

### **Structure of Home study:**

- You are required to watch the video and fill out log session forms.
- Massage recipients and fill out client session forms.
- Answer questions from readings in manuals.

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

### **Summary of requirements for 60 hours study:**

- Watching the video and filling out a log session forms provided below. 15 – 20 hours.
- 25 hours massage. 5 hours filling out medical history forms and getting comments and signature from recipients. Filling in achievements and challenges etc. All Forms provided. For example, If massage one hour filling in forms another 15 minutes approx.
- Theory 15- 20 hours.
- Answer the questions on contra indications from contra indications manual.
- Answer theory from readings in manual.
- Study aromatherapy manual  
Table Fill out table each time you start and finish course study

**I am here to assist if you need it.**

### **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 achievements and challenges.
4. Table filled out with study session times

and client massages.

5. Made a copy for your files!

6. Put all your files: logs, theory and  
massage copy and paste into one  
document as word or PDF

Have fun.

**At end of course you will be able to**

1 hour and 11/2-hour Relaxation Massage.

1 1/2hour Hawaiian Heartworks Lomi Lomi Massage.

Scroll down to next page for materials provided.

**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.

Emanual with assessment requirements

Please ring me on 0407645764 if you have further questions