

Summary of requirements for 35 or 40 hours study

Structure of Home study

1. You are required to watch the video and fill out log session forms.
2. Massage 10 recipients and fill out client session forms.
3. Answer questions from readings in theory manual. Answer questions in Contraindication manual. (If qualified massage therapist you are exempt from contraindications)

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.

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

When all theory and practical completed scan and email or express post to receive certificate of completion

To gain certification

1. All theory questions from theory manual and questions in Contra Indications manual answered. (If qualified massage therapist you are exempt from contraindications)
2. Practice logs filled out when watching video with achievements and challenges.
3. Clients filled out client feedback forms signed with comments from recipient and therapist. (10 massages)
4. Table filled out with study session times.
- 5 Made a copy for your files!

Have fun

At end of course you will be able to

- 1 & 1/2hour Hawaiian Heartworks Lomi Lomi massage
- 1hour and 11/2 hour Relaxation Massage
- 2 therapist on one recipient lomi massage

At end of course you will be able to:

- Gain CPE points
- Gain Insurance

Materials provided

Video as hardcopy DVD or MP4 download

Instructional Video: Professional produced with clear demonstrations of :

- all strokes for full body 1 1/2 hour massage.
- Relaxation / Therapeutic massage sequence
- Lomi lomi sequence
- Sequence of strokes for 2 practitioners on one recipient.

E-manual video companion with suggestions for studying from DVD and stroke sequence.

E- manual with Massage Theory, and Hawaiian Philosophy.

E-manual with Contraindications and Relaxation Massage Stroke Theory

E- manual with how and what Essential Oils to use for relaxation and lomi lomi massage.