



424 F Street #B
Davis, CA 95616
PO Box 518
Davis, CA 95617

MASSAGE THERAPY INSTITUTE

CLASS SCHEDULE

through December 2012

These classes may be taken as continuing education or as part of our 250- and 500- hour programs.

FEBRUARY 2012

(all classes held at 424 F St. #B Davis, 95616)

MASSAGE FOR SENIORS (12 hrs) Mondays, February 6 & 13 (9 am – 4pm). This class teaches massage techniques to help improve or maintain the state of health of older persons suffering from specific age related impairments which respond to soft tissue manipulation. These include poor blood circulation, arthritis, or joint and muscle stiffness due to Parkinson's Disease, and paralysis due to stroke. Benefits and contraindications will be taught. This class may be taught in eight hour blocks. Teaching is by lecture, demonstration and supervised practice sessions. **Prerequisite:** 100 hrs of massage training or with Instructor's permission. **Instructor:** Emily Bay **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160. **NOTE:CLASS POSTPONED**

CHAIR MASSAGE (6 hrs) Tue, Feb 7 (9 am – 4:00 pm). Seated Massage is a wonderful addition to your massage expertise and resume!.Learn the bio-mechanics of working on a massage chair or any other seated instrument to maximize client relaxation and minimize the stress on your body. Instruction includes demonstration and practice of ten and fifteen minute sequences and how to market yourself as a chair massage professional. Enjoy the benefits of being able to give an effective and truly "portable" massage to your friends, family, clients and prospective employers. **Prerequisite:** None. **Instructor:** Lucy Rush **Cost:** \$90 **Prepay:** 2-Wk \$85, 4-Wk \$80.

MASSAGE THERAPIST PROGRAM (MASSAGE FUNDAMENTALS) (100 hr) (Weekends) Fri (eve) (6:15 pm - 10 pm), Sat & Sun ((9 am – 6 pm) Feb 10 (eve) 11, 12, 17 (eve), 18, 19, 24 (eve), 25 & 26 Mar 2 (eve), 3, 4, 10 & 11. Instructors: Keesha Standley Tim Holt, Brad Wathen. **Total Cost:** \$1,025.

PHARMACOLOGY FOR MASSAGE THERAPISTS (6 hrs). Fri, Feb 17 (9 am – 4 pm). The student will learn about most commonly prescribed and over-the-counter pharmacological medications. Each physiological system of the body will be discussed, along with the corresponding medication used to treat the dysfunction. Students will learn how to complete a pharmacological assessment to assure client safety, and use of appropriate massage techniques. The discussions will include: how to research medications, assess the medications, implications on massage, medication interaction, contraindications, side effects, and how the medication produces its effects on the body. Special attention will be focused on pain control, antidepressants, and anti-anxiety medications (as these are some of the most commonly prescribed) and their side effects can greatly alter your approach to massage. **Prerequisite:** None. **Instructor:** Emily Bay **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

CRANIAL SACRAL BALANCING – UNWINDING (24 hrs) Tue, Wed & Thu, Feb 21, 22 & 23 (9am – 6pm) This class takes the gentle hands-on skills you have learned in Cranial Sacral Balancing I and applies them to work with regions of the body that hold stress and injury. This is useful, for example, in working with the kinds of musculoskeletal injuries you will encounter frequently as a massage therapist. We work in a non-forcing way with the body's natural intelligence and self-correcting mechanisms. Major topics of the workshop are: unwinding legs and feet, arms and hands, head and neck; releasing held energy from the body; understanding the potential for working with trauma. **Prerequisite:** Cranial Sacral Balancing 1. **Instructor:** Jim Gilkeson. **Cost:** \$330 **Prepay:** 2-Wk: \$320, 4-Wk: \$310.

ADULT CPR (4 hrs) Wed, Feb 29 (6 pm- 10 pm). Participants learn to prevent, prepare for, and respond to emergencies. Plus learn and practice Adult CPR, rescue breathing, and choking rescue. Students will receive an Adult CPR Card upon successful completion of the course. This class is required for students taking the 500-Hour certification program. You may take this class at MTI as part of the 500-Hour program or at an outside facility. **Prerequisite:** None. **Guest Instructor:** Anne Wilson **Cost:** \$40 plus (\$22 materials fee)

INSURANCE BILLING (3 hrs) Wed, Feb 29 (9 am – 12 pm). Medical massage is a rapidly growing industry. If you already have the training and experience for this facet of massage but are unsure of how to do the billing, then this class is for you! This class will give you all the necessary tools to bill for Workers' Compensation, Auto Insurance and Health Insurance. This is not a technique class. **Prerequisite:** None. **Instructor:** Emily Bay **Cost** \$55 **3-Wk Prepay** \$50

MARCH 2012**(all classes held at 424 F St. #B Davis, 95616)**

MEDICAL MASSAGE – LOW BACK PAIN (8 hrs) Mon, Mar 5 (9 am – 6 pm). Anatomy of the lower back will be reviewed and we will learn application of orthopedic medical evaluation tests for nerve involvement as well as technique. Be as effective as possible for clients with low back pain. . **Prerequisite:** 100 hrs of massage training. **Instructor:** Marty Morales **Cost:** \$120 **Prepay:** 2-Wk \$115, 4-Wk \$110

MEDICAL MASSAGE – SPRAINED ANKLE & KNEE (8 hrs) Tue, Mar 6 (9 am – 6 pm). Anatomy of the knee/lower leg/ankle will be reviewed and we will learn application of orthopedic medical evaluation tests as well as technique. **Prerequisite:** 100 hrs of massage training. **Instructor:** Marty Morales **Cost:** \$120 **Prepay:** 2-Wk \$115, 4-Wk \$110

