

“A Professional and Personal Path for Helping Others Holistically”™



Fair Oaks Massage Institute

Course Catalog
January 2016
Core Programs and Workshops



Sacramento Holistic Health Academy,
d.b.a. Fair Oaks Massage Institute
9833 Fair Oaks Blvd.
Fair Oaks, CA 95628
Phone 916.965.4063
fairoaksmassage@fairoaksmassageinstitute.org
www.fairoaksmassageinstitute.org

Fair Oaks Massage Institute - School Catalog

“A Professional and Personal Path for Helping Others Holistically”™

CATALOGUE COVERAGE DATES

January 1, 2016 — December 31, 2016

Revised February 9, 2016

ADMINISTRATION OFFICE/CAMPUS

Established in 1998

Administrative Office:

9833 Fair Oaks Blvd., Suite C-1

Fair Oaks, CA 95628

Classroom Locations:

9833 Fair Oaks Blvd., (located behind the administrative office in same building)

Fair Oaks, CA 95628

Phone: 916-965-4063

Fax: 916-965-8056

Email: fairoaksmassageinstitute@gmail.com

Website: www.fairoaksmassageinstitute.org

CAMPUS LOCATION

9833 Fair Oaks Blvd., Suite C-1, Fair Oaks Blvd., Fair Oaks, CA 95628

MISSION STATEMENT

Our purpose is to provide our students an avenue to help others through massage therapy by way of education, training and encouragement. Our objective is for our graduates to have the knowledge necessary to practice in the setting of their choice with a high level of skill, integrity, and professionalism.

ADMISSIONS

Students must be 18 years of age or older and be able to provide a valid picture form of identification.

Verification of high school graduation is part of the enrollment process and will be kept in the student's file.

INFORMATION RELATING TO ADMITTING TO STUDENTS FROM OTHER COUNTRIES

Students who attended high school or college in other countries are eligible to attend our school with verification of high school diploma or equivalent. Visa services will not be provided. The Institution will not vouch for foreign students.

English Language

Instruction will be provided in English only. English proficiency standard will be based on the following.

CAEL (Canadian Academic English Language Assessment): 50 overall. <http://www.cael.ca/>

COPE (Certificate of Proficiency in English) and TOP (Test of Oral Proficiency): 55 Overall

<http://www.copetest.com/>

IELTS (International English Language Testing System): 4 overall <http://www.ielts.org/>

TOEFL (Test of English as a Foreign Language): 50 overall

FACULTY AND THEIR QUALIFICATIONS

Administrative Staff

Director-Madonna Polley, CMTI, CHT
Human Resource Manager-David D. Polley
Art Director/Marketing-Crystal Polley
Student Services- Sirildo Lorenzo Mora
Student Services – Lucy Ball

Core Instructors

Madonna Polley, CMTI, CHT
Dr. David Polley, D.C.
Christina Alvarez, CMT
Poppie Tanksley, CMT
Sierra Alvarez, CMT
Rodney Mayhue, CMT
Scott Pfalzgraf, CMT
Lucy Ball, CMT

Guest Instructors

Marion Hakata, CMT
Joseph Carter, Lac
Dr. James Mally, ND
Nathan Martelle, CMT
Felicia Burns, CMT
Myron Brown, CMT
Paula L. Gordon, CMT
Albert J. Lashell, CMT

Instructors

Madonna Polley, CMTI, CHT - Director and Founder of Fair Oaks Massage Institute, Madonna Polley has expertise in Core Program, Cranial Sacral, Energy work, Aromatherapy, Pediatric, Hot Stone, Psychology of the Body, Hypnotherapy, and Color Therapy. Madonna has been a holistic healer and certified massage therapist for over 40 years. Her journey began in 1970, under the personal instruction of Connie Voutas. She founded and opened the Fair Oaks Massage Institute in 1998, where she teaches massage certification and advanced workshops. Madonna's hope is for people to have a career that brings peace to their lives and the lives of others.

Dr. David Polley, DC - In 1971, David Polley studied massage with Connie Voutas in Fair Oaks, California. In 1976, he moved to Portland, Oregon to attend the Western States Chiropractic College. Then in 1980, he opened Fair Oaks Chiropractic and Wellness Center with his wife, Madonna. He enjoys teaching the Chiropractic Assistant, Sports Balance and Performance and various other programs.

Marion Hakata, CMT - Owner of Living Reiki, is a Reiki Master and teacher of the Usui Method of Natural Healing and a registered Karuna Reiki® Master Teacher, International Center of Reiki Training (ICRT). She is also a Certified Holistic Massage Practitioner, Massage Therapist Instructor at Fair Oaks Massage Institute and a Minister of Holistic Healing.

Christina Alvarez, CMT - Christina has been in the holistic health field for over 20 years, practicing massage therapy and a wide variety of specialty modalities, including herbalism, Thai massage, and Ayurveda. Christina has also been a yoga instructor for 15 years. She has taught massage therapy at Bryan College and Anthem College, and she has a passion for anatomy and physiology.

Poppie Tanksley, CMT – has been a massage therapist for 12 years and an instructor for 11 years. She is the creator of Native Stone Massage, which incorporates both hot and cold stones.

Rodney Mayhue, CMT - Rodney is a practitioner of eastern healing arts, Tai chi and Wuji Qigong and Shamanic healing. At a young age he pursued martial arts training, in the beginning with a focus of the physical side of the arts. As he matured a deep interest in meditation developed and transmuted from the external side to a more internal focus. An interest in spiritual development grew and has given him a rare opportunity to study with a Qigong master and an Andean Shaman. Today he devotes time exploring his healing practice and sharing with others what he has learned and continues to learn.

Lucila Ball, CMT – Lucy is a graduate of Fair Oaks Massage Institute and has been practicing massage since 2010. Lucy also is a Usui Reiki master, and she is passionate about providing a therapeutic healing touch to all.

SCHOOL POLICIES:

ADMISSIONS POLICY

All students must submit a high school diploma/ GED or high school equivalency test result in order to be admitted into Fair Oaks Massage Institute for certificated programs.

CATALOG UPDATE POLICY

Our school catalog is updated annually.

CATALOG AVAILABILITY POLICY

Prior to enrollment, we email each of our students a copy of our school catalog. If no email address is provided, then a paper copy of our school catalog will be provided to each student. Our most recent catalog can be downloaded or viewed at: <http://fairoaksmassageinstitute.org/about/compliance/> and click on School Catalog; or, by picking up the catalog in person in our administrative office.

FINANCIAL ASSISTANCE AVAILABLE

Federal and state financial aid programs are available. Fair Oaks Massage Institute accepts funding from S.E.T.A., benefits from V.A., vocational rehabilitation grants, and Social Security Disability Income Passport programs.

ATTENDANCE POLICY

Students are asked to contact the school immediately if they will be late or unable to attend class.

Attendance Policy for Certification Programs:

Attendance will be recorded for each class. It is the student's responsibility to make up missed time which may include setting up a meeting to go over what that student has missed with a staff member, as well as acquiring any handouts and homework that may have been assigned. Students who fail to maintain satisfactory attendance will be counseled. Attendance will be deemed unsatisfactory if more than 20% of hours are missed. If attendance fails to improve, the Director may dismiss a student for unsatisfactory attendance. Re-admittance may be permitted if the cause for unsatisfactory attendance has been corrected.

