

Way of Sacred Transformation

LL42 ~Lomi Lomi for Two~ One Day Workshop Agenda

Agenda	
9:00 - 9:15	Introduction
9:15 - 10:00	Ka'alele at Beach Practice Ka'alele at Haulover Beach, some beach time if time allows
10:00 - 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 - 11:15	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
11:15 - 11:30	Clean up, Shower, review and feedback
11:30 - 12:00	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
12:00 - 12:15	Clean up, Shower, review and feedback
12:15 - 12:45	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
12:45 - 1:00	Clean up, Shower, review and feedback
1:00 - 2:15	Lunch Break
2:15 - 3:00	Practice Full Body Session I Haumana 2 practices on Haumana 1, putting everthing together what you learn throughout the day
3:00 - 3:15	Clean up, Shower, review and feedback
3:15 - 4:00	Practice Full Body Session II Haumana 1 practices on Haumana 2, putting everthing together what you learn throughout the day
4:00 - 4:15	Cleaning and Washup
4:15 - 5:00	Cleansing at Beach Cleansing at Haulover Beach and some beach time if time allows
5:00 - 5:30	Closing and Feedback

Lomi Lomi Hale Hana, Miami Beach / JD Bodywork