

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



Fair Oaks Massage Institute

Course Catalog
January 2019
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
fairoaksmassageschool@gmail.com
www.fairoaksmassageschool.com
BPPE School Code 3406231
CAMTC School Code SCH0044

Fair Oaks Massage Institute- School Catalog

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

CATALOGUE COVERAGE DATES

January 1, 2019 — December 31, 2019
Revised August 23, 2019; updated annually
and as changes needed.

ADMINISTRATION OFFICE/CAMPUS

Established in 1998

CAMPUS LOCATION

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

Administrative Office:

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

Classroom Location:

Fair Oaks Massage Institute
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: fairoaksmessageschool@gmail.com
Website: www.fairoaksmessageschool.com

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.

ADMITTING 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' status.

English Language

Instruction and coursework will be provided in English only. If English is not the student's native language, an English proficiency exam will be required. The in-house exam is provided at the school at no charge. Student's are required to read and write at the 12th grade level.

FACULTY AND THEIR QUALIFICATIONS

Administrative Staff

Director-Madonna Polley, CMTI, CHT
Human Resource Manager-David D. Polley
Student Services-Sirildo Lorenzo Mora
Student Services – Allison Worrell
Student Services–Lucy Ball

Core Instructors/Faculty

Madonna Polley, CMTI, CHT
Dr. David W. Polley, D.C.
Christina Alvarez, CMT
Lucy Ball, CMT
Wesley Barnett , CMT
Kevin Mefford , CMT, Teaching Assistant

Guest Instructors/Speakers

Felicia Burns, CMT
Joseph Carter, L.Ac.
Kate Casey, RMT
Paula L. Gordon, CMT
Marion Hakata, CMT
Karina Kincaid, CMT
Dr. James Mally, ND
Nathan Martelle, CMT
Dr. Lisa Moore, D.C.
Judy Terwilliger, RN

Core Instructors' Bios

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.

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.

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.

Wesley Barnett, CMT – Wesley is a graduate and former teaching assistant to Dr. Mally of Healing Arts Institute. In addition to his expertise in sports massage, injury management, deep tissue massage, trigger point therapy and many other modalities, he has a comprehensive understanding of anatomy and physiology and a strong desire to share his knowledge with new students.

Kevin Mefford, CMT – Kevin is a graduate and teaching assistant of Fair Oaks Massage Institute. He started his career as a personal trainer with additional specialties in human biomechanics and movement compensations. Kevin promotes health and wellness by utilizing massage therapy with personal training and exercise programming.

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. Fair Oaks Massage Institute does not accept ability to benefit students or ability to benefit exams as a criteria for admission.

CATALOG UPDATE POLICY

Our school catalog is updated annually and as needed.

CATALOG AVAILABILITY AND SCHOOL PERFORMANCE FACT SHEET

Prior to enrollment, we will email each of our prospective students a copy of our school catalog. If no email address is provided, then a paper copy of our school catalog and School Performance Fact Sheet will be provided to each student. 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. The most recent catalog can be downloaded or viewed at: <http://www.fairoaksmassageschool.com/school-catalogs.html>. The most recent School Performance Fact Sheet can be downloaded at: <http://www.fairoaksmassageschool.com/school-performance-fact-sheets.html> or, by picking them up 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. Fifteen minutes late is considered tardy and consistent tardiness must be made up. It is the student's responsibility to makeup 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 60 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) must 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 the topic 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 at a make-up fee rate of \$10.00/hour.

PROGRESS REPORTS AND GRADING

Our school's grading system is a pass/fail at 70% for each individual exam. Students must score 70% on all 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

Fair Oaks Massage Institute only offers instruction in English, including lectures, textbooks, handouts, etc.

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 pass code 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 certificates and to accept student tuition payments. Upon graduation, students will receive one copy of their transcript. Additional copies to be mailed are \$25 each. Student Services Staff can also accept student clinic hour sheets and related paperwork, 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 has two locations for library and learning resources. One area for library and learning resources is located in the administrative office; the second location is a small room inside classroom #2. Resources include books and dvds on many bodywork modalities. Resources are available for use onsite, not for checkout. Students may access the resources during administrative office hours and during classroom hours.

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 \$800-\$1,300 per 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 transcripts on 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 any member of the public may file a complaint about this institution with the Bureau for Post Secondary Education by calling (888)370-7589 or by completing a complaint form, which can be obtained on the bureau's Web site, www.bppe.ca.gov.

Additionally, 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 also 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 class mate or a client. No exposure of a person's private genital region will be permitted. Female breasts 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 of the Enrollment Agreement and receive a pro-rated refund if you have completed 60 percent or less of the period of attendance. No refund is available if you have completed more than 60 percent of the program. 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 anyway) and less a registration or administration fee not to exceed \$200.00. Textbooks and materials are non-refundable. 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

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. Textbooks and materials are non-refundable. 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 anyway).