Students must attend or satisfactorily complete all instructional hours. Applicants for CAMTC certification shall have attended 500 supervised hours total with 100 of those hours satisfying CAMTC specified subjects. When unable to attend, the hours that are missed must be made up and approved by Student Services for satisfactory completion. Students that are missing hours will not receive their certificate until all hours and class work is completed. Lost attendance hours must be made up as described below.

Students may make up lost attendance hours by:

- a) Per approval: Students attending the missed class(es) will pay a make-up fee at a rate of \$10.00/hour.
- b) All make up hours MUST be completed at Fair Oaks Massage Institute.
- c) All make up hours must be completed during the week and not at a weekend workshop. This means that you may have to wait for your class to cycle through when it is offered again.
- d) If a student misses hands on bodywork practice, they may make up hours by doing clinic massage. There will be no charge for students to do clinic massage on the public for make-up hours. Students can bring friends and family to work on but they need to pay for the clinic massage. The clinic is subject to availability.

Attendance Policy for Non-certification programs:

Students must attend or satisfactorily complete all instructional hours for non-certificated programs or workshops. When unable to attend, the hours that are missed must be made up and approved by Student Services for satisfactory completion. Students not meeting the attendance requirements will not receive a certificate of completion unless they are able to make up hours when the class is offered again.

PROGRESS REPORTS AND GRADING

Our school's grading system is a pass/fail at 70% for each individual exam. Students must score 70% on any examinations to pass the course, including written and practical examinations.

Practical examinations typically consist of one 1 hour massage as well as a continuous dialogue between the student and instructor/staff member regarding professional consultations with clients. Students that fail an exam must retake the exam.

ENGLISH AS A SECOND LANGUAGE

This school only offers instruction (including lectures, textbooks, handouts, etc.) in English.

TUTORING

Fair Oaks Massage Institute offers group and one-on-one tutoring based upon the need of the student. The tutoring need and program will be determined by the administrative staff for: availability of days, times, and curriculum available. The rate for tutoring is \$10.00/hour.

DESCRIPTION OF FACILITIES

The Fair Oaks Massage Institute Director's office, student store, Learning Resource Center and Student Services are located in the Administration office in suite C-1 at 9833 Fair Oaks Boulevard, Fair Oaks, CA 95628. Behind the administration office are two classrooms. There is one large classroom totaling 1000 square feet that includes ample room for chairs and 8-10 massage tables. Next door to the large classroom, there is a mid-sized room that is used for instruction and student clinic massages that holds up to four massage tables comfortably. Restrooms are located in a shared courtyard directly next to the classrooms. Access to the restrooms is limited to those with a key to restrict access to individuals not affiliated with Fair Oaks Massage Institute. Free parking is available in front of the Administration Building and on the side of the building.

STUDENT SERVICES

Students of Fair Oaks Massage Institute are entitled to the library resources center, study groups, peer mentoring, discounted prices for personal clinics and some products, CAMTC counseling, career counseling, registration counseling, and financial assistance counseling. The Student Services staff is here to answer questions regarding registration/enrollment, provide copies of transcripts or certificate and to accept student tuition payments. Student Services Staff can also accept student clinic hour sheets and related paper work, make copies of incoming student documents and make appointments to speak with our Director.

DESCRIPTION OF LIBRARY AND OTHER RESOURCES AVAILABLE TO STUDENTS

Fair Oaks Massage Institute is in the progress of making books and other learning resources available to students through a formal Learning Resource Center. Students have access to visiting professionals through our workshops series.

HOUSING INFORMATION

The Fair Oaks Massage Institute does not offer housing, facilitate housing plans nor help students find roommates. A rough estimate of apartment living is between \$700-\$1000 a month.

PLACEMENT ASSISTANCE

No placement service or guarantee of employment is made to graduates of Fair Oaks Massage Institute; however, we do have known opportunities and vacancies in the field of massage that will be posted on the school bulletin board for our students and graduates.

RETENTION OF STUDENT RECORDS

Enrollees are advised and cautioned that California State law requires this educational institution to maintain school and student records for five (5) years. In addition, all transcripts are kept indefinitely in digital form. Upon written request, a student will have the ability to review their entire student record file.

STUDENT COMPLAINTS

Complaints may be directed to the school's Director either verbally or in writing. The complaint will be investigated thoroughly and if the complaint is not unfounded she will work to resolve the issue(s). A summary of the complaint, its disposition and the reasons will be placed in the students file and entry of the complaint will be made in the log of Student Complaints as required by California State Education Code Section 73870.

A student may lodge a complaint by communicating verbally/or writing to any teacher or office personnel. The recipient of the complaint shall transmit it as soon as possible to the Director. If an oral complaint is not resolved within a reasonable period or before another complaint is made, the student will be advised to submit a complaint in writing. If a student complaint is in writing, the institution shall, within 10 days of receiving the complaint, provide the student with a written response, including a summary of the institution's investigation and disposition. If the complaint or relief requested by the student is rejected, the reasons for the rejection will be stated. The student's participation in the complaint procedure and the disposition shall not limit or waive any of the student's rights or remedies. Any document signed by the student that purports to limit or waive the student's rights and remedies is void.

A student or a member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school, may contact the California Massage Therapy Council at One Capitol Mall, Suite 800, Sacramento, CA 95814, www.camtc.org, phone (916) 669-5336, e-mail – info@camtc.org.

DRESS CODE AND HYGIENE

As students represent the school and the therapeutic massage profession, it is imperative that certain standards be met and dress code and hygiene standards followed. During class periods, students may use their own judgment in attire, but it must conform to the codes of decency. During practicum, students are asked to abide by the following:

1. All Students will wear comfortable pants that allow for movement and a short sleeved shirt or polo shirt.
2. Appropriate undergarments will be worn.
3. Shoes will be practical walking shoes that have non-slip soles and closed toes. Socks will be worn.
4. Clothes will be clean and free of odor.
5. Student will be clean, free of body odor, and have well-trimmed fingernails.
6. Long hair will be pulled back. Beards and mustaches will be neatly trimmed.
7. Rings and bracelets will not be worn and should be left at home.

CLASS AND CLINIC DRAPING

FOMI maintains strict standards of draping and modesty in all bodywork sessions taught in class and performed by students in the clinic. Students are taught to drape with care, intention, and regard for modesty and comfort and to always respect the rights of the person they are treating, be it a classmate or a client. No exposure of a person's private genital region will be permitted. Female breast are covered at all times.

