

Holistic Massage & Bodywork Therapist

625-hour Career Program

Class Schedule 2023-23

Class of 2024 (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)	10am-3pm
	13 Sunday	Massage Introduction - Lymphatic Massage (2)	10am-3pm
	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
September	24 Thursday	Qi Gong (3)	9:30-10:30am
		Anatomy, Physiology & Pathology (3)	10:30am-2pm
		Holistic Massage Theory & Practice (5)	3-6pm
	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	Therapeutic Value of Herbs (1)	9:30am-12:30pm
		Acupressure Massage and Eastern Philosophy (1)	1:30-6:30pm
	7 Thursday	Therapeutic Value of Herbs (2)	9:30am-12:30pm
		Acupressure Massage and Eastern Philosophy (2)	1:30-6:30pm
	9 Saturday	Reiki First Degree (1)	1-6pm
	10 Sunday	Reiki First Degree (2)	1-6pm
	12 Tuesday	Advanced Energy Techniques (1)	9:30-11am
		Anatomy, Physiology & Pathology (4)	11am-2pm
		Holistic Massage Theory & Practice (6)	3-6:30pm

September	14 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
	19 Tuesday	Advanced Energy Techniques (3) Anatomy, Physiology & Pathology (6) Holistic Massage Theory & Practice (8)	9:30-11am 11am-2pm 3-6:30pm
	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
	7 Saturday	Holistic Nutrition Theory (2) Reflexology (1)	9am-12pm 1-6pm
	8 Sunday	Holistic Nutrition – Lab (3) Reflexology (2)	10am-12pm 1-6pm
	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
	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

October 19 – 23 **Fall Break**

October	24 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
	26 Thursday	Holistic Nutrition Theory II (3) BioMagnetic Therapy and Applied Kinesiology (1)	9:30am-12:30pm 1:30-6:30pm
	28 Saturday	Introduction to Ayurvedic Principles (1)	10am-3pm
	31 Tuesday	Swedish Massage (1) 1 hour lunch break	9:30am-6pm
November	2 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
	7 Tuesday	Swedish Massage (2) 1 hour lunch break	9:30am-6pm
	9 Thursday	Holistic Nutrition Theory II (5) Anatomy, Physiology & Pathology (17)	9:30-11:30am 11:30am-2pm
	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 (1)	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	22 – November 26	Thanksgiving Break	
November	27 Monday	Sports Massage, Medical, Orthopedic Foundations (2)	5:30-7pm
	28 Tuesday	Qi Gong II (2) Anatomy, Physiology & Pathology (19) Reflexology II (2)	9:30-10:30am 10:30am-1pm 1-2pm
	30 Thursday	Ethics (8) Anatomy, Physiology & Pathology (20) BioMagnetic Therapy & Applied Kinesiology II (1)	9:30-11am 11am-2pm 3-4:30pm
December	4 Monday	Sports Massage, Medical, Orthopedic Foundations (3)	5:30-7pm

December	5 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
	7 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
	9 Saturday	Holistic Nutrition Theory II (6) Aromatherapy (1)	11am-12pm 1-6pm
	10 Sunday	Aromatherapy (2)	1-6pm
	11 Monday	Sports Massage, Medical, Orthopedic Foundations (4)	5:30-7pm
	12 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
	14 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
	December 15 – January 1, 2022 Winter Break		
January	2 Tuesday	Qi Gong II (5) Reflexology II (6) Anatomy, Physiology & Pathology (24)	9:30-10:30am 10:30-11:30am 11:30am-2pm
	4 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
	6 Saturday	Prenatal Massage – Alternate Client Positioning (1) Lunch Break – 1 hour	9am-6pm
	8 Monday	Sports Massage, Medical, Orthopedic Foundations (5)	5:30-7pm
	9 Tuesday	Qi Gong II (6) Reflexology II (8) Anatomy, Physiology & Pathology (26)	9:30-10:30am 10:30-11:30am 11:30am-2pm
	11 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

January	15 Monday	Sports Massage, Medical, Orthopedic Foundations (6)	5:30-7pm
	16 Tuesday	Qi Gong II (7)	9:30-10:30am
		Reflexology II (9)	10:30-11:30am
		Anatomy, Physiology & Pathology (28)	11:30am-2pm
		Pathology for Massage and Bodywork (3)	3-4pm
	18 Thursday	Acupressure Massage and Eastern Philosophy II (4)	9:30-11am
		Anatomy, Physiology & Pathology (29)	11am-2pm
		Business and Licensing (2)	3-4pm
		Prenatal Massage – Alternate Client Positioning (3)	4-5pm
	21 Sunday	Hydrotherapy – Introduction to Spa Treatments (1)	10am-3pm
22 Monday	Sports Massage, Medical, Orthopedic Foundations (7)	5:30-7pm	
	23 Tuesday	Qi Gong II (8)	9:30-10:30am
		Acupressure Massage and Eastern Philosophy II (5)	10:30-11:30am
		Anatomy, Physiology & Pathology (30)	11:30am-2pm
		Myofascial and Trigger Point Techniques (1)	3-6pm
	25 Thursday	Acupressure Massage and Eastern Philosophy II (6)	9:30-10:30am
		Anatomy, Physiology & Pathology (31)	10:30am-2pm
		Business and Licensing (3)	3-4pm
		Myofascial and Trigger Point Techniques (2)	4-6:30pm
	29 Monday	Sports Massage, Medical, Orthopedic Foundations (8)	5:30-7pm
	30 Tuesday	Acupressure Massage and Eastern Philosophy II (7)	9:30-10:30am
Anatomy, Physiology & Pathology (32)		10:30am-2pm	
Business and Licensing (4)		3-4pm	
Prenatal Massage – Alternate Client Positioning (4)		4-5pm	
February	1 Thursday	Acupressure Massage and Eastern Philosophy II (8)	9:30-10:30am
		Anatomy, Physiology & Pathology (33)	10:30am-2pm
		Business and Licensing (5)	3-4pm
		Prenatal Massage – Alternate Client Positioning (5)	4-5:30pm
	3 Saturday	Thai Massage Introduction – Table Top Techniques (1)	10am-5pm
		Lunch Break – 1 hour	
	5 Monday	Sports Massage, Medical, Orthopedic Foundations (9)	5:30-7pm
	6 Tuesday	Therapeutic Value of Herbs II (1)	9:30-10:30am
		Anatomy, Physiology & Pathology (34)	10:30am-2pm
		Business and Licensing (6)	3-5pm
		Thai Massage Introduction – Table Top Techniques (2)	5-6pm

