

Sacred Lomi® • February 10-17, 2014

Journey to Paradise to Remember Who You Are and Fully Embody Your Healing Gifts- For Yourself - For Those You Touch



8 Days of Paradise

For 8 days and 7 nights you will melt into the lush, beautiful Hawaiian landscape, practice and receive transformational lomi lomi, eat delicious, fresh gourmet food, bond with and evolve with like-hearted souls, and be guided in life-changing philosophical practices. Playtime will include the pool, hot tubs, hula, island exploration and breathing deeply into all the beauty that surrounds you.



Lomi Lomi

Sacred Lomi® was developed by Tom Cochran and Donna Jason and is rooted in the practice of 'Temple Style' Hawaiian lomi lomi Massage. Sacred Lomi weaves ancient practices with heart-centered, powerful teachings to create a complete system of hands-on bodywork that integrates the physical, emotional and energetic aspects of the work. Tom & Donna are deeply committed to supporting healers and massage therapists to live consciously from their hearts, heal themselves, thrive in their chosen practice and learn to walk a path of service while honoring their own journey.



Learn & Remember

- How to offer full Lomi Lomi Sessions • Fundamental and Advanced Runs on the back and front of the body
- Principles of Huna • Principles and Practice of Ho'oponopono & Realignment • Conscious Movement
- Cultivate a Practice of Presence - with yourself, your Soul & with others

Kalani Oceanside Retreat Center

Kalani has been a soulful place of refuge and renewal for guests from around the world for over 30 years. This retreat center sits on 120 acres on the SE shore of the Big Island, Kalani is close to both the volcano and the ocean, with an olympic size pool, sauna, jacuzzi, heated watsu pool, fruit trees, expansive land, an open-air lanai for delicious and healthy meals and simple but beautiful accommodations!

Visit www.kalani.com for more details or call 800-800-6886

Accommodations: The Lodge and Guest Cottages are nestled among beautiful, lush tropical foliage.

The Lodge Rooms have twin, double or king beds with either private or shared bathrooms. The Guest Cottages are approximately 250 sq. ft. with a double or queen bed and a queen futon, private bath, fan and mini fridge.

Gourmet Meals Chefs who revel in the art of healthy, delicious food suitable for all diets prepare three gorgeous meals a day that include an array of fresh island fruits and vegetables.

Accreditation Participants receive 48 NCBTMB approved credit hours and a color certificate for the training.

All Are Welcome This experiential workshop is open to those interested in both the healing arts and the transformational power of the Hawaiian tradition. Experienced professionals and those new to the healing arts are welcome to participate. We guide all students to hold a safe, sacred and heart-felt space for themselves and one another.



Hawaii Retreat Registration

February 10-17, 2014

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Email _____
 Home Phone _____
 Other Phone _____
 Emergency Contact _____

Choice of Accommodations

CAMPING	
Recommended for experienced Campers	\$2150 _____
LODGE ROOMS	
SHARED TRIPLE / Shared Bath in Hall	\$2450 _____
SHARED TRIPLE / Private Bath in Room	\$2550 _____
SHARED DOUBLE / Shared Bath in Hall	\$2550 _____
SHARED DOUBLE / Private Bath in Room	\$2650 _____
PRIVATE ROOM / Shared Bath in Hall	\$2750 _____
PRIVATE ROOM / Private Bath in Room	\$2950 _____
RAINBOW ROOM BUNGALOW	
SHARED DOUBLE / Private Bath	\$2750 _____
PRIVATE / Private Bath	\$3150 _____
TROPICAL COTTAGE	
SHARED DOUBLE / Private Bath	\$2950 _____
PRIVATE / Private Bath	\$3700 _____
OCEAN COTTAGE	
SHARED DOUBLE / Private Bath	\$3100 _____
PRIVATE / Private Bath	\$3800 _____

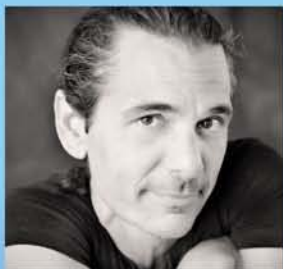
***All Prices are Per Person with Early Registration by 12/10/13**
 For Registration after 12/10/13 add \$100 per registrant.

If paying by Credit Card please include your billing address

Card holder name _____
 Credit Card Number _____ Exp. Date _____
 Signature _____
 Billing address if different from above _____
Amount Enclosed: _____ \$500 non-refundable deposit
 _____ Full Amount

Registration Policy: A \$500 non-refundable deposit is required to reserve your space. Full payment must be received by Jan. 28, 2014 to guarantee your space. No refunds after Jan. 28, 2014.. All rooms are booked on a first come first served basis. Pool areas are clothing optional. There are no drugs or hard liquor allowed at Kalani Retreat. Cost includes accommodations, meals, training and special events. Participants are responsible for transportation to and from Kalani. Please make check or money order payable to: **Sacred Lomi, LLC.** **I have read and understand the registration policy.**

signature / date _____



Tom Cochran

is a master practitioner of Hawaiian Temple Bodywork. He has an extensive background in Hawaiian Shamanism, yoga, dreamwork, movement, energy work, meditation, reiki, massage and group facilitation. Since 1991, Tom has traveled world-wide, teaching and offering

sessions in Europe, Japan, Canada, Hawaii and across the United States. *"These ancient teachings remind us of our wholeness, our divinity. It's an awakening that allows us to know our unique Self, not as a separated individual, but as a connected part of the whole. It is a tremendous gift to share the power and beauty of this work and witness individuals awakening to themselves on such an intimate soul level."*

Donna Jason



is a teacher, shamanic practitioner and writer committed to the transformational power of the creative arts. She has an extensive background in theater, dance, creative visualization, shamanism and healing through the emotional body. *"Our inner most truth is our greatest teacher and guide. When we journey through layers of our identity and learn to be present with and accept all of who we are we reconnect with our true self. It is our core self that we long for, that we are lonely for and that houses our calling, our beauty and our power."*

"Wow... You both are doing such great work. The retreat for me was transformational. I am so different than I was two weeks ago." Susan Kimi M., Chicago

"What you do is an inspiration to me to stop playing small and gather the courage to begin to truly serve the world!" Jen L., Vancouver

"Sacred Lomi has completely changed the way I work!" C. Talkington, Cheyenne

Sacred Lomi

Hawaiian Temple Bodywork

Hawaii
 Lomi Lomi Retreat
 with Ho'oponopono
 February 10-17, 2014



Sacred Lomi®

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Sacred Lomi® is a NCBTMB
 Approved Provider #291111-00