

Massage Therapy Institute

SCHOOL CATALOG

(June 1 – Dec 31, 2020)

Classes held at 424 F St. Suite B, Davis, CA 95616 • (530) 753-4428

www.mtidavis.com

BPPE Approval Code: 5700381 • CAMTC Approval Code: SCH0005

Mission Statement:

Our mission is to provide excellent education in the theory, practice, and techniques of massage therapy, presented by highly qualified and experienced instructors. MTI presents a broad range of modalities to students, encouraging individual exploration tailored to students' personal goals and interests, while ensuring all students are well-grounded in the principles and science that are the foundation of this work. Our goal is to graduate skilled and compassionate massage therapists who can offer safe and caring touch therapy to assist others on their personal journeys towards health.

About our School:

The Massage Therapy Institute (MTI) is a private vocational school offering a wide variety of classes in the theory, technique and practice of massage therapy. We are located in Davis, CA, ten miles west of Sacramento and an easy 60 miles east of the Bay Area, near Interstate 80. Our classrooms accommodate 10 massage tables and 24 students. Courses are carefully designed to maximize learning, to help you graduate with the knowledge and skills to succeed in this field. We offer flexible scheduling so that classes can fit comfortably within your schedule. There are numerous start dates for massage therapist programs throughout the year.

Massage Therapy Institute is a place to learn, grow, and acquire professional skills. Our focus is on *you*, the student. Our learning environment is warm, professional, supportive and respectful. Students are encouraged to be sensitive, creative and to communicate openly with fellow students. Each person is valued for their own uniqueness and is encouraged to be themselves. A profound educational experience evolves for each student, because our learning environment creates space for understanding and encourages healthy interactions. The class becomes a large family, where each student is an integral member of our educational community. One of the exciting aspects of this profession is that there is so much to learn and so many different specialties possible within the field of massage. You may be able to begin working as a massage therapist with minimal training, and you can continue learning for a lifetime.

About this Catalog:

This catalog is updated as needed and is electronically available at www.mtidavis.com and in print at the MTI office, 424 F St. Suite B, Davis, CA 95616. 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. Any questions you may have regarding this catalog that are not satisfactorily answered by the Massage Therapy Institute may be directed to: Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Suite 225, Sacramento, CA 95834, www.bppe.ca.gov, toll free telephone number (888) 370-7589 or direct line (916) 574-8900.

Massage Therapy Institute Programs

We offer 250- and 500-hour Massage Therapist Certificate Programs.

MTI retains the option to make changes to certificate programs at any time.

Students currently enrolled may be subject to new requirements.

Massage Therapist • 250 Hours • Cost: \$3,875

This program includes: 96-Hour Massage Therapy Fundamentals class, 32 hours of any Anatomy class, and 122 hours of elective classes (described on the following pages). This will bring your total hours to 250. If you register for slightly more than 250 hours of classes, you may pay for the balance of hours (up to 10) at \$14.50 per hour. This program will allow you to apply for a business license to work in any California city that does not require more training hours.

Program Objectives:

The 250-hour Massage Therapist program is intended to prepare students for employment as a Massage Therapist (Standard Occupational Classification #31-9011). Students will learn to give a skillful, safe, thorough, therapeutic massage. They will be able to demonstrate a flowing balanced Swedish-style massage session using good posture and body mechanics, good draping technique, smooth transitions, and the ability to begin to deliver correct pressure for each client. These goals are achieved by the Massage Fundamentals course that teaches the skills needed to be able to begin working in the massage field, and the delivery of this information by experienced teachers who are able to identify and clearly communicate the adaptations and changes that students may need to make. Students learn by lecture, demonstration, discussion and supervised practice.

Massage Therapist • 500 Hours • Cost: \$6,950

This program includes: The 96-hour Massage Therapy Fundamentals Class; 6 hours of Pharmacology for Massage Therapists; 64 hours of Anatomy classes (any two Anatomy classes offered at MTI), 334 hours of any elective classes (described on the following pages). This may include more Anatomy classes. If you register for slightly more than 500 hours of classes, you may pay for the balance of hours (up to 10) at \$13.40 per hour.

Program Objectives:

The 500-hour Massage Therapist program is intended to prepare students for employment as a Massage Therapist (Standard Occupational Classification #31-9011). Graduates will have the qualifications to be able to start their own private practice or find employment in health centers, fitness centers, spas, chiropractic offices, etc. This goal is achieved by training students to give a good therapeutic massage using Swedish-style technique, learn essential Anatomy for precise application of massage methods, and training in additional massage modalities. Students may learn methods like Cranial Sacral Balancing, Reflexology, Pregnancy Massage, Acupressure, Thai Massage, Ortho-Bionomy® and more, allowing specialization in one or two modalities or adding techniques in combination. Students learn from instructors who have been working with clients for many years using the specific modality they teach. Students learn by lecture, demonstration, discussion and supervised practice.

Massage Therapy Licensing

At this time, there is **no state licensure required for Massage Therapists in California**. You may work as a massage therapist by training at an approved school, and by meeting city or county business license requirements for massage therapists. In some cities you may be able to obtain a business license after taking the Massage Therapy Fundamentals class or completing the 250-hour Massage Therapist Program. **Local regulations vary. Please check with your city or county.**

California Massage Therapy Council Certification (CAMTC.org)

With a transcript showing your 500 hours of training from MTI (which includes the CAMTC required course content) you may apply to the California Massage Therapy Council for Certification as a **Certified Massage Therapist (500 hours)**. This CAMTC credential allows you to apply for a business license to work in any city or county in California. **Applicants for CAMTC certification** shall have attended 500 supervised hours total, with 100 of those hours satisfying CAMTC specified subjects. At MTI, this will be 64 hours of Anatomy classes plus Massage Therapy Fundamentals of 96 hours, plus Pharmacology for Massage Therapists of 6 hours.

If you are interested in this voluntary Certification please visit the CAMTC website at camtc.org for the testing and paperwork requirements that must be submitted along with your 500 hours of training. MTI is approved by CAMTC. (#SCH0005)

California Business Law Regarding Massage Therapists: (abridged)

Pursuant to California Business and Professions Code section 4611, it is an unfair business practice for a person to do any of the following:

- a) To hold himself or herself out or to use the title of "certified massage therapist" or "certified massage practitioner," or any other term, such as "licensed," "certified," "CMT," or "CMP," in any manner whatsoever that implies or suggests 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 California Massage Therapy Council.
- b) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.
- c) 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.
- d) 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, Ste. 800, Sacramento, CA 95814, www.camtc.org, or phone (916) 669-5336 or fax (916) 669-5337.

Elective Courses:

Massage Therapy Institute offers a wide range of elective courses for students enrolled in our programs. These classes can also be taken individually as classes for Massage Therapists, and others interested in increasing their skill in focused areas.

ADMISSION TO MTI

Application:

To apply or schedule a tour, simply call or e-mail us. Our staff is here to answer any questions you may have.

Eligibility:

To be eligible to enroll in our programs you must be physically fit enough to give and receive massage. We strive to maintain the highest educational standards and reserve the right to admit only those applicants who show that they are physically, emotionally, and academically qualified. Massage Therapy Institute welcomes applicants of any race, sex, creed, nationality, ethnic origin, sexual orientation, or religion and does not discriminate on the basis of any of these.

Documentation:

In order to be enrolled you must provide documented **proof of high school graduation** or equivalent **AND** current photographic **government-issued identification**.

English Language Proficiency:

All courses are taught in English. Basic comprehension of the English language is required and will be determined by documentation of high-school graduation or equivalent from an English-speaking institution, or by interview with the MTI Director. Massage Therapy Institute does not offer Instruction in ESL. All recruitment, advertisement, and correspondence at MTI will be conducted in English.

Foreign Students:

Students who attended high school or college in other countries are eligible to enroll in Massage Therapy Institute Programs, with verification of high school graduation or equivalent. We do not provide visa services, nor do we vouch for student status. Students shall have the right to obtain a clear explanation of terms and conditions and all cancellation and refund policies in his or her primary language when English is not his or her primary language and the student is unable to understand the terms and conditions of the enrollment agreement.

Credit for Previous Training:

We have no transfer, accreditation or matriculation agreements with any other institution, college, or university. We do not offer challenge examinations or achievement tests. We do not offer credit for prior experiential learning. Hours completed at MTI may be transferred and applied to a Massage Therapist program at MTI.

Ability to Benefit Tests:

We are not able to admit ability-to-benefit students.

Age Requirements:

Students must be 18 years of age to receive a Certificate of Completion from an MTI program.

Disclosure of Potential Adverse Side Effects:

Please be informed that, in certain limited circumstances, massage can potentially have adverse side effects for persons with certain physical or mental conditions. The personnel at MTI cannot determine whether you are susceptible to possible adverse side effects.

