

Massage Therapy Institute School Catalog

(July 1, 2017 – December 31, 2017)

Classes held at 424 F Street, # B, Davis, CA 95616 - 530-753-4428

www.mtidavis.com

BPPE Approval Code: 5700381 – CAMTC Approval Code: SCH0005

Mission Statement: Our mission is to provide an excellent education in the theory, practice, and techniques of massage therapy. Our goal is to graduate highly skilled, compassionate massage therapists who can offer safe, caring, touch therapy to assist others on their personal journeys towards health.

About our School: The Massage Therapy Institute (MTI) is a private vocational school offering a wide variety of classes in the theory, technique and practice of massage therapy. We are located in Davis, CA, ten miles west of Sacramento and an easy 60 miles east of the Bay Area, near Interstate 80. We have a large open classroom that will comfortably accommodate 11 massage tables and 22 students. Our courses are carefully designed to maximize learning and to help you graduate with the knowledge and skills to succeed in this field. We offer flexible scheduling so that classes can fit comfortably within your schedule. There are several possible start dates for massage therapist programs each month. The Massage Therapy Institute is a place to learn, to grow, and to acquire professional skills. Our focus is on *you*, the student. Our learning environment is warm, professional, supportive and respectful. Students are encouraged to be sensitive, creative and to communicate openly when working with a fellow student. Each person is valued for his or her own uniqueness and is encouraged to be him or herself. A profound educational experience evolves for each of our students because our learning environment creates space for understanding and encourages healthy interactions. The class becomes a large family, where each student is an integral member of our educational community. One of the exciting aspects of this profession is that there is so much to learn and so many different specialties possible within the field of massage. You may be able to begin working as a massage therapist with minimal training, and you can continue learning for a lifetime.

About this Catalog: This catalog is updated annually and as needed. Catalog is electronically available at www.mtidavis.com and available as a print copy at the MTI Office, 424 F Street, #B, Davis, CA 95616. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. Any questions a student may have regarding this catalog that have not been satisfactorily answered by the Massage Therapy Institute may be directed to: Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, www.bppe.ca.gov, toll free telephone number (888) 370-7589 or by fax (916) 263-1897.

Massage Therapy Institute Programs: We offer 250 and 500 hour Massage Therapist Certificate Programs. We also offer an Oncology Massage Therapist certificate program. MTI retains the option to make changes to certificate programs at anytime. Students currently enrolled may be subject to new requirements.

Massage Therapist - 250 Hours - Cost: \$2,940

This program includes: • 96-Hour Massage Therapy Fundamentals class, • 32 hours of any Anatomy class. • 122 hours of any of the elective classes (described on the following pages). This will bring your total hours to 250. If you register for slightly more than 250 hours of classes, you may pay for the balance of hours (up to 10) at \$10 per hour. This program will allow you to apply for a business license to work in any California city that does not require more training hours.

Program Objectives: The Massage Therapist 250 Hr Program includes a curriculum that focuses on building the essential massage skills needed to begin working in the massage field. Students will learn to give a skillful, safe, thorough, therapeutic massage. They will be able to demonstrate a flowing balanced Swedish style massage session using good posture and body mechanics, good draping technique, smooth transitions and the ability to begin to deliver correct pressure for each client. These goals are achieved by the course content offered that teaches the skills needed to be able to begin working in the massage field, and the delivery of this information by experienced teachers who are able to identify and clearly communicate the adaptations and changes that students may need to make. Students learn by lecture, demonstration, discussion and supervised practice.

Massage Therapist - 500 Hours - Cost: \$5,880

This program includes: The 96-hour Massage Therapy Fundamentals Class; 6 hours Pharmacology for Massage Therapists; 64 hours of Anatomy classes. (Any two Anatomy classes offered at MTI), 334 hours of any of the elective classes (described on the following pages). This may include more Anatomy classes.

Program Objectives: The Massage Therapist 500 Hr program is intended to prepare students for employment as a Massage Therapist. Graduates will have the qualifications to be able to start their own private practice or find employment in health centers, fitness centers, spas or chiropractic offices etc. This goal is achieved by training students to give a good therapeutic massage using Swedish style technique, learning Anatomy which gives the ability for precise application of massage methods, and training in additional massage modalities. Students may learn methods like Cranial Sacral Balancing, Reflexology, Pregnancy Massage, Acupressure, Thai Massage and more, allowing specialization in one or two modalities or adding techniques in combination. Students learn from instructors who have been working with clients for many years using the specific modality they teach. Students learn by lecture, demonstration, discussion and supervised practice.

MASSAGE THERAPY LICENSING - At this time, **there is no state licensure required for Massage Therapists in California.** You may work as a massage therapist by training at an approved school and by meeting city or county business license requirements for massage therapists. In some cities you may be able to obtain a business license after taking the Massage Therapy Fundamentals class or completing the 250 hour Massage Therapist Program. Local regulations vary. Please check with your city.

California Massage Therapy Council Certification (camtc.org) With a transcript showing your 500 hours of training from MTI (which includes the CAMTC required course content) you may wish to apply to the California Massage Therapy Council for Certification as a **Certified Massage Therapist (500 hrs)**. This CAMTC credential will allow you to apply for a business license to work in any city or county in California. If you are interested in this voluntary Certification please visit the CAMTC website at camtc.org for all of the testing and paperwork requirements that must be submitted along with your 500 hours of training. MTI is approved by CAMTC. CAMTC approval code is SCH0005.

Applicants for CAMTC certification shall have attended 500 supervised hours total, with 100 of those hours satisfying CAMTC specified subjects. (At MTI, this will be 64 hours of Anatomy classes plus Massage Therapy Fundamentals of 96 hours, plus Pharmacology for Massage Therapists (6 hrs).) Pursuant to California Business and Professions Code section 4611, it is an unfair business practice for a person to do any of the following:

- a) To hold himself or herself out or to use the title of "certified massage therapist" or "certified massage practitioner," or any other term, such as "licensed," "certified," "CMT," or "CMP," in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the California Massage Therapy Council.
- b) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.
- c) "Attendance and/or graduation from a California Massage Therapy Council approved school do not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. seq."
- d) "A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 320, Sacramento, CA 95814, www.camtc.org, or phone (916) 669-5336 or fax (916) 669-5337.

Continuing Education – The Massage Therapy Institute offers a wide range of elective courses for students enrolled in our programs. These classes can also be taken individually as continuing education classes for Massage Therapists, and others interested in increasing their skill in focused areas. The Massage Therapy Institute is approved for CEU's for City of Sacramento Massage Therapist business licensing.

ADMISSION

Application: To apply for admission to the Massage Therapy Institute, simply give us a call or e-mail. If you wish, we will arrange an interview for you and a tour of our facility.

Eligibility: To be eligible to enroll in our programs you must be physically fit enough to give and receive massage. We strive to maintain the highest educational standards and we reserve the right to admit only those applicants who show that they are physically, emotionally, and academically qualified. The Massage Therapy Institute welcomes applicants of any race, sex, creed, national, ethnic origin, sexual orientation or religion and does not discriminate on the basis of any of these.

Documentation Requirements: In order to be enrolled you must provide documented **proof of high school graduation** or equivalent **AND** a current, photographic, **government issued identification**

English Language Proficiency: All courses will be taught in English. Basic comprehension of the English language is required and will be determined by documentation of high-school graduation or equivalent from an English speaking institution or by interview with the MTI Director. The Massage Therapy Institute does not offer Instruction in ESL. All recruitment, advertisement and correspondence at MTI will be conducted in English.

