

Classes and Description

MT-101 Circulatory Swedish Massage–60 hours

This course offers an introduction to Circulatory Swedish Massage therapy techniques. The other topics taught will be acquiring a professional touch, choosing the right equipment, and proper client intake. Upon successful completion of the course, students should be able to demonstrate a one hour 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; there 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 function, and the physiological mechanisms that promote health.

MT-104 Therapeutic Massage–60 hour

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 a 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.

Massage Therapist, *Additional Requirements:*

SM-101 Sports Massage– 60 hour

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- and post-event Sport massage.

DT-101 Deep Tissue Massage– 60 hour

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. This class also will have a focus on the anatomy involved and, with indications and contraindications of these deeper techniques.

Asian and Thai Practitioner, *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 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.

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, the students will 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 the student 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

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

CT-101 Cupping Therapy-20 hours

This class will provide students with 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

This class is designed to introduce 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 course 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.

RH-101 Reiki Healing Energy- 50 hours

This class is designed to introduce students to Reiki Healing Energy. The student will learn: Chakra Basics, Reiki History, Principles, and Symbols. The student 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.

SM-101 Shiatsu Massage– 50 hour

This class will provide 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

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 be 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

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 hour

This class has an emphasis on the student learning the traditional Tui Na pattern. This hands-on body treatment that 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

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.

HH-102 Health, Hygiene-20 hours

This class is directed at providing 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.

Nutrition:

NU-101 Nutrition Foundational-40 hours

This class will teach the student 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. The student 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. The student will learn how to calculate Body Mass Index.

NU-102 Nutrition Vitamins and Minerals-20 hours

This class is directed at providing students with a strong foundational understanding of the major vitamins and minerals and the optimal preventive, and optimal therapeutic dosages of every major vitamin and mineral. The student will also learn how supplementation can enhance ones 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 and 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.

Reflexology:

RT-101 Reflexology Basic Foot-40 hours

This class is designed to teach the student a specific technique that utilizes the reflex points on the feet. The student will learn how to interpret the feet 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 foot treatment.

RT-102 Reflexology Hands & Ears-40 hours

This class is designed to teach the student specific techniques that utilizes the reflex points on the hands and ears. The student 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 Modalities:

ST-101 Spa Techniques-40 hours

This class is designed to teach professional spa therapy techniques. The skills sets 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. The student 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 successful completion of the course, students will be required to demonstrate these advanced Spa treatments.

Therapeutic Modalities:

CS-101 Cranio Sacral Therapy-40 hours

This class will teach the student cranio 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 cranio sacral system, and understand basic palpation skills. Upon successful completion of the course the student will be required to perform a one hour Cranio- 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 Cranio 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, you should be able to dissipate residual effects of past trauma and negative emotional experiences from the body and mind of your patients/clients.

DT-101 Deep Tissue Massage– 60 hour

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.

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 the student will learn the contra-indications, and precautions.

This is a popular modality for treating fluid imbalance in the body due to edema.

Upon successful completion of the course, students should be able to perform a one hour Lymphatic Drainage Massage.

MF-101 Myo-Fascial Release Therapy-40 hours

This class is designed to 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 the students will be required to perform massage technique appropriate for a one hour Pregnancy Massage.

SM-101 Sports Massage – 60 hour

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- and post-event Sport massage.

TP-101 Trigger point Therapy- 20 hours

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

Yoga Instructor:

YI-101 Yoga Instructor Foundational-100 hours

This class is designed to teach the student 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.