

# Holistic Massage & Bodywork Therapist 625-hour Career Program

## Class Schedule 2023-2024 Class of 2024 (Evening Schedule)

<u>Month</u>	<u>Date/Day</u>	<u>Course Title (Class Meeting #)</u>	<u>Time</u>
April	1 Saturday	Massage Introduction – Lymphatic Massage (1)	10am-3pm
	2 Sunday	Massage Introduction – Lymphatic Massage (2)	10am-3pm
	3 Monday	Student Success – Orientation Holistic Massage Theory & Practice (1)	6-7:30pm 7:30-9pm
	4 Tuesday	Ethics (1)	6-8pm
	5 Wednesday	Anatomy, Physiology & Pathology (1)	6-8:30pm
	6 Thursday	Holistic Massage Theory & Practice (2)	6-9:30pm
	10 Monday	Ethics (2)	6-8pm
	11 Tuesday	Qi Gong (1) Holistic Massage Theory & Practice (3)	6-7pm 7-8pm
	12 Wednesday	Anatomy, Physiology & Pathology (2)	6-8:30pm
	13 Thursday	Holistic Massage Theory & Practice (4)	6-9:30pm
	15 Saturday	Reiki First Degree (1)	1-6pm
	16 Sunday	Reiki First Degree (2)	1-6pm
	17 Monday	Anatomy, Physiology & Pathology (3)	6-8:30pm
	18 Tuesday	Holistic Massage Theory & Practice (5)	6-9pm
	19 Wednesday	Anatomy, Physiology & Pathology (4)	6-8pm
	20 Thursday	Holistic Massage Theory & Practice (6)	6-9:30pm
	24 Monday	Qi Gong (2) Advanced Energy Techniques (1)	6-7pm 7-8:30pm
	25 Tuesday	Anatomy, Physiology & Pathology (5)	6-8:30pm
	26 Wednesday	Anatomy, Physiology & Pathology (6)	6-8pm

April	27 Thursday	Ethics (3) Holistic Massage Theory & Practice (7)	6-7:30pm 7:30-9pm
May	1 Monday	Qi Gong (3) Advanced Energy Techniques (2)	6-7pm 7-8:30pm
	2 Tuesday	Holistic Massage Theory & Practice (8)	6-9:30pm
	3 Wednesday	Anatomy, Physiology & Pathology (7)	6-8:30pm
	4 Thursday	Holistic Massage Theory & Practice (9)	6-8:30pm
	6 Saturday	Acupressure Massage and Eastern Philosophy (1)	1-6pm
	8 Monday	Acupressure Massage and Eastern Philosophy (2)	6-8:30pm
	9 Tuesday	Acupressure Massage and Eastern Philosophy (3)	6-8:30pm
	10 Wednesday	Anatomy, Physiology & Pathology (8)	6-8pm
	11 Thursday	Therapeutic Value of Herbs (1)	6-9pm
	13 Saturday	Qi Gong (4) Advanced Energy Techniques (3) Ethics (4)	9:30-10:30am 10:30am-12pm 1-2:30 pm
	15 Monday	Qi Gong (5) Advanced Energy Techniques (4)	6-7pm 7-8:30pm
	16 Tuesday	Therapeutic Value of Herbs (2)	6-9pm
	17 Wednesday	Holistic Massage Theory & Practice (10)	6-9:30pm
	18 Thursday	Anatomy, Physiology & Pathology (9)	6-8:30pm
	22 Monday	Qi Gong (6) Advanced Energy Techniques (5)	6-7pm 7:00-8:30pm
	23 Tuesday	Anatomy, Physiology & Pathology (10)	6-8pm
	24 Wednesday	Qi Gong II (1) Advanced Energy Techniques (6)	6-7pm 7-8:30pm
	25 Thursday	Qi Gong II (2) Advanced Energy Techniques (7)	6-7pm 7-8pm
May 26 – 30		<b>Memorial Break</b>	
	31 Wednesday	Holistic Massage Theory & Practice (11)	6-9pm

