

Kahuna Massage

60 HOUR PRACTITIONER TRAINING



Embodied
LIVING

COURSE OVERVIEW

Embodied Living - Come home to your body through Massage, Movement and Breath

IG: @embodied_living W: embodiedlivingnow.com E: embodiedlivingtas@gmail.com



Course Outline

This 60 hr practitioner training has been designed to welcome you into the magical and sacred world of KaHuna bodywork and begin your journey as a KaHuna massage therapist.

The course is designed around 50 hours of face-to-face study and 10 hours of offsite, student clinic.

The course is focused around 5 key modules;

1. History & philosophy

This module includes the origins of the meaning 'Kahuna' and Kahuna massage, the 7 Huna Principles, the eye of Kanaloa, the H'oponopono practice and learning and understanding the KaHuna 'flying' practices and their significance.

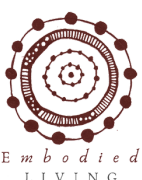
2 . Health science in relation to KaHuna massage

This module is focused around understanding the balance between physical, emotional, mental and energetic wellbeing. We take a look at the body as a regenerative organ, become familiar with "'Hā" ~ The Breath of life' and learn how breath affects our nervous system and wellbeing. We dive into body reading techniques and how to use this skill in client assessment and most importantly, we look at how we can apply our knowledge to benefit our own personal health, as well as effectively treat our clients.

3. Hands on Kahuna massage training

This is the largest of the 5 modules and is where we learn, hands-on, how to give a full body KaHuna massage. This includes grounding, opening and beginning a session, learning full body KaHuna massage techniques in the prone and supine positions, as well as the sacred underbody techniques. We'll also explore joint and bone massage and how to position and work with different bodies on the table.

On completion, students will feel confident to give a full body 60 or 90 minute KaHuna massage



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4. Clinic hours:

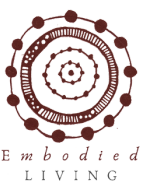
This module is designed to prepare students for becoming KaHuna practitioners through working with volunteer clients. Through this module you'll gain valuable experience in professional client assessments and note taking, engaging in the client/practitioner relationship and develop the confidence to begin, or continue, your journey as a practitioner.

5. Business basics:

Module 5 is a look at the basics, for beginning your business as a KaHuna massage therapist.

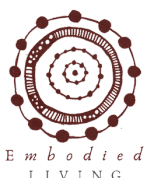
Topics covered in this module include:

- Benefits and contraindications of Kahuna massage
- Understanding our scope of practice
- When to refer and who to
- Record keeping
- How to build and maintain a client base
- Deciding where to practice
- Marketing
- Insurance
- Helpful resources to help you on your journey



Curriculum Overview:

MODULE	HOURS	MODE OF DELIVERY	MODE OF ASSESSMENT
Supervised , hands on, Massage training	30	Face-to-face	<ul style="list-style-type: none"> - Full 30 hours of face-to-face study must be attended - Onsite, visual assessment completed by lead trainer
Clinic hours	10	Face-to-face practice sessions, between training practitioners and volunteer 'clients'.	<ul style="list-style-type: none"> - Students must submit 10 completed client feedback forms, from 10 x 60 minute sessions, completed offsite. - Students must debrief client sessions with a facilitator
History and philosophy	7	Face-to-face	<ul style="list-style-type: none"> - Full 7 hours of face-to-face study must be attended - Onsite assessment completed by lead trainer
Health science	10	Face-to-face	<ul style="list-style-type: none"> - Full 10 hours of face-to-face study must be attended - Onsite assessment completed by lead trainer
Business Basics	3	Face-to-face	<ul style="list-style-type: none"> - Full 3 hours of face-to-face study must be attended - Onsite assessment completed by lead trainer



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About Me



Hello and welcome to the KaHuna Bodywork practitioner training!

