

# Mana Lomi® Level 1 and Level 2



## December 5-7 and 10-12, 2013

### Mana Lomi® 1: Clinical Techniques

December 5-7, 2013 Tuition: \$485 Instructor: Candace Agustin, MAT8149

Authentic Mana Lomi® is based on Hawaiian 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. Lomilomi symbolically means “to communicate energetically deep within the bones of the individual thus the soul of the person”.

**Mana Lomi® Level 1** will include topics such as clinical procedures of Mana Lomi®, simple meditation, ho'oponopono (alignment of living), the history and timeline of Mana Lomi®, Hawaiian healing chants, and Hale Pulo'ulo'u (Hawaiian House of Purification) on the final day (time and weather permitting). Mana Lomi® 1 is suggested for all upper level Mana Lomi® techniques including Level 2 (Advanced Specific Conditions), Lomi'ilili (Hawaiian Hot Stone Therapy), and Level 3 (Joint Mobilization, taught exclusively by Kumu Maka'ala Yates, D.C.). Upon completion, all students are qualified for 27 units of continuing education under Category A with the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB).

### Mana Lomi® Level 2: Advanced Techniques

December 10-12, 2013 Tuition: \$485

Instructor: Carol Hart, MAT6285

In this 3-day format you will learn advanced Mana Lomi® techniques including hot towel therapy, specific protocols for the entire body, and Hawaiian spiritual philosophies. Topics briefly covered are the relationship of the golgi tendon organ (GTO), muscle spindle fibers, and pain receptors, compression/traction techniques and its effectiveness, palpation skills emphasized for sensitivity, emphasis on problem solving skills, Hawaiian chants, body positioning for better effectiveness, overlapping upper body and lower body sequences, SI joint protocol and more!



**Both workshops will take place at the Aloha Lomi Massage Academy (MAE2666) for three full days. Most materials are provided. To save a position in either class, send \$100 non-refundable deposit by November 1; full tuition must be paid two weeks in advance. Upon completion, all students are qualified for 27 units of continuing education under Category A with the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB).**

**For more information call 808-245-LOMI (5664) email [carol@alohalomiacademy.com](mailto:carol@alohalomiacademy.com)**

**Carol Hart**, MAT 6285, is a certified Mana Lomi® Instructor. She founded Hart-Felt Massage & Day Spa, the first massage establishment and spa on West Kauai, and is founder and instructor for the Aloha Lomi Massage Academy in Lihu'e.



**Candace Agustin**, MAT 8149, is a certified Mana Lomi® Instructor. She has more than 12 years of experience in the healing arts and is excited to be a part of the Mana Lomi® ohana and Teaching staff.



***Bringing The Healers Back Into The Families.***