Foreign Students: Students who attended high school or college in other countries are eligible to enroll in Massage Therapy Institute Programs, with verification of high school graduation or equivalent. We do not provide any visa services, nor can we vouch for student status. Students shall have the right to obtain a clear explanation of terms and conditions and all cancellation and refund policies in his or her primary language when English is not his or her primary language and the student is unable to understand the terms and conditions of the enrollment agreement.

Credit for Previous Training: We have no transfer or articulation agreements with any other institution, college or university. We do not offer challenge examinations or achievement tests. We do not offer credit for prior experiential learning.

Ability to Benefit Tests: We do not admit ability to benefit students.

Age Requirements: Students must be 18 years of age to receive a Certificate of Completion from an MTI program.

Disclosure of Potential Adverse Side Effects: Please be informed that in certain limited circumstances, massage can possibly have adverse side effects for persons with certain physical or mental conditions. The personnel at MTI cannot determine whether you are susceptible to possible adverse side effects. Consequently, if you have been, or currently are, under the care of a doctor, therapist or medical practitioner of any kind, or if you are

concerned that your participation in any class or massage activity may possibly result in an adverse side effect it is your responsibility to contact your doctor, therapist, or medical practitioner and obtain his/her permission to participate in any class offered at MTI. If you are pregnant you must obtain a letter from your Doctor giving you permission to give and receive massage. A copy of the letter must be given to the Director and you must inform your class instructors. If you have any injury you must inform each instructor. Your enrollment in any MTI class constitutes your voluntary acceptance of any possible adverse side effect and your full release of MTI and its personnel from any liability relating thereto.

PREPARING FOR CLASS

Materials to Bring: You must bring **a set of sheets (twin size), a pillowcase (or hand towel), small lightweight blanket, and pillow with pillow case** for your use in each class. Bring socks to wear on carpeted area.

Professional Dress & Hygiene: Students are required to have professional attire and good personal hygiene. While we do not require a uniform, we have certain guidelines. Wear appropriate clothing that respects modesty. Short sleeve tops are recommended. Do not wear low cut tops and short shorts. Have clean, neatly groomed hair and short, clean fingernails. Take care to avoid any offensive odors, including body odor, bad-breath, and cigarette smoke. Do not wear perfumes and other scents in class due to possible allergic reactions from instructors or students. Leave jewelry at home.

Guidelines for Dressing and Undressing, Nudity & Draping: - Modesty is to be respected at all times. Students will learn sheet draping method, so that the body is not completely uncovered in class. Generally, only the body area being massaged at the time is uncovered. Nudity is not permitted at any time in the presence of others. Students providing massages are always fully clothed. .

Limit of personal belongings: - We have limited, non-secure, storage space for personal belongings. During massage practice, it will be necessary for students to remove jewelry. Please do not wear jewelry or bring anything of great value to class.

BOOKS, SUPPLIES, AND EQUIPMENT

Classroom Equipment and Supplies: Massage tables, oils, and lotions are provided free of charge for classroom use. The purchase of a massage table is recommended, but not necessary. If you wish, the school can help you purchase a professional massage table or chair at a discount. **Books and Handouts:** Any required reading materials and/or class notes will be provided with each class free of charge. A very few elective classes require additional text. Any text required is noted with the class description. Massage Therapy Principles and Practice by Susan G. Salvo, is the required text for students in the 500-hr program and recommend for all students.

Library and Learning Resources: Massage Therapy Institute does not maintain a library. Other learning resources such as charts and models, relevant to each class, are available during classroom hours for the students enrolled in those classes.

Class Descriptions

Electives and Workshop Classes

The classes listed below may be taken as electives in the 250 and 500 Hour Programs, or taken independently as continuing education for those not registered into our Massage Therapist Programs. Oncology Massage Classes, and the Dissection Class, cannot be taken as electives for the 500 hour program without an additional fee.

Scheduling - Classes are offered weekdays and weekends to provide flexibility for students. Most classes will be offered at least once in each calendar year. Please see the current schedule of classes at our website www.mtidavis.com. Classes are subject to cancellation; for example, when enrollment does not meet the minimum requirements.

Massage Therapy Fundamentals

96 hrs

In this class, you will learn the basic foundation work as needed for a professional massage practice. You will learn to give a flowing, thorough, and effective Swedish style relaxation massage. You will develop technical expertise as well as correct and efficient body mechanics, sensitivity, and the ability to be very present and grounded as you work. Introduction to Anatomy & Physiology will be taught. Emphasis is placed on developing confidence, presence and the quality of touch needed for effective work. Ethics, health and hygiene, benefits, contraindications, establishing a massage practice, and sheet-draping technique will be taught. You will learn by lecture, demonstration and by receiving and giving massage to fellow students. You will be exceptionally well-prepared to begin working as a Massage Therapist. Graduation from this class may allow you the work as a Massage Therapist in California, as long as your city has no additional hours of training required to issue you with a Business License. This is the core class for our 250 and 500 programs, and a pre-requisite for many of our elective classes. Required text for 500-hour program students: *Massage Therapy Principles & Practice by Susan G. Salvo*.

Acupressure (a Practice in Harmony)

30 hrs

This class engages students in 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 extraordinary vessels of Traditional Chinese Medicine. The extraordinary Vessels are powerful channels which have a profound influence on the meridian and organ energy; these are our original flows of qi in the womb from which all other channels come. When we engage with the Extraordinary Vessels we tap into deep power with which to restore harmony. We will use a quiet form of energy work which allows the development of a subtle touch and the ability to read subtle energy. . **Prerequisite:** None.

