

Way of Sacred Transformation

LL42 ~Lomi Lomi for Two~ One Day Workshop Agenda

The Key West Mini LL42 Weekend

Agenda	
Day 1	Traveling Date/Check In @ the report 4PM/Check in with JD/Free Time
Day 2	LL42, Free Time
9:00 - 9:30	Introduction
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 - 3:30	Cleaning and Washup
3:30 - 4:00	Cleansing in pool or jacuzzi Cleansing in pool or jacuzzi at the report, some pool time if time allows
4:00 - 4:30	Closing and Feedback
4:30 ~	Free Time
Day 3	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