

a world of rejuvenation



The Aloha Malu Hawaiian
Massage Centre and Retreat
The Ho'o Pono Pono Lomi Lomi
Massage and Personal Empowerment
Training Institute

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The Ho'o Pono Pono Lomi Lomi Massage and Personal Empowerment Training Institute

The Institute was founded by Kenike and Madeline Killip after extensive training in Australia and awareness training in Hawaii, and many years of experience as *Ho'o Pono Pono Lomi Lomi* and *Huna* practitioners.

Training is provided for:

- students who wish to practice *Ho'o Pono Pono Lomi Lomi* privately with their partners and friends
- massage therapists who wish to add *Ho'o Pono Pono Lomi Lomi* to the range of massage treatments they offer
- business focused applicants as part of the training they will require to uplift a Aloha Malu Business Plan module.

Three sequential courses are provided: Introductory, Intermediate, and Advanced Practitioner, each of 4 days' duration. Kenike and Madeline jointly provide each course to ensure that each course student receives the level of personal attention needed, in the true Hawaiian spirit. Most classes have 2 students.

Introductory Course Syllabus

Practical

Ho'o Pono Pono Lomi Lomi – Introduction level
Full body massage – Introduction level
Nurturing client draping techniques

Theory

Body awareness – Introduction level
Massage recipient awareness – Introduction level
Huna philosophy – Introduction level
The Aloha Spirit – Introduction level
Mana awareness – Introduction level

Intermediate Course Syllabus

Practical

Ho'o Pono Pono Lomi Lomi – Intermediate level
Full body massage – Intermediate level
Introduction to under-body work and stretching
Nurturing client draping techniques

Theory

Body awareness – Intermediate level
Massage recipient awareness – Intermediate level
Huna philosophy – Intermediate level
The Aloha Spirit – Intermediate level
Mana awareness – Intermediate level

Advanced Practitioner Course Syllabus

Practical

Ho'o Pono Pono Lomi Lomi – Advanced Practitioner level
Full body massage – Advanced Practitioner level
Under-body work and stretching – Advanced Practitioner level
Pregnancy Massage Tuition
The art of combining *Ho'o Pono Pono Lomi Lomi* and *Huna* through chant and "dream weave" communication
Nurturing client draping techniques
Reflective evaluation and assessment

Theory

Body awareness – Advanced Practitioner level
Massage recipient awareness – Advanced Practitioner level
Huna philosophy – Advanced Practitioner level
The Aloha Spirit – Advanced Practitioner level
Mana awareness – Advanced Practitioner level
Huna body, mind and spirit counselling training

By the time you have completed the Advanced Practitioner Course syllabus, you will have completed 150 hours under instruction.

Onsite accommodation and meals are also available for course students.

Training Courses, \$300 per day (includes a healthy lunch).

**Please contact Madeline and Kenike Killip for course bookings on;
Phone / Fax (02) 9971 8862
Mobile 0402 145 583**