

Holistic Massage & Bodywork Therapist
625-hour Career Program
Class Schedule 2024-25
Class of 2025 (Day Schedule)

<u>Month</u>	<u>Date/Day</u>	<u>Course Title (Class Meeting #)</u>	<u>Time</u>
August	17 Saturday	Massage Introduction - Lymphatic Massage (1)	10am-3pm
	18 Sunday	Massage Introduction - Lymphatic Massage (2)	10am-3pm
	20 Tuesday	Holistic Massage Theory & Practice (1)	9:30-11am
		Ethics (1)	11am-2pm
		Holistic Massage Theory & Practice (2)	3-6:30pm
	22 Thursday	Qi Gong (1)	9:30-10:30am
		Anatomy, Physiology & Pathology (1)	10:30am-2pm
		Holistic Massage Theory & Practice (3)	3-4pm
		Student Success – Orientation	4-5:30pm
	27 Tuesday	Qi Gong (2)	9:30-10:30am
Anatomy, Physiology & Pathology (2)		10:30am-2pm	
Holistic Massage Theory & Practice (4)		3-6:30pm	
29 Thursday	Qi Gong (3)	9:30-10:30am	
	Anatomy, Physiology & Pathology (3)	10:30am-2pm	
	Holistic Massage Theory & Practice (5)	3-6pm	
September	3 Tuesday	Ethics (2)	9:30am-11:30am
		Holistic Communication (1)	12:30-5:30pm
	5 Thursday	Holistic Nutrition Theory (1)	9:30am-12:30pm
		Holistic Communication (2)	1:30-6:30pm
	10 Tuesday	Therapeutic Value of Herbs (1)	9:30am-12:30pm
		Acupressure Massage and Eastern Philosophy (1)	1:30-6:30pm
	12 Thursday	Therapeutic Value of Herbs (2)	9:30am-12:30pm
		Acupressure Massage and Eastern Philosophy (2)	1:30-6:30pm
	14 Saturday	Reiki First Degree (1)	1-6pm
15 Sunday	Reiki First Degree (2)	1-6pm	
17 Tuesday	Advanced Energy Techniques (1)	9:30-11am	
	Anatomy, Physiology & Pathology (4)	11am-2pm	
	Holistic Massage Theory & Practice (6)	3-6:30pm	

September	19 Thursday	Qi Gong (4) Anatomy, Physiology & Pathology (5) Advanced Energy Techniques (2) Holistic Massage Theory & Practice (7)	9:30-10:30am 10:30am-2pm 3-4:30pm 4:30-6pm
	24 Tuesday	Advanced Energy Techniques (3) Anatomy, Physiology & Pathology (6) Holistic Massage Theory & Practice (8)	9:30-11am 11am-2pm 3-6:30pm
	26 Thursday	Qi Gong (5) Anatomy, Physiology & Pathology (7) Advanced Energy Techniques (4) Holistic Massage Theory & Practice (9)	9:30-10:30am 10:30am-2pm 3-4:30pm 4:30-6pm
October	1 Tuesday	Advanced Energy Techniques (5) Anatomy, Physiology & Pathology (8) Holistic Massage Theory & Practice (10)	9:30-11am 11am-2pm 3-6:30pm
	3 Thursday	Qi Gong (6) Anatomy, Physiology & Pathology (9) Holistic Massage Theory & Practice (11)	9:30-10:30am 10:30am-2pm 3-6pm
	8 Tuesday	Advanced Energy Techniques (6) Anatomy, Physiology & Pathology (10) Holistic Massage Theory & Practice (12)	9:30-11am 11am-2pm 3-6:30pm
	10 Thursday	Qi Gong II (1) Advanced Energy Techniques (7) Anatomy, Physiology & Pathology (11) Holistic Massage Theory & Practice (13)	9:30-10:30am 10:30-11:30am 11:30am-2pm 3-6pm
	12 Saturday	Holistic Nutrition Theory (2) Reflexology (1)	9am-12pm 1-6pm
	13 Sunday	Holistic Nutrition – Lab (3) Reflexology (2)	10am-12pm 1-6pm
	15 Tuesday	Ethics (3) Anatomy, Physiology & Pathology (12) Holistic Massage Theory & Practice (14)	9:30-11am 11am-2pm 3-6:30pm
	17 Thursday	Ethics (4) Anatomy, Physiology & Pathology (13) Holistic Massage Theory & Practice (15)	9:30-11am 11am-2pm 3-6pm
	22 Tuesday	Ethics (5) Anatomy, Physiology & Pathology (14) Holistic Nutrition Theory II (1) Holistic Massage Theory & Practice (16)	9:30-11am 11am-1pm 1-2pm 3-6:30pm

