



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

MASSAGE THERAPY INSTITUTE

CLASS SCHEDULE

through April 2018

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

MAY 2017

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

ACUPRESSURE DREAMING (7 hrs) Thurs, May 18 (9 am – 5 pm). Learn how to facilitate peaceful sleep for deep restoration. Patterns will be taught for helping with insomnia, restless dreaming and nightmares. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost:** \$110 **Prepay:** 2-Wk \$105, 4-Wk \$99.

ACUPRESSURE FOR PMS RELIEF (7 hrs) Fri, May 19 (9 am – 5 pm). 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. **Instructor:** Kathleen Davis **Cost:** \$110 **Prepay:** 2-Wk \$105, 4-Wk \$99.

REIKI I (16 hrs) Sat & Sun, May 20 & 21 (9 am – 6 pm). Reiki is a powerful and balancing energy healing modality originating from Japan. Reiki can be practiced as a stand-alone healing method or can be used in conjunction with massage techniques. In Reiki practice we learn to work with vital life force energy for the purpose of healing and renewal. This class is geared for massage therapists and includes many hands-on practical applications for daily professional use, powerful Reiki energy attunements (energy transmission), and an Eastern approach to energy healing skills. Emphasis is on learning to really feel and perceive the energy flow in order to use it effectively in body work sessions as well as many aspects of daily life. This class is great for beginners as well as those who have had Reiki training already, but would like to strengthen their understanding, skills and effectiveness. **Prerequisite:** None. **Instructor:** Ellen Asherah **Cost:** \$240. **Prepay:** 2-Wk \$232, 4-Wk \$225.

TRANSITION & FLOW (8 hrs) Mon., May 22 (9 am – 6 pm) 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/receive 2+ massages within the day. **Prerequisite:** Massage Therapy Fundamentals or equivalent **Instructor:** Sharon Oshita **Cost:** \$125 **Prepay** 2-Wk \$120, 4-Wk \$115.

SPORTS MASSAGE – Pre & Post Event: for client peak performance (16 hrs) **Tues & Wed, May 23 & 24 (9 am – 6 pm)** 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. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Sharon Oshita **Cost:** \$240 **Prepay** 2-Wk \$232, 4-Wk \$225.

CUPPING & MOXIBUSTION (14 hrs) Thurs & Fri, May 25 & 26 (9 am – 5 pm) These two techniques are great to add to your toolkit. Cupping works to clear deep tension easily and quickly. Moxibustion is an effective way to build qi, allowing you to offer a truly nurturing session. Both are time-honored practices of traditional Chinese medicine. We will utilize lecture, demonstration, discussion, and practicum. You will learn to apply cups in a variety of techniques, remove them safely, and clean them. We will discuss appropriate uses of cups and contraindications for their use. Students will also learn about yang meridian pathways, as well as benefits and contraindications, safety procedures, and several techniques of moxibustion. **Prerequisite:** None **Instructor:** Kathleen Davis **Cost:** \$205 **Prepay:** 2-Wk \$198, 4-Wk \$190.

INTEGRATIVE STRETCHING FOR MASSAGE (12 hrs) Sat & Sun, May 27 & 28 (9 am - 4 pm). This class will teach a very thorough series of passive stretches for each area of the body. Passive stretching will make your massage much more three dimensional! It helps to return the target muscles back to a healthy relaxed tonus after applying whatever massage therapy you practice. This class will focus on how to assess normal range of motion, how to identify the end range of the passive stretch, and how to apply stretches with perfect body mechanics for all size clients and therapist combinations.

Clients love to be stretched. These techniques will make your massage more engaging and expand your toolbox. These stretches are easily integrated into a relaxation format massage. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Tim Holt **Cost:** \$190. **Prepay:** 2-Wk \$185, 4-Wk \$180.

SOUND HEALING (8 hrs) Tues, May 30 (9 am – 6 pm). 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, can penetrate soft tissue as well as the body's organs, glands and cells, encouraging harmony and balance on a cellular level. Class emphasizes using crystal and Tibetan singing bowls during the massage session. 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. **Prereq:** None. **Instructor:** Ellen Asherah **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115

MASSAGE FOR SENIORS (12 hrs) Weds, May 31 & June 7 (9 am – 4pm). This class teaches massage techniques to help improve or maintain the state of health of older persons suffering from specific age related impairments which respond to soft tissue manipulation. These include poor blood circulation, arthritis, or joint and muscle stiffness due to Parkinson's Disease, and paralysis due to stroke. Benefits and contraindications will be taught. This class may be taught in eight hour blocks. Teaching is by lecture, demonstration and supervised practice sessions. **Prerequisite:** Massage Fundamentals or equivalent. **Instructor:** Emily Bay **Cost:** \$190. **Prepay:** 2-Wk \$185, 4-Wk \$180.

JUNE 2017

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

INTEGRATIVE LYMPHATIC MASSAGE (20 hrs) Friday evening, June 2 (6:15 pm – 10 pm) Sat & Sun, June 3 & 4 (9 am – 6 pm). In this class you will learn how to palpate and effectively stimulate the lymphatic system with a light touch. The techniques shown will help you to individualize your clients' sessions to address areas of edema and scar tissue as well as give support to detoxification and decongestion goals. Lymphatic massage is especially useful when applied to general respiratory conditions, abdominal discomforts, sprains and post-operative recovery. This class includes foundation al theory, hands-on practice of lymphatic techniques, the opportunity to integrate the techniques into your signature massage. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Lucy Rush **Cost:** \$295. **Prepay:** 2-Wk \$285, 4-Wk \$275.

