

Holistic Massage & Bodywork Therapist

625-hour Career Program

Class Schedule 2017-18

Class of 2018 (Day Schedule)

<u>Month</u>	<u>Date/Day</u>	<u>Course Title (Class Meeting #)</u>	<u>Time</u>
August	12 Saturday	Massage Introduction - Lymphatic Massage (1)	1-6pm
	13 Sunday	Massage Introduction - Lymphatic Massage (2)	1-6pm
	15 Tuesday	Holistic Massage Theory & Practice (1)	9:30-11am
		Ethics (1)	11am-2pm
		Holistic Massage Theory & Practice (2)	3-6:30pm
	17 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
	22 Tuesday	Qi Gong (2)	9:30-10:30am
		Anatomy, Physiology & Pathology (2)	10:30am-2pm
		Holistic Massage Theory & Practice (4)	3-6:30pm
	24 Thursday	Qi Gong (3)	9:30-10:30am
		Anatomy, Physiology & Pathology (3)	10:30am-2pm
		Holistic Massage Theory & Practice (5)	3-6pm
September	26 Saturday	Reiki First Degree (1)	1-6pm
	27 Sunday	Reiki First Degree (2)	1-6pm
	29 Tuesday	Ethics (2)	10am-12pm
		Holistic Communication (1)	1-6pm
	31 Thursday	Holistic Nutrition Theory (1)	9am-12pm
		Holistic Communication (2)	1-6pm
	5 Tuesday	Advanced Energy Techniques (1)	9:30-11am
		Anatomy, Physiology & Pathology (4)	11am-2pm
		Holistic Massage Theory & Practice (6)	3-6:30pm
	7 Thursday	Qi Gong (4)	9:30-10:30am
		Anatomy, Physiology & Pathology (5)	10:30am-2pm
		Advanced Energy Techniques (2)	3-4:30pm
		Holistic Massage Theory & Practice (7)	4:30-6pm
	12 Tuesday	Therapeutic Value of Herbs (1)	9:30am-12:30pm
		Acupressure Massage and Eastern Philosophy (1)	1:30-6:30pm

September	14 Thursday	Advanced Energy Techniques (3) Anatomy, Physiology & Pathology (6) Holistic Massage Theory & Practice (8)	9:30-11am 11am-2pm 3-6:30pm
	19 Tuesday	Therapeutic Value of Herbs (2) Acupressure Massage and Eastern Philosophy (2)	9:30am-12:30pm 1:30-6:30pm
	21 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
	26 Tuesday	Advanced Energy Techniques (5) Anatomy, Physiology & Pathology (8) Holistic Massage Theory & Practice (10)	9:30-11am 11am-2pm 3-6:30pm
	28 Thursday	Qi Gong (6) Anatomy, Physiology & Pathology (9) Holistic Massage Theory & Practice (11)	9:30-10:30am 10:30am-2pm 3-6pm
October	3 Tuesday	Advanced Energy Techniques (6) Anatomy, Physiology & Pathology (10) Holistic Massage Theory & Practice (12)	9:30-11am 11am-2pm 3-6:30pm
	5 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
	10 Tuesday	Ethics (3) Anatomy, Physiology & Pathology (12) Holistic Massage Theory & Practice (14)	9:30-11am 11am-2pm 3-6:30pm
	12 Thursday	Ethics (4) Anatomy, Physiology & Pathology (13) Holistic Massage Theory & Practice (15)	9:30-11am 11am-2pm 3-6pm
	14 Saturday	Holistic Nutrition Theory (2) Reflexology (1)	9am-12pm 1-6pm
	15 Sunday	Holistic Nutrition – Lab (3) Reflexology (2)	10am-12pm 1-6pm
	17 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
	19 Thursday	Holistic Nutrition Theory II (2) Anatomy, Physiology & Pathology (15) Holistic Massage Theory & Practice (17)	9:30-11:30am 11:30am-2pm 3-6 pm

October	21 Saturday	Introduction to Ayurvedic Principles (1)	10am-3pm
	24 Tuesday	Holistic Nutrition Theory II (3) BioMagnetic Therapy and Applied Kinesiology (1)	9:30am-12:30pm 1:30-6:30pm
26 Thursday	Ethics (6)	9:30-11am Anatomy, Physiology & Pathology (16) Holistic Nutrition Theory II (4) Holistic Massage Theory & Practice (18)	11am-1pm 1-2pm 3-6:30pm
October 27 –31 Fall Break			
November	2 Thursday	Swedish Massage (1) 1 hour lunch break	9:30am-6pm
	7 Tuesday	Swedish Massage (2) 1 hour lunch break	9:30am-6pm
	9 Thursday	Holistic Nutrition Theory II (5) Anatomy, Physiology & Pathology (17) Sports Massage, Medical, Orthopedic Foundations (1)	9:30-11:30am 11:30am-2pm 3-6 pm
	14 Tuesday	Swedish Massage (3) 1 hour lunch break	9:30am-6pm
	16 Thursday	Swedish Massage (4) 1 hour lunch break	9:30am-6pm
	20 Monday	Sports Massage, Medical, Orthopedic Foundations (2)	5:30-7pm
	21 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 23 –26		Thanksgiving Break	
November	27 Monday	Sports Massage, Medical, Orthopedic Foundations (3)	5:30-7pm
	30 Thursday	Chair Massage	10am-5pm
December	2 Saturday	Holistic Nutrition Theory II (6) Aromatherapy (1)	11am-12pm 1-6pm
	3 Sunday	Aromatherapy (2)	1-6pm
	4 Monday	Sports Massage, Medical, Orthopedic Foundations (4)	5:30-7pm
	5 Tuesday	Qi Gong II (2) Anatomy, Physiology & Pathology (19) Reflexology II (2)	9:30-10:30am 10:30am-1pm 1-2pm
	7 Thursday	Ethics (8) Anatomy, Physiology & Pathology (20) BioMagnetic Therapy & Applied Kinesiology II (1)	9:30-11am 11am-2pm 3-4:30pm