MEDICAL MASSAGE – THORACIC OUTLET + RIBS (8 hrs) Wed, Mar 7 (9 am – 6 pm). Anatomy of the shoulder and neck will be reviewed. Learn application of orthopedic medical evaluation tests for Thoracic outlet as well as technique. **Prerequisite:** 100 hrs of massage training **Instructor:** Marty Morales **COST \$120 Prepay:** 2-Wk \$115, 4-Wk \$110

MEDICAL MASSAGE – WHIPLASH AND NECK WORK (8 hrs) Thu, Mar 8 (9 am – 6 pm). This class explores the mechanics of whiplash, the anatomy of the neck/upper back and how massage can effectively address the signs and symptoms of “whiplash.” You will learn orthopedic tests for nerve involvement, RPM testing for specific muscles, and application and integration of several modalities in the treatment of this condition. **Prerequisite:** 100 hrs of massage training **Instructor:** Marty Morales **Cost:** \$120 **Prepay:** 2-Wk \$115, 4-Wk \$110

BODY MECHANICS FOR OPTIMAL BODYWORK (8 hrs) Fri. Mar 9 (9 am – 6 pm). Know the smart way to use your body in order to produce safe, effective, and efficient bodywork. This workshop will: Cover the principles required for effective massage and bodywork; Demonstrate applications of the principles on all major body parts; Allow the student to practice in class under direct supervision; Include tips on self-care in and outside your massage practice. **Prerequisite:** None **Instructor:** Marty Morales **Cost:** \$120 **Prepay:** 2-Wk \$115, 4-Wk \$110.

REIKI I (8 hrs) Mon, Mar 12 (9am – 6pm). This workshop will introduce students to Reiki (pronounced “Ray-Key”) and the human energy system. Reiki is a universal life energy that can be used to balance the chakras and smooth the aura. Learn about this unique energy, see how to channel and focus this energy for healing on many different levels for yourself and your clients. Receive the first level attunement allowing you to channel the Reiki energy. Explore the history and uses of Reiki in the East and West. Learn to balance the chakras using this energy. Explore the Mind-Body connections as they relate to Reiki. **Prerequisite:** None. **Instructor:** Ellen Asherah **Cost:** \$120. **Prepay:** 2-Wk \$115, 4-Wk \$110.

MASSAGE THERAPIST PROGRAM (100 hr) Day Program. Tue, Wed & Thu (9 am – 6:00 pm), March 13 through April 5. Instructors: Keesha Standley, Tim Holt, Brad Wathen, Emily Bay. **Total Cost:** \$1,025.

ACUPRESSURE REFLEXOLOGY- Energies of the Feet, Hands, and Ears (24 hrs) Friday, Saturday & Sunday, March 16, 17 & 18 (9 am – 6 pm) Your entire body can be mapped in your ear, hand and foot. Working with these areas is a powerful way to assess energy flow and to stimulate the body’s ability to heal. The class explores a variety of techniques from traditional Chinese massage with an emphasis on keeping the practitioner’s hands healthy. The course includes meridian, reflex, and acu-point location and contributes to the student’s understanding of assessment. **Prerequisite:** None. **Instructor:** Kathleen Davis. **Cost:** \$330 **Prepay:** 2-Wk: \$320, 4-Wk: \$310

ACUPRESSURE FOR THE CHAKRAS (8 hrs) Monday, March 19 (9 am – 6 pm) Energetic touch to bring balance to the Wheels of Life Force along centerline. Each chakra relates to a particular aspect of our development. Learn to recognize the feel of balanced mobility in the chakras and ways to work with them to increase overall vitality. \$11 text required. **Prerequisite:** None. **Instructor:** Kathleen Davis. **Cost:** \$120 **Prepay:** 2-Wk \$115, 4-Wk \$110

NEUROMUSCULAR THERAPY-VISCERAL MASSAGE (16 hrs) Saturday & Sunday, March 24 & 25 (9 am – 6 pm) The internal organs or viscera have great impact on the function of the muscles. Trigger points can fire from muscle to muscle, muscle to organ, or organ to organ, organ to muscle. When we work on the muscles and the problems keep coming back, perhaps it is due to trigger points firing from organs to muscles. Learn how to recognize this phenomenon, and how to work the organs to relieve the spiral of dysfunction. Breaking the cycle of repeating symptoms will help them regain health and wellness. This is a Neuromuscular Therapy class. **Prerequisite:** Recommend 40 hrs of neuromuscular classes or with instructor’s permission. **Instructor:** Venice Sullivan **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205

ANATOMY & KINESIOLOGY (25 hrs) (21 in class + 4 lab/homework) Mon, Mar 26, Fri, March 30 & Mon, April 2 (9 am – 5 pm). This class will focus on muscle and bone anatomy as it relates to movement of the human body. Freedom of musculoskeletal movement is essential for optimal health. Injury, chronic movement patterns and inactivity are just a few causes of musculoskeletal dysfunction. We will examine the primary/secondary movers of the body in activities of daily living, work and sports related movement patterns. Knowledge of insertion/origins and primary/secondary actions of muscles will aid us in the assessment of restrictions within the musculoskeletal system. Not knowing what muscles cause what movements

OR where these muscles are located within the body, puts us at a disadvantage when working with clients to gain optimal movement patterns.

Prerequisite: None. **Instructor:** Steve DeHart **Cost:** \$340 **Prepay:** 2-Wk \$330, 4-Wk \$320.

