

# SPORTS-LOMILOMI

Dr. Mark Olson, LMT

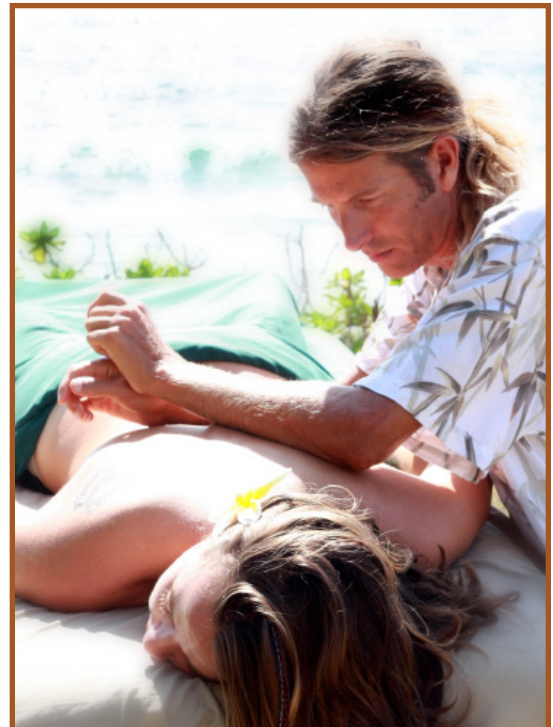


**Lomilomi** is a Polynesian style of massage that uses long, broad strokes with the forearms and elbows in a fluid manner. In temple-style lomilomi, the practitioner 'dances' around the client's body, with arms, feet, and breath synchronized. The long strokes gracefully glide over the lines that typically divide the body, creating a more integrative experience. No longer able to verbally identify which area of the body is being massaged, the client's mind lets go...and the muscles follow.

**Sports-Lomilomi** integrates the essential principles and techniques of both traditional and temple-style Lomilomi and mindfully merges them with principles from neuroscience, kinesiology, and body mechanics. The result is a lomilomi style that is more effective for the client and more sustainable for the therapist.

**This workshop** is entirely technique-based, and is always fun and applicable whether one is a massage therapist or not. Bodyworkers will leave with techniques (no *pules*) that can be immediately integrated into their current massage routines and referenced in the provided handouts.

**Dr. Mark Olson, LMT, NCTMB** is a licensed massage therapist in Hawaii (5775) and Oregon (13437) and an aquatic therapist. He has an M.A. in Education and a Ph.D. in Neuroscience, specializing in Cognitive and Behavioral Neuropsychology and Neuroanatomy. He's an instructor at five massage schools on the Hawaiian Islands and the former Director of the Massage Therapy Program at Pioneer Pacific College. He has enjoyed teaching lomilomi and anatomy courses for over a decade.



**Dates:** Feb 25, March 3, March 10, 10am - 5pm (20 hrs)

**Location:** Kilauea area. Contact for details.

**Cost:** \$375. Register by Feb 22.

**Contact:** DrMarkOlson@gmail.com or 808-345-9069