



# PANACEA

HOLISTIC INSTITUTE

## CATALOG

Inspiring Holistic Careers

01/01/2023- 12/31/2023



PANACEA  
HOLISTIC INSTITUTE

CATALOG

Inspiring Holistic Careers

PANACEA HOLISTIC INSTITUTE

*One earthling at a time...*

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*Accuracy & Disclaimer:*

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.

Every effort has been made to ensure the accuracy of the information presented in the Panacea Holistic Institute Course Catalog. However, all policies, rules, procedures pertaining but not limited to courses, course descriptions, instructor designations, curricular degree requirements, admission, registration, dates, attendance, curriculum requirements, and fees described herein are subject to change or elimination without notice. Students are responsible for informing themselves of and satisfactorily meeting all requirements pertinent to their relationship with Panacea Holistic Institute. This catalog does not constitute a contract or terms or conditions of contract between the student and Panacea Holistic Institute.

As of April 12th, 2019 Panacea Holistic Institute is pending approval the California Massage Therapy Council (CAMTC)

Panacea Holistic Institute is approved to operate by the Bureau for Private Postsecondary Education. School Code : 73040421

# pan·a·ce·a

ˌpənəˈsēə/

## noun

1. a universal remedy or solution for any dis-harmony.

## proper noun

1. The Greek Goddess of universal healing.

### Phone Number

(442) 444-2515

### Address

2841 E Broadway  
Long Beach, Ca 90803

### Administrative Hours

Monday - Thursday,  
10:00 am - 3:00 pm PST

### Website

[www.panaceaholisticeducation.org](http://www.panaceaholisticeducation.org)





# MEET PANACEA

## Founding Story

*Panacea Holistic Institute was founded in 2019 by Jocelyn Fee Miller, Allison Denney and Jason Miller as a response to those in search of a bodywork and massage therapy training with inclusive holistic values & expert quality practical application. As the project became a reality, 13 leading practitioners in the holistic field combined as Panacea Holistic Educators Guild; to share the art and science of holistic health care.*



## Team of Deans + Directors



**Jocelyn Fee Miller, CMT**  
*Dean of Administration  
Founder/ Director*



**Jason Miller, CMT**  
*Dean of Healing Arts  
Instructor*



**Crystal Dawn Rios E-RYT 500**  
*Bodywork + Healing Arts  
Program Director + Instructor*



**Dr. Rufus Fuller, LAC,**  
*Academics Director  
Instructor*



**Asha Naungayan**  
*Self Care Director  
Instructor*



**Matthew Anderson**  
*Admissions Director  
Alumni*

## *Our Mission & Purpose*

*At Panacea Holistic Institute, we are honored to pass down the lessons of our teachers.*

*Sharing the wisdom gained from our cumulative career experiences with our students & guiding future practitioners to serve all bodies, with ease.*

*Panacea Holistic Institute and the Holistic Educators Guild serve the expansion of bodywork and the empowered wellness movement, one student and body at a time.*

*As a School and Guild of Holistic Educators, our experienced & scientific approach celebrates all directions of Health. Apprentice to Master, Panacea offers a wide range of career tools for our students- allowing for longevity, inspiration and fruitful client relationships.*



## Our Commitment to present-minded education

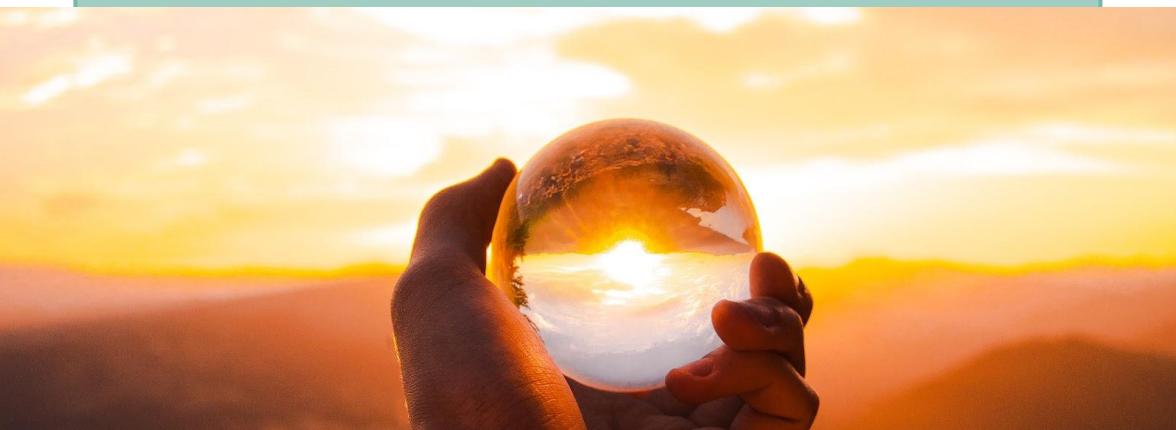
### Annual Program Advisory Committee Meeting

