



**Tellington  
TTouch-for-You®**

**May 1-3 and 1-5, 2009  
Keswick, Virginia**

**The following information will help you prepare for your course.  
Please keep this copy and then carry it with you on your trip.**

- Coordinator:** **Holly Sanchez**  
Phone: 800-854-8326 Fax: 505-455-7233  
E-mail: [trainings@TellingtonTraining.com](mailto:trainings@TellingtonTraining.com) [www.TTouch.com](http://www.TTouch.com)
- Local Organizer:** Sandy Rakowitz  
TTEAM & TTouch Practitioner  
434-973-8864  
[sandy@onehearthealingcenter.com](mailto:sandy@onehearthealingcenter.com)
- Instructor:** **Linda Tellington-Jones**
- Time:** 9:30am – 5:30pm daily except Tuesday May 5, 9:30am – 4:30pm  
**Arrive:** Friday morning, May 1, doors open at 9am.  
**Depart:** After 4:30pm on Tuesday May 5, 2009
- Training Location:** Bridge Between the Worlds  
2395 Paddock Wood Road  
Keswick, Virginia 22947  
[www.bridgebetweentheworlds.org](http://www.bridgebetweentheworlds.org)
- Tuition 5 day:** \$855 early bird tuition if paid in full by April 1, 2009  
\$950 if paid after April 1st, 2009.  
Add \$65 for catered lunches, for all 5 days May 1-5 (non- optional)
- Tuition 3 day:** \$513 early bird for 3 days, Fri, Sat, Sun, May 1, 2, 3, 2009  
\$570 if paid after April 6, for Fri, Sat, Sun, May 1,2,3, 2009.  
Add \$36 for catered lunches for Fri, Sat, Sun, May 1, 2, 3 (non-optional)
- Deposit:** \$300

**Final payment is due thirty days before first day of session.**

**About the venue:**

Bridge Between the Worlds is a center for transformational healing, rejuvenation and restoration. It offers a unique opportunity to recharge in a beautiful natural setting with streams, springs and a lake. Its mission is to assist you to reconnect with the essence of spirit and intelligence in nature, and to recognize the healing power of the elements in the natural world.

An experience at Bridge Between the Worlds is a journey to the soul, a time away from the "busy-ness" of life to connect with your essential nature by reconnecting with the natural world.

Nestled in the woods on twenty acres, including a two-acre lake, you can relax in the hot tub by the lake under the stars, enjoy the sauna, and be nurtured by healing gardens and the elements of earth, air, fire and water.

Keswick is next to Charlottesville, VA.

**About Charlottesville:**

Charlottesville is located in Central Virginia, just off of Interstate 64, located 2.5 hours south of Washington DC, 1 hour west of Richmond, VA and 1 hour north of Lynchburg, VA. The City of Charlottesville is nestled at the foothills of the Blue Ridge Mountains. The small city has a population of over 40,000 residents with a metropolitan population of over 200,000. The City has earned a reputation as being one of the most livable places in the country. Charlottesville is a deeply historic area. Home to three Presidents, their homes Montpelier, Ashland, and Monticello as well as the University of Virginia founded by Thomas Jefferson in 1825.

The City offers an impressive variety of cultural, social, and recreational opportunities. There are 26 neighborhood and jointly funded parks and an extensive series of walking trails that run through parkland, residential areas, and along the beautiful Rivanna River. There is also a thriving art, music and theater community that keeps the creative spirit alive in Charlottesville. The city is also a short drive to the famous and most beautiful Blue Ridge Skyline Drive. The area is very beautiful and there is much to do and to see if you decide to extend your stay!



**Meals:** We will provide a small variety of yummy, nutritional and sweet snacks, Coffee, Tea and various beverages.

Lunches will be catered everyday or you can bring your own lunch. See tuition section.

Just west of the hotels, on Route 250 there is a mall with several restaurants. You can eat outside at many of the restaurants.

Continuing West on Route 250, follow signs to downtown. Find parking and walk to an outdoor mall with many restaurants to choose from. The downtown mall is a great place to walk.

Along Route 29, on the way back towards the airport there are additional restaurants to choose from.

All of the places to eat are within 30 minutes form the event location. The local coordinator will get a list of restaurants and recommendations together closer to the event time to have available that weekend.

