



1920 East Eighth St.  
Davis, CA 95616  
PO Box 518  
Davis, CA 95617

# MASSAGE THERAPY INSTITUTE

## CLASS SCHEDULE

thru November 2010

These classes may be taken as continuing education or as part of our 250-, 500- and 720-hour programs.

### MARCH

**PHARMACOLOGY FOR MASSAGE THERAPISTS (14 hrs). Sat, Mar 6 (9 am – 6 pm) & Sun, Mar 7 (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:** Dr. Michelle Homer **Cost:** \$199 **Prepay:** 2-Wk \$190 4-Wk \$180.

**MYOFASCIAL MASSAGE (16 hrs) Mon & Tue, Mar 8 & 9 (9 am – 6 pm).** Learn how to palpate and treat the fascia using gentle, non-intrusive technique. Sustained stretches will release patterns of strain and limitation. The technique is easy to learn and to do, and complements many different bodywork styles. **Prerequisite:** 100 hrs massage training. **Instructor:** Greg Williams **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

**THAI HERBAL COMPRESS (6 hrs) Thurs, Mar 11 (10 am – 5 pm).** For centuries, traditional Thai medicine has used herbs for healing as well as the popular Thai Massage. The herbal compress contains herbs from ancient recipes that are designed to stimulate circulation, reduce bruising, and heal muscle tissue. In this class, the student will learn the healing properties of the traditional herbs. We will make our own simple herbal compresses in class and use ones imported from Thailand. Steaming techniques and application techniques will be taught. The deep heat treatment softens tight muscle and reduces stagnation. These are great used before a massage. The combination of herbal compress applied to the energy lines and followed by traditional Thai massage is very effective. **Prerequisite:** None. **Instructor:** Tim Holt **Cost:** \$90 **Prepay:** 2-Wk \$85, 4-Wk \$80 (plus materials fee \$10).

**FIVE ELEMENTS ASSESSMENT (16 hrs) Sat & Sun, Mar 13 & 14 (9 am – 6 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. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

**CUPPING & MOXIBUSTION (8 hrs). Mon, Mar 15 (9 am – 6pm).** 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:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**SPA TREATMENTS (Spring Applications) (20 hrs), Wed & Thu, Mar 17 & 18 (9 am – 5 pm), Fri, Mar 19 (9 am – 4 pm).** Learn luxurious yet effective spa services in your treatment room without a shower! All of the basics for each treatment will be taught including product information, benefits, pricing, supply needs, and marketing. Treatments learned include... Soothing Treatment Mask for sunburn/damaged skin, Full body Paraffin Hydration Wrap, and Brown Sugar Body Polish. **Please bring to class:** 2 XL Bath towels (35' x 65' minimum), 2 twin size sheet sets, several small towels or wash cloths, 1 twin size of larger blanket. Bath sheets, sheets and blanket should be dark colored. A take home bundle containing these supplies can be purchased for \$65.00 from the instructor. **Prerequisite:** Some massage training or with Instructor's permission. **Instructor:** Jeanine Hewitt. **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260. (Product cost: \$25, paid to MTI).

**PATHOLOGY (and Physiology) (50 hrs) (40 in class hrs – 10 lab hrs) Fri eves, Mar 19 & 26 (6 pm – 10 pm), Sats & Suns Mar 20, 21, 27 & 28 (9 am – 6 pm).** This course is a system-by-system study of disease and how it affects the body as a whole. This is a lecture class educating the student about pathologies that may present, and when and how it is appropriate to massage and when and where is appropriate to refer. There will be an overview of the structure and function of each system and the various pathologies pertaining to each system. Recommended (but not required) text is "A Massage Therapist Guide to Pathology" by Ruth Werner or any pathology for massage text. This is available at bookstores and online. This class offers a holistic view and information very relevant to massage therapy. **Prerequisite:** None. **Instructors:** Staff **Cost:** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425

**THAI MASSAGE - Supine & Side-Lying (32 hrs) Sats & Suns, Mar 20, 21 & 27, 28 (9 am – 6 pm).** 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 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. This is one of the core classes for the Thai Massage Therapist Certification. **Prerequisite:** 50 hrs of massage training or with Instructor's permission **Instructor:** Tim Holt **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

**CRANIAL SACRAL BALANCING – Headaches and TMJ (30 hrs) Mon, Tue, Thu & Fri, Mar 22, 23, 25 & 26 (9am – 5:30 pm).** This course builds on the foundation Cranial Sacral Balancing 1. You will learn to work with clients whose complaints are headaches, TMJ dysfunction, vision problems, ringing in the ears, vertigo, sinus issues and more. We will continue to work gently and with ease. **Prerequisite:** Cranial Sacral Balancing 1 **Instructor:** Keesha Standley **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