Held in September, the Board of Directors evaluate and implement plans of action to enhance the programs and Institute. Agenda includes: program, curricula, facilities, teaching approaches, equipment, current events in the industry, and integration of any new requirements placed by the Act and this Division.

## *Our Objective*

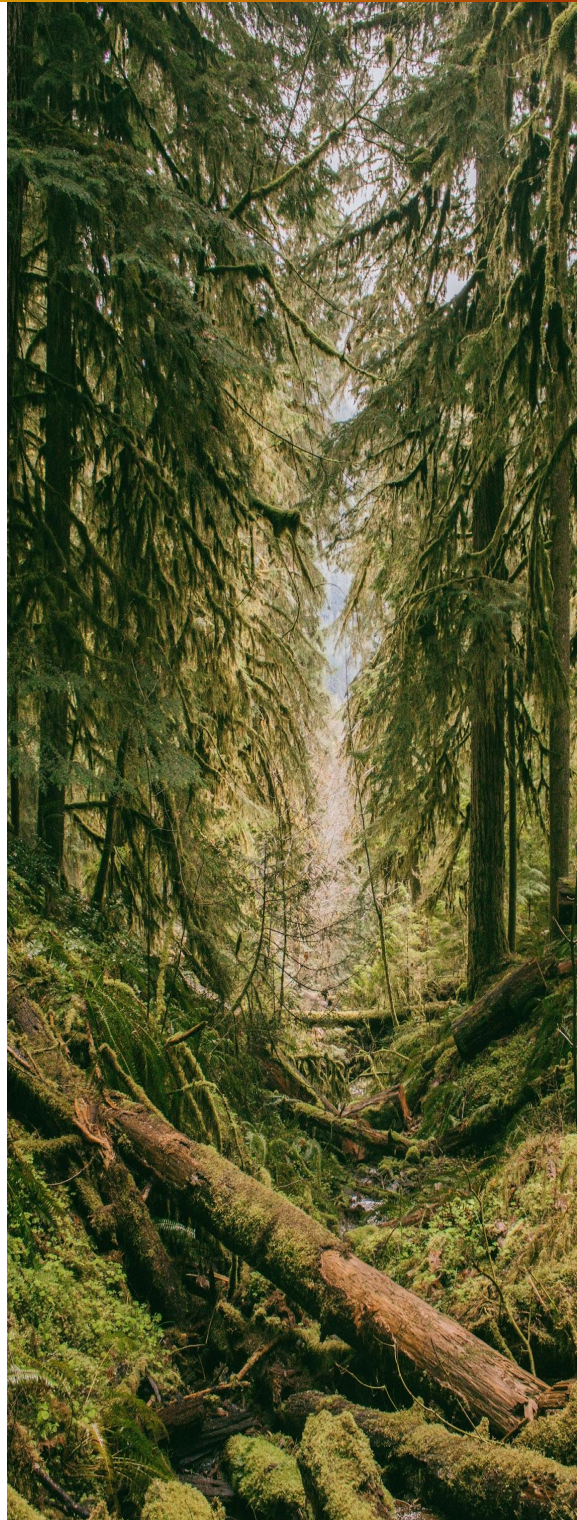
We ignite healing and learning with these principles:

- ✓ Offer a sustainable and attainable career path for holistic-minded wellness ambassadors.
- ✓ Contribute to the Wellness Empowerment Movement.
- ✓ Internal Healing and Universal Healing.
- ✓ Ignite healing within and with all.
- ✓ Comply and participate with Associated Bodywork and Massage Professionals. (ABMP), CAMTC, BPPE & and all certifying / approving bodies.