Consequently, if you have been, or currently are, under the care of a doctor, therapist or medical practitioner of any kind, or if you are concerned that your participation in any class or massage activity may possibly result in an adverse side effect, **it is your responsibility to contact your doctor, therapist, or medical practitioner and obtain his/her permission to participate in any class offered at MTI.**

If you are pregnant, you must obtain a letter from your Doctor giving you permission to give and receive massage. A copy of this letter must be given to the Director, and you must inform your class instructors.

If you have any injury you must inform each instructor. **Your enrollment in any MTI class constitutes your voluntary acceptance of any possible adverse side effect and your full release of MTI and its personnel from any liability relating thereto.**

PREPARING FOR CLASS

Materials to Bring:

You must bring **a set of sheets** (twin size), **a pillowcase** (or hand towel), **a small lightweight blanket** if you get chilly, and **a pillow with pillow case** for your use in each class. Bring socks to wear on carpeted area.

Professional Dress & Hygiene:

Students are required to have professional attire and good personal hygiene. While we do not require a uniform, we have certain guidelines. Wear appropriate clothing that respects modesty. Short sleeve tops are recommended. Do not wear low cut tops and short shorts. Have clean, neatly groomed hair and short, clean fingernails. Take care to avoid any offensive odors, including body odor, bad breath, and cigarette smoke. **Do not wear perfumes and other scents** in class due to possible allergic reactions. Leave jewelry at home.

Guidelines for Dressing and Undressing, Nudity & Draping:

Modesty is to be respected at all times. Students will learn sheet-draping methods, so that the body is not completely uncovered in class. Generally, only the body area being massaged at the time is uncovered. Nudity is not permitted at any time in the presence of others. Students providing massages are always fully clothed.

Personal belongings:

There is limited, non-secure storage space for personal belongings. During massage practice, it will be necessary for students to remove jewelry. Please do not wear jewelry or bring anything of great value to class.

BOOKS, SUPPLIES, AND EQUIPMENT

Classroom Equipment and Supplies:

Massage tables, oils, and lotions are provided for classroom use. The purchase of a massage table is recommended, but not necessary. If you wish, the school can help you purchase a professional massage table or chair at a discount.

Books and Handouts:

Any required reading materials and/or class notes will be provided with each class. A very few elective classes require additional text. Any text required is noted with the class description.

Recommended texts for the 250 or 500 Hour Programs:

- Massage Therapy Principles and Practice by Susan G. Salvo
- Trail Guide to the Body by Andrew Biel (recommended for any anatomy class)
- Atlas of Human Anatomy by Frank Netter (recommended for any anatomy class)

Library and Learning Resources:

Massage Therapy Institute maintains a small library. Other learning resources such as charts and models, relevant to each class, are available during classroom hours for the students enrolled in those classes.

Scheduling:

Classes are offered weekdays and weekends to provide flexibility for students. Most classes will be offered at least once in each calendar year. Please see the current schedule of classes at our website www.mtidavis.com. Classes are subject to cancellation; for example, when enrollment does not meet the minimum requirements.

CLASS DESCRIPTIONS

The classes listed below may be taken as part of the 250- and 500-hour Massage Therapist Programs, or as individual workshop electives.

**Note: New classes are continually being added to our program.*

Prerequisite Classes (*Fundamentals, Anatomy and Pharmacology are required within our 250 and 500 hour programs: see program requirements*)

Massage Therapy Fundamentals — 96 hours

In this class, you learn the basic foundation work needed for a professional massage practice. You will learn to give a flowing, thorough, and effective Swedish-style relaxation massage. You will develop technical expertise as well as correct and efficient body mechanics, sensitivity, and the ability to be very present and grounded as you work. Introduction to Anatomy & Physiology will be taught. Emphasis is placed on developing confidence, presence, and the quality of touch needed for effective work. Ethics, health and hygiene, benefits, contraindications, establishing a massage practice, and sheet-draping technique will be taught. You will learn by lecture, demonstration and by receiving and giving massage to fellow students. You will be exceptionally well-prepared to begin working as a Massage Therapist. Graduation from this class may allow you to work as a Massage Therapist in California, as long as your city has no additional hours of training required to issue you a Business License. This is the core class for our 250- and 500-hour programs, and a prerequisite for many of our classes.

Anatomy: (*2 anatomy classes required in 500 hour program; 1 anatomy class required in 250 hour*)

Palpation Anatomy — 32 hours

Prerequisite: None

This course provides a basic knowledge of the human musculoskeletal system. Through extensive use of massage setting palpation exercises you learn to confidently "see" into the body's structure with accuracy and insight. Our exploration of common areas of muscular imbalance and adhesion helps you focus your massage work for a more effective session. **Recommended text:** Trail Guide to the Body, by Andrew Biel.

Advanced Palpation Anatomy — 32 hours

Prerequisite: Palpation Anatomy

You will use palpation exercises in the massage setting to expand your basic understanding of the musculoskeletal system. Learn and practice various range-of-motion assessments and palpation treatment options to help clients with common tension patterns. **Recommended text:** Trail Guide to the Body, by Andrew Biel.

Anatomy & Kinesiology — 32 hours

Prerequisite: None

This course provides an interactive exploration of the structure and function of musculoskeletal and fascial systems as they apply to normal human movement, posture, client assessment, and massage application. Emphasis is placed on learning muscle actions and fascial anatomy, and then integrating and applying that knowledge towards client assessment tools as well as massage techniques that serve to break adhesions and improve posture. Learning activities include lecture/discussion, palpation, movement, homework, group interactive games, and client-therapist role-plays. **Recommended text:** Trail Guide to the Body, by Andrew Biel.

Anatomy: Muscles & Bones — 32 hours

Prerequisite: None

This class is designed to recognize and understand the musculoskeletal system of the human body in a challenging, detailed, and practical fashion. In order to build repetitive and memorable anatomical knowledge, included, but not limited to the discussion will be bones, joints, muscles, muscle attachments, and muscle actions. The course will include various "activities" to challenge students to critically think and retain the information enhancing their ability to apply their knowledge quickly and efficiently when working with clients.

Recommended text: Atlas to the Human Body, by Frank Netter.

Anatomy & Physiology for the Massage Exam — 32 hours

Prerequisite: None

This class is a study of human anatomy, physiology, and common pathologies relevant to massage therapy. This class will help prepare students for the MBLEx exam by presenting an overview of the various systems at work in the human body. Emphasis will be placed on the muscular skeletal system, kinesiology, the nervous system, and anatomical terminology commonly found on the exam. This is a lecture class and combined with your personal use of online prep material & quizzes, it will give you a solid foundation to take the MBLEx.

Recommended text: Trail Guide to the Body, by Andrew Biel.

Functional Anatomy — 32 hours

Prerequisite: None

While good massage is largely an intuitive art, its effectiveness increases dramatically when a therapist's intuition is informed by a solid knowledge of the structure and workings of the body. Functional Anatomy is designed to give the practitioner a basic knowledge of the muscles, bones, and movements of the body from a bodyworker's perspective. Throughout the class, we will be studying the structure of the body from a functional perspective, learning not just where the muscles are, but how they produce or restrict movement, how they impact posture and movement when they're either too tight or too weak, and how one would stretch or strengthen them.

Recommended text: Functional Anatomy, by Christy Cael

Maniken™ Anatomy — 32 hours

Prerequisite: None

This anatomy class will investigate the muscular and skeletal structures of the body. The class is divided into all-day sections. Each day covers a portion of the body as follows: (1) neck and trunk; (2) scapula, shoulder, and upper extremity; (3) pelvis and low back; (4) hip and lower extremity. This class is taught using the Maniken™ system of learning by building clay muscles onto a skeleton. **Recommended text:** Atlas to the Human Body, by Frank Netter.

Pharmacology for Massage Therapists — 6 hours

Prerequisite: None

The class will focus on the drug therapies that clients seeking massage therapy may be taking. Drug therapy of any kind is intended to bring about physiological changes which may make necessary to alter a massage. We will explore "red flags" and give guidelines for altering a massage when necessary.

Electives Classes *(Listed in alphabetical order by section or content)*

Acupressure Therapy:

*MTI offers a complete introductory class sequence to the Chinese art of acupressure, a gentle touch offshoot of acupuncture that is practiced in various forms throughout Asia. There are no prerequisites for basic classes in Acupressure. **Some advanced classes require a prerequisite basic class.***

Acupressure: Allergies & Asthma Relief — 7 hours

Prerequisite: None

You can breathe more easily when your meridian energy is flowing well. Come learn simple ways to energize and open your or your clients' breathing with meridian acu-points.

Acupressure: Chair Massage — 7 hours

Prerequisite: None

Heighten the effectiveness of chair massage by learning to include meridian pathways and acu-points, and to mobilize the client. Use of a variety of stances and hand techniques facilitates both the safety and vitality of the practitioner while enhancing the experience of the client.