LYMPHATIC MASSAGE (20 hrs) Fri, March 30 (eve) (6 pm – 10 pm) Sat & Sun, Mar 31 & April 1 (9 am – 6 pm) In this class you will learn how to palpate and effectively stimulate the lymphatic system with a light touch. The techniques shown will help you to individualize your clients' sessions to address areas of edema and scar tissue as well as give support to detoxification and decongestion goals. Lymphatic massage is especially useful when applied to general respiratory conditions, abdominal discomforts, sprains and post-operative recovery. This class includes foundation al theory, hands-on practice of lymphatic techniques, the opportunity to integrate the techniques into your signature massage and a discussion of how to apply your new skills in specific postoperative situations, including cosmetic surgery. **Prerequisite:** 100 hrs of massage. **Instructor:** Lucy Rush **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260

APRIL 2012

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ANATOMY AND PHYSIOLOGY FOR BODYWORKERS (50 hrs) (32 in class hrs – 18 lab hrs). Mon, Tues, Wed & Thu, Apr 9, 10, 11 & 12 (9 am – 6 pm). This class is an in depth study of the organ systems of the body and their specific functions. The class will help you learn to "see" into the body and be more effective as a therapeutic practitioner. This class is taught system by system and covers the chemical and structural process of the body and the physiological effects of your massage strokes. Your understanding of the functioning of the human body will be enhanced and it is an important class for message therapists looking to take the National Certification Exam. **This is a lecture class. Prerequisite:** None. **Instructor:** Angel Stork **Cost:** \$475 **Prepay:** 2-Wk \$450, 4-Wk \$425.

NEUROMUSCULAR THERAPY -CRANIAL DECOMPRESSION (16 hrs) Saturday & Sunday, April 14 & 15 (9 am – 6 pm) Learn effective techniques to normalize the soft-tissue components of structural imbalances in the cranium. Analyze cranial distortions that cause structural changes down the entire body. Look at scoliosis as an adaptation process designed by the body to maintain structural balance. This class examines soft-tissue causes of scoliotic patterns, how torsion and structural imbalances in the cranium, jaw, shoulders, pelvis and feet contribute to these patterns. This is a Neuromuscular Therapy class. **Prerequisite:** recommended 40 hrs of neuromuscular classes or with instructor's permission. **Instructor:** Venice Sullivan **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205

REIKI 2 (8 hrs) Mon, Apr 16 (9 am – 6 pm). This workshop will continue the learning from the Reiki 1 class and will include distance healing, mental and emotional healing. We'll have a deeper discussion of the human energy field and how it relates to disease. We'll take a closer look at judgments and limiting beliefs and learn how to reframe them for ourselves and our clients. We will continue our exploration of sound, vibration, intent and entrainment with an expanded Reiki toning circle. Students will be attuned to two additional symbols and mantras. Please bring set of sheets and some crayons or colored markers. **Prerequisite:** Reiki I. **Instructor:** Ellen Aherah **Cost:** \$120. **Prepay:** 2-Wk \$115, 4-Wk \$110.

DEEP TISSUE MASSAGE – Advanced Access (12 hrs) Wed & Thurs, April 18 & 19 (9 am – 4 pm). This workshop will focus on deep tissue massage methods in the side lying position. There are many clients who are unable to lie in the prone or supine position due to chronic lumbar pain, pregnancy, respiratory problems, or chronic sinus congestion. The easy access to deeper musculature which the side lying position affords also makes this position a first choice for orthopedic massage and sports massage. Having confidence working with this position is essential for more therapeutic bodywork. We will teach proper bolstering and draping. We will teach massage techniques for the neck, shoulder, lumbar region, and the extremities. Some of these will be with oil/lotion and some will be dry techniques. **Prerequisite:** 100 hrs of massage training. **Instructor:** Tim Holt **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

ACUPRESSURE-TUI NA (30 hrs) Friday, Saturday, Sunday & Monday, April 20, 21, 22, & 23 (9 am – 5:30 pm) Learn the ancient art of Chinese meridian massage. This is an active style that includes moving muscles, joints, and bones. Excellent for adding to your sports massage and increasingly popular in spas. Tui Na is an adaptable style, appropriate for a full range of clients. You will learn the pathways of Chi and a variety of hand movements (sho fa) with which to work the meridians. Additionally, we will work through a full session pattern allowing ample time to get comfortable with the techniques. **Prerequisite:** None. **Instructor:** Kathleen Davis. **Cost:** \$430 **Prepay:** 2-Wk \$420, 4-Wk \$410

HOT STONE MASSAGE (20 hrs) Tues & Wed April 24, 25 (10 am – 6 pm) & Thu 26 (10 am – 5 pm) Stone Massage is becoming increasingly popular in spas and resorts, as well as in private practice. It provides the deep therapeutic benefits of heat therapy. It is an excellent modality for work with injury recovery as well as offering deeper stress-relieving benefits. Stone Massage provides a rest for the therapist's hands while delivering the full benefits of deeper massage to the client with minimal discomfort. This class will cover methods of heating, using and caring for your stones. Contraindications, benefits will be taught. Take your relaxation massage to a new level; utilize the therapeutic benefits of heat and save your hands. Please bring a large bath towel, 2 handtowels & a set of twin size sheets. **Prerequisite:** 100 hrs of massage training. **Instructor:** Lea Wildflower **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