## Core Values

1. *Relaxation is the key or Panacea to all health.*
2. *Presence is key to relaxation.*
3. *Harmony with our energetics guide every movement and allows for depth in relaxation.*
4. *Empowered Awareness- gives strength to the receiving party. Being open to all approaches without degradation of another. Applies to teachers and students.*
5. *Remedy Oriented Thinking - choosing to find a solution rather than a lack. Applies to the holistic work and the educational process.*
6. *Mindfulness Integration.*



## Code of Ethics

*Adopted from Sacred Roots Holistic Healing - Sacred Agreements*

**Harmonious Awareness::** *Our space is sacred, treat it as you would your own body. I agree to take responsibility for my actions and how they may affect others as well as the space. I agree to maintain cleanliness and peace, and to respect all interactions with reverence.*

**Emotional Safety::** *Our space is a place of healing, solace and retreat. I agree to establish harmony in all my relations to maintain safety and peace. I agree to tenderly approach anyone who may be jeopardizing emotional safety with respect, love, and honesty.*

**Stewardship::** *Our planet, our bodies and all its inhabitants are dependent on each other. I understand that the choices I make affect the next 7 generations on this planet. I agree to live mindfully, make conscious choices that are good for the Earth and my body.*

**Accountability::** *We practice what we preach. I will uphold my values and principles in all veins of my life. I choose to live authentically and to be present with myself and others. I will exemplify the same self-care principles that I teach others to live by.*

**Professionalism::** *As people, we will honor one another's time and need for punctuality, prompt correspondence, follow through, boundaries, and consistency. I agree to honor all my fellow human being's time, as well as my own. I will communicate if I receive a request that is outside of my comfort zone or scope of practice.*

**Acting with Impeccable Integrity::** *Honesty and Integrity creates the fertile ground from which to grow and serve others as well as ourselves. I agree to be honest in all arenas of my life by upholding all agreements and values. I choose to speak my truth and be vulnerable enough to express my own needs and feelings and to also listen compassionately for others feelings and needs.*

**Open-Hearted Communication::** *Non-violent communication, microscopic truth and clarity are the tenants to resolve discord and disharmony within our space. I agree to remain open-hearted and create a safe space to discuss and move through any challenges as an opportunity to learn, grow and uplift myself and others.*

**Following Our Highest Joy::** *I choose to follow the organic evolution of my path with compassion and inspiration. In this way, I will share my deepest joy with those I serve along with serving my highest good.*



## Location & Facility

*Panacea Holistic Institute is located in the historic Bluff Heights district of Long Beach, just three blocks from the ocean.*

*The 1400 sq foot facility contains four treatment rooms, one large event space where class is held, and one recreation room housing the library, article resources, breakroom (available upon request). Wi-fi available.*



*Street parking is available.*

### **Panacea Holistic Institute**

2841 East Broadway

Long Beach, CA 90803

442.444.2515

# The Campus + Classroom







## EDUCATIONAL PROGRAM

*Panacea Holistic Institute offers a 555 hour  
Bodywork + Healing Arts Program \**

*\*\*Panacea Holistic Institute is a private institution that is  
approved to operate by the B.P.P.E. and C.A.M.T.C.*

*The approval to operate means compliance with state  
standards as set forth in the CEC and 5, CCR.*

## Admission Requirements

- ❑ *High school diploma or GED (P.H.I. does not utilize an Ability to Benefit Exam)*
- ❑ *Panacea offers English-speaking classes only at this time and does not offer English language services. Non-English speaking students are required to provide documentation of English proficiency from the TOEFL with a minimum score of 70.*
- ❑ *Bodywork students are required to receive or waive a doctor's physical inspection and approval to ensure their ability to thrive as a Massage therapist.*
- ❑ *Physical strength and joint health sufficient to perform tasks required of a Massage Therapist*
- ❑ *Valid government identification: passport or driver's license*
- ❑ *Open to International students. Non-citizens may not be eligible for certification via CAMTC, nor does Panacea have information on jurisdiction requirements outside of California.*
- ❑ *Student visa required.*  
*Panacea does not provide student visa services, but will vouch for student status.*

