



Would you like to know how to massage your partner or a loved one? V Academy offers a half day course designed to teach participants how to do the "Signature Kahuna Wave Massage". You do not need any previous massage experience to attend this beginners workshop.

The course will provide an overview of the principles in massage along with techniques you can perform at home that do not require a massage bed.

In this short course participants will learn:

- The benefits of massage
- Acupressure points
- Breathing techniques
- Relaxing strokes
- Techniques for breaking down knots
- Correct postures when giving massage
- How to blend aromatherapy oils
- Lomi Lomi techniques
- Full body Kahuna Wave Massage sequence

Half Day classes run from 9am - 1pm

Price: RM888 includes two people. So don't forget to bring along a friend or loved one. You will receive a V Academy "certificate of attendance" as well as some notes for reference. Come and have fun, learn something new!



INTEGRATED WELLNESS

conscious living

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