SPORTS MASSAGE-Shoulder Injuries (16 hrs) Mon & Tues, June 5 & 6 (9 am – 6 pm). This 2-day class will focus on learning special tests for the shoulder complex along with a thorough evaluation process to enable us to give our clients the best possible care. We also discuss understanding the different stages of tissue healing, and proper use of ice vs.heat, which are both important when dealing with injuries. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Sharon Oshita. **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

ORTHO BIONOMY®– Postural Re-Education and Post Techniques (16 hrs) Thurs & Fri, June 8 & 9 (9 am – 6 pm). 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. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285 4-Wk \$275.

PHARMACOLOGY FOR MASSAGE THERAPISTS (6 hrs) Sat, June 10 (9 am – 4 pm). 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. Some understanding of physiology and pathology of the body is recommended. Required for compliance with CAMTC certification requirements in MTI program. **Prerequisite:** None. **Instructor:** Emily Bay **Cost:** \$95 **Prepay:** 2-Wk \$90, 4-Wk \$85.

EMOTIONAL RELEASE & BODYWORK (6 hrs) Sun, June 11 (9 am – 4 pm). In this class, we will explore how bodies hold and release emotions, what massage therapists can do within the scope of practice to support our clients, and how to feel comfortable in a variety of situations. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Emily Bay **Cost:** \$95 **Prepay:** 2-Wk \$90, 4-Wk \$85.

DYNAMIC DEEP TISSUE MASSAGE (20 hrs) Mon & Tue, June 12 & 13 (9 am – 5 pm), and Wed, June 14 (9 am – 4 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:** Massage Therapy Fundamentals or equivalent. **Instructor:** Brad Wathen **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

REFLEXOLOGY (Feet, Hands and Ears) (30 hrs) Thu, Fri, Sat & Sun, June 15, 16, 17 & 18 (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 feet sequence will be taught. Specific techniques and routines, history, terminology, assessment, benefits, and contraindications will be addressed. Reflexology complements all modalities and you will

learn how to integrate this work into your practice. Hand and ear reflexology will be addressed in this very practical class – you will learn thorough sequences for the feet, hands and ears. This class is packed with solid information you can take home and use immediately. **Prerequisite:** None.

Instructor: Robin Varga **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

LOMI LOMI (24 hrs) Tues, Wed & Thurs June 20, 21 & 22 (9 am – 6 pm). 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. **Instructor:** Merlita Bautista-Knecht **Cost:** \$345 **Prepay:** 2-Wk \$335, 4-Wk \$325.

AROMATHERAPY (6 hrs) Fri, June 23 (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. 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. **Instructor:** Merlita Bautista-Knecht **Cost:** \$95, 2-WK **Prepay** \$90, 4-WK **Prepay** \$85.

PALPATION ANATOMY (32 hrs) Sat & Sun, June 24 & 25 and July 1 & 2 (9 am – 6 pm). This course provides a basic knowledge of the human musculoskeletal system. Through extensive use of massage setting palpation exercises you learn to confidently "see" into the body's structure with accuracy and insight. Our exploration of common areas of muscular imbalance and adhesion help you focus your massage work for a more effective session. **Prerequisite:** None. **Instructor:** Larry Munn **Cost:** \$440 **Prepay** 2-Wk \$430, 4-Wk \$420.

SCAR TISSUE AND LYMPHEDEMA RISK – Oncology Massage for Cording, Adhesion & Range of Motion (24 hrs) Tues, Wed & Thurs, June 27, 28 & 29 (9 am – 6 pm). In this class, the student will learn gentle and effective techniques to address scar tissue, axillary cording and range of motion restrictions in the client with a compromised lymphatic system. We will explore ways to move lymph fluid, when typical pathways are blocked by adhesions, radiated tissue and fibrotic tissue. Acupressure to assist with fluid movement, tension release and stress reduction will be discussed. Since a large part of recovery includes client participation with exercise, self MLD and compression, client education methods are included in this course. At the conclusion of the class, the student will be able to confidently create a treatment plan designed for a client's unique needs. The treatment plan will include soft tissue mobilization, adhesion reduction and lymphatic drainage techniques, acupressure and client education. The class will include a brief overview of the lymphatic system. However, the student should review the basic lymphatic system anatomy and physiology from Oncology Massage 1 prior to this course. This allows more time for hands-on-focus. Materials fee \$15. This class is not approved for CAMTC hours. **Prerequisite:** Oncology Massage 1. **Guest Instructor:** Janeen Stewart **Cost:** \$432; 3-wk prepay \$420.

