



## Lomi Winter Retreat

with Roland and Katrin

at the "Co-Nectar" in Puntagorda / La Palma

**Saturday, December 7th - Thursday, December 12th 2024**

The current quality of time is very challenging for many beings and requires stable resilience and grounding. This retreat focuses on deep regeneration and proactively recharging your resources.

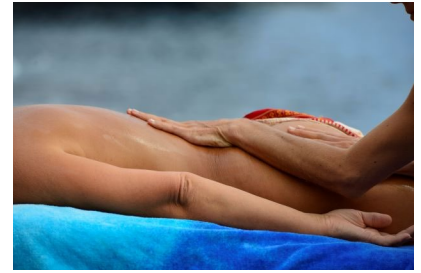
It gives you the opportunity to learn, receive and practice Hawaiian bodywork and massage in a small group.

The soft and juicy, powerful flow of the Lomi Lomi massage allows us to dive deep into ourselves and connect more deeply with the core of our true being.

**Everything is „aloha“. Everything is love or the call for it.**

For us, Hawaiian massage combines many variations: parasympathetic regulation, touch, sound and movement. It is a flowing, soft and deep massage technique that is like a dance on the body landscape. The music and the voice accompany this process into deep relaxation and regulation.

**Hawaiian massage is a healing ritual,  
a prayer with the body  
and it connects us with the intelligence of the  
elements.**



This Intensive will also give you the space to let go of old patterns that no longer serve your path. We will integrate a further developed version of the Hawaiian forgiveness ritual Ho'oponopono into the process. You will be able to recognise, feel and transform stuck patterns and blockages that are waiting to be cleared in your cells so that you can be yourself again.

The beautiful nature of the island invites us to work directly in nature at places of power.



**Contents:**

- Flying - the navigation step or dance around the table
- Massage technique and methodology
- Conscious & mindful touch
- Fascinating networks - experiencing the anatomy and physiology of our fasciae
- Dance, contact improvisation and somatic movement as a nourishing basic quality for depth, flow and lightness in the massage technique
- Connected breath
- Singing and sounding together
- Nature rituals



**Time and space:**

Saturday, December 7th - Thursday, December 12th 2024

**Where:**

The retreat will take place at Co-Nectar in Puntgorda .

Co-Nectar is a small community oasis in the centre of Puntagorda village with 5 comfortable rooms, a sun terrace and a sun-drenched seminar room. It offers comfort and accessibility, a green oasis with a beautifully planted courtyard and a communal kitchen.

10 Minutes away we have clay house with attached wooden platform/dance terrace that serves as a meeting and workshop room and kitchen. Accommodation is spread around the site in the form of caves, caravans and tents. Alternatively, the site offers enough space to put your own tent.

**We can form a seminar community for this time, live together and cook for ourselves or have someone cook for us from time to time.**

**Costs for your stay:**

We offer a large sliding scale of 444-777€ for the seminar. Please feel which amount corresponds to your resources. We expect an average of 600€ per person.

Prices for accommodation and catering range between €25 and €50 per day, depending on the type of accommodation. If hire cars are required, these costs are incurred separately and are shared by the whole group.

So that you can organise your arrival and departure as relaxed as possible - it is possible to arrive earlier and stay longer.

**What to bring:**

Please bring clothes in which you can move comfortably and freely for dance and bodywork and light clothing in which you can massage (top or lunghi and shorts or skirt), as well as at least one lunghi or sheet to cover yourself.

This retreat is designed to give you the opportunity to learn and deepen your experience with Lomi Lomi massage. A certain amount of previous experience in Lomi, bodywork or dance is helpful. If you are unsure whether your previous experience is sufficient, please contact us.

We want to cater for everyone individually and therefore limit the number of participants to a maximum of 12.

## Registration and info:

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[www.embodiedawakening.de](http://www.embodiedawakening.de)

[www.somaart.de](http://www.somaart.de)

**Rohland Frenzell** is a passionate healing therapist, bodyworker, (couples) coach, dancer, musician and gardener and has been practicing with Lomi massage for 22 years. Since the mid-90s he has been creating liberating learning and play spaces for sensual BEing experience and collective and individual transformation and change.



His work is inspired by various artistic, therapeutic and spiritual systems, but he enjoys letting go of art constructs and concepts more and more. As a Scorpio, he loves to dance with the shadows and the guardians at the boundaries and the gateways to new dimensions.

**Katrin Lerche** has been practising Lomi temple massage for around 13 years. She is a trained singer and voice teacher, dancer and has been at home in bodywork for many years. She learnt the Lomi massage mainly from Kabiro and Roland. She loves Hawaiian massage because it combines dance, music and the shamanic-healing aspect. For many years, she has accompanied people on their path to voice development, liberation and transformation through massage, dance and other techniques.

