

Way of Sacred Transformation

LL42 ~Lomi Lomi for Two~ Two and Half Days Workshop Agenda

The Key West LL42 Holiday Weekend

| Agenda | |
|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1 | Traveling Date/Check In @ the resort 4PM/Check in with JD/Free Time |
| Day 2 & 3 | |
| LL42, Free Time | |
| 9:00 - 9:30 | Introduction, Review from Day 2 on Day 3 |
| 9:30 - 9:45 | Ka'alele by the pool Practice Ka'alele at the poolside in the resort |
| 9:45 - 10:30 | Full Back Demo I & Practice I will work on Haumana 1 to demonstrate the full back while Haumana 2 watches and learns, then Haumana 2 practices on Haumana 1 under instruction |
| 10:30 - 10:45 | Clean up, Shower, review and feedback |
| 10:45 - 11:30 | Full Back Demo II & Practice I will work on Haumana 2 to demonstrate the full back while Haumana 1 watches and learns, then Haumana 1 practices on Haumana 2 under instruction |
| 11:30 - 12:00 | Clean up, Shower, review and feedback |
| 12:00 - 1:30 | Lunch Break |
| 1:30 - 2:15 | Full Front Demo I & Practice I will work on Haumana 1 to demonstrate the full back while Haumana 2 watches and learns, then Haumana 2 practices on Haumana 1 under instruction |
| 2:15 - 2:30 | Clean up, Shower, review and feedback |
| 2:30 - 3:15 | Full Front Demo II & Practice I will work on Haumana 2 to demonstrate the full back while Haumana 1 watches and learns, then Haumana 1 practices on Haumana 2 under instruction |
| 3:15 - 4:00 | Clean up, Shower, review and feedback |
| 4:00 ~ | Free Time |
| Day 4 | |
| LL42, Free Time | |
| 9:00 - 9:30 | Brief review from Day 2 & 3 and Ka'alele by poolside |
| 9:30 - 10:15 | Practice Full Body Session I Haumana 2 practices on Haumana 1, putting everything together what you learn throughout the day |
| 10:15 - 11:00 | Clean up, Shower, review and feedback |
| 11:00 - 12:15 | Practice Full Body Session II Haumana 1 practices on Haumana 2, putting everything together what you learn throughout the day |
| 12:15 - 12:30 | Cleaning and Washup |
| 12:30 - 1:00 | Cleansing in pool or jacuzzi Cleansing in pool or jacuzzi at the resort, some pool time if time allows |
| 1:00 - 1:30 | Closing and Feedback |
| 1:30 ~ | Free Time |
| Day 5 | |
| Check Out the resort/Traveling Date/Free Time | |
| ~ 11:00 | Free time/Check out at 11 AM |
| 11:00 ~ | Check Out/Traveling Date |

LL42 ~Way of Sacred Transformation, Miami Beach / JD Bodywork