**NEUROMUSCULAR THERAPY PRACTICUM (8 hrs) Wed, Mar 24 (9am – 6pm).** This class offers an opportunity to present challenging bodywork problems and obtain solutions. **Prerequisite:** 100 hrs massage training and 20 hrs Neuromuscular Therapy classes. **Instructor:** Venice Sullivan **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**MASSAGE THERAPIST PROGRAM (100 hrs). Day Program. Mon thru Thu, Mar 29 through Apr 29, (9 am –2 pm) (except Apr 21 & 22). Instructors:** Keesha Standley, Tim Holt, Greg Williams. **Total Cost:** \$1,025. Class description on the programs page of website.

## APRIL

**ACUPRESSURE FOR THE CHAKRAS (8 hrs) Fri, Apr 9, (9 am – 5:45 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. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**DYNAMIC DEEP TISSUE MASSAGE (20 hrs) Fri eve, Apr 9 (6:15 pm – 10 pm), Sat & Sun 10 & 11 (9 am – 6 pm).** Dynamic Deep Tissue Massage 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. This class is designed to give participants tools for working with deep levels of contact. 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:** 100 hrs massage training **Instructor:** Brad Wathen **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

**PREGNANCY MASSAGE (24 hrs). Fri, Sat & Sun, Apr 16, 17 & 18 (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.

**MICROFASCIAL MASSAGE & SCAR TISSUE THERAPY - (8 hrs). Wed, Apr 21 (9 am – 6 pm).** This class will look at the anatomy of the fascial system and the physiology of the healing cycle. Bringing this information together to allow the practitioner to integrate client friendly techniques to address the micro fascia to reduce healing times and reduce scar tissue formation to a minimum. We will also practice how to address existing scars and help to reduce them and increase flexibility thru reduction of fascial restrictions. **Prerequisite:** 100 hrs massage training **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**ASSESSMENT FOR MASSAGE (8 hrs) Thurs, Apr 22 (9 am – 6 pm).** This class will explore appropriate assessment tools and protocols for evaluating musculoskeletal and soft tissue dysfunction. We will use an industry standard evaluation process including ROM differentiation, orthopedic test, developing functional limitations and SMART goals. The class is oriented to massage therapists in order to assist them to develop a client base beyond the "relaxation" client. We will use a model of assessment that will be appropriate for all areas of the body. This assessment will include palpation and what to look for, postural evaluation, gait analysis, the value of client homework, and the significance of reassessment. **Prerequisite:** None. **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**CONNECTIVE TISSUE MASSAGE - Bindegwebsmassage (24 hrs). Fri, Sat & Sun, Apr 23, 24 & 25 (9 am – 6 pm).** This class will look at the development of connective tissue bodywork from both the European and American perspectives. Work of Head, Jones, Dicke, Travell, Simons, St. John, and Chaitow will be reviewed in order for the student to have a basis to determine the appropriate approach to use for each client. This class includes some lecture and a great deal of practicum. You will learn the basic protocols for addressing visceral and orthopedic pathologies. **Prerequisite:** None. **Instructor:** Dale Perry **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310.

**ANATOMY & KINESIOLOGY – Lower Body (50 hrs) (32 in class – 18 hrs lab). Fri, Sat, Sun & Mon, Apr, 30, May 1, 2 & 3 (9 am – 6 pm).** The student will gain an experiential understanding of musculoskeletal anatomy and the fundamentals of human kinesiology. Emphasis will be on the skeletal system, bony landmarks, joint structure, muscles and muscle groups, and correct anatomical language. We will use a multi-sensory approach to learning that includes cadaver videos, palpating bony landmarks & muscles, drawing the muscles on each other, and massage. Using postural assessment, we will recognize muscles that are shortened & tight from those which are long and inhibited. We will also examine the musculoskeletal conditions associated with each muscle

group. We will cover the Lower body: Spine, Ribcage, Pelvic girdle, Lower limbs. Anatomical language and terms joint structures and muscles structure and kinesiology will be covered. **Prerequisite:** None. **Instructor:** Gary Wilson **Cost:** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425.