Acupressure for the Chakras — 8 hours

Prerequisite: None

Exploring energetic touch to bring balance to the Wheels of Life Force along the centerline. Each chakra relates to a particular aspect of our development. Learn to recognize the feel of balanced mobility in the chakras, and ways to work with them to increase overall vitality.

Acupressure: Cupping —14 hours**Prerequisite: None**

This technique is a great addition to your toolkit. Cupping works to clear deep tension easily and quickly. This technique is an effective way to build qi, allowing you to offer a truly nurturing session. It is a time-honored practice of traditional Chinese medicine. We will utilize lecture, demonstration, discussion, and practicum. You will learn to apply cups in a variety of techniques, remove them safely, and clean them. We will discuss appropriate uses of cups and contraindications for their use. Students will also learn about yang meridian pathways, as well as benefits and contraindications, and safety procedures.

Acupressure: Dreaming — 7 hours**Prerequisite: None**

Learn how to facilitate sleep for deep restoration. Patterns for helping with insomnia, restless dreaming, and nightmares.

Acupressure: Easing Fibromyalgia and Chronic Fatigue — 7 hours**Prerequisite: None**

When the whole body is tender to the touch, and the whole being is exhausted, how do we offer help? Learn to work powerfully while maintaining a light soothing touch.

Acupressure: Five Elements Assessment and Application — 30 hours**Prerequisite: None**

Refine your assessment skills and expand your understanding of acupressure meridians and their ability to bring vitality, joy and health. The Five Element approach to acupressure allows you to create powerful sessions through which you can help your clients to harmonize imbalances in their health and energy. As you learn the associations of each element and how the elements interrelate, you will begin to see patterns that can help your clients understand how their choices are influencing their meridian flow and their sense of well-being. In class we will look at how color, smell, posture, voice and attitude reflect the balance of a person's elements. We will learn 12 points that help with assessment of the meridian balance and palpate meridian pathways to sense which textures reflect the elements in stress.

Acupressure: Headache Relief — 7 hours**Prerequisite: None**

Learn simple techniques and point combinations with which to clear the stagnant chi that produces headaches.

Acupressure Meridians: Energy Flows of Chinese Medicine — 30 hours**Prerequisite: None**

Unlock some of the secrets from a centuries-old tradition of healing – study Traditional Chinese Medicine meridian pathways and points. You will learn about the spirit and function of individual points, so that you can deepen the effectiveness of your sessions. Students will practice working with both active movement along the meridians and with a listening touch, allowing the ability to feel the subtle energies at play in the points. The understanding of the meridians will enrich any form that you practice. You will be able to offer a full session and you will also find that the style blends well with a wide variety of body work. Meridian pulse assessment and tongue reading will also be taught.

Acupressure: Neck and Shoulders — 6 hours**Prerequisite: None**

Simple acu-point formulas to help yourself and your clients—easy to add into your regular session work.

Acupressure: P.M.S Relief — 7 hours**Prerequisite: None**

Learn the meridians and points for releasing menstrual pain and regulating mood swings. Menstrual pain isn't normal, just common—come learn how to free your clients from PMS.

Acupressure: A Practice in Harmony — 30 hours**Prerequisite: None**

This class engages students in the ancient Chinese healing art of Acupressure, a quiet form of energy work which emphasizes a listening touch. Students learn key points with which to balance energy in the body through the Extraordinary Vessels of Traditional Chinese Medicine. The Extraordinary Vessels are powerful channels that have a profound influence on the meridian and organ energy; these are our original flows of qi in the womb, from which all other channels come. When we engage with the Extraordinary Vessels, we tap into deep power with which to restore harmony. We will use a quiet form of energy work which allows the development of a subtle touch and the ability to read subtle energy.

Acupressure: Tui Na Foundations — 30 hours**Prerequisite: None**

Learn the ancient art of Chinese meridian massage. This is an active style that includes moving muscles, joints, and bones. Excellent for adding to your sports massage and increasingly popular in spas, Tui Na is an adaptable style, appropriate for a full range of clients. You will learn the pathways of Chi and a variety of hand movements (sho fa) with which to work the meridians. Additionally, we will work through a full session pattern allowing ample time to get comfortable with the techniques.

Acupressure: Tui Na 2 — 16 hours**Prerequisite: Tui Na Foundations or equivalent**

Acupressure Tui Na 2 offers powerful, large range-of-motion techniques that promote deep tension release. The class also plays with how foundation techniques can flower out in new directions and combinations. The new work is to be woven into the content of the Tui Na Foundations session; students learn to choose moves to enrich the core session in accord with their clients' needs.

Acupressure: Reflexology (Energies of the Feet, Hands, and Ears) —24 hours**Prerequisite: None**

Your entire body can be mapped in your ear, hand, and foot. Working with these areas is a powerful way to assess energy flow and to stimulate the body's ability to heal. This class explores a variety of techniques from traditional Chinese massage with an emphasis on keeping the practitioner's hands healthy. The course includes meridian, reflex, and acu-point location, and contributes to the student's understanding of assessment.

Aromatherapy — 6 hours**Prerequisite: Fundamentals or equivalent**

Aromatherapy uses essential oils, volatile and aromatic liquids obtained from plants, to bring about positive effects on body, mind, and spirit. Combined with massage, aromatherapy is an ideal treatment. You will learn how to buy essential oils and how to blend and prepare various products for your clients based on the properties of individual essential oils.

Bio-Kinetic Massage

Bio-Kinetic Massage is the art of integrating movement into a massage session. This is a practical modality that can blend into any routine smoothly and beneficial to client and therapist alike.

Bio-Kinetic Massage: Upper Body —24hrs**Prerequisite: Fundamentals or equivalent**

Bio-Kinetic massage works tissue while in motion, as the terms literally means "life motion". The principle is that bodies are not static, so to loosen adhesions and get the muscles to function more effectively, we will incorporate motion into the therapy. This style utilizes movement for better fluidity for both client and therapist. The material covered is practical to blend into any routine seamlessly and is functional yet relaxing. Please also bring a bath towel for bolstering.

Bio-Kinetic Massage: Lower Body —24hrs**Prerequisite: Fundamentals or equivalent**

Bio-Kinetic massage works tissue while in motion, as the terms literally means "life motion". The principle is that bodies are not static, so to loosen adhesions and get the muscles to function more effectively, we will incorporate motion into the therapy. This style utilizes movement for better fluidity for both client and therapist. The material covered is practical to blend into any routine smoothly and is functional yet relaxing. Please also bring a bath towel for bolstering.

Body Mechanics — 8 hours**Prerequisite: Fundamentals or equivalent**

Know the smart way to use your body in order to produce safe, effective and efficient bodywork. This workshop will cover the principles required for effective bodywork, demonstrate applications of the principles on all major body parts and include tips on self-care in and outside of the massage practice.

Business Ethics & Healing —24 hours

Prerequisite: None

This class covers ethics as it relates to a massage practice and the business aspects of a massage practice, and health and hygiene as it relates to massage.

Chair Massage — 8 hours

Prerequisite: Fundamentals or equivalent

Seated Massage is a wonderful addition to your massage expertise and resume! Learn the bio-mechanics of working on a massage chair (or any other seated instrument) to maximize client relaxation and minimize the stress on your body. Instruction includes demonstration and practice of ten- and fifteen-minute sequences, and how to market yourself as a chair massage professional. Enjoy the benefits of being able to give an effective and truly “portable” massage to your friends, family, clients, and prospective employers.

Chi Nei Tsang: Abdominal Detox Massage — 24 hours

Prerequisite: Fundamentals or equivalent

Students will learn a comprehensive 90- to 120-minute massage sequence for detoxifying and bringing balance and harmony to the organs and muscles of the abdomen. Abdominal detox massage blends traditional Thai and traditional Chinese theory and techniques, and can help clear physical, emotional, and energetic blockage affecting the entire body and emotional well-being. Work will be performed on a table with oil, with the body draped to expose the abdominal area. Students should wear loose-fitting clothing so that the shirt can easily be pulled to above the lower ribs and the waistband easily lowered to around the hip line. Please bring a pillow, fitted sheet for the table, and two large hand towels (or small bath towels) for draping the upper and lower body each day. At least one day before class and for the duration of class, it is recommended that students drink plenty of water, and follow a simple diet (e.g., rice, vegetable soup, juice from fruits and vegetables) for maximum benefit and to avoid pain or discomfort associated with contact with hard to digest foods caught in the stomach or digestive system. Anatomy is heavily recommended.

Core Integration I — 40 hours

Prerequisite: Fundamentals and 32 hours Anatomy

This is a Structural Integration class that covers advanced workings of musculoskeletal tissue along with body reading and assessment techniques. The student learns and applies the concepts of body reading (based on the Stages of Motor Development) and palpation techniques. This will all be tied together within the context of conducting a 10-session Structural Integration series. This class is eligible for credit within the Morales Method® Academy of Structural Integration (MMASI), should the student want to pursue more training.

