

# Professional Holistic Institute



## **2019 Course Catalog** Through December 31<sup>st</sup>, 2019

**365 Rancho Santa Fe Road Suite 203**

**San Marcos, CA 92078**

**760-591-0872**

**[www.ProfessionalHolisticInstitute.com](http://www.ProfessionalHolisticInstitute.com)**

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**Professional Holistic Institute**  
***Mission Statement***

Our mission and educational reasons to exist; is to offer the best and most professional holistic healing education available. We have the most qualified and experienced Faculty of Holistic instructors ever assembled. Our institution's broad expectations concerning the education that students will receive is a comprehensive curriculum which including the acquisition of the body of knowledge designed to provide our students all the tools and skills necessary to become a professional Certified Massage Therapist. Our mission includes, presented in the educational program, the development of intellectual, analytical, and critical abilities, and the fostering of values such as a commitment to pursue lifelong learning and to live their dream as a working Therapist.

How our mission relates to the educational expectations of the institution's students, faculty and community is by preparing the student to meet all the requirements with the California Massage Therapy Council.

Our objective and goal are to offer a complete program which will provide the necessary training to become a Certified Massage Therapist in the State of California, and to qualify graduates to sit for the CAMTC approved Exam. (the Massage and Bodywork Licensing Exam (MBLEx).

The method by which our institution fulfills its mission and transforms it into measurable student learning outcomes for each educational program, is thru both written final exams for each class, and when applicable physical practicum's.

## Catalog Introduction

The purpose of this catalog is to provide the student a singular source to all the Institution's procedures, policies and requirements for graduation, for each course of study. The Institute reserves the right to update any of this Catalog at any time.

"As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."

### Administration Procedures:

#### Admission

The age minimum requirement is 17; however, the California State agencies require that an individual be at least 18 years old. It is also recommended that the applicant have obtained a high school diploma or GED certificate.

A written Application questionnaire is administered prior to enrollment in the Institute. Students are given this questionnaire in order to screen applicants to determine their academic aptitude and emotional maturity to ensure a great success rate. Application questionnaire is given in English.

All courses are taught in English: "the level of English language proficiency required of students and the kind of documentation of proficiency such as the Test of English as a Foreign Language (TOEFL), that will be accepted." Or "The student must have the ability to read and write English at the level of a graduate of an American high school as demonstrated by the possession of a high school diploma, GED or passage of the California high school proficiency exam." PHI does not admit students from other countries on visa, or provide visa services.

"The institution does not grant credit for "prior experiential learning, **exception** Professional Holistic Institute will accept transferring credits from other institutions that are CAMTC approved with similar programs at the Directors discretion."

#### Registration

The Registration procedure is initiated by the student requesting a registration interview with the Director or other administrative officer designated. At this time the Application questionnaire is administered. During the interview the Course of study that the student is interested in is discussed in detail, and the Enrollment Agreement is reviewed and signed.

The Enrollment Agreement is the legal contract between the Student and the Institution.

#### Deposit

A *\$100.00 NON-REFUNDABLE REGISTRATION FEE* is required for all classes.

#### Tuition

Hourly class rates vary; however, most classes are priced at \$7- \$14.00 per hour.

**Course Charges and Fees**  
**\* All Registration fees are non-refundable**

**Holistic Health Practitioner (minimum required 1000 hours)**

*Registration	\$100.00
Tuition	\$12,000.00
<u>Total Cost</u>	<u>\$12,100.00</u> + Supplies \$400.00 (estimated textbooks & supplies)

**Massage Therapist (minimum required 500 hours)**

*Registration	\$100.00
Tuition	\$6,000.00
<u>Total Cost</u>	<u>\$6,100.00</u> + Supplies \$200.00 (estimated textbooks & supplies)

**Asian and Thai Practitioner (minimum required 500 hours)**

*Registration	\$100.00
Tuition	\$6,000.00
<u>Total Cost</u>	<u>\$6,100.00</u> + Supplies \$165.00 (estimated textbooks & supplies)

**Certified Spa Technician (100) hours**

*Registration	\$100.00
Tuition	\$1,100.00
<u>Total Cost</u>	<u>\$1,300.00</u> + Supplies \$50.00 (estimated textbooks & supplies)

**Certified Reflexology Therapist (100) hours**

*Registration	\$100.00
Tuition	\$1,200.00
<u>Total Cost</u>	<u>\$1,300.00</u> + Supplies \$50.00 (estimated textbooks & supplies)

**Certified Aroma Therapist (100) hours**

*Registration	\$100.00
Tuition	\$1,200.00
<u>Total Cost</u>	<u>\$1,300.00</u> + Supplies \$150.00 (estimated textbooks & supplies)

**Certified Yoga Instructor (200) hours**

*Registration	\$100.00
Tuition	\$2,400.00
<u>Total Cost</u>	<u>\$2,500.00</u> + Supplies \$50.00 (estimated textbooks & supplies)

**Certified Nutritional Counselor (100) hours**

*Registration	\$100.00
Tuition	\$2,400.00
<u>Total Cost</u>	<u>\$2,500.00</u> + Supplies \$50.00 (estimated textbooks & supplies)

**Student Employment Statistics**

The Institute shall compile statistics on student completion as well as statistics regarding employment. This information shall be used to complete the required Institutions annual report to the State in the Performance Fact Sheet (PFS). The annual report of PFS as a submitter to the California Bureau of Private Postsecondary Education will be posted on our school web site.

The Massage Therapy Program prepares students for a career as a massage therapist. The U.S. Department of LABOR'S Standard Occupational Classification (SOC) Code for the occupation is 31-0911. For additional information about this profession in San Diego County, please visit the State of California Employment Development Department's Occupation Profile for Massage Therapists in San Diego, CALIFORNIA.

For 2013, the State of California Employment Development Department reported median annual salary for a massage therapist in California at \$35,920.

### **CAMTC Requirements**

The California Massage Therapy Council ("CAMTC") was created to implement a statewide certification process with clear standards of preparation and education.

AB1147, the bill to continue CAMTC, has been signed by the Governor and will become law, effective January 1, 2015. AB 1147 changes the educational requirements for certification. Applications for certification as Certified Massage Practitioner ("CMP") will not be accepted on or after January 1, 2015. As of January 1, 2015, applicants for certification as a Certified Massage Therapist ("CMT") must have 500 hours of education from approved schools and have passed a CAMTC approved exam.

Certified Massage Therapist (CMT) -- Required to complete at least 500 hours of massage education and training at CAMTC approved massage therapy school(s), which shall not be online or distance learning. Of those 500 hours, a minimum of 100 of those hours must be in anatomy and physiology, contraindications, health and hygiene, and business and ethics.

