

Sacred Lomi® • February 10-17, 2012

Through loving touch, presence, sacred principles and conscious breath, we will open the pathways for truth, power and sacredness to integrate into our lives.

Sacred Lomi™ 8 Day Intensive

is an experiential journey into the sacred art of Hawaiian Temple Bodywork, a unique form of Lomi Lomi and a rite of passage that weaves the principles of shamanic movement, sacred touch, aloha, awareness and intention into a complete system of hands-on healing. Participants will journey into a deep exploration of themselves and this sacred art, while being nurtured by the beautiful island of Hawaii and supported by the safe, sacred space of the workshop. All accommodations, meals, Lomi Lomi training, oceanside bonfire and playtime on the island are included. Transportation to and from Kalani Oceanside Retreat is not included.

Lomi Lomi

Lomi Lomi means "to massage", "to knead" or "to weave" - weaving light, weaving love, weaving spirit, unweaving unhealthy patterns in the body, unraveling wounds and old belief systems. There are many different styles of Lomi Lomi, each integrating a unique approach to healing the physical and energetic body.

Hawaiian Temple Bodywork Many believe that in the ancient temples of Hawaii, the Kahuna, or Hawaiian Shaman, practiced a unique lineage of Lomi Lomi now known as Hawaiian Temple Bodywork. The legend is that this sacred art was designed to awaken and enlighten the being in the physical body and to connect them with their true calling in life. There is no written history about this art, so all we know comes from experiencing its beauty and power.

Sacred Lomi™ has been developed from Hawaiian Temple Bodywork by Tom Cochran and Donna Jason. Sacred Lomi™ integrates the ancient practices with a heart-centered approach to teaching. Students earn continuing education credits while learning this unique forearm modality. Many styles of bodywork separate the physical and energetic. In Sacred Lomi, we embrace the integrated whole being - physical, emotional and energetic. By creating a sacred space of unconditional love and acceptance - Aloha- we invite the recipient to completely let go and receive. The flowing, circular runs nurture and embrace, clearing out the old patterns and awakening the divine.

"Lomi weaves through the layers that cover the soul and penetrates like waves of the ocean wherever there is holding. It is a way of holding and being held - the core of our most authentic self!" D. DeCesaris, LMT

Kalani Honua Oceanside Retreat

is located on 120 acres of tropical beauty on the southeast coast of the island of Hawaii commonly known as the Big Island. The property has an olympic size pool, jacuzzis and saunas. Visit www.Kalani.com for more details or call 800-800-6886

Accommodations The Lodge and Guest Cottages are all 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 square-feet with double or queen bed and a queen futon, private bath, fan and mini fridge. There is a camping ground with hot showers and bathrooms - but it is only recommended for seasoned campers.

Gourmet Meals Three meals a day are prepared by chefs who revel in the art of healthy, delicious food suitable for all diets including vegan.

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.



Hawaii Retreat Registration

February 10-17, 2012

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

Choice of Accommodations

CAMPING
 Recommended for experienced Campers \$2100 _____

LODGE ROOMS
 SHARED TRIPLE / Shared Bath in Hall \$2350 _____
 SHARED TRIPLE / Private Bath in Room \$2450 _____
 SHARED DOUBLE / Shared Bath in Hall \$2450 _____
 SHARED DOUBLE / Private Bath in Room \$2550 _____
 PRIVATE ROOM / Shared Bath in Hall \$2650 _____
 PRIVATE ROOM / Private Bath in Room \$2850 _____

RAINBOW ROOM BUNGALOW
 SHARED DOUBLE / Private Bath \$2650 _____
 PRIVATE / Private Bath \$2950 _____

TROPICAL COTTAGE
 SHARED DOUBLE / Private Bath \$2900 _____
 PRIVATE / Private Bath \$3600 _____

OCEAN COTTAGE
 SHARED DOUBLE / Private Bath \$3000 _____
 PRIVATE / Private Bath \$3750 _____

***All Prices are Per Person with Early Registration by 12/10/11**
 For Registration after 12/10/11 add \$100 per person

If paying by Credit Card please include your billing address

Card holder name _____

Credit Card Number _____ Exp. Date _____

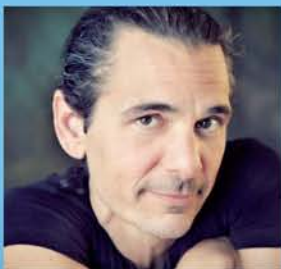
Signature _____

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. 26, 2012 to guarantee your space. No refunds after Jan. 26, 2012. 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
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Sacred Lomi®

PO Box 1206

Agoura Hills, CA 91376-1206

(818) 865-8813 • aloha@sacredlomi.com

www.sacredlomi.com

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