

# Mana Lomi® Workshops

## Mana Lomi® Level 1: Clinical Techniques

Mana Lomi® describes a concept that involves the movement of energy. The Mana Lomi technique is based on Hawaiian concepts of working with the "mana" of the body, mind, and soul of an individual. Four full days of instruction. Topics covered include clinical procedures of Mana Lomi® as well as history, simple meditation practices, ho`oponopono and Hawaiian healing chants. Open to all who wish to learn!



## Mana Lomi® Level 2: Advanced Techniques

Four full days of advanced Mana Lomi® techniques including hot towel therapy, specific protocol for entire body, and Hawaiian spiritual philosophies. Other topics covered include the golgitendon organ (GTO), muscle pindle fibers, and pain receptors, compression-traction techniques and effectiveness, palpation skills emphasized for sensitivity, problem solving skills, Hawaiian chants, body positioning, SI joint protocol and more. Mana Lomi® Level 1 required.

## Colorado School for Healing Arts, Lakewood, Colorado

December 2 - 5, 2022

Dates TBA

*Mana Lomi® is a Registered Trademark*



### Carol Hart, Instructor

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### To Reserve Your Space:

Visit [HartfeltKauai.com](http://HartfeltKauai.com) to register and pay \$150 non-refundable deposit  
Full tuition due four weeks prior to class. Minimum of 6 participants is required for each class. \$650 includes 34 units of continuing education, Cat. A (NCBTMB) upon completion.

