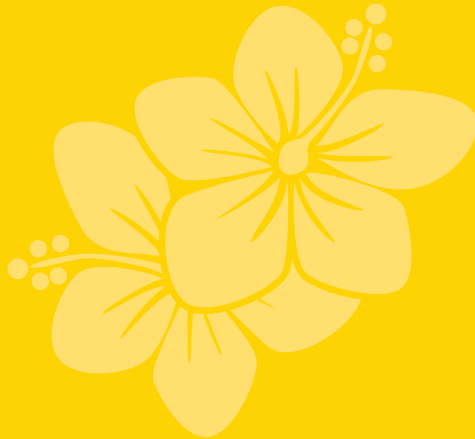




CURRICULUM ALOHASPIRIT

# LOMILOMI THERAPY

- **Lomilomi Massage School since 1996**
- **Recognized by the Swiss Foundation for Complementary Medicine, ASCA**
- **Built along the guidelines of the Registry of Empirical Medicine, EMR (Erfahrungs Medizinisches Register)**
- **Recognized by the Association Lomilomi Hawai'i, ALH**
- **Member of the Swiss Association of Professional Masseurs, SVBM (Schweizerische Verband der Berufsmasseure und -masseurinnen)**
- **Responsible for quality assurance of Lomilomi members at the SVBM**



## Content

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# 1 AIM OF THE TRAINING

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AlohaSpirit trains professionally and socially competent Lomilomi practitioners. They deal with their clients as well as themselves mindfully and responsibly, based on what they have learned. Thereby, the greatest possible benefit for all is achieved. The goal of the training is the AlohaSpirit diploma.

Moreover, AlohaSpirit gives impulses and inspiration for the personal development of the students through bodywork, mindfulness, self-care, scientific knowledge, singing, dancing, Hawaiian culture, and the Hawaiian way of thinking – in the conviction that the resulting experiences have a positive effect on the quality of the Lomilomi massages.

Overall, AlohaSpirit's diploma training promotes health awareness and personal responsibility among students and sustainably prepares them for professional Lomilomi work with their future clients.

## Central Elements of the Training

AlohaSpirit teaches Hawaiian culture and Hawaiian medicine, thereby combining Hawaiian and Western knowledge. Accordingly, in addition to the above-mentioned learning content, the personal development of the students is an integral part of the training. Beyond theory and practice, AlohaSpirit places great emphasis on self-awareness and direct contact with Hawaiian teachers.

Summed up, our focus lies on the following aspects:

### a) Massage

- Learning the massage techniques
- Learning body mechanics (using your own body during the massage)
- Knowledge of anatomy, especially regarding Lomilomi techniques
- Mechanisms, indications, contraindications, symptoms
- Evaluation of treatments, the therapeutic process

### b) Background

- History and development of Lomilomi massage
- Basic knowledge of the Hawaiian culture and way of thinking (Hula [Hawaiian dance] as a foundation of the movements during the massage, chants, self-care exercises for personal health and its strengthening, Self-Ho'oponopono [Emotional Intelligence from a Hawaiian perspective])
- Nature experiences and introduction to Hawaiian-Swiss herbology

### c) Connection to Hawai'i

- Meeting Hawaiian teachers so that students can learn directly from the source and receive authentic Hawaiian knowledge
- Deepening the Hawaiian standards that our Hawaiian teachers have developed for the Lomilomi training in Switzerland.<sup>1</sup>

<sup>1</sup> The Hawaiian standards include – but are not limited to – the following: Recognize, understand, and apply the fundamentals of the philosophy associated with Lomilomi. Understand and implement the cultural knowledge associated with Lomilomi. Regularly provide free massages for the benefit of the community. Develop health strategies for personal use as well as for clients.

