

# **HEARTSPIRE SCHOOL OF HAWAIIAN MASSAGE**

*Presents*

## **KA 'IMI PONO 2008: a ten month intensive lomilomi adventure one Saturday each month**

***Hawaiian healing principles and more: 9 am – 1 pm***

***Informal sharing and potluck lunch: 1 pm - 3 pm***

***Lomilomi bodywork instruction: 3 pm – 7 pm***

***Attend full days, morning sessions only, or afternoon sessions only.  
Attend only some months, or attend all 10 months, as fits your schedule.***

*Saturdays in 2008: Feb 9, Mar 8, Apr 12, May 10, Jun 7, Aug 9, Sep 13, Oct 11, Nov 8, Dec 13*

### ***Our Ka 'Imi Pono vision is to:***

- ~~ Give and receive mutual support in opening ways for Spirit in us to manifest abundantly ~~*
- ~~ Develop perceptive palpation and excellent lomilomi bodywork techniques to support the joy of being in bodies and the release of pain & limitations ~~~*
- ~~~ Live in harmony with self, others and nature ~~~*
- ~~~ Be in full relationship with Spirit ~~~*

*Ka 'Imi Pono 2008 Hawaiian Healing Principles studies - our morning sessions* - will focus on living fully present and strengthening our bonds with nature. We will embody the Hawaiian spiritual qualities of aloha (love), pono (integrity), mahalo (gratitude), lokahi (harmony), kuleana (responsibility), malama (tending), ha'aha'a (humility), ho'omau (endurance), nana i ke kumu (looking to Source). Each class will include Hawaiian healing chants, breath and meditation, and hands on land tending. We will use the books Zero Limits, The Secret Hawaiian System for Wealth, Health, Peace and More by Joe Vitale and Managing with Aloha by Rosa Say.

*Ka 'Imi Pono 2008 lomilomi bodywork studies - our afternoon sessions* – will each focus on a different part of the body. With intention to develop advanced lomilomi bodywork healing capabilities, the pace of instruction will be slow enough for us to both strengthen our palpation sensitivity and to increase the effectiveness of our work.

*Ka 'Imi Pono 2008 potluck lunch will allow relaxed and fun sharing opportunities for students in both the morning and afternoon sessions. We will share “earth friendly” food.*

*Optional out-of-class assignments will be offered to broaden our Ka 'Imi Pono experience.*

**Prerequisite:** *A sincere desire to learn*

**Class size:** *up to 12 students for bodywork sessions and up to 20 students for the Hawaiian Healing Principles session*

**Continuing Education:** *4 CEs are awarded for each class session, totaling 80 CEs for full attendance. Certificates of completion will be issued – or mailed - at the final class and will reflect the number of hours each student participated. Heartspire School of Hawaiian Massage is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider (#450029-06).*

**Cost:**

*Daily rate:*

- *\$45\* for Hawaiian healing principles (morning sessions)*
- *\$80 for lomilomi bodywork (afternoon sessions)*

*5 session class card (half the 2008 Ka 'Imi Pono program)*

- *\$200 for morning only sessions - Hawaiian healing principles (\$25 savings)*
- *\$375 for afternoon only sessions - lomilomi body work (\$25 savings)*
- *\$550 for full day sessions (\$75 savings)*

*Materials cost:*

- *Up to \$100 for books and miscellaneous supplies*

*\* No one will be turned away from Hawaiian Healing Principle sessions for financial reasons.*

**Cancellation/Refunds:** *no refunds are offered*

**Instructors:** *Kim Hartley LMP, Jim Hartley LMP and Barbara Helynn Heard LMP*

**To Register:** *Complete the attached registration form and send it to Heartspire School of Hawaiian Massage.*

*We reserve spots in class only when we receive payment.*

*Drop in registration on the day of class - with one or more days prior notice - is possible if space permits. To register and pay on the day of class, please arrive 30 minutes before class begins.*

***Heartspire School of Hawaiian Massage***  
***9212 Waddell Creek Road SW Olympia, WA 98512 (360) 956-1169,***  
***email [Heartspire@earthlink.net](mailto:Heartspire@earthlink.net)***  
***[www.heartspire.com/massage](http://www.heartspire.com/massage)***

**Registration Form**  
**HEARTSPIRE SCHOOL OF HAWAIIAN MASSAGE: KA 'IMI PONO 2008**

Name \_\_\_\_\_  
 Email address \_\_\_\_\_  
 Telephone Home (    ) \_\_\_\_\_ Cell/work (    ) \_\_\_\_\_  
 Street address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

<i>date</i>	<b>HHP: Hawaiian Healing Principles, 9 am – 1 pm Lomilomi Bodywork, 3 pm – 7 pm</b>	<b>cost *</b>	<b>Payment amount</b>
<i>Feb 9</i>	HHP: <i>aloha (love), air</i>	\$45	
	Lomilomi: <i>back</i>	\$80	
<i>Mar 8</i>	HHP: <i>pono ( integrity), earth</i>	\$45	
	Lomilomi: <i>hips, sacrum, soft &amp; deep touch</i>	\$80	
<i>Apr 12</i>	HHP: <i>mahalo (gratitude), water</i>	\$45	
	Lomilomi: <i>legs</i>	\$80	
<i>May 10</i>	HHP: <i>Lokahi (harmony, unity with diversity), fire</i>	\$45	
	Lomilomi: <i>hands and feet</i>	\$80	
<i>June 7</i>	HHP: <i>kuleana (responsibility) earth</i>	\$45	
	Lomilomi: <i>shoulders</i>	\$80	
<i>Aug 9</i>	HHP: <i>malama (tending, caring), water</i>	\$45	
	Lomilomi: <i>Laulima</i>	\$80	
<i>Sep 13</i>	HHP: <i>ha'aha'a (humility), air</i>	\$45	
	Lomilomi: <i>neck</i>	\$80	
<i>Oct 11</i>	HHP: <i>: ho'omau (endurance), fire</i>	\$45	
	Lomilomi: <i>side lying lomi</i>	\$80	
<i>Nov 8</i>	HHP: <i>nana I ke kumu (looking to Source, ether</i>	\$45	
	Lomilomi: <i>Heartworks lomi and ocean wave</i>	\$80	
<i>Dec 13</i>	HHP: <i>review, celebration, where are we going?</i>	\$45	
	Lomilomi: <i>to be announced</i>	\$80	
<i>varies</i>	Five class card: <i>Hawaiian Healing Principles (Morning sessions only)</i>	\$200	
<i>varies</i>	Five class card, <i>Lomilomi Bodywork (Afternoon sessions only)</i>	\$375	
<i>varies</i>	Five class card, <i>Hawaiian Healing Principles &amp; Lomilomi (full class)</i>	\$550	
	<b>TOTAL PAYMENT INCLUDED:</b>		

When purchasing a class card, please indicate the dates you intend to attend.

\*No one will be turned away from Hawaiian Healing Principle sessions for financial reasons.  
 Cancellation Policy: no refunds are offered

**Paying by:** Check # \_\_\_\_\_ credit card via [www.PayPal.com](http://www.PayPal.com) amount \$ \_\_\_\_\_

**Mail or email registration with checks payable to:** Heartspire School of Hawaiian Massage to  
 9212 Waddell Creek Road SW Olympia, WA 98512 (360) 956-1169, email [Heartspire@earthlink.net](mailto:Heartspire@earthlink.net)  
[www.heartspire.com/massage](http://www.heartspire.com/massage)