

# March 17-19, '17 • Lomi Lomi in San Diego, CA

## This Three Day Workshop

is an experiential journey into the art of Sacred Lomi, a unique form of transformational Lomi Lomi that weaves the principles of sacred touch, flowing forearm techniques, aloha, presence, awareness and intention into a complete system of hands-on healing. This course is for new students and students who are ready to refine their skills and deepen their practice.

### Participants will learn:

Lomi Lomi Forearm Techniques on Front and Back  
Conscious Stretching & Alignment • Sacred Touch • Aloha  
Flowing Forearm Techniques • Shamanic Exercises • Self Care  
History of Lomi Lomi • Sacred Principles • Sacred Space  
Exercises in Presence & Self Awareness  
Movement & Dance for Embodying Healing Energy

### Participants Earn 24 NCBTMB CE's

Sacred Lomi is a NCBTMB Approved Provider #291111-00  
(Florida, Texas & Most other States Approved)

### Workshop Location

**Courtyard San Diego Rancho Bernardo**  
11611 Bernardo Plaza Court, San Diego, CA 92128  
858-613-2000 or 800-593-8206 for Reservations  
Newly renovated hotel with pool, hot tubs, wireless internet, on-site restaurant and fitness facility. Free parking.  
Group Rate for Sacred Lomi is \$119 + tax. Book by February 15, '17.  
**Booking Codes: Sacred Lomi Massage Workshops • SACS.**

*"The best workshop I've taken in 15 years of bodywork. Thank you Tom & Donna" - Z Diamond, LMT, Boulder, CO*

*"The beauty of this work moved me to tears. After 18 years of bodywork, it was like a homecoming to the origins of massage as a healing art."  
A.E. LaSalle, Bodyworker, Workshop Presenter*

*"This training took my practice to a more sacred level of healing. The techniques performed have saved my hands and lengthened my career indefinitely." -- J. Groom, LMT, Denver, CO*



### Tom Cochran

is a master practitioner of Hawaiian Temple Bodywork. He has an extensive background in Hawaiian shamanism, yoga, dreamwork, movement, energy work, meditation, massage and group facilitation. Since 1991, Tom has traveled worldwide, teaching and offering sessions in Europe, Japan, Canada, Hawaii and across the United States.

### Donna Jason

is a teacher, writer and filmmaker committed to the transformational power of the creative arts. She has an extensive background in theater, dance, creative visualization and healing through the emotional body.



*"Your compassion to teach the ancient Lomi Lomi shines through the session. Your energy is infectious and your love is contagious. I hope to affect my massage clients in the same way."  
G. Stowers, Pilates Trainer, CMT*



For more information please contact us:

**Sacred Lomi:**  
**Hawaiian Temple Bodywork**

P. O. Box 1206 • Agoura Hills, CA 91376  
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## SAN DIEGO, CA ♥ SACRED LOMI

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Day Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Emergency Contact name and Phone: \_\_\_\_\_

*Workshop cost includes Trainings Only. Accommodations & Meals are Separate. Course size is limited and may fill. Please register early to guarantee your space.*

### San Diego • March 17-19, '17

\_\_\_\_\_ \$425 Early Registration (paid in full by February 17, '17)

\_\_\_\_\_ \$450 Regular Registration (after February 17 '17)

\_\_\_\_\_ **Yes, I have a massage table I'm willing to bring. Tables must have vinyl covering, removable headrests and legs that adjust.**

**TO PAY BY CREDIT CARD:** \_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_ DISCOVER \_\_\_\_\_ AMEX

Card Number \_\_\_\_\_ Expiration \_\_\_\_\_  
Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_

Billing Address - if different from above \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ \$425 Early Registration \_\_\_\_\_ \$450 Regular Registration  
\_\_\_\_\_ \$75 deposit \_\_\_\_\_ Please charge the remaining balance by the early registration deadline.  
\_\_\_\_\_ I will pay the remaining balance by mail or by calling in at a later date

**Registration Policy:** A \$75 non-refundable deposit is required to reserve space in the workshop. Cancellations after March 7th, 2017 will forfeit their tuition. Please make checks payable to:

**Sacred Lomi, LLC**  
**P.O. Box 1206, Agoura Hills, CA 91376**

**March 17-19, 2017**  
Friday through Sunday  
8:30am to 5:30pm (one hour lunch each day)

*We look forward to seeing you in San Diego!*  
*Tom & Donna*