-29 S for 67.8 miles. Turn left onto Seminole Ct. Turn right onto Zan Rd. Turn left onto Line Dr. Slight right onto India Rd. Hotel will be on the left.

**Ronald Reagan Washington National Airport is 116 miles away (approx 2 ½ hour drive):** Head north on Aviation Cir. Slight right onto S Smith Blvd. Take the ramp onto George Washington Memorial Pkwy. Take the I-395 S exit toward Richmond. Take exit 10A on the left toward Channel, Merge onto I-395 S. Take exit 8B to merge onto VA-110 N toward I-66 W/Rosslyn, Keep left to stay on VA-110 N. Merge onto I-66 W via the ramp to Key Bridge/US-29 (Parts of this road may be closed at certain times or days) Follow for 31.5 miles. Take exit 43A to merge onto US-29 S, Slight left onto US-15 S/US-29 S/Lee Hwy Follow for 7.3 miles. Continue straight onto US-15 S/US-29 S (signs for U.S. 17 S/Culpeper/Fredericksburg) Continue to follow US-29 S for 67.8 miles. Turn left onto Seminole . Turn right onto Zan Rd. Turn left onto Line Dr. Slight right onto India Rd. Hotel will be on the left.

**TTouch forYou Training- Charlottesville, VA, May 1-3, 2015**  
**DATA SHEET**

Please complete this form and return to  
the TTouch Office no later than one month before the training.



Your Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

**Emergency Contact** (Name, phone number and e-mail):  
\_\_\_\_\_

**Accommodations:** Please make your arrangements with the hotel of your choice, then fill in the following:

**Accommodations:**

I am staying at: \_\_\_\_\_

I would like to share my room: Yes \_\_\_\_\_ No \_\_\_\_\_

**Transportation:**

Flying in/out of: \_\_\_\_\_

Arrival Date & Time: \_\_\_\_\_ Airline & Flight # \_\_\_\_\_

Departure Date & Time: \_\_\_\_\_ Airline & Flight # \_\_\_\_\_

I am willing to share my car: Yes \_\_\_\_\_ No ; \_\_\_\_\_ with (#) \_\_\_\_\_ people

I would like assistance with arranging a ride share: Yes \_\_\_\_\_ No \_\_\_\_\_