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.

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

REFUND POLICY

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. There is no refund on textbooks and materials. Students who have dropped from the program without written notice, have 90 days to submit a written request for withdrawal and refund for the pro-rated amount of the program if they have completed 60 percent of the program or less. After 90 days of no written contact, the student is considered dropped and forfeits their refund.

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. A leave of absence is granted one time per student. 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. If a student does not return to complete the program after a leave of absence of one year, a refund will be calculated if they have completed 60 percent of the program or less, within 45 days of the one year LOA date. If more than 60 percent of the program was completed, no refund is available.

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. If dropping out, a request for refund must be in writing. A refund is not available if the student completed more than 60 percent of the program. 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. Students have 90 days to request a refund in writing or readmit into

another program, however, the full tuition for re-admittance into the course would be required. If there is no contact from the student in writing after 90 days, no refund is available.

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 makeup of missed hours.
- Payment in full for the program.
- Completion of the 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 makeup 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 makeup 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.

Upon completion of the course, passing any required tests, 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 is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your course work 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 accept transfer credits from any other institution and does not have an articulation or transfer agreement with any other institution.

STUDENT TUITION RECOVERY FUND DISCLOSURE

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if 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.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.

4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

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 signor 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.

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.

On September 19, 2018, the Governor signed SB 1480 into law. Among other things, this bill changes the Massage Therapy Act so that starting on January 1, 2019 through December 31, 2020, passage of a CAMTC approved exam will not be required for CAMTC Certification.

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

BODY WORK INSURANCE

All students need to have Body Work (Malpractice) Insurance in order to start student clinic massages. 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. Or, through the American Massage Therapy Association (AMTA): 877-905-0577, www.amtamassage.org, email: info@amtamassage.org.

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 to pay for an educational program, 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

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' status. 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

Fair Oaks Massage Institute does not accept experiential credit at this time.

DISTANCE EDUCATION

Fair Oaks Massage Institute does 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.

OTHER FINANCIAL AID APPROVED BENEFITS, POLICIES, PRACTICES AND DISCLOSURES

Prospective students may be eligible for other 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

To check for eligibility for one of the above programs, students will be counseled by a school official during the enrollment process.

Students may also opt for payment plans through Fair Oaks Massage Institute which are outlined during the enrollment process.

APPROVAL STATEMENT

Fair Oaks Massage Institute is a private institution, and approved to operate in compliance with state standards as set forth in the California Education Code and Title 5, California Code of Regulations 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 AND INFORMATION

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 certification through the California Massage Therapy Council. However, this is a voluntary certification. If a student does not have CAMTC certification, they must check with their local city or county to confirm requirements for massage therapists to work in the specific city or county.
2. Fair Oaks Massage Institute programs are unaccredited and has not been accredited by an accrediting agency recognized by the United States Department of Education.
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 \$200.00 for the initial application, which lasts for two years. The renewal cost is \$200.00 and good for two years. The initial application 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. Between January 1, 2019 and through December 31, 2020, students will not be required to pass the MBLEx to receive certification through the CAMTC.

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

Massage Therapist Insurance through Associated Bodywork & Massage Professionals (ABMP) or American Massage Therapy Association (AMTA) ranges in cost from \$89 - \$235, annually.

OCCUPATIONAL EMPLOYMENT WAGES AND STATISTICS

The United States Department of Labor uses Standard Occupational Classification (SOC) codes to identify occupations. Fair Oaks Massage Institute's 500 and 900 hour certification programs qualify the student to become a certified massage therapist once completing all necessary requirements. Both programs qualify for the U.S. Department of Labor SOC code "Massage Therapist - 31-9011."

As of May 2017, The United States Department of Labor Bureau of Labor Statistics lists the *average* wage in California for Massage Therapists – SOC code 31-9011, as \$19.95/ hour and/or \$41,500/year. For more information, visit their website at: www.bls.gov/oes/current/oes319011.htm

In California, hourly wages depend upon the therapist's expertise, location of business and hours worked. Hourly rates also vary according to whether or not the therapist is self-employed, an independent contractor or employee.

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://www.fairoaksmassageschool.com/school-performance-fact-sheets.html>; 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.

CAMTC DISCLOSURE STATEMENT

"Attendance and/or graduation from a California Massage Therapy Council approved School does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. Seq."

ADDITIONAL QUESTIONS FOR THE CAMTC

A student or any 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, or fax (916) 669-5337.