October 24 – 28 **Fall Break**

October	29 Tuesday	Holistic Nutrition Theory II (2) Anatomy, Physiology & Pathology (15) Holistic Massage Theory & Practice (17)	9:30-11:30am 11:30am-2pm 3-6 pm
	31 Thursday	Holistic Nutrition Theory II (3) BioMagnetic Therapy and Applied Kinesiology (1)	9:30am-12:30pm 1:30-6:30pm
November	5 Tuesday	Swedish Massage (1) 1 hour lunch break	9:30am-6pm
	7 Thursday	Ethics (6) Anatomy, Physiology & Pathology (16) Holistic Nutrition Theory II (4) Holistic Massage Theory & Practice (18)	9:30-11am 11am-1pm 1-2pm 3-6:30pm
	9 Saturday	Introduction to Ayurvedic Principles (1)	10am-3pm
	12 Tuesday	Swedish Massage (2) 1 hour lunch break	9:30am-6pm
	14 Thursday	Holistic Nutrition Theory II (5) Anatomy, Physiology & Pathology (17)	9:30-11:30am 11:30am-2pm
	19 Tuesday	Swedish Massage (3) 1 hour lunch break	9:30am-6pm
	21 Thursday	Swedish Massage (4) 1 hour lunch break	9:30am-6pm
	25 Monday	Sports Massage, Medical, Orthopedic Foundations (1)	5:30-7pm
	26 Tuesday	Ethics (7) Anatomy, Physiology & Pathology (18) Reflexology II (1) Holistic Massage Theory & Practice (19)	9:30-11am 11am-2pm 3-4:30pm 4:30-6pm
November	27 – December 1	Thanksgiving Break	
December	2 Monday	Sports Massage, Medical, Orthopedic Foundations (2)	5:30-7pm
	3 Tuesday	Qi Gong II (2) Anatomy, Physiology & Pathology (19) Reflexology II (2)	9:30-10:30am 10:30am-1pm 1-2pm
	5 Thursday	Ethics (8) Anatomy, Physiology & Pathology (20) BioMagnetic Therapy & Applied Kinesiology II (1)	9:30-11am 11am-2pm 3-4:30pm
	7 Saturday	Holistic Nutrition Theory II (6) Aromatherapy (1)	11am-12pm 1-6pm
	8 Sunday	Aromatherapy (2)	1-6pm

