

Na Pua 'Olohe Kahuna Principles Workshop Kahuna Bodywork Workshop Retreat

We invite you to join us for seven days in October for training in Kahuna Bodywork with guest instructor Ho'okahi Tamara from Na Pua 'Olohe, Hawai'i. She brings to this workshop her twenty four years experience living and teaching Kahuna principles.

Our bodywork program is based upon the understanding that our body is our vehicle in this existence. It's our belief that to change one's vehicle by bringing it into a state of balance frees one to move into a life of joyful achievements. To first experience that within ourselves, we can then create a catalyst for change within our clients as they feel the motion of their spirit within their own vehicle.

To be touched in such a compassionate way, we put an edge to our work, creating an unforgettable experience for our clients.

Our program will include one or more of the following:

- Ka'alele au – a series of movements developed to create physical and psychological endurance and expand flexibility and balance
- The use of breath to generate and modulate energy
- The use of focus and breath to move energies in desired directions in order to achieve specific results
- Ho'omanana – flowing and focused physical stretch and release movements, in combination with breath, to create flexibility, stress and joint release.

Dates – October 29 to November 4 2010

Venue – Byron Bay NSW

Fee - \$2,800 includes accommodation, meals and training.

To register your interest, please contact :

Daniele & Ross Ph: 02 66 853 408 or E: daniele2@primus.com.au

We encourage you to invest exclusive time in yourself at least once in your lifetime.