# BODYWORK + HEALING ARTS PROGRAM

*555 Supervised Training Hours*

*36 weeks of curriculum*

**Night School  
Start dates:**

*5 - 9:10 Pm || M- W*

• **January 2023**  
• **April 2023**  
• **September 2023**

**Day School  
Start dates:**

*10- 2:30 PM || M- W*

- **January 2023**
- **April 2023**
- **September 2023**

**Weekend  
Start dates:**

*Saturdays + Sundays*

- **September 2023**
- **January 2024**
- **April 2024**

## Curriculum Overview

*Learn the art and craft of a professional level massage therapy practice. This program is focused on hands-on international approaches. Exploring anatomy, pathology & physiology with an emphasis on the 11 systems of the body and their functions in relation to massage and bodywork. Preparing students for the professional world with an overall emphasis on self-care mindedness and conscious business practices.*

## THEORY COURSES

### 00: Orientation

*Held 1-7 days before day one of CMT class. Integrate the school values, ethics and ways of being. Get to know the materials, teachers, language and practices of the campus.*

**Hours: 2**

### TC1: History of Massage Therapy

*Introduction to the history of massage, international approaches and major influences over the industry.*

**Hours: 6**

### TC2: Massage Therapy Ethics

*Introduction to ethics promoted in the massage therapy Industry. Ethical standards and practices for massage and bodywork professionals.*

**Hours: 6**

### TC3: Eastern Approaches

*What is the foundation of traditional Chinese medicine? Find out the building blocks of this ancient and universal health care system.*

**Hours: 14**

## SCIENCE COURSES

### SC1: Anatomy 1

*Introduction to Anatomy and Physiology.*

*Subjects: the body as a whole, the parts and integration of those parts and the introduction to the integumentary, skeletal and muscular systems.*

*In this course, students will learn about anatomy, physiology and pathologies of the body; the role of cells, membranes and tissues; and medical, anatomical and directional terminology. Students will be instructed on the 11 systems of the body, the intricate functions of the integumentary, muscle and skeletal systems, and the effects manual therapies have on each.*

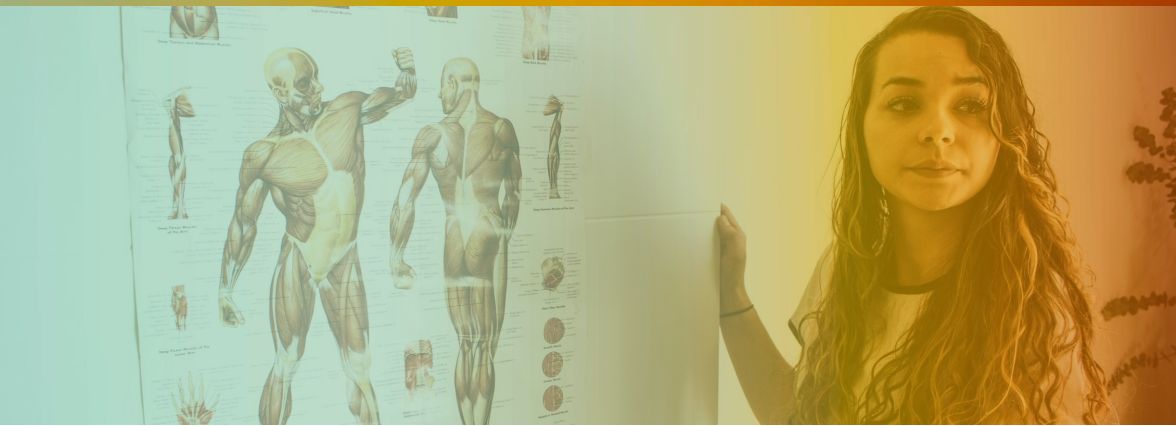
**Hours: 56**

### SC2: Anatomy 2

*A more in-depth look into anatomy and physiology. Systems covered: the nervous and endocrine systems as well as a look into the neuromuscular connections.*

*In this course, students will learn about the anatomy and physiology of the nervous system, the endocrine system, and the connections of these systems to the muscles and connective tissues of the body. Students will learn the intricate functions, pathologies and the effect of manual therapies on these systems.*