JULY 2017

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ADVANCED PALPATION ANATOMY (32 hrs) Thurs, Fri, Mon & Tues, July 6, 7, 10 & 11 (9 am – 6 pm) This course provides a basic knowledge of the human musculoskeletal system. Through extensive use of massage setting palpation exercises you learn to confidently "See" into the body's structure with accuracy and insight. Our exploration of common areas of muscular imbalance and adhesion help you focus your massage work for a more effective session. **Prereq:** At least one 32-hour Anatomy class. **Instructor:** Larry Munn **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

ORTHO-BIONOMY® - Releases for the Upper Extremities (16 hrs) Sat & Sun, July 8 & 9 (9 am – 6 pm) Ortho-Bionomy® uses osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes with the muscles and nerves. Those responses can move the client out of pain and discomfort with 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. **Prereq:** None. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

FIVE-ELEMENT ACUPRESSURE-Assessment and Application (30 hrs) Fri, Sat, Sun & Mon, July 14, 15, 16 & 17 (9 am – 5:30 pm) Refine your assessment skills and expand your understanding of acupressure meridians and their ability to bring vitality, joy and health. The Five Element approach to acupressure allows you to create powerful sessions through which you can help your clients to harmonize imbalances in their health and energy. As you learn the associations of each element and how the elements interrelate, you will begin to see patterns that can help your clients understand how their choices are influencing their meridian flow and their sense of well-being. In class we will look at how color, smell, posture, voice and attitude reflect the balance of a person's elements. We will learn 12 points that help with assessment of the meridian balance and palpate meridian pathways to sense which textures reflect the elements in stress. **Prerequisite:** None. **Instructor:** Kathleen Davis. **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

ONCOLOGY MASSAGE CLINIC 2 (8 hrs) Wed, July 19 (9 am – 6 pm) Fine tuning of Acupressure skills and integration of reflexology acupressure and massage. **Prereq:** Clinic 1, Oncology Massage 2 and 30/40 supervised practice sessions. **Instructor:** Isabel Adkins **Cost:** \$170 **3-Wk Prepay:** \$165.

ONCOLOGY MESSAGE CLINIC 3 (16 hrs) Thurs & Fri, July 20 & 21 (9 am – 6 pm) *Description coming soon.* **Instructor:** Isabel Adkins **Cost:** \$340
3-Wk Prepay: \$330.

MASSAGE THERAPY FUNDAMENTALS (96 hrs) Weekend. Sat & Sun, (9am – 6 pm) July 22, 23, 29, 30 & Aug. 5, 6, 12, 13, 19, 20, 26 & 27. **Instructors:** Tim Holt, Brad Wathen, Emily Bay, & Lucy Rush. **Total Cost:** \$1,095.

ONCOLOGY MESSAGE 3 - Understanding Trauma (40 hrs). Mon, Tues, Wed, Thurs & Fri, July 24, 25, 26, 27 & 28 (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. \$25 Materials fee to be paid to Instructor. **Prerequisite:** Enrollment in the certification program or significant experience in Oncology massage with consent of instructor. *Must have taken Oncology Massage I and 2, Oncology Massage Clinic, and 30-40 supervised internship massage sessions (number to be determined between student and instructor).* **Instructor:** Isabel Adkins **Cost:** \$720 **Prepay:** 3-Wk \$699 (plus materials fee: \$25 to be paid to instructor).

AUGUST 2017

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

MEDICAL MASSAGE – HEADACHES & TMJ (8 hrs) Tues, August 1 (9 am – 6 pm) 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 **Instructor:** Marty Morales **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

MEDICAL MASSAGE- SPRAINED ANKLE & KNEE (8 hrs) Wed August 2 (9 am – 6 pm) 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 **Instructor:** Marty Morales **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

MEDICAL MASSAGE- LOW BACK (16 hrs) Thurs & Fri, August 3 & 4 (9 am – 6 pm) 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 Fundamentals or equivalent **Instructor:** Sharon Oshita **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

CRANIAL SACRAL BALANCING 1 (30 hrs) Mon, Tue, Wed & Thurs, Aug 7, 8, 9 & 10 (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:** Jim Gilkeson **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

MEDICAL MASSAGE- Whiplash & Thoracic Outlet Syndrome (16 hrs) Thurs & Fri, August 24 & 25(9 am – 6 pm) 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! **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Sharon Oshita **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

ORTHO-BIONOMY® - Hands-On Exploration of Movement – “Using Hands-on Movement to Analyze, Integrate, and Deepen Releases” (16 hrs) Wed & Thurs, Aug 30 & 31 (9 am – 6 pm) 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. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

ANATOMY – Muscles & Bones (32 hrs) Tues & Wed Sept 5, 6, 12 & 13 (9 am – 6 pm) 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. **Instructor:** Sharon Oshita **Cost:** \$440 **Prepay** 2-Wk \$430, 4-Wk \$420.

MASSAGE WITH EASE – Strategies for a Long, Injury-Free Career) (8 hrs) Sat, Sept 9 (9 am - 6 pm) 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. **Instructor:** Lea Wildflower **Cost** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

SWEDISH HOT STONE MASSAGE (8 hrs) Sun, Sept 10 (9 am - 6 pm) Using hot stones in a full body Swedish massage takes clients to a deeply relaxed state and induces a profound level of stress release that is greater than massage alone. Using Hot Stones provides relief for the therapist's hand, decreasing the possibility of injury. In this class, we will apply Swedish massage techniques with hot stones to give a deeply relaxing, soothing full body treatment. Therapist can use this method as a standalone one hour treatment or to warm up muscles for deeper work. Equipment, set up, safety, and proper body mechanics will be covered. Bring 2 bath towels, 4 handtowels, sheets and pillow case (for each day.) **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Lea Wildflower. **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

HYDROTHERAPY FOR MASSAGE (8 hrs) Monday, Sept 11 (9 am – 6 pm). 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. **Instructor:** Christian Sanders **Cost:** \$125 **Prepay:** 2-Wk \$115, 4-Wk \$110.

