

Transform into Love

Lomi Lomi Style Retreat

12 CEU Hours



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Lomi Lomi Massage: A Transformative Sedona Retreat |
12 CEU hours through NCBTMB

Transformation & Community

Join us for an enriching 12-hour CEU retreat focused on the art of Lomi Lomi massage, set amidst the stunning landscapes of Sedona! This immersive experience invites licensed massage therapists and bodywork practitioners to deepen their practice while embracing the healing energy of this sacred Hawaiian technique. This deeply transformative work, and we love to share it!

Retreat Highlights:

Lomi Lomi Workshops: Every afternoon dive into Lomi Lomi massage heart first. You'll learn the flowing, rhythmic movements that characterize this traditional practice, enhancing your ability to promote relaxation and healing in your clients. Embody the spirit of aloha (unconditional love) and be embraced by ohana (family). Experience the deep effect of being held and witnessed in unconditional love.

Mindfulness and Meditation: Begin each day with guided meditation sessions & sound to cultivate presence and mindfulness. These practices will help you connect deeply with your own energy and intention, which are essential for effective bodywork.

Nature Connection: Experience the tranquility of Sedona's breathtaking landscapes right out your front door!

Community and Connection: Engage with fellow practitioners in a warm, supportive environment. Share insights and experiences during evening discussions, fostering a sense of community that enriches your professional and personal journey.

CEU Credits: This retreat is NCBTMB-approved for 12 continuing education units (CEUs), ensuring that you fulfill your professional requirements while immersing yourself in a transformative learning experience.

Schedule: Have the days free to explore Sedona and relax & restore in the red rocks! Workshop is scheduled Friday, Saturday & Sunday from 3-7 pm. You are free to practice on your off time, or simply relax & unwind.

* **Optional:** Book optional massage sessions with some of Sedona's premiere therapists to receive in-home during your stay!

What to Expect:

- ❖ Hands-on Lomi Lomi workshops focused on technique, intuition, and the spiritual aspects of healing & moving with the breath.
- ❖ Daily mindfulness practices designed to enhance your self-awareness and ability to connect with clients.
- ❖ Experience the powerful affects of the art of Lomi Lomi. Uncovering, removing the burden of, and exploring the deeply held emotional patterns held within the body.
- ❖ Opportunities for personal reflection, group discussions, and collaboration with fellow practitioners.
- ❖ Time to explore the stunning Sedona landscape, with optional guided hikes and nature experiences. Or spend significant sacred time alone amongst the red rocks!

Who Should Attend:

This retreat is ideal for licensed massage therapists, bodyworkers, and holistic practitioners looking to deepen their understanding of Lomi Lomi massage and enrich their healing practice.

Approximate Investment:

\$750 (includes accommodations)

\$425 (without accommodations)

**Meals & all other retreat activities are at the expense of the individual*

We have relationships with local vacation rentals to perform our retreats. This allows us to keep retreats affordable and sustainable within the community. The home we choose is based on availability, and accommodations are suited to the needs of the group. Our top priority is making sure everyone feels safe & comfortable. We provide more specific and detailed accommodation details and more exact pricing closer to the dates!

**Payment plans are available please reach out to find a plan that works for you.*

****Limited Spaces Available!****

Secure your spot today and embark on a journey of self-discovery and professional growth in the enchanting environment of Sedona.

Contact us for further consultation:

sparrowmassagesedona@gmail.com

Call/text: 928.985.0815