Effective December 5, 2013, CAMTC will not accept distance learning or online hours for the first 500 hours of education. Upon completion of either the Holistic Health Practitioner or Massage Therapist Course of study the student must complete the required written State Approved Exam. Then the student may apply at the CAMTC. on line for certification at [www.camtc.org](http://www.camtc.org)

### **Issuing Certificates**

The Institute issues upon successful Course completion, and full payment; with submission from the student a Certificates and Transcripts Request form; which is available on our web site or from the Administration office. Enrollees are advised and cautioned that state law requires this educational institution to maintain school and student records for only a five-year period.

### **Student Tuition Recovery Fund**

"You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are **not eligible** for protection from the STRF and you **are not** required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

"The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education. You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

The school closed before the course of instruction was completed.

The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."

## Professional Holistic Institute

### Student Records

Student records are kept for a period of five years. Transcripts are to be kept permanently. A separate digital set of records is kept in a secure location outside of the school as required by the BPPE. The types of documents that are kept include but are not limited to; a copy of students High School diploma or GED, Enrollment agreement, Attendance records for each class, record of completion Pass/Fail, and financial records. All records are kept in locked file at the School location. The Custodian of Records shall be *Aree Sprowls, Director*.

Students will be issued a Certificate and transcript for the courses completed. Students may request a copy of records during that five-year period. A processing charge of \$25 will be charged for all copies of transcripts or diplomas

### Policies Regarding:

#### Attendance

Students are expected to attend classes, as they would be expected to be present for work. The instructor keeps attendance. A student is considered tardy if he/she enters the class after the instructor has taken attendance. After 20 minutes, attendance is considered an absence. If a student is tardy more than three times, it is considered an hour absence. If a student is chronically late or absent more than 10% of the course, the instructor will review the student's situation. The student may be required to repeat the course or be withdrawn from the certificate program. Re-admittance may be permitted if the cause for unsatisfactory attendance has been corrected. Make up class work must be arranged by the student with the individual instructor and will result in additional charges.

***CAMTC requires all student need the minimum 90% of class attendance in order to complete the Massage Therapy program. Students will need to make up all missing class.***

#### Grading

The school's grading system is as follows:

**PASS: 70%**

**FAIL: 69% or below**

A minimum average passing grade of 70% is required for certifying completion of a course. A certificate and/or transcript of class hours and grades will be issued upon satisfactory completion of a course paid in full. **Upon completion of training, a written and practical exam will be administered in each class.** Instructional mode is 40% of theory and 60% of practical.

**Incomplete Grades** An incomplete grade will be given to the student if they have not met the required course attendance or have unfinished course assignments. If the student completes the unfinished assignments within four months, their incomplete grade will be replaced by the new grade and they will receive full course credit. If the outstanding assignment is not completed within four months after the end of the uncompleted course, the student will receive no credit on their transcript. To obtain course credit, the student will need to repeat the course.

#### Tutoring

Tutoring services are available at a fee of \$25 per hour for hours required to be completed for class credit, or as requested for additional instruction. All tutoring services must be completed at the school facility with approval by the Director.

#### Grant Academic Credit from other Institutions

All transfer credits are priced at \$1.00 per hour. The maximum transferable credits are 50% of program hours for the course of study selected.

Professional Holistic Institute has no transfer agreement with any other College or University.

**“NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION”**

## Professional Holistic Institute

“The transferability of **credits** you earn at Professional Holistic Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the (Holistic Health Practitioner, Massage Therapist, Asian & Thai Practitioner, Spa Technician, Reflexology Therapist, Aroma Therapist, Yoga Instructor, and Nutritional Counselor) you earn in Professional Holistic Institute is also at the complete discretion of the institution to which you may seek to transfer. If the credits or degree, diploma, or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Professional Holistic Institute to determine if your credits or degree, diploma or certificate will transfer.” **(CEC 94909(a)(15))**

### **Withdrawals**

You may withdraw from a course after instruction has started and receive a pro-rata refund for the unused portion of the tuition and other refundable charges if you have completed 60% or less of the instruction. For example, if the student completes only 10 hours of a 40-hour course and paid \$400 tuition, \$100 registration fee, the student would receive a refund of \$300.

### **Refunds**

The school will also refund money collected for sending to a third party on the student's behalf such as license or application fees. If the school cancels or discontinues a course or educational program, the school will make a full refund of all charges. Refunds will be paid within 30 days of cancellation or withdrawal. No academic credit will be given for an incomplete course. **Cancellation after completing 60% or more of the course will result in no refund.**

## **CANCELATIONS:**

### **Student Right To Cancel**

You have the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first session class, or the seventh day after enrollment, whichever is later. The institution, for all students, without penalty or obligation, shall refund 100 percent of the amount paid for institutional charges, less a reasonable deposit or application fee not to exceed \$100 (one hundred dollars), if the notice of cancellation is made prior to or on the first day of instruction.

Cancellation shall occur when you give written notice of cancellation at the address of the institution shown on the front page of this catalog and shall be addressed to the Director of the institute. You can submit by mail or by hand delivery or confirmed e-mail from the Director. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with postage prepaid. The written notice of cancellation need not take any particular form and, however expressed, is effective if it shows that you no longer wish to be bound by this Agreement.

### **Student Grievances**

Students can put a complaint in writing to the Director of institution who will review the complaint and schedule a meeting with the student and instructor. If a solution is not made during this meeting, Director may refer the problem to a designated student advisor who is chosen from the Student Advisor's Board (comprised of Senior Instructors). CCR 71810(b)(14) “the school shall not require students to resolve their conflict with the school before contacting BPPE or CAMTC.”

*“A student or any member of the public with questions that have not been satisfactorily answered by the school may file a complaint about this institution with BPPE or CAMTC by calling or by completing a complaint form, which can be obtained on the bureau's internet Website [www.bppe.ca.gov](http://www.bppe.ca.gov)” (CEC)94909(a)(3)(C)*

Professional Holistic Institute

**Bureau for Private Postsecondary Education**

2535 Capitol Oaks Drive Suite 400, Sacramento, CA. 95833  
P.O. Box 980818 West Sacramento, CA 95798-0818  
Phone (916) 431-6959 or by Fax (916) 263-1897  
Toll Free: (888) 370-7589 Website: [www.bppe.ca.gov](http://www.bppe.ca.gov)

**OR**

Please send complaints in writing to CAMTC by email: [complaints@camtc.org](mailto:complaints@camtc.org)  
**California Massage Therapy Council**  
One Capital Mall, Suite 320, Sacramento, CA 95814  
[www.camtc.org](http://www.camtc.org) phone (916) 669-5336 or fax (916) 669-5337

**Financial Aid, Job Placement, Loans:**

**Student Services:**

Job Placement Assistance Statement: Professional Holistic Institute **does not** represent to the public, in any manner, that it offers job placement.