Cranial Sacral Therapy:

Cranial Sacral Balancing is a gentle, hands-on method of bodywork that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Cranial Sacral Balancing I —30 hours

Prerequisite: Fundamentals or equivalent

The cranial-sacral system is primarily the fibrous covering around the brain and spine, and the fluid within this covering. This system is where our human intellectual, physical, emotional, and spiritual bodies interconnect most closely. The purpose of Cranial Sacral Balancing (a system of bodywork pioneered by Dr. John Upledger over the past 26 years) is to restore optimal balance to these four bodies. The method of Cranial Sacral Balancing is subtle, gentle, and completely pain-free: freeing the movement of cranial sacral fluid by feeling for and releasing areas of holding in the cranial sacral sheath, and in the bones of the skull. In this course, you'll learn to feel the cranial sacral rhythm (distinct from the rhythms of pulse and breath), to induce a "still point," experience distinct movement in the individual parts of the cranium, and release tension from the entire system. The benefits of this work include the disappearance of headaches, spontaneous deep relaxation, release of old injuries, and significant lightening of moods and emotions. It is subtle work with amazing results.

Cranial Sacral Balancing II — 30 hours

Prerequisite: Cranial Sacral Balancing 1 or equivalent

Joining the principles and practices of energy work and craniosacral work is an ideal way to integrate the structure of our body with the energy that enlivens it. This cross-disciplinary course familiarizes students with perennial energetic themes that cut across all aspects of CST, from the bio-mechanical and somato-emotional,

through to the psycho-spiritual. Perspectives and practices will be presented which are both practical for the hands-on practitioner in work with clients and useful for the personal development of the practitioner.

Cranial Sacral Balancing: Unwinding — 24 hours

Prerequisite: Cranial Sacral Balancing 1 or equivalent

This class takes the gentle hands-on skills you have learned in Cranial Sacral Balancing I and applies them to work with regions of the body that hold stress and injury. This is useful, for example, in working with the kinds of musculoskeletal injuries you will encounter frequently as a massage therapist. We work in a non-forcing way with the body's natural intelligence and self-correcting mechanisms. Major topics of the workshop are: unwinding legs and feet, arms and hands, head and neck; releasing held energy from the body; understanding the potential for working with trauma.

Energy, Healing & Expression: Working with Arms & Hands, Upper Body & Throat — 21 hours

Prerequisite: CSB1, or Touch, Presence & Healing, or with Instructor's permission

This class presents practices that relate to the vital subject of expression, beginning with delving into why expression is a major issue in energy healing and is so important for the health and well-being of each of us. We will explore hands-on energetically-based techniques for treating a client's upper body, throat, arms and hands (i.e. the pathways through which we express ourselves), as well as personal energy practices for the practitioner's development in the area of expression.

Touch, Presence and Healing — 16 hours

Prerequisite: None

This class teaches you to work at the cusp of structure and energy. You will learn to use the physical body as a handle for physical, emotional, and psycho-spiritual processes. This is a non-modality bound approach to energetic bodywork. We will cover the development of bodyworker to healer and the recurring psycho-spiritual themes in energetic work and their application in energy-active bodywork.

Deep Tissue Massage — 24 hours

Prerequisite: Massage Fundamentals or equivalent

This class introduces the basics of deep tissue massage therapy. The class will focus on three general areas: the neck and occipital area, the shoulder, and the hip and lumbar region. Muscular and skeletal anatomy will be taught with emphasis on the origin, insertion, and the musculotendinous attachments for each major muscle. Nerve pathways will also be taught with particular emphasis placed on impingement syndromes within each area. Deep Tissue Massage will teach you how to access deeper structures and begin to facilitate structural changes. We will use basic Swedish massage techniques to soften superficial tissues. The deeper techniques presented will be an eclectic mix of muscle stripping, bone cleaning and friction. Upon completion, students will be able to effectively treat such muscular problems as releasing hypertonic muscles, impingement syndromes, scar tissue reduction, muscle strains, and chronic muscular spasms.

Deep Tissue Massage 2 — 24 hours

Prerequisite: Deep Tissue Massage

This class will focus on specific, detailed "how to" techniques, strategies, and protocols with the assumption that student is now familiar with the broad theories presented in Deep Tissue 1. Issues that will be covered include lower limbs, pelvis, abdomen, back and upper extremities, neck and common injuries.

Dynamic Deep Tissue Massage — 24 hours

Prerequisite: Fundamentals or equivalent

Dynamic Deep Tissue Bodywork is a fluid interplay between direct pressure, movement, and breath. These components are coupled with the intention of enlivening the body and reorganizing holding tendencies. Muscular and skeletal anatomy will be taught as participants learn the fundamentals of deep tissue massage. Students develop sensitivity and perception as they learn to work with greater precision and effectiveness. There is a strong emphasis on body mechanics and appropriate technique as well as the dynamics of working more deeply with clients.

Facilitated Stretching — 16 hours

Prerequisite: Massage Fundamentals or equivalent

This class will discuss the basic neurological responses we are attempting to initiate to help muscles release what may be contributing to a variety of symptoms. It will focus on Post-Isometric Relaxation (PIR) and Reciprocal

Inhibition, (RI), two of the most commonly used approaches for getting muscles to relax and re-set to a more optimal length. The beginning of the class will be lecture to understand the principles being used, and the remainder will be used to review muscle anatomy and practice the techniques discussed. This class will enable you to use these techniques immediately on almost any muscle/muscle group in the body!

Functional Bowen™:

Functional Bowen™ Therapy is a form of functional mobility therapy that utilizes the unique therapeutic tool from the work of Thomas Bowen. It is a proprietary method that differs entirely from the Traditional Bowen Method approach. The key element is a systematically-directed muscle release technique combined with therapeutic range of motion, hydrotherapy and other home-based therapeutics concepts. Though it can be utilized as a stand-alone form of therapy, Functional Bowen™ is intended as adjunct form of care that can be integrated collaboratively with other healthcare modalities.

Functional Bowen™: – Concepts 1© — 23 hours

Prerequisite: 250 hours (including Fundamentals and 64 hours anatomy)

This course is designed for those who want to learn the concepts, therapeutic techniques and process application strategies related to this method. It is an immersion of therapeutic, hands-on approach to directed muscle release, related assessment skills, collaborative strategy benefits, and its effectiveness in pain management, the rehabilitative process and/or dealing with mobility impairments. It is lecture-based followed by ample demonstration and a time of hands-on learning with others in attendance. Additionally, this course serves as the foundational requirement for Functional Bowen™ Concepts II © and the Functional Bowen™ Certification Examination. The class size is limited to 10-12 participants.

Functional Bowen™: – Concepts 2© — 23 hours

Prerequisite: Functional Bowen™ Concepts I ©

This course is an intensive class designed for those already trained in the Functional Bowen™ Concepts 1© who want to advance their knowledge base in assessment skills and gain additional therapeutic techniques and more complex application strategies. This is the course that reviews and fine-tunes what you already know and takes it to the next level. It is structured to cover more in-depth the areas (body quadrants) covered in Concepts 1©. The information acquired in the Concepts II class is devoted to learning more advanced directed muscles release techniques, as well as addressing a more advanced approach to the rehabilitative process and/or dealing with mobility impairments. The class size is limited to 10-12 participants.

Integrative Lymphatic Massage — 24 hours

Prerequisite: Massage Fundamentals or equivalent

In this class, you will learn to palpate and effectively stimulate the lymphatic system with a light touch. The techniques shown will help you to individualize your clients' sessions to address areas of edema and scar tissue, as well as give support to detoxification and decongestion goals. Lymphatic massage is especially useful when applied to general respiratory conditions, abdominal discomforts, sprains, and post-operative recovery. This class includes foundational theory, hands-on practice of lymphatic techniques, and the opportunity to integrate the techniques into your signature massage.

Integrative Lymphatic Massage 2 — 24 hours

Prerequisite: Integrative Lymphatic Massage 1

This class will pick up where Lymphatic Massage 1 left off, reviewing anatomy and theory and then diving into how to re-route lymphatic flow when needed as well as how to deal with lymphedema.

Integrative Lymphatic Massage — 24 hours

Prerequisite: 200 hours including Massage Fundamentals and 32 hours of Anatomy

This course will focus on integrating different modalities, strokes and techniques with emphasis on forearm work, compression massage, utilizing trigger points and acupressure points, deep stroke massage, massage cupping therapy, stretching and manual lymphatic drainage.

Visceral Mobilization

Visceral Mobilization teaches the skills of “listening” with the hands, how to map and identify structures and organ systems of the body and how to care for them.