December	9 Monday	Sports Massage, Medical, Orthopedic Foundations (3)	5:30-7pm
	10 Tuesday	Qi Gong II (3) Ethics (9) Anatomy, Physiology & Pathology (21) Reflexology II (3) Holistic Massage Theory & Practice (20)	9:30-10:30am 10:30-11:30am 11:30am-2pm 3-4:30pm 4:30-6pm
	12 Thursday	Acupressure Massage and Eastern Philosophy II (1) Anatomy, Physiology & Pathology (22) BioMagnetic Therapy & Applied Kinesiology II (2)	9:30-11am 11am-2pm 3-4:30pm
	17 Tuesday	Qi Gong II (4) Acupressure Massage and Eastern Philosophy II (2) Anatomy, Physiology & Pathology (23) Reflexology II (4)	9:30-10:30am 10:30-12pm 12-2pm 3-4:30pm
December 18 – January 1, 2025		Winter Break	
January	2 Thursday	Pathology for Massage and Bodywork (1) BioMagnetic Therapy & Applied Kinesiology II (3) Reflexology II (5)	12-2pm 3-4:30pm 4:30-6:30pm
	6 Monday	Sports Massage, Medical, Orthopedic Foundations (4)	5:30-7pm
	7 Tuesday	Qi Gong II (5) Reflexology II (6) Anatomy, Physiology & Pathology (24)	9:30-10:30am 10:30-11:30am 11:30am-2pm
	9 Thursday	Reflexology II (7) Anatomy, Physiology & Pathology (25) BioMagnetic Therapy & Applied Kinesiology II (4) Pathology for Massage and Bodywork (2)	9:30-10:30am 10:30am-2pm 3-3:30pm 3:30-4:30pm
	11 Saturday	Prenatal Massage – Alternate Client Positioning (1) Lunch Break – 1 hour	9am-6pm
	13 Monday	Sports Massage, Medical, Orthopedic Foundations (5)	5:30-7pm
	14 Tuesday	Qi Gong II (6) Reflexology II (8) Anatomy, Physiology & Pathology (26)	9:30-10:30am 10:30-11:30am 11:30am-2pm
	16 Thursday	Acupressure Massage and Eastern Philosophy II (3) Business and Licensing (1) Anatomy, Physiology & Pathology (27) Prenatal Massage – Alternate Client Positioning (2)	9:30-11am 11am-12pm 12-2pm 3-5pm
	19 Sunday	Hydrotherapy – Introduction to Spa Treatments (1)	10am-3pm

January	20 Monday	Sports Massage, Medical, Orthopedic Foundations (6)	5:30-7pm
	21 Tuesday	Qi Gong II (7) Reflexology II (9) Anatomy, Physiology & Pathology (28) Pathology for Massage and Bodywork (3)	9:30-10:30am 10:30-11:30am 11:30am-2pm 3-4pm
	23 Thursday	Acupressure Massage and Eastern Philosophy II (4) Anatomy, Physiology & Pathology (29) Business and Licensing (2) Prenatal Massage – Alternate Client Positioning (3)	9:30-11am 11am-2pm 3-4pm 4-5pm
	27 Monday	Sports Massage, Medical, Orthopedic Foundations (7)	5:30-7pm
	28 Tuesday	Qi Gong II (8) Acupressure Massage and Eastern Philosophy II (5) Anatomy, Physiology & Pathology (30) Myofascial and Trigger Point Techniques (1)	9:30-10:30am 10:30-11:30am 11:30am-2pm 3-6pm
	30 Thursday	Acupressure Massage and Eastern Philosophy II (6) Anatomy, Physiology & Pathology (31) Business and Licensing (3) Myofascial and Trigger Point Techniques (2)	9:30-10:30am 10:30am-2pm 3-4pm 4-6:30pm
February	3 Monday	Sports Massage, Medical, Orthopedic Foundations (8)	5:30-7pm
	4 Tuesday	Acupressure Massage and Eastern Philosophy II (7) Anatomy, Physiology & Pathology (32) Business and Licensing (4) Prenatal Massage – Alternate Client Positioning (4)	9:30-10:30am 10:30am-2pm 3-4pm 4-5pm
	6 Thursday	Acupressure Massage and Eastern Philosophy II (8) Anatomy, Physiology & Pathology (33) Business and Licensing (5) Prenatal Massage – Alternate Client Positioning (5)	9:30-10:30am 10:30am-2pm 3-4pm 4-5:30pm
	8 Saturday	Thai Massage Introduction – Table Top Techniques (1) Lunch Break – 1 hour	10am-5pm
	10 Monday	Sports Massage, Medical, Orthopedic Foundations (9)	5:30-7pm
	11 Tuesday	Therapeutic Value of Herbs II (1) Anatomy, Physiology & Pathology (34) Business and Licensing (6) Thai Massage Introduction – Table Top Techniques (2)	9:30-10:30am 10:30am-2pm 3-5pm 5-6pm
	13 Thursday	Therapeutic Value of Herbs II (2) Anatomy, Physiology & Pathology (35) Business and Licensing (7) Thai Massage Introduction – Table Top Techniques (3)	9:30-11am 11am-2pm 3-5pm 5-7pm