**Hours: 48**



## SC3: Anatomy 3

*This is the last installment of Anatomy and Physiology with a focus on specialized systems of the body. Systems covered: digestive, lymphatic, reproductive, urinary, circulatory and respiratory systems.*

*In this class, students will learn about: the digestive system and how the body assimilates the foods we eat; the lymphatic system and our immunity; the reproductive system for both male and female anatomy; the urinary system and our processes of elimination; the circulatory system and the heart; and the respiratory system and the importance of breath. This course will also cover the pathologies associated with these systems and our role as manual therapists throughout.*

**Hours: 36**

## Tactile Anatomy Lab

*Anatomy lab is structured to offer a guided review of anatomical studies, hands-on muscle palpitation and visual aids to enhance the students' anatomical knowledge. These labs are scheduled in concurrence with the anatomy classes and, therefore, act to be an active study environment.*

## TOUCH THERAPY Hands On Courses

### TT1: Essentials of Circulatory Massage

*Introduction to circulatory massage therapy. Throughout this course students will discuss the science and therapeutic application of circulatory massage therapy. Discover the strokes, techniques and foundations of circulatory therapeutic treatment.*

*In this course students will learn the concepts, fundamentals and techniques behind circulatory massage. Students will become proficient in their delivery of a full body 60 and 90 minute session of circulatory massage and the techniques that accompany a holistic session.*

**Hours: 30**

### TT2: Modern Deep Tissue

*Introduction to deep tissue manual therapy and bodywork. This course is designed to*

*lay the groundwork for deeper, more structurally integrated modalities geared towards common dysfunctions.*

*In this course, students will learn how to use their tools (i.e. thumbs, palms, forearms) to sink into the layers of tissue that are dysfunctional. Students will develop a more holistic understanding of the perception of pain, learn specific techniques that treat dysfunction and how to know when to apply which technique for which ailment.*

**Hours: 39**

### TT3: Ayurveda for Bodyworkers

*Learn about the history and science of Ayurveda. Learn specific language and key terms associated with dosha balancing. Gain a deeper understanding of other Ayurvedic body therapies and their benefits.*

**Hours: 13**

## TT4: Shiatsu

*Introduction to Shiatsu. This course is designed to lay the groundwork for a standard in providing Shiatsu treatment to clients. Shiatsu is a touch based therapy that applies pressure to areas of the surface of the body for the purpose of correcting imbalances, and maintaining and promoting health. Learn the terminology and key terms associated with Shiatsu.*

**Hours: 30**

## TT5: Reflexology

*Introduction to Reflexology and Zone therapy. This course is designed to lay the groundwork for students to be proficient in application and understanding of the functions of the body through the reflexive points. By applying precise techniques or stimulation to a specific zone or point to the hands, feet, face and ears the flow of energy, blood, nutrients and nerve reflexes are restored and balanced.*

**Hours: 8**

## TT6: Table Thai

*This class will provide students with Thai massage techniques modified for use on a western massage table. This creative approach to Thai massage done on a table is safe and comfortable. Students will learn how to use some of the most effective Thai massage stretches with proper body alignment and the use of their body weight to create a stand alone or adjunct therapy.*

**Hours: 6**





## TT7: Integrative Deep Tissue

*Advanced practice into deep tissue manual therapy and bodywork. This course is designed to map out common injuries and dysfunctions and determine which techniques work best in different scenarios.*

*In this course, students will learn about common injuries and dysfunctions and will confidently be able to discuss them with their client and supporting health care practitioners. Students will determine their scope of practice and develop skills to guide their clients through these issues.*

**Hours: 24**

## TT8: Womb Services

*Tune into mother's blossoming energy and help relax mom deeply during, before and after pregnancy and labor. Infancy massage protocols. Bolster uses, sensitivities and safe induction methods for full-term mamas.*

**Hours: 9**

## TT9: Sports Therapy

*In this course students learn techniques and methods of treatment used in Sports Massage Therapy and Bodywork. It is designed to lay the groundwork for athletic conditioning and rehabilitation therapy. Offers knowledge of how, why and when to administer pre-event, post-event, and rehabilitative sports massage.*