## MAY

**THAI MASSAGE - Prone & Sitting (32 hrs) Sats & Suns, May 1, 2 & 8, 9 (9 am – 6 pm).** This workshop will focus on history, theory, technique and form. Treatment sequences in prone and sitting positions will be taught and practiced. Thai massage is increasingly offered in spas and is an excellent and unusual addition for your private practice. **Prerequisite:** 50 hrs of massage training or with Instructor's permission. This is one of the core classes for the Thai Massage Therapist Certification. **Instructor:** Tim Holt **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

**MASSAGE FOR PEOPLE LIVING WITH CANCER (24 hrs) Tue, Wed, Thu, May 4, 5, 6, (10 am – 5 pm) & Fri, May 7 (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. **Prerequisite:** 100 hrs of massage training and experience with clients recommended or with instructor's permission. **Instructor:** Isabel Adkins **Cost:** \$360 **Prepay:** 3-Wk \$345 (Materials fee: \$21, to be paid to instructor).

**ONCOLOGY MASSAGE 1 – Blending East with West (22 hrs) Sat, May 8 (1 pm – 7 pm) Sun & Mon, May, 9 & 10 (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. We will learn how to utilize these skills by providing massages to cancer patients under supervision of the instructor as the culminating activity of the class. **Please Note:** *That on the first day of class there will be no meal break, so please eat before coming to class and bring snacks.* **Prerequisite:** 100 hrs of massage training plus Massage for “People Living with Cancer©” or with instructor's permission. **Instructor:** Isabel Adkins **Cost:** \$330 **Prepay:** 3-Wk \$315 (Materials fee: \$16, to be paid to instructor).

**MASSAGE THERAPIST PROGRAM (100 hrs). Evening Program. Tue, Wed & Thu, eves May 11 through Jun 30, 2010 (6:15pm – 10 pm). Instructors:** Keesha Standley, Tim Holt, Julie Reynolds **Total Cost:** \$1,025. You can find the class description on the programs page of this website

**THAI TABLE MASSAGE (16 hrs) Tue & Wed, May 11 & 12 (9 am – 6 pm).** Integrate effective stretching into your table massage with techniques for Thai Massage, Hatha Yoga, and Somatics. 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:** 50 hrs massage training. **Instructor:** Tim Holt **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

**ONCOLOGY MASSAGE 3 - Understanding Trauma (40 hrs). Thu, May, 13 (9 am – 5:45 pm) Fri, Sat, Sun, & Mon, May, 14, 15, 16 & 17 (9 am – 6 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:** Oncology Massage 2. **Instructor:** Isabel Adkins **Cost:** \$600 **Prepay:** 3-Wk \$575 (Materials fee: \$25. To be paid to instructor).

**THAI MASSAGE (Therapeutics) (14 hrs) Sat & Sun, May, 14 & 15 (9 am – 5 pm).** This workshop gives the new Thai therapist specific strategies for neck, shoulder and lumbar/hip pain and tension. We present a therapeutic model with increased emphasis placed on Sen Line theory and also includes specific acupressure points. This expands the Thai Massage toolbox with specific and deeper work. All are welcome, but some previous experience with Thai Massage is preferred. **Prerequisite:** 50 hrs of massage training or with Instructor's permission. **Instructor:** Tim Holt **Cost:** \$199 **Prepay:** 2-Wk \$190, 4-Wk \$180.

**INSURANCE BILLING (3 hrs) Tue, May, 18 (9 am – noon).** 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 workshop will give you the necessary tools to bill for worker's compensation, automobile insurance and health insurance. This is not a technique class. **Prerequisite:** None. **Guest Instructor** Dr. Marian Zingaro **Cost:** \$55, **Prepay:** 3-Wk \$50.

**CANCER BASICS (24 hrs) Wed & Thu, May, 19 & 20 (9 am – 5:45 pm) Fri, May, 21 (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). **Instructor:** Isabel Adkins and Connie Kishbaugh **Cost:** \$430 **Prepay:** 2-Wk \$420, 4-Wk \$399.

**HOT STONE SWEDISH MASSAGE (8 hrs) Sat, May, 22 (9 a.m. – 6 p.m.).** 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 hands, 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: Lea Wildflower Cost: \$110 Prepay: 2-Wk \$104, 4-Wk \$99.

**ONCOLOGY MASSAGE CLINIC – Practicum (32 hrs) Sun & Mon, May, 23 & 24 (9 am – 6 pm). Tue & Wed, May, 25 & 26 (9 am – 5:45 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:** \$480 **Prepay:** 2-Wk \$470, 4-Wk \$460.

**ENERGIES OF THE ACUPRESSURE POINTS (15 hrs) Thu & Fri, May 27 & 28 (9 am – 5:30 pm).** Each acupressure point is a small universe; each one can open the door to a deeper understanding of meaning in one's life. In this class we will focus on the character of individual points and how to use them to enhance emotional balance. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost:** \$215 **Prepay:** 2-Wk \$205, 4-Wk \$195.