CERTIFICATION PROGRAM DESCRIPTIONS

Holistic Massage Therapist

Pay in advance, before start of program:

Total Program Cost: \$8,000.00
500 HR-Complies with CAMTC requirements
Tuition: \$7,417.00
Material Fee: \$383.00
Registration (non-refundable): \$200
S.T.R.F. (non-refundable): \$0

Payment Plan:

Total Program Cost: \$8,300.00
500 HR-Complies with CAMTC requirements
Tuition: \$7,717.00
Material Fee: \$383.00
Registration (non-refundable): \$200
S.T.R.F. (non-refundable): \$0

Pre-requisites: English language proficiency, High School Diploma or Equivalency

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 MBLEX test which is required by the CAMTC. It complies with the CAMTC requirements for the Certified Massage Therapist. The program also includes Deep Tissue, Sports, Cranial Sacral, Spa Services, Pathology, Advanced Anatomy, Physiology and Kinesiology, Eastern Studies, Lymphatic Drainage, Trigger Point, and Injury Management

Advanced Holistic Massage Therapist

Total Program Cost: \$9,000.00
620 HR - Complies with CAMTC requirements
Tuition: \$8,417.00
Material Fee: \$383.00
Registration (non-refundable): \$200
S.T.R.F. (non-refundable): \$0

Pre-requisites: English language proficiency, High School Diploma or Equivalency

Description: The Advanced Holistic Massage Therapist program is intended to provide students with intense training in the field of massage therapy and bodywork. Students will receive comprehensive training in Swedish Massage, Deep Tissue Massage, and accompanying bodywork techniques. Coursework includes topics in the 500 hour program, but is not limited to: Anatomy, Pathology, Business, Ethics, Self-Care Techniques, Sanitation and Hygiene, Chair Massage, Lymphatic Drainage, Myofascial Release, Cranial Sacral, Aromatherapy, Shiatsu, Sports Massage, Hot Stone Massage, and Spa Treatments. After 500 core hours are completed, students are also eligible to complete 120 hours of externships or internships. Our staff will assist students in planning their personal program.

Holistic Hypnotherapist – 200 Hours

Total Program Cost: \$4,300

Tuition: \$4,000.00

Material Fee: \$100.00

Required Text: Students must purchase “Hypnosis and Hypnotherapy Basic to Advanced Techniques for the Professional” by Calvin D. Banyan; **ISBN-13:** 978-0971229006; Hardback (\$120) or on Kindle (\$10)

Registration (non-refundable): \$200.00

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

Holistic hypnotherapy facilitates health and positive change by allowing a client’s whole-self to support the healing process. Students will learn hypnosis techniques to assist clients with positive and lasting results for physical, mental and emotional issues with far less effort and struggle by bringing forth the inner potential for health, healing, positive change, and transformation. Students will learn Four Modules, totaling 200 hours, in a combination of lecture, demonstrations and hands on participation.

Massage Instructor Certification – 120 Hours

Total Program Cost: \$2,700.00

Tuition: \$2,400.00

Material Fee: \$100.00

Registration (non-refundable): \$200.00

Our Massage Instructor Certification Program provides a theoretical and practical foundation for becoming a successful and effective bodywork instructor. This program explores the integration of teaching philosophies and classroom dynamics within the learning environment. The program is designed for massage therapy professionals who have a desire to become an effective Massage Instructor as well as help those who already teach massage therapy to increase their knowledge and skill sets.

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: \$250

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 Aromatherapy 39 Hours

Total Course Cost: \$600

Material Fee: \$50

Prerequisite: None

This course is a more in depth study of the field of aromatherapy. This course covers the difference between therapeutic quality essential oils and those that are not, essential oils chemistry and how chemical constituents in essential oils affect the body physically, mentally, emotionally and spiritually. The students will learn about various ways of using and applying essential oils based on the aromatherapy's three schools of thought.

Anatomy 32 hours

Total Course Cost: \$600

Material Fee: \$40

Prerequisite: CMT

This is an experiential anatomy class designed for massage therapists. We will learn all the major muscles of the 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 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 life style, 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 Therapy 24 Hours

Total Course Cost: \$900.00

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

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

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.

Chiropractic Assistant for the Massage Therapist 12 Hours

Total Course Cost: \$250

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

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

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 Program Cost: \$1,000

Tuition includes a \$200 non-refundable registration fee

Materials: \$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

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

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

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: \$4,000.00

Tuition: \$3,417.00

Material Fee: \$383

Registration (non-refundable): \$200

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

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

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

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

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

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

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

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 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

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

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

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 Reiki Training “ART” 7 Hours

Total Course Cost: \$190

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

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

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

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

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

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

Prerequisite: None

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

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 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

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

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

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

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 over all feelings of wellbeing for both you and your clients