## Lomilomi-Therapy Training

Modules	Content	CH	GSS	SS	TLH	CfEA
M01 – Introduction to LL Therapy	page 7	32				
M02 – Deepened Massage Skills (back side)	page 8	32				
M03 – Deepened Massage Skills (front side)	page 10	32				
M04 – Intensive Week LL-Therapy	page 12	60				
M05 – Hawaiian Language and Values	page 14	16				
M06 – Skills Training	page 15	8				
M07 – LL Consolidation Afternoons	page 16	15				
M08 – Exam Preparation and Diploma Examination	page 17	32				
M09 – LL Practice Treatments with Protocol	page 18	8	67			
M10 – Self-awareness	page 19	–		8		
M11 – Method-Specific Medical Basics	page 20	32				
Total learning hours		267	67	8	342	(-8 = 334)

CH: Contact hours

GSS: Guided self-study

SS: Self-study

TLH: Total learning hours

CfEA: Credit for Educational Achievements

LL: Lomilomi

### Notes:

- The **duration** is indicated in number of **learning hours** – 60 minutes each. One learning hour includes the actual class and a subsequent break of max. 15 minutes (according to section 4.2.a of the EMR registration requirements).
- The **independent self-study (SS)** is not creditable (according to point 4.4 in the EMR registration requirements). Therefore, the total of learning hours is **334**.
- One day is counted as 8 hours. During the intensive week (module 4) one day is equivalent to 10 hours.

## 2 SPECIALIZED TRAINING AS A LOMILOMI PRACTITIONER WITH DIPLOMA

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Our specialized training with an AlohaSpirit diploma serves as the foundation to practice Lomilomi massages professionally, methodically and in a socially competent way. What's more, our teaching promotes health awareness and the self-responsibility of the students. Thereby, they are prepared to work with Lomilomi professionally in a sustainable way. The training program consists of modules.

The prerequisites for the training are a minimum age of 18 years and successful completion of secondary school or equivalent education. Detailed information about the different training possibilities will be given at our info evenings as well as in Module 1<sup>2</sup>.

Furthermore, the specialized training provides the foundation for obtaining the AlohaSpirit Lomilomi diploma. It meets the ASCA criteria and is based on the EMR guidelines. In addition, completing the training with a diploma gives access to membership in the Swiss Association of Professional Masseurs (SVBM) and the Association Lomilomi Hawai'i (ALH). **Membership in these organizations is a quality label that is currently only possible with AlohaSpirit.**

Finally, the Lomilomi diploma training consists of 11 modules (page 5) and includes a total of 334 learning hours. Each module or training day includes a theoretical and a practical part. The training days generally last 8 hours<sup>3</sup> and are divided as follows:

- ½ hour: Opening the day
- 1 ½ hours: Theory
- 1 hour: Movement (body awareness, body mechanics, balance), divided into 30 minutes in the morning and 30 minutes in the afternoon
- ½ hour: Break, 15 minutes in the morning and 15 minutes in the afternoon
- 1 ½ hours: Practical work: demonstrations and questions
- 2 ½ hours: Practical work: practice
- ½ hour: Closing the day

**Total: 8 hours**

A certificate of attendance is given after each module. The certificate of attendance for the entire training is issued after successful completion and successful attendance of at least 90% of the training time. Per module, a maximum of 1 day of absence is allowed.

<sup>2</sup> see page 7

<sup>3</sup> Module 4 is the exception. During the intensive week, the daily lessons last 10 hours.

## Module 1:

# Introduction to Lomilomi Therapy

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**Frequency:** 3 to 4 times per year

**Duration:** 4 days – 8 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

---

## Content

### Introduction to Lomilomi therapy

- Basic techniques of the AlohaSpirit Lomilomi massage.
- Preparation of the room and massage table.
- Effects of the massage, most important indications and contraindications.
- History, origin and understanding of Lomilomi massage.
- Development of a personal self-care plan.
- Body-Mechanics (use of the own body during the massage).
- Basic knowledge of Hawaiian culture and the Hawaiian way of thinking.
- Explanation of the different diploma possibilities linked to the specialized and basic training.
- Explanations regarding ASCA and EMR, health insurance recognition and quality assurance.
- To learn the massage techniques, the participants take turns massaging each other.

