



Ho'omana Spa Maui
EMPOWERING HAWAIIAN HEALING

Ho'omana Spa Maui
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Approved Provider Number 451853-12

Marlies Aebersold

Course Title	Completion Date	Number of CEs
Hawaiian Lomi Lomi Fundamental Training	8/8-11/2025 ,	33
Lomi 'Ili "Ili Hot Stone Therapy	8/13-15/2025	27
Four-Hand Lomi Lomi: Tandem Flow	8/18-20/2025	24
Lomi Lomi Hapai: Hawaiian Pregnancy & Seated Massage	8/27-29/2025	24
Kua Lua Hawaiian Back Walking	9/1-3/2025	24

Hawaiian Lomi Lomi Fundamental Training (33 Hours): In this course the practitioner will learn a full body Lomi Lomi massage technique that addresses muscle imbalances, limited range of motion and musculoskeletal dysfunction that is both specific and therapeutic in its application. This course is the foundational work upon which all other Lomi classes being taught at Hale Ho'omana will build. This approach follows in the lineage of Big Island Style Lomi intended to instill a level of skill necessary for proper assessment, palpation, and treatment of injury. Lomi Fundamentals is a multi- dimensional form of structural lomi incorporating concepts of Hawaiian spirituality, meditation techniques, and indigenous values addressing the whole person.

Lomi Lomi 'Ili'ili Hot Stone Therapy (27 hours): Students will learn to use hot stones to relax muscles tissues, increase circulation and release tension in the body. These heated tools act as an extension of the therapist's hands to administer traditional lomi lomi techniques learned in Hawaiian Lomi Lomi Fundamental Training.

Four Hand Lomi Lomi Tandem Flow Massage (24 Hours) - This special technique that is a more recent healing expression of lomi lomi. This unique experience involves two massage therapists simultaneously using traditional flowing lomi strokes, facilitating a sense of complete surrender within.

Hawaiian Pregnancy Massage and Seated Techniques (24 Hours) - Pregnancy Massage and Seated Techniques (Learn to work with specific populations including prenatal, postnatal and pregnancy massage techniques in a side lying position. Learn to administer lomi techniques learned in core classes in the seated position.

Kua Lua Hawaiian Back Walking Massage (24 Hours) -Traditional style of back walking and footwork. Learn to feel with your feet in the way you feel with your hands. This is an excellent form of massage for more dense clients who need additional depth in their treatment.