



# “Body Temple” Massage

## 11st, 18th & 25th MAR 2021

### Thursdays

### 9am – 4pm / 6 sessions



In this Three-Day intensive and immersive workshop, students will learn:

- Basic hand/forearm techniques for working the body, prone and supine, and the principles behind them
- Self-care and movement to improve body mechanics to save your hands, wrists & body from burnout and fatigue
- Deeper methods to center yourself and become more present & heart centered in your sessions
- How Lomi Lomi can be integrated into your current practice
- In depth focus on the Hawaiian sacred principles of Aloha (love) & Pono (alignment) and Ho’omaluhia (to cultivate peace) to deepen your connection to clients and your heart centered self
- **Lomi Lomi Nui:** Also known as the “temple-style” Lomi, this graceful, in-depth bodywork incorporates hula movements to produce a profound healing effect for the recipient, at the same time energizing the practitioner. In ancient times in Hawaii, it was performed by Kahuna Lapa’au (master lomi practitioners) in the Heiau (temples) for deep physical and spiritual healing.

#### Items to bring / wear for this workshop include:

\*Supplies for note taking / 2 x single top sheets / 4 x hand towels / headband / towel / Yoga mat for meditation / Lubricant: Oil (optional)

\*Wear loose, comfortable clothing / Sarong for draping

### **Enrolment Form – Temple Body Massage - \$650**

#### Section A: Personal Details

Title: \_\_\_\_\_ Family Name: \_\_\_\_\_ Given Names: \_\_\_\_\_

Address: \_\_\_\_\_ City/Suburb: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

#### Section B: Payment method

I enclose the following amount as confirmation of my enrolment (please tick):

- Cash       Cheque / Money Order (payable to Massage Schools of Queensland)
- Credit Card: VISA / Mastercard (please circle)      \*A 3% charge will be applied if paying by credit card

Name on card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Signature: \_\_\_\_\_

#### Fee Policy:

All course fees are non-refundable. We reserve the right to cancel a course, in which case a full refund will be issued. I have read and understood the Fee Policy and accept it as part of my enrolment.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_