PROBATION

Students that receive complaints may be immediately placed on probation depending upon the nature of the situation. The probation period will last for a total of two weeks. If within this time frame additional complaints are received, the student may be dismissed from the program. The following reasons may be cause for probation but are not limited to these situations:

- Being intoxicated or in a drugged state on school grounds.
- Behavior that creates a safety hazard to other people at the school.
- Failure to comply with instructor's requirements, or disrespectful behavior to other students, an administrator, faculty member or student clinic client. Rumors and gossip will not be tolerated.
- Making any verbal or physical threats against other students or staff/faculty.
- Receiving a complaint from any student, staff/faculty

CONDITIONS FOR DISMISSAL

At the discretion of the school's Director, or, her designee, a student may be suspended and/or dismissed from the school for the following reasons but are not limited to these situations:

- Being intoxicated or in a drugged state on school grounds.
- Possession or use of illegal drugs or alcohol on school grounds.
- Behavior that creates a safety hazard to other people at the school.
- Failure to comply with instructor's requirements, or disrespectful behavior to other students, an administrator, faculty member or student clinic client. Rumors and gossip will not be tolerated.
- Bringing any type of weapon onto school property.
- Making any verbal or physical threats against other students or staff/faculty.
- Sexual harassment toward any student, staff, instructor, or student clinic client is not permitted and will not be tolerated.

WITHDRAWAL FROM THE PROGRAM

You may withdraw from the school at any time after the cancellation period (described above) and receive a pro rata refund if you have completed 60 percent or less of the period of attendance. The amount of that refund is to be "pro-rated" according to the incomplete portion of the program less the cost of any equipment returned in good condition (good condition does not include equipment that a seal is broken, log-on occurred, or is marked or damaged in any way) and less a registration or administration fee not to exceed \$250.00. The refund is to be paid within 45 days of withdrawal.

For the purpose of determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution of the student's withdrawal or as of the date of the student's withdrawal, whichever is later.
- The institution terminates the student's enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absence in excess of maximum set forth by the institution and/or failure to meet financial obligations to the school.
- The student has failed to attend class for 8 days.

- Failure to return from a leave of absence.
- For the purpose of determining the amount of the refund, the date of the student's withdrawal shall be deemed the last date of recorded attendance. For the purpose of determining when the refund must be paid, the student shall be deemed to have withdrawn at the end of 8 days.

STUDENT'S RIGHT TO CANCEL

To cancel the contract for school/courses and receive a refund the student must mail, deliver, or fax a signed and dated copy of the written cancellation notice, or any other written notice to:

Fair Oaks Massage Institute
 9833 Fair Oaks Blvd Ste. C-1
 Fair Oaks, CA 9562
 Phone: (916) 965-4063
 Fax: (916) 965-8056

YOU MUST CANCEL IN WRITING

The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with proper postage. You do not have the right to cancel by calling the school or by solely verbally communicating your request.

A student has the right to cancel his/her agreement for a course of instruction, without any penalty or obligations through attendance at the first class session or the seventh day after enrollment, whichever is later. After the end of the cancellation period, you also have the right to stop school at any time and you have the right to receive a pro rata refund if you have completed sixty (60) percent or less of the program and less a registration or cancellation fee not to exceed \$200.00. The refund is to be paid within 45 days of withdrawal.

However, if the school provided you with any equipment, you must return that equipment on the date that you signed a cancellation notice. If you do not return the equipment on this day, the school will keep the amount that is equal to the cost of the equipment. The equipment must be returned in good condition (good condition does not include equipment that a seal is broken, log-on occurred, or is marked or damaged in any way).

REFUND POLICY FOR CORE PROGRAMS

If the Enrollment Agreement is cancelled, the school will refund the student any money he/she paid, less a registration or cancellation fee not to exceed \$200 (less any deduction for equipment not returned or not returned in good condition) within 45 days after the notice of cancellation is received.

REFUND POLICY FOR WORKSHOPS

Workshop tuition includes any applicable material fees and cancellation fees. Fair Oaks Massage Institute retains the cancellation fee should the student withdraw, cancel or fail to appear in the workshop. Cancellation fees are 20% of the cost of any workshop or \$200 whichever is less. Students will receive a full refund in the event that the Fair Oaks Massage Institute cancels the workshop.

LEAVE OF ABSENCE

Students may request a leave of absence (LOA) from a certification program in the event of emergency or other compelling reasons. The request must be submitted in writing and reviewed by Student Services. The maximum amount of time for a leave of absence is one year. The student may then be admitted to a later course. Graduation will be delayed until attendance requirements are met.

DROPPING OUT

Students dropping out of the course may receive a tuition refund based upon the refund policy outlined in this catalog and the enrollment agreement. The last day of class attended will be considered the date of cancellation, whether or not a cancellation notice is given by the student to this institution. Re-admittance to another course is possible; however, the full tuition for the course would be required.

REQUIREMENTS FOR SATISFACTORY COMPLETION

A Certificate of Completion will be issued to each student for our certification programs if all of the course requirements are completed:

- Attendance of all classroom and demonstration hours or satisfactory make up of missed hours.
- Payment in full for the program.
- Completion of Student Clinic Program, if applicable.
- Satisfactory scores (70% or greater) on all applicable written and/or practical examinations.

STUDENT ACHIEVEMENT STANDARDS - REQUIREMENTS FOR CERTIFICATION PROGRAMS (TO RECEIVE CERTIFICATE/GRADUATE)

Certificate hours may include lecture, hands-on demonstrations of massage/bodywork techniques, student clinics, and homework. A student must complete all training and/or class hours in order to receive a completion certificate within 3 months of the last day of class:

- Attendance completed for all classroom and demonstration hours or satisfactory make up of missed hours.
- Missed classes or course material may be made up by the student attending a later course when the classes they missed are recycling through the next class session, if seating is available, at a rate of \$10.00/hour.
- Full payment has been received for program:
Tuition must be paid in full. All outstanding balances, including late fees, must be paid in full before the student is eligible to graduate.
- Successful completion of designated number of one-hour massages for the student clinic program: Assigned student clinic and practical hours must be completed.
- Satisfactory scores (70% or greater) on all applicable written and/or practical examinations: All examinations must be complete with a passing grade of 70% or better.

Upon completion of the massage course, passing the exams, completion of student clinic hours and completion of any pertaining homework, the student will then be eligible to graduate and receive their certificate once their balance is paid in full.

REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS (TO RECEIVE CERTIFICATE)

Hours may include lecture, hands-on demonstrations of massage/bodywork techniques and homework. A student must complete all training and/or class hours in order to receive a completion certificate within 4 weeks of the last day of class:

- Attendance completed for all classroom and demonstration hours or satisfactory make up of missed hours.
- Full payment has been received.
- Outstanding balances must be paid in full before the class begins.
- Missed classes or course material may be made up by the student attending a later course when the classes they missed are recycling through the next class session, if seating is available, at a rate of \$10.00/hour
- Satisfactory scores (70% or greater) on all applicable written and/or practical examinations:
- All examinations must be completed - they are graded on a pass/fail basis with a score of 70% required for passing.

Upon completion of the course, passing any required exams, completion of any home study program assignments, completion of any student clinic hours and completion of any pertaining homework, the student will then be permitted to receive their certificate once their balance is paid in full).

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Fair Oaks Massage Institute is at the complete discretion of the institution to which you may seek to transfer. Acceptance of the certificate you earn at the Fair Oaks Massage Institute is also at the complete discretion of the institution to which you may seek to transfer. If the 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 Fair Oaks Massage Institute to determine if your certificate will transfer.

TRANSFER OF CREDITS

The Fair Oaks Massage Institute does not transfer credits from any program to any other institution.

ARTICULATION AGREEMENT

The Fair Oaks Massage Institute does not have any articulation agreement with any other institution.

