

Tellington TTouch-for-You®
Celebrate Your Body's Infinite Wisdom
Class 1 - From Class Chat

10:00:42 From Valentina : hi y'all--just in from chores- don't know if you already talked about this, but there's a great new little book called Activate Your Vagus Nerve by Dr. Navaz Habib. It makes a big deal about working on the ear!! So for all of us who love Cranial Nerve X, it's a lot of fun...

Where everyone is from:

10:09:21 From Sandy Rakowitz : San Luis Obispo, CA
10:09:22 From Terry Johnson : Brush Prairie, Washington
10:09:26 From Heidi Mosbarger : Bellingham, WA
10:09:29 From Ronna : HI All this is Ronna from Denver CO
10:09:30 From Joël : Bern, Switzerland
10:09:32 From Lynn : Rio Rancho, New Mexico
10:09:33 From donna shugrue : MASSACHUSETTS
10:09:34 From Ruby : Maine
10:09:36 From Sandy Rakowitz : San Luis Obispo, CA
10:09:40 From Natalia Chybiak : Zürich, Switzerland
10:09:41 From Janella : Janella Radetich, Ridgefield WA, just north of Oregon border :-)
10:09:45 From Elaine Garley : Prescott AZ previous Minneapolis MN
10:09:45 From Frances and Wendy to Sandy Rakowitz (Privately) : upstate NY
10:09:51 From adrienne brockway : Cleveland Heights, OH
10:09:55 From Janice : Memphis TN
10:09:56 From Marylou Mylant : MaryLou from Hermosa, SD
10:09:57 From Susanne Peschel : Muenster, Germany
10:09:57 From gands : gary and sandy smith from Crivitz, wisconsin
10:10:02 From Suzie : Suzie steenbergen from Alpine, cA
10:10:04 From Sage Lewis : we are heading back into ceremony over here and bringing in the medicine of fire, wind, horses, donkeys and plant spirits. bye for now and see you next month! excited to share my new Jungle Jaguar album with this community!
10:10:07 From Karen Boos : Karen Boos from Chicago
10:10:12 From Pat Hennessy : from Kansas City, Missouri
10:10:20 From simialaiatici : Simila From Tuscany Italy
10:10:21 From Valentina : Good Morning everyone, from Valentina and the furred and feathered in snowy(!) Montrose, Colorado, and Gruetzi Mettenand to the Swiss!
10:10:44 From Kathleen Murray : Kathleen Murray from Saratoga NY
10:12:10 From Frances and Wendy to Sandy Rakowitz (Privately) : this is Frances and Wendy from upstate NY
10:12:33 From Diane's giddings, Preston, Iowa : Preston Iowa
10:12:40 From Shannon's iPad : Shannon Weil from Cool, California near Auburn The Endurance Capital of the World

10:15:38 From Janella : Just FYI, Linda's voice is coming thru not as clear as the others (a little muddly sounding), also a little bit of distortion (now and then)...

10:17:54 From Elinor Silverstein : Hi Janella, funny, I was just noticing it seems clearer than ever and so is her video. At least on my computer.

Book:

10:19:03 From Janice : name of the book? The Lives of a Cell - Book by Lewis Thomas

Tellington TTouch-for-You®
Celebrate Your Body's Infinite Wisdom

Class 1 - From Class Chat

Discussion on Vertigo

11:34:18 From Janella : Please share vertigo info on FB page?

11:36:12 From ann guhman, utah : i use the half-summersault method which is on Utube by it's ENT developer. It's easier than the Epley maneuver which also worked for me.

11:40:54 From ann guhman, utah : Dr. Foster and vertigo relief
<https://www.youtube.com/watch?v=mQR6b7CAiqk>

11:43:54 From Janella : Tree pose...