**Hours: 24**

## CT3: Palliative Care

*This is a hands-on course that teaches students how to work with clients who have been diagnosed with cancer and other potentially life-threatening illnesses.*

*In this course, students will learn how to hold space for those clients who are sick or suffering from disease or illness. Students will learn manual lymphatic drainage and enhance their ability to listen and create a healing space.*

**Hours: 6**

## COMPLEMENTARY THERAPIES

### CT2: Aromatherapy

*Intro to basic scents for relaxation and soothing. Use to enhance your practice. Use to enhance your life.*

**Hours: 3**

### CT4: Hydrotherapy

*This course is an introduction to hydrotherapy the application of water in its various states to the body. Application and uses, indications and contraindication of hydrotherapies for massage therapy in a variety of treatment settings ie: resorts, spas, wellness center's, athletics, clinic, Doctors, Physical Therapy offices, etc. We examine water treatments and the various effects they have on the systems. Creating wellness therapies for all types of acute, sub-acute and chronic injuries and dysfunctions.*

**Hours: 6**

### CT1: Sound for Bodywork

*In this course, students will learn about sound therapy theory and the practical application of instruments. Students will be introduced to a variety of instruments used in sound therapy. Students will learn how to use their own voice for self healing and sharing with others.*

**Hours: 6**



## SELF CARE COURSES

### SCC1: Self Care for the Caregiver 1

Hours: 12

#### Self Care - Alignment for Bodyworkers

*Instructor: Rufus Fuller*

*Students will learn to observe habits, patterns of thinking, and movement. They will gain the ability to make changes and think critically about what's necessary physically, mentally and emotionally, specifically while practicing as a Massage Therapist.*

#### Self Care - Theory

*Instructor: Jocelyn Fee Miller*

*Students will identify their individual needs for balance and investigate creative tools to develop a personalized self-care plan. Upon completion, the caregiver will have a varied set of skills to use during and outside of sessions. This course is divided*

*into three sections that will help practitioners develop personalized self-care strategies that assist in embracing the learning curve associated with becoming a caregiver.*

#### Self Care - Nutrition & Cleansing

*Instructor: Yve Hart*

*Highlights the basics of health and nutrition for the practitioner, including why it is important to cleanse.*

*In this course, students will learn the basics of nutrition and how to care for their bodies mindfully, integrating their own intuition. Learn nutritional essentials for daily supplementation as well as information on different techniques to cleanse the body and, foods and other approaches to wellness.*

## SCC2: Self Care for the Caregiver 2

Hours: 12

### Self Care - Holistic PE

*Integrating athletics and body awareness as a tool for self-care as a therapist. Cultivating the mind-body connection.*

*Students will have a cardio day at the beach with Olympic Gold medalist Armando Hart*



### Self Care- Natural Intuition Reiki I

*In this class students will explore intuition, meditation, and reiki as tools for self-care and practice. Introduction and inquiry into guided meditations & imagery, intro to the seven chakras, use of a variety of corresponding crystals, Level I attunements and exchange with students.*

## Self Care - Tai Chi, Yoga & Self Massage

*Learn specific yoga asana that are good for the massage therapist. Take home joint and self massage techniques to stay empowered and vital in your practice.*

## SCC3: Self Care for the Caregiver 3

Hours: 12

### Self Care- Meditation & Sound

*Introduction to a variety of meditation / mindfulness approaches, followed by a sound bath meditation presented by Lynda Arnold.*

### Self Care- Hydrotherapy and Introduction to Energy Work

*Application of Mustard Seed Foot bath followed by self massage and reflexology therapy.*

## PREPARATION COURSES

### PC3: Green Business

*Learn the foundation of conscious business.*

*Prep for your dream holistic career.*

*Planning, manifesting, intention and integrity all play a role in how we do business. The moral fabrics we are aligned with will guide our organic marketing plan. Who are we and for what do we stand? Knowing that will unlock the flow in your business. Students will learn about business planning, vision their own unique plan and get to know some basics of marketing along the way.*

**Hours: 10**

### PC2: Business of the Massage Business

*In this course, students will learn the fundamentals of the massage industry, professional standards and principles of good hygiene. Interviewing skills and common business practices as well as employment options; including employee, self-employment and independent contracting.*

