



Mana Lomi® 1

Clinical Techniques

May 16-19, 2011

Taught by Carol Hart, LMT 6285

Lomi or lomilomi is more than just a Hawaiian massage. It describes a concept that involves the movement of energy or energy in motion. It is the ability to communicate through the soft tissues of the body, physically and energetically, deep within the bones of the individual and thus the soul of the person. **Mana Lomi®** can be translated as the “Life-force of Lomi”. 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. This segment 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. **Mana Lomi® I** is suggested for all upper level **Mana Lomi®** techniques including Level 2 (Advanced Specific Conditions), Lomi'ili'ili, (Hawaiian hot stone therapy), and Level 3 (Joint Mobilization, taught exclusively by Kumu Maka'ala Yates, D.C).

This workshop will take place in a beautiful location in Kekaha on Kaua'i. Each participant will gain a thorough knowledge of **Mana Lomi®** procedures, philosophy and concepts; gain an inner awareness and sensitivity of using these procedures; build upon each individual's knowledge of anatomy, and have the ability to provide a 60 or 90 minute full body **Mana Lomi®** massage specific to the client's needs. **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).**

Retreat Format: Four-day retreat. Arriving the evening before start date, leaving the morning of the ending date.

Date: May 16-19, 2011

Tuition: \$1,500.00, includes double room occupancy, all meals, most materials, and instructors fees. Private rooms may be available depending on facility at extra charge.



Carol Hart, MAT6285, is a certified Lomi Instructor and has studied with **Dr. Maka'ala Yates**, a Kanaka Maoli, since 2002. She has over 18 years of healing experience on Kaua'i. 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 Lihue. For more information please go to www.peacemakerschool.org or call 808-652-5691, email carol@hartfeltkauai.com