



## LOMI LOMI FULL PRACTITIONER

The foundation Lomi Lomi training is an 8 day residential retreat at Aloha House in Killorglin, Co. Kerry. The training is centred on practicing the powerful, healing massage of Lomi Lomi, in the context of Hawaiian Healing.

People are drawn to this training for a variety of reasons. You may be a massage therapist who feels there is a deeper way of connecting with clients. You may have no massage experience, though would like to know how to heal within your family unit. Or perhaps you are drawn to these teachings for personal development.

Previous massage experience is not required to join this training. The requirements involve authentic willingness to be open to learn new ways of thinking & being, and to practice respect, honesty, responsibility & kindness. Class time involves teachings, demonstrations & physical practice. After class, there will be some work to do in your own time to enhance your learning process.

Accommodation sharing & one meal per day is included. You will have access to the group kitchen & dining area for other meals. We are also located in the town, so easy access to shops & restaurants.

We are surrounded by beaches, forests & mountains, so plenty to enjoy on your time off.

**Due to the nature of this deep work, places are limited & an application process applies.**



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## BASIC SCHEDULE:

Saturday: 6pm dinner. 7pm Welcome Ceremony.

Sunday, Monday, Tuesday: Class times 10am – 5pm

Wednesday: Free Day. 6pm dinner. 7pm Welcome Ceremony.

Thursday, Friday, Saturday: Class times 10am – 10pm

Sunday (final day): Give & Receive 9am – 12:30pm. Lunch 1pm. Closing Ceremony 2pm – 3pm.

Class times for the first 3 days basic training are 10am – 5pm. Lunch is provided. You'll have your evenings free for leisure or study.

Wednesday is your "day off" to relax, sight-see, study or rest. We will share an evening meal together, followed by a Welcome Ceremony.

Class times for the remaining 4 days are 10am – 10pm, with breaks for meals & leisure. Lunch is provided. The final day will be your opportunity to put into practice your full Lomi Lomi session & you will also receive one. We will have our closing ceremony, where you will receive your certificate, & pau around 3pm.

Massage Tables are provided, though you will bring your own sheets & massage oil. You will practice in pairs, working with other participants.

## The 8 day training covers:

- Introduction to Foundations of Hawaiian spiritual knowledge & consciousness
- Full body lomi lomi massage (at least 90 minutes – 2 hours)
- Lomi Lomi with hot stones
- Underbody techniques
- Working with The Elements
- Introduction to Oli & Pule



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## CERTIFICATION:

The certification from Lomi Lomi Ireland is recognised & insurable in the Republic of Ireland, provided you are a qualified massage therapist. If not a massage therapist, you may practice on family & friends. You may also feel to complete the training for “personal development”. It is likely that other countries may recognise this certification – check with your associations.

## INVESTMENT:

- 8 day retreat (shared accommodation) €1200
- 8 day retreat (single accommodation) €1600
- 8 day retreat (repeat student) €800
- 8 day retreat (repeat student. Single accommodation) €1100
- 8 day non-residential €900
- 3 days basics (shared accommodation) €550
- 4 days practitioner (shared accommodation) €800
- 4 days practitioner (repeat student) €550

## APPLICATION TO BOOK:

- A simple application process is in place to assess suitability for the training. Once accepted, payment can be paid to book your place.
- 50% deposit is required, of which €200 is non-refundable.
- Cancellations within 30 days of training start date: all payments will be transferred to another training date.
- Cancellations beyond 30 days of training start date: all payments will be refunded.
- Payment plans available. 50% deposit paid to book. Balance paid in installments.

If you are ready to answer the call deep within your heart, take the first steps to a profound adventure with Lomi Lomi!

**For more information contact Louise - [louise@alohahouse.ie](mailto:louise@alohahouse.ie)**