NEUROMUSCULAR THERAPY – TMJ (16 hrs) Sat & Sun April 28, 29 (9 am – 6 pm). Location to be announced. Learn to unravel TMJ problems. Understand the correlation between TMJ and the pelvis. Learn to identify and to palpate all muscles affecting TMJ, and how to address TMJ pain. **Prerequisite:** 40 hrs Neuromuscular Therapy and with instructor's permission. **Instructor:** Venice Sullivan **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

BOWEN THERAPY (22 hrs) Fri, April 27 (9 am – 6 pm), Sat, April 28 (9 am – 6 pm), and Sun, April 29 (9 am – 3 pm). The beginning seminar in Bowen Therapy teaches the widely popular Australian Techniques. Over the Three-Day period, the Basic Bowen moves are presented in a hands-on

atmosphere where students participation is encouraged. Emphasis is placed on reading the body, and learning how Bowen's philosophy is individualized to each client. Students receive a manual written by Bowen Therapy Training, Inc., and a 22 - hour merit diploma is awarded at the end of the class. This is a prerequisite for certification and Advanced Bowen Therapy Training Seminars. **Instructor:** Peter Fuller **Cost:** \$750

MAY 2012

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SHIATSU (30 hrs) Weds & Thurs, Sep 2, 3, 9 & 10 (9 am –5:30 pm). Shiatsu is a unique Japanese hands-on method of preventive health care and therapy that increases vitality, relieves fatigue, and stimulates the body's natural healing power by pressure applied to key points on the body. Shiatsu literally translates as finger pressure. It has its history in the traditional healing arts of China. It combines the use of acupressure points with stretches and mobilizations. In addition it offers the warmth of a caring touch. This is particularly important now when medical care has become so highly technical and specialized and when our hectic urban lives have so many sources of stress, all of which take a toll on our bodies and minds. In class, you will: Learn and demonstrate proficiency of a 60-minute Shiatsu treatment, learn the names and locations of the 12 major meridians learn the location and therapeutic application of 25 tsubo (acupressure points). **This technique is done on floor mat. What you need to bring:** A large sheet or blanket and a pillow, note-taking materials, and comfortable loose clothing. **Prerequisite:** None. **Instructor:** Tim Holt **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

FIVE-ELEMENT ACUPRESSURE-Assessment and Application (30 hrs) Friday, Saturday, Sunday & Monday, May 4, 5, 6, & 7 (9 am – 5:30 pm) Refine your assessment skills and expand your understanding of acupressure meridians and their ability to bring vitality, joy and health. The Five Element approach to acupressure allows you to create powerful sessions through which you can help your clients to harmonize imbalances in their health and energy. As you learn the associations of each element and how the elements interrelate, you will begin to see patterns that can help your clients understand how their choices are influencing their meridian flow and their sense of well-being. In class we will look at how color, smell, posture, voice and attitude reflect the balance of a person's elements. We will learn 12 points that help with assessment of the meridian balance and palpate meridian pathways to sense which textures reflect the elements in stress. \$11 text required (please pay instructor). **Prerequisite:** None. **Instructor:** Kathleen Davis. **Cost:** \$430 **Prepay:** 2-Wk \$420, 4-Wk \$410.

MASSAGE THERAPIST PROGRAM (100 hr) Evening Program. Mon, Tue & Wed (6:15 pm – 10:00 pm), May 7 through June 27. Instructors: Keesha Standley, Tim Holt, Brad Wathen, Emily Bay. **Total Cost:** \$1,025.

MASSAGE FOR PEOPLE LIVING WITH CANCER© (24 hrs) Fri, Sat, Sun, May 11, 12, 13 (10 am – 5 pm), and Mon, May 14 (9 am – 3 pm) (NCBTMB approved for CEU hours) Comfort-oriented massage or touch can be administered to people with cancer regardless of the severity of their condition, and at any stage in the cancer experience. Topics covered include: understanding metastasis - why is massage not contraindicated; adaptations that must be made for clients who have undergone or are undergoing chemotherapy, radiation, and surgery; massage protocol for patients at risk for lymphedema; exploration and processing of participants' personal experience and relationship to cancer; intake procedures; and most importantly, opening the heart to those with serious illness. This class was originated by Gayle MacDonald. This class requires long days of sitting. We provide floor chairs and if you need something more comfortable, please bring your own chair, pillow, etc. **Prerequisite:** 100 hrs of massage training or with instructor's permission. **Instructor:** Isabel Adkins **Cost:** \$432, **3-Wk Prepay** \$412 (plus materials fee \$25 to be paid to instructor)

ONCOLOGY MASSAGE 1: Blending East with West™ (22 hrs) Tue, May 15 (10 am - 5 pm), and Wed & Thu, May 16 & 17 (9 am - 6 pm). Class will allow body therapists to enhance their work with cancer patients by integrating Reflexology and Acupressure skills with the Massage for People Living with Cancer© protocol in regard to pressure adjustments, sites that need to be avoided and client positioning. While looking at the body from an Eastern Medicine point of view, practitioners will learn: how to support the internal organs during disease, treatment and recovery; how to address symptoms more directly by understanding how the organs "network"; how to mitigate the side effects of treatment and symptoms of disease, such as low blood counts, nausea, fatigue, neuropathy, weakness in the limbs, and GI tract disorders; how to strengthen the immune system; the importance of Ayurvedic oils for cancer cure; the psychological aspects of living with a potentially fatal disease and how that may impact the immune system. Materials fee \$16 to be paid to instructor. This class requires long days of sitting. We provide floor chairs and if you need something more comfortable, please bring your own chair, pillow, etc. **Prerequisite:** 100 hrs of massage training plus "Massage for People Living with Cancer" or equivalent Society for Oncology Massage approved class, OR with instructor's permission. **Instructor:** Isabel Adkins. **Cost:** \$396, **3-Wk Prepay** \$376 (plus materials fee \$16 to be paid to instructor)

