



## Mana Lomi®

Dr. Maka'ala Yates, D.C.

Hawaiian Medicine Specialist

### Three-Day Level 1 Workshop

Dr. Maka'ala Yates D.C. is a Kanaka Maoli (Hawaiian Ancestry) who specializes in Hawaiian medicine. He has been practicing and teaching Hawaiian healing concepts for over 30 years and is the founder of Indigenous Botanicals and Mana Lomi®. Maka'ala received the Kaonohi Award in 2005 from the State of Hawaii for his excellence in Hawaiian medicine and community support. He is author of his book "Ancient Hawaiian Principles of Being Well."

**Dates: March 27 - 29, 2013 ~ 9:30 A.M. - 6 P.M.**

Location: *Accademia Un tocco dal cuore*

Via Cesare Balbo 10, Milano

Contact: Enrica Dubini, Phone 0039-(0)2-5469907; Mobile 0039-335-6639834;

Email: [Accademia@untoccodalcuore.com](mailto:Accademia@untoccodalcuore.com)

Cost: 400 €

This workshop is open to the public, previous experience of massage is welcome.

A certificate of course completion will be issued to participants

Mana Lomi® is based on Hawaiian healing concepts of working with the body, mind and spirit. It is hands on healing that is deep and powerful, yet gentle, giving immediate and long-term results. Mana Lomi® symbolically means "to communicate energetically deep within the bones of the individual and thus with the soul of the person."

You will learn:

- An effective, 60-90 minute full body sequence to bring relief to many symptoms.
- How to release muscle tension with gentle, yet powerful and deep movements "to the bone."
- Balanced body mechanics allowing you to deliver effectively deep yet gentle therapy for relaxation or injury prevention and relief with minimal stress on your own body
- A brief history of Mana Lomi®; Hawaiian healing chants; Ho'oponopono (living in alignment).
- Hawaiian body-mind-spirit healing and the use of Ha (breath), Mana (spiritual energy and spiritual centering) to help restore balance.

Registration Form

MANALOMI® Level 1

March 27 – 29, 2013

Milan, Italy

Instructor: Dr. Maka'ala Yates, D.C.

Name: \_\_\_\_\_  C.C.  Money Order  Cash

Address: \_\_\_\_\_ Card # \_\_\_\_\_

\_\_\_\_\_ Exp. Date: \_\_\_\_\_

Tel. # \_\_\_\_\_ Signature: \_\_\_\_\_

Email Address \_\_\_\_\_  Yes, I can bring a massage table

Amount Enclosed (U.S./£): \_\_\_\_\_

Financial Policy

- Size of workshop is limited to first 16 people, therefore a deposit of \$200 or approx. £150 required to secure your place with full payment due 6 weeks (April 3, 2013) prior to date of course to receive the early rate.
- For cancellations received more than one month prior to scheduled class, full tuition minus 15% administration fee is refundable.
- For cancellations received two weeks or more before class, 50% of tuition is refundable.
- For cancellations received less than two weeks, 25% of tuition is refundable.
- No refund available on the day of scheduled class.
- Tuition paid may be applied to another class within a one-year period for which Maka'ala is the primary instructor. Some limitations apply. Contact us for details.

Accademia Un tocco dal cuore

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