December	11 Monday	Sports Massage, Medical, Orthopedic Foundations (5)	5:30-7pm
	12 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
December	14 – January 2, 2017	Winter Break	
January	2 Tuesday	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
	4 Thursday	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
	8 Monday	Sports Massage, Medical, Orthopedic Foundations (6)	5:30-7pm
	9 Tuesday	Pathology for Massage and Bodywork (1) BioMagnetic Therapy & Applied Kinesiology II (3) Reflexology II (5)	12-2pm 3-4:30pm 4:30-6:30pm
	11 Thursday	Qi Gong II (5) Reflexology II (6) Anatomy, Physiology & Pathology (24)	9:30-10:30am 10:30-11:30am 11:30am-2pm
	15 Monday	Sports Massage, Medical, Orthopedic Foundations (7)	5:30-7:30pm
	16 Tuesday	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
	18 Thursday	Qi Gong II (6) Reflexology II (8) Anatomy, Physiology & Pathology (26)	9:30-10:30am 10:30-11:30am 11:30am-2pm
	20 Saturday	Prenatal Massage – Alternate Client Positioning (1) Lunch Break – 1 hour	9am-6pm
	22 Monday	Sports Massage, Medical, Orthopedic Foundations (8)	5:30-7:30pm
	23 Tuesday	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 4-6pm

January	25 Thursday	Qi Gong II (7) Reflexology II (9) Anatomy, Physiology & Pathology (28)	9:30-10:30am 10:30-11:30am 11:30am-2pm
	29 Monday	Sports Massage, Medical, Orthopedic Foundations (9)	5:30-7:30pm
	30 Tuesday	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
February	1 Thursday	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
	3 Saturday	Hydrotherapy – Introduction to Spa Treatments (1)	1-6pm
	5 Monday	Sports Massage, Medical, Orthopedic Foundations (10)	5:30-7:30pm
	6 Tuesday	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
	8 Thursday	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
	10 Saturday	Thai Massage Introduction – Table Top Techniques (1) Lunch Break – 1 hour	10am-5pm
	12 Monday	Sports Massage, Medical, Orthopedic Foundations (11)	5:30-7:30pm
	13 Tuesday	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
	15 Thursday	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
	19 Monday	Sports Massage, Medical, Orthopedic Foundations (12)	5:30-7pm
	20 Tuesday	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	22 Thursday	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
	26 Monday	Sports Massage, Medical, Orthopedic Foundations (13)	5:30-7:30pm
	27 Tuesday	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	1 Thursday	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
	5 Monday	Sports Massage, Medical, Orthopedic Foundations (14)	5:30-7pm
	6 Tuesday	Pathology for Massage and Bodywork (4) Qi Gong II (9) Business and Licensing (11)	9:30am-12:30pm 1:30-2:30pm 3:30-6:30pm
March 8 – 14		Spring Break	
March	15 Thursday	Pathology for Massage and Bodywork (5) Qi Gong II (10) Business and Licensing (12)	9:30am-12:30pm 1:30-2:30pm 3:30-5:30pm
	20 Tuesday	Anatomy, Physiology & Pathology (39) Ethics (10) Myofascial and Trigger Point Techniques (5)	9:30am-1pm 2-4pm 4-6pm
	22 Thursday	Therapeutic Value of Herbs II (6) Pathology for Massage and Bodywork (3) Ethics (11)	9:30am-1pm 1-2pm 3-6pm
	27 Tuesday	Pathology for Massage and Bodywork (6) Reflexology II (10)	9:30am-2pm 3-5:30pm
	29 Thursday	Reflexology II (11) Pathology for Massage and Bodywork (7) Myofascial and Trigger Point Techniques (6 & 7)	10-11am 11am-1pm 2-6pm
April	3 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
	5 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

April	10 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
	12 Thursday	Holistic Communication II (2) Myofascial and Trigger Point Techniques (11) Prenatal Massage – Alternate Client Positioning (5)	9:30am-12pm 12-2pm 3-4:30pm
	17 Tuesday	Pathology for Massage and Bodywork (11) Anatomy, Physiology & Pathology (40)	9:30am-12pm 1-6pm
	21 Thursday	Pathology for Massage and Bodywork (12) Myofascial and Trigger Point Techniques (12)	10am-12pm 1-4pm
	24 Tuesday	Anatomy, Physiology & Pathology (41) Pathology for Massage and Bodywork (13)	9:30am-12pm 1-6pm
	26 Thursday	Chair Massage	10am-5pm
May	1 Tuesday	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 2017	4 Thursday	Final Exam-Holistic Massage & Bodywork Therapist Exam is scheduled by each student. Students schedule the Exam before or after this date provided course is complete and all make-up work is complete.	10am-1pm
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