**MANUAL LYMPHATIC DRAINAGE CERTIFICATION (45 hrs) Sat, Sun, Mon, Tue & Wed, May 29, 30, 31, Jun 1 & 2 (9 am – 6 pm) & Thu, Jun 3 (9 am – 3 pm).** This 6-day MLD certification course is based on the techniques developed by Dr. Emil Vodder, Ph.D. When skillfully applied, this therapeutic form of soft tissue mobilization dramatically enhances lymph formation and promotes drainage within the superficial and deep systems of the lymph vascular network. During this course, students will be instructed in anatomy and physiology of the lymphatic system. Basic MLD treatment sequences as well as MLD treatment sequences for mild, medically uncomplicated upper and lower extremity lymphedema will be demonstrated and practiced. Each day will be divided into two sections, one theoretical and the second, hands-on application. Topics covered in this class are relevant anatomy and scientific technology to the lymphatic system. Students will learn to: differentiate between the normal and diseased states of the lymphatic system (physiology and pathophysiology of the lymphatic system); understand the indications and contraindications related to the use of MLD; be able to perform the techniques of MLD for all body areas; develop appropriate treatment strategies for indications such as post-surgical edema, posttraumatic edema, fibromyalgia, general detoxification and other conditions; perform MLD on clients after breast surgery for cancer (clients at risk to develop lymphedema); and competently perform MLD on clients with mild, medically uncomplicated primary or secondary lymphedema. Please note: This course will not prepare the participant for the Complete Decongestive Therapy treatment of lymphedema. **Prerequisite:** 100 hrs of massage training **Instructor:** Rene Janiece **Cost:** \$900.

## JUNE

**AROMATHERAPY for MASSAGE (12 hrs) Sat & Sun, Jun 5 & 6 (9 am – 4 pm).** Aromatherapy uses essential oils, volatile and aromatic liquids obtained from plants, to bring about positive effects on body, mind and spirit. Although aromatherapy has gained great popularity in the United States and Western Europe in recent years, it is an age old practice that spans societies, cultures and centuries. Combined with massage, aromatherapy is an ideal treatment. Workshop participants will learn how to buy essential oils and how to blend and prepare various products for their clients based on the properties of individual essential oils. **Prerequisite:** None. **Instructor:** Rebecca Lavadia **Cost:** \$180 **Prepay:** 2-Wk \$172, 4-Wk \$165. Material fee \$25 (to be paid to the instructor).

**FACELIFT MASSAGE (14 hrs) Tues & Wed, Jun 8 & 9 (9 am – 5:00 pm).** This class will explore the concepts developed by Vodder, Roldi and Casley-Smith to facilitate the lymphatic system. Although lymphatic therapy is most commonly used today for the treatment of Lymphedema, we will explore how to adapt these techniques for assisting your clients in surgical recovery and improving the quality of their skin. This work will improve skin tone and the nutrition to the skin of the face and neck which will result in improved muscle tone necessary for optimum support of the face and neck. This may be used instead of more invasive types of therapies, such as surgery. You will learn the A & P of the lymph system, as it applies to transport, and the protocols for addressing a wide array of pathologies. This technique is non-invasive and easy to use by the therapist. It requires only a light pressure and easily adopted body mechanics. Lymphatic facilitation can be used to assist improving the healing rate and reduction of pain. It can also address skin cleansing and detoxification of the tissue. We have many clients who have experienced relief from earaches, tinnitus, frostbite, headaches, TMJ, postsurgical swelling and various non-specific pains. Take advantage of this opportunity to learn a unique, fun, and effective therapy to expand your practice and set you apart from the rest. **Prerequisite:** 100 hrs massage training. **Instructor:** Dale Perry. **Cost:** \$210 **Prepay:** 2-Wk \$199, 4-Wk \$190.

**MEDICAL MASSAGE – Low Back (8 hrs) Thurs, Jun 10 (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 massage training. **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**MEDICAL MASSAGE – Thoracic Outlet (8 hrs) Fri, Jun 11 (9 am – 6 pm).** Anatomy of the shoulder and neck will be reviewed and we will learn application of orthopedic medical evaluation tests for Thoracic outlet as well as technique. **Prerequisite:** 100 hrs massage training. **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**MUSCLE ENERGY TECHNIQUES (16 hrs) Sat & Sun, Jun 12 & 13 (9 am – 6 pm).** Is a blanket term describing an approach to muscle/fascial work that uses the client's "muscle energy" to make changes in ROM and reduction of pain. This technique is very easy to learn and integrate into any massage session. We will explore the physiology of muscles and their relationship with fascia. The connection of the nervous system and proprioceptors imbedded in the muscle is a component we will spend time learning. This type of work will make all of your other techniques more effective and you will not have to work as hard. Be a therapist that works smart, not hard. **Prerequisite:** 100 hrs of massage training. **Instructor:** Dale Perry **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