- Acupressure Chair Massage** 7 hrs
Heighten the effectiveness of chair massage by learning to include meridian pathways and acu-points and to mobilize the client. Use of variety of stances and hand techniques facilitates both the safety and vitality of the practitioner while enhancing the experience of the client. **Prereq:** None.
- Acupressure for the Chakras** 8 hrs
Energetic touch to bring balance to the Wheels of Life Force along the 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. **Prerequisite:** None.
- Acupressure Dreaming** 7 hrs
Learn how to facilitate sleep for deep restoration. Patterns for helping with insomnia, restless dreaming and nightmares. **Prerequisite:** None.
- Acupressure for Easing Fibromyalgia and Chronic Fatigue** 7 hrs
When the whole body is tender to the touch and the whole being is exhausted how do we offer help? Learn to work powerfully while maintaining a light soothing touch. **Prerequisite:** None.
- Acupressure for Headache Relief** 7 hrs
Learn simple techniques and point combinations with which to clear the stagnant chi that produces headaches. **Prerequisite:** None.
- Acupressure for Neck and Shoulder** 6 hrs
Simple point formulas to help yourself and your clients – easy to add into your regular session work. **Prerequisite:** None.
- Acupressure for P.M.S Relief** 7 hrs
Learn the meridians and points for releasing menstrual pain and regulating mood swings. Menstrual pain isn't normal just common – come learn how to free your clients from PMS. **Prerequisite:** None.
- Acupressure – Tui Na** 30 hrs
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.
- Acupressure for Allergies & Asthma Relief** 7 hrs
You can breathe more easily when your meridian energy is flowing well. Come learn simple ways to energize and open your or your clients' breathing with meridian acu-points. **Prerequisite:** None.
- Acupressure Reflexology** 24 hrs
(Energies of the Feet, Hands, and Ears)
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.
- Advanced Palpation Anatomy** 32 hrs
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:** 32 hours Anatomy.
- Anatomy & Kinesiology** 32 hrs
This course provides an interactive exploration of the structure and function of musculoskeletal and fascial systems as they apply to normal human movement, posture, client assessment, and massage application. Emphasis is placed on learning muscle actions and fascial anatomy and then integrating and applying that knowledge towards client assessment tools and towards massage techniques that serve to break adhesions and improve posture. Learning activities include lecture/discussion, palpation, movement, homework, group interactive games, and client-therapist role-plays. **Recommended text:** Trail Guide to the Body, by Andrew Biel. **Prerequisite:** None
- Anatomy - Muscles & Bones** 32 hrs
This class is designed to recognize and understand the musculoskeletal system of the human body in a challenging, detailed, and practical fashion. In order to build repetitive and memorable anatomical knowledge, included, but not limited to the discussion will be bones, joints, muscles, muscle attachments, and muscle actions. The course will include various "activities" to challenge students to critically think and retain the information enhancing their ability to apply their knowledge quickly and efficiently when working with clients. **Prerequisite:** None.
- Anatomy & Physiology for the Massage Exam** 32 hrs
This class is a study of human anatomy, physiology and common pathologies as relevant to massage therapy. This class will help prepare students for the MBLEx exam by presenting an overview of the various systems at work in the human body. Emphasis will be placed on the muscular skeletal system, kinesiology, the nervous system and anatomical terminology commonly found on the exam. MBLEx uses *Trail Guide to the Body*, by Andrew Biel. It is recommended that you purchase this text and bring to class. If you do not have *Trail Guide*, please bring any Anatomy text that you have. This is a lecture class and combined with your personal use of online prep material & quizzes, it will give you a solid foundation to take the MBLEx. **Prerequisite:** None.

Aromatherapy

6 hrs

Aromatherapy uses essential oils, volatile and aromatic liquids obtained from plants, to bring about positive effects on body, mind and spirit. Combined with massage, aromatherapy is an ideal treatment. You will learn how to buy essential oils and how to blend and prepare various products for your clients based on the properties of individual essential oils. **Prerequisite:** None.

Asian Foot Treatments

8 hrs

This class takes some of the best Asian spa foot care treatments and creates a signature treatment that will be deeply therapeutic and relaxing for your clients. This class will feature a soak for the feet to relax and clean, a light lotion massage sequence, followed by more deeply therapeutic massage applied with an Asian Reflexology tool. The legs and back may be included depending on whether you apply the treatment on the bodywork floor mat or a reflexology chair. Please bring two small – medium towels and a twin-size massage sheet set & pillow with case. **Prerequisite:** None.

Business Ethics & Healing

24 hrs

This class covers ethics, as it relates to a massage practice and the business aspects of a massage practice and health and hygiene as it relates to massage. **Prerequisite:** none

Chair Massage

8 hrs

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 you 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.

Core Integration 1

40 hrs

Gain a working model, in Structural Integration. This method sees the client as a whole and not just a sum of their parts. Take your career to the next paradigm with this work. In this 5-day class, you will learn this beautiful blend of art and science, learn a distinct form of structural integration that has branched out from the work of Ida P. Rolf, learn the science and the art that leads to body reading in movement, about “The Order of Complexity”, a kinesiology concept and how it leads to specific palpation and myofascial techniques, and how to create a series of sessions and a single structural integration session, experiencing its effect in class. *Bring one sheet and a pair of shorts and sports bra to class.*

Prerequisite: Massage Fundamentals or equivalent.

Cupping and Moxibustion

14 hrs

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. You will learn to apply cups and to use moxi with a variety of techniques. Students will also learn about meridian pathways. **Prerequisite:** None.

Cranial Sacral Balancing 1

30 hrs

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.

Cranial Sacral Balancing 2

30 hrs

Joining the principles and practices of energywork and craniosacral work is an ideal way to integrate the structure of our body with the energy that enlivens it. This cross-disciplinary course familiarizes students with perennial energetic themes that cut across all aspects of CST, from the bio-mechanical and somato-emotional through to the psycho-spiritual. Perspectives and practices will be presented which are both practical for the hands-on practitioner in work with clients and useful for the personal development of the practitioner. **Prerequisite:** Cranial Sacral Balancing 1 or equivalent.

Cranial Sacral Balancing – Unwinding

24 hrs

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 or Touch, Presence & Healing

Deep Tissue Massage

24 hrs

This class introduces the basics of deep tissue massage therapy. The class will focus on three general areas: the neck and occipital area, the shoulder, and the hip and lumbar region. Muscular and skeletal anatomy will be taught with emphasis on the origin, insertion, and the musculotendinous attachments for each major muscle. Nerve pathways will also be taught with particular emphasis placed on impingement syndromes within each area. “Deep Tissue Massage” will teach you how to access deeper structures and begin to facilitate structural changes. We will use basic Swedish massage

techniques to soften superficial tissues. The deeper techniques presented will be an eclectic mix of muscle stripping, bone cleaning and friction. Upon completion, students will be able to effectively treat such muscular problems as releasing hypertonic muscles, impingement syndromes, scar tissue reduction, muscle strains, and chronic muscular spasms. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Dynamic Deep Tissue Massage

20 hrs

Dynamic Deep Tissue Bodywork is a fluid interplay between direct pressure, movement and breath. These components are coupled with the intention of enlivening the body and reorganizing holding tendencies. Muscular and skeletal anatomy will be taught as participants learn the fundamentals of deep tissue massage. Students develop sensitivity and perception as they learn to work with greater precision and effectiveness. There is a strong emphasis on body mechanics and appropriate technique as well as the dynamics of working more deeply with clients. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Emotional Release and Bodywork

6 hrs

With an understanding of how emotions are stored in the physical body, we can understand why bodywork helps release them. By simply maintaining a grounding touch and listening, massage therapists can support a client as they release a feeling that no longer serves them. When a client feels supported and safe, they're able to let go of the emotion. Many times the release takes both therapist and client by surprise, but if we're prepared for the possibility it can be a freeing, learning experience. The body becomes the teacher for the mind and if we stay open, we gain the power to make new choices, learn new patterns, and create a healthier, more conscious life. In this class, we will explore how bodies hold and release emotions, what massage therapists can do within our scope of practice to support our clients, and how to feel comfortable in a variety of situations. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

ENERGY HEALING & EXPRESSION – Working with Arms & Hands, Upper Body & Throat

21 hrs

This class presents practices that relate to the vital subject of expression, beginning with delving into why expression is a major issue in energy healing and so important for the health and well-being of each of us. We will explore hands-on energetically-based techniques for treating a client's upper body, throat, arms and hands (i.e. the pathways through which we express ourselves), as well as personal energy practices for the practitioner's development in the area of expression.

Facilitated Stretching

16 hrs

This class will discuss the basic neurological responses we are attempting to initiate to help muscles release that which may be contributing to a variety of symptoms. It will focus on Post Isometric Relaxation (PIR) and Reciprocal Inhibition, (RI), two of the most commonly used approaches to getting muscles to relax and re-set to a more optimal length. The beginning of the class will be lecture to understand the principles being used and the remainder of time will be used to review muscle anatomy and practice the techniques mentioned. This class will enable you to use these techniques immediately on almost any muscle/muscle group in the body! **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Five Element Acupressure - Assessment and Application

30 hrs

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. **Prerequisite:** None.

