



Caring Palms Massage and Reiki Newsletter

February 2007

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Greetings!

Welcome to the February issue of the Caring Palms newsletter. This month, we'll be talking about a new massage modality being offered at Caring Palms, a training class in Orlando, and other things.

I hope you find what we have here enjoyable.

Editor's Note: As I have found out while creating this month's newsletter, Firefox seems to miss some of the imbedded formatting causing some text to appear in different colors, bold, or to be poorly formatted. This does not seem to be an issue with Internet Explorer. I apologize for any inconvenience.

Brian Takes Classes in Orlando

Brian recently spent four days in Orlando learning Hawaiian Temple Lomi Lomi, a smooth flowing massage that can be compared to a dance. This style of massage utilizes long strokes that run the length of the body creating a feeling of wholeness that one does not get with other styles. Although some deep pressure can be applied, Temple Lomi Lomi is primarily for relaxation.



[Read more...](#)

Modality of the Month

Hawaiian Temple Lomi Lomi

There are about five styles of Hawaiian Lomi Lomi. The two most well known are Temple Lomi and Aunty Margaret's style. Caring Palms has been practicing Aunty Margaret's style for over two years now. This is a very good form that gets down deeply into the muscles and in many cases is used in place of Deep Tissue

massage. Temple Lomi is a smooth, flowing dance that makes one relax and enjoy.

[Read more...](#)

Valentine's Day

Just a reminder that Valentine's day is coming up, and that now is a good time to find something nice for the one you love. Give the gift of healing and relaxation. Caring Palms offers gift certificates for all styles of massage that we do as well as Reiki sessions and massage and Reiki classes. A romantic idea is our classes for couples to learn how to do massage on each other. Couples Massage class is a four hour class with plenty of hands-on practice time. Caring Palms has also increased its jewelry inventory, adding more necklaces and necklace/earring sets. So this Valentine's Day, come on in and get something nice for the one you love.

Reiki Class Schedule

The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The current schedule is as follows:

Reiki 1

- February 10 (Saturday) 11am - 5pm **Confirmed**
- March 10 (Saturday) 11am - 5pm
- April 14 (Saturday) 11am - 5pm
- May 26 (Saturday) 11am - 5pm
- June 23 (Saturday) 11am - 5pm
- July 14 (Saturday) 11am - 5pm

Reiki 2

- February 24 (Saturday) 11am - 5pm

Reiki 3

- February 14 (Wednesday), 11am - 5pm **Confirmed**

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the deposit date will be cancelled. All class

statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Finding a Reiki Practitioner or Instructor

by **Brian Dean**

Reiki is fast becoming a widely known, proven method of holistic energy medicine. It is a channeled energy (pulled into the practitioner's body and then passed to someone else) which has been known to reduce and alleviate pain, discomfort, or disease of any kind. It is a guided positive energy that overcomes negative energy built up by problems in the body, thus reducing or removing the problem. A Reiki session (also known as a healing) is a warm, pleasant, calming experience. Anyone can learn Reiki.

[Read more...](#)

I hope you enjoyed this month's newsletter. Take care. May light be with you.

Sincerely,

Brian Dean
Caring Palms Massage and Reiki