

A TTouch-For-You Experience: Weekend of Renewal
With
Linda Tellington-Jones
Internationally Renowned Teacher, Author, and Visionary
May 1-3 and 1-5 2009
Keswick, VA

Learn and share a simple form of caring touch that provides comfort, eases tension, and fosters well-being. Experience the unique physical, emotional, and spiritual benefits of TTouch as both giver and recipient. Feel nurtured and supported by everyone around you. Return home energized, enriched, empowered and a little more enlightened.

The TTouch Experience

TTouch is a system of gentle, mindful touch originally developed by Linda Tellington-Jones as a part of the Tellington Training Method for horses and other animals.

The animals are not the only ones to benefit from TTouch, though. Linda has observed that, as people learn and practice these simple, gentle movements on themselves and one another, they realize a newfound sense of well-being and renewal. They experience relief from everyday physical and emotional issues such as headaches, backache, chronic pain, depression, and anxiety. They also discover a means to enhance relationships beyond the constraints of language, finding new ways to nurture one another, and reaching new levels of understanding, appreciation, and empathy.

These observations are supported by a rich legacy of anecdotal evidence; hundreds of letters from people from all over the world describe how TTouch has effectively relieved a vast range of health issues, enhancing personal wellness and quality of life. This body of evidence has inspired formal research and clinical applications of TTouch in health care and education. Nurses, massage therapists, physical therapists, occupational therapists, and physicians are successfully integrating these techniques into their practices, to manage anxiety, acute and chronic pain, and to support healthcare procedures. Many healthcare professionals experience much needed relaxation and stress relief for themselves, as well as in their patients.

Weekend of Renewal

This special workshop is for:

Anyone seeking a new approach to caring for themselves

Couples

Parents and family members

Caregivers

Therapists

Educators

Healthcare professionals

“Give yourself, your family, friends, patients, and clients the gift of TTouch!”



About Linda Tellington-Jones

Pioneer, teacher, trainer, and author, Linda Tellington-Jones has forged new paths in the understanding and appreciation of the animal/human relationship, and has offered instruction in her gentle and aware approach to animal training for over 30 years.

In 1978 Linda graduated from the first American four-year professional training in the Feldenkrais Method of Movement Education with Israeli physicist Dr. Moshe Feldenkrais at the Humanistic Psychology Institute of San Francisco. Prior to that training, she co-authored a landmark book on equine massage entitled, *Massage and Physical Therapy for the Athletic Horse*, based on the teachings of her grandfather, William Caywood. She had already been applying this equine massage for 10 years for sport horses when she first adapted the Feldenkrais Method for humans to work with horses and other animals. Building on her experience as a Feldenkrais practitioner, she developed a new form of gentle bodywork that activates cellular function and reminds the body of its potential for perfection. Her remarkable approach honors the mind, body and spirit of all living beings.

For the past five years, Linda has taught a course in TTouch for healthcare professionals in collaboration with Dr. Cecilia Wendler, RN, Ph.D., CCRN, at the University of Minnesota, and has developed a certification course for professionals in Germany. She also leads an annual six-day retreat in Hawaii. It is an honor to have her share TTouch-For-You here in Keswick, VA.

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.

Program

Day 1, Friday, you will meet at 9:30 and begin with an overview of TTouch, its history and philosophy and work with fellow participants. On Saturday, Sunday & Monday the sessions also run from 9:30am to 5:30 pm, with a one and a half hour lunch break. Tuesday will run from 9:30-4:30 pm. There may be some additional evening activities added as well.

Learning Activities Include:

Lecture and Discussion

- Evolution of the TTouch
- Principles and Philosophy
- Observations of the Impact of Giving and Receiving TTouch
- Reducing Stress & Release of Tension
- Comfort, Trust & Well-being
- Empowerment
- Physical and Mental Flexibility
- Focus and Attention
- Intuition, Insight and Creativity
- Anecdotal Evidence
- Current Formal Research
- Opportunities for Further Research and Study

Experiential Learning - Demonstrations and Hands-on Practice

- Hand Position and Movement
- Pressure & Tempo
- Breathing, Intent & Presence
- Observation and Feedback

Applying TTouch for Self and Others

- Overcome stress
- Reduce pain
- Nurture sense of well-being
- Foster trust and understanding
- Provide comfort
- Support Intrinsic Health
- Enrich and Add Depth to Bodywork & Therapeutic Modalities

"I was amazed to discover the profound transformations that took place by simply practicing, receiving, and observing all the techniques in the course of our work sessions and Linda's demonstrations. My aches and pains, anxieties, emotional barriers, faded away as the days went by, leaving in their place a sense of space and clarity, and a feeling of warmth, openness and fellowship towards all those in my company. I was struck by the way in which TTouch affects the emotional and spiritual aspects of well-being, as well as balancing the physical body. The act of connecting to another through TTouch opens a pathway for compassion to flow. This was a most profound experience emerging from such a simple activity."