SWEDISH HOT STONE MASSAGE (8 hrs) Fri, May 18 (9 am - 6 pm) Using hot stones in a full body Swedish massage takes clients to a deeply relaxed state and induces a profound level of stress release that is greater than massage alone. Using Hot Stones provides relief for the therapist's hand, decreasing the possibility of injury. In this class, we will apply Swedish massage techniques with hot stones to give a deeply relaxing, soothing full body treatment. Therapist can use this method as a standalone one hour treatment or to warm up muscles for deeper work. Equipment, set up,

safety, and proper body mechanics will be covered. **Prerequisite:** 100 hrs of massage training. **Instructor:** Leah Wildflower. **Cost:** \$120 **Prepay:** 2-Wk \$115, 4-Wk \$110.

ONCOLOGY MASSAGE CLINIC (32 hrs) Sat, Sun, Mon & Tue, May 19, 20, 21 & 22 (9 am – 6 pm) In this class students will be able to work on cancer patients under supervision, practicing the knowledge and skills acquired in Oncology 1 or 2. Each day will end with a group discussion of cases worked with. **Prerequisite:** Oncology Massage 1. **Instructor:** Isabel Adkins **Cost:** \$576, **3-Wk Prepay:** \$556

ONCOLOGY MASSAGE 3 - Understanding Trauma (40 hrs). Thu, Fri, Sat & Sun, May 24, 25, 26 & 27 (9 am - 6 pm), and Mon, May 28 (9 am - 5:45 pm). In this class we will be exploring how the cancer experience may lead to trauma for the central nervous system. We will look at: the physiology biochemistry and symptoms of trauma; situations in which having cancer and treatments may be perceived as “danger” for the body; useful forms of bodywork, including acupressure, to approach symptoms of Post Traumatic Stress Disorder; and appropriate communication to use when interacting with a client in a state of trauma. **Prerequisite:** Enrollment in the certification program or significant experience in Oncology massage with consent of instructor. Must have taken Oncology Massage I and 2, Oncology Massage Clinic, and 30-40 supervised internship massage sessions (number to be determined between student and instructor) **Instructor:** Isabel Adkins **Cost:** \$720 **Prepay:** 3-Wk \$699 (plus materials fee: \$25 to be paid to instructor).

CANCER BASICS - East and West Meeting™ (24 hrs) Wed, May 30 (9 am - 5:45 pm), Thu & Fri, May 31 & June 1 (9 am - 6 pm). This class is designed to give the oncology massage therapist an in depth understanding of the cancer process, from the malignant cell and how it becomes so, to the effect of the disease process on each individual organ and the body as a whole. This information will be presented as a dialogue between Western and Eastern medicine perspectives. Students will learn to: Identify the body systems affected by cancer in each organ discussed, Define the most likely sites of metastasis from the original tumor site, Identify side effects of standard chemotherapy agents, Correlate the Eastern and Western medicine components of information in developing a massage plan, and Identify oncologic emergencies and know the action to be taken. **Prerequisite:** Oncology Massage I (Oncology Massage 2 Recommended). This class requires long days of sitting. We provide floor chairs and if you need something more comfortable, please bring your own chair, pillow, etc. **Instructor:** Isabel Adkins and Connie Kishbaugh. **Cost:** \$490, **3-Wk Prepay** \$480.

JUNE 2012

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PALPATION ANATOMY-Muscles and Bones (50 hrs- 32 hrs in class, 18 hrs lab/homework) Mon, Tue, Wed & Thu, June 4, 5, 6 & 7 (9 am – 6 pm). This course provides a basic knowledge of the human musculoskeletal system. Through extensive use of massage setting palpation exercises you learn to confidently "see" into the body's structure with accuracy and insight. Our exploration of common areas of muscular imbalance and adhesion help you focus your massage work for a more effective session. **Prerequisite:** None. **Instructor:** Larry Munn **Cost** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425

SHIATSU FOR THE MASSAGE TABLE (24 hrs) Wed & Thur, June 13, 14, 20 & 21 (9 am – 4 pm). This class will adapt the Shiatsu sequence for the body mechanics of the massage table. We will work through clothing, but Shiatsu is easy to integrate into other forms of table massage, working through the drape. Shiatsu will deepen the therapeutic value of any bodywork treatment. In this class, you will learn a 60-minute Shiatsu treatment. What you need to bring: Sheets, face cradle cover, and a pillow, note-taking materials, comfortable loose clothing. **Prerequisite:** None. **Instructor:** Tim Holt **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310.

ACUPRESSURE- A Practice in Harmony (30 hrs). June 15, 16, 17 & 18 (Fri, Sat, Sun & Mon) (9 am – 5:30 pm). This class introduces students to the ancient Chinese healing art of Acupressure, a quiet form of energy work which emphasizes a listening touch. Students will learn key points with which to balance energy in the body through the meridians and extraordinary vessels of Traditional Chinese Medicine. You will learn how to work with the meridians to affect specific conditions of imbalance. We will use a quiet form of energy work which allows the development of a subtle touch and the ability to read subtle energy. The understanding of the meridians will enrich any forms that you practice. You will be able to offer a full session and you will find that the style blends well with a wide variety of body work. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost:** \$430 **Prepay:** 2-Wk \$420, 4-Wk \$410. \$11 text required (please pay instructor).

