

LOMI LOMI – TEMPLESTYLE - HAWAIIAN THERAPEUTIC MASSAGE WORKSHOP

with the use of AROMATHERAPY ESSENTIAL OILS
RATED AS ONE OF THE HOTTEST THERAPIES IN THE UPCOMING YEARS BY
“ MASSAGE TODAY “ NEWSPAPER

WHERE: ADVANCED FULLER SCHOOL OF MASSAGE THERAPY , VIRGINIA BEACH, VA
TEL: 757 -340-3080 WHEN: APRIL 30 - MAY 1 (SAT.+SUN. 10.00- 6.00 PM.)

**18 CONTACT CE HOURS – COST: \$ 215.00. YOU ONLY NEED A \$ 50.00 DEPOSIT TO
LOCK DOWN YOUR PLACE !**

APPROVED BY THE N.C.B.T.M.B, PROV # 279778 -00/APPROVED BY THE FLORIDA STATE
BOARD OF MASSAGE THERAPY PROV # 50-1674

LomiLomi means “ To break up into small pieces “

PURPOSE:

- “TO REVIVE THE BODY”
- “TO MOVE THE BLOOD AND LYMPH”
- “TO OPEN SPASMS”
- “TO REMOVE WASTE MATERIAL FROM MUSCLE”
- “TO FACILITATE MYOFASCIAL RELEASE”
- “TO REVITALIZE THE FACE AND HEAD”
- “TO SAVE YOUR HANDS”**
- “ TO REMOVE EMOTIONAL TOXICITY WITH OILS AND COMPASSIONATE CARE”

This is a 1500 year old technique that aims at releasing all PHYSICAL AND EMOTIONAL
congestion in the body, with a full body massage.

It is known in Hawaii as the “ **Dance Of Massage**” because of **its long flowing style
and continuous rhythm and beat** accompanied by selected tribal music. The
therapist and client will become entranced in a spiritual state. You will learn how to
transform a loving touch into techniques for healing. The basis for LomiLomi is an
integration of Mind – Body - Soul in a ritual of transformation and inspiration. The
inspiration is from the Huna or “Pathway of life “ . Unlike a N.M.T. clinical massage, it
calls for intuition, rhythm and flow, culminating in a therapeutic dance! Did you know
that it is a precursor of **Trager Therapy?**

YOU WILL LEARN:

1. Some 12 strokes for a **FULL BODY** massage addressing long hardened, bulky muscles
and cellulite
2. **Breathing techniques and meditation to conserve your energy and build
stamina**
3. Circular , Spiraling and forearm techniques as well as kneading thumb techniques.
4. How to address the diaphragm, the seat of our emotions
5. **Stretch techniques for upper and lower limbs**
6. The use **of Aromatherapy essential oils** on ear points and the body to really enhance
your massage subtly and permanently |
7. Stretch and strengthening exercises for the massage therapist
8. Self care for the massage therapist and client.

For further information on this AND OTHER COURSES and a look at the sample LomiLomi video:

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