



“Body Temple” Massage

Wednesdays | 21st, 28th August & 4th September 2024

9am – 4pm / 3 days

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

Family Name: _____ Given Names: _____

Address: _____ City/Suburb: _____

State: _____ Postcode: _____ Date of Birth: / /

Mobile/Phone: _____ 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: _____ CCB: _____
(3 digits located on the back of the 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: _____