June	1 Thursday	Holistic Massage Theory & Practice (12)	6-9:30pm
	5 Monday	Holistic Massage Theory & Practice (13)	6-9pm
	6 Tuesday	Holistic Massage Theory & Practice (14)	6-9:30pm
	7 Wednesday	Anatomy, Physiology & Pathology (11) Anatomy, Physiology & Pathology (12)	6-7:30pm 7:30-9:30pm
	8 Thursday	Anatomy, Physiology & Pathology (13)	6-8pm
	10 Saturday	Holistic Nutrition Theory (1) Reflexology (1)	9am-12pm 1-6pm
	11 Sunday	Holistic Nutrition Theory (2) Reflexology (2)	9am-12pm 1-6pm
	12 Monday	Ethics (5) Anatomy, Physiology & Pathology (14) Holistic Nutrition – Lab (3)	6-7pm 7-8pm 8-9pm
	13 Tuesday	Holistic Massage Theory & Practice (15)	6-9pm
	14 Wednesday	Holistic Communication (1)	6-8:30pm
	15 Thursday	Holistic Communication (2)	6-8:30pm
June 16– July 9		<b>Summer Break</b>	
July	10 Monday	Ethics (6) Holistic Nutrition Theory II (1)	6-7pm 7-8pm
	11 Tuesday	Holistic Massage Theory & Practice (16)	6-9:30pm
	12 Wednesday	Holistic Nutrition Theory II (2)	6-8pm
	13 Thursday	Holistic Nutrition Theory II (3)	6-9pm
	15 Saturday	Introduction to Ayurvedic Principals (1)	10am-3pm
	17 Monday	Holistic Nutrition Theory II (4) Anatomy, Physiology & Pathology (15)	6-7pm 7-8:30pm
	18 Tuesday	Holistic Massage Theory & Practice (17)	6-9pm
	19 Wednesday	Holistic Massage Theory & Practice (18)	6-9:30pm
	20 Thursday	Anatomy, Physiology & Pathology (16)	6-8pm
	22 Saturday	Swedish Massage (1) 1 hour lunch break	9:30am-6pm

July	23 Sunday	Swedish Massage (2) 1 hour lunch break	9:30am-6pm
	24 Monday	Anatomy, Physiology & Pathology (17)	6-8:30pm
	25 Tuesday	Holistic Nutrition Theory II (5) Holistic Nutrition Theory II (6)	6-8pm 8-9pm
	26 Wednesday	Ethics (7) Ethics (8)	6-7pm 7-8pm
	27 Thursday	Anatomy, Physiology & Pathology (18)	6-8pm
	29 Saturday	Swedish Massage (3) 1 hour lunch break	9:30am-6pm
	30 Sunday	Swedish Massage (4) 1 hour lunch break	9:30am-6pm
	31 Monday	Qi Gong II (3) Reflexology II (1)	6-7pm 7-8:30pm
August	1 Tuesday	Applied Kinesiology - BioMagnetic Therapy I (1)	6-8:30pm
	2 Wednesday	Applied Kinesiology - BioMagnetic Therapy I (2)	6-8:30pm
	3 Thursday	Anatomy, Physiology & Pathology (19)	6-8:30pm
	7 Monday	Ethics (9) Anatomy, Physiology & Pathology (20)	6-7pm 7-9pm
	8 Tuesday	Applied Kinesiology - BioMagnetic Therapy II (1) Anatomy, Physiology & Pathology (21)	6-7pm 7-9:30pm
	9 Wednesday	Holistic Massage Theory & Practice (19) Reflexology II (2)	6-7:30pm 7:30-8:30pm
	10 Thursday	Pathology for Massage and Bodywork (1)	6-8pm
	14 Monday	Anatomy, Physiology & Pathology (22)	6-8pm
	15 Tuesday	Holistic Massage Theory & Practice (20) Reflexology II (3)	6-7:30pm 7:30-9pm
	16 Wednesday	Anatomy, Physiology & Pathology (23)	6-8pm
	17 Thursday	Holistic Communication (3)	6-8:30pm
	19 Saturday	Aromatherapy (1)	1-6pm
	20 Sunday	Aromatherapy (2)	1-6pm

