



## TTouch for You® - Inspiring Self Care

### “Live with Linda” June 15, 2021 - Class Chat

- 11:58:45 From TT Cristina to Everyone : Finland
- 11:58:53 From Diane Herold to Everyone : I'm from Milwaukee, WI
- 11:59:01 From Lauren Grey to Everyone : Lauren San Diego
- 11:59:05 From TT Ava Eskin to Everyone : Scottsdale Az
- 11:59:09 From TT Emainay to Everyone : I am in the UK!
- 11:59:15 From Rasya to Everyone : Switzerland Kanton Glarus
- 11:59:27 From Dilly B to Everyone : I'm from Glastonbury England xx
- 11:59:31 From TT Denise Müller to Everyone : Hi, Denise from Munich Germany
- 11:59:34 From TT Megan Gardiner to Everyone : Cornville, Arizona
- 12:00:21 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone : Hi from Ticino, the Southern Part of Switzerland
- 12:00:27 From TT Shannon Weil to Everyone : Hello Everyone from Shannon Yewell Weil, Cool, California (Strike A Long Trot!)
- 12:06:27 From Kirsten to Everyone : Santa Fe, NM
- 12:07:38 From Kirsten to Everyone : Shannon Yewell Weil - Strike A Long Trot: Legendary Horsewoman Linda Tellington-Jones

12:07:56 From TT Shannon Weil to Everyone : Strike a Long Trot: Legendary Horsewoman Linda Tellington-Jones by Shannon Yewell Weil Available at TTouch.com or Amazon

12:10:56 From Dilly B to Everyone : Hi griffon you're gorgeous xxx

12:20:35 From Kirsten to Everyone : Sir Charles Sherrington Man on His Nature

12:20:56 From Kirsten to Everyone : Joan C. King The Code of Authentic Living: Cellular Wisdom

12:27:37 From TT Ava Eskin to Everyone : Sorry I have to leave look forward to the replay. Thank you ❤️

12:32:26 From Maggy Burrowes to Everyone : Bruce Lipton in conversation with Rupert Sheldrake: [https://youtu.be/QsJtUJ\\_YgZQ](https://youtu.be/QsJtUJ_YgZQ)

12:32:45 From Kirsten to Everyone : Dogs That Know When Their Owners Are Coming Home by Rupert Sheldrake.

12:38:36 From TT Shannon Weil to Everyone : Heartmath Institute

12:39:18 From TT Shannon Weil to Everyone : <https://www.heartmath.org/>

12:53:32 From TT Shannon Weil to Everyone : "The Trust Hormone"

13:07:01 From TT Cristina to Everyone : Need to go to sleep now. Good night!

13:07:21 From Maggy Burrowes to Everyone : 87 was when my training began!

13:08:32 From Pamela Beets to Everyone : yay Maggie!!

13:15:09 From Kirsten to Everyone : Dr. Joe Dispenza You Are the Placebo: Making Your Mind Matter

13:16:18 From Penny Rempfer to Everyone : can I use this TTouch on my dog and also have the intention to work on my back too?!? so we both get the benefit together?

13:25:28 From Penny Rempfer to Everyone : Penny - Woodinville, WA (25mi NE from Seattle, WA)

13:25:46 From Maggy Burrowes to Everyone : Maggy - London UK

13:30:44 From Olivia Cheever to Everyone : Olivia Cheever Needham Mass and Bristol, VT

14:02:31 From Pamela Beets to Everyone : I'm thinking its a baby har hug:)

14:02:44 From Pamela Beets to Everyone : heart

14:11:57 From Kathryn to Everyone : what time are we closing?

14:17:16 From TT Shannon Weil to Everyone : Breath: The New Science of a Lost Art

by James Nestor

14:20:54 From Kathryn to Everyone : SO sorry, but I need to leave. Will watch the recording, as am very interested in knees!

14:23:32 From TT Shannon Weil to Everyone : The Divine Matrix: Bridging Time, Space, Miracles, and Belief GREGG BRADEN

14:23:49 From TT Emainay to Everyone : I have got to go everyone. Will catch up on the recording :)

14:31:45 From Dilly B to Everyone : Sorry have to go. Great evening thank you so much xxxx

14:34:12 From Penny Rempfer to Everyone : I felt sensitivity on my lower leg and also in my lower back as I was doing my right knee... then the pain went away! This is so wonderful!!!

14:34:29 From Olivia Cheever to Everyone : I feel increased aliveness and sensation along the line where I was using the touch

14:35:04 From Pamela Beets to Everyone : my entire leg feels light

14:35:26 From Jennifer S. to Everyone : This helped my chronic knee pain. The finger tips were too much. I backed off, which helped. Then I just used my palms, gently, in 1 1/4 circles, and my knee is comfortable. Thank you. The more I do Ttouch, the more I believe it, deeply, not just in my head.

14:35:33 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone : I ttoched my right knee lining til the ancle! It feels so free and light!

14:36:56 From Maggy Burrowes to Everyone : I mainly feel very calm and rested - end of a long day of teaching for me so do not feel I am at full alertness but it is so inspiring to find myself in such an amazing group - very excited about practising as we go along :-)

14:38:00 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone : thank you so much for this wonderful evening. with a HeartHug

14:41:49 From Kirsten to Everyone : facebook: TT4UBodyWisdom

14:44:37 From TT Shannon Weil to Everyone : The Code of Authentic Living by Joan King

14:48:32 From Kirsten to Everyone : Saccaromyces Boulardii

14:49:13 From Joy Morris to Everyone : Sorry have had to dip in and out as was teaching a Feldenkrais class but so lovely to be here!

14:49:20 From Kirsten to Everyone : Saccharomyces Boulardii

14:50:30 From Maggy Burrowes to Everyone : I will keep listening but I must go and cook!

14:51:19 From Pamela Beets to Everyone : you can find that -my local health food store didn't have it though Think I ordered online. Had forgotten about it

14:51:22 From Rasya Susanne van Geijn to Everyone : To me this is very exciting and very inspiring work. I still have to listen and see it again and again to get it more deeply practicaly. I am not used to Zoom yet and a bit slow in learning how to communicate.

14:51:28 From Pamela Beets to Everyone : Thanks Linda!!