### Learning Objectives

- After Module 1, participants can practice the basic techniques of the AlohaSpirit Lomilomi massage independently, including opening and closing and towel covering techniques.
- The participants can make the necessary preparations for the massage.
- Participants can explain the effects and mechanisms of a Lomilomi treatment and name the main indications/contraindications.
- The participants are familiar with the history of Lomilomi massage.
- The participants recognize how they can integrate self-care into their lives.
- Participants can practice Body Mechanics and use them for themselves.
- Participants know basic concepts from the Hawaiian culture and mindset, hula dance and chants.
- Participants have the necessary information to adequately plan and design their Lomilomi training. The participants are prepared for the next steps in their Lomilomi training.
- The participants have given Lomilomi massages as well as experienced them on their own bodies.

## Module 2:

# Deepened Massage Skills (Back Side), Basic Knowledge of Hawai'i and Client Consultations

---

**Frequency:** 2 times a year

**Duration:** 4 days – 8 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

---

## Content

### Back of the body

- Advanced AlohaSpirit Lomilomi massage techniques for the back of the body.
- Knowledge regarding major muscles and joints of the back of the body, including basic anatomical knowledge.
- Explanations of how the advanced techniques work.
- Special attention is given to the spine.
- Teaching the relevant Hawaiian and Western aspects.
- Practice the connections and flow of the movements for the back of the body.
- Knowledge of Hawaiian culture, hula dance, chanting and Ho'omana exercises are deepened.
- Hawaiian history: Time travel – from the first settlement to today.
- Distribution and explanation of AlohaSpirit's ethics codex.
- Distribution and explanation of the protocol templates for the practice treatments.
- Therapeutic process: Provision of basic information regarding client consultations, anamnesis, and treatment goals.

### Learning Objectives

- Upon completion of the workshop, participants can independently practice the advanced AlohaSpirit Lomilomi massage techniques for the back of the body.
- Participants can work on muscles and joints of the back of the body with precision.
- Participants can explain the used techniques and how the treatment works.
- Using the spine as an example, participants can make initial connections between Hawaiian and Western approaches.



- The connections and flow of the movements of the massage on the back of the body are familiar to the participants.
- Basic knowledge of hula dance, Hawaiian chanting, and Ho‘omana exercises are familiar to participants.
- Participants have basic knowledge of Hawai‘i’s history from the first settlements to the present day.
- The participants know the AlohaSpirit code of ethics.
- The participants are prepared to independently approach the „guided self-study“ in the form of practice treatments (5 sessions) including logging and self-reflection.<sup>4</sup>
- The participants have the necessary information regarding client consultations, anamnesis, and treatment goals.



### Module 3:

## Deepened Massage Skills (Front Side), Basic Knowledge of Hawai'i, and Self-Reflection.

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**Frequency:** 2 times a year

**Duration:** 4 days – 8 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

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### Content

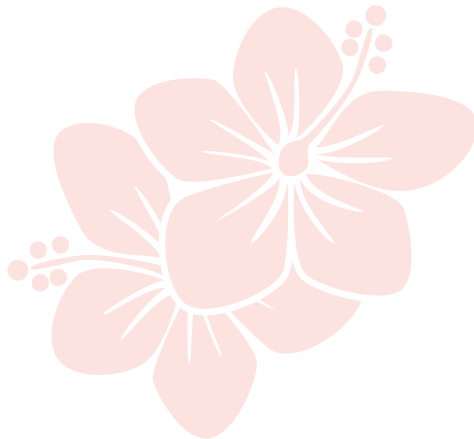
#### Front of the body

- Advanced AlohaSpirit-Lomilomi-Massage techniques for the front of the body.
- Major muscles and joints of the front side of the body are discussed, including basic anatomical knowledge.
- Explanations of the mechanisms and effects of the advanced techniques.
- Special attention is placed on the large joints (shoulders/hips).
- Teaching of Hawaiian and Western aspects.
- Connections and flow of massage movements regarding the front of the body are practiced.
- Deepening knowledge of Hawaiian culture, hula dance, and song; Ho'omanā exercises.
- Deepening knowledge of Hawai'i's history, how it relates to Lomilomi and the island's general health care system.
- Practicing and exploring different qualities of touch together.
- Presentation and reflection of the protocols of the first five practice treatments; shared in-depth exploration of protocol requirements; answering questions; preparing for the logging of the next 10 practice treatments.