Listening Palpation — 24 hours

Prerequisite: 250 hours training (including Massage Therapy Fundamentals and 64 Anatomy hours)

This class teaches an efficient way to determine the “where”, “what” and “how” in organizing a session, which can be integrated into any manual therapy modality. It offers a way to quickly determine the global and the local patterns of restriction in the body by “listening”. Then using “inhibition”, the therapist quickly determines a place to start the therapy. Palpation will be taught to help refine our sense of touch and increase knowledge of anatomy and as a crosscheck reference to our listening skills. The class will include both before and after demonstrations of restriction/mobility and functional change illustrating the flow of listening, inhibition and palpation in session. A Cranial Sacral background is helpful but not required. This is the prerequisite for any of the Visceral, Neural, or Vascular Mobilization classes.

Visceral Mobilization 1 — 24 hours

Prerequisite: Listening Palpation

This course provides the manual mapping skills to palpate and identify structural and functional concerns for direct care of the organ systems. Students will be able to distinguish structural anatomy, areas of tension, and physiological rhythms. The course involves a combination of lecture, demonstration of techniques, and exploratory labs. For massage therapists, this will provide effective care of the interface between the organ systems and the myo-skeletal terrain.

Visceral Mobilization 2 — 24 hours

Prerequisite: Visceral Mobilization 1

This course provides the manual mapping skills to palpate and identify structural and functional concerns for direct care of the organ systems. Students will be able to distinguish structural anatomy, areas of tension, and physiological rhythms. The course involves a combination of lecture, demonstration of techniques, and exploratory labs. For massage therapists, this will provide effective care of the interface between the organ systems and the myo-skeletal terrain. This is a more in-depth look at material covered in Visceral Mobilization 1, as well as looking at new organs and areas of the body.

Lomi Lomi — 24 hours

Prerequisite: Massage Fundamentals and 32 hours of Anatomy

The ancient art of Hawaiian Lomi Lomi has been practiced for hundreds of years. Its rich history has established many styles and techniques, influenced by the *Kupunas* (elders) or *Kahunas* (masters) and their family’s origin and customs of healing. Present offerings of Lomi Lomi reflect the many styles from the past. Using arms, elbows, and hands, the therapist will deliver long, flowing, gliding strokes and circular compression techniques. This will relax and rejuvenate the muscle tissue. The offering of Lomi Lomi also centers on the act of forgiveness (*Ho’oponopono*) which releases blockages in the body’s flow of natural energy. This is key in delivering the intention of *aloha*, our presence, prayer, breath work, and full bodywork movement. The benefits of Lomi Lomi massage therapy can provide relief of muscular skeletal pain, mental fatigue, and reduce the physical effects of daily living stress. Lomi Lomi provides the opportunity for the client to rejuvenate their physical, emotional, and spiritual well-being. This overall sense of well-being is embraced by the therapist as well. Please wear comfortable, loose clothing.

Massage for Seniors — 12 hours

Prerequisite: Massage Fundamentals or equivalent

This class will give you the competence and confidence to work with the elderly client in a meaningful way. It will cover the physiological, psychological, and sociological aspects of aging, as well as client assessment. Cautions relevant to the older client and contraindications will be discussed. Modifications of standard massage techniques and development of special methods to suit each client’s individual needs will be taught. You will also learn how to establish a massage practice for seniors.

Massage with Ease — 8 hours

Prerequisite: Massage Fundamentals or equivalent

Work smart and strong, avoid injury and depletion. Your well-being is the foundation for your success as a massage therapist. This class provides strategies and practices that prevent injuries and burn-out, and promote working in an easeful way that is sustainable for your body, mind, and spirit. Topics include strength training, stamina building, energy clearing, energy management, self-restoration, body mechanics, and practical techniques for maximizing effort and minimizing strain. If you have a yoga mat, please bring it.

Medical Massage:

Medical Massage teaches methods that address specific medical conditions. Students learn to use various modalities such as Neuromuscular Therapy, Myofascial Release, deep Swedish, and orthopedic testing to work with specific debilitating problems.

Prerequisite for ALL Medical Massage classes: *Massage Therapy Fundamentals or equivalent; 32 hours of Anatomy heavily recommended*

Medical Massage: Low Back — 16 hours

This 2-day class covers sacroiliac joint dysfunction, a common culprit in back pain! You will learn basic mechanics of the pelvis and the sacroiliac joint, along with understanding the various ways it may be presenting itself to your clients. You will also learn quick and effective ways to evaluate and correct imbalances that may be contributing to low back pain, including a few muscle energy techniques. We will also consider the surrounding soft tissue and muscles, and do hands-on practice to get an effective result in helping to relieve low back pain and sacroiliac joint dysfunction in our clients.

Medical Massage: Whiplash — 16 hours

On Day 1 of this workshop, whiplash will be discussed, reviewing anatomy, etiology, and other conditions that may arise in conjunction with this injury. We will also discuss the basic spinal mechanics of the cervical spine and possible vertebral rotation and how we might help to relieve these issues. We will learn and practice various techniques to add to your tool box to maximize your success! On Day 2, we will focus on Thoracic Outlet Syndrome (TOS), review anatomy, possible etiology, special tests, and techniques to give our clients; showing signs & symptoms of TOS, some relief!

Medical Massage: Frozen Shoulder — 8 hours

Anatomy of the upper back/shoulder will be required. Several modalities including MET and Deep Tissue will be covered to help your client gain more pain free range of motion.

Medical Massage: Sprained Ankle & Knee Issues — 8 hours

Some anatomy of the knee/lower leg/ankle will be required. We will learn tissue testing and palpation assessments for the areas involved and soft tissue techniques that help in the majority of issues involving the knee, lower leg, and ankles.

Medical Massage: Carpal Tunnel — 8 hours

Anatomy of the forearm and carpal tunnel will be required. Learn about the pathology of Carpal Tunnel Syndrome and how to use the various modalities (including nerve work) in order to bring relief to your clients who suffer with carpal tunnel syndrome.

Medical Massage: Headaches & TMJ — 8 hours

The jaw has a close relationship to headaches. In this class you will learn how to work the muscles of the jaw and head to help alleviate tension headaches.

Ortho-Bionomy®

Ortho-Bionomy® is a gentle, non-invasive, system of healing that reminds the body of its natural ability to restore balance. It's principles are based on a simple and profound philosophy: allow the body to correct itself.

Ortho-Bionomy®: Advanced Energy Releases [Phase 6] — 16 hours

Prerequisite: 1 Ortho-Bionomy class or instructor permission

This class is designed to help participants access and track sensation and energetic perception in themselves and in their clients, and to learn how to make contact without necessarily engaging physically. Techniques will be presented that monitor and acknowledge the inter-relationship between energetic, emotional and physical levels and that demonstrate how energetic shifts can affect changes in physical patterns.

Ortho-Bionomy®: Advanced Shoulders & Ribs — 8 hours

Prerequisite: 1 Ortho-Bionomy class or instructor permission

In this class we will explore new ways to release the shoulders and rib cage, individually and with combination techniques. When combination moves are used, they can support deeper and fuller releases. Ortho-Bionomy® uses gentle, painless positions and movements to allow the body to self-correct back to balance and ease; allows an injury to feel safe in order to let go of it's holding patterns; honors how our body is trying to do all it can to persevere and evolve; is easy on the practitioner to do and comforting for the client to receive

Ortho-Bionomy®: and Breath — 8 hours

Prerequisite: None

Breath is Life. Each breath we take is a picture of who we have been, who we are, and who we yearn to be. Using osteopathic-based principles of Ortho-Bionomy®, in this hands-on training, we will: 1. Honor where the breaths are restricted and scared and offer them new options, 2. Bring awareness to where the breath and other parts of the body are connected, 3. Become aware of what the breath has to offer us, 4. Explore the possibilities of where the breath can lead us.

Ortho-Bionomy®: - Chapman's Reflexes — 16 hours

Prerequisite: 1 Ortho-Bionomy® class or instructor permission

Identified by osteopath Frank Chapman in the 1920s, the reflex points can stimulate nerve and lymph flow to individual organs and glands. These lymphatic reflex points are just under the skin surface and do not require deep pressure to be awakened. In this class, we will be identifying and stimulating these reflex points to facilitate lymphatic drainage and the balancing of organs. This class also focuses on the relationship between the neuro-lymphatic reflexes and the endocrine system and its effects on structural balance as well as the individual's physical & emotional well-being.

Ortho-Bionomy®: Cranial — 16 hours

Prerequisite: 1 Ortho-Bionomy® class or instructor permission

We will be using the Osteopathic Ortho-Bionomy principles to work on the cranium. We will work with the structure, (skin, muscles, and bones); Unwinding, the dynamic of how relaxing the practitioner deeply releases the client; energetics of the cranium, the anatomy and physiology of self-corrections, and the body/mind relationships. With the influence of the different nerves, blood, meridians, and brain stimulations going through the neck, head and face, the effects of this work can be powerful. It gives the saying "get your head together" a whole different meaning. This may be different from any other Cranial Class you have taken.