STUDENT TUITION RECOVERY FUND DISCLOSURE

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 program attending certain schools regulated by the Bureau for Private Postsecondary Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school’s failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school’s failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.

4. There was a material failure to comply with the Act or the Division within 30-days before the school closed or, if the material failure began earlier than 30-days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

UNFAIR BUSINESS PRACTICE

California state law states that:

(a.) It is an unfair business practice for a person to do any of the following:

1. To hold himself or herself out or to use the title of "certified massage therapist," or any other term, such as "licensed," "certified," or "CMP," in any manner whatsoever that implies or suggest that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the council pursuant to this chapter.
2. To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

(b.) In addition to any other available remedies, engaging in any of the prohibited behaviors described in subdivision (a.) constitutes unfair competition under section 17200.

STATE CERTIFICATION

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 certifications 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) – Students are 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 anatomy and Physiology, contraindications, health and hygiene, and business and ethics.

Passage of a CAMTC approved exam. CAMTC has approved the following exam:

- The Massage and Bodywork Licensing Exam (MBLEx) – offered by the Federation of State Massage Therapy Boards (FSMTB).

See <http://www.camtc.org> for more information regarding the state certification process.

BODY WORK INSURANCE

Our students are eligible to apply for bodywork insurance through Associated Bodywork & Massage Professionals (ABMP): 800-458-2267, website: www.abmp.com, email: expectmore@abmp.com. Our School ID is 571651. All students need to have Body Work (Malpractice) Insurance in order to start student clinic massages.

BUSINESS LICENSE

Our students are eligible to apply for business licenses by contacting the city/county for which they are planning to work in. The requirements vary depending upon the county that the student is intending to work; so inquiring to the specific area of where the student is looking to work is imperative.

FINANCIAL ASSISTANCE

The Fair Oaks Massage Institute is not currently approved to offer financial assistance through Title IV funding.

LOAN ENROLLMENT AGREEMENT REQUIREMENTS

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- 1) The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- 2) The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

If a student obtains a loan, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds.

VISA

Fair Oaks Massage Institute welcomes international students from all over the world. Students who enter the U.S. on a non-immigrant visa are considered international students; however, there are different attendance requirements for each visa type. Fair Oaks Massage Institute is not approved by the Bureau of Citizenship and Immigration Services (formerly, INS) to issue the I-20 for the F-1 Visa at this time.

EXPERIENTIAL CREDIT

Students submitting prior education or training must go through the Fair Oaks Massage Institute experiential credit process prior to enrolling into a Fair Oaks Massage Institute program. The experiential credit cannot exceed 20% of the total program, and are only applicable for First-Time Fair Oaks Massage Institute Program Students. This entails: an initial interview, and submitting a request on the Fair Oaks Massage Institute experiential credit request form. After the form is submitted for review, a testing procedure of 3-bodywork assessments on separate instructors would be evaluated, followed by an instructor review process to evaluate the students previous knowledge and the credit to be awarded. The credit will be awarded to student on paper, and documented for their file. Appeals to any disagreement for awarded credit will be submitted to the Director of the school and an additional evaluation bodywork assessment will be conducted. Upon the director's assessment, additional credit will be awarded or denied. Costs for this procedure are \$50 for the application, \$75 for the (3) instructor's evaluations, and \$5 per credit awarded on their transcript.

DISTANCE EDUCATION

We do not offer distance education at this time.

STUDENT GRIEVANCES

The Student Grievance procedure shall be available to any student who believes an action or decision of the administration or Fair Oaks Massage Institute staff has adversely affected his/her status, and/or rights. If any student wishes to log a grievance, it is necessary for the student to submit a written statement and submit it to Fair Oaks Massage Institute staff including: a description of the issue, as well as the date of the grievance and their signature. This letter is then copied for their records to their student file, the grievance file and is submitted for review to the director of the school, upon review the director will outline a course of action to take to resolve any grievances.

APPROVED BENEFITS

Prospective students may be eligible for financial assistance through one of the following programs:

- VA benefits
- Vocational Rehabilitation Training
- AT&T Horizons Training/Retraining
- Sacramento Employment and Training Agency (SETA) Local Training Provider

FINANCIAL AID POLICIES, PRACTICES AND DISCLOSURES

If an institution receives financial aid because its students qualify for it under any state or federal financial aid program, the Form Application 94886 shall include a statement of its policies, practices, and disclosures regarding financial aid.

APPROVAL STATEMENT

Fair Oaks Massage Institute is a private institution, and approved to operate in the State of California based on provisions of the California Private Postsecondary Education Act (CPPEA) of 2009, which is effective January 1, 2010. This Act is administered by the Bureau of Private Postsecondary Education, under the Department of Consumer Affairs. The Bureau can be reached at: P.O. Box 980818, West Sacramento, CA 95897-0818, 888.370.7589.” Our school code is 3406231.

STATEMENT REGARDING BANKRUPTCY

Fair Oaks Massage Institute has never filed for bankruptcy petition, operated as a debtor in possession or had a petition of bankruptcy filed against it under Federal law.

ADDITIONAL QUESTIONS

All questions that are not satisfactorily answered by staff during registration will be submitted to the school’s Director to review and follow-up with the student within 48 hours.

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 Drive, Suite 400, Sacramento, CA 95833 or P.O. Box 980818, West Sacramento, CA 95798-0818, www.bppe.ca.gov, (888) 370- 7589 or by fax (916) 263-1897

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.

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

PROSPECTIVE STUDENT DISCLOSURES

1. Graduates of our massage therapy programs of 500 hours or more are eligible to sit for the MBLEx (Massage & Bodywork Licensing Examination) which is required for state certification through the California Massage Therapy Council.
2. Fair Oaks Massage Institute programs are unaccredited.
3. A certificate program that is unaccredited or a certificate from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.
4. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs.

COMPLETION RATES

Completion rates are calculated by students graduating at 100% (when a student has completed the entire program within the projected end date).

PLACEMENT RATES

We do not have a placement service program. However, we do have a career opportunity posting board that allows our students and graduates to obtain information on local businesses that are currently hiring as well as special event postings that allow students to self-promote.

CERTIFICATION AND EXAM RATES

Depending upon the therapist's professional path, a business license may not be required if the therapist is not planning to be self-employed, but instead they will need to become state certified if they plan to be an employee. The costs shown below are based on rates as of today and are all subject to change.

California State Certification through California Massage Therapy Council (CAMTC) – The cost is \$150.00 for the initial application, which lasts for two years. The renewal cost is \$125.00 and good for two years. This will also require live scan fingerprinting at an additional \$70-80. To apply, you must have completed 500 hours of onsite training at an approved school and have a passing score on the MBLEx. The MBLEx cost is \$195. See below.

MBLEx

The MBLEx (Massage & Bodywork Licensing Examination) is governed by the Federation of State Massage Therapy Boards (FSMTB). The MBLEx is the sole licensing exam for the Massage Profession. It is designed to provide a standard examination for students of Massage for entry-level professional scope of practice in gaining licensure. The FSMTB was established in 2005 with the intent to build a support system for the Member Boards. Their goals from the beginning were to work towards cooperation in implementing regulations and procedures for the requirements to establish safe and effective Massage Therapy and Bodywork practices. To be qualified to take the MBLEx you must apply directly with the FSMTB. The fee required to take the exam is \$195 due with the submittal of your MBLEx application. If you apply through your state licensing board or agency you do not need to fill out and send the application to FSMTB, the board or agency will complete that process for you.