#### Learning Objectives

- Upon completion of the workshop, participants can independently practice the advanced AlohaSpirit Lomilomi massage techniques for the front body.
- Participants can work on muscles and joints on the front of the body with precision.
- Participants can explain how the treatment and used techniques work.
- Using the large joints as an example, participants can make initial connections between Hawaiian and Western approaches.
- Connections and flow of the massage movements for the front of the body are familiar to the participants.

- Participants have deepened their knowledge of hula dance, Hawaiian chanting (singing), and other ho‘omana exercises.
- Participants know Hawai‘i’s history as it relates to the development of traditional health care and Lomilomi.
- Participants experienced how different touch can be and how they can influence the type and quality of their touch.
- Participants presented their protocols of the first five practice treatments and their reflections to the group and gained more depth through the exchange.
- The participants are prepared to independently start the guided self-study in the shape of the next ten logged practice treatments and their reflection.<sup>5</sup>



## Module 4:

# Intensive Week Lomilomi Therapy

---

**Frequency:** 1 time per year

**Duration:** 6 days – 8 hours each

**Location:** In the mountains

**Participants:** max. 16

---

## Content

### One week of immersion into Lomilomi and the world of Hawai'i

- Focused deepening, expanding, and practicing of massage techniques, including body mechanics and flow of movement.
- Special focus placed on mobilizations of the joints and spine.
- Daily incorporation and deepening of anatomical knowledge.
- Deepening the understanding of the interrelationships in the massage process.
- Specification of the therapeutic process: Assessment of treatment needs, agreement on objectives, measures, and implementation; documentation and evaluation of the treatment.
- Deepening of knowledge regarding pre- and post-consultation, anamnesis, treatment evaluation, and quality.
- Deepened insight into contraindications and limitations of treatment.
- Discussion of common symptoms.
- Presentation on the central nervous system.
- Introduction to herbalism Hawai'i/Switzerland, insight into the production of massage oils.
- Hawaiian culture and Self-Ho'oponopono life philosophy.
- Therapeutic area: Training presence and compassion.
- Presentation of the protocols of the last 10 practice treatments and their reflection; preparation for the next 15 practice treatments.

## Learning Objectives

- After our intensive week, participants can independently apply the advanced techniques of AlohaSpirit Lomilomi massage, including body mechanics and flow of movement.
- The participants can perform joint mobilizations correctly and use them sensibly.
- The participants have acquired profound knowledge of anatomy and have thereby become better acquainted with their own bodies.
- The participants are familiar with the therapeutic process and can build on it.
- The participants have gained additional experience regarding pre- and post-consultations, anamnesis and treatment evaluation.
- The participants know absolute and relative contraindications, precautions, and the limits of the treatment.

- The participants are familiar with common complaints and can react to them adequately.
- The participants are familiar with the nervous system and know how to regulate it.
- The participants know the most important plants for Lomilomi massage and know how to prepare the required oil.
- Participants have gained valuable knowledge about themselves, about Lomilomi techniques and nature, and can mobilize their resources.
- The basic concepts of the Hawaiian philosophy of life – Self-Ho’oponopono – are familiar to the participants. They can integrate them into their everyday life.
- Participants are aware of the relationship between client and therapist and can mobilize presence and compassion.
- The participants present the 10 protocols of their practice massages. They are prepared to work independently on the next 15 practice treatments, including protocols and self-reflection within the framework of the guided self-study<sup>6</sup>.
- The participants can lead a scientific argument on the subject of massage in general and Lomilomi in particular and explain the scientifically substantiated effects.

