

A Deep Dive into My Deep Lomi Style & Introduction to the Deep Lomi Mastery Community

A 7-Day Intensive Bodywork Immersion in Seattle
Monday, February 26th (at 1:00 PM) to Sunday, March 3rd, 2024 (at 2:00 PM)

This is an invitation-only event, so if you are reading this, you should already be familiar with me and/or my work, at least the public-facing parts.

Join me and eleven other people for an immersive and transformative 7-day deep dive into the essence of my Deep Lomi Massage and Bodywork Practice and the beginning of my Deep Lomi Mastery Community.

When I started developing my Deep Lomi style in 2012, I made a commitment to myself to have at least a decade of experience practicing and teaching my work before I started a Mastery Community. It has been an incredible 10-plus-year journey, and I am now ready to share all of my work and the principles that underlie it with a small number of like-minded therapists to create my Deep Lomi Mastery Community. This retreat and workshop will be the first time that I have taught all of my core principles alongside the work in a private retreat format.

I will be teaching my most effective and profound massage and bodywork techniques. These include the techniques that I have personally created, as well as select techniques that I have collected over the past decade, working with some of the best massage therapists and teachers in the world (all with credit and/or permission). Several of these techniques are not taught in any of my classes or my online videos because they need to be taught in context and with enough time to unpack fully for a comprehensive and intuitive understanding.

I will be sharing with you how and why I use these techniques to produce life-changing outcomes for my clients. I do not share this content anywhere else other than with my team of therapists at Massage Reimagined because they can not be taught in short Continuing Education classes or even weekend retreats. These techniques need to be introduced, explained, played with, and experienced in order to comprehend the true potency of my Deep Lomi Massage and Bodywork.

About Me and My Work

I thoroughly understand that my work is not for everyone, and you should have a good idea of at least what the work looks like before considering this week-long intensiv. In the same manner, if you do not know much about me and/or my teaching philosophies around massage and bodywork, you should take some time to figure out if you like my thought processes and teaching style before seriously considering attending the retreat. Like my work, I am not for everyone.

However, if you are familiar with my bodywork and my teachings, and you have made it this far, hopefully, this next part won't sound too pretentious to you:

My massage and bodywork are extremely unique, profound, and effective. I have nothing but loyal clients, 5-star reviews, and a full schedule at \$200 per hour. I have trained thousands of massage therapists in my continuing education classes and even more couples in my Couple's Massage Workshops. I have won several medals at massage competitions, and I have trained and/or coached well over a dozen other therapists who have used my principles and/or my techniques to win medals at national and international massage competitions, including two overall Gold Medal Winners at the World Massage Championship in Copenhagen.

I have also judged many state, regional, national, and international massage competitions. I have critically watched, judged, and compared the work of massage therapists from over 40 countries. I know what most of you are doing (for the most part) and not doing, and more importantly, I know why (again, for the most part). I want to show you a different way to approach your bodywork, your clients, and even your life. I want to give you permission to be utterly amazing, something that my mentors did for me many years ago, even before I realized that was what I was looking for.

Last but not least, I absolutely love what we do as massage therapists and bodyworkers. I believe that we are all blessed with a unique opportunity to change people's lives, sometimes through just one session, and change our own lives continuously in the process.

About The Intensive

This intensive is not intended for new therapists or therapists who have not done a good amount of personal work on themselves. You can learn all of the techniques, but you will probably not have had enough time on the body to be aware of and confront the real issues and limited belief systems that you might be dealing with, much less what your clients are dealing with if you have not had enough "time on the table." Since this is an invitation-only event, I obviously feel that you have the experience that you need, and I will treat you accordingly, as well as expect things from you accordingly.

You will be doing a lot of mental, physical, and emotional work during the week. Putting in several 8 to 10 hour days in a row. I will be challenging a lot of your strongly held ideas and beliefs during the week, and hopefully, you will be challenging yourself even more.

If it is for you, you should probably have a good idea already. Except for the "imposter syndrome sufferers," you may think that you are not good enough or "whatever" enough to join us. In my mind, if you have received this invitation from me personally, you are probably wrong. I think the first step of the wilderness journey for many is feeling like an imposter at times. That is when you realize how badly you want to show up for yourself as well as your clients. So please call me if you are having any of these feelings.

