

# Lomi Lomi

## Hawaiian Therapeutic Massage

### Workshop with Aromatherapy Oils and Hot Stones

VOTED AS ONE OF THE HOTTEST NEW THERAPIES IN "MASSAGE MAGAZINE"  
18 CE hours Approved by the N.C.B.T.M.B.

**Instructor:** Wolfgang Luckmann, A.P., LMT, DiHom

**Who is Eligible to Attend:** Body Therapist AND members of the public

**Cost:** \$250.00 – GROUP DISCOUNTS GIVEN !

**Where:** Raleigh, N.C. ( Days INN – Wake Forest Road )

**When :** September 5 – 6 ( Sat. 8.30 – 5.30 / Sun. 9.00 – 6.00 )

**Supplies Needed for Class:** 2 sheets, towel, and massage crème/ oil. Come dressed as if it were Swedish massage. Oils : Rosemary, Lavender, Peppermint, Clover, Citrus Oils and any blends. OPTIONAL ARE STONES . Instructor will bring own stones

#### Purpose:

- ✦ To revive the body
- ✦ To remove waste material for muscle
- ✦ To facilitate myofascial release
- ✦ To save your hands
- ✦ To move the blood and lymph
- ✦ To open spasms

AND

How to apply essential oils to the massage for specific purposes

**"Lomi Lomi" means...to break up into small pieces.** This ancient technique ( TEMPLE STYLE ) is 1500 years old and aims at releasing all congestions in the body with a full-body massage. It is known in Hawaii as the **"Dance of Massage"** because of its flow and continuous rhythm and beat **accompanied by selected music.** You will learn how to transform a loving touch into techniques for healing. The basis for Lomi Lomi is an integration of mind / body / soul. Both the therapist and client experience spiritual upliftment. Did you know that it is a precursor of Trager Therapy?

#### You Will Learn:

12 strokes for a **full body** massage addressing long, hardened, bulky muscles while using breathing techniques to conserve your energy. Circular strokes, forearm techniques, vibration techniques, kneading thumb techniques and how to address the diaphragm, the seat of all emotion and willpower. You will also learn Stretch techniques for upper and lower limbs.

Many techniques are designed to conserve your energy and prevent injury yourself. You will learn breathing and meditation exercises for yourself.

Lomi Lomi is fully adaptable to a wide range of therapies, from athletic massage to Swedish massage. Lomi Lomi can also be incorporated into many Oriental Modalities.

For registration, contact: Wolfgang Luckmann, A.P. (Acupuncture Physician), LMT,

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