Functional Anatomy

32 hrs

While good massage is largely an intuitive art, its effectiveness increases dramatically when a therapist's intuition is informed by a solid knowledge of the structure and workings of the body. Functional Anatomy is designed to give the practitioner a basic knowledge of the muscles, bones and movements of the body from a bodyworker's perspective. Throughout the class, we will be studying the structure of the body from a functional perspective, learning not just where the muscles are, but how they produce or restrict movement, how they impact posture and movement when they're either too tight or too weak, and how one would stretch or strengthen them. **Prerequisite:** None.

Hydrotherapy for Massage

8 hrs

Hydrotherapy is the traditional use of water for healing. You will learn powerful hydrotherapy techniques that you can use to soften muscle, accelerate injury healing, and deepen relaxation in your private practice office. These will be low cost applications of simple materials. Some will utilize equipment that will enhance your practice and enlarge your client base. We will explore some theory, indications and contraindications to make you safe and effective. A great addition to every practice. **Prerequisite:** None.

Hot Stone Massage

20 hrs

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, bringing relaxation massage to new levels. 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, prone and supine applications, for a one hour and one and a half hour session will be taught. Hot Stone Massage is contraindicated for pregnancy. If you are pregnant you may take this class without receiving bodywork. Bring 2 bath towels, 4 handtowels, sheets and pillow case (for each day.) **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Integrative Lymphatic Massage

20 or 24 hrs

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. **Prerequisite:** Massage Therapy Fundamentals or equivalent

LOMI LOMI

24 hrs

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. Its' rich history has established many styles and techniques, influenced by the Kupuna (elder) or Kahuna (master) and their family's origin and customs of healing. Present offerings of Lomi Lomi reflect the many styles from the past. Using arms, elbows and hands, the therapist will deliver long, flowing, gliding strokes and circular compression techniques. This will relax and rejuvenate the muscle tissue. The offering of Lomi Lomi also centers on the act of forgiveness (Ho'oponopono), which releases blockages in the body's flow of natural energy. This is key in delivering the intention of aloha, our presence, prayer, breath work and full bodywork movement. The benefits of Lomi Lomi massage therapy can provide relief of muscular skeletal pain, mental fatigue and reduce the physical effects of daily living stress. Lomi Lomi provides the opportunity for the client to rejuvenate their physical, emotional and spiritual well-being. This overall sense of well-being is embraced by the therapist as well. Please wear comfortable, loose clothing. **Prerequisite:** Massage Therapy Fundamentals or equivalent. .

Maniken™ Anatomy

32 hrs

This anatomy class will investigate the muscular and skeletal structures of the body. The class is divided into four all-day sections, each of which may be taken separately. Each day covers a portion of the body as follows: (1) neck and trunk; (2) scapula, shoulder, and upper extremity; (3) pelvis and low back; (4) hip and lower extremity. This class will be taught using the Maniken™ system of learning by building clay muscles onto a skeleton. **Prerequisite:** None.

Massage for Seniors

12 hrs

This class will give you the competence and confidence to work with the elderly client in a meaningful way. It will cover the physiological, psychological, and sociological aspects of aging, as well as client assessment. Cautions relevant to the older client and contraindications will be discussed. Modifications of standard massage techniques and development of special methods to suit each client's individual needs will be taught. You will also learn how to establish a massage practice for seniors. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Massage with Ease

8 hrs

Work smart and strong, avoid injury and depletion. Your well-being is the foundation for your success as a massage therapist. This class provides strategies and practices that prevent injuries and burn-out and promote working in an easeful way that is sustainable for your body, mind and spirit. Topics include strength training, stamina building, energy clearing, energy management, self restoration, body mechanics and practical techniques for maximizing effort and minimizing strain. If you have a yoga mat, please bring. **Prerequisite:** None.

Medical Massage: Medical Massage teaches methods that address specific medical conditions. Students learn to use various modalities such as Neuromuscular Therapy, Myofascial Release, deep Swedish, and orthopedic testing to work with specific debilitating problems. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Medical Massage – Low Back Pain

16 hrs

This 2-day class will cover sacroiliac joint dysfunction, which is a common culprit in back pain! You will learn basic mechanics of the pelvis and the sacroiliac joint, along with understanding the various ways it may be presenting itself to your clients. You will also learn quick and effective ways to evaluate and correct imbalances that may be contributing to low back pain, including a few muscle energy techniques. We will also consider the surrounding soft tissue and muscles, and do hands-on practice to get an effective result in helping to relieve low back pain and sacroiliac joint dysfunction in our clients. **Prerequisite:** Massage Therapy

Medical Massage – Whiplash & Thoracic Outlet Syndrome

16 hrs

On Day 1 of this workshop, Whiplash will be discussed, reviewing anatomy, etiology, and other conditions that may arise in conjunction with this injury. We will also discuss the basic spinal mechanics of the cervical spine and possible vertebral rotation and how we might help to relieve these issues. We will learn and practice various techniques to add to your tool box to maximize your success! On Day 2, we will focus on Thoracic Outlet Syndrome (TOS), review anatomy, possible etiology, special tests, and techniques to give our clients; showing signs & symptoms of TOS, some relief!

Medical Massage – Frozen Shoulder

8 hrs

Anatomy of the upper back/shoulder will be required. Several modalities including MET and Deep Tissue will be covered to help your client gain more pain free range of motion. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Medical Massage – Sprained Ankle & Knee Issues

8 hrs

Some anatomy of the knee/lower leg/ankle will be required. We will learn tissue testing and palpation assessments for the areas involved and soft tissue techniques that help in the majority of issues involving the knee, lower leg, and ankles. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Medical Massage – Carpal Tunnel

8 hrs

Anatomy of the forearm and carpal tunnel will be required. Learn about the pathology of Carpal Tunnel Syndrome and how to use the various modalities (including nerve work) in order to bring relief to your clients who suffer with carpal tunnel syndrome. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Medical Massage – Headaches & TMJ

8 hrs

The jaw has a close relationship to headaches. In this class you will learn how to work the muscles of the jaw and head to help alleviate tension headaches. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Meridian Acupressure – Energy Flows of Chinese Medicine

30 hrs

Unlock some of the secrets from a centuries-old tradition of healing – study Traditional Chinese Medicine meridian pathways and points. You will learn about individual point spirit and function so that you can deepen the effectiveness of your sessions. Students will practice working with both active movement along the meridians and with a listening touch, allowing the ability to feel the subtle energies at play in the points. The understanding of the meridians will enrich any form that you practice. You will be able to offer a full session and you will also find that the style blends well with a wide variety of body work. Meridian pulse assessment and tongue reading will also be taught. **Prerequisite:** None

Neuromuscular Therapy – Principles & Postural Analysis

16 hrs

This class covers the science and philosophy of neuromuscular therapy allowing an understanding of how and why it works so effectively. It covers the physiological principles of ischemia, trigger points, nerve compression/entrapment, postural distortion and dysfunctional biomechanics. You will also learn what the body's position in space can tell you and how to use your eyes to truly understand where the body's pain is coming from so you can treat the cause and not the symptom. You will not only learn how to see the position, but also to determine which muscles are being utilized. This class is a "must" for anyone doing clinical massage or any kind of structural bodywork. **Prerequisite:** None. Anatomy class recommended.