BUSINESS LICENSES/PERMITS

The cost and requirements are different from city to county and can range from \$10/Year to over \$165/3 years. Typically a business license renewal requires a minimum of 12 hours of continuing education per year.

MASSAGE INSURANCE

Insurance through Associated Bodywork & Massage Professionals (ABMP) - The cost range is from \$199-\$229 annually.

SALARIES

Hourly wages can range from \$15.00/hour and can go well over \$90.00/hour depending upon the therapist's expertise and location of business. Hourly rates also vary according to whether or not the therapist is self-employed.***

***Massage Therapists

Employment of massage therapists is expected to grow. Opportunities should be available to those who complete formal training programs and pass a professionally recognized examination, but new massage therapists should expect to work only part time until they can build a client base of their own.

Employment change: Employment of massage therapists is expected to increase by 13 percent from 2008-2018. Employment will grow as more people learn about the benefits of massage therapy.

Earnings: Median hourly wages of massage therapists, including gratuities, were \$16.78 in May 2008. The middle 50 percent earned between \$11.36 and \$25.14. The highest 10 percent earned more than \$33.47. Because many therapists work part time, yearly earnings can vary considerably, depending on the therapist's schedule. Generally, massage therapists earn some portion of their income as gratuities. For those who work in a hospital or other setting, tipping is not common.

SCHOOL PERFORMANCE FACT SHEET

The School Performance Fact Sheet shows by year the number of students who graduate and the number of students who are working in the field of massage therapy. The School Performance Fact Sheet can be accessed at the school's website: <http://fairoaksmassageinstitute.org/about/compliance/> and then click on Performance Fact Sheet; or, by requesting a copy from the school's administrative office.

This fact sheet is filed with the Bureau for Private Postsecondary Education. Regardless of any information you may have relating to completion rates, placement rates, starting salaries, or license exam passage rates, this fact sheet contains the information as calculated pursuant to state law.

Any questions a student may have regarding this fact sheet that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at P.O. Box 980818, West Sacramento, CA 95798-0818, 888.370.7589, www.bppe.ca.gov.

CERTIFICATION PROGRAM DESCRIPTIONS

Holistic Massage Therapist

Total Program Cost: \$7,238.94

500 HR - Complies with CAMTC requirements

Tuition: \$6,775.46

Material Fee: \$263.48

Registration (non-refundable): \$200

S.T.R.F. (non-refundable): \$0

Our 500-hour Holistic Massage Therapist program involves comprehensive training in Swedish massage, Anatomy, Pathology, Business, Ethics, Self-Care Techniques, Chair Massage, Cranial Sacral, Aromatherapy, Hydrotherapy and Spa Services. The 500-hour program also prepares you to take the M-BLEX test which is required by the CAMTC. It complies with the CAMTC State requirements for the Certified Massage Therapist. The program also includes Deep Tissue, Sports, Aromatherapy, Cranial Sacral, Spa Services, Pathology, Advanced Anatomy, Physiology and Kinesiology, Eastern Studies, & Lymphatic Drainage.

Advanced Holistic Massage Therapist

Total Program Cost: \$20,000.00

900 HR - Complies with CAMTC, NCBTMB requirements

Tuition: \$17,572.00

Material Fee: \$2,178.00

Registration (non-refundable): \$200

S.T.R.F. (non-refundable): \$0

The Advanced Holistic Massage Therapist program is intended to provide you with intense training in the field of massage therapy and bodywork. Students will receive comprehensive training in Swedish massage, Deep Tissue, and accompanying bodywork techniques. Coursework includes, but is not limited to: Anatomy, Pathology, Business, Ethics, Self-Care Techniques, Chair Massage, Lymphatic Drainage, Myofascial Release, Cranial Sacral, Aromatherapy, Shiatsu, Polarity, Sports Massage, Hot Stone Massage, and Spa Treatments. Additionally, you will learn Nutrition, Mind and Body Medicine, Energy Work, and Student Clinics. Our staff will assist Students in planning your personal program courses. This program follows the 500-hour program, then includes (3) emphasis tracks where you apply your concentration: Energy Work Track, Holistic Spa Track, and Deep Tissue “Medical” Massage Track.

CONTINUING EDUCATION CLASSES & WORKSHOPS

Active Isolated Stretching Mod I & II 24 Hours

Total Course Cost: \$590

Materials fee: \$75

Prerequisite: CMT

Active Isolated Stretching (AIS) allows the body to repair itself and also to prepare for daily activity. AIS involves the method of holding each stretch for only two seconds. This method of stretching is also known to work with the body's natural physiological makeup to improve circulation and increase the elasticity of muscle joints and fascia. The AIS method of muscle lengthening and fascial release is a type of athletic stretching technique that provides effective, dynamic, facilitated stretching of major muscle groups, but more importantly, AIS provides functional and physiological restoration of superficial and deep fascial planes.

Acupressure Fundamentals 12 hours

Total Course Cost: \$125

Prerequisite: None

Acupressure is an ancient healing art developed in Asia over 5,000 years ago. Using the model of meridians, channels or pathways of energy, Acupressure is similar to Acupuncture, but uses the gentle, firm pressure of hands (and feet in some techniques). Using the power and sensitivity of the human hand, Acupressure is especially effective in the relief of tension-related ailments, in self-treatment, and in preventive health care. A practitioner trained in Acupressure can use the techniques of massage (soft-tissue manipulation) combined with the acupressure points and techniques to help release tension, increase circulation, reduce pain, and develop more vibrant health. This workshop focuses on basic concepts used in acupressure as students will learn several basic acupressure flows.

Advanced Bodywork Therapist 250 Hours

Total Program Cost: \$4,676.88

Tuition: \$4,371.04

Material Fee: \$105.84

Registration (non-refundable): \$200

Prerequisite: CMT

Our unique 250 hour Advanced Bodywork Therapy Program package includes exploration of the following techniques: Eastern Studies, Ayurveda, Aromatherapy, Lymphatic Drainage, Reflexology, Cranial Sacral, Spa Services healing techniques, Pathology, Advanced Anatomy, Physiology and Kinesiology, Skills Integration, & Business.

Anatomy for Bodyworkers – Upper Body 16 hours

Total Course Cost: \$300

Material Fee: \$20

Prerequisite: CMT

This is an experiential anatomy class designed for massage therapists. We will learn all the major muscles of the upper body by making muscles out of clay and placing them in layers on a skeleton model. As we learn the muscles we will be palpating them on each other and learning different massage techniques that can be done for that muscle, including stretching, counter strain, and soft tissue release techniques. This experience will give you a deeper kinesthetic understanding of upper body anatomy that will enhance your ability to help your clients.

Anatomy for Bodyworkers – Lower Body 16 hours

Total Course Cost: \$300

Material Fee: \$20

Prerequisite: CMT

This is an experiential anatomy class designed for massage therapists. We will learn all the major muscles of the lower body by making muscles out of clay and placing them in layers on a skeleton model. As we learn the muscles we will be palpating them on each other and learning different massage techniques that can be done for that muscle, including stretching, counter strain, and soft tissue release techniques. This experience will give you a deeper kinesthetic understanding of lower body anatomy that will enhance your ability to help your clients.