**MEDICAL MASSAGE – Whiplash (8 hrs) Mon, Jun 14 (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 massage training. **Instructor:** Dale Perry **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**SPORTS MASSAGE (24 hrs) Tues, Wed & Thurs, Jun 15, 16 & 17 (9 am – 5:45 pm).** Classic approaches in sports injury treatment helps athletes prevent injuries. Catch them earlier and correct microtrauma that leads to more severe problems. Learn to give a complete one-hour sports massage. Learn pre-event and post-event massage techniques, muscle and fascia lengthening through passive and active stretching techniques, cross-fiber friction techniques, trigger point techniques and how to develop a referral network. Sports related injuries, injury care, and specific retroactive modalities will be addressed. Palpatory

anatomy, contraindications, appropriate timing of treatment, and how to optimally use biomechanics to allow you to work well with less effort will be covered. **Prerequisite:** 100 hrs massage training **Instructor:** Dale Perry **Cost:** \$330 **Prepay:** 2-Wk \$320, 4-Wk \$310.

**ACUPRESSURE – A Practice in Harmony (30 hrs) Fri, Sat, Sun & Mon, Jun 18, 19, 20 & 21 (9 am – 5:30 pm).** This course 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 \$410, 4-Wk \$399.

**REFLEXOLOGY (FEET, HANDS & EARS) (30 hrs) Thu, Fri, Sat & Sun, Jun 24, 25, 26 & 27 (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 affected. 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 assessed, Reflexology complements all modalities and you will learn how to integrate this work into your practice. Hand and ear reflexology will be taught, including history, reflex techniques, and special advantages of working the hands and ears. This is a 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.

**ENERGY ACTIVE CRANIAL SACRAL BALANCING (30 hrs) Mon, Tues & Wed, Jun 28, 29 & 30, Thurs, Jul 1 (9 am – 5:30 pm).** This class provides a hands-on training in Energy Active Cranial Sacral Balancing. You will learn tools and a context for working in a deeply therapeutic way with others, attending to the physical and energetic needs of your client. Joining the practices of cranial-sacral work and energy work is an ideal way to integrate the structure of the body with the energy that enlivens it. Energy Active Cranial Sacral balancing brings together structural and energetic techniques into a non-invasive therapy that relieves strain patterns in the body caused by injury, emotional trauma, or habitual unbalanced movements. This gentle but deeply effective therapy is easy to perform through your client's clothing. Using gentle touch, you will work with the body's intelligence, assisting it in healing itself. You will learn a basic protocol to evaluate and help the recipient's healing process. Major topics of the class are: learn about the anatomy and function of the body's cranial-sacral system; learn hands-on skills and how to make a structural and energetic connection with your client; recognize the cranial-sacral pulse (as distinct from heartbeat and breath) and engage the cranial sacral system; learn an effective protocol that will teach you to work gently and deeply with your hands while enhancing the health of your client. **Prerequisite:** None. **Instructor:** Jim Gilkeson **Cost:** \$430 **Prepay:** 2-Wk \$410 4-Wk \$399.

## JULY

**MASSAGE THERAPIST PROGRAM (100 hrs), Summer Intensive Program. July 5 through July 17 (except July 11) (9 am – 6 pm). Instructors:** Keesha Standley, Tim Holt, Greg Williams, **Total Cost:** \$1,025. You can find the class description on the programs page of website.

**ADHESION AND SCAR TISSUE RELEASE (16 hrs) Suns, Jul 11 & 18 (9 am – 6 pm).** This workshop will introduce you to adhesion and scar tissue release work. Old and new adhesions can cause long term myofascial pain and dysfunction, and postural distortion. You will learn client analysis including visual range of motion assessment and client verbal description of pain felt in the body. You will learn how to properly palpate and identify healthy and unhealthy fascia. You will learn how to isolate and release the adhesions and gain an understanding of how and why the body creates this dysfunctional situation. Various techniques will be used including orthopedic massage for joint work, myofascial release using cross fiber technique, neuromuscular re-education including trigger point-release, and facilitated stretching to bring the tissue back to its original mobile state. **Prerequisite:** 100 hrs of massage training. **Instructor:** Greg Williams **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

**CLASSIC DEEP TISSUE MASSAGE (20 hrs) Wed, Thurs, Jul 21, 22 (9 am – 5 pm), & Fri, Jul 23 (9 am – 4 pm).** This workshop 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 make 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, friction (circular, longitudinal and transverse), trigger point release, and rudimentary stretching. Upon completion, students will be able to effectively treat such muscular problems as releasing hypertonic muscles, trigger points, impingement syndromes, scar tissue reduction, muscle strains, and chronic muscular spasms. **Prerequisite:** 100 hrs massage training **Instructor:** Tim Holt **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

**ANATOMY AND PHYSIOLOGY FOR BODYWORKERS (50 hrs) (32 in class hrs – 18 lab hrs) Sats & Suns, Jul 24, 25 & 31 Aug 1 (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:** Dr. Michelle Homer **Cost:** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425.