CUPPING & MOXIBUSTION (12 hrs). Thu & Fri, June 28 & 29 (9 am – 4 pm). These two techniques are great to add to your toolkit. Cupping works to clear deep tension easily and quickly. Moxibustion is an effective way to build qi, allowing you to offer a truly nurturing session. Both are time-honored practices of traditional Chinese medicine. We will utilize lecture, demonstration, discussion, and practicum. You will learn to apply cups in a variety of techniques, remove them safely, and clean them. We will discuss appropriate uses of cups and contraindications for their use. Students will also learn about yang meridian pathways, as well as benefits and contraindications, safety procedures, and several techniques of moxibustion. **Prerequisite:** None **Instructor:** Kathleen Davis **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

JULY 2012

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OPENING TO THE MYSTERY: Caring for Clients at the End of Life (21 hrs) Fri, Sat & Sun, July 13, 14 & 15 (9am – 5pm) I have created this class expressly to support experienced oncology massage therapists who want to be of greater service to their clients living with cancer and particularly to those clients who are facing the end of their lives. The class will be a combination of scientific and factual information, interpersonal exercises, self-exploration and a variety of work that will combine all of these. This class will not include traditional “hands-on” practice with massage techniques, but rather it will focus on what we can do (and be, for that matter) with our hearts and minds and souls that can make the work of our hands infinitely more valuable and connected as we work with our clients through the last parts of their lives. **Prerequisite:** Open to all humans who will someday die. **Guest Instructor:** Lauren Cates **Cost:** \$480 **Prepay:** \$450 (if paid before May 18th).

PREGNANCY MASSAGE (24 hrs). Mon, Tue & Wed, July 30, 31 & Aug 1 (9 am – 6 pm). This class will prepare you for working with pregnant and postpartum women. You will learn safe, comfortable prenatal positioning, for all stages of pregnancy, technique contraindications and general Swedish modifications for expectant women. You will understand the physiological and anatomical process of pregnancy and postpartum and learn a wide variety of techniques to enhance pregnant and postpartum women’s comfort, health and enjoyment. Please bring at least 3 firm pillows (including one King if possible) to class. If you wish, you may bring a pregnant woman to work on in the middle of the day on the third day of class. Textbook required (Instructor will have a few copies at the class, \$28): Pre- and Perinatal Massage Therapy by Carol Osborne-Sheets. **Prerequisite:** 100 hrs massage training **Instructor:** Bridget Scadeng **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310.

AUGUST 2012

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REFLEXOLOGY (Feet, Hands and Ears) (30 hrs) Thu, Fri, Sat & Sun, Aug 2, 3, 4 & 5 (9 am –5:30 pm). Reflexology uses specific touch techniques on the feet which serve as miniature maps of the whole body, allowing the corresponding organs, glands, and body parts to be effected. Reflexology has been known to improve circulation, ease pain, and increase relaxation. A complete foot reflexology sequence will be taught. Specific techniques and routines, history, terminology, assessment, benefits, and contraindications will be addressed. Reflexology complements all modalities and you will learn how to integrate this work into your practice. Hand and ear reflexology will be addressed in this very practical class – you will learn thorough sequences for the feet, hands and ears. This class is packed with solid information you can take home and use immediately. **Prerequisite:** None. **Instructor:** Robin Varga **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

SEPTEMBER 2012

(all classes held at 424 F St. #B Davis, 95616)

ANATOMY AND PHYSIOLOGY FOR BODYWORKERS (50 hrs) (32 in class hrs – 18 lab hrs). Tues, Wed & Thurs, Sep 4, 5 & 6 (9 am – 6 pm) and Fri, Sep 7 (9 am – 5:45 pm). This class is an in depth study of the organ systems of the body and their specific functions. The class will help you learn to “see” into the body and be more effective as a therapeutic practitioner. This class is taught system by system and covers the chemical and structural process of the body and the physiological effects of your massage strokes. Your understanding of the functioning of the human body will be enhanced and it is an important class for message therapists looking to take the National Certification Exam. **This is a lecture class.** **Prerequisite:** None. **Instructor:** Angel Stork **Cost:** \$475 **Prepay:** 2-Wk \$450, 4-Wk \$425.

SPORTS MASSAGE-Pre and Post Event (24 hrs) Mon, Tue & Wed, Sep 17, 18 & 19 (9 am – 6 pm). The focus here is on the use of massage before and after an event and/or training session. Prior to an event or training session stimulation of the central nervous system (CNS) is essential to optimize performance. Leaving the athlete feeling ‘up’ both physiologically and psychologically is the goal. What is ‘up’? Physiologically speaking, it includes increasing the core body temp, ROM/flexibility, blood flow to the muscles, and the efficiency of the CNS to relay its information to the body. We will introduce a fast paced, movement based routine utilizing pumping, percussion, ROM/flexibility and muscle preparation techniques. The psychological aspect focuses on helping the athlete gain a positive mind/body connection, mentally preparing for the specific event and visualization of success. You don’t have to be an expert, but an understanding, by the therapist, of the demands of the activity will greatly benefit the athlete. A post event routine will be taught to speed recovery, reduce the lactic acid build up, and regain the ROM/flexibility the athlete began the event/training session with. It is also an ideal time to assess any injuries or ‘problem areas’ that will benefit from sports massage sessions at your office. This is a great marketing opportunity. Post event sports massage is slower paced and generally more superficial, depending on the athlete, than pre event. Techniques include: flushing, effleurage, petrissage, and stretching. **Prerequisite:** 100 hrs massage therapy training. **Instructor:** Steve DeHart. **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310