## Module 5:

# Hawaiian Language and Values with Teachers from Hawai'i

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**Frequency:** 1 time per year

**Duration:** 2 days – 8 hours each

**Location:** dependent on the number of participants

**Language:** Englisch, if needed, German/Italian translation

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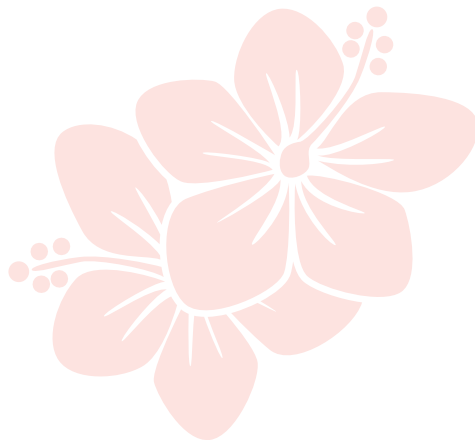
## Content

### 'Olelo Hawai'i & Hawaiian Values, with Kumu Keala Ching, Hawai'i

- Language lessons, Hawaiian values, and teachings on Hawaiian philosophy of life by and with Kumu Keala Ching, teacher of Hawaiian culture and language, hula teacher, songwriter and consultant in Hawaiian philosophy of life.
- Authentic Hawaiian knowledge directly from the source, understanding, and meaning of the „Aloha Spirit“.
- Explanation and deepening of Hawaiian values and Hawaiian standards with exercises.

## Learning Objectives

- Participants gain a basic understanding of the Hawaiian language. They gain a better understanding of the relationship between vocabulary, wisdom and cultural values of the islands.
- Participants become familiar with the core values of Hawaiian culture and Hawaiian standards. These values are the foundation for a deeper understanding of Lomilomi massage.
- Through the encounter with Kumu Keala, participants learn more about the Hawaiian way of life and the „Aloha Spirit“.



## Module 6:

### Skills Training

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**Frequency:** 1 time per year

**Duration:** 1 day – 8 hours

**Location:** AlohaSpirit

**Participants:** max. 16

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#### Content

##### Hands-on preparation for the EXAM

- Participants give and receive one complete Lomilomi massage each.
- Preparation and support regarding the practical part of the diploma exam.
- Participants will know their areas of improvement and have the tools to implement them.

#### Learning Objectives

- The participants can give a correct and complete Lomilomi massage.



## Module 7:

# Lomilomi Consolidation Afternoons

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**Frequency:** There are 11 consolidation afternoons per year. 3 are compulsory. These can be freely chosen.

**Duration:** 3 afternoons – 5 hours each (15 hours total)

**Location:** AlohaSpirit

**Participants:** max. 16

---

## Content

### Deepening and repetition related to a specific module

- Repetition and deepening of the taught massage techniques and therapies.
- Answering and discussing questions of the participants.
- Participants can practice with direct support from the course instructors.

### Learning Objectives

- Participants perform the respective massage techniques, reflect on them and develop confidence in conducting the treatments.



## Module 8:

# Exam Preparation and Diploma Examination<sup>7</sup>

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**Frequency:** 1 time per year

**Duration:** 4 days – 8 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

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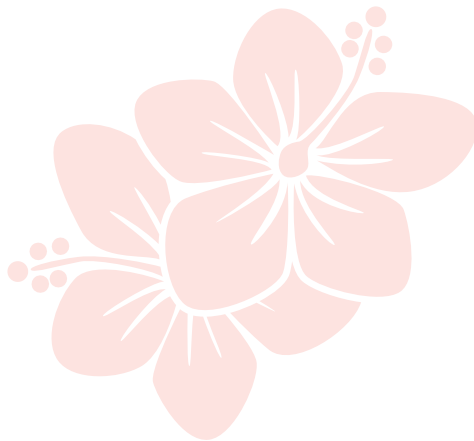
## Content