ORTHO-BIONOMY® - Isometrics (16 hrs) Sat & Sun, Sept 16 & 17 (9 am – 6 pm) Isometric and isotonic techniques for working with inefficient muscular tension patters, 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. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

CLASSIC DEEP TISSUE MASSAGE (20 hrs) Mon & Tues, Sept 18 & 19 (9 am – 5 pm) & Wed, Sept 20 (9 am – 4 pm) 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, 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. **Instructor:** Tim Holt. **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275

ACUPRESSURE CHAIR MASSAGE (7 hrs) Thurs, Sept 21 (9 am – 5 pm). 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. **Instructor:** Kathleen Davis. **Cost:** \$110 **Prepay:** 2-Wk \$105, 4-Wk \$99.

ACUPRESSURE FOR NECK & SHOULDER (6 hrs) Fri, Sept 22 (9 am – 4 pm). Simple point formulas to help yourself and your clients – easy to add into your regular session work. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost** \$95 **Prepay:** 2-Wk \$90, 4-Wk \$85.

CORE INTEGRATION 1 (40 hrs) Sat & Sun, Sept 23, 24, 30 & Oct 1, plus Friday, Oct 29 (9 am – 6 pm). 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. **Instructor:** Marty Morales **Cost:** \$595 **Prepay:** 2-Wk \$585, 4-Wk \$575

CRANIAL SACRAL BALANCING 2 (30 hrs) Mon, Tues, Wed & Thurs, Sept 25, 26, 27 & 28 (9 am – 5:30 pm) 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 I **Instructor:** Jim Gilkeson **Cost:** \$440 **Prepay:** 2-Wk \$430 4-Wk \$420.

OCTOBER 2017

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

MERIDIAN ACUPRESSURE (30 hrs) Fri, Sat, Sun & Mon, Oct 6, 7, 8 & 9 (9 am – 5:30 pm). 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 forms 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. **Instructor:** Kathleen Davis. **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

REIKI I (16 hrs) Mon & Tues, Oct 12 & 13 (9 am – 6 pm). Reiki is a powerful and balancing energy healing modality originating from Japan. Reiki can be practiced as a stand-alone healing method or can be used in conjunction with massage techniques. In Reiki practice we learn to work with vital life force energy for the purpose of healing and renewal. This class is geared for massage therapists and includes many hands-on practical applications for daily professional use, powerful Reiki energy attunements (energy transmission), and an Eastern approach to energy healing skills. Emphasis is on learning to really feel and perceive the energy flow in order to use it effectively in body work sessions as well as many aspects of daily life. This class is great for beginners as well as those who have had Reiki training already, but would like to strengthen their understanding, skills and effectiveness. **Prerequisite:** None. **Instructor:** Ellen Asherah **Cost:** \$240. **Prepay:** 2-Wk \$232, 4-Wk \$225.

PATHOLOGY- Musculoskeletal & Skin Pathologies (16 hrs) Sat & Sun, Oct 14 & 15 (9 am – 6 pm). 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. **Instructor:** Sharon Oshita **Cost:** \$240. **Prepay:** 2-Wk \$232, 4-Wk \$225.

MASSAGE THERAPY FOR CLIENTS WITH CANCER © (24 hrs) Mon, Tues & Wed Oct 16, 17 & 18 (9 am – 6 pm) 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 is a critical thinking class and requires focused, comfortable sitting. We provide floor chairs and if you need something more comfortable, please bring your own chair, pillow, etc. **Prerequisite:** 50 hrs of massage training. **Instructor:** Isabel Adkins **Cost:** \$432, **3-Wk Pre-pay:** \$412 (Materials fee \$20 to be paid to instructor)

ONCOLOGY MESSAGE 1 “Blending East with West”™ (22 hrs) Thurs Oct 19 (11 am – 6 pm) & Fri & Sat Oct 20 & 21 (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. This class also requires focused sitting. We provide floor chairs and if you need something more comfortable, please bring your own chair, pillow, etc. **Prerequisite:** Massage Therapy for Clients with Cancer© or equivalent Society for Oncology Massage approved class. **Instructor:** Isabel Adkins **Cost** \$396 **3-Wk Prepay** \$376 (Materials fee \$16 to be paid to instructor)

ANATOMY & PHYSIOLOGY FOR THE MASSAGE EXAM (32 hrs) Mon, Tues, Thurs & Fri, Oct 23, 24, 26 & 27 (9 am – 6 pm). 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. **Instructor:** Larry Munn **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

PHARMACOLOGY FOR MASSAGE THERAPISTS (6 hrs) Wed, Oct 25 (9 am – 4 pm). 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. Some understanding of physiology and pathology of the body is recommended. Required for MTI 500 hr program compliance for CAMTC application. **Prerequisite:** None. **Instructor:** Emily Bay **Cost:** \$95, **2-WK Prepay** \$90, **4-WK Prepay** \$85.