*This course covers obtaining and maintaining your credentials, regulations and ordinances and compliance with the regulations of the California Massage Therapy Council. Students will learn about Federal tax forms and filing options within the profession.*

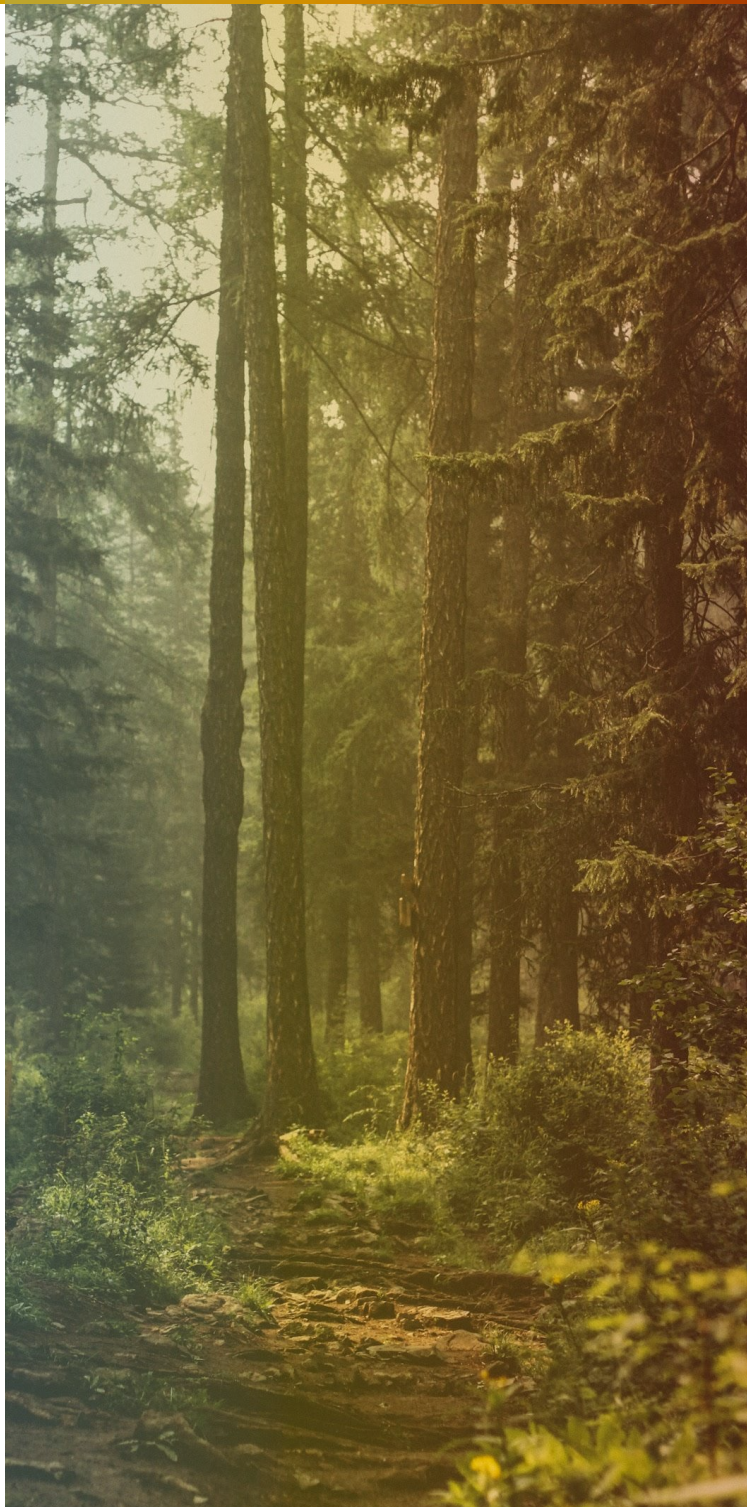
*Students will learn about the business of massage therapy and prepare for their career as a massage therapist. Students will learn how to represent themselves in a professional manner while upholding the standards of the California Massage Therapy Council.*

**Hours: 6**

## IS1: Integrative Studies

*A hand on study lab based on individual student needs. Course hours are devoted to Community Service Project Presentations, student practice on practitioners & preparation for the alive working world of Massage Therapy*

**Hours: 37**



## CLINIC

**Clinic work** is offered to students to give the opportunity for hands on training.

**Ninety hours of externship service required to complete CMT program:** all of which will be executed on site at Panacea Holistic Institute .

