

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



Fair Oaks Massage Institute

Course Catalog
January 2021
Core Programs and Workshops



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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 Therapy 24 Hours

Total Course Cost: \$900.00

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

Prerequisite: None

Learn the basics of Functional Bowen Concepts - background, philosophy, assessment, therapeutic techniques and process application strategies. Students learn a basic Bowen Therapy session using gentle rolling motions along the muscles, tendons and fascia while the client is fully clothed. 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 and also be able to address specific areas of distress.

Canine Massage 6 Hours

Total Course Cost: \$125

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

Prerequisite: None

Learn how to support your furry friends with basic massage and acupressure techniques for anxiety and physical issues.

Chair Massage 12 Hours

Total Course Cost: \$250

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

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

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

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.

Chiropractic Assistant for the Massage Therapist 12 Hours

Total Course Cost: \$250

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

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.

Cranial Sacral Therapy 12 Hours

Total Course Cost: \$250

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

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.

Deep Tissue Massage 24 Hours

Total Course Cost: \$450

Materials: \$20

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

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 your clients body overtime.

Eastern Bodywork Studies: Acupressure Training Program 50 Hours

Total Course Cost: \$1,000.50

Tuition includes a \$200 non-refundable registration fee

Materials: \$50

S.T.R.F. (non-refundable): \$0.50

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 Extra Ordinary Vessels, the 12 Organs & Meridians and the Five Element theories of Traditional Chinese health care.

Facial Contouring 12 Hours

Total Course Cost: \$250

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

Prerequisite: CMT

Using an acupressure facelift with points, facial cupping and essential oils encourages lymphatic drainage of the face and neck to create a contouring effect. This treatment is deeply relaxing and toning for the neck and face.

Flower Essences 6 Hours

Total Cost: \$125

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

Prerequisite: None

In this introductory class, learn the subtle healing power of flower essences. Flower essences are the blossoms of plants prepared from a sun infusion in a bowl of water, then further diluted, potentized, and then preserved with brandy, there is no scent. These preparations embody the distinct imprint, or energetic pattern of each flower species. In holistic healing flower essence therapy is categorized under vibrational medicine . Vibrational medicine incorporates the use of chi energies within living organisms such as plants, gemstones and crystals, water, sunlight, and even the foods we eat. The founder of flower essence therapy was an English surgeon named Dr. Edward Bach. Dr Bach was a pioneer in understanding the connection of our emotional bodies to our physical health. The 38 original flower remedies, known as Bach Healing Herbs were used to treat the underlying emotional causes of diseases. Ill health (physical imbalances and dis-eases) results when we are in imbalance or when we lose our awareness, are disassociated from others, or disconnected from our life purpose. The living forces of nature collected from the blooms of our flowering plants, prepared, and placed in liquid stock.

Healing Oils of Ancient Times 7 Hours

Total Course Cost: \$190

Material Fee: \$25

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

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.

Holistic Massage Practitioner 250 Hours

Total Course Cost: \$4,002.00

Tuition: \$3,800.00

Material Fee: \$0.00

Registration (non-refundable): \$200

S.T.R.F. (non-refundable): \$2

For state certification, you will need to complete a total of 500 hours. This 250 hour introductory massage practitioner course is for students with little to no massage training. You will receive training in Swedish massage along with accompanying complimentary bodywork techniques. 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.

Hot Stone Massage 12 Hours

Total Course Cost: \$300

Material Fee: \$25

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

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

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.

Injury Management 8 Hours

Total Course Cost: \$150

Material Fee: \$10

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

Prerequisite: CMT

This workshop covers evaluation and treatment of some of the most common causes of pain. Students will expand their toolbox of assessment and treatment strategies through a series of demonstrations and practice of specific techniques.

Lomi Lomi Hawaiian Massage 24 Hours

Total Course Cost: \$500

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

Prerequisite: CMT

Lomi Lomi 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

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

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 8 Hours

Total Course Cost: \$150

Material Fee: \$27

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

Prerequisite: CMT, Chiropractor, Acupuncturist

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

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

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 of 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

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

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

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

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 whatnot 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.

Raindrop Technique 8 Hours

Total Course Cost: \$190

Material Fee: \$25

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

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. 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.

Reflexology 12 Hours

Total Course Cost: \$250

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

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!

Reiki I 7 Hours

Total Course Cost: \$190

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

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

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

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 Reiki Training “ART” 7 Hours

Total Course Cost: \$190

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

Prerequisite: Reiki I, Reiki II(A)

Learn advanced techniques for clearing imbalances left from physical, mental or emotional traumas from the past. 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. Students will also receive one more attunement that will increase the strength of their Reiki energy. This class is transition class to the Master level of training.

Reiki III - Reiki Master/Teacher Training 42 Hours

Total Course Cost: \$190 each class

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

Prerequisite: Reiki I, Reiki II(A), Reiki II (B) – Advance Reiki Training “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 6 class series that spans 6 months and is 7 hours per class.

Reiki Drumming Module I 7 Hours

Total Course Cost: \$190

Material Fee to Instructor: \$90

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

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 II 7 Hours

Total Course Cost: \$190

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

Prerequisite: Reiki Drumming Module I

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.

Shiatsu 12 Hours

Total Course Cost: \$250

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

Material Fee: None

Prerequisite: CMT or RN

Learn the powerful yet gentle stretches of Shiatsu massage and rhythmic pressing along classic meridians of Asian Body Work. These sequences of touch can also be used for all other types of massage. This class will guide you through the steps of giving a complete Shiatsu treatment on a floor mat while the client is fully clothed.

Side Lying Massage 16 Hours

Total Course Cost: \$300

Material Fee: \$20

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

Prerequisite: CMT

Side lying massage is effective for all body types, not just pregnancy massage as it allows for deeper work. This workshop will expand your toolbox as students learn to give a full body, free flowing, side lying massage by applying targeted techniques to shoulders, low back and hips.

Sound Healing 6 Hours

Total Course Cost: \$190

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

Prerequisite: None

This class explores the science, history and practice of vibrational healing.

Spa Services 12 hours

Total Course Cost: \$250

Material Fee: \$25

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

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

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

Prerequisite: CMT

This course will provide great tools for your practice. Instruction will primarily consist of Sport/Orthopedic injuries will 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 18 Hours

Total Course Cost: \$350

Materials Fee: \$20

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

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 I 12 Hours

Total Course Cost: \$250

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

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.

Trigger Points 12 Hours

Total Course Cost: \$250

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

Prerequisite: CMT or RN

In this class the student will learn where trigger points are located throughout the body. The student will also learn how to integrate trigger point therapy into their massage while using deep tissue techniques and working with breath and sustained pressure.

Yoga Bodywork 12 Hours

Total Course Cost: \$250

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

Prerequisite: CMT

This workshop will work on developing your body-to-body communication and learning to move your clients in ways that make them feel like they are doing yoga. It gives us an opportunity to make massage a dance and a stretch that will increase the flexibility and overall feelings of wellbeing for both you and your clients