



2026 KA HUNA DEEPENING TRAINING ~ THE ELEMENTS

This years deepening training will be a 5 day/4 night, live-in retreat experience, to explore a new layer of Ka Huna bodywork.

The training begins at 3pm on Dec 2nd and closes at 1pm on December 6th.

TRAINING FOCUS:

Our intentional focus for this deepening training is an embodied exploration of the elements - Earth, Fire, Air & Water and how they weave through, inform and integrate into our practice, both on and off the table.

This is an important step into the work and changes how you meet yourself and meet another on the table, with the presence of the elements.

It transforms your touch and opens up so many ways to work.

There will be a deep dive into focused bodywork on this training to support your ability to give deeply nourishing and therapeutic sessions.

Some of the bodywork that you will experience during this journey, in relation to the elements are:

EARTH:

- Remedial style work to ground and meet a body in a whole new way
- Focused foot work
- Table stretches for the legs, hips, spine, neck and shoulders

WATER:

- Lymphatic drainage tools to support immune function and detoxification of the bodies water system
- Continued deepening into bellywork and the emotional and intuitive seat of the body
- Learn how to effectively unwind the psoas and its role in physical and emotional wellbeing
- Refine your ability to flow, feel and move with ease

AIR:

- Support the capacity for breath, through diaphragm and ribcage release and addressing the accessory muscles of breathing.
- Learn to work with the more subtle, unseen layers.

FIRE:

- Explore creativity in your practice
- In-depth face massage and release work for the jaw, ears, neck and head
- Bring heat into your touch
- Therapeutic holds, manoeuvres and positioning of bodies on the table. This will include the sidelying position and how to incorporate flow into sidelying.

As always, There will be more bodywork than what can be described or put into words and you will be met wherever you're at.

There is no expectation for you to be at any certain 'level' and whether you have been practising regularly or not, Emmanuelle and I will work with you 1:1 to support you wherever you're at.

We learn as a collective Ohana and honour where each of us is on the journey.
Trust that whatever your hearts intention is to attend the deepening, it will be met.

If you attended the last deepening training, this years content is entirely different and is a beautiful pathway for you to continue your learning and evolution in this practice.
You will also receive the 'returning ohana' discount, to support your continued dedication to the practice.

Expect to hear more of Emmanuelle's voice on this training and receive her valuable wisdom from over two decades of bodywork.

In the lead up to the training, I will have just returned from a 5 week immersion into the land, culture & mo'olelos (stories) of the Hawaiian Islands, including a Huaka'i (spiritual journey) on the island of Moloka'i, guided by Kumu Pa'a Kawika Foster.

It feels so beautiful to step straight into the deepening training after this journey and share with you all.

BEYOND THE BODYWORK:

Beyond the bodywork, we will be living and deepening into the traditional pillars of this practice.

Without revealing too much, be aware that there will be the continued practices outside of the bodywork, that support your connection to each element and the ongoing connection to self, community, place & spirit.

There will be morning movement sessions, evening practices and time immersed in this incredible landscape of ocean, rivers, earth & sky.

For those of you who are new to WildWing, you will be held by the beauty of this place.

The training includes 3 catered meals/day, on-site camping accommodation, access to all on-site facilities and an in-depth training program.

For detailed info, pricing and bookings, visit the website [HERE](#).

I am so looking forward to walking alongside you all on this next chapter of the journey.
With Aloha,
Ebony