**HYDROTHERAPY (14 hrs). Mon & Tues, Jul 26 & 27 (9 am – 5 pm). Prerequisite:** None. **Instructor:** Dr. Michelle Homer **Cost:** \$210 **Prepay:** 2-Wk \$199, 4-Wk \$190.

**NUTRITION FOR HEALTH (16 hrs.) Thurs & Fri, Jul 29 & 30 (9 am-6 pm).** This class will include the basics about nutrition and how it relates to common pathologies encountered by massage therapists such as joint and muscle pain, adrenal fatigue, thyroid conditions, diabetes, etc. Learn the basics of an ideal

diet and ways anyone can realistically implement them into everyday life for better health. Including common sense approaches to shopping, cooking and eating better without feeling deprived. We will also discuss when it is appropriate to use supplements for specific pathologies. "Good" fats versus "bad" fats. How do I know if the supplement I'm taking is any good? Making sense of the nonsense – cholesterol. Michelle Horner is a naturopathic doctor and brings to this class a holistic view and information very relevant to the massage therapist. **Prerequisite:** None. **Instructor:** Dr. Michelle Homer. **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

## AUGUST

**MASSAGE THERAPIST PROGRAM (100 hrs). Summer Intensive Program. Aug 9 through Aug 21 (except Aug 15), (9 am – 6 pm). Instructors:** Keesha Standley, Tim Holt, Greg Williams, **Total Cost:** \$1,025. You can find the class description on the programs page of this website.

**LOMI LOMI (30 hrs) Mon, Tue, Wed & Thurs, Aug 23, 24, 25 & 26 (9am-5:30pm).** For centuries, the ancient art of Hawaiian Lomi Lomi massage has been used as a powerful tool for maintaining a healthy way of life. The strokes are long and flowing, using forearms and elbows, and giving the feeling of many hands on the body at once. This massage is especially good for reducing stress, increasing circulation, helping speed up recovery from illness and cleansing the muscle toxins that build up as a result of stressful living. This is a hands-on workshop; you will be giving and receiving massage as well as learning proper breath and movement exercises. This massage is wonderful by itself or as an additional tool for anyone who already practices bodywork. The practitioner uses their whole body to do the work, thus avoiding strain on the hands. At the end of the workshop, you will be able to perform a full Lomi Lomi massage. Students will learn a complete massage routine with Aloha Spirit and symbolic interpretation. This cross-cultural course is experiential in nature. LOMI LOMI is offered as an intrapersonal process for healing the healer. Please wear loose, comfortable clothing, preferably something sleeveless or that you don't mind getting oil on. This class covers basic aspects of the seven spiritual Huna Principles, the masculine/feminine psyche, elements of nature and Divine Grace, as applied to bodywork. **Prerequisite:** None. **Guest Instructor:** Sharon Krepps **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399

**PATHOLOGY (and Physiology) (50 hrs) (40 in class hrs – 10 lab hrs) Fri eves, Aug 27 & Sep 3 (6 pm – 10 pm), Sat & Sun, Aug 28, 29 & Sep, 4 & 5 (9 am – 6 pm).** This course is a system-by-system study of disease and how it affects the body as a whole. This is a lecture class educating the student about pathologies that may present, and when and how it is appropriate to massage and when and where is appropriate to refer. There will be an overview of the structure and function of each system and the various pathologies pertaining to each system Recommended (but not required) text is "A Massage Therapist Guide to Pathology" by Ruth Werner or any pathology for massage text. This is available at bookstores and online. **Prerequisite:** None. **Instructor:** Staff **Cost:** \$470 **Prepay:** 2-Wk \$450, 4-Wk \$425.

**ADULT CPR (4 hrs) Tue eve, Aug, 31 (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 (\$15 materials fee).

## SEPTEMBER

**SHIATSU – (30 hrs) Weds & Thurs, Sep 1 & 2, 8 & 9 (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.

**NEUROMUSCULAR THERAPY - Pelvis (20 hrs) Fri eve, Sep 10 (6 pm – 10 pm), Sat & Sun, Sep. 11 & 12 (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.