February	8 Thursday	Therapeutic Value of Herbs II (2)	9:30-11am
		Anatomy, Physiology & Pathology (35)	11am-2pm
		Business and Licensing (7)	3-5pm
		Thai Massage Introduction – Table Top Techniques (3)	5-7pm
	12 Monday	Sports Massage, Medical, Orthopedic Foundations (10)	5:30-7pm
February 13 – 18		Late Winter Break	
February	19 Monday	Sports Massage, Medical, Orthopedic Foundations (11)	5:30-7:30pm
		Therapeutic Value of Herbs II (3)	9:30-11am
		Anatomy, Physiology & Pathology (36)	11am-2pm
		Business and Licensing (8)	3-5pm
	20 Tuesday	Thai Massage Introduction – Table Top Techniques (4)	5-6pm
	22 Thursday	Therapeutic Value of Herbs II (4)	9:30-11am
		Anatomy, Physiology & Pathology (37)	11am-2pm
		Business and Licensing (9)	3-5pm
		Myofascial and Trigger Point Techniques (3)	5-6:30pm
	26 Monday	Sports Massage, Medical, Orthopedic Foundations (12)	5:30-7pm
	27 Tuesday	Therapeutic Value of Herbs II (5)	9:30-10:30am
		Anatomy, Physiology & Pathology (38)	10:30am-2pm
		Business and Licensing (10)	3-5pm
		Myofascial and Trigger Point Techniques (4)	5-6pm
	29 Thursday	Pathology for Massage and Bodywork (4)	9:30am-12:30pm
		Qi Gong II (9)	1:30-2:30pm
		Business and Licensing (11)	2:30-5:30pm
	4 Monday	Sports Massage, Medical, Orthopedic Foundations (13)	5:30-7pm
	5 Tuesday	Pathology for Massage and Bodywork (5)	9:30am-12:30pm
		Qi Gong II (10)	1:30-2:30pm
		Business and Licensing (12)	2:30-4:30pm
March 6 – 10		Spring Break	
March	11 Monday	Sports Massage, Medical, Orthopedic Foundations (14)	5:30-7pm
		Anatomy, Physiology & Pathology (39)	9:30am-1pm
		Ethics (10)	2-4pm
		Myofascial and Trigger Point Techniques (5)	4-6pm
	14 Thursday	Therapeutic Value of Herbs II (6)	9:30am-1pm
		Ethics (11)	2-5pm

March	18 Monday	Sports Massage, Medical, Orthopedic Foundations (15)	5:30-7pm
	19 Tuesday	Pathology for Massage and Bodywork (6)	9:30am-2pm
		Reflexology II (10)	3-5:30pm
	25 Monday	Sports Massage, Medical, Orthopedic Foundations (16)	5:30-7pm
	21 Thursday	Reflexology II (11)	10-11am
		Pathology for Massage and Bodywork (7)	11am-1pm
		Myofascial and Trigger Point Techniques (6 & 7)	2-6pm
	26 Tuesday	Pathology for Massage and Bodywork (8)	9:30-12:30pm
		Psychology in the Massage Practice (1)	1:30-4pm
		Myofascial and Trigger Point Techniques (8)	4-6pm
	28 Thursday	Pathology for Massage and Bodywork (9)	9:30am-12:30pm
		Psychology in the Massage Practice (2)	1:30-4pm
		Myofascial and Trigger Point Techniques (9)	4-6pm
April	1 Monday	Sports Massage, Medical, Orthopedic Foundations (17)	5:30-7pm
	2 Tuesday	Pathology for Massage and Bodywork (10)	9:30am-12:30pm
		Holistic Communication II (1)	1:30-4pm
		Myofascial and Trigger Point Techniques (10)	4-6pm
	4 Thursday	Holistic Communication II (2)	9:30am-12pm
		Myofascial and Trigger Point Techniques (11)	12-2pm
		Prenatal Massage – Alternate Client Positioning (6)	3-4:30pm
	9 Tuesday	Pathology for Massage and Bodywork (11)	9:30am-12pm
		Anatomy, Physiology & Pathology (40)	1-6pm
	11 Thursday	Pathology for Massage and Bodywork (12)	10am-12pm
		Myofascial and Trigger Point Techniques (12)	1-4pm
	16 Tuesday	Anatomy, Physiology & Pathology (41)	9:30am-12pm
		Pathology for Massage and Bodywork (13)	1-6pm
	18 Thursday	Anatomy, Physiology & Pathology (42)	9:30am-12pm
		Pathology for Massage and Bodywork (14)	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.

April 2024	25 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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