Neuromuscular Therapy- Cranial Decompression & TMJ

20 hrs

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. **Prerequisite:** Massage Therapy Fundamentals or equivalent and 40 hrs of neuromuscular classes AND with instructor's permission. Anatomy class recommended.

Neuromuscular Therapy: Neck and Upper Torso

20 hrs

Structural evaluation and neuromuscular technique will be taught to release the upper torso and cervical area. Students will 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 will be taught. Spine intercostals, abdominal and chest and Thoracic Outlet Syndrome will be addressed. **Prerequisite:** Massage Therapy Fundamentals or equivalent. Anatomy class recommended.

Neuromuscular Therapy - Pelvis

20 hrs

In this class, we will take an in-depth look at the pelvis and its' mechanisms. Students will discover why it is often the center of other body pain and dysfunction. Students will learn how to unlock the pelvis to assist their clients to improved function. Students will understand the stages of pelvic rehabilitation and how to enforce them. **Prerequisite:** Massage Therapy Fundamentals or equivalent. Anatomy class recommended.

NMT - Rehabilitation for Cervical Pain and Injuries

16 hrs

Why do the problems of the neck not resolve no matter what you do? Learn the little known and seldom practiced techniques that can truly relieve the pain and injuries of the cervical region. The class will use techniques drawn from Neuromuscular Therapy and other structural forms of bodywork. **Prerequisite:** 40 hours of Neuromuscular Therapy training. Anatomy class recommended.

Neuromuscular Therapy: Shoulders and Extremities

20 hrs

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:** Massage Therapy Fundamentals or equivalent. Anatomy class recommended.

Neuromuscular Therapy - Visceral Massage

16 hours

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. **Prerequisite:** 20 hours of NMT classes AND with instructor's permission. Anatomy class recommended.

ORTHO-BIONOMY® - Advanced Energy Releases (phase 6)

16 hrs

This class is designed to help participants access and track sensation and energetic perception in themselves and in their clients, and to learn how to make contact without necessarily engaging physically. Techniques will be presented that monitor and acknowledge the inter-relationship between energetic, emotional and physical levels and that demonstrate how energetic shifts can affect changes in physical patterns. **Prerequisite:** None.

ORTHO-BIONOMY® - Hands-on Exploration of Movement – “Using Hands-on Movement to Analyze, Integrate, and Deepen Releases”

16 hrs

In this hands-on class, we will be adding movement as an additional tool to help our clients be more open, pain-free, and flexible. You will learn techniques and develop your sensitivity of moving the body on the table to evaluate where deeper blockages are, use hands-on movements to release the blockages, integrate at a very deep level in the body, and so much more. **Prerequisite:** One Ortho-Bionomy class.

ORTHO-BIONOMY® - Isometrics

16 hrs

Isometric and isotonic techniques for working with inefficient muscular tension patterns, as well as underdeveloped muscle tone are presented and practiced, including related anatomy. Through the use of restraining movement while the muscle is engaged, self-correcting reflexes are stimulated and habitual holding patterns can be released. Participants learn how the conscious use of obstacles can help promote change from rigid physical patterns to greater mobility and allow the client to actively participate in the session.

ORTHO BIONOMY® – Postural Re-Education and Post Techniques

16 hrs

In this class participants learn to evaluate and address inefficient postural habits through accurate observation and simple exercises. Techniques to work with spinal curvatures and scoliosis are presented and practiced, including related anatomy. Post techniques focus on assessing and releasing areas of tension as well as integrating the work done in a session. In addition, exercises are taught to facilitate the client's ability to maintain balance through the neuro-muscular re-education of postural habits. **Prerequisite:** None

ORTHO-BIONOMY® - Releases for the Spine & Pelvis – Phase 4

16 hrs

Ortho-Bionomy uses Osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. These responses can move the client out of pain and discomfort within 10-30 seconds. This method is very specific and structure-oriented. In this class you will learn how to apply pain relief techniques for the neck, thoracic, lumbar, psoas, ilium, and sacrum, and how to increase joint mobility. **Prerequisite:** None.

ORTHO-BIONOMY® - Releases for the Lower Extremities – Phase 4

16 hrs

Ortho-Bionomy® uses osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. Those responses can move the client out of pain and discomfort within 10-30 seconds. This method is very specific and structure oriented. In this class, you will learn how to apply pain relief techniques for knees, patella, femur head, ankle, and all the bones of the feet. **Prerequisite:** None.

ORTHO-BIONOMY® - Releases for the Upper Extremities

16 hrs

Ortho-Bionomy® uses Osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. Those responses can move the client out of pain and discomfort within 10-30 seconds. This method is very specific and structure oriented. In this class you will learn how to apply pain relief techniques for shoulders, scapula, elbows, wrist, clavicle and the bones of the hand. **Prerequisite:** None.

ORTHO-BIONOMY® - Subtle Physical and Energetic Releases - Phase 5

16 hrs

This class provides you with the sensitivity, awareness and palpation skills to engage the client's physical and energetic body. **You will learn to feel and follow the client's inner movements to help them unwind their patterns.** You will learn **specific techniques to bring balance** to your client's body: physically and energetically and you will learn to **work distally** from a point to release the body more fully. Barely move their body, yet **release contractions deeply, easily, and with little effort.** **Prerequisite:** One Ortho-Bionomy class.

Palpation Anatomy

32 hrs

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. Students are encouraged to purchase "Trail Guide to the Body" by Andrew Biel, or have access to another anatomy reference book. **Prerequisite:** None.

Pathology for Massage Therapists – Musculoskeletal & Skin

16 hrs

Definitions of key terminology, descriptions, etiology, signs & symptoms of different pathologies will be discussed to help students recognize and have exposure to specific conditions to begin to have a better understanding of what your client may be experiencing. Possible indications/contraindications of massage for particular conditions, mainly dermatological and orthopedic, will be the primary points of discussion. Student experiences and input is encouraged in this class! This class requires long days of sitting. We provide padded chairs, but if you need an especially comfortable chair, please bring your own or pillows, cushions, etc. **Prerequisite:** None.

Pathology for Massage Therapists

32 hrs

This is a class designed to help students recognize and understand different types of pathologies. Definitions, terminology, basic anatomy and physiology will be the foundations allowing us to understand and assess the indications and contraindications for the conditions that are most commonly encountered by massage therapists. Basic sanitization and safety issues will also be discussed to assure the well-being of both the therapist and the client. **Prerequisite:** None.

Pharmacology for Massage Therapists

6 hrs

The class will focus on the drug therapies that clients seeking massage therapy may be taking. Drug therapy of any kind is intended to bring about physiological changes which may make necessary to alter a massage. We will explore “red flags” and give guidelines for altering a massage when necessary. **Prerequisite:** None.

Pregnancy Massage – Safety & Fundamentals

16 hrs

This class will help prepare you to work safely and methodically with pregnant women. You will learn about the physiological changes that occur during pregnancy, safe positioning options for each trimester, the difference between normal and abnormal musculoskeletal complaints, contraindications and proper draping. Swedish relaxation techniques will be taught in both side-lying and semi-reclining positions. Pregnancy massage myths will be debunked and you will be prepared to work safely with pregnant women.

Reflexology (Feet, Hands & Ears)

30 hrs

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.

Reiki I

16 hrs

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.

Reiki 2

16 hrs

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. **Prereq:** Reiki I.