11:43:56 From Ruby : tree pose

Holistic Eye Care

11:45:04 From Sandy Rakowitz : Dr. Sam Berne <https://www.dr.samberne.com>

11:45:12 From Sandy Rakowitz : Holistic Eye Care with online classes

11:45:36 From ann guhman, utah : so glad for this group. talked to a woman the other day who has lots of problems that i know exercise and movement work could help. she doesn't believe exercise would make any difference-she says we just get old. glad i don't share her belief

11:48:17 From Valentina : **other balancing input for vertigo** is massage of the sternocleidomastoid muscles on the diagonal sides of the neck. trigger point areas of tension in these muscles can be part of the vertigo story and (surprise!) the Vagus Nerve passes through this neighborhood.....

Listen to Linda's discussion on using TTouch on the neck and face, and all she lead us through

11:54:02 From Janella : Linda, you are so freaking cute! :-)

11:54:13 From Ruby : linda you are just the cutest

11:55:28 From Sandy Rakowitz : As a kid I used to do that type of thing all the time! up and down sidewalks and sides of roads! I did this like a game wherever I went. Need to play once again this way! 'That type of thing' means using the sidewalk like the ladder you just showed

11:56:00 From Janella : Me, too, Sandy! The ladder is a helpful tool for it, too!

11:56:25 From Janice : What is the approximate spacing on the ladder? I could make my own

11:56:31 From Valentina : could I share something from the journey?

11:56:36 From Sandy Rakowitz : 11:56:41 From Janella : I think it's a square foot

12:01:05 From Simila Laiatici to Sandy Rakowitz (Privately) : please write the first words you said

12:09:39 From Elinor Silverstein : awesome

12:08:00 From Sandy Rakowitz : Simila asked me to write the message I received:

Tellington TTouch-for-You®
Celebrate Your Body's Infinite Wisdom
Class 1 - From Class Chat

12:10:01 From Sandy Rakowitz : Deep appreciation for this vehicle to be of service for my purpose here on earth, for all the messages, quirks, issues, problems, challenges the point me back to what I Do desire. The contrast seems to collide but will always inform you into your deeper depths and desires awakening you to your desire to be of service...

12:10:36 From Janella : Thanks for the message, Sandy!

Sharing:

12:26:11 From Sally Boulding : appreciation!
12:26:16 From Janella : Calming
12:26:30 From Saskia : Opening up, fresh
12:26:35 From Kathleen Murray : beautiful circulation
12:26:42 From Terry Johnson : relaxing
12:26:45 From Elaine Garley : body mellowed out and got very soft.
12:26:47 From ann guhman, utah : relaxed eyes
12:26:49 From Lynn : rejuvenating
12:26:54 From Joël : expansion
12:26:56 From Ruby : I feel like Im swimming in the midst of a warm pool
12:27:06 From gands : Good face stretch!!
12:27:11 From Frances and Wendy : The lifts were invigorating1
12:27:14 From adrienne brockway : restful and expansive view
12:27:17 From Sandy Rakowitz : refreshing. deeply relaxing. the rest of my body softened also. lightening up.
12:27:34 From Natalia Chybiak : Lifting up
12:27:42 From Elaine Garley : Tide pool took me back to scuba diving. Thanks!
12:28:26 From Juel Duke : relaxing and invigorating.
12:28:41 From Shannon's iPad : love the virtual water movement.
12:29:06 From Juel Duke : nice reminder of this ability.

12:30:29 From Diane's giddings, Preston, Iowa : plz send title in chat

BOOKS:

12:31:35 From Sandy Rakowitz : **Books on Ho'oponopono** by Ulrich Dupree author and another book by Luc Bodin
12:31:40 From Elinor Silverstein : https://www.barnesandnoble.com/p/hooponopono-ulrich-e-dupree/1110980606/2662099056368?st=PLA&sid=BNB_ADL+Marketplace+Good+Used+Books+-+Desktop+Low&sourceId=PLAGoNA&dpid=tdtve346c&2sid=Google_c&gclid=CjwKCAjwlovtBRBrEiwAG3XJ-5xBXJNez4gGFgyDVNC1tT-tR1QUim7D--PEmCLUv1w0077DncJUWRoC_U8QAvD_BwE