PREGNANCY MASSAGE – Safety & Fundamentals (16 hrs) Sat & Sun, Oct 28 & 29 (9 am – 6 pm) 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. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Emily Bay **Cost:** \$240. **Prepay:** 2-Wk \$232, 4-Wk \$225.

MESSAGE THERAPY FUNDAMENTALS (96 hr) October – November Weekday class. Mon through Fri, Oct. 30 through Nov 15 (No class November 9th) (9am – 6 pm) Instructors: Lucy Rush, Brad Wathen, & Emily Bay. **Total Cost:** \$1,095.

NOVEMBER 2017

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

CHAIR MASSAGE (8 hrs) Sat, Nov 4 (9 am – 6 pm). Seated Massage is a wonderful addition to your massage expertise and resume! Learn the bio-mechanics of working on a massage chair or any other seated instrument to maximize client relaxation and minimize the stress on your body. Instruction includes demonstration and practice of ten and fifteen minute sequences and how to market yourself as a chair massage professional. Enjoy the benefits of being able to give an effective and truly “portable” massage to your friends, family, clients and prospective employers. **Prerequisite:** None.

Instructor: Lucy Rush **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

ORTHO-BIONOMY® - Releases for the Lower Extremities – Phase 4 (16 hrs) Sat & Sun, Nov 11 & 12 (9 am – 6 pm) 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. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

TOUCH, PRESENCE & HEALING (16 hrs) Thurs & Fri, Nov 16 & 17 (9 am - 6 pm). 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. **Instructor:** Jim Gilkeson **Cost:** \$240. **Prepay:** 2-Wk \$232, 4-Wk \$225.

NMT – Pelvis (20 hrs) Fri evening, Nov 17 (6 pm – 10 pm) & Sat & Sun, Nov 18 & 19 (9 am - 6 pm). 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. **Instructor:** Georgia Ramos **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

REIKI 2 (16 hrs) Tues & Wed, Nov 21 & 22 (9 am – 6 pm). This class will continue the learning from Reiki 1 and will include distance healing and mental and emotional healing. We will have a deeper discussion of the human energy field and how it relates to disease. We will 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. **Prerequisite:** Reiki I. **Instructor:** Ellen Asherah **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

HOT STONE MASSAGE (20 hrs) Fri eve, Nov 24 (6 pm – 10 pm) and Sat & Sun, Nov 25 & 26 (9 am – 6 pm). Stone Massage is becoming increasingly popular in spas and resorts, as well as in private practice. It provides the deep therapeutic benefits of heat therapy. It is an excellent modality for work with injury recovery as well as offering deeper stress-relieving benefits. Stone Massage provides a rest for the therapist's hands while delivering the full benefits of deeper massage to the client with minimal discomfort. This class will cover methods of heating, using and caring for your stones. Contraindications, benefits will be taught. Take your relaxation massage to a new level; utilize the therapeutic benefits of heat and save your hands. Bring 2 bath towels, 4 handtowels, sheets and pillow case (for each day.) **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Lea Wildflower **Cost:** \$295 **Prepay:** 2-Wk 285, 4-Wk \$275.

DECEMBER 2017

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

ASIAN FOOT TREATMENTS (8 hrs) Fri, Dec 1 (9am – 6pm) 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. **Prerequisite:** None. **Instructor:** Tim Holt **Cost:** \$125. **Prepay:** 2-Wk \$120, 4-Wk \$115.

INTEGRATIVE STRETCHING FOR MASSAGE (12 hrs) Sat & Sun, Dec 2 & 3 (9 am - 4 pm). This class will teach a very thorough series of passive stretches for each major joint and muscle group in the body. Passive stretching makes your massage much more three dimensional! It helps to return the

target muscles back to a healthy relaxed tonus after applying whatever massage therapy you practice. This class will focus on how to assess normal range of motion, how to identify the end range of the passive stretch, and how to apply stretches with perfect body mechanic for all size clients and therapist combinations. The stretches taught are from sports, physical therapy, Asian bodywork, and applied yoga. Clients love to be stretched. These techniques will make your massage more engaging and expand your toolbox. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Tim Holt **Cost:** \$190. **Prepay:** 2-Wk \$185, 4-Wk \$180.

TRANSITION & FLOW (8 hrs) Mon., Dec 4 (9 am – 6 pm) 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/receive 2+ massages within the day. **Prerequisite:** Massage Therapy Fundamentals or equivalent **Instructor:** Sharon Oshita **Cost:** \$125 **Prepay** 2-Wk \$120, 4-Wk \$115.

SPORTS MASSAGE – Pre & Post Event: for client peak performance **(16 hrs) Tues & Wed, Dec 5 & 6 (9 am – 6 pm)** 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. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Sharon Oshita **Cost:** \$240 **Prepay** 2-Wk \$232, 4-Wk \$225.