CRANIAL SACRAL BALANCING 1 (30 hrs) Thu, Sep 20 & 27 (9 am – 5:30 pm) and Fri, Sep 21 & 28 (9 am – 5:30 pm). The cranial sacral system is primarily the fibrous covering around the brain and spine, and the fluid within this covering. This system is where our human intellectual, physical, emotional, and spiritual bodies interconnect most closely. The purpose of Cranial Sacral Balancing (a system of bodywork pioneered by Dr. John Upledger over the past 26 years) is to restore optimal balance to these four bodies. The method of Cranial Sacral Balancing is subtle, gentle, and completely pain-free: freeing the movement of cranial sacral fluid by feeling for and releasing areas of holding in the cranial sacral sheath and in the bones of the skull. In this course, you’ll learn to feel the cranial sacral rhythm (distinct from the rhythms of pulse and breath), to induce a “still point”, experience distinct movement in the individuals parts of the cranium, and release tension from the entire system. The benefits of this work

include the disappearance of headaches, spontaneous deep relaxation, release of old injuries, and significant lightening of moods and emotions. It is subtle work with amazing results. **Prerequisite:** None **Instructors:** Keesha Standley **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$390

SPORTS MASSAGE-Injury and Prevention (24 hrs) Mon, Tue & Wed, Sep 24, 25 & 26 (9 am – 6 pm). This is the heart of sports massage. Where change in the musculoskeletal system takes place. In these sessions you will experience a hands-on, client/therapist interactive focus on how massage can be used to: prevent injury, rehabilitate from injury, correct chronic biomechanical imbalances, and create lasting change over the long term. An emphasis is placed on specific sports and specific sports injuries. To notice the biomechanical faults within a specific sport can help to prevent injury and assess 'why' an athlete is have reoccurring injuries. We will also dive into the stages of healing of injury as well as the timing and depth of appropriate massage techniques. Contraindication of massage with be emphasized. Some common injuries include: strains/sprains, tendonitis, plantar fasciitis, rotator cuff, low back, sciatica, IT band, Achilles, over use and ankle/knee injuries. Techniques taught include: Muscle tracing, Deep Tissue, Trigger Point, Myofascial Release, Facilitated Stretching and Pin and Stretch. Understanding of the anatomy and physiology is recommended. **Prerequisite:** 100 hrs massage therapy training. **Instructor:** Steve DeHart. **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310

BOWEN THERAPY (22 hrs) Fri & Sat (9 am – 6 pm) & Sun (9 am – 3 pm), Sep 28, 29 & 30. The beginning seminar in Bowen Therapy teaches the widely popular Australian Techniques. Over the Three-Day period, the Basic Bowen moves are presented in a hands-on atmosphere where students participation is encouraged. Emphasis is placed on reading the body, and learning how Bowen's philosophy is individualized to each client. Students receive a manual written by Bowen Therapy Training, Inc., and a 22 - hour merit diploma is awarded at the end of the class. This is a prerequisite for certification and Advanced Bowen Therapy Training Seminars. **Instructor:** Peter Fuller **Cost:** \$750. **LOCATION TO BE ANNOUNCED.**

OCTOBER 2012

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MASSAGE THERAPIST PROGRAM (Massage Fundamentals) (100 hr) Day Program. Tue & Wed (9 am – 6:00 pm), Oct 16 through Nov 14, plus Thu, Oct 25 and Nov 1 (9 am – 6 pm). **Instructors:** Keesha Standley, Tim Holt, Brad Wathen, Lucy Rush, Emily Bay. **Total Cost:** \$1,025.

SPORTS MASSAGE-Stretching (16 hrs) Thu & Fri, Oct 4 & 5 (9 am – 6 pm). We will explore several stretching techniques including ballistic, static, PNF and Active Isolated Stretching (AIS). Our focus will be on AIS which is a complete and systematic stretching program geared for athletes. AIS is based on identifying the muscle to be stretched, isolating that muscle using precise localized movements and maximizing the effectiveness of the stretch in a safe and efficient manner staying away from the stretch reflex mechanism of the muscle. AIS will be taught to the therapist as an assisted stretch for the athlete as well as a tool for the athlete to take home and perform on themselves. A hip/leg protocol and shoulder protocol will be taught hands-on. AIS is effective for the rehab of most sports injuries. Understanding of anatomy and physiology is recommended. **Prerequisite:** 100 hrs massage therapy training. **Instructor:** Steve DeHart. **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$210. **Take all three sports massage classes and get a 10% discount!**

MASSAGE FOR PEOPLE LIVING WITH CANCER © (24 hrs) Wed, Thu & Fri, Oct 10, 11 & 12 (9 am – 6 pm) (NCBTMB approved for CEU hours) Comfort-oriented massage or touch can be administered to people with cancer regardless of the severity of their condition, and at any stage in the cancer experience. Topics covered include: understanding metastasis - why is massage not contraindicated; adaptations that must be made for clients who have undergone or are undergoing chemotherapy, radiation, and surgery; massage protocol for patients at risk for lymphedema; exploration and processing of participants' personal experience and relationship to cancer; intake procedures; and most importantly, opening the heart to those with serious illness. This class requires long days of sitting. We provide floor chairs and if you need something more comfortable, please bring your own chair, pillow, etc. **Prerequisite:** 100 hrs of massage training or with instructor's permission. **Instructor:** Isabel Adkins **Cost:** \$432, **3-Wk Pre-pay:** \$412 (Materials fee \$25 to be paid to instructor)