August	21 Monday	Holistic Communication (4)	6-8:30pm
	22 Tuesday	Pathology for Massage and Bodywork (2) Reflexology II (4)	6-7pm 7-8:30pm
	23 Wednesday	Qi Gong II (4) Reflexology II (5)	6-7pm 7-9pm
	24 Thursday	Anatomy, Physiology & Pathology (24)	6-8:30pm
	26 Saturday	Acupressure Massage and Eastern Philosophy II (1) Applied Kinesiology - BioMagnetic Therapy II (2) Qi Gong II (5) Reflexology II (6)	10-11:30am 11:30am-1pm 2-3pm 3-4pm
	27 Sunday	Acupressure Massage and Eastern Philosophy II (2) Applied Kinesiology - BioMagnetic Therapy II (3) Reflexology II (7)	10-11:30am 11:30am-1pm 2-3pm
	28 Monday	Sports Massage, Medical, Orthopedic Foundations (1)	<b>5:30-7pm</b>
	29 Tuesday	Anatomy, Physiology & Pathology (25)	6-8:30pm
	30 Wednesday	Anatomy, Physiology & Pathology (26) Reflexology II (8)	6-8pm 8-9pm
	31 Thursday	Business and Licensing (1) Anatomy, Physiology & Pathology (27)	6-7pm 7-8:30pm
September 1 - 5		<b>Labor Day Break (Evening)</b>	
September	6 Wednesday	Qi Gong II (6) Business and Licensing (2)	6-7pm 7-8pm
	7 Thursday	Applied Kinesiology - BioMagnetic Therapy II (4) Reflexology II (9)	6-7pm 7-8pm
	11 Monday	Sports Massage, Medical, Orthopedic Foundations (2)	<b>5:30-7pm</b>
	12 Tuesday	Anatomy, Physiology & Pathology (28)	6-8pm
	13 Wednesday	Acupressure Massage and Eastern Philosophy II (3) Qi Gong II (7)	6-7:30pm 7:30-8:30pm
	14 Thursday	Anatomy, Physiology & Pathology (29)	6-8pm
	16 Saturday	Prenatal Massage – Alternate Client Positioning (1)	9am-12:30pm
	17 Sunday	Prenatal Massage – Alternate Client Positioning (2)	12-2:30 pm

September	18 Monday	Sports Massage, Medical, Orthopedic Foundations (3)	<b>5:30-7pm</b>
	19 Tuesday	Anatomy, Physiology & Pathology (30) Acupressure Massage and Eastern Philosophy II (4)	6-7:30pm 7:30-8:30pm
	20 Wednesday	Anatomy, Physiology & Pathology (31)	6-8:30pm
	21 Thursday	Prenatal Massage – Alternate Client Positioning (3) Prenatal Massage – Alternate Client Positioning (4)	6-8pm 8-9pm
	25 Monday	Sports Massage, Medical, Orthopedic Foundations (4)	<b>5:30-7pm</b>
	26 Tuesday	Pathology for Massage and Bodywork (3)	6-8pm
	27 Wednesday	Acupressure Massage and Eastern Philosophy II (5) Qi Gong II (8)	6-7:30pm 7:30-8:30pm
	28 Thursday	Business and Licensing (3) Acupressure Massage and Eastern Philosophy II (6)	6-7pm 7-8pm
October	2 Monday	Sports Massage, Medical, Orthopedic Foundations (5)	<b>5:30-7pm</b>
	3 Tuesday	Anatomy, Physiology & Pathology (32)	6-8:30pm
	4 Wednesday	Anatomy, Physiology & Pathology (33)	6-8:30pm
	5 Thursday	Anatomy, Physiology & Pathology (34)	6-8:30pm
	9 Monday	Sports Massage, Medical, Orthopedic Foundations (6)	<b>5:30-7pm</b>
	10 Tuesday	Business and Licensing (4) Acupressure Massage and Eastern Philosophy II (7)	6-7pm 7-8pm
	11 Wednesday	Prenatal Massage – Alternate Client Positioning (5) Prenatal Massage – Alternate Client Positioning (6)	6-7pm 7-9pm
	12 Thursday	Anatomy, Physiology & Pathology (35)	6-8pm
	16 Monday	Sports Massage, Medical, Orthopedic Foundations (7)	<b>5:30-7pm</b>
	17 Tuesday	Acupressure Massage and Eastern Philosophy II (8) Therapeutic Value of Herbs II (1)	6-7pm 7-8pm
	18 Wednesday	Myofascial and Trigger Point Techniques (1)	6-9pm
	19 Thursday	Anatomy, Physiology & Pathology (36)	6-8pm
	21 Saturday	Introduction to Thai Massage – Table Techniques (1) Lunch Break – 1 hour	10am-5pm