PALPATION ANATOMY (32 hrs) Thurs & Fri, Dec 7 & 8 and Tues & Wed, Dec 12 & 13 (9 am – 6 pm) This course provides a basic knowledge of the human musculoskeletal system. Through extensive use of massage setting palpation exercises you learn to confidently “see” into the body’s structure with accuracy and insight. Our exploration of common areas of muscular imbalance and adhesion help you focus your massage work for a more effective session. **Prerequisite:** None. **Instructor:** Larry Munn **Cost:** \$440 **Prepay** 2-Wk \$430, 4-Wk \$420.

DYNAMIC DEEP TISSUE MASSAGE (20 hrs) Fri eve, Dec 8 (6:15 pm – 10 pm) and Sat & Sun, Dec 9 & 10 (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:** Massage Therapy Fundamentals or equivalent. **Instructor:** Brad Wathen **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

NMT – Principles & Postural Analysis (16 hrs) Thurs & Fri, Dec 14 & 15 (9 am - 6 pm). 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. **Instructor:** Georgia Ramos **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

MASSAGE FOR SENIORS (12 hrs) Mons, Dec 11 & 18 (9 am – 4pm). This class teaches massage techniques to help improve or maintain the state of health of older persons suffering from specific age related impairments which respond to soft tissue manipulation. These include poor blood circulation, arthritis, or joint and muscle stiffness due to Parkinson’s Disease, and paralysis due to stroke. Benefits and contraindications will be taught. This class may be taught in eight hour blocks. Teaching is by lecture, demonstration and supervised practice sessions. **Prerequisite:** Massage Fundamentals or equivalent. **Instructor:** Emily Bay **Cost:** \$190. **Prepay:** 2-Wk \$185, 4-Wk \$180.

SOUND HEALING (8 hrs) Tues, Dec 19 (9 am – 6 pm). 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, can penetrate soft tissue as well as the body’s organs, glands and cells, encouraging harmony and balance on a cellular level. Class emphasizes using crystal and Tibetan singing bowls during the massage session. 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. **Instructor:** Ellen Asherah **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115

JANUARY 2018

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

ORTHO-BIONOMY® - RELEASES FOR THE SPINE & PELVIS (16 hrs) Thurs & Fri, Jan 4 & 5 (9 am – 6 pm). 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. **Instructor:** Jim Berns. **Cost:** \$280 **Prepay:** 2-Wk \$270, 4-Wk \$260.

FACILITATED STRETCHING (16 hrs) Sat & Sun, Jan 6 & 7 (9 am – 6 pm) 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. **Instructor:** Sharon Oshita **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

AROMATHERAPY (6 hrs) Mon, Jan 8 (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. 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. **Instructor:** Merlita Bautista-Knecht **Cost:** \$95, 2-WK **Prepay** \$90, 4-WK **Prepay** \$85.

ACUPRESSURE REFLEXOLOGY (24 hrs) Thurs, Fri & Sat, Jan 11,12 & 13 (9 am – 6 pm). Your entire body can be mapped in your ear, hand and foot. Working with these areas is a powerful way to assess energy flow and to stimulate the body's ability to heal. The class explores a variety of techniques from traditional Chinese massage with an emphasis on keeping the practitioner's hands healthy. The course includes meridian, reflex, and acu-point location and contributes to the student's understanding of assessment. **Prerequisite:** none. **Instructor:** Kathleen Davis **Cost:** \$345 **Prepay:** 2-Wk \$335, 4-Wk \$325.

ACUPRESSURE FOR THE CHAKRAS (8 hrs) Sun, Jan 14 (9 am – 6 pm). Energetic touch to bring balance to the Wheels of Life-Force along centerline. Each chakra relates to a particular aspect of our development. Learn to recognize the feel of balanced mobility in the chakras and ways to work with them to increase overall vitality.. **Prerequisite:** none **Instructor:** Kathleen Davis **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

THAI MASSAGE (60 hrs) Weds & Thurs, Jan 17, 18, 24, 25, 31, Feb 1, 7 & 8 (9 am – 5:30 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. In this class, you will learn a unique style of full-body massage, how to work in supine, prone, side-lying and seated positions, and how to use feet, forearms, elbows, as well as hands and proper body mechanics that will help promote your well being. Classes will be in the Northern Style massage, noted for its slow, graceful and meditative qualities. Great 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. **Prereq:** None. **Instructor:** Tim Holt **Cost:** \$750 **Prepay:** 2-Wk \$740, 4-Wk \$725.

NMT – Neck & Upper Torso (20 hrs) Fri eve, Jan 19 (6:15 pm – 10 pm) & Sat & Sun, Jan 20 & 21 (9 am – 6 pm). 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. **Instructor:** Georgia Ramos **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

INTEGRATIVE LYMPHATIC MASSAGE (24 hrs) Fri, Jan 19, Mon, Jan 22 & Tues, Jan 23 (9am – 6 pm) In this class you will learn how to palpate and effectively stimulate the lymphatic system with a light touch. The techniques shown will help you to individualize your clients' sessions to address areas of edema and scar tissue as well as give support to detoxification and decongestion goals. Lymphatic massage is especially useful when applied to general respiratory conditions, abdominal discomforts, sprains and post-operative recovery. This class includes foundation al theory, hands-on practice of lymphatic techniques, the opportunity to integrate the techniques into your signature massage and a discussion of how to apply your new skills in specific postoperative situations, including cosmetic surgery. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Lucy Rush **Cost:** \$345 **Prepay:** 2-Wk \$335, 4-Wk \$325.