Ortho-Bionomy®: Exploration of Movement — 16 hours

Prerequisite: 1 Ortho-Bionomy® class or instructor permission

In this hands-on class, we will be adding movement as an additional tool to help our clients be more open, pain-free, and flexible. You will learn techniques and develop your sensitivity of moving the body on the table to evaluate where deeper blockages are, use hands-on movements to release the blockages, integrate at a very deep level in the body, and so much more.

Ortho-Bionomy®: Isometric & Isotonic Releases — 16 hours

Prerequisite: None

Isometric and isotonic techniques for working with inefficient muscular tension patterns, as well as underdeveloped muscle tone, are presented and practiced, including related anatomy. Through the use of restraining movement while the muscle is engaged, self-correcting reflexes are stimulated and habitual holding

patterns can be released. Participants learn how the conscious use of obstacles can help promote change from rigid physical patterns to greater mobility and allow the client to actively participate in the session.

Ortho-Bionomy®: Postural Re-Education and Post Techniques — 16 hours **Prerequisite: None**

In this class participants learn to evaluate and address inefficient postural habits through accurate observation and simple exercises. Techniques to work with spinal curvatures and scoliosis are presented and practiced, including related anatomy. Post techniques focus on assessing and releasing areas of tension as well as integrating the work done in a session. In addition, exercises are taught to facilitate the client's ability to maintain balance through the neuro-muscular re-education of postural habits.

Ortho-Bionomy®: Releases for the Spine & Pelvis — 16 hours **Prerequisite: None**

Ortho-Bionomy® uses Osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. These responses can move the client out of pain and discomfort within 10-30 seconds. This method is very specific and structure-oriented. In this class you will learn how to apply pain relief techniques for the neck, thoracic, lumbar, psoas, ilium, and sacrum, and how to increase joint mobility.

Ortho-Bionomy®: Releases for the Lower Extremities — 16 hours **Prerequisite: None**

Ortho-Bionomy uses osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. Those responses can move the client out of pain and discomfort within 10-30 seconds. This method is very specific and structure oriented. In this class, you will learn how to apply pain relief techniques for knees, patella, femur head, ankle, and all the bones of the feet.

Ortho-Bionomy®: Releases for the Upper Extremities — 16 hours **Prerequisite: None**

Ortho-Bionomy® uses Osteopathic-based gentle body positions and movements to stimulate self-correcting reflexes within the muscles and nerves. Those responses can move the client out of pain and discomfort within 10-30 seconds. This method is very specific and structure oriented. In this class you will learn how to apply pain relief techniques for shoulders, scapula, elbows, wrist, clavicle and the bones of the hand.

Ortho-Bionomy®: Subtle Physical and Energetic Releases — 16 hours

Prerequisite: 1 Ortho-Bionomy® class or instructor permission

This class provides you with the sensitivity, awareness and palpation skills to engage the client's physical and energetic body. You will learn to feel and follow the client's inner movements to help them unwind their patterns. You will learn specific techniques to bring balance to your client's body physically and energetically, and you will learn to work distally from a point to release the body more fully. Barely move their body, yet release contractions deeply, easily, and with little effort.

Pathology for Massage Therapists: Musculoskeletal & Skin — 16 hours **Prerequisite: None**

Definitions of key terminology, descriptions, etiology, signs & symptoms of different pathologies will be discussed to help students recognize and have exposure to specific conditions to begin to have a better understanding of what your client may be experiencing. Possible indications/contraindications of massage for particular conditions, mainly dermatological and orthopedic, will be the primary points of discussion. Student experiences and input is encouraged in this class! This class requires long days of sitting. We provide padded chairs, but if you need an especially comfortable chair, please bring your own or pillows, cushions, etc.

Pregnancy Massage — 16 hours **Prerequisite: Massage Fundamentals or equivalent**

This class will help prepare you to work safely and methodically with pregnant women. You will learn about the physiological changes that occur during pregnancy, safe positioning options for each trimester, the difference between normal and abnormal musculoskeletal complaints, contraindications, and proper draping. Swedish relaxation techniques will be taught in both side-lying and semi-reclining positions. Pregnancy massage myths will be debunked and you will be prepared to work safely with pregnant women.

Reiki Level 1 for Bodyworkers — 12 hours **Prerequisite: None**

An introduction to Reiki (pronounced "Ray-Key") and the human energy system, focused on integrating this energetic work with your preferred modalities, using the Usui and Hayashi manuals for specificity. Reiki is a

universal energy that supports our body's innate ability to heal and can enhance your awareness of the relationship between therapist and client. We begin with basic energetic concepts—grounding, sensing energetics (individually, with a partner, and as a group) and understanding the Reiki history, philosophy and effects. The class includes personal exploration, hands-on work, three attunements that prepare you to channel the Reiki energy, and practice in coordinating physical modalities with Reiki.

Reflexology: Feet, Hands & Ears — 30 hours

Prerequisite: None

Reflexology uses specific touch techniques on the feet, which serve as miniature maps of the whole body, allowing the corresponding organs, glands, and body parts to be affected. Reflexology has been known to improve circulation, ease pain, and increase relaxation. A complete foot reflexology sequence will be taught. Specific techniques and routines, history, terminology, assessment, benefits, and contraindications will be addressed. Reflexology complements all modalities and you will learn how to integrate this work into your practice. Hand and ear reflexology will be addressed in this very practical class—you will learn thorough sequences for the feet, hands, and ears. This class is packed with solid information you can take home and use immediately.

Sports Massage: Pre- and Post-Event for Peak Performance — 16 hours

Prerequisite: Massage Fundamentals or equivalent

This class will focus on approaches for pre-event and post-event massage therapy. Students will practice a variety of massage strokes and will gain an understanding of intention through discussion and hands-on practice. All phases of sports massage will be discussed, with important detail given to timed sequences, which will be taught specifically for pre/post event sessions. These timed sequences are designed to be templates for the student to use immediately after class and to build on and create their own “signature” sports massage sequence.

Sports Massage: Shoulder and Ankle Injuries — 16 hours

Prerequisite: Massage Fundamentals or equivalent

This 2-day class will discuss the common mechanisms of injury and conditions of the shoulder and ankle in active/athletic individuals. A review of pertinent anatomy will be covered, along with evaluation and understanding the different stages of tissue healing enabling us to determine what intention and techniques would be most effective in helping our clients. Clarity of when to use ice vs. heat will also be discussed.

Swedish Hot Stone Massage — 16 hours

Prerequisite: Massage Fundamentals or equivalent

In this class students will learn to incorporate Hot Stone techniques into a Swedish-style massage. An overview of the history of Hot Stone, benefits and contraindications, and safety precautions will be discussed. Students will be able to access the deeper layers of muscle tissue using these methods. Students will receive guidance on working with clients and addressing their individual needs, specifically targeting major muscle groups of the body. The application of Swedish Hot Stone Massage will encourage blood flow, assist in relieving chronic pain, and promote deep relaxation. This class does not teach a full stone layout. It teaches incorporation of the hot stone with Swedish style.

Thai Massage:

Thai Massage is an ancient system of massage and dynamic stretching developed in Thailand, influenced by the traditional medicine systems of India, China and Southeast Asia. It is practiced comfortably on a floor mat in loose-fitting clothing, traditional Thai Massage blends static and rhythmic pressure and yoga-like stretching to deeply open, relax and revitalize the entire body.

Thai Foot Reflexology — 18 hours

Prerequisite: None

Students will learn a complete foot reflexology sequence combining traditional Thai and Chinese theories and techniques. Foot reflexology maps the body's structure and organs to specific points or “zones” on the feet. When reflexology came to Thailand, Thai practitioners modified the practice and added more techniques for relaxation, while following the original Chinese theory. As a blended practice, Thai Foot Reflexology provides a balance of intense sensations and relaxation. Most of the material learned in the class can also be selectively used/incorporated into other massage formats. Students should have reasonably healthy feet free of significant

infection or disease. Students should wear comfortable, loose-fitting pants that can be pulled/rolled up to above the knee, and bring a pillow with a case each day.

Thai Table Massage — 21 hours

Prerequisite: Massage Therapy Fundamentals or equivalent

You will learn a 2-hour Northern Style Thai massage sequence adapted for the table. The class will focus on traditional Thai sen line theory and format. Class work will be taught and practiced on a low table in loose fitting/flexible (yoga type) clothing. Most course material can be integrated with other table work (e.g. Swedish, deep tissue) for added stretching and mobilization. Detailed attention will be given to body mechanics and ease of flow and transition, so that the practitioner's experience can be as healing as the client's. Please wear flexible (gym/yoga type) clothing covering to ankles and shoulders; bring a fitted sheet for the table and pillow with a case each day.