**Housing Information**

The institution does not have dormitory facilities under its control or availability of housing located reasonably near the facility. PHI has no responsibility to find or assist a student in finding housing.  
(5CCR71810 (b)(13)(A)(B)(C))

**Financial aid Programs. Title IV**

Professional Holistic Institute does not participate in any federal and or state financial aid programs.  
CEC 94909(a)(10)

**Distance Education**

The institution does not offer distance education at this time.

**Loans**

**Professional Holistic Institute** does not participate in student loan programs. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from the federal student financial aid program funds.  
CEC 94909(a)(11)

**Student Academic Conduct:**

**Probation Policy for Unsatisfactory Progress**

Students attending less than 90% of scheduled classes will receive written notification of academic probation. Any unexcused absences will be cause for interruption of the student's training program. When the grade of the student is unsatisfactory the student will be placed on probation. If, during the period of the next 2 weeks, the student's grade average remains unsatisfactory, the student's attendance will be interrupted, and at the discretion of the Director the student may be dismissed from school.

**Condition for Re-Admittance**

Student must show evidence to the director's satisfaction that the conditions which caused the interruption for unsatisfactory progress have been rectified.

**Leave of Absence Policy**

Student must submit in writing to the director a request for leave of absence, outlining the times and dates, prior to the leave.  
CEC94909(a)(8)(E)

## **Student Behavioral Conduct:**

### **Inappropriate Student Behavior**

At the discretion of the Director, a student may be dismissed from school for a serious incident or repeated incident of disobedient or disrespectful behavior or intoxicated, drugged state of behavior, possession of drugs or alcohol upon school premises, possession of weapons upon school premises, behavior creating a safety hazard to other persons at school, disobedient or disrespectful behavior to another student, an administrator, or faculty member, or any other infraction of the rules of conduct.

### **Non-Discrimination**

Discrimination of any kind is unacceptable and will not be tolerated at the Institution. Professional Holistic Institute encourages diversity and welcomes applications from all minority groups. The Institution does not discriminate on the basis of race, color, religion, ancestry, national origin, age, non-disqualifying disability, gender, sexual orientation, marital status, or veteran status in the recruitment of students, or in the implementation of its policies, procedures, and activities. Professional Holistic Institute therefore holds all the Faculty and Student body to this same professional standard of non-discrimination.

### **Non-Harassment**

Harassment including Sexual Harassment of any kind is unacceptable and will not be tolerated at the Institution and is grounds for immediate expulsion from the Institute.

Professional Holistic Institute's policy is to maintain an environment in which all individuals are treated with respect and dignity. Each individual has the right to learn in an atmosphere free from harassment based on race, religion, gender, color, sex, age, national origin, disability, marital status, sexual orientation, gender identity, veteran status, or any other legally protected status.

Harassment is verbal or physical conduct that denigrates or shows hostility or aversion towards an individual because of his or her protected status, or that of persons with whom the individual associates. For example, racial harassment includes harassment based on an immutable characteristic associated with race (e.g., skin color or facial features.)

Sexual harassment is but not limited to any coerced sexual acts, touching or assaulting an individual's body in a sexual manner: Also, any unwelcome flirtations, advances or propositions as well as sexually suggestive or obscene comments or gestures.

Sexual harassment is a prohibited behavior at Professional Holistic Institute.

The Institute encourages individuals who believe they are being harassed or discriminated against to report the incident immediately to the Director.

The Institution will take any necessary action to promptly investigate the complaint to resolution. The Institution cannot address allegations unless it is made aware of the complaint; therefore, anyone who either experiences or observes harassment or discrimination should report the incident immediately to the Director.

### **Student Hygiene**

Each student attending class or working in the Clinic must be clean. Students need to have showered, brushed their teeth and used a deodorant the day of class or clinic shift. Students should also not wear any perfume or strong scents, as some students or clients may be sensitive to smells. Institute approved scrubs, and closed toe shoes are mandatory attire.

## **Student Internship and Work-Study Program:**

### **Student Clinical Internship**

Professional Holistic Institute shall operate a Student Clinic, which benefits both the public by offering affordable massage, and the students by providing a setting in which to practice the skills they've learned in class, build confidence and provide financial benefits to the student as well.

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### **Student Work-Study Program**

A valuable opportunity offered at Professional Holistic Institute (PHI), is the Work-Study Program which can be used to help pay tuition costs for the Massage Therapist and Holistic Health Practitioner programs.

Students are required to obtain a local business license and liability insurance before being considered for internship programs. (PHI will withhold taxes).

### **Acceptance to the Work Study Program:**

The applicant must have successfully passed Massage Therapist Program including all required clinical hours. The applicant must be paid in full for the Massage Therapist Programs.

### **Termination:**

Grounds for termination from the program are as follows:

- 1). Failure to pay monthly payment equal to minimum of 15% of balance owed.
- 2). Failure to make a scheduled work shift.
- 3). Failure to follow the ethics code of ABMP.

### **Interest on Unpaid Balance:**

PHI, shall charge interest on student who unpaid balance at the rate of **1.25 %** per month, which equals annual percentage of 15%.

### **About School:**

#### **Facility:**

**\*All classes will be held at: Professional Holistic Institute address:365 Rancho Santa Fe Road. Suite 203 San Marcos, California. 92078** This campus is conveniently accessible to nearby freeways, bus lines and the San Marcos Palomar train station, with ample parking available in the center's parking lots. The classrooms are spacious, allowing for comfort and movement, and feature large windows for an airy open feeling.

This school, the facilities it occupies, and the equipment it utilizes fully complies with any and all Federal, State, and local City ordinances and regulations.

#### **Library**

Our library holding include a complete compendium of all test books, learning materials for all classes as well as the related books, CD's, and sufficient resources to support the instructional needs of the students by requesting from Administration staff during business hours (9 am-7 pm) CCR71270

**Our Faculty:**

**Michael Gallo, HHP** – As a previous massage school owner and Director, he was State Certified by California BPPVE & BPPE, from 2003-2012. Over 30 years ago he embarked on his journey to learn the many traditional Asian arts of healing. He has studied many traditional Japanese energy arts such as Kiatsu, Shiatsu, and Reiki. His Acupuncture training was a traditional training under a master Acupuncturist.