**MASSAGE THERAPIST PROGRAM (100 hrs). Weekend Program. Sats & Suns (9am – 6 pm) Sep, 11 & 12, 18 & 19, 25, & 26, Oct 2 & 3, 9 & 10, 16 & 17. Instructors:** Keesha Standley, Tim Holt, Greg Williams, **Total Cost:** \$1,025. You can find the class description on the programs page of this website.

**CRANIAL SACRAL BALANCING 1 (30 hrs), Mon, Tues, Wed, Thurs, Sep 13, 14, 15 & 16 (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 & Jim Gilkeson **Cost:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399.

**HOT STONE MASSAGE (20 hrs.) Wed, Thu, Sep 22, 23 (10 am – 6 pm) & Fri, 24, (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, 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. **Prerequisite:** 100 hrs of massage training. **Instructor:** Lea Wildflower **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

**NEUROMUSCULAR THERAPY - Postural Analysis (8 hrs) Sat, Sep. 25 (9 am-6 pm).** Learn what the body's position in space can tell you. Use your eyes to truly understand where the body 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 **Instructor:** Venice Sullivan **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**DEEP TISSUE MASSAGE – Advanced Access (12 hrs) Wed & Thurs, Sep 29 & 30 (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.

## OCTOBER

**MASSAGE THERAPIST PROGRAM (100 hrs). Day Program. Mon through Fri Oct 4 through Oct 28 (9 am – 2 pm).** **Instructors:** Keesha Standley, Tim Holt, Greg Williams, **Total Cost:** \$1,025. You can find the class description on the programs page of this website.

**NEUROMUSCULAR THERAPY - Neck & Upper Torso (20 hrs.) Fri eve, Oct 8 (6 pm-10 pm) Sat & Sun, Oct 9 & 10 (9 am – 6pm).** 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 of massage training. **Instructor:** Venice Sullivan. **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

**PRINCIPLES OF NEUROMUSCULAR THERAPY (8 hrs) Sat, Oct 23 (9am – 6:00pm).** This is a theory class. It covers the science and philosophy of neuromuscular therapy allowing an understanding of how and why this method works so effectively. It covers the physiological principals of ischemia, trigger points, nerve compression/entrapment, postural distortion and dysfunctional biomechanics. **Prerequisite:** None. **Instructor:** Venice Sullivan. **Cost:** \$110 **Prepay:** 2-Wk \$104, 4-Wk \$99.

**SPA TREATMENTS (Fall Applications) (20 hrs), Fri eve, Oct 22 (6 pm – 10 pm), Sat & Sun, Oct 23 & 24 (9 am – 6 pm).** Take showerless services to a new level by learning to combine treatments for maximum effectiveness. In this class you will learn to add-on several treatments to your massage or facial to give your clients something extra special while boosting your income. Treatments to be learned will include a Clay or mud masque for the back, Aromatherapy hydration wrap add on to a massage, All-in-one treatment combining a body scrub and wrap in one lovely treatment, hand and foot therapy wrap, and warm oil scalp massage treatment. Treatment/supply costs for this class are \$25.00. Additional supplies needed include: 2 XL Bath towels (35' x 65' minimum), 2 sheet sets, 32 small towels or wash cloths, 1 twin size of larger blanket. Bath sheets, sheets and blanket should be dark colored. A take home bundle can be purchased for \$65.00 from the instructor. **Prerequisite:** None. **Instructor:** Jeannie Hewitt. **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260. (+ \$25 product cost).

**ANATOMY & KINESIOLOGY – Upper Body (50 hrs - 32 in class + 18 hrs lab) Sat, Sun, Mon & Tue, Oct 30 & 31, Nov 1 & 2 (9 am – 6pm).** The student will gain an experiential understanding of musculoskeletal anatomy and the fundamentals of human kinesiology. Emphasis will be on the skeletal system, bony landmarks, joint structure, muscles and muscle groups, and correct anatomical language. We will use a multi-sensory approach to learning that includes cadaver videos, palpating landmarks & muscles, drawing the muscles on each other, and massage. Using postural assessment, we will recognize muscles that are shortened & tight from those which are long and inhibited. We will also learn stretching and strengthening exercises for these muscle imbalances. We will also examine the musculoskeletal conditions associated with each muscle group. We will cover the Upper body: Spine, Ribcage, Shoulder girdle, Upper limbs. Anatomical and terms joint structures and muscles structure and kinesiology will be covered. **Prerequisite:** None. **Instructor:** Gary Wilson **Cost:** \$470, **Prepay:** 2-Wk \$450, 4-Wk \$425.

