



*"When the Body Gets Working Appropriately,
the Force of Gravity Can Flow Through. Then,
Spontaneously, the Body Heals Itself." ~Ida Rolf*

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2010 BODY WORK SPA ACADEMY TRAINING COURSES

Traditional THAI Foot Massage - R1500 pp

| 30- 31 Jan 10' or 4 -5 Sept 10' | 9am - 4pm | Incl. lunch, manual, & foot massage kit |

Kahuna Lomi Lomi Nui Temple Massage - Level 1 - R2350 pp

| 27 - 28 Feb 10' | Incl. lunch, manual & massage oil |

Kahuna Lomi Lomi Nui Temple Massage - Level 2 - R4500 pps

| 15 - 19 Apr 10' | Mozambique - Swim with Dolphins | Incl. manual, massage oil & dolphin swim |

Kahuna Lomi Lomi Nui Temple Massage - Level 3 - R3250 pps

| 29 - 31 Oct 10' | Retreat to be confirmed | Incl. manual, massage oil |

Traditional Thai Body Massage - Introduction - R850 pp

| 20 Feb 10' | 9am - 4pm | Incl. lunch & manual |

Traditional Thai Body Massage - Level 1 - R2350 pp

| 06 - 07 March 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

| 16 - 17 March 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

| 23 - 24 March 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

| 30 - 31 March 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

Traditional Thai Body Massage - Level 2 - R3500 pp

| 03 - 04 Aug 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

| 10 - 11 Aug 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

| 17 - 18 Aug 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

| 24 - 25 Aug 10' | 6:30am - 9:30pm | Incl. refreshments & manual |

Katamasi Hot Stone Full Body Massage - R1500 pp

| 24 - 25 July 10' | Incl. lunch, manual & massage oil | Stones - Extra cost according to needs |

Please contact us on 011 425 4471 or email nico@anua.co.za to enquire more information on our courses