**Annie Kwon, HHP**- At an early age Annie was told by a traveling Master in her native Korea, that she would be rooted in “Kwon Yin - the way of the Reiki practitioner”. At one point in Annie’s life she seriously considered becoming a nun, but instead decided to continue her education by attending the well respected Dong Kuk University in Korea majoring in Oriental philosophy. She has many years of Ashtanga Yoga, Qi-gong, Aikido, Kiatsu, Shiatsu, and Acupressure. Annie is a well-recognized Practitioner western style massage. Annie has taught at her state certified vocational Schools and Clinics for 15 years

**Pornphimon Jeab LeBlanc, Thai Master** - Jeab is a Thai native. She received her training from a top school called WAT-PO Traditional Thai Massage in Bangkok, Thailand and continued massage education in the US. She is bringing vast amounts of experience and knowledge. In 2006, she began teaching career. Jeab is passionate, very hands on, and believes in repetition, repletion and repetition. Jeab believes that Thai Massage is so much more than bodywork, it is a meditative state for the giver and receiver and an overall wonderful experience.

## General Course Information

All courses are taught in English.

Students will be required to have the assigned text for each class they enroll in.

### ***Courses of Instruction:***

#### **Holistic Health Practitioner**

Professional Holistic institute offers a comprehensive Holistic Health Practitioner training program, which encompasses our Massage Therapist Program and an additional 440 hours of bodywork and nutrition classes. These hours allow the student to pursue their particular area of interest. The student learns a variety of tools and modalities to round out their education as the highest professional level in the massage industry. The HHP course can be completed in 12-24 months, depending on student flexibility and classes taken.

**Prerequisite:** completion of Massage Therapist Program.

#### **Holistic Health Practitioner Program Objectives**

This 1000-hour course prepares the student to enter the work force as a Holistic Health Practitioner. This program will provide the student a well-rounded education in eastern and western hands-on bodywork, also a holistic awareness from a mind, body, spirit approach. Upon completion, the student will have acquired excellent skills in the holistic health modalities necessary to pass the California Massage Therapy Council exam and build an effective career.

**Holistic Health Practitioner Classes** We begin our training with completion of Massage Therapist Program or our Asian and Thai Practitioner Program.

#### **Classes and Contact hours**

Professional Holistic Institute offers the most current and effective curriculum for students to meet their goals for certification in an exciting and fun environment. The following is our class curriculum:

Required: MT-101	Circulatory Swedish Massage -----	60 hours
Required: MT-102	Business and Ethics -----	20 hours
Required: MT-103	Anatomy and Physiology -----	60 hours
Required: MT-104	Therapeutic Massage -----	60 hours
Required: MT-105	Anatomy in Movement Kinesiology -----	40 hours
Required: SM-101	Sports Massage -----	60 hours
Required: DT-101	Deep Tissue Massage -----	60 hours
Required: HH-101	Health, Hygiene, and Pathology -----	40 hours
Required: CI-101	Clinical Internship -----	20 hours
Required: NU-101	Nutrition Foundational -----	40 hours
Required: TP-101	Trigger point Therapy -----	20 hours
Required: MF-101	Myo-Fascial Release Therapy -----	40 hours
Required: CS-101	Cranio Sacral Therapy -----	40 hours

**TOTAL 560 hours**

Electives: Students have the additional 440 hours to choose from our amazing classes offering to complete the minimum 1000 hours of Holistic Health Practitioner program.

Upon completion of this well-rounded curriculum the student is excellently prepared to pass a CAMTC approved exam, and then receive the state certification.

#### **Massage Therapist**

Professional Holistic institute offers a complete program which will provide the necessary training to become a Certified Massage Therapist in the state of California, and to qualify graduates to sit for the CAMTC approved Exam. (the Massage and Bodywork Licensing Exam (MBLEx)). At the completion of our 500-hour Massage Therapist training, you will be proficient in the essential massage modalities, and you will gain the additional skills needed to build a successful career. Massage Therapist course can be completed in 6 to 8 months, depending on student flexibility and classes taken.

**Prerequisite:** MT-101 thru MT-104 must be taken in sequence

## Professional Holistic Institute

### **Massage Therapist Program Objectives**

This 500-hour course preparation will provide students for the work force as a State Certified Massage Therapist in California. The program will prepare the student with: strong fundamental knowledge of anatomy and physiology, The ability to communicate effectively with their clients, assessing their needs and helping clients reach their health goals. Students will also learn ethical awareness, and Body Mechanic Training which is how to use their body correctly so that they have a long and healthy career.

### **Massage Therapy Classes**

We begin our training with the Circulatory Massage course, and we further the student's education with comprehensive study of Anatomy for Body-workers, Sports Massage and Deep Tissue Massage. Students will choose from our variety of Asian modalities to round out their education.

This curriculum is designed to fulfill the requirements for State Certification; which is established by the CAMTC (California Therapy Council).” As of January 1, 2015, applicants as a Certified Massage Therapist ("CMT") must have 500 hours of education from approved schools and have passed a CAMTC approved exam.”

### **Classes and Contact hours**

Professional Holistic Institute offers the most current and effective curriculum for the student to meet their goals for certification in an exciting and fun environment. The following is our class curriculum:

Required: MT-101 Circulatory Swedish Massage -----	60 hours
Required: MT-102 Business and Ethics -----	20 hours
Required: MT-103 Anatomy and Physiology -----	60 hours
Required: MT-104 Therapeutic Massage -----	60 hours
Required: MT-105 Anatomy in Movement Kinesiology -----	40 hours
Required: SM-101 Sports Massage -----	60 hours
Required: DT-101 Deep Tissue Massage -----	60 hours
Required: HH-101 Health, Hygiene, and Pathology -----	40 hours
Required: CI-101 Clinical Internship -----	20 hours
<b><u>TOTAL</u></b>	<b><u>420 hours</u></b>

Electives: Students can choose 80-hour classes offering to complete total 500-hour requirements. Upon completion of this well rounded curriculum the student is prepared to pass a CAMTC approved exam, and then receive State License as a Certified Massage Therapist.

### **Asian and Thai Practitioner**

This 500-hour course is designed to teach and certify as an Asian and Thai Practitioner and prepare the student to establish a successful clinic business, it is designed to teach students Basic theory of Traditional Chinese Medicine. An emphasis is placed on teaching Meridians, Acupressure points, and Treatment methods. The different ethnic forms of Acupressure and Asian massage forms such as Thai Massage. The 500-hour program generally takes 6 to 8 months to complete, but length of the times may vary with each student.