Traditional Thai Massage — 60 hours

Prerequisite: Massage Therapy Fundamentals or equivalent

Traditional Thai massage is an ancient system of massage and dynamic stretching developed in Thailand, influenced by traditional medicine systems of India, China, and Southeast Asia. Practiced comfortably on a floor mat in loose fitting clothing, Traditional Thai Massage blends static and rhythmic pressure and yoga-like stretching to deeply open, relax, and revitalize the entire body. The class will be taught in the Northern Style, noted for its slow, graceful, and meditative qualities. The class covers over 160 techniques in four positions (supine, prone, side-lying, and seated), as taught at the internationally recognized Loi Kroh Traditional Thai Massage School in Chiang Mai, Thailand. Detailed attention will be given to proper body alignment, ease of movement, focus, and awareness, so that the experience of the practitioner can be as healing as the experience of the client. Please wear flexible clothing, and bring a large, flat sheet (queen or larger) and pillow with a case each day of class.

Transition, Flow & Finesse — 16 hours

Prerequisite: Massage Therapy Fundamentals and at least 150 hours of hands-on training

Not all massages are created equal. More often than not, each massage therapist combines many different types of techniques during a massage session depending on the goal. The transition and flow each massage therapist develops creates a "style" that becomes unique to that individual. This class was developed to give students the opportunity to incorporate the different techniques and modalities learned over time, and put it all together to begin to develop your signature as a massage therapist. This class gives you the opportunity to practice transitions and flow among the techniques and modalities you'd like to incorporate as part of your signature, with observation and advice from an instructor. We will also be evaluating body mechanics, timing, draping, professionalism, etc. Please be prepared to give/receive 3 massages during the class.

Trigger Point Therapy — 16 hours

Prerequisite: Massage Therapy Fundamentals or equivalent

Trigger points are areas of contracted muscle tissue that can be tender to the touch and are often involved in chronic pain. This class is designed for the massage therapist who desires to take their skills to another level of precision. You will learn to assess, identify, and assist the client in releasing long-held patterns in the body. Increase your effectiveness by working smarter, not harder.

INSTRUCTORS

Merlita Bautista-Knecht holds a BA in Social Work and she graduated in 1999 from National Holistic Institute in Emeryville, CA. She has since been working professionally in the community offering massage therapy in chiropractic clinics, spa settings and wellness programs. She has been an instructor since 2003 teaching numerous therapies, including Lomi Lomi, Deep Tissue Neuromuscular and Aromatherapy.

Jim Berns is a Registered Ortho-Bionomy® Advanced Instructor and Senior Practitioner. He has been trained directly by the founder, English Osteopath Dr. Arthur Lincoln Pauls D.O. Jim has been a Registered Instructor and Practitioner since 1980 and has taught Ortho-Bionomy internationally and throughout the United States. He is co-author with Kathy Kain of the book *Ortho-Bionomy A Practical Manual* (North Atlantic Books, Berkeley, Ca.) which has sold over 10,000 copies. Jim has been a Certified Massage Therapist since 1979 and has taught classes at numerous massage schools throughout the country.

Kathleen Davis is a Certified Massage Therapist credentialed through the Acupressure Institute in Berkeley. In addition to teaching Acupressure and Tai Chi, she continues to study the traditional Chinese theory of health and the healing art of Jin Shin Jyutsu. She maintains a private practice in Berkeley, in which she integrates Chinese Tui Na massage and Jin Shin Jyutsu.

Jim Gilkeson has been a bodyworker and instructor of subtle energy work since 1983. He is the author of *Energy Healing: A Pathway to Inner Growth* and *A Pilgrim in Your Body: Energy Healing and Spiritual Process*, as well as a monthly internet newsletter. He currently practices at Harbin Hot Springs and in San Anselmo, specializing in creative combinations of subtle energy therapy, craniosacral therapy and massage.

Marty Morales is a Certified Rolfer, Rolf Movement Practitioner, and massage therapy instructor. He has been in private practice since 2003 and has a broad base of experience, from clinical work to spa massage. He trained in a variety of styles including, Swedish, Deep Tissue, Sports Massage, Reiki, and Cranial Sacral. Marty's bodywork instruction ranges from beginning massage therapy courses to advanced Structural Bodywork. He consults and trains at individual spas in San Francisco. He is currently working on a book on Body Mechanics and is an experienced speaker and business coach.

Larry Munn is a certified massage and bodywork professional with a private practice in Berkeley and San Rafael. Larry specializes in Neuromuscular Reprogramming and Advanced Soft and Deep Tissue protocols. He is a well-known and sought after instructor in Northern California.

Sharon Oshita is a massage therapist and spa manager. She has a master's degree in exercise and sport science, and she is an athletic trainer. She has a broad knowledge base including Anatomy, pathology, injury prevention, management and rehabilitation.

Georgia Ramos is a certified massage therapist and yoga instructor. She has a bachelor's degree in biology from UC Davis where she stayed on and worked in the Department of Anatomy, Physiology and Cell Biology for 6 years. She has a passion for figuring out how things are connected and is a huge advocate for self-care techniques.

Lucy Rush is the owner of Chairgonomics, Inc., a company that provides corporate chair massage, ergonomic consultation, and wellness classes. She has been a professional massage therapist since 1978 and a massage instructor since 1989 in the U.S. and abroad. Lucy specializes in lymphatic techniques as well as Swedish and subtle touch modalities in her massage practice. She also holds a B.A. in dance and is passionate about body mechanics for the massage therapist.

Autumn Stuckey has been a massage therapist since 2001. She has been teaching anatomy and massage since 2007. She also was a director of a massage school for 4 years.

Jess Stuckey has been a massage therapist since 2001. He has been teaching massage since 2005, specializing in Warm Stone/Hot Stone massage.

Judy Terwilliger has been a massage therapist since 2004. She has also been a Registered Nurse since 1979. She has been teaching Functional Bowen™ since 2005.

Robin Varga has trained in Reflexology with Bill Flocco and has been teaching classes in northern California for many years. Robin's skill combined with the experience of her full time practice in the Bay area gives her classes a depth and breadth which helps your learning to be practical as well as enjoyable and deeply rewarding.

Brad Wathen is a Lomi Associate and has been a professional massage therapist since 1989. Brad received his Lomi Associate credential in somatic education in 1993 and continued in advanced studies with the Lomi school. He continues to develop his work and currently has a practice in Nevada City.

Keith Wagner is a certified massage Therapist specializing in Thai Massage modalities. He regularly travels to Chang Mai, Thailand, to continue training. He also teaches yoga and is the owner/teacher of Thai Yogi in Sacramento.

Beth Youngdoff has been a massage therapist since 2015. She has been a Reiki Master since 2014 and has been teaching Reiki since then.

FACILITIES

Location of Instruction: Classes are held on school premises at 424 F. St #B, Davis 95616.

Classroom: The classroom is furnished with massage tables, chairs, and reference charts. Class size is limited to 22 students for hands-on training and 24 students for lecture classes.

Storage Space: Unsecured storage space for personal belongings is available for student use during classroom hours. Massage Therapy Institute does not accept responsibility for anything lost or stolen on the school premises.

Compliance: The institute, its facilities, and equipment fully comply with any and all federal, state, and local ordinances and regulations, including those requirements regarding fire safety. Massage Therapy Institute is operating in good financial standing and is free from pending debts or bankruptcy petition.

STUDENT SERVICES

Academic Counseling:

Instruction at MTI is intended for students who have a vocational objective as their goal. Prospective enrollees are encouraged to visit the school and discuss personal educational plans with the director prior to enrolling or signing the enrollment agreement. Academic counseling is available by appointment with the Director. Please contact Georgia Ramos at (530) 753-4428 or georgia@mtidavis.com.

Housing:

MTI's programs are non-residential. We do not have dormitory facilities. There is no housing located near the school. We do not assist with finding housing. Approximate cost of rental housing in Davis is \$1200 to \$2000 a month for an apartment. A roommate situation would likely be more cost effective.

Placement Services:

Massage Therapy Institute does not provide placement services for our students. There is a notice board at the school listing job openings.

Student records:

Student records are maintained in the Administrative Office, and may be viewed by students by contacting the Director. Current records will be maintained for a minimum of 5 years and transcripts will be maintained indefinitely. Upon completion of the requirements of a program, students will be issued a Certificate of Completion. Students may request an unofficial transcript at any time free of charge, that will list all courses and hours the student has completed through the school.

GRADING AND GRADUATION

Grading:

All courses of study are Pass/Fail. Students must receive a grade of 70% for all tests & assessments. Any student in jeopardy of receiving a failing grade in any class will be advised immediately, and informed how to correct the situation. Students who ultimately receive a failing grade will not receive credit for the class.

Graduation:

All course requirements and class hours must be satisfied for issuance of a program certificate. Upon completion of any course of instruction, a transcript record will be kept by the school. A student may request a copy of the

transcript that will list all courses and hours that the student has completed through the school. Upon completion of the requirements of a program, students will be issued a Certificate of Completion.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION: The transferability of credits you earn at Massage Therapy Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the hours or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Massage Therapy Institute, to determine if your hours or the educational program will transfer.