MANIKEN ANATOMY (32 hrs) Sat & Sun, Jan 27 & 28 & Feb 3 & 4 (9 am – 6 pm). 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
Instructor: Emily Bay **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

TRIGGER POINT THERAPY (16 hrs) Mon & Tues, Jan 29 & 30 (9 am – 6 pm). 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:** Massage Therapy Fundamentals or equivalent. **Instructor:** Marty Morales. **Cost:** \$224 **Prepay:** 2-Wk \$215, 4-Wk \$205.

FEBRUARY 2018

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

MASSAGE WITH EASE – Strategies for a Long, Injury-Free Career) (8 hrs) Mon, Feb 5 (9 am - 6 pm) 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. **Instructor:** Lea Wildflower **Cost** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

SWEDISH HOT STONE MASSAGE (8 hrs) Tues, Feb 6 (9 am - 6 pm) Using hot stones in a full body Swedish massage takes clients to a deeply relaxed state and induces a profound level of stress release that is greater than massage alone. Using Hot Stones provides relief for the therapist's hand, decreasing the possibility of injury. In this class, we will apply Swedish massage techniques with hot stones to give a deeply relaxing, soothing full body treatment. Therapist can use this method as a standalone one hour treatment or to warm up muscles for deeper work. Equipment, set up, safety, and proper body mechanics will be covered. Bring 2 bath towels, 4 handtowels, sheets and pillow case (for each day.) **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Lea Wildflower. **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

PHARMACOLOGY FOR MASSAGE THERAPISTS (6 hrs) Fri, Feb 9 (9 am – 4 pm). 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. Some understanding of physiology and pathology of the body is recommended. Required for compliance with CAMTC certification requirements in MTI program. **Prerequisite:** None. **Instructor:** Emily Bay **Cost:** \$95 **Prepay:** 2-Wk \$90, 4-Wk \$85.

MASSAGE THERAPY FUNDAMENTALS (96 hrs) Weekend. Sat & Sun, (9am – 6 pm) Feb 10, 11, 17, 18, 24 & 25, March 3, 4, 10, 11, 17 & 18. Instructors: Lucy Rush, Brad Wathen, & Emily Bay. **Total Cost:** \$1,095.

MEDICAL MASSAGE- LOW BACK (16 hrs) Mon & Tues, Feb 12 & 13 (9 am – 6 pm) 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 Fundamentals or equivalent **Instructor:** Sharon Oshita **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

ORTHO-BIONOMY® - Advanced Energy Releases (16 hrs) Thurs & Fri, Feb 15 & 16 (9 am – 6 pm) 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 with 10-30 seconds. This method is very specific and structure oriented. 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 with necessarily engaging physically. Techniques will be presented that monitor and acknowledge the inter-relationship between energetic, emotional and physical levels that demonstrate how energetic shifts can affect changes in physical patterns. **Prerequisite:** None. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

ACUPRESSURE FOR ALLERGIES & ASTHMA RELIEF (7 hrs) Thurs, Feb 22 (9 am – 5 pm). 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. **Instructor:** Kathleen Davis **Cost:** \$110 **Prepay:** 2-Wk \$105, 4-Wk \$99.

ACUPRESSURE FOR HEADACHE RELIEF (7 hrs) Fri, Feb 23 (9 am – 4 pm). Learn simple techniques and point combinations with which to clear the stagnant chi that produces headaches. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost:** \$110 **Prepay:** 2-Wk \$105, 4-Wk \$99.

CRANIAL SACRAL BALANCING 1 (30 hrs) Mon, Tue, & Wed, Feb 26, 27, 28 & Thurs March 1 (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:** Jim Gilkeson **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

MARCH 2018

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

LOMI LOMI (24 hrs) Mon, Tues, Wed, March 5, 6, & 7 (9 am – 6 pm). 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. **Instructor:** Merlita Bautista-Knecht **Cost:** \$345 **Prepay:** 2-Wk \$335, 4-Wk \$325.

CUPPING & MOXIBUSTION (14 hrs) Thurs & Fri, March 8 & 9 (9 am – 5 pm) These two techniques are great to add to your toolkit. Cupping works to clear deep tension easily and quickly. Moxibustion is an effective way to build qi, allowing you to offer a truly nurturing session. Both are time-honored practices of traditional Chinese medicine. We will utilize lecture, demonstration, discussion, and practicum. You will learn to apply cups in a variety of techniques, remove them safely, and clean them. We will discuss appropriate uses of cups and contraindications for their use. Students will also learn about yang meridian pathways, as well as benefits and contraindications, safety procedures, and several techniques of moxibustion. **Prerequisite:** None **Instructor:** Kathleen Davis **Cost:** \$205 **Prepay:** 2-Wk \$198, 4-Wk \$190.