I am so excited to share these skills with you, as I deeply believe in the healing qualities of touch and that together we can spread that healing out into the world. My passion is to see a world where people feel comfortable, alive and at home in their bodies and KaHuna massage is one important tool I use to embody that passion.

I have been immersed in the world of wellness and body-based therapies since I was 19 and I work between two worlds, the seen and unseen.

On the physical level, I believe we need to have strong, capable, well-functioning bodies, to avoid dis-harmony and dis-ease. I also believe that understanding what is happening in the unseen layers of the body (the emotional, mental, energetic) is just as important, to help us live our lives authentically, heal from trauma and move forward with what gives us meaning.

I have been a bodyworker for around 14 years, working with Remedial massage, Yoga, Movement, Breathwork and KaHuna Bodywork, as well as teaching and facilitating retreats, workshops and trainings for the last decade.

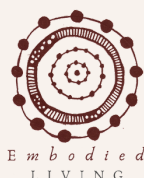
I am ever evolving and learning to bring you the resources I have gleaned, so that we can all resource ourselves and find a way toward living an aligned and embodied life.

PROFESSIONAL TRAININGS:

- Haku Pa'a ~ Hawaiian Spiritual foundation Training - Mana O Kahiko - 2023
- KaHuna massage Training Level 5 - Initiation and Integration, Mette's Institute - 2021
- Breathwork and body centred counselling Practitioner Training, Cindy Aulby; Journey to the Heart - 2016-2018
- KaHuna massage Training Level 4 - Rites of Passage, Mette's Institute - 2018
- KaHuna massage Training Level 3 - Advanced Level, Mette's Institute - 2017
- KaHuna massage Training Level 1 & 2 - Practitioner Level training, Mette's Institute - 2017
- Advanced Certificate in integrated Cupping Therapy, Health Traditions - 2015
- 200hr Acroyoga and Partner Acrobatics YTT - 2013
- Certificate III in Micro business operations - Australian Business Development Centre - 2013
- 200 hr Vinyasa and Hatha YTT Santosha Yoga - 2012
- 100 hr post and prenatal and kids YTT Santosha Yoga - 2012
- Bachelor of Health Science, Naturopathy, SCU - 2007-2009
- Diploma of Remedial Massage (including sports massage and lymphatic drainage)- 2007-2009

I am so looking forward to sharing this journey with you,

With Love,



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Training dates, location and fees

COURSE LOCATION:

This training is non-residential and will be held at the Health Oasis Studio, 46 Browns rd. in Kingston, Tasmania.

COURSE DATES:

The training takes place over two intensive weekends in September, the dates and times are:

September: 15-17th, 2023

Friday 15th - 4pm-8pm

Saturday 16th - 8am-6pm

Sunday 17th - 8am-6pm

September 29th-1st October, 2023

Friday 29th - 4pm-8pm

Saturday 30th - 8am-6pm

Sunday 1st - 8am-6pm

COURSE FEES:

The total investment for the course is \$1560.00 - inclusive of all teaching & training equipment.

COURSE ACCREDITATION:

This training is an Approved Practitioner Training with IICT and on completion of the course, students are eligible to register and receive insurance, to practice as a Kahuna massage therapist.

REGISTRATION:

Please fill in a registration form [HERE](#) to register your spot on this training. Once you have registered, you can secure your spot by making, either the full course payment, or a minimum deposit of \$200, to the following account:

Ebony Prins

BSB: 923100

Acc no: 67195162

Please write your surname and 'kahuna' as the reference.

If you make a deposit, the full course payment is due two weeks before the course commencement date, unless an alternative option has been organised with facilitators. If you would like a payment plan option, please get in touch!

CANCELLATION POLICY:

Please be aware that we do not offer refunds on deposits, if you need to cancel your spot.

If you have paid in full and need to cancel, we will refund you 50% of the full course fee, if cancellation is made prior to 14 days of the training start date. If cancellation is made within 14 days of the training start date, no refund is offered. You are also free to transfer your deposit or full course amount, to a friend or family member wanting to attend in your place



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