ATTENDANCE REQUIREMENTS AND MAKE-UP POLICY

Attendance Requirements:

All coursework at MTI is based on hours and full attendance is required in order to receive credit. To graduate from the 250- and 500-hour programs, a student must participate in and satisfactorily complete all of the required courses and elective class hours. If class time is missed, make-up time will be required. Students must pass all tests with 70% or higher grade to graduate.

Required Program Classes

All missed class hours for the Massage Therapy Fundamentals class can be made up in the next scheduled Massage Therapy Fundamentals class. Missed class hours in the Anatomy or Pharmacology classes may be able to made up in the next similar class offered. Make-up hours are offered on a space-available basis, and with director permission. No more than 25% of an entire class can be missed and subsequently made-up. After that, students must meet with the Director to discuss options for transferring to another class, and to pay any applicable fees. Students may elect to complete make-ups directly with the instructors if they are available. Make-up hours will be reported to the Director.

Elective Classes and Continuing Education:

If students miss time in an elective class, the director will determine whether or not it is possible to make up time in the next similar elective class offered. Students enrolled in the 250- or 500-hour programs who miss time in an elective class may be required to pay a \$50 transfer fee for each incomplete class, and receive no credit for the hours taken. Continuing Education students who miss elective class time will be subject to withdrawal/refund policies.

Punctuality Policy:

Lateness is a disruption to a good learning environment and is discouraged. Students are expected to arrive shortly before class begins. Lateness is considered anything exceeding 5 minutes after the class time is scheduled to begin. All tardiness will be accumulated and may result in required make-up time or dismissal from the class.

Leave of Absence:

A leave of absence may be granted if a student requests a leave, in writing, for a specific period of time. A ruling will be made by the Director within 2 weeks of receiving the request. Refunds for any unused portion of tuition already paid may be issued at the time of departure, or may be applied to a future class.

Class Tuition Transfer Fee Policy:

Students who have signed up for a class but cannot attend may transfer their prepaid tuition to another scheduled class. The fee to transfer is \$25 if the Director is notified of the intent to transfer tuition at least 3 days before the start of the class to be missed. After this point, the transfer fee is \$50.

Repeated Classes:

Some classes may be repeated, on a space-available basis, with a 10% discount. The CAMTC will not accept any repeat hours towards the 500-hour Certification credential.

Conduct and Conditions for Dismissal:

Students are obligated to follow all classroom guidelines and to provide prompt feedback to fellow students, instructors, and MTI staff regarding problems and complaints. MTI will take reasonable steps to assure adherence to the policies of MTI. Grounds for dismissal include, but are not limited to, the following: incident of intoxicated or drugged state of behavior, possession of weapons on school premises, behavior creating a hazard to persons at MTI, disrespectful behavior toward an instructor, staff member, or fellow student of MTI, improper touching or draping during class or while on school premises, disruptive entrance or departure from the classroom, poor attendance (including tardiness or absences), improper attire when on school premises, disruption of the learning environment if the disruption continues after warning has been given by an instructor, not maintaining satisfactory academic progress, or for conduct which reflects discredit on the professional and ethical standards of the school or the massage profession. A student may also be asked to leave if tuition payments fall in arrears. If a student is dismissed, fees will be refunded according to the refund policy.

FINANCIAL INFORMATION

PROGRAM COSTS and SCHEDULE OF CHARGES:

Total charges for a current period of attendance and estimated total charges by program:

| Educational Program | Registration fee | Tuition | Books | STRF | Total charges for current period of attendance* | Estimated total charges for the program |
|----------------------------|------------------|---------|-------|------|---|---|
| Massage Therapist 250-Hour | \$250 | \$3,625 | \$0 | \$0 | \$3,875 | \$3,875 |
| Massage Therapist 500-Hour | \$250 | \$6,700 | \$0 | \$0 | \$6,950 | \$6,950 |

Current period of attendance is equivalent to the total program because we offer flexible admission dates and flexibility within the required completion time frames for each program.

Payment: We accept VISA, and MasterCard as well as checks and cash.

Payment Plans: Monthly (no interest) payment plans may be arranged with the Director at the time of enrollment in a program. Massage Therapist 250-hours may be paid for over 5 months (\$725 minimum each month). Massage Therapist 500-hours may be paid for over 10 months (\$670 minimum each month). Payment must be made in full on or before the date of program completion.

Financial Aid: The Massage Therapy Institute does not offer scholarships, provide grants, or waive portions of tuition fees for students. MTI does not have any financial aid programs nor do we participate in Federal or State financial aid programs. However; if you do obtain a loan to pay for an educational program, it is your responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and if you have received federal student financial aid funds, you are entitled to a refund of the monies not paid from federal student financial aid program funds

Other Fees: Returned Check \$25.00 each; Duplicate Certificate \$25.00 each; Transfer Fee (when student changes classes) \$25.00 (notice given at least 3 days before class); Transfer Fee \$50.00 (notice given less than 3 days before class); Records Name Change \$15.00; Official Transcript \$25.00. If additional documentation is required with official transcript, will be \$20.00 extra. STRF \$.00 per \$1,000 tuition. The fee for missed class time make up is equivalent to the program cost per hour. Certificates/transcripts will be issued within 30 days of request.

STUDENT TUITION RECOVERY FUND DISCLOSURES:

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

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

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

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

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

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act." However, no claim can be paid to any student without a social security number or a taxpayer identification number."

Questions regarding the STRF may be directed to the: Bureau for Private Postsecondary Education, 1747 N. Market Blvd Ste 225, Sacramento, CA 95834, (916) 574-8900 or toll-free (888) 370-7589.

STUDENT'S RIGHT TO CANCEL (CANCELLATION, TERMINATION, and REFUND POLICIES)

The student has the right to cancel the enrollment agreement and obtain a refund of charges minus the \$250 registration fee, paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. After the first day, refunds are pro-rata the registration fee for up to 60% of the education hours received beyond which there is no refund on the unused portion of tuition. Cancellation of enrollment must be made either in person (delivered to office staff in writing) or by certified mail. The student must receive written confirmation if notice is hand delivered. Cancellations cannot be made retroactive to a date prior to delivery of notice in writing. Attendance time is the time between the scheduled starting date of the first class and the date on which the student formally cancels his/her enrollment in writing whether or not the student attends class. Cancellation cannot be made by telephone. A refund will be made of the unused portion of tuition within 45 days following the student's formal withdrawal date. The Institute reserves the right to have any student terminate his/her enrollment if, in the sole discretion of the Director, continued enrollment would not be in the best interest of the Institute or the student. Such a right of termination shall be exercised in writing by the Institute and either

delivered personally to the student or mailed to his/her local address set forth above. If you obtained a loan to pay for an educational program, you will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and if you have received federal student financial aid funds, you are entitled to a refund of the monies not paid from federal student financial aid program funds. If the student defaults on a federal or state loan, both 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 financial assistance until the loan is repaid. Withdrawal and cancellation notification and requests for refunds must be made in writing to: Georgia Ramos, Director; Massage Therapy Institute, 424 F Street #B Davis, CA 95616. If you withdraw from the course after instruction has begun, but prior to completion of 60% of the course, a prorated refund will be made for the unused portion of tuition. Refunds will be prorated from the first day of attendance to the last day of attendance.

APPROVAL BY THE BUREAU FOR PRIVATE POSTSECONDARY EDUCATION

The Massage Therapy Institute is a private institution that is approved by the Bureau for Private Postsecondary Education. This approval means that the Massage Therapy Institute is in compliance with the California state standards as set forth in the Education Code. Massage Therapy Institute has at least met the minimum state standards as set forth in the Education Code. MTI is not accredited by an accrediting agency recognized by the United States Department of Education (USDE). A graduate of the degree program may not be eligible to sit for applicable license exam in California and other states. A degree program that is unaccredited or a degree from an unaccredited institution may not be recognized for some employment positions, including, but not limited to, positions with the state of California. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs.

COMPLAINT PROCEDURE

The Massage Therapy Institute's purpose is to help you achieve a successful career in Massage Therapy. Should a problem arise during your training, we want to work with you to find a fair solution. We request that students lodge any complaint by communicating orally or in writing to: Georgia Ramos, Director, Massage Therapy Institute, 424 F Street #B, Davis, CA 95616, (530) 753-4428. Upon receipt of your complaint, the Director will investigate thoroughly and provide you with a response within 7 days of receiving the complaint. A student or any member of the public may file a complaint about this institution with the 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.

Massage Therapy Institute does not have a pending petition in bankruptcy, and is not operating as debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against them within the preceding five years that resulted in reorganization under Chapter 11 of the US Bankruptcy Code.