

Summary of requirements for 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 manual.

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 questions in Contra Indications manual answered.
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

1hour and 11/2 hour Relaxation Massage

1 & 1/2hour Hawaiian Heartworks Lomi Lomi massage

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 .