**Pre-requisite:** MT-101 thru MT-105 must be taken in sequence.

### **Asian and Thai Practitioner Program Objectives**

This 500-hour course prepares students to enter the work force as a Certified Massage Therapist in the State of California after completion of state required examination. The student will be prepared with: strong fundamental knowledge of anatomy and physiology, as well as a solid foundation in Traditional Chinese Medicine Theory.

**Asian and Thai Practitioner Classes**

Our training begins with the Circulatory Massage course, and we further education with comprehensive study of Anatomy for Body-workers, Traditional Chinese Medicine Theory. Students shall choose from our variety of Asian modalities to round out their education. This curriculum is designed to fulfill the requirements as a Certified Massage Therapist.

**Classes and Contact hours**

Required: MT-101 Circulatory Swedish Massage -----	60 hours
Required: MT-102 Business and Ethics -----	20 hours
Required: MT-103 Anatomy and Physiology -----	60 hours
Required: MT-104 Therapeutic Massage -----	60 hours
Required: MT-105 Anatomy in Movement Kinesiology ----	40 hours
Required: AC-101 Acupressure -----	50 hours
Required: TM-101 Thai Massage -----	50 hours
Required: TCM-101 Traditional Chinese Medicine Theory ---	40 hours
Required: HH-101 Health, Hygiene, and Pathology -----	40 hours
Required: CI-101 Clinical Internship -----	20 hours
<b><u>TOTAL 440 hours</u></b>	

Electives: Students can choose additional 60 hours from our 100-hour amazing classes offering to complete their total hour requirement. Upon completion of this well rounded curriculum the student is completely prepared to pass a CAMTC approved exam, and then receive State License as a Certified Massage Therapist

**Certified Spa Technician**

This 100-hour program, Spa Technician, is designed to teach professional spa therapy techniques preparing the student to work in an exclusive resort or day spa, or to add spa therapies to their own private practice. The Skills sets to be learned are how to mix and prepare an Aromatherapy Salt Scrub, and how to administer a one-hour Salt Glow treatment. Also, how to administer paraffin for therapeutic use in arthritis therapy, and the benefits for mud wraps as well as precautions and contraindications for all these spa modalities. Certified Spa Technician course can be completed in 1 to 2 months, depending on student flexibility and classes taken.

**Pre-requisite:** None.

**Spa Technician Program Objectives**

The 100-hour program prepares the student to enter the work force as a Certified Spa Technician. The program will prepare the student with fundamental knowledge of health, hygiene, Aromatherapy Salt Scrubs, mud wraps, as well as a thorough knowledge of cautions and contraindications for all these spa modalities. The Professional Holistic Institute offers an effective curriculum for the student to meet their goals as a Certified Spa Technician.

**Classes and Contact hours**

Professional Holistic Institute offers the most effective curriculum for students to meet their goals for certification as a Spa Technician. The following is our curriculum:

Required: HH-102	Health, Hygiene	20 hours
Required: ST-101	Spa Techniques	40 hours
Required: ST-102	Advanced Spa Techniques	40 hours
<b><u>TOTAL 100 hours</u></b>		

Upon completion the program, the student will receive certification from the Institute as a Spa Technician.

**Reflexology Therapist**

This 100-hour course is designed to teach professional Reflexologist skills and prepare the student to establish a successful Reflexology clinic/business. The student will be amply prepared to enter the work force as a fully trained Certified Reflexology Therapist. This course of study can also enhance a currently licensed Massage Therapist Practice. Certified Reflexology Therapist course can be completed in 1 to 2 months, depending on student flexibility and classes taken.

**Pre-requisite:** None

### **Reflexology Therapist Program Objectives**

The student will learn the full Reflexology treatment patterns for the feet, hands, and ears. The student will also learn how to incorporate Aroma essential oils into a Reflexology treatment to enhance the client's experience.

### **Classes and Contact hours**

Professional Holistic Institute offers the most complete curriculum for students to meet their goals for certification as a Reflexology Therapist. The following is our curriculum:

Required: HH-102	Health, Hygiene	20 hours
Required: RF-101	Reflexology Basic Foot	40 hours
Required: RF-102	Reflexology Hand & Ears	40 hours

**TOTAL 100 hours**

Upon completion of this curriculum the student will receive a certification from the Institute as a Reflexology Therapist.

### **Certified Aroma Therapist**

This 100-hour course is designed to teach essential oils and their historical uses. The student will study the essential oils, and gain a deep understanding of how different essential oils affect the body functions. Students will learn indications and contraindications for the use of essential oils. They will also learn to test for quality of essential oils, storage and proper handling techniques. Additionally, they will learn to mix a personal therapeutic blend for clients to treat specific problems. Certified Aroma Therapist course can be completed in 1 to 2 months, depending on student flexibility and classes taken.

**Pre-requisite:** None

### **Certified Aroma Therapist Program Objectives**

Students will learn therapeutic properties of essential oils, and how to safely apply oils to elicit a therapeutic response and bring balance to the body. Students will be able to identify 20 major oils, know the benefits, any contra-indications and the most synergistic oil blends. Students will be required to know carrier oils indications, uses and contra-indications. Students learn the subtleties of how to administer an aroma therapy massage.

### **Classes and Contact hours**

Professional Holistic Institute offers the most complete curriculum for the student to meet their goals for certification as a Certified Aroma Therapist. The following is our curriculum:

Required: HH-102	Health, Hygiene	20 hours
Required: AT-101	Essential Oils	40 hours
Required: AT-102	Oil Blends	40 hours

**TOTAL 100 hours**

Upon completion of this curriculum the student will receive certification from the Institute as a Certified Aroma Therapist.

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### **Certified Yoga Instructor**

Our 200-hour program will prepare trainees as a Yoga Instructor, and prepare them to teach a general adult Yoga Class. As a Yoga Alliance accredited school the student is ensured that they will receive a well-rounded education, and meet the hour criteria in specific training categories to become a Yoga Alliance approved instructor. The majority of yoga establishments now require teachers to hold a 200-hour certificate in order to teach. Also, the student can incorporate these training hours in the other courses of educational such as our Holistic Health Practitioner program. This course can be completed in 2 to 4 months, depending on student flexibility and classes taken.

**Pre-requisite:** None

### **Certified Yoga Instructor Objectives**

The student will learn to teach Active Vinyasa Flow, Slow Flow, and Restorative classes. The student will be introduced to elements of popular styles including traditional Hatha, Ashtanga, and Vinyasa Flow. We offer a comprehensive program including alignment, anatomy, history, philosophy, Sanskrit, chanting and more. The student also will learn a proven system for integrating elements from these and other traditions into an intelligent and cohesive style that is authentically theirs.