### Preparation, EXAM, and diploma ceremony

- Day 1: Preparation day: massaging, asking and answering of questions. Presentation and reflection of the last 15 practice treatments.
- Day 2: Oral exam (interview and anamnesis), practical exam (Lomilomi massage).
- Day 3: Written exam (Lomilomi, anatomy, Hawai'i).
- Day 4: Individual feedback on exam results. Special workshop with presentations on a selected current topic (e.g. bias, gender discussion, gender medicine, poly-vagal theory, body-mind). Diploma ceremony and a small celebration.

## Learning Objectives

- Review of existing knowledge.
- Discussion of the practice treatments through the presentation of the protocols.
- Acquisition of additional knowledge through external lecturers.



<sup>7</sup> The exam regulations can be requested from AlohaSpirit.

## Module 9:

# Lomilomi Practice Treatments with Protocol

---

**Frame:** a total of 30 massages

**Duration:** 75 hours (67 hours of guided self-study as prescribed by AlohaSpirit, 8 contact hours for reflection and presentation)

**Location:** own location and AlohaSpirit

**Extent:** 30 Lomilomi massages of approx. 2 to 2½ hours each (incl. logging)

---

## Content

### Recorded practice treatments with independent reflection

- The prospective Lomilomi practitioners complete a total of 30 Lomilomi practice treatments following modules 2, 3 and 4.
- Deepening of the therapeutic process: Assessing the need for treatment according to method-specific criteria, agreement on objectives, planning of measures, implementation of treatment, pre- and post-consultation.
- The treatments are logged according to AlohaSpirit guidelines.  
The participants work independently. After the completion of the practice treatments, they present and reflect on what they have learned in the group.
- AlohaSpirit accompanies the prospective Lomilomi practitioners in this process, answers questions, and is there for them.

### Learning Objectives

Through guided self-study, prospective Lomilomi practitioners become familiar with the following aspects of the therapeutic process:

- Assessing treatment needs according to method-specific criteria.
- Informing the client about the Lomilomi massage, the corresponding costs, payment modalities and insurance benefits.
- Agreement on goals.
- Planning of measures.
- Implementation of the treatment.
- Pre- and post-consultation.

Based on the presented protocols of the practice treatments, AlohaSpirit can evaluate the treatments with the prospective Lomilomi practitioners, thus checking or assuring and optimizing the quality (total of 8 contact hours).

## Module 10:

# Self-Awareness

---

**Duration:** 8 hours total

**Location:** AlohaSpirit/own location

---

### Content

#### Experience Lomilomi massages

- In the course of the training, the prospective Lomilomi practitioners will be massaged at least three times by certified Lomilomi practitioners.
- One massage must be given by AlohaSpirit, one by an AlohaSpirit certified practitioner and one by a third person of your own choice.  
The massages must take place during the training. Massages that took place further back cannot be credited.
- It is recommended to receive one massage at the beginning, one during and one towards the end of the training.
- Each massage must be reflected upon and recorded in writing.

#### Learning Objectives

- These massages with self-reflection are intended to support self-awareness. They promote reflection on the entire process (pre- and post-consultation, anamnesis, treatment) and help to control the quality of one's work.



## Module 11:

# Method-Specific Medical Basics

---

**Frequency:** 4 times a year, one day each

**Duration:** 32 hours total (8 hours per day)

**Location:** AlohaSpirit

**Participants:** max. 20

---

## Content

### Anatomy related to Lomilomi

- Impart knowledge of the function, structure, and properties of 22 major muscles, as well as teaching additional Lomilomi techniques.<sup>8</sup>
- Special topics are covered in depth: e.g. thoracic outlet syndrome, inflammation, epigenetics, nervous system, receptors.
- Inclusion and discussion of specific complaints.