**Other:** Bring a yoga mat if you like. Bring slippers for inside – no shoes inside the house. Bring shoes for walking trails, a bathing suit and towel for pond swimming or Jacuzzi. Weather can be varied this time of year; please bring layers for cold to hot weather.

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**Arrival by Car:**

Please see Directions Sheet to event location  
Bridge Between the Worlds  
2395 Paddock Wood Rd.  
Keswick, VA 22947

Or their website, [www.BridgeBetweenTheWorlds.org](http://www.BridgeBetweenTheWorlds.org)

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**Airports:** If you are flying to the workshop, the nearest airport is in Charlottesville, VA, about 20 miles from the Seminar location and the airport is approximately 8-10 miles from most local hotels. Known as the **Charlottesville-Albemarle Airport, the airport code is CHO**. This is an excellent, though small airport. Check with your local airline whether they have a direct flight to Charlottesville. Otherwise, you may reach Charlottesville via connecting flights into Washington DC, or many major airport hubs. Other nearby airports are: Richmond International Airport, (RIC) is about 1.5-2 hours driving distance. Washington Dulles (IAD) and Reagan International airports, both are about 2.5 – 3 hours away.

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**Car Rental at the CHO airport:**

Avis	434-973-6000
Hertz	434-297-4288
National Car Rental	434-974-4664

**Taxi Service from CHO airport: the following is a partial list of available taxis service. Log onto [www.gocho.com](http://www.gocho.com) for additional taxi options.**

A to Z Taxi	434-975-4400
AAA Rainbow Taxi	434-981-5555
ABA Taxi	434-981-6800

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**Accommodations:** Please make your arrangements with the hotel of your choice. (See hotel list) After you have made your reservations, send in the Data Sheet on the last page of this document to Holly at the office. If requested, she can help you coordinate roommates, car rental, etc. **All prices are subject to change.**

**Lodging:**

These are accommodations in Charlottesville, and are the two closest motels to the TTouch workshop location. The two listed motels have reserved blocks of 10 rooms at each location. These will be held at discounted prices as noted until April 9, 2008.

The workshop location is convenient to the Charlottesville Airport, and to the main highways of Route 29 which runs north- south and Interstate 64 which runs east - west. Charlottesville runs from exits 118-124 off of I64. Both of the hotels are very close to each other, within 20 minutes to the workshop location, and about 8 – 10 miles from the airport. All are a short driving distance to a wide variety of restaurants.

**Comfort Inn Monticello**

2097 Inn Drive  
Charlottesville, VA  
Phone: 434-977-3300  
Fax: 434-977-8558

A block of 10 non-smoking rooms are set aside for TTouch at special rates.  
Thursday April 30 - Tuesday, May 5, 2009  
Cut off date for the special rates is March 30<sup>th</sup> 2009  
Cancellation date is Wed. April 29<sup>t</sup>, 2009  
Please ask for TTouch for the special room rates

**Rates;**

Thursday, Sunday, Monday \$89.95  
Friday and Saturday; \$119.95  
Rates are for 1-2 persons per room, non-smoking with 2 queen beds  
3-4 people is an additional \$10 per person  
Rollaway bed is \$10  
Please ask for TTouch for the special room rates

**Hotel amenities:**

Outdoor pool, sundeck, whirlpool, exercise room, business center, and a complimentary Continental breakfast, free high-speed Internet access, free local calls, voicemail, coffeemakers, irons and ironing boards, safes, and cable TV.

The Comfort Inn Monticello is located off Interstate 64 at Exit 124 near the heart of Charlottesville, Va.

The Comfort Inn Monticello is about 20 minutes from the event location; a few minutes to places to eat; 10 minutes to downtown Charlottesville and many other places to eat and places of attraction; 20 minutes from Charlottesville airport.

The Comfort Inn Monticello is the closest hotel to Thomas Jefferson's Historic Monticello Estate and 30 miles from Skyline Drive, a 105-mile road that winds through the mountains of Shenandoah National Park. This location is also one mile from the Aboriginal Museum, three miles from Ashlawn and Monticello, seven miles from Fashion Square Mall, and 80 miles from Richmond International Airport

### **Hilton Garden Inn**

1793 Richmond Rd.  
Charlottesville, VA 22911  
434-979-4442  
1-877-Stay HGI

Regular rates apply

Amenities include Microwave, fridge in rooms, internet, restaurant for breakfast and dinner. The Hilton Garden Inn is 20 minutes from the event location; a few minutes to places to eat; 10 minutes to downtown Charlottesville and many other places to eat and places of attraction; and only 20 minutes from Charlottesville airport.

