



Mana Lomi®

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

3-Day Problem-Solving Workshop Upper and Lower Body



Locations: Kauai, Aug. 15 – 17, 2014
Maui, Aug. 19-21, 2014
Oahu, Aug. 23-25, 2014
Big Island, Aug 29-31, 2014
8:30 a.m. – 6 p.m
Cost: \$495 Before Aug 14th
or \$545 thereafter
Certificate for 27 CE hours,
NCBTMB approved provider # 287333-00

Dr. Maka'ala Yates, D.C., is a Kanaka Maoli (Hawaiian Ancestry) who has been practicing and teaching Hawaiian healing concepts for over 30 years. He is founder of Indigenous Botanicals™ and Mana Lomi®. 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 – Hawaiian Practices and Principles of Being Well."

This workshop is open to both professional and non-professional therapists.

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

This form of lomilomi focuses on problem solving physical maladies. ML is based on Maka'ala's years of clinical experiences using traditional lomilomi as taught to him from his lineage of Hawaiian healers.

Brief overview of the relationship between the Golgi Tendon Organ (GTO), Muscle Spindle Fibers and Pain receptors as it relates to Mana Lomi® and its effectiveness.



- Upper body: chronic headache, stiff neck, rotator cuff & scapula issues
- Low Body: Sciatica, lumbosacral pain, chronic hip pain, QL techniques, SI joint alignment
- Upper extremities: carpal tunnel, tennis elbow, golf elbow, tingling and numbness
- Lower extremities: Sciatica, specific knee and ankle injuries, shin splints, plantar fasciitis

For Questions or to Register: (541) 301-2896
manaola@centurylink.net Register online at: manalomi.com