12:36:48 From Simila Laiatici : Ruby I do it in my yoga class <3
12:37:11 From Elinor Silverstein : Simila, what do you do you in your yoga class?
12:43:40 From Ruby : I started a 5 part pranayama connecting the heart hug with it to start and end the class
12:46:12 From Sandy Rakowitz : We begin our TTouch with Horses classes with Heart hugs. This totally shifts how people connect with their horses.
12:50:46 From Simila Laiatici : the attacks was/is related with vagal nerve?
12:51:38 From Simila Laiatici : I resolve trigeminal problem with ttouch and breath and meditation during my pregnancy.....
12:55:53 From Elinor Silverstein : how wonderful Simila!
12:59:21 From Ronna : hi I'm very new to TTouch

Tellington TTouch-for-You®
Celebrate Your Body's Infinite Wisdom
Class 1 - From Class Chat

Our Facebook Group

- 13:02:37 From Sandy Rakowitz : <https://www.facebook.com/groups/tt4ubodywisdom/>
- 13:05:58 From Pat Hennessy : Are we going to talk about **the handout?**
- 13:10:07 From Saskia : Were can I find this?
- 13:11:51 From Janice : where do I get the handout?
- 13:11:58 From Sandy Rakowitz : The Questionnaire - https://www.mcssl.com/content/assets/45/450463/TT4U_Pics_/TT4UQuestionnaire.pdf
- 13:12:10 From Saskia : Thanks!
- 13:15:20 From Susanne Peschel : I started in march
- 13:17:37 From Simila Laiatici : write the name of this doctor please
- 13:17:46 From Sandy Rakowitz : Dr. Sam Berne <https://www.dr.samberne.com>
Holistic Eye Care with online classes
- 13:18:29 From Simila Laiatici : thanks
- 13:19:06 From Sandy Rakowitz : * The chat conversation will also be posted in the membership site.
- 13:19:39 From Sandy Rakowitz : * And, also, a book list with books most frequently referred to by Linda will be posted as well.
- 13:20:34 From Janella : **The Fantastic Journey - Movie Linda referred to**
- 13:20:35 From Simila Laiatici : on FB? Thank you...and someone write the name before but I forgot it
- 13:20:56 From adrienne brockway : The Fantastic Journey
- 13:20:59 From Janella : ...or something like that!
- 13:21:25 From Ruby : **I am Joe** is a book that does that too
- 13:21:50 From Sandy Rakowitz : **Book: "Let it Flow" by Dr. Quan on blood flow**
- 13:22:39 From Sandy Rakowitz : **Dr. Joan King - The Code of Authentic Living - If you need a copy of this book, email me. We can order them as it is out of print.**
sandy@TTouchForYouOnline.com
- 13:25:18 From Janella : I've only seen a sea otter once and I never thought anything could be cuter than kittens and puppies... but they ARE!
- 13:28:18 From Janella : Thank you, Linda, Sandy, Elinor and, everyone!!!
- 13:29:02 From Saskia : Have to go, early day tomorrow. Thank you so much all!
- 13:31:19 From Susanne Peschel : Where will I find the replay? Will it be in the TTouch for you online as the other programmes? -

All Recordings, handouts, and bonuses will be posted within the week following each class In the Membership site under Celebrate Your Body's Infinite Wisdom

- 13:35:26 From Simila Laiatici : I used TTouch on cyclist, first of all on my son that was competing with light after competition and light heavy before
- 13:35:29 From Susanne Peschel : I just checked my mails, it's the membership side?

Tellington TTouch-for-You®
Celebrate Your Body's Infinite Wisdom

Class 1 - From Class Chat

13:36:19 From Sandy Rakowitz : Yes Susanne.
13:36:33 From Susanne Peschel : Thanks!

13:45:22 From Lynn : Thank you for the extra time and teaching.
13:46:03 From Valentina : all love to the 3 Graces
13:48:39 From Simila Laiatici : Thank you very much