February	17 Monday	Sports Massage, Medical, Orthopedic Foundations (10)	5:30-7:00pm
February 18 – 23		Late Winter Break	
February	24 Monday	Sports Massage, Medical, Orthopedic Foundations (11)	5:30-7pm
	25 Tuesday	Therapeutic Value of Herbs II (3) Anatomy, Physiology & Pathology (36) Business and Licensing (8) Thai Massage Introduction – Table Top Techniques (4)	9:30-11am 11am-2pm 3-5pm 5-6pm
	27 Thursday	Therapeutic Value of Herbs II (4) Anatomy, Physiology & Pathology (37) Business and Licensing (9) Myofascial and Trigger Point Techniques (3)	9:30-11am 11am-2pm 3-5pm 5-6:30pm
March	3 Monday	Sports Massage, Medical, Orthopedic Foundations (12)	5:30-7pm
	4 Tuesday	Therapeutic Value of Herbs II (5) Anatomy, Physiology & Pathology (38) Business and Licensing (10) Myofascial and Trigger Point Techniques (4)	9:30-10:30am 10:30am-2pm 3-5pm 5-6pm
March 5 – 9		Spring Break	
March	10 Monday	Sports Massage, Medical, Orthopedic Foundations (13)	5:30-7pm
	11 Tuesday	Pathology for Massage and Bodywork (4) Qi Gong II (9) Business and Licensing (11)	9:30am-12:30pm 1:30-2:30pm 2:30-5:30pm
	13 Thursday	Pathology for Massage and Bodywork (5) Qi Gong II (10) Business and Licensing (12)	9:30am-12:30pm 1:30-2:30pm 2:30-4:30pm
	17 Monday	Sports Massage, Medical, Orthopedic Foundations (14)	5:30-7pm
	18 Tuesday	Anatomy, Physiology & Pathology (39) Ethics (10) Myofascial and Trigger Point Techniques (5)	9:30am-1pm 2-4pm 4-6pm
	20 Thursday	Therapeutic Value of Herbs II (6) Ethics (11)	9:30am-1pm 2-5pm
	24 Monday	Sports Massage, Medical, Orthopedic Foundations (15)	5:30-7pm
	25 Tuesday	Pathology for Massage and Bodywork (6) Reflexology II (10)	9:30am-2pm 3-5:30pm

March	27 Thursday	Reflexology II (11) Pathology for Massage and Bodywork (7) Myofascial and Trigger Point Techniques (6 & 7)	10-11am 11am-1pm 2-6pm
	31 Monday	Sports Massage, Medical, Orthopedic Foundations (16)	5:30-7pm
April	1 Tuesday	Pathology for Massage and Bodywork (8) Psychology in the Massage Practice (1) Myofascial and Trigger Point Techniques (8)	9:30-12:30pm 1:30-4pm 4-6pm
	3 Thursday	Pathology for Massage and Bodywork (9) Psychology in the Massage Practice (2) Myofascial and Trigger Point Techniques (9)	9:30am-12:30pm 1:30-4pm 4-6pm
	8 Tuesday	Pathology for Massage and Bodywork (10) Holistic Communication II (1) Myofascial and Trigger Point Techniques (10)	9:30am-12:30pm 1:30-4pm 4-6pm
	10 Thursday	Holistic Communication II (2) Myofascial and Trigger Point Techniques (11) Prenatal Massage – Alternate Client Positioning (6)	9:30am-12pm 12-2pm 3-4:30pm
	15 Tuesday	Pathology for Massage and Bodywork (11) Anatomy, Physiology & Pathology (40)	9:30am-12pm 1-6pm
	17 Thursday	Pathology for Massage and Bodywork (12) Myofascial and Trigger Point Techniques (12)	10am-12pm 1-4pm
	22 Tuesday	Anatomy, Physiology & Pathology (41) Pathology for Massage and Bodywork (13)	9:30am-12pm 1-6pm
	24 Thursday	Anatomy, Physiology & Pathology (42) Pathology for Massage and Bodywork (14)	9:30am-12pm 1-6pm

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 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.

May 2025	1 Thursday	Final Exam-Holistic Massage & Bodywork Therapist Exam is scheduled by each student with a 2 week notice or confirmation. Students schedule the Exam before or after this date provided all program courses, hours, assignments are complete and all make-up work is complete.	10am-1pm
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