### **Classes and Contact hours**

Professional Holistic Institute offers the most effective curriculum for the student to meet their goals for certification as a Certified Yoga instructor. The following is our curriculum:

Required: YI-101	Yoga Instructor Foundational	100 hours
Required: YI-102	Yoga Instructor Advanced	100 hours

**TOTAL 200 hours**

Upon completion of this curriculum the student will receive certification from the Institute as a Certified Yoga instructor

### **Certified Nutritional Counselor**

This 100-hour program is designed to provide quality instruction, which will prepare the individual to be a Certified Nutritional Counselor, and can be incorporated into the Holistic Health Practitioner Program. Certified Nutritional Counselor course can be completed in 1 to 2 months, depending on student flexibility and classes taken.

**Pre-requisite:** None

### **Certified Nutritional Counselor Objectives**

Students will learn the reasons for eating whole foods, and the role of minerals and vitamins in health. Students will also learn the uses and contraindications of traditional herbs. Students will learn how to grow, harvest and store herbs that are indigenous to Southern California. Students will learn the use of herbs in the kitchen. This course includes the uses of and how to prepare tinctures, salves and home care products.

### **Classes and Contact hours**

Professional Holistic Institute offers the most effective curriculum for the student to meet their goals for certification as a Certified Nutritional Counselor.

NU-101 Nutrition Foundational	40 hours
NU-102 Nutrition Vitamins and Minerals	20 hours
NU-103 Nutrition Super Foods	20 hours
NU-104 Nutrition Herbs	20 hours

**TOTAL 100 hours**

Upon completion of this curriculum the student will receive certification from the Institute as a Certified Nutritional Counselor.

## **Classes and Description**

### **Required: HHP, MT, and ATP *Foundational classes:***

#### MT-101 Circulatory Swedish Massage–60 hours

This course offers an introduction to Circulatory Swedish Massage techniques. The other topic taught will be acquiring a professional touch, choosing the right equipment, and proper client intake. Upon completion of the course, students should be able to demonstrate a Circulatory Swedish Massage.

#### MT-102 Business and Ethics- 20 hours

This class is designed to provide students with the knowledge and skills necessary to successfully find employment as a massage therapist. Major topics of study will include professional associations, resume writing, and interviewing techniques. Also Ethics will be taught with a focus on guidelines for ethical conduct; they will be ten contact hours in Ethics.

#### MT-103 Anatomy and Physiology-60 hours

This class includes anatomy of the whole body with an emphasis on the Skeletal Muscles, their origin and insertions, and joint movement they are responsible for. Physiology provides the student understanding of how the ten-body systems functional, and the physiological mechanisms that promote health.

#### MT-104 Therapeutic Massage–60 hours

This class will provide students with the understanding and techniques to provide a clinical Therapeutic massage. Treatment for common ailments such as frozen shoulder, cervical restriction, and low back pain will be covered. Upon successful completion of the course, students should be able to demonstrate an one hour Therapeutic massage.

#### MT-105 Anatomy in Movement Kinesiology-40 hours

This class is designed to assist students in the understanding of anatomy and movement as well as a basic understanding of the body's muscles and joints. Emphasis will be placed on basic kinesiology knowledge, describing the essentials of joint movement and muscle action.

#### HH-101 Health, Hygiene, and Pathology- 40 hours

This class will provide students with a basic understanding of procedures necessary to ensure a safe working environment, and to teach students the basic concepts underlying various pathologic processes. Emphasis will be placed on the pathogenesis of diseases, their mechanisms, and how they develop.

#### CI-101 Clinical Internship- 20 hours

This class provides students the opportunity to demonstrate their massage techniques and advanced modalities in a supervised clinical setting. The student will provide 20 one hour massages in our clinic to complete their training.

### **HHP, Massage Therapist (MT) *Additional Requirements:***

#### SM-101 Sports Massage– 60 hours

This class will provide students with the educational background needed to practice Sport massage therapy. Pre-event and Post-event massage techniques, as well as an overview of athletic injuries, will be discussed and, treatment demonstrated. Upon successful completion of the course, students should be able to explain the basic concepts of athletic-related injuries and demonstrate a one hour pre or post-event Sport massage.

#### DT-101 Deep Tissue Massage– 60 hours

This class is designed to introduce students to advanced massage techniques, such as deep-tissue work, joint mobility, and range of motion. Emphasis is placed on understand the layers of muscles and how to work them. Also this class will have a focus on the anatomy involved and, with indications and contraindications of these deeper techniques.

**Asian and Thai Practitioner (ATP): Additional Requirements:**

AC-101 Accupressure-50 hours

This class will provide students with the educational background needed to provide an Acupressure treatment. Emphasis is placed on understand the Acupoints, Meridians, and what they treat.

TM-101 Thai Massage- 50 hours

This class has an emphasis on the student learning the traditional Thai Massage pattern. Students will be exposed to both the northern and southern styles. The student will learn a full Thai massage session; which typically includes rhythmic pressing and stretching of the entire body. Upon successful completion of the course, students will be required to demonstrate a ninety-minute Thai massage.

TCM-101 Traditional Chinese Medicine Theory- 40 hours

This class is designed to introduce students to principals of Yin-Yang, and the Five Elements. Student will also learn theory of Zang-Fu Organs, Qi and Blood. Upon successful completion of the class, students will be able to identify the dysfunction and syndrome that is causing the health imbalance, and how it should be treated.

**Electives:**

**Aromatherapy:**

AT-101 Essential Oils-40 hours

This class is designed to teach the student Aroma Therapy essential oils to enhance, balance and restore the body to homeostasis. Students will learn contraindications for therapeutic oil application in massage. The emphasis will be placed on students learning the essential oils and their proper application.

AT-102 Oil Blends-40 hours

This class will provide students with the educational background needed to develop blends of essential oils specific to their clients needs. Students will learn how to safely complete therapeutic blends for specific imbalances within the body such as headaches, depression, fatigue, sprains, sore muscles. Upon completion of training, the student will be able to create client specific essential oil blends and how to administer them.

**Asian Modalities:**

AC-101 Accupressure-50 hours *(ATP Requirements)*

This class will provide students with the educational background needed to provide an Acupressure treatment. Emphasis is placed on understand the Acupoints, Meridians, and what they treat. Upon completion of the course, students will be able to demonstrate a basic one hour Acupressure Jin Shin treatment.

CT-101 Cupping Therapy-20 hours

Students learn the understanding and techniques to provide a dry cupping therapy session. Cupping therapy is used to treat: Rheumatic diseases such as arthritis and Fibromyalgia, as well as hypertension and Migraine Headaches. Upon successful completion of the course, students will be required to demonstrate a Cupping Therapy Session.