Aromatherapy 12 Hours

Total Course Cost: \$250

Material Fee: \$50

Prerequisite: None

During this course you will learn to integrate aromatherapy into a treatment for many different conditions. You will learn to utilize essential oils to enhance and purify your treatment room and/or home. During class you will make three personal blends for your personal or professional use. Treatments learned during class will include,

but are not limited to; calming and sedating, sinus allergy, recommended oils for muscles strains and sprains, pain, mood enhancement, grounding and centering, immune health, and more...

Ayurvedic Treatments 24 Hours

Total Course Cost: \$500

Material Fee: \$50

Prerequisite: CMT

This exciting and experiential three day workshop offers both the Ayurvedic philosophy and hands-on techniques of full body massage practice. Instruction includes an introduction to Ayurvedic health care, philosophy, and lifestyle, an overview of the 3 body-mind types and how to care for yourself and your clients, the seasonal practice of cleansing to prevent illness and maintain health, a one & a half hour massage and Marma point healing technique, an understanding of the appropriate medicinal oils for each individual, methods to heal and harmonize the chakras, and easy home-care practices and remedies. In Nasya, you will learn massage therapy moves, including specific pressure points from the tradition of Ayurveda covering the head, face and upper body.

Bowen Basics 4 Hours

Total Course Cost: \$90

Prerequisite: None

Bowen is a gentle manual therapy done while the client is fully clothed. Each session typically involves gentle rolling motions along the muscles, tendons and fascia. The therapy's distinctive features are the minimal nature of the physical intervention and pauses incorporated in the treatment. These pauses allow the body to "reset" itself, which allows the practitioner to work on multiple clients at a time. Students will learn a basic full body routine during the course.

Chair Massage 12 Hours

Total Course Cost: \$250

Prerequisite: CMT

Learn chair massage techniques and marketing strategies for gaining access to business and community events. Chair massage is a good way to introduce people to massage who have never before experienced it! You will learn to relieve carpal tunnel, and help prevent the build up of hand, arm, head, and neck strain that is caused by working with computers. Chair massage is a good tool to use in self-promotion if you are in the process of building up a client base.

Chakra Balancing 12 Hours

Total Course Cost: \$250

Material Fee: \$25

Prerequisite: None

This two day workshop is explained in simple, uncomplicated terms. You will be able use these techniques to your life and practice immediately. Materials can be purchased individually and will include a complete set of chakra oils, crystals, earth stones, handouts, and book. Modalities used: hands on & hands off- oils, crystals, colors, visualization, magnets, and sound as guided by the Divine.

Chiropractic Assistant for the Massage Therapist 24 Hours

Total Course Cost: \$500

Prerequisite: CMT

Learn how to assist a Chiropractor during the normal routine of running an office. Learn to assist the Chiropractor with ultrasound, and hot and cold packs. You will learn how to use various kinds of equipment used in a chiropractic office. Learn the type of massage to prepare patients to receive their adjustment. You will also learn post-adjustment techniques, specializing in neck and back pain.

CPR

Total Course Cost: \$75

Prerequisite: None - Learn to recognize and provide basic treatment for medical conditions like cardiac arrest, stroke, seizures, and allergic reactions. A 2-year EMS Safety Services card is given at the end of class.

Cranial Sacral Therapy 12 Hours

Total Course Cost: \$250

Prerequisite: None

This is a light touch technique, which addresses the cranial sacral system. In addition to its remarkable effectiveness in relieving a wide range of conditions, many massage therapists appreciate the relief from repetitive strain afforded by this gentle style of therapy. It can be blended with regular massage to deepen the effects.

Crystal Healing 6 Hours

Total Course Cost: \$125

Materials: \$25

Prerequisite: None

Crystal therapy is an ancient healing system concerned with treating patients holistically through the precise placement of crystals on the body and the surrounding room. This means that, unlike Western healthcare (which tends to focus on treating one symptom/ailment at a time) crystal therapy addresses the patient as a whole - paying as much attention to his or her spiritual and emotional well-being as to their physical health. Crystals have been used, revered and enjoyed for many thousands of years - both for their aesthetic beauty and for the peace, relaxation and harmony they seem to invoke. Crystal therapy is a non-invasive, relaxing, natural and enjoyable process. Whether you believe in the physical healing properties of crystals or not, the therapy itself will offer you a chance to lie back, relax and get in touch with your body's energies so you can leave feeling refreshed, restored and de-stressed - a perfect platform for improved physical health.

Deep Tissue Techniques 24 Hours

Total Course Cost: \$450

Materials: \$20

Prerequisite: CMT

This is a two day intensive course. In this workshop you will gain a greater understanding of the layers of the body. You will gain the ability to work with these layers to relax, lengthen, and release holding patterns in the most effective and energy efficient ways possible. You will learn how to sense when the muscles are letting you in, versus, when they are fighting against you. Techniques will include proper use of finger, knuckles, fists, forearms, and elbows. Learn how shifting a client into a different body position will allow you to access deeper muscle groups. You will learn PNF stretches, strain/counter strain techniques, and goal based massage. It's a great way to make changes in you clients body over time.

Eastern Bodywork Studies - Acupressure Training Program 88 Hours over 5 weekends

Total Program Cost: \$1,750

Tuition includes a \$200 non-refundable registration fee

Weekends 1-3 are available to take as stand-alone workshops for \$395 each weekend, plus materials fee.

Materials: \$75

Prerequisite: None/For CEs must be a CMT

Our Acupressure Training Program covers several types of Acupressure. Students of this program gain proficiency in the study of over 90 Acupressure Points and 3 styles of Asian Bodywork as well as a strong working knowledge of the ExtraOrdinary Vessels, the 12 Organs & Meridians and the Five Element theories of Traditional Chinese health care. This program provides a detailed, and well "rooted" understanding of the applications, theories and holistic philosophies that make Acupressure & Chinese Medicine so valuable in the modern world and that will help make you a gifted and successful practitioner.

Facial Contouring 12 Hours

Total Course Cost: \$250

Prerequisite: CMT

Using an acupressure face fit with points will encourage lymphatic draining of the face and neck to create a contouring effect. This treatment is deeply relaxing and toning for the neck and face.

Healing Oils of Ancient Times 7 Hours

Total Course Cost: \$190

Material Fee: \$25

Prerequisite: None

You experience the living energy of the 14 principal essential oils of ancient times and how to use them in modern times. This class includes lecture, meditation, anointing, and healing techniques. You can incorporate the oils and techniques in your massage or Reiki sessions. Set to the energy of “joy”, this class pays respect and honor to your “true self.” Some say experiencing these ancient oils is like being in “7th Heaven.”