October	23 Monday	Sports Massage, Medical, Orthopedic Foundations (8)	<b>5:30-7pm</b>
	24 Tuesday	Pathology for Massage and Bodywork (4) Business and Licensing (5)	6-8pm 8-9pm
	25 Wednesday	Myofascial and Trigger Point Techniques (2)	6-8pm
	26 Thursday	Introduction to Thai Massage – Table Techniques (2) Therapeutic Value of Herbs II (2)	6-7pm 7-8:30pm
	30 Monday	Sports Massage, Medical, Orthopedic Foundations (9)	<b>5:30-7pm</b>
October 31		<b>Halloween Break</b>	
November	1 Wednesday	Business and Licensing (6)	6-8pm
	2 Thursday	Pathology for Massage and Bodywork (5) Therapeutic Value of Herbs II (3)	6-7pm 7-8:30pm
	6 Monday	Sports Massage, Medical, Orthopedic Foundations (10)	<b>5:30-7pm</b>
	7 Tuesday	Business and Licensing (7) Business and Licensing (8)	6-7:30pm 7:30-9pm
	8 Wednesday	Introduction to Thai Massage – Table Techniques (3) Introduction to Thai Massage – Table Techniques (4)	6-8pm 8-9pm
	9 Thursday	Anatomy, Physiology & Pathology (37) Therapeutic Value of Herbs II (4)	6-8pm 8-9:30pm
	13 Monday	Sports Massage, Medical, Orthopedic Foundations (11)	<b>5:30-7pm</b>
	14 Tuesday	Myofascial and Trigger Point Techniques (3) Myofascial and Trigger Point Techniques (4)	6-8pm 8-9pm
	15 Wednesday	Pathology for Massage and Bodywork (6)	6-8:30pm
	16 Thursday	Myofascial and Trigger Point Techniques (5)	6-8pm
	20 Monday	Sports Massage, Medical, Orthopedic Foundations (12)	<b>5:30-7pm</b>
	21 Tuesday	Anatomy, Physiology & Pathology (38)	6-8:30pm
November 22– 26		<b>Thanksgiving Break</b>	
November	27 Monday	Ethics (10) Business and Licensing (9)	6-7pm 7-8pm
	28 Tuesday	Business and Licensing (10) Therapeutic Value of Herbs II (5)	6-7pm 7-8pm