### PC1: Clinic Orientation

*Students will learn the details of S.O.A.P note taking and the general industry standards in the medical massage environment. Students will be familiar with client note taking. Students will complete an Orientation for setting up & breaking down clinic. Students will know how to schedule monthly Clinic shifts in advance. And many other details to familiarize students with the professional working environment.*

**Hours: 4**

## Field Trips



**Certain Modalites have optional  
immersive and experiential field trips.**

*Each field trip is designed to expand the students understanding of  
Massage Therapy in a real world setting.*

*Field trips are optional and encouraged.*

*Location: TBD based on season*





We are committed to creating a

# DIVERSE AND INCLUSIVE COMMUNITY

WE HONOR EXPERIENCES OF BLACK, INDIGENOUS, PEOPLE OF COLOR, MEMBERS OF THE LGBTQ+ COMMUNITY AND OTHER MARGINILZED IDENTITIES.

*This Campus acknowledges  
that we are located  
in Tovaangar  
the Ancestral Land of the  
Tongva + Acjachemen People.*

*It takes  
Diversity of Thought,  
Culture, Spirituality, Perspective,  
and History to Create  
a truly Inclusive  
Healing Comm-Unity.*

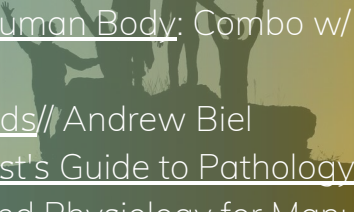
May all beings live in Peace

Sacred Roots +  
Panacea Holistic Institute

# LIBRARY

HOURS : Monday-Thursday, 8:30 a -3:00 p  
also available during Clinic hours ( see pg. 29)

The library is located in the recreation room. It contains periodicals, a study station, printer, wifi and the following textbooks:

- 
- +Trail Guide To the Human Body: Combo w/ workbook // Andrew Biel
  - +Trail Guide Flashcards// Andrew Biel
  - +A Massage Therapist's Guide to Pathology// Ruth Werner
  - +Applied Anatomy and Physiology for Manual Therapists // Pat Archer, Lisa Nelson
  - +Applied Anatomy and Physiology for Manual Therapists: Study and Review guide // Pat Archer, Lisa Nelson
  - +The Book of Shiatsu // Paul Lundberg

# Training Calendars & Schedules

## Night School Class Schedule

<p><i>Monday</i></p> <p>5:00 p- 7:00 p</p> <p>7:10 p -9:10 p</p>	<p><i>Tuesday</i></p> <p>5:00 p- 7:00 p</p> <p>7:10 p -9:10 p</p>	<p><i>Wednesday</i></p> <p>5:00 p- 7:00 p</p> <p>7:10 p -9:10 p</p>
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## Weekend Class Schedule

<p><i>Saturday</i></p> <p>9-3:30 pm</p>	<p><i>Sunday</i></p> <p>12- 6:15 pm</p>	<p><b>CLINIC</b></p> <p><i>Thursday</i></p> <p>11:30 - 4:30</p> <p><i>Rotating Weekend</i></p> <p>11:30 - 4:30</p>
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## Day School Class Schedule

<p><i>Monday</i></p> <p>10:00a- 12:00</p> <p>12:30 -2:30 p</p>	<p><i>Tuesday</i></p> <p>10:00a- 12:00</p> <p>12:30 -2:30 p</p>	<p><i>Wednesday</i></p> <p>10:00a- 12:00</p> <p>12:30 -2:30 p</p>
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## *Life On Campus*



*Mural by: Ms. Yellow*

APPLY FOR A \$3333  
SCHOLARSHIP

# Wellness Ambassador Scholarship

Inspiring Holistic Careers



PANACEA  
HOLISTIC INSTITUTE



Integrative  
Trimester

Monday - Wednesday

Night School 5:00 to 9:10

or

Day School 10:00 to 2:30

# Class Schedule

*Anatomy 3 - 36 hours*

*