ONCOLOGY MASSAGE 1 "Blending East with West"™ (22 hrs) Sat, Oct 13 (10 am – 5 pm), Sun & Mon, October 14 & 15 (9 am – 6:00 pm). Class will allow body therapists to enhance their work with cancer patients by integrating Reflexology and Acupressure skills with the Massage for People Living with Cancer© protocol in regard to pressure adjustments, sites that need to be avoided and client positioning. While looking at the body from an Eastern Medicine point of view, practitioners will learn: how to support the internal organs during disease, treatment and recovery; how to address symptoms more directly by understanding how the organs "network"; how to mitigate the side effects of treatment and symptoms of disease, such as low blood counts, nausea, fatigue, neuropathy, weakness in the limbs, and GI tract disorders; how to strengthen the immune system; the importance of Ayurvedic oils for cancer cure; the psychological aspects of living with a potentially fatal disease and how that may impact the immune system. This class requires long days of sitting. We provide floor chairs and if you need something more comfortable, please bring your own chair, pillow, etc. **Prerequisite:** 100 hrs of massage training plus Massage for "People Living with Cancer©" or equivalent Society for Oncology Massage approved class, OR with instructor's permission. **Instructor:** Isabel Adkins **Cost** \$396 **3-Wk Prepay** \$376 (Materials fee \$16 to be paid to instructor)

ONCOLOGY MASSAGE 2 "Integrating Complimentary Therapies"™ (40 hrs) Thu through Mon, Oct 18, 19, 20, 21, & 22 (9 am - 6 pm). In this class, we will enhance our protocol for cancer patients, integrating the reflexology and back shu bladder points learned in Oncology 1 with

acupressure points along seven of the major meridians: spleen, liver, stomach, kidney, lung, conception vessel, large intestine and pericardium. Students will explore the psychological aspects of the organs: their personalities in terms of likes, dislikes and emotions. Students will establish a direct relationship between what each organ influences physically to the human behavior it also regulates. Students will develop an enhancement of massage protocol: specific acupressure points to address different signs & symptoms of disease and treatments. Finally, students will practice with volunteer clients living with cancer. **Prerequisite:** Oncology Massage I. **Instructor:** Isabel Adkins **Cost:** \$720 **Prepay:** 3-Wk: \$699 (Materials fee \$25 to be paid to instructor)

NEUROMUSCULAR THERAPY - PELVIS (20 hrs) Fri (Eve), Oct 26 (6 pm – 10 pm), Sat & Sun, 27 & 28 (9 am - 6 pm). An in-depth look at the pelvis and its mechanisms. Discover why it is often the center of other body pain and dysfunction. Learn the secrets of unlocking it and assist your clients to improved function. Understand the stages of Rehabilitation and how to enforce them. This is the first in a series of NMT classes that will allow you to offer very effective structural bodywork to your clients. **Prerequisite:** 100 hrs massage training. **Instructor:** Venice Sullivan **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

NOVEMBER 2012

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CRANIAL SACRAL BALANCING (Headaches & TMJ) (30 hrs) Thurs & Fri, Nov 8, 9, 15 & 16 (9 am – 5:30 pm) This course adds to the foundation built in Cranial Sacral Balancing 1. The work includes expanded techniques for the sphenoid bones, temporal bones and eyes. The focus is on learning to move with the flow of the receiver's body, allowing release to take place with remarkable ease. In this non-doing space, doors to inner dimensions open, expansion becomes effortless, and the body can heal itself. **Prerequisite:** Cranial Sacral Balancing I **Instructor:** Keesha Standley **Cost:** \$430 **Prepay:** 2-Wk \$420, 4-Wk \$410

NEUROMUSCULAR THERAPY-NECK AND UPPER TORSO (20 hrs) Fri (Eve), Nov 16 (6 pm – 10 pm), Sat & Sun, 17 & 18 (9 am – 6 pm) Structural evaluation and neuromuscular technique to release the Upper Torso and Cervical area will be taught. Assess how one part of the body will continue to cause problems in other areas. Highly specific work to fully release each area worked on. Spine, intercostals, abdominal and chest and Thoracic Outlet Syndrome, will be addressed. **Prerequisite:** 100 hrs massage training. **Instructor:** Venice Sullivan **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260

NEUROMUSCULAR THERAPY-Shoulder & Extremities (20 hrs.) Fri (Eve), Nov 30 (6 pm – 10 pm), Sat & Sun, Dec 1 & 2 (9 am – 6 pm) Structural evaluation and neuromuscular technique will be taught to release such conditions as thoracic outlet syndrome, frozen shoulder, carpal tunnel syndrome, plantar fasciitis, and shin splints. You will learn to release all of the muscles involved and their pain patterns and begin rehabilitation. Also covered will be the forearms, hands, legs, and feet. **Prerequisite:** 100 hrs of massage training. **Instructor:** Venice Sullivan **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

DECEMBER 2012

(all classes held at 424 F St. #B Davis, 95616)

PALPATION ANATOMY-Muscles and Bones (50 hrs- 32 hrs in class, 18 hrs lab/homework) Fri, Sat, Sun & Mon, Dec 7, 8, 9 & 10 (9 am – 6 pm). This course provides a basic knowledge of the human musculoskeletal system. Through extensive use of massage setting palpation exercises you learn to confidently "see" into the body's structure with accuracy and insight. Our exploration of common areas of muscular imbalance and adhesion help you focus your massage work for a more effective session. **Prerequisite:** None. **Instructor:** Larry Munn **Cost** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425