## NOVEMBER

**"MASSAGE FOR PEOPLE LIVING WITH CANCER®" (24 hrs) Thurs, Fri & Sat, Nov 4, 5, 6 (10 am-5 pm) & Sun, Nov 7 (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. **Prerequisite:** 100 hrs of massage training & experience with clients recommended or with instructor's permission. **Instructor:** Isabel Adkins **Cost:** \$360 **Prepay:** 3-Wk \$345 (Materials fee: \$25, to be paid to instructor).

**NEUROMUSCULAR THERAPY (Shoulder & Extremities) (20 hrs.) Fri eve, Nov 5 (6 pm-10 pm) Sat & Sun, Nov 6 & 7 (9 am – 6pm).** 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.

**ONCOLOGY MASSAGE 1 “Blending East with West™” (22 hrs).** Mon, Nov 8 (1 pm – 7 pm) Tues & Wed, Nov 9 & 10 (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. We will learn how to utilize these skills by providing massages to cancer patients under supervision of the instructor as the culminating activity of the class. **Please Note:** *That on the first day of class there will be no meal break, so please eat before coming to class and bring snacks.* **Prerequisite:** 100 hrs of massage training plus Massage for “People Living with Cancer©” or with instructor’s permission. **Instructor:** Isabel Adkins **Cost:** \$330 **Prepay:** 3-Wk \$315 (Materials fee: \$16, to be paid to instructor).

**CHAIR MASSAGE (12 hrs)** Thurs, Nov 11 (9am -6 pm) & Fri, Nov 12 (9am -1 pm) This workshop prepares the massage therapist to utilize seated massage as an integral part of their practice. We focus on practice building, marketing, and the use of chair massage for community service. The class will cover the use of seated massage in such environments as corporate offices, retail stores, sporting events, community centers, and festivals. Students will learn hands-on techniques that are effective through clothing. We examine some of the current models of massage chairs available. Students choreograph 5-, 15-, and 25-minute chair massage sessions that become the basis of their form. Indications and contraindications will be discussed. **Prerequisite:** none. **Instructor:** Greg Williams **Cost:** \$180 **Prepay:** 2-Wk \$170, 4-Wk \$160.

**ONCOLOGY MASSAGE 2 “Integrating Complimentary Therapies™” (40 hrs).** Sat, Sun, Mon, Tues & Wed, Nov 13, 14, 15, 16 & 17 (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 also learn how to use hot stone therapy and specific oils on these acupressure points taking into account side effects of chemotherapy, radiation therapy and symptoms of the disease. **Prerequisite:** Oncology Massage 1 **Instructor:** Isabel Adkins **Cost:** \$600 **Prepay:** 3-Wk \$575 (Materials fee: \$25. To be paid to instructor).

**SHIATSU FOR THE MASSAGE TABLE (24 hrs)** Mon, Tue & Wed, Nov, 22, 23 & 24 (9 am – 6 pm). This three-day 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.

**TRIGGER POINT THERAPY (20 hrs)** Fri eve, Nov 26 (6 pm – 10 pm) Sat & Sun, Nov, 27 & 28 (9 am – 6 pm). Trigger Point Therapy is a great addition to any bodyworker’s toolbox of techniques. In this course you will learn what Trigger Points are, how they are formed, the effect they have on a muscle, their many ways of referring and where they are located in muscles. Lots of hands-on time will be spent with learning how to accurately palpate and identify TPs. With this information you will learn proper ways of applying specific types of pressure and several ways of stretching to complete the release of the TPs. We will focus on the locations of TPs in the major postural muscles in the client’s body. Strong emphasis will be placed on proper application of technique, client communication, indications and contraindications. **Prerequisite:** 100 hours of massage training. **Instructor:** Greg Williams **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

**CRANIAL SACRAL BALANCING – Unwinding (Non-Forcing and Releasing Techniques) (30 hrs)** Mon, Tue, Wed & Thurs, Nov, 29, 30, Oct 1 & 2 (9am – 5:30pm) This class takes the gentle hands-on skills you have learned in Cranial Sacral Balancing I or Energy-Active Cranial Sacral 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:** \$430 **Prepay:** 2-Wk \$410, 4-Wk \$399

**MASSAGE THERAPIST PROGRAM (100 hrs).** Evening Program. Tue, Wed & Thu, eves Nov 30 through Jan 20, 2011 (6:15pm – 10 pm). **Instructors:** Keesha Standley, Tim Holt, Greg Williams, **Total Cost:** \$1,025. You can find the class description on the programs page of this website.