Price and Payments

The cost is \$1,495 per person for the 50 hours of live continuing education and 20 hours of online education. Each person will be responsible for their accommodations and meals. However, I will be helping people who are flying in find reasonably priced accommodations or even guest accommodations if possible for the week.

You can reserve your space with a \$495 deposit, which is refundable up until December 31st. After that, I can only issue refunds if someone else takes your space, which should not be a problem, but still, please keep this in mind as you make the commitment.

Prior to the Retreat

Prior to the retreat, I will provide you with over 20 hours of NCBTMB-certified video education, which will include the biomechanical aspects of the majority of the major techniques that I will be teaching so that you can get familiar with them before the retreat. ***Since this is a mastery retreat, I want you to spend more time mastering these techniques than learning them from scratch.***

During the Retreat

We will meet each day for class from 10:00 AM to 5:00 PM and then again from 7:00 PM to 9:00 PM for bodywork and trades. I will be teaching my Deep Lomi Principals, Flow and Techniques every day and you will be giving and receiving bodywork every day. There will also be some spa time available before and after class each day for those who want to soak in some heat to reset their bodies.

Day One (M) - Creating Our Deep Lomi Community: Taking a Collective Breath

It has been 10 years since I officially began creating my Deep Lomi practice. I made a promise to myself not to start developing a Mastery Community until my practice matured and was ready to be brought forward. So, this is the official beginning of my Deep Lomi Mastery Community. From this beginning will come the Deep Lomi Practitioners, Deep Lomi Teachers, and, eventually, the Deep Lomi Masters who will take our work out into the world. So, we will spend a very intentional evening with each other, creating the foundations of our community and relationships.

Day Two (T) - Beginners Mind: (Re) Learning The Art of Touch and Connection

We can't start something new without, at least temporarily, being willing to let go of the things that we are holding on to so deeply. In order to get the most out of this intensive program, we are going to have to consider and then reconsider everything that we are currently holding onto in terms of how we think about touch and connection outside of our massage practices and then create a framework for how we want to think about touch and connection within our massage and bodywork practices.

Day Three (W) - The Art of Creating Flow and Movement (The Bodywork Dance)

In my Deep Lomi world, massage and bodywork are not merely static physical practices; they are transformative journeys that can engage both the practitioner and their client's body, mind, and spirit in a harmonious dance. Just as a skilled artist wields their brushes, a skilled Deep Lomi bodyworker utilizes their skills/tools to create an artful flow and movement that helps the bodywork transcend the physical realm, the Deep Lomi Flow. This flow will underlie all of your Deep Lomi work, and even though you will be learning this in community, your Deep Lomi flow will be completely unique and personal to you.

Day Four (Th) - The Sacred (and Profoundly Effective) Art of Multi-Dimensional Bodywork

We will start the day by learning some beautiful and profound Multi-Dimensional Bodywork techniques, these are the ones that you may have learned in my classes or seen in online videos or at various massage competitions. What you have not seen at the competitions or online is how and why I use these multi-dimensional techniques to open up a myriad of possibilities for my clients on so many different levels.

Day Five (Fr) - Cultivating Presence, Developing Intuition, and Embracing Curiosity

We start to put everything together today, add some beautiful and seamless transitions to our work, and use all of these as we dive deeper into understanding what it means to be intentionally present and fully aware during this work and how we can use our work to continually develop and test our intuition. This is one of the areas of mastery that will begin to separate your work from mine and others around you.

Day Six (S) - Asking For and Expecting Better Outcomes (The Why)

I believe that most of us are not even close to helping create the outcomes that are possible for our clients. There are so many people who are eager to tell us everything that we can not or should not do, tell us what is impossible, teach us how to pathologize every diagnosis, and demonstrate how to minimize our individuality and humanity as well as that of our clients (for starters). I want to show you how to use all of what you have learned before this week, during the retreat, and after you leave to create a new belief system for yourself and a myriad of possibilities for your clients.

Day Seven (S) - Living Your Deep Lomi Flow, Integrity, and Accountability

We will prepare to go back to our respective worlds by circling back on anything that needs more attention or closure, by making some commitments to ourselves and to each other, and by taking some time to express ourselves collectively and as completely as possible through our collective work.

If you are interested in attending the retreat, [click here to register and/or hold your space](#).