Holistic Massage Practitioner 250 Hours

Total Course Cost: \$3,300.00

Tuition: \$2,836.52

Material Fee: \$263.48

Registration (non-refundable): \$200

This is an introductory massage practitioner course for students with little to no massage training. You will receive training in Swedish massage along with accompanying complimentary bodywork techniques. This training focuses on you to become a professional massage therapist by providing you with the foundation to build your own practice. This includes Anatomy, Health & Hygiene, Contraindications, Body Mechanics, Business and Ethics. You will also learn to address clients with low back pain, joint and muscular issues from injuries, carpal tunnel syndrome, migraine headaches and more. You will learn effective ways to work “smarter, not harder” and how to provide clients relief from long-term pain and release of extended holding patterns. Additional techniques covered are: Deep Tissue, Myofascial Release, Sports Massage, Trigger Point, and Anatomy, Kinesiology & Pathology. For state certification, you will need to complete a total of 500 hours.

Hot Stone Massage 12 Hours

Total Course Cost: \$300

Material Fee: \$25

Optional Material Fee: \$175 for roaster and stone set

Prerequisite: CMT

Our hot stone class use hands-on technique training. You will learn how to find stones, treat them, and how to prepare them for bodywork. You will learn how to clear energy via smudging and how to prepare yourself for doing earth medicine healing work. These classes encompass ancient Native American techniques that will help you to re-align with mother earth's energies. You will be taught and hour and a half, full body treatment that is popular in spa settings! You will also learn to use cool stones to help with swelling, sinus drainage, and the lymphatic system. Incorporating stones can extend a body workers lifespan, and they are perfect to warm and smooth your client's achy muscles.

Lomi Lomi Style Hawaiian Massage 12 Hours

Total Course Cost: \$250

Prerequisite: CMT

Lomilomi is an ancient Hawaiian concept of working with the *mana* (life force) of the body, mind, and soul of an individual. To obtain the level of immediate and long-term healing necessary, the practitioner uses a multitude of techniques. Their ability to communicate deep “into the bones” via the muscles and soft tissues is important because it is at this level that all memory is stored from past traumas, injuries, or emotional links. As

in many indigenous cultures, the bones are the most important and protected part of the physical structure, and the energetics of the individual. This is a massage technique that was passed down from family members and elders consisting of tuning into the clients body to promote healing and a sense of well-being using a lot of long, flowing forearm techniques.

Lymphatic Drainage 12 Hours

Total Course Cost: \$250

Material Fee: \$20

Prerequisite: CMT

In this class, you will explore the fundamental application of the lymphatic system. Closely associated to our circulatory system, this system is responsible for keeping the body clean of debris and fluid in balance. You will learn the physiology, anatomy and location of the lymph. Indication and contraindications are discussed along with appropriate techniques per condition. There will be class lecture and hands on table time to absorb new material. Students will be able to offer fundamental Lymphatic Drainage on healthy individuals when class is completed. Advanced techniques are required for lymphedema clients.

Massage Cupping 6 hours

Total Course Cost: \$90

Material Fee: \$27

Prerequisite: CMT

In this workshop we will look at the history of cupping, cover cautions and contraindications, and explore the various ways that cups can be used to help your clients and to enhance your practice. Massage Cupping is easy on your hands, and helps to release adhesions and prepare your clients for deeper work. Cupping is especially powerful when combined with movement such as soft tissue release techniques. Most massage work involves compressing tissues, whereas cupping gives a lift to the tissues. Using lotion or gel, you can slide the cups, lifting the skin and superficial fascia up from the underlying tissues

Myofascial Release 12 Hours

Total Course Cost: \$250

Prerequisite: CMT

This is a gentle, sustained pressure used to connect to the fascial layer that surrounds the muscle tissue resulting in helping to free restrictions, increase range to motion and speed healing. Fascia adheres to the muscle fibers after an injury...you will learn how to release it and allow the muscle to move freely. Myofascial release is easy to learn, gets great results and is easily integrated into your current treatment.

Oncology Massage 12 Hours

Total Course Cost: \$300

Material Fee: \$20

Prerequisite: CMT

In this workshop, the student will learn different types of massage dealing with various types of cancer by using a gentle and caring technique. Come learn more about clients with cancer and let us talk about how to approach each client with kindness and tenderness.

Prenatal and Infant Massage 12 Hours

Total Course Cost: \$325

Prerequisite: CMT

Learn client positioning for pregnant woman, contraindications, and the benefits of massage. Also learn about aromatherapy, essential oils and lotions specifically for use on pregnant women, and what not to use! You will learn how to give a relaxing nurturing pre-natal massage, and you will also learn side-lying massage techniques that are beneficial for everyone, especially people who have low back, hip, neck and shoulder pain. You will also be able to incorporate these into your daily routine, and confidently work on people who would

benefit from side-lying positions. The second part of the workshop is Infant Massage. This is a great tool to have for those mothers who you have been given Pre-Natal Massages to. Massaging a baby may help with circulation and enhancing bodily functions. In this workshop, you will learn how to soothe and relax the baby with gentle massage and stretching techniques. Research studies that have been done in reaction to infants and massage will be discussed, as well as the legal aspects of working with children.

Reflexology 12 Hours

Total Course Cost: \$250

Prerequisite: None. Must be a CMT to receive CEs

Reflexology, or zone therapy, is the practice of massaging, squeezing, or pushing the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health. This course focuses on the feet and hands. Preparation techniques and proper reflexology techniques will be covered. The points in the feet and hands will be systematically taught so the students can easily remember the location of the specific points. Reflexology is a must for every massage therapist and is a wonderful tool to have for any caregiver. This class will be very interesting and filled with great fun, tricks of the trade and you will leave with happy feet and hands. Happy feet and hands mean happy people!

Raindrop Technique 8 Hours

Total Course Cost: \$190

Material Fee: \$25

Prerequisite: None. Must be a CMT to receive CEs

This is an aromatherapy technique that uses a specific arrangement of aromatherapy oils. By applying special techniques and warm, moist towels, the oils will move deeply into the spine and through the nerve pathways to the afflicted organs, systems, or areas of the body to promote relaxation and pain reduction. This is a technique based on Lakota Native Healing and can be used as a stand-alone or can be incorporated into a regular massage session or Reiki session. The class will cover topics such as: how to properly use the oils, oil safety, what ailments respond well to this treatment and what benefits can be realized from these treatments.

Reiki I – 7 Hours

Total Course Cost: \$190

Prerequisite: None

This system of Reiki was developed by a Japanese man named Mikao Usui in the early 1900's. Rei means "universal" and Ki is "energy." It is also translated as the "universal life force." Reiki is thought to be beneficial for physical, mental, emotional, and spiritual aspects of life. In this class you will learn about history and principles of Reiki, how to do Reiki treatments on yourself and others, and you will also receive your first attunement to facilitate healing on the physical level.

Reiki II(A) – 7 Hours

Total Course Cost: \$190

Prerequisite: Reiki I

This class extends your knowledge of Reiki. You will learn about distance healing, emotional and mental healing, meditation, and intention. Practice time will include distance healing, scanning techniques, and changing unwanted habits with Reiki. You will receive an attunement that facilitates healing on the emotional and mental level.

Reiki II(B) Advanced “ART” 7 Hours

Total Course Cost: \$190

Prerequisite: Reiki I, Reiki II

You will learn to do emotional and mental healing on a deeper level. Class includes learning advanced techniques that will strengthen the mind. Learn about spiritual protection and how to remove negative psychic

energy from yourself and others. You will also receive one more attunement that will increase the strength of your Reiki energy. You must take Advanced Reiki II if you want to take Reiki III Master training.

