



Mana Lomi®

Dr. Maka'ala Yates, D.C.
Hawaiian Medicine Specialist

Two - Week Mana Lomi® Intensive

Lihue, Kauai

Certificate for 97 CE hours, NCBTMB approved provider #287333-00

Date: Oct. 21st – Nov. 4th, 2013
Workshop Tuition: \$2,395 (on or before Sept. 16th, 2013); \$2,695 thereafter 20% discount for repeating students of this program (\$1,916 – space availability)
Accommodations: \$750.00 (Shared) Princeville

What is Mana Lomi®

Mana Lomi® is based on Hawaiian healing concepts of working with the body, mind and spirit. It is hands on healing that is deep and powerful, yet gentle, giving immediate and long-term results. Mana Lomi® symbolically means "to communicate energetically deep within the bones of the individual thus the soul of the person." We focus on problem solving physical maladies.

Basic Program Description

- **Mana Lomi® 1:** Clinical procedures & techniques of lomilomi, effective body mechanics, ho'oponopono (living in balance), the history of lomi & Hawaiian healing chants. You will learn an effective, 60-90 minute full body sequence to help bring relief to many physical symptoms.
- **Mana Lomi® 2:** Covers advanced techniques that involve the use of hot towels and specific protocols for the entire body that will allow the practitioner to handle most physical complaints that may be encountered in private practice, spa environment or in any other professional setting.
- **Mana Lomi® 3:** Ho'onoho 'iwi – using bones as levers to release hard-to-access deep layer muscles
- **Lomi'ili:** Hot stone therapy. This training is more than just laying of stones onto the client. It is specific to the individual's needs and it focuses on transitions! "We use stones as an extension of our hands."
- **Lomi Papahale – Floor lomi:** teaches how to use the combination of foot, hands, knees, forearms and a lomi stick on a fully clothed client.

Dr. Maka'ala Yates D.C., is a Kanaka Maoli (Hawaiian Ancestry) specializing in Hawaiian medicine. He has been practicing and teaching lomi concepts for over 30 years. He is founder of Mana Lomi® & Indigenous Botanicals™. Maka'ala received the Kaonohi Award in 2005 for his excellence in Hawaiian medicine and community support. He is the author of "Na'auao Ola Hawaii: Ancient Hawaiian Principles and Practices of Being Well."