LL-101 Lomi Lomi Hawaiian Massage-50 hours

Introducing students to Lomi Lomi Hawaiian Massage. Students will learn an ancient, full body form of Hawaiian massage that addresses imbalances and dysfunction both specific and therapeutic in its application. This is the foundational Lomi Lomi, and it offers students concepts and tools to help increase receptivity to intuitive guidance, such as Hawaiian meditation techniques, healing chants and prayers. Upon successful completion of the course, students will be required to demonstrate a basic one hour Lomi Lomi Massage.

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### RH-101 Reiki Healing Energy- 50 hours

This class is designed to introduce students to Reiki Healing Energy. Students will learn: Chakra Basics, Reiki History, Principles, and Symbols. Students will receive Attunements for both Reiki level one and level two. Students will learn hand positions for self treatment, and treatment to others. Upon successful completion of the course, students will be required to demonstrate a basic one hour Reiki Healing Energy treatment.

### SSM-101 Shiatsu Massage– 50 hours

This class prepare students with the understanding and techniques to provide a Shiatsu Massage. This Japanese modality recaptures the true nature of Asian medical theory through the use of finger pressure. Students develop an appreciation of the history and development of the techniques and become familiar with the recommended tools and techniques used in treatment. Upon successful completion of the course, students should be able to demonstrate a basic one hour Shiatsu routine.

### TC-101 Tai Chi-20 hours

The student will learn a complete Tai Chi form. This form provides improved health, posture, leg strength, physical condition, coordination, balance, flexibility, breathing technique and energy flow. Upon successful completion of the course students should be able to demonstrate this Tai Chi form.

### TCM-101 Traditional Chinese Medicine Theory- 40 hours (*ATP Requirements*)

This class is designed to introduce students to principals of Yin-Yang, and the Five Elements. Student will also learn theory of Zang-Fu Organs, Qi and Blood. Upon successful completion of the class, the students will able to identify the dysfunction and syndrome that is causing the health imbalance, and how it should be treated.

### TM-101 Thai Massage- 50 hours (*ATP Requirements*)

This class has an emphasis on the student learning the traditional Thai Massage pattern. Students will be exposed to both the northern as well as southern styles. The student will learn a full Thai massage session; which typically includes rhythmic pressing and stretching of the entire body. Upon successful completion of the course, the students will be required to demonstrate a ninety minute Thai massage.

### TN-101 Tui Na Chinese Massage– 50 hours

This class has an emphasis on the student learning the traditional Tui Na pattern. This hands-on body treatment uses Chinese Taoist and martial arts principles in an effort to bring the body into balance. The student will learn how to brush, knead, roll press, and rub the areas between each of the joints, known as the eight gates. Techniques reflect the name; which comes from two of the actions: tui means "to push" and na means "to lift and squeeze". Upon successful completion of the course, students will be required to demonstrate a basic one hour Tui Na Massage routine.

## **Health & Hygiene:**

### HH-101 Health, Hygiene, and Pathology- 40 hours (*HHP and MT Requirements*)

This class will provide students with a basic understanding of procedures necessary to ensure a safe working environment, and to teach students the basic concepts underlying various pathologic processes. Emphasis will be placed on the pathogeneses of diseases, their mechanisms, and how they develop.

### HH-102 Health, Hygiene-20 hours (*Reflexology, Aroma Therapist Requirements*)

This class is directed students with a basic understanding of procedures necessary to ensure a safe working environment for the client and therapist. Topics such as hand-washing techniques, injury prevention for the massage therapist, universal precautions, and basic skin pathology; shall be covered.

**Reflexology: (Requirements)**

RF-101 Reflexology Basic Foot-40 hours

Designed to teach students a specific technique that utilizes the reflex points on the feet. They will learn how to interpret the feet and the corresponding points that reflect all the systems in the physical body Upon completion of the course, students will be required to demonstrate a basic one-hour Reflexology treatment.

RF-102 Reflexology Hands & Ears-40 hours

This class is designed to teach students specific techniques that utilizes the reflex points on the hands and ears. They will learn how to interpret these areas and the corresponding points that reflect all the systems in the physical body Upon successful completion of the course, students will be required to demonstrate a basic one-hour Reflexology treatment for hands and ears.

**Spa Technician Modalities: (Requirements)**

ST-101 Spa Techniques-40 hours

This class is designed to teach professional spa therapy techniques. The skills set to be learned are how to mix and prepare an Aromatherapy Salt Scrubs, mud wraps, as well as a thorough knowledge of cautions and contraindications for these procedures. Upon successful completion of the course, students will be required to demonstrate a basic Aromatherapy Salt Scrubs, and Mud wrap.

ST-102 Advanced Spa Techniques-40 hours

This class is designed to teach advanced professional spa therapy techniques. Students will learn advanced techniques such as how to administer paraffin for therapeutic use in arthritis therapy, as well as a thorough knowledge of cautions and contraindications for these procedures. Upon completion of the course, students will be required to demonstrate these advanced Spa treatments.

**Therapeutic Modalities:**

CS-101 Cranial Sacral Therapy-40 hours (*HHP Requirements*)

This class will teach students cranial sacral therapy which is; a gentle and profound method of healing developed by Dr. John Upledger. Students will develop an appreciation for the history and development of the technique and, become familiar with the 10-steep protocol of the cranial sacral system, and understand basic palpation skills. Upon successful completion of the course students will be required to perform a one hour Crania-Sacral treatment.

CS-102 Somato Emotional Release-40 hours

This class will teach the student a therapeutic process that uses and expands on the principles of Cranial Sacral Therapy, the student will learn about the physiological mechanism of disease and participate in hands-on training to facilitate the Somato Emotional Release process. By the end of the course, students should be able to dissipate residual effects of past trauma and negative emotional experiences from the body and mind of patients/clients.

DT-101 Deep Tissue Massage– 60 hours (*HHP, MT Requirements*)

This class is designed to introduce students to advanced massage techniques, such as deep-tissue work, joint mobility, and range of motion. Emphasis is placed on understand the layers of muscles and how to work them. Also this class will have a focus on the anatomy involved, and with indications and contraindications of these deeper techniques.

HS-101 Hot Stone Therapy-20 hours

This introductory class is designed to educate the massage therapist in the basic techniques of Hot Stone therapy. Students will learn the contra-indications, and safety precautions. The student should also be able to demonstrate proper care of the equipment. Upon successful completion of the course, students should be able to perform a one hour Hot Stone massage therapy.