Sound Healing

8 hrs

Integrating Sound Healing into a massage session is a deep, beautiful and powerful way to increase relaxation, spiritual renewal and healing potential. This experiential class explores hands-on, practical sound healing techniques to use during a massage session. Through sound healing you can easily facilitate a parasympathetic shift in your client, relieving pain and stress, calming, releasing and balancing emotional energy. Using sound and vibration gently yet deeply penetrate soft tissue as well as the body's organs, glands and cells, encouraging harmony and balance on a cellular level. This class emphasizes using crystal and Tibetan singing bowls during the massage session. Also included are qigong sound healing techniques, chanting and toning, and an introduction to using other sound healing instruments including didgeridoos, tuning forks, chimes and sound tables. **Prerequisite:** None.

Sports Massage – Pre and Post Event: for client peak performance

16 hrs

This class will focus on approaches for pre-event and post-event massage therapy. Students will practice a variety of massage strokes and will gain an understanding of intention through discussion and hands-on practice. All phases of sports massage will be discussed, with important detail given to timed sequences, which will be taught specifically for pre/post event sessions. These timed sequences are designed to be templates for the student to use immediately after class and to build on and create their own “signature” sports massage sequence

Sports Massage – Shoulder Injuries

16 hrs

This 2-day class will discuss the common mechanisms of injury and conditions of the shoulder and ankle in active/athletic individuals. A review of pertinent anatomy will be covered along with evaluation and understanding the different stages of tissue healing enabling us to determine what intention and techniques would be most effective in helping our clients. Clarity of when to use ice vs. heat will also be discussed. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Swedish Hot Stone Massage

8 hrs

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. Bring 2 bath towels, 4 handtowels, sheets and pillow case (for each day.) **Prerequisite:** Massage Therapy Fundamentals or equivalent.

Thai Massage

60 hrs

Traditional Thai Massage is an extraordinary 2,500-year-old healing arts system which is practiced comfortably clothed on a floor mat. Blending gentle rocking, rhythmic acupressure and yoga-like stretching. Thai Massage deeply opens, relaxes and revitalizes the body. It is unparalleled in its ability to open joints and increase range of motion and flexibility. This workshop will focus on history, theory, technique and form. Treatment sequences in supine and side-lying, prone and sitting positions will be taught and practiced. Attention will be given to proper body alignment, ease of movement, focus, and awareness so that the experience of the practitioner is as healing as the experience of the client. Please bring a large flat sheet (queen or larger) and a pillow with a case every day. Wear flexible clothes. **Prerequisite:** None.

Thai Table Massage

16 or 20 hrs

This class uses the sen line system following Thai massage theory and format in teaching a complete sequence. Integrate effective stretching into your table massage with these techniques. You will learn a series of stretches and joint mobilization techniques for each area of the body to increase client's range of motion, lengthen muscles, and free joint restrictions. This is a great addition to any massage treatment. **Prerequisite:** Massage Therapy Fundamentals or equivalent.

TRADITIONAL THAI MASSAGE

60 hrs

Traditional Thai massage is an ancient system of massage and dynamic stretching developed in Thailand, influenced by traditional medicine systems of India, China, and Southeast Asia. Practiced comfortably on a floor mat in loose fitting clothing, Traditional Thai Massage blends static and rhythmic pressure and yoga-like stretching to deeply open, relax and revitalize the entire body. The class will be taught in the Northern Style, noted for its slow, graceful and meditative qualities. The class covers over 160 techniques in four positions (supine, prone, side-lying, and seated), as taught at the internationally recognized Loi Kroh Traditional Thai Massage School in Chiang Mai, Thailand. Detailed attention will be given to proper body alignment, ease of movement, focus, and awareness, so that the experience of the practitioner can be as healing as the experience of the client. Please wear flexible clothing, and bring a large, flat sheet (queen or larger) and pillow with a case each day of class. **Prerequisite:** None.

Trigger Point Therapy

16 hrs

Trigger points are areas of contracted muscle tissue that can be tender to the touch and are often involved in chronic pain. This class is designed for the massage therapist who desires to take their skills to another level of precision. You will learn to assess, identify and assist the client in releasing long-held patterns in the body. Increase your effectiveness by working smart, not harder. **Prerequisite:** Prerequisite: Massage Therapy Fundamentals or equivalent.

Touch, Presence and Healing

16 hrs

This class teaches you to work at the cusp of structure and energy. You will learn to use the physical body as a handle for physical, emotional, and psycho-spiritual processes. This is a non-modality bound approach to energetic bodywork. We will cover the development of bodyworker to healer and the recurring psycho-spiritual themes in energetic work and their application in energy-active bodywork. This is one of the possible prerequisite classes for CSB - Unwinding. **Prerequisite:** None.

Transition & Flow – Putting It All Together

8 hrs

Not all massages are created equal. More often than not, each massage therapist combines many different types of techniques during a massage session depending on the goal. The transition and flow each massage therapist develops creates a "style" that becomes somewhat unique to that individual. This class was developed to give students the opportunity to incorporate the different techniques and modalities learned over time and put it all together to begin to develop your signature as a massage therapist. This class will give you the opportunity to practice transitions and flow of the techniques and modalities you'd like to incorporate as part of your signature with observation and advice from an instructor. It will also be evaluating body mechanics, timing, draping, professionalism, etc. Please be prepared to give and receive up to 2+ massages within the day. **Prerequisite:** Massage Therapy Fundamentals or equivalent

Visualization for Massage

8 hrs

This class on practical hypnosis and visualization techniques for massage therapists is designed to increase your abilities to help your clients and yourself, enhancing energy, strength, listening skills, ability to work with your client's emotions, and generally expanding your inspiration and enjoyment as a working massage therapist. This experimental class includes visualization/energetic theory and guidelines, instruction on how to use hypnosis and guidelines for hypnotic language, guided trance journeys, skill building exercises, qigong techniques and visualizations, self care techniques and hands on practice using these techniques in the massage session. This class focuses on powerful techniques utilizing hypnosis and visualization of the body in very specific ways in order to maximize the healing potential of massage sessions. Emphasis is on traditional qigong visualization and energy techniques which mobilize static energy in the body, helping to alleviate illness, injury symptomology, emotional stress, dissolve muscle tension, break up adhesions, and more. Qigong is an ancient form of hypnotic energy which combines well with massage, Reiki, and various forms of Asian bodywork. **Prerequisite:** Some massage therapy training. **Prerequisite:** Some massage therapy training.

*****Note: New classes are continually being added to our program**

Instructors

Ellen Asherah is a Certified Clinical Hypnotherapist and Certified Massage Therapist who combines various healing disciplines in her practice and teaching, including energy healing, Qigong and sound healing. Her classes are characterized by a dynamic blend of guided trance journey, sound healing with singing bowls, and practical experiential learning. A Reiki Master Teacher since 1993, Ellen is also certified as a Wisdom Healing (Zhineng) and Qigong Instructor.

Emily Bay has been practicing massage therapist since 2001. She is nationally and California Certified. She is a Reflexologist and Reiki Master. She is a graduate of New York City's Swedish Institute of Massage Therapy. Emily is certified in Pre and Post-natal Massage and has advanced training in Shiatsu, Myofascial, aromatherapy, and Thai massage. She has worked in a variety of settings from spas and sports centers to hospitals and private offices.

Merlita Bautista-Knecht holds a BA in Social Work and she graduated in 1999 from National Holistic Institute in Emeryville, CA. She has since been working professionally in the community offering massage therapy in chiropractic clinics, spa settings and wellness programs. She has been an instructor since 2003 teaching numerous therapies, including Lomi Lomi, Deep Tissue Neuromuscular and Aromatherapy.