Angana Shroff, TTouch Practitioner for Animal Companions, TTouch-For-You Participant, 2004, 2005

"The power of TTouch for me is this: It gives me something to give to my patients when there is nothing else to give. I cared for N. for four nights, doing TTouch on him twice a shift all those nights, and he never quit saying how profoundly important TTouch was for him."

M. Cecilia Wendler, RN, Ph.D., CCRN, U. of Wisconsin – Eau Claire

"The TTouch has been an invaluable tool for me in my work as a physical therapist. Most important is the fact that I can teach this work to anyone – family members, friends, and other healthcare professionals. It does not take any specialized knowledge of anatomy and physiology to do the work and get the same results. It is safe, non-invasive, and cannot harm anyone. It is a perfect way to teach patients something they can do for themselves and their own families."

Kathy Cascade, Physical Therapist and Instructor of the Tellington TTouch Training Method for Animal Companions

Registration Information

Enrollment is limited to 30 Participants.

May 1-5, 2009

Early bird registration for the full 5 days, May 1-5, 2009:

Tuition paid in full prior to 3/6/09 is \$855

Standard registration for the full 5 days, May 1-5, 2009:

Tuition paid after 3/6/09 is \$950

Option for 3 days of TTouch for You in case you are unable to attend for the full 5 days; May 1-3, 2009;

Early Bird Registration for 3 days, May 1-3, 2009;

Tuition is paid in full prior to 3/6/09 is \$513

Standard registration for 3 days, May 1-3, 2009;

Tuition paid after 3/6/09 is \$570

To Register, Contact:

Holly Sanchez (trainings@tellingtontraining.com)

1-800-854-8326

Tellington TTouch Training

PO Box 3793, Santa Fe, NM, 87501

www.TTouch.com (Downloadable registration packet available)

Your Local Coordinator:

Sandy Rakowitz, TTouch and TTEAM Practitioner

434-973-8864 or email sandy@onehearthealingcenter.com

Please feel free to contact Sandy or the TTouch Santa Fe home office for assistance with transportation, dining suggestions, local accommodations and any other logistical questions or concerns.

TTouch-For-You Experience: Week of Renewal
Keswick VA
May 1-3 and 1-5, 2009
FLYER REGISTRATION

Name: _____ Title: _____

Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

Tuition 5 day, May 1-5, 2009:

- Early Bird Individual: \$855 for full 5 days, May 1-5, 2009 (Tuition must be received in full before 3/6/09)
- Standard Individual: \$950 for full 5 days, May 1-5, 2009 (if paid between March 6 and May 1, 2009)
- Catered Lunch Add \$65 for catered lunches, for all 5 days May 1-5 (non-optional, pay on-site to Sandy Rackowitz)

Tuition 3 day, May 1,2,3, 2009:

- Early Bird Individual: \$513 for 3 days, May 1-3, 2009 (Tuition must be received in full before 3/6//09)
- Standard Individual: \$570 for 3 days, May 1-3, 2009 (if paid between March 6 and May 1, 2009)
- Catered Lunch Add \$36 for catered lunches, May 1,2,3, 2009 (non-optional, pay on-site to Sandy Rackowitz)

METHOD OF PAYMENT:

Check or Money order payable to TEAM Training enclosed.

Please charge my VISA MASTERCARD

Card #: _____ Expiration Date: _____

Billing Address (Required): _____

Signature: _____

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 processing fees will be refunded.

Participant Cancellation: 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 made less than 30 days prior to the start of the training. However, you may apply your payment to another training, to be completed within 12 months of the cancellation date.

We recommend that you purchase flight and hotel insurance for each event for which you register.

I have read and understand the cancellation policy. Signed: _____

Please return completed form, with payment, to: Tellington TTouch Training, PO Box 3793, Santa Fe, NM 87501

TTouch Training
PO Box 3793, Santa Fe, NM 87501
1-866-4-TTouch; fax: 505-455-7233; www.TTouch.com