



with Kimberlee Newman-Tyler

Hawaiian Lomi Lomi Massage & Training

w: essentialbodywork.com.au e: info@essentialbodywork.com.au

Five Day Hawaiian Lomi Lomi Foundation Training



Aloha!

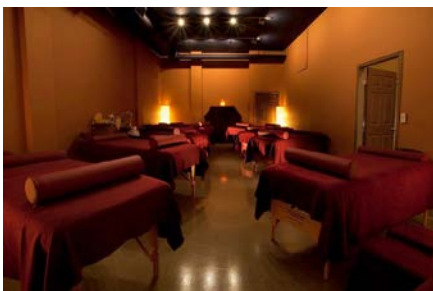
Thank you for your interest in my five day Hawaiian Lomi Lomi Massage Foundation Training in Victoria, B.C., Canada. I love returning to the land of my birth, and know this will be a special training for you.

Hawaiian Lomi Lomi is a cleansing, powerful, balancing massage, which incorporates long, flowing strokes using the forearms, elbows, wrists and hands in a continuous, fluid, rhythmic motion that can energize and ground you at the same time. Lomi Lomi is also called “loving hands” massage. It is supported by the Seven Principles of Huna Philosophy that are the spiritual guidelines of the ancient Hawaiian people. This is a philosophy of self awareness and personal empowerment.

What you will learn:

- Full Body Hawaiian Lomi Lomi massage techniques, based on Ancient Temple Massage style, including detailed work on the front and back of the body, and some delicious underbody techniques.
- Footwork techniques, including Flight Step, and Hawaiian Huna Philosophy – principles behind this beautiful bodywork
- Body Reading Techniques
- Energy Management
- Postural Management

Date and Venue:



Date: Sat 21st – Wed 25th July, 2012 FULL
***Next date to be announced.**

**Venue: Awakening Wellness Centre,
Community Room
847 Fisgard Street, Victoria BC Canada V8W 1R9.**
**5 full days of training. 9am start, 5pm finish daily.
8 am start on yoga days.**

Investment: AUD \$950. [Click here for Currency Conversion](#)

This includes 5 full days of Lomi Lomi tuition, comprehensive course notes supplemented by photographs, and a Certificate of Attendance. Subject to availability, yoga instruction is also incorporated in the mornings, before Lomi training commences. Food & accommodation is not included. A non-refundable deposit of \$400 is required to secure your placement. Full payment is to be made four weeks prior to course commencement. Deposits / Payment can be made via PayPal on my website – here is the link <http://www.essentialbodywork.com.au/training/coming-events/>.

Accommodation – Paul’s Motor Inn has very reasonable room rates, is a 4 minute walk away, at 1900 Douglas Street, Victoria, ph 250 382 9231, Toll Free 1 866 333 7285. <http://www.paulsmotorinn.com/>

Continuing Education

All Lomi Lomi trainings have been approved by CMTBC, CMTO and Natural Health Practitioners of Canada for continuing education credits. Please notify me if you require approval from another ass’n.

Your Trainer

Kimberlee Newman-Tyler has recently taught Lomi at a private retreat in Titirangi, New Zealand (Sept 2011) and given Hawaiian Lomi Lomi instruction to spa staff at The Andaman, Langkawi, in Malaysia (September, 2010). This spa was named Asia’s Leading Spa Resort by World Travel Awards in 2010. Kimberlee has also trained spa staff in a 5 star spa in Singapore, Earth Sanctuary.

Kimberlee has studied Thai Massage in Chiang Mai, Thailand, and Hawaiian Bodywork in Australia and in Hawaii, on Kauai. She holds a Diploma of Remedial Massage and has completed a Certificate IV in Training and Assessment, which gives her accreditation as a teacher in Australia.

In 2003, Kimberlee founded a successful shopfront massage business in Peregian Village, Sea to Sky Massage. After several busy years, she sold this business and now practices from a more personal home-based clinic, in Peregian Beach, on the Sunshine Coast of Australia.

While Kimberlee has studied many different energetic modalities, including Reiki, her passion remains with Hawaiian bodywork and the Seven Spiritual principles which make up the Huna Philosophy. Essential Bodywork is the culmination of over ten years of massage industry experience.

You will find a YouTube presentation of Kimberlee’s Hawaiian Lomi Lomi Massage at - <http://www.youtube.com/watch?v=2tAXNrqBE0s> . The website is www.essentialbodywork.com.au and facebook page is <http://www.facebook.com/EssentialBodywork>.

What to bring:

Massage tables will be supplied at the venue. Please bring pen and paper for notetaking.

Clothing - Also bring sleeveless shirts and sarongs to massage in, or shorts, skirts, hair band.

Sleeveless shirts are necessary as massage oil will probably go right up your entire arms during the training. Be prepared for clothing and sarongs to get oil on them that may not wash out completely – so they should not be expensive clothing or sarongs. **BYO sarongs / sheets for the massage tables.**

Special - Please also bring any crystals or objects that are special to you and your massage, and bring any **music** that you love! Your beautiful smile and an open heart is also a requirement! ☺

Preparation for the course

Prior to and during training, please cut down on tea, coffee, alcohol, & cigarettes. Also, reduce consumption of bread, meat, white sugar, & salt. **Please eat plenty of fruit, vegetables (raw or cooked), rice, salads, & herbal teas. Drinking plenty of lemon water will also assist in the detox process.**

Why? The training involves using a lot of physical energy. If the body is cleansed, the mind will become clear and you will be more able to learn and assimilate the new techniques being taught. During the course we suggest you eat plenty of fresh fruit and vegetables, which will give you energy, give your digestive system a break and also allow you to let go of waste and toxins from your body. Please advise if you have any special dietary requirements.

What to Expect

Expect confidence in applying wonderful Hawaiian Lomi Lomi Massage techniques, adding infinite value to your business, and your personal development. You will be energized and positively glowing, with a relaxed body, heightened awareness, an open heart and new vitality to take home. I look forward to meeting you! Aloha, Kimberlee