Jim Berns is a Registered Ortho-Bionomy® Advanced Instructor and Senior Practitioner. He has been trained directly by the founder, English Osteopath, Dr. Arthur Lincoln Pauls D.O. Jim has been a Registered Instructor and Practitioner since 1980, and has taught Ortho-Bionomy internationally and throughout the United States. He is co-author with Kathy Kain of the book Ortho-Bionomy A Practical Manual (North Atlantic Books, Berkeley, Ca.) which has sold over 10,000 copies. Jim has been a Certified Massage Therapist since 1979 and has taught classes at numerous massage schools throughout the country.

Kathleen Davis is a Certified Massage Therapist credentialed through the Acupressure Institute in Berkeley. In addition to teaching Acupressure and Tai Chi, she continues to study the traditional Chinese theory of health and the healing art of Jin Shin Jyutsu. She maintains a private practice, in Berkeley, in which she integrates Chinese Tui Na massage and Jin Shin Jyutsu.

Jim Gilkeson has been a bodyworker and instructor of subtle energy work since 1983. He is the author of Energy Healing: A Pathway to Inner Growth and "A Pilgrim in Your Body: Energy Healing and Spiritual Process", as well as a monthly internet newsletter. He currently practices at Harbin Hot Springs and in San Anselmo, specializing in creative combinations of subtle energy therapy, craniosacral therapy and massage.

Marty Morales is a Certified Rolfer, Rolf Movement Practitioner, and massage therapy instructor. He has been in private practice since 2003 and has a broad base of experience, from clinical work to spa massage. He trained in a variety of styles including, Swedish, Deep Tissue, Sports Massage, Reiki, and Cranial Sacral. Marty's bodywork instruction ranges from beginning massage therapy courses to advanced Structural Bodywork. He consults and trains at individual spas in San Francisco. He is currently working on a book on Body Mechanics and is an experienced speaker and business coach.

Larry Munn is a certified massage and bodywork professional with a private practice in Berkeley and San Rafael. Larry specializes in Neuromuscular Reprogramming and Advanced Soft and Deep Tissue protocols. He is a well-known and sought after instructor in Northern California.

Sharon Oshita is a massage therapist and spa manager. She has a master's degree in exercise and sport science, and she is an athletic trainer. She has a broad knowledge base including Anatomy, pathology, injury prevention, management and rehabilitation.

Lucy Rush is the owner of Chairgonomics, Inc., a company that provides corporate chair massage, ergonomic consultation, and wellness classes. She has been a professional massage therapist since 1978 and a massage instructor since 1989 in the U.S. and abroad. Lucy specializes in lymphatic techniques as well as Swedish and subtle touch modalities in her massage practice. She also holds a B.A. in dance and is passionate about body mechanics for the massage therapist.

Robin Varga has trained in Reflexology with Bill Flocco and has been teaching classes in northern California for many years. Robin's skill combined with the experience of her full time practice in the Bay area gives her classes a depth and breadth which helps your learning to be practical as well as enjoyable and deeply rewarding.

Brad Wathen is a Lomi Associate and has been a professional massage therapist since 1989. Brad received his Lomi Associate credential in somatic education in 1993 and continued in advanced studies with the Lomi school. He continues to develop his work and currently has a practice in Nevada City.

Lea Wildflower has been working as a professional massage therapist for 20 years, specializing in hot stone massage for the past seven. She has worked in several settings offering hot stone and other massage sessions, including spas and private practice, in Marin County.

FACILITIES

Location of Instruction: Classes are held on school premises at 424 F. St #B, Davis 95616.

Classroom: The classroom is furnished with massage tables, chairs, and reference charts. Class size is limited to 22 students for hands on training and 24 students for lecture classes.

Storage Space: Non secure storage space for personal belongings is available for student use during classroom hours. Massage Therapy Institute does not accept responsibility for anything lost or stolen on the school premises.

Compliance: The institute, its facilities and equipment fully comply with any and all federal, state, and local ordinances and regulations, including those requirements regarding fire safety. Massage Therapy Institute is operating in good financial standing and is free from pending debts or bankruptcy petitions.

STUDENT SERVICES

Academic Counseling: Instruction at MTI is intended for students who have a vocational objective as their goal. Prospective enrollees are encouraged to visit the school and discuss personal educational plans with the director prior to enrolling or signing the enrollment agreement. Academic counseling is available by appointment with the Director. Please Contact Julie Reynolds at (530) 753-4428 or julie@mtidavis.com.

Housing: MTI's programs are non-residential. We do not have dormitory facilities. There is no housing located near the school. We do not assist with finding housing. Approximate cost of rental housing in Davis is \$800 to \$1500 a month for an apartment.

Placement Services: The Massage Therapy Institute does not provide placement services for our students. There is a notice board at the school listing job openings.

Student records - Student records are maintained in the Administrative Office, and may be seen by students by contacting the Director. Current Records will be maintained for a minimum of 5 years and Transcripts will be maintained indefinitely. Upon completion of the requirements of a program students will be issued a Certificate of Completion. Students may request at any time an unofficial transcript, free of charge, that will list all courses and hours the student has completed through the school.

GRADING AND GRADUATION - Grading: All courses of study are Pass/Fail. Students must receive a grade of 70% for all tests & assessments. . Any student in jeopardy of receiving a failing grade in any class will be advised immediately and informed how to correct the situation. Students who ultimately receive a failing grade will not receive credit for the class. Some classes may be repeated for 50% of the full fee for that class, on space available basis, and at the discretion of the instructor or director.

Graduation: All course requirements and class hours must be satisfied for issuance of a program certificate. Upon completion of any course of instruction, a transcript record will be kept by the school. A student may request a copy of the transcript that will list all courses and hours that the student has completed through the school. Upon completion of the requirements of a program students will be issued a Certificate of Completion.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION: The transferability of credits you earn at Massage Therapy Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the hours or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Massage Therapy Institute to determine if your hours or the educational program will transfer.

ATTENDANCE REQUIREMENTS AND MAKE-UP POLICY

Attendance Requirements - All coursework at MTI is based on hours and full attendance is required in order to receive credit. To graduate from the 250 and 500 hour programs, a student must participate in, and satisfactorily complete all of the required courses and elective class hours. If class time is missed, make-up time will be required.

Required Program Classes All missed class hours for the Massage Therapy Fundamentals class must be made up in the next scheduled Massage Therapy Fundamentals class. Missed class hours in the Anatomy or Pharmacology classes can be made up in the next similar class offered. Make-up hours are offered on a space-available basis and with director permission. No more than 25% of an entire class can be missed and subsequently made-up. After that, students must meet with the Director to discuss options for transferring to another class and pay applicable fees. Students may elect to complete make-ups directly with the instructors if they are available. Make-up hours must reported to the Director.

Elective Classes and Continuing Education/ - If students miss time in an elective class the director will determine whether or not it is possible to make up time in the next similar elective class offered. Students enrolled in the 250 or 500 hour programs who miss time in an elective class may be required to pay a \$50 transfer fee for each incomplete class and receive no credit for the hours taken. Continuing Education students who miss elective class time will be subject to withdrawal/refund policies.

Punctuality Policy - Lateness is a disruption to a good learning environment and is discouraged. Students are expected to arrive shortly before class begins. Lateness is considered anything exceeding 5 minutes after the class time is scheduled to begin. All tardiness will be accumulated and may result in required make-up time or dismissal from the class.