### **Alternatives to Hotels and Motels in the Charlottesville area**

An excellent and extensive resource for cottages, guesthouses and deluxe houses that are all relatively convenient to the TTouch workshop location. Check each location for proximity however to Bridge Between the Worlds in Keswick, VA.  
[www.guesthouses.com](http://www.guesthouses.com) Prices range from \$85 and up.

**Camping:** Camping is also available at event location. Campground fees are \$10 p/night for both tent camping and TiPi camping. For further information, contact Sandy Rakowitz.

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### **Directions From I64, Hotels, Route 250, and Pantops area to Event Location at Bridge Between the Worlds:**

From Charlottesville going towards Keswick go east on route 250  
(Exit 124 off of I64)

Continue past Pantops shopping area heading east on 250

From the Comfort Inn on 250, continue 1.8 miles East

Turn Left onto 22 East/ Louisa Rd. (at the Citgo Gas Station)

Continue on 22 East for 5.8 miles

Turn Right to stay on 22 East (The Cismont Market Deli will be on the left)

Continue .3 miles and

Turn Right onto 600/Campbell Rd.

Continue 2.2 miles on 600/Campbell Rd. and cross the Railroad tracks

Continue an additional .3 miles and  
Turn Left onto Paddock Wood Rd. /686  
Continue .7 miles  
On the Right you will see #2395 and a sign Bridge Between the Worlds  
Turn right at the sign onto the gravel driveway  
Continue through the woods, past the cabin and to the house  
To park, continue past the house please, to the parking lot.

### **Directions from Charlottesville Airport to Comfort Inn Monticello**

**2097 Inn Dr Charlottesville, VA 434-977-3300;**

Approximately 20-30 minutes drive

Exit the Airport

Enter the circle, Stay SLIGHT RIGHT to stay on BOWEN LOOP. 0.1 miles

Continue around circle to 2<sup>nd</sup> exit onto AIRPORT RD and go 0.7 miles

Turn RIGHT onto SEMINOLE TRAIL/ US-29 South.

Continue to follow US-29 south and go 5.7 miles

Turn LEFT onto HYDRAULIC RD and go 0.4 miles

Turn LEFT onto US-250 BYPASS heading east.

Continue on 250 E. for 4.4 miles

You will see the Comfort Inn up on a hill to the left

Turn LEFT onto NORTH HL. 0.1 miles

Turn LEFT onto INN DR. 0.1 miles

### **From Charlottesville Airport to Hilton Garden Inn**

1793 Richmond Rd, Charlottesville, VA

434-979-4442

Approximately 20-30 minutes drive

Exit the Airport

Enter the circle, Stay SLIGHT RIGHT to stay on BOWEN LOOP and go 0.1 miles

Continue around circle to 2<sup>nd</sup> exit onto AIRPORT RD. and go 0.7 miles

Turn RIGHT onto SEMINOLE TRAIL/ US-29 South.

Continue to follow US-29 south and go 5.7 miles

Turn LEFT onto HYDRAULIC RD. and go 0.4 miles

Turn LEFT onto US-250 bypass heading east. Continue for 3.9 miles

You will see Hilton Garden Inn on your right. Turn right here.

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**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.

**Participant Cancellation Policy:** For cancellations made more than 30 days in advance of the training, a refund will be given minus a \$75 administration fee. No refunds are possible for cancellations less than 30 days prior to the start of the training. If you cancel, you may apply this money to another training that must be attended within one year of your cancellation date.



# Tellington TTouch-for-You®

**May 1-5 or May 1-3, 2009      Keswick, Virginia**

## DATA SHEET

Please complete this form and return it to Holly Sanchez  
at the TTouch office no later than two weeks before the training. Thank you!

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

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

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

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

I will be staying at (hotel name) \_\_\_\_\_

I will arrange accommodation elsewhere. Where? \_\_\_\_\_

I live locally.

I am willing to host a participant in my home.      yes  no

I would like a private room.      yes  no

I would like help finding a roommate.      yes  no

**Transportation:** Please fill in the following:

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  no  with (#) \_\_\_\_\_ people.

I would like to be a passenger in a rental car & share expenses.      yes  no

I will be driving. I will share my car      yes  no  with (#) \_\_\_\_\_ people.

I will take a shuttle or taxi from the airport.      yes  no

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