

Heartworks Lomi Lomi Hawaiian Massage

Materials provided:

- Professionally produced instructional video/DVD covering massage techniques/strokes for Hawaiian Lomi Lomi, Relaxation/Therapeutic, and Lomi demonstration 2 practitioners on one recipient.
- E-manual video companion with suggestions how to learn from video watching and companion notes for the stroke sequences.
- E Manual with Theory History and Philosophy of Hawaiian Massage.
- E Manual with Contraindications and benefits of massage, Draping oil, clinic requirements, client history forms, Lymphatic drainage etc.
- E- Manual with questions to be answered from material in manuals and Log forms and client session logs to be filled out.

What you will learn

- Professional boundaries and communication. How to be respectful and professional for needs of every client
- Draping methods to maintain modesty for individuals needs
- How to create a sacred and safe environment
- How to work with ALOHA
- Full body 1½ hour Hawaiian massage
- Lymphatic drainage and both soft and deep tissue work
- Long flowing strokes using a dance like rhythm
- How to unblock and clear energies in the body
- How to work from legs to prevent therapist injury You learn through dance like rhythmic movements that strength comes from the legs and not merely from upper body
- A fantastic massage that teaches correct posture and movement and prevents any injury to you as therapists
- Techniques to enhance function in the circulatory, lymphatic, muscular, skeletal and nervous systems.
- How massage can also be used to accelerate healing from injury and illness.
- Energy balancing, draping, contraindications and benefits of massage will be covered.
- How to work 2 body workers on 1 client
- New meditation techniques-Heart breathe

- How to work with energy to prevent burnout
- How to enhance your own inner powers
- How to set and achieve goals
- The 7 principles of Huna philosophy
- How to use music as a healing tool
- And much more

Please go to www.kdmassagecourses.com.au Hawaiian Heartworks Lomi Lomi page for what is covered in the course and to view a video promo for Lomi Lomi.

Structure of Home study –Course Syllabus

It needs to be completed within 2 years of receiving documentation.

- Watching the video and practicing - fill out log session forms. (10 hrs.)
- Massage 3 recipients and fill out client session forms. (5 hrs.)
- Answer questions from readings in manual. (5 hrs.)

Home study course gives you suggested times and methods to assist watching and learning from DVD and exercises to do to make it fun and assist learning outcomes.

On Completion of course you will be able to

- 1hr & 1 1/2hour Hawaiian Heartworks Lomi Lomi massage.
- Be able to adapt strokes for Relaxation / Therapeutic massage.
- Two on one Lomi massage. (2 on one is a learning technique we use in practical class for revision of strokes and to help with rhythm. It is included for you interest here.)

Approved Certification

- Certificate in Lomi Lomi Heartworks massage for 20 hours study
- Can gain join Massage association IICT and gain professional liability insurance. www.iict.com.au
- Can get CPE points for 20 hours
- Can add as approved modality to existing insurance.

Who this course is for

- Massage Therapists and Beauty Therapists wanting to expand skill base and learn new and exciting techniques.
- Layperson wanting to learn how to perform full body Massage.
- Health care professional wanting to learn complimentary therapies.
- People wanting to expand business adding an extra healing modality to generate more clients and income.

Contact and Support

Please ring or email if you have questions. I'm here to answer them.

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Can Phone or email for assistance while doing homestudy course