Leave of Absence - A leave of absence may be granted if a student requests in writing for a specific period of time. A ruling will be made by the school Director within 2 weeks of receiving the request. Refunds for any unused portion of tuition that has already been paid may be issued at the time of departure, or may be applied to a future class.

Class Tuition Transfer Fee Policy - Students who have signed up for a class but cannot attend may transfer their prepaid tuition to another scheduled class. The fee to transfer is \$25 if the Director is notified of the intent to transfer tuition at least 3 days before the start of the class they will miss. After this point the transfer fee is \$50.

Repeated Classes: Some classes may be repeated, on a space-available basis, for 50% of the full cost. The CAMTC will not accept any repeated hours towards the 500 hour Certification credential.

Conduct and Conditions for dismissal: Students are obligated to follow all classroom guidelines and to provide prompt feedback to fellow students, instructors, and MTI staff regarding problems and complaints. MTI will take reasonable steps to assure adherence to the policies of MTI. Grounds for dismissal include, but are not limited to, the following: incident of intoxicated or drugged state of behavior, possession of weapons on school premises, behavior creating a hazard to persons at MTI, disrespectful behavior toward an instructor, staff member, or fellow student of MTI, improper touching or draping during class or while on school premises, disruptive entrance or departure from the classroom, poor attendance (including tardiness or absences), Improper attire when on school premises, disruption of the learning environment if the disruption continues after warning has been given by an instructor, not maintaining satisfactory academic progress, or for conduct which reflects discredit on the professional and ethical standards of the school or the massage profession. A student may also be asked to leave if tuition payments fall in arrears. If a student is dismissed, fees will be refunded according to the refund policy.

FINANCIAL INFORMATION

PROGRAM COSTS and SCHEDULE OF CHARGES:

Total charges for a current period of attendance and estimated total charges by program

Educational Program	Registration fee	Tuition	Books	STRF	Total charges for current period of attendance*	Estimated total charges for the program
Massage Therapist 250 Hour	\$250	\$2,690	\$0	\$0	\$2,940	\$2,940
Massage Therapist 500 Hour	\$250	\$5,630	\$0	\$0	\$5,880	\$5,880

Current period of attendance is equivalent to the total program because we offer flexible admission dates and flexibility within the required completion time frames for each program.

Payment: We accept VISA, and MasterCard as well as checks and cash.

Payment Plans: Monthly (no interest) payment plans may be arranged with the Director at the time of enrollment in a program. Massage Therapist 250-hours may be paid for over 6 months (\$455 each month). Massage Therapist 500-hours may be paid for over 7 months (\$835 each month). Payment must be made in full on or before the date of program completion. Oncology Massage Therapist program and classes taken as Continuing Education must be paid for class by class.

Financial Aid: The Massage Therapy Institute does not offer scholarships, provide grants, or waive portions of tuition fees for students. MTI does not have any financial aid programs nor do we participate in Federal or State financial aid programs. However; if you do obtain a loan to pay for an educational program, it is your responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and if you have received federal student financial aid funds, you are entitled to a refund of the monies not paid from federal student financial aid program funds

Other Fees: Returned Check \$25.00 each; Duplicate Certificate \$20.00 each; Transfer Fee (when student changes classes) \$25.00 (notice given at least 3 days before class); Transfer Fee \$50.00 (notice given less than 3 days before class); Records Name Change \$15.00; Official Transcript \$15.00; archived transcript is \$40.00, STRF \$.00 per \$1,000 tuition. The fee for missed class time make up is \$10 per hour (or part hour). Certificates/transcripts will be issued within 30 days of request.

STUDENT TUITION RECOVERY FUND DISCLOSURES – You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you: 1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and 2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies: 1. You are not a California resident, or are not enrolled in a residency program, or 2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education. You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following: 1. The school closed before the course of instruction was completed. 2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school. 3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs. 4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau. 5. An inability after diligent efforts to prosecute,

prove, and collect on a judgment against the institution for a violation of the Act." However, no claim can be paid to any student without a social security number or a taxpayer identification number."

Questions regarding the STRF may be directed to the: Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400 Sacramento, CA 95833, (916) 431-6959

STUDENT'S RIGHT TO CANCEL (CANCELLATION, TERMINATION, and REFUND POLICIES): The student has the right to cancel the enrollment agreement and obtain a refund of charges minus the \$250 registration fee, paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. After the first day, refunds are pro-rata the registration fee for up to 60% of the education hours received beyond which there is no refund on the unused portion of tuition. Cancellation of enrolment must be made either in person (delivered to office staff in writing) or by certified mail. The student must receive written confirmation if notice is hand delivered. Cancellations cannot be made retroactive to a date prior to delivery of notice in writing. Attendance time is the time between the scheduled starting date of the first class and the date on which the student formally cancels his/her enrollment in writing whether or not the student attends class. Cancellation cannot be made by telephone. A refund will be made of the unused portion of tuition within 45 days following the student's formal withdrawal date. The Institute reserves the right to have any student terminate his/her enrollment if, in the sole discretion of the Director, continued enrollment would not be in the best interest of the Institute or the student. Such a right of termination shall be exercised in writing by the Institute and either delivered personally to the student or mailed to his/her local address set forth above. If you obtained a loan to pay for an educational program, you will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and if you have received federal student financial aid funds, you are entitled to a refund of the monies not paid from federal student financial aid program funds. If the student defaults on a federal or state loan, both the following may occur: 1) The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan, 2) the student may not be eligible for any other federal student financial aid at another institution or other government financial assistance until the loan is repaid. Withdrawal and cancellation notification and requests for refunds must be made in writing to: Julie Reynolds, Director; Massage Therapy Institute, P.O. Box 518, Davis, CA 95617. If you withdraw from the course after instruction has begun, but prior to completion of 60% of the course, a prorated refund will be made for the unused portion of tuition. Refunds will be prorated from the first day of attendance to the last day of attendance, and you will be charged for any absences between these two dates.

APPROVAL BY THE BUREAU FOR PRIVATE POSTSECONDARY EDUCATION

The Massage Therapy Institute is a private institution that is approved by the Bureau for Private Postsecondary Education. This approval means that the Massage Therapy Institute is in compliance with the California state standards as set forth in the Education Code. Massage Therapy Institute has at least met the minimum state standards as set forth in the Education Code. MTI is not accredited by an accrediting agency recognized by the United States Department of Education (USDE). A graduate of the degree program may not be eligible to sit for applicable license exam in California and other states. A degree program that is unaccredited or a degree from an unaccredited institution may not be recognized for some employment positions, including, but not limited to, positions with the state of California. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs.

COMPLAINT PROCEDURE

The Massage Therapy Institute's purpose is to help you achieve a successful career in Massage Therapy. Should a problem arise during your training, we want to work with you to find a fair solution. We request that students lodge any complaint by communicating orally or in writing to: Julie Reynolds, Director, Massage Therapy Institute, P.O. Box 518, Davis, CA 95617, (530) 753-4428. Upon receipt of your complaint, the Director will investigate thoroughly and provide you with a response within 7 days of receiving the complaint.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll free or by completing a complaint form, which can be obtained on the Bureau's Internet Web site www.bppe.ca.gov.

Massage Therapy Institute does not have a pending petition in bankruptcy, and is not operating as debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against them within the preceding five years that resulted in reorganization under Chapter 11 of the US Bankruptcy Code.