November	29	Wednesday	Myofascial and Trigger Point Techniques (6)	6-8pm
	30	Thursday	Business and Licensing (11)	6-9pm
December	2	Saturday	Qi Gong II (9) Business and Licensing (12) Prenatal Massage – Alternate Client Positioning (7)	9-10am 10am-12pm 1-4pm
	4	Monday	Anatomy, Physiology & Pathology (39)	6-8:30pm
	5	Tuesday	Qi Gong II (10) Reflexology II (10)	6-7pm 7-9:30pm
	6	Wednesday	Myofascial and Trigger Point Techniques (7)	6-8pm
	7	Thursday	Myofascial and Trigger Point Techniques (8)	6-8pm
	11	Monday	Ethics (11)	6-8pm
	12	Tuesday	Pathology for Massage and Bodywork (7)	6-8pm
	13	Wednesday	Myofascial and Trigger Point Techniques (9)	6-8pm
	14	Thursday	Therapeutic Value of Herbs II (6)	6-9:30pm
December	15, '23 – January 1, '24		<b>Winter Break</b>	
January	2	Tuesday	Pathology for Massage and Bodywork (8)	6-8pm
	3	Wednesday	Pathology for Massage and Bodywork (9)	6-8pm
	4	Thursday	Psychology in the Massage Practice (1)	6-8:30pm
	8	Monday	Psychology in the Massage Practice (2) Reflexology II (11)	6-8:30pm 8:30-9:30pm
	9	Tuesday	Pathology for Massage and Bodywork (10)	6-8pm
	10	Wednesday	Pathology for Massage and Bodywork (11)	6-8pm
	11	Thursday	Pathology for Massage and Bodywork (12)	6-8:30pm
	13	Saturday	Myofascial and Trigger Point Techniques (10) Myofascial and Trigger Point Techniques (11) Myofascial and Trigger Point Techniques (12)	10am-12pm 1-3pm 3-6pm
	15	Monday	Holistic Communication II (1)	6-8:30pm
	16	Tuesday	Anatomy, Physiology & Pathology (40)	6-8:30pm



January	17 Wednesday	Pathology for Massage and Bodywork (13)	6-8pm
	18 Thursday	Holistic Communication II (2)	6-8:30pm
	20 Saturday	Hydrotherapy – Introduction to Spa Treatments (1)	10am-3pm
	22 Monday	Pathology for Massage and Bodywork (14)	6-8:30pm
	23 Tuesday	Pathology for Massage and Bodywork (15)	6-8:30pm
	24 Wednesday	Anatomy, Physiology & Pathology (41)	6-8:30pm
	25 Thursday	Anatomy, Physiology & Pathology (42)	6-8:30pm
	29 Monday	Pathology for Massage and Bodywork (16)	6-8:30pm
	30 Tuesday	Pathology for Massage and Bodywork (17)	6-8:30pm
	31 Wednesday	Anatomy, Physiology & Pathology (43)	6-8:30pm

#### Chair Massage 15 hours

Chair Massage hours are scheduled individually by each student with the school office and one of the instructors. Chair Massage practice hours are available Monday through Saturday by scheduled event or scheduled client appointment. A total of 15 hours will be completed. Chair Massage events are scheduled according to requests from the community. Events are scheduled throughout the year. Chair Massage opportunities are announced via email, posted on bulletin board outside class, and verbally in class. Students will sign-up for Chair Massage by email or the list provided by the bulletin board. Requirements for participation include: Enrollment as a Student in good standing; Satisfactory Academic Progress; Student or Professional Insurance; and pre-registration.

#### Fundamental Massage Practice 70 hours

Fundamental Massage Practice hours are scheduled individually by each student with the school office and one of the instructors. Practice hours are available Monday through Saturday by appointment. A total of 70 hours or 70 appointments will be completed. During class breaks students may elect to schedule Practice hours on additional days by appointment. Requirements for participation include: Enrollment as a Student in good standing; Satisfactory Academic Progress; Student or Professional Insurance; and pre-registration.

Feb 2024	15 Thursday	Final Exam-Holistic Massage & Bodywork Therapist Exam is scheduled by each student with two weeks notification.	6-9pm
		Students schedule the Exam before or after this date provided course is complete and assignments along with all make-up work is complete.	