### Learning Objectives

Deepening of specific Lomilomi techniques for the following areas:

- Day 1: Neck, shoulders
- Day 2: Hips and low back
- Day 3: Arms, elbows and wrists
- Day 4: Legs, knees and feet

<sup>8</sup> These 22 muscles are central to posture and the musculoskeletal system. The selection was made by our teacher Kumu Dane Kaohelani Silva.

### 3 BASIC TRAINING

---

If certification with the ASCA and EMR medical registries is the goal<sup>9</sup>, participants of our diploma course are requested to complete the “Basic Training”.<sup>10</sup>

The specialized training should be taken at the same time as basic training so that basic and specialized knowledge can be linked and understood.

The basic training includes the following subjects listed below:<sup>11</sup>

**a) Medical Foundations:**

- Human anatomy and physiology
- Pathology
- Pharmacology
- Emergency medicine
- Hygiene

**b) Social Science Basics:**

- Psychology
- Communication

**c) General Basics:**

- Understanding of health
- Ethics
- Practice Management



9 See the last page

10 Basic training includes:

- EMR standards: 340 learning hours, as of January 2022.
- ASCA standard: 180 contact hours, as of January 2023.

11 To note: ASCA and EMR have slightly different requirements.

## 4 FURTHER EDUCATION

---

AlohaSpirit’s further education enables a theoretical and practical deepening of the previously acquired knowledge. Furthermore, new, additional know-how is acquired, which contributes to a broader understanding of the topics of Lomilomi and Hawai‘i. AlohaSpirit recommends making use of these offers.

### Further Education with Kumu Keala Ching, Hawai‘i

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**Frequency:** 4 workshops per year

**Duration:** 2 or 3 days each

**Location:** AlohaSpirit or Rigi

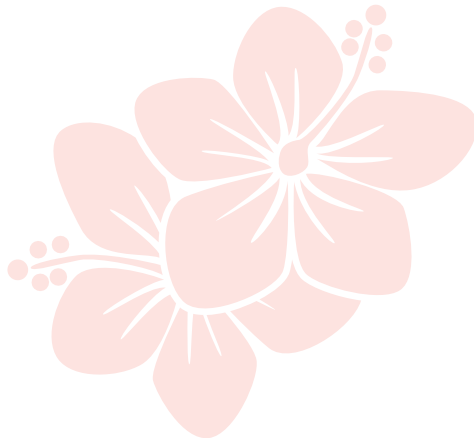
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#### Content

- Self Ho‘oponopono (Emotional Intelligence from a Hawaiian perspective)
- Hula Kahiko (traditional dances)
- Hula ‘Auana (modern dances)
- Hawaiian language and values (corresponds with Module 5 of the specialized training)

#### Learning Objectives

- Deepened understanding of Hawaiian culture and traditions at various levels.
- Enhances and intensifies understanding of the Hawaiian world.
- In addition to hula dance, special emphasis is placed on the Hawaiian philosophy of life and its relevance to the West.



## Further Education: Integrative Lomilomi

---

**Frequency:** 1 time per year

**Duration:** 4 days – 8 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

---

### Content

- The foundation of Integrative Lomilomi is the combination of traditional knowledge with contemporary developments in the art of Lomilomi massage.

### Learning Objectives

- Teaching of an additional Lomilomi technique with increasing importance.
- Further education and additional deepening of the general Lomilomi understanding and the method-specific techniques.

## Further Education: Salt-Peeling Massage

---

**Frequency:** 1 time per year

**Duration:** 2 days – 8 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

---

### Content

- Advanced training in full body salt-peeling massage (Lomilomi Pa‘akai) and the method-specific technique.

### Learning Objectives

- Learning an additional technique.

## Further Education: Assisting

---

**Frequency:** 3–4 times per year

**Duration:** 4 days – 8 hours each

**Location:** AlohaSpirit

---

### Content

- Assisting in Module 1

### Learning Objectives

- By assisting the AlohaSpirit teachers in a four-day course, Lomilomi practitioners can repeat and deepen their knowledge as well as experience the course content from the perspective of the teachers.

