
Learning Objectives

MedBridge Massage
Lomilomi Styles and Protocols in Current Practice
Suzi Ko, LMP, NCTM, MBA and Olivia Hageman, LMT

Course Objectives

- Define and contrast the two major lomilomi styles: Big Island Style and Temple Style, and identify the roll of key figures in their development
- Describe the development of other styles of lomilomi, including the figures involved
- Describe the origins of lomilomi protocols, and provide a rationale for establishing protocols
- Describe the importance of tradition within the context of lomilomi protocols
- Define the word “Lomilomi” in historical and contemporary contexts
- Describe lomilomi protocols in contemporary practice

Chapter 1: Lomilomi Styles

The first chapter of this course defines the major lomilomi styles that are practiced today, and the individuals that developed and carry on these traditions.

Chapter 2: The Historical Origins of Lomilomi Protocols

The second chapter of this course explores the complex and highly important history of lomilomi protocols. These protocols, on a general and very specific level, define what lomilimi literally is, and how it should be practiced.

Chapter 3: Lomilomi Protocols Today

In this chapter, Suzi Ko details lomilomi protocols as they are currently constituted, including not only how lomilomi should be practiced, but also where, why, and by whom.

Chapter 4: Q&A

In the final chapter of this course, Suzi Ko sits down with lomilomi practitioners Olivia Hageman and Marta Rogel to discuss current issues surrounding lomilomi styles and practice protocols.