ANATOMY & PHYSIOLOGY FOR THE MASSAGE EXAM (32 hrs) Mon & Tues, March 12 & 13 and 19 & 20 (9 am – 6 pm). 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 on-line prep material & quizzes, the class will give you a solid foundation to take the MBLEx. **Prerequisite:** None. **Instructor:** Larry Munn **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

CLASSIC DEEP TISSUE MASSAGE (20 hrs) Wed & Thu, March 14 & 15 (9 am – 5 pm) and Fri, March 16 (9 am - 4 pm) 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, 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. **Instructor:** Tim Holt. **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

ORTHO-BIONOMY® - Releases for the Upper Extremities (16 hrs) Wed & Thurs, March 21 & 22 (9 am – 6 pm) Ortho-Bionomy® uses osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes with the muscles and nerves. Those responses can move the client out of pain and discomfort with 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. **Prereq:** None. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

ACUPRESSURE – TUI NA (30 hrs) Fri, Sat, Sun & Mon, March 23, 24, 25 & 26 (9 am – 5:30 pm). Learn the ancient art of Chinese meridian massage. This is an active style that includes moving muscles, joints, and bones. Excellent for adding to your sports massage

and increasingly popular in spas. Tui Na is an adaptable style, appropriate for a full range of clients. You will learn the pathways of Chi and a variety of hand movements (sho fa) with which to work the meridians. Additionally, we will work through a full session pattern allowing ample time to get comfortable with the techniques. **Prerequisite:** none **Instructor:** Kathleen Davis **Cost:** \$440 **Prepay:** 2-Wk \$430, 4-Wk \$420.

MEDICAL MASSAGE- Whiplash & Thoracic Outlet Syndrome (16 hrs) Tues & Wed, March 27 & 28 (9 am – 6 pm) 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! **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Sharon Oshita **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

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HOT STONE MASSAGE (20 hrs) Wed & Thurs, April 4 & 5 (9 am – 5 pm), & Fri, April 6 (9 am – 4 pm). Stone Massage is becoming increasingly popular in spas and resorts, as well as in private practice. It provides the deep therapeutic benefits of heat therapy. It is an excellent modality for work with injury recovery as well as offering deeper stress-relieving benefits. Stone Massage provides a rest for the therapist's hands while delivering the full benefits of deeper massage to the client with minimal discomfort. This class will cover methods of heating, using and caring for your stones. Contraindications, benefits will be taught. Take your relaxation massage to a new level; utilize the therapeutic benefits of heat and save your hands. Bring 1 bath towel, 2 handtowels, sheets and pillow case (for each day), and lightweight blanket. **Prerequisite:** Massage Therapy Fundamentals or equivalent. **Instructor:** Lea Wildflower **Cost:** \$295 **Prepay:** 2-Wk 285, 4-Wk \$275.

MEDICAL MASSAGE- CARPAL TUNNEL (8 hrs) Sat, April 7 (9 am – 6 pm). 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. **Instructor:** Marty Morales **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115.

MEDICAL MASSAGE – FROZEN SHOULDER (8 hrs) Sun, April 8 (9 am – 6 pm). 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. **Instructor:** Marty Morales **Cost:** \$125 **Prepay:** 2-Wk \$120, 4-Wk \$115

TOUCH, PRESENCE & HEALING (16 hrs) Wed & Thurs, April 11 & 12 (9 am – 6:00 pm). 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 the possible prerequisite classes for CSB - Unwinding. **Prerequisite:** None. **Instructor:** Jim Gilkeson **Cost:** \$240 **Prepay:** 2-Wk \$232, 4-Wk \$225.

ACUPRESSURE DREAMING (7 hrs) Thurs, April 19 (9 am – 5 pm). Learn how to facilitate peaceful sleep for deep restoration. Patterns will be taught for helping with insomnia, restless dreaming and nightmares. **Prerequisite:** None. **Instructor:** Kathleen Davis **Cost:** \$110 **Prepay:** 2-Wk \$105, 4-Wk \$99.

ACUPRESSURE FOR PMS RELIEF (7 hrs) Fri, April 20 (9 am – 5 pm). 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. **Instructor:** Kathleen Davis **Cost:** \$110 **Prepay:** 2-Wk \$105, 4-Wk \$99.

NMT – Shoulders & Extremities (20 hrs) Fri eve, April 20 (6 pm – 10 pm) & Sat & Sun, April 21 & 22 (9 am – 6 pm). Structural evaluation and neuromuscular technique will be taught to release such conditions as thoracic outlet syndrome, frozen shoulder, carpal tunnel syndrome, plantar fasciitis, and shin splints. You will learn to release all of the muscles involved and their pain patterns and begin rehabilitation. Also covered will be the forearms, hands, legs and feet. **Prerequisite:** Massage Therapy Fundamentals or equivalent. Anatomy class recommended. **Instructor:** Georgia Ramos **Cost:** \$295 **Prepay:** 2-Wk \$285, 4-Wk \$275.

ORTHO BIONOMY – Postural Re-Education and Post Techniques (16 hrs) Sat & Sun, April 28 & 29 (9 am – 6 pm). 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. **Instructor:** Jim Berns **Cost:** \$295 **Prepay:** 2-Wk \$285 4-Wk \$275.

MASSAGE THERAPY FUNDAMENTALS (96 hrs) Weekday class. Mon – Fri, April 23, 24, 25, 26, 27, & 30 and May 1, 2, 7, 8, 9 & 10 (9am – 6 pm). Instructors: Lucy Rush, Brad Wathen, & Emily Bay. Total Cost: \$1,095.