## Further Education: Exercise Classes

---

**Frequency:** 3 times spread throughout the year

**Duration:** 5 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

---

### Content

- Execution of a complete massage, with supervision and feedback.
- Practice on different people.
- Contact with other AlohaSpirit practitioners, and exchanging know-how.
- Answering questions.

### Learning Objectives

- Gaining and exchange of experience.
- Optimization of personal skills.



## Further Education: Consolidation Afternoons

---

**Frequency:** at least 11 times per year

**Duration:** 5 hours each

**Location:** AlohaSpirit

**Participants:** max. 16

---

### Content

- Consolidation Afternoons are held after each course; three afternoons are required as a mandatory part of the specialized training.<sup>12</sup>
- Practice with supervision.
- Answering questions.

### Learning Objectives

- Repetition of the taught massage techniques.
- Repetition and deepening of knowledge.

## Further Education: Community Work

---

**Frequency:** according to possibilities

**Location:** own choice or according to offer

---

### Content

- Community Work – the voluntary offering of Lomilomi massages at local events such as sports festivals for the general population or in institutions such as old folk’s homes, etc. – is an integral part of Hawaiian culture.

### Learning Objectives

- To provide services for the benefit of people, gaining experience in Lomilomi massage while training one’s social skills.

<sup>12</sup> Corresponds to Module 7 of the specialized training.

## 5 THIS IS ALOHASPIRIT

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AlohaSpirit, Center for Hawaiian Bodywork and Culture, has been offering education and training in Lomilomi massage, hula dance and Hawaiian culture since 1996. Based on 10'000 hours of experience and 25 years of direct contact with our teachers in Hawai'i, we impart Hawaiian knowledge and combine it with Western knowledge. Moreover, personal development, in other words, inner growth, is central to all our engagements.

### **Recognition of our school**

In the field of body therapies, AlohaSpirit is the only Lomilomi school in Switzerland to be recognized by the following organizations

- ASCA (Swiss Foundation for Complementary Medicine)
- SVBM (Swiss Association of Professional Masseurs) and Europe-wide by the
- ALH (Association Lomilomi Hawai'i).

### **The Lomilomi Method at ASCA and EMR**

Lomilomi has been registered as method no. 270/271 with ASCA since 2018. In addition, as of January 2022, Lomilomi is listed with the EMR on the method list as No. 50. Furthermore, since January 2022, Lomilomi therapy has been recognized by various insurance companies as a complementary form of therapy and the service is reimbursed accordingly.

The registration with ASCA and the certification by the EMR is the prerequisite for consideration by the complementary insurances of health insurances. However, each health insurance company decides independently. The goal of AlohaSpirit is a general health insurance recognition of the Lomilomi method.

Therefore, AlohaSpirit follows the guidelines of the Registry of Empirical Medicine, EMR (ErfahrungsMedizinisches Register). Our professional training is considered the foundation for ASCA registration and EMR therapist certification. The certification as a Lomi therapist is open to those who fulfill the corresponding conditions, in other words, basic training among others (see page 21). Additionally, graduates of AlohaSpirit can apply for membership with the SVBM and ALH.

The registration with ASCA and the certification by the EMR serve as quality assurances and give the training and the subsequent practical work the necessary seriosity and foundation.

Moreover, the cooperation with these organizations is a quality label, which is only possible at AlohaSpirit at this time.

What's more, AlohaSpirit cooperates with other leading schools throughout Switzerland, that are active in the field of body therapies.

### Our View of Humanity

We see people as holistic beings in search of inner balance, health, and happiness.

We appeal to people from a wide variety of backgrounds and of all ages. They are people interested in growth and health for themselves and others.

We recognize and promote the right of every person to develop and shape their life with self-responsibility. We are grateful to be able to accompany people on a part of their journey.

## 6 PARTNERS & COOPERATIONS

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