Reiki III Master/Teacher Training Seven 7-hour classes = 49 Hours

Total Course Cost: \$190 each class

Prerequisite: Reiki I, Reiki II, Advanced Reiki II “ART”

Open fully to the power of Reiki and access your spiritual self. Learn advanced techniques for facilitating healing at the spiritual level, i.e., heart healing, celestial healing, crystal healing, and more. In the second half of the Master Series, learn how to teach Reiki and to give Attunements. Receive an attunement to the Master symbol plus four new symbols. This is a 7 class series that spans months and is 7 hours per class.

Reiki Drumming Module 1, 7 Hours

Total Course Cost: \$190

Material Fee to Instructor: \$90

Prerequisite: Reiki I and Reiki II

Reiki Drumming is a special technique that introduces the Reiki energy into the client's energy field and will facilitate deep relaxation and stress relief. Through sound and vibration, drumming creates a light state of being that makes it easier to release stress and tension in the body. When relaxation is induced, life force energy flows so that natural healing of the body may take place. Drumming and Reiki work synergistically together as a holistic healing technique and can heal mind, body, and spirit. The goal is to balance, align, and harmonize the human energy system with Reiki energy and sound vibration. As Reiki aligns one to a higher power, drumming also does the same, so putting the two together expands the natural healing and relaxation effects. Medical Studies and Their Findings; group drumming boosts the immune system, group drumming increases cancer-killing cells, Alzheimer's patients become more focused, War veterans better cope with trauma, prison and homeless populations gain self-esteem, Corporations promote team spirit-building and individuals increase right-brain creative ability.

Reiki Drumming Module 2, 7 Hours

Total Course Cost: \$190

Prerequisite: Reiki Drumming Module 1

Reiki Drumming sharing, Q & A, creating sacred space-self and room-7 sacred directions, free form drumming, chanting with Reiki symbols, professional Ethics for Reiki Drumming Practitioners, Reiki Drumming basic technique and preparation process in detail, strengthen your light, soul Breathing, clearing the channel, developing healing intention, getting healing confirmation, creating the affirmation with the client, recoding or re-framing process and practice giving and receiving the session, and the Reiki Drumming journey technique: Releasing personal blocks, Clearing genetic blocks, Ancestral healing, How to do a Reiki Drumming journey, and Practice doing and receiving an ancestral drumming healing journey.

Spa Services 12 Hours

Total Course Cost: \$250

Material Fee: \$25

Prerequisite: CMT or RN

Learn how to make, use and promote the most popular and effective spa wraps and scrubs. Increase your income and expand your menu for less than the cost of getting these body treats at the spa! Sugar and sea salt are combined with organic plant and essential oils to exfoliate and moisturize - great as a massage add-on. The Detoxifying Herbal Wrap cocoons the client in luxury while purifying the skin, body and soul. Paraffin is a soft wax that when layered over essential oil blends, helps relieve dermatitis, eczema, tennis elbow, cellulite and more. These are extremely versatile treatments that you can customize for each client.

Sports Balance & Performance 12 Hours

Total Course Cost: \$250

Prerequisite: CMT

This course will provide great tools for your practice. Instruction will primarily consist of Sport/Orthopedic injuries with hands on treatment. This class will integrate anatomy and mechanics of joint/muscle balancing. We will integrate Origin/Insertion work with multiple massage techniques to decrease pain and edema. These techniques will aid in reduction or scar tissue and long term stiffness allowing your patients/clients to maximize performance. Our hands on approach will keep you interested and moving throughout most of the class. We are here to have fun while learning techniques that can be put into practice immediately and effectively.

Sports Massage 20 hours

Total Course Cost: \$350

Materials Fee: \$20

Prerequisite: CMT

The techniques you will learn in this workshop can help all of your clients, whether they are athletes or not. You will learn and practice many techniques in this hands-on workshop to help all of your clients. We will demonstrate treatment strategies for sprains, strains, and many common conditions such as hamstring strain, rotator cuff tear, tennis elbow, golfer's elbow, iliotibial band friction syndrome, "shin splints", and achilles tendinitis.

Thai Massage – Level I 12 Hours

Total Course Cost: \$250

Prerequisite: CMT

Traditional Thai Massage (Nuad Bo Rarn) has been taught and practiced in Thailand for 2,500 years, influenced by both Ayurvedic/Yogic medicine and Buddhism. Thai Massage has a unique character that is at once relaxing and invigorating. This work blends gentle rocking rhythmic Acupressure and Yoga-like stretching which deeply opens, relaxes, and revitalizes the entire body. It is unmatched in its ability to open the joints and increase range of motion and flexibility. In Level I, the focus will be on developing techniques in the supine and some seated positions.

Thai Massage – Level II 12 Hours

Total Course Cost: \$250

Prerequisite: CMT, Level I

Level II focuses on prone and side-lying techniques, along with more advanced stretches.

Touching Emotion 15 hours

Total Course Cost: \$295

Materials: \$25

Prerequisite: None

Encounter/explore the Emotions from the point of view of Traditional Chinese Medicine (TCM). By interpreting the Chinese characters for the Seven Emotions we find specific Acupressure points used to influence emotional balance and emotional healing. Students learn Acupoints and flow patterns, along with deeper uses of points and flow patterns they may already know. The traditional concept of the "Art of the Heart" is shared as a way to relate powerfully and positively to the profound energies of human emotional life.

Touching Spirit 15 hours

Total Course Cost: \$295

Materials: \$25

Prerequisite: None

Explore the unity of Mind/Body/Spirit from the point of view of Traditional Chinese Medicine (TCM). Learn about the Five Aspects of Spirit and the Acupressure points that directly affect these aspects. Learn 13 key Acupoints and two powerful flow patterns to encourage physical, mental and emotional health. Learn to incorporate these “Spirit Points” into your life and your practice via single point therapeutics, dynamic point combos and multi-point flow patterns that call forward our natural self-healing and spiritual energies.

Tui Na 14 Hours

Total Course Cost: \$295

Materials: \$25

Prerequisite: None

Tui Na 推拿 translates as “Push & Grasp” and indicates the active, hands on form of massage/bodywork sometimes referred to as “Chinese Meridian Massage”. As an integral part of TCM (Traditional Chinese Medicine), TuiNa utilizes the same theories as Acupuncture, but without the needles. While Acupuncture can produce dramatic and powerful effects, there is no substitute for the power and healing abilities of hands on work. In “pushing and grasping” Tui Na uses a variety of different pressures from supple lighter movements to stronger more assertive movements not dissimilar to “deep tissue” massage. Tui Na is widely practiced throughout the Asian world and is becoming popular in the West due to its remarkable, even transformative results. Tui Na focuses its work along the Meridian lines (“energy rivers”) and often ends up being effective for chronic spinal issues, joint issues and “old injuries”. Developed and practiced over thousands of years, Tui Na uses the remarkable energies of the human and guided by the human mind/heart. The “goal” of Tui Na is to allow and encourage the body’s innate wisdom and healing energies, thus bringing circulation, health and balance back to body, mind and spirit.