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### LDM-101 Lymphatic Drainage Massage-40 hours

This introductory class is designed to educate the massage therapist in the techniques of Lymphatic Drainage Massage. Students will learn the different manual techniques and the patterns. Also they will learn the contraindications, and precautions. This is a popular modality for treating fluid imbalance in the body due to edema. Upon completion of the course, students should be able to perform a one hour Lymphatic Drainage Massage.

### MF-101 Myo-Fascial Release Therapy-40 hours (*HHP Requirements*)

This class will introduce students to principals of Myo-Fascial Release Therapy. Emphasis is placed on understand the theory and application of Myo-Fascial techniques; such as the Arm and Leg Pull, Cross hand stretching, and contraindications of these techniques. Upon successful completion of the course the students will be required to perform a one hour Myo-Fascial Release treatment.

### PN-101 Prenatal Massage-20 hours

This class is designed to teach the student a Prenatal Massage, and the basic needs of the childbearing woman and her new infant. Students gain an understanding of appropriate techniques used for the client during pregnancy. Upon successful completion of the class students will be required to perform massage technique appropriate for the one hour Pregnancy Massage.

### SM-101 Sports Massage – 60 hours (*ATP Requirements*)

This class will provide students with the educational background needed to practice Sport massage therapy. Pre-event and Post-event massage techniques, as well as an overview of athletic injuries, will be discussed and, treatment demonstrated. Upon successful completion of the course, students should be able to explain the basic concepts of athletic-related injuries and demonstrate the one hour pre and post-event Sport massage.

### TP-101 Trigger point Therapy- 20 hours (*HHP Requirements*)

This class is designed to teach students Integrated Manual Trigger Point Therapy which includes Deep Fascia Manipulation, Trigger Point Pressure Release and Joint Mobilization. Upon successful completion of the course, students will have a greater understanding of the Travell and Simons' approach to myofascial pain and dysfunction.

## **Nutrition:** (100 hours)

### NU-101 Nutrition Foundational-40 hours (*HHP Requirements*)

This class will teach students the importance of nutrition in daily health, and a healthy lifestyle. The class will cover healthy whole foods, and the best sources of proteins, carbohydrates, fats and oils. Students will learn metabolism and absorption; the effects of each nutrient and its impact on body systems. Also the amounts required optimally for prevention or treatment of many common health concerns and lifestyle considerations. Students will learn how to calculate Body Mass Index (BMI).

### NU-102 Nutrition Vitamins and Minerals-20 hours

The class is directed to providing students with a strong fundamental understanding of the major vitamins and minerals and the optimal preventive and optimal therapeutic dosages of every major vitamin and mineral. Students will also learn how supplementation can enhance one immune system.

### NU-103 Nutrition Super Foods-20 hours

The class will teach the therapeutic use of more than 30 nutrient super foods. The class will review advantages / disadvantages of each nutrient super food, when to use it for prevention or for therapy.

### NU-104 Nutrition Herbs-20 hours

This class is directed at providing students with a strong foundational understanding of the major Herbs, as well as how to prepare, store, and use them. The student will learn the many delivery forms: such as tinctures, decoctions, compresses, and slaves.

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### **Yoga Instructor: (200 hours)**

#### YI-101 Yoga Instructor Foundational-100 hours

This class is designed to teach students Foundational Yoga; which would include the asanas, Pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. the study of anatomy and physiology along with its application to yoga practice as well as the benefits, and contraindications. The student will learn flows and healthy movement patterns. Upon successful completion of the class, students will be able to take the advanced class to complete the requirements for 200-hour Yoga Alliance Instructor Certification.

#### YI-102 Yoga Instructor Advanced-100 hours

This class is designed to teach the student instructional skill sets for Yoga instruction. The skill sets the will learn include the following Teaching Methodology skills: Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries. The student will also learn Ethics for yoga teachers, Principles of demonstration, observation, assisting and correcting. Each trainee must spend a minimum of 5 contact hours of practice teaching as the lead instructor. Upon successful completion of both YI-101 and YI-102, students will meet the requirements for 200-hour Yoga Alliance Instructor Certification.

### **Approval Statement**

Professional Holistic Institute shall be granted course approval from The Bureau for Private Postsecondary Education, pursuant to California Education Code Section 94915. The Council's approval means that the institution and its operation comply with the standards established under law for occupational instruction by Private Postsecondary Educational Institution. They have also approved every course in this catalog. Institutional approval must be re-approved every three years and is subject to continuing review. Approved are the courses:

Holistic Health Practitioner .....	1000 hours
Massage Therapist .....	500 hours
Asian and Thai Practitioner.....	500 hours
Certified Spa Technician .....	100 hours
Certified Reflexologist .....	100 hours
Certified Aroma Therapist .....	100 hours
Certified Yoga Instruction .....	200 hours
Certified Nutrition Counselor .....	100 hours.

**Disclosure Statements:**

*Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to:*

**The Bureau for Private Postsecondary Education at: 2535 Capitol Oaks Dr. Suite 400,  
Sacramento, CA 95833 P.O. Box 980818 West Sacramento, CA 95798-0818  
Phone (916)431-6959, or toll free at (888) 370-7589, Fax (916) 263-1897**

or visit the website at [www.bppe.ca.gov](http://www.bppe.ca.gov)

**Bankruptcy Disclosure Statement**

“The institution has no pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec 1101 et seq.)”

**Disclosure Statements:**

California Statute requires that students who successfully complete a course of study be awarded an appropriate diploma or certificate verifying the fact. The institute is a private institute and that it IS approved to operate by the Bureau. An institution may not imply that the Bureau endorses programs, or that the Bureau approval means the institution exceeds the minimum state standards. Prospective students are encouraged to visit the physical facilities of the school and to discuss personal, educational, and occupational plans, with school personnel before enrolling or signing enrollment agreements. The school does not provide English-as-a-second language instruction. This school currently does not have available sponsored programs, government or otherwise, to provide grants or to pay for portions of tuition or fees. However, student may ask about work scholarships. Persons seeking to resolve problems or complaints should first contact the instructor, if this does not resolve the students concerns; the student can request for further action by meeting with the Director. After an approval to operate has been granted, all information of the content including the school catalog, a School Performance Fact Sheet for each educational program offered by PHI, student brochures, a link to the bureau’s Internet website, and the institution’s most recent annual report submitted to the bureau will be posted in the institution’s website: [www.ProfessionHolisticInstitute.com](http://www.ProfessionHolisticInstitute.com) (CEC94913)

Attendance and/or graduation from California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professional Code section 4600 et. seq.”

All content of this catalog is current and correct and is so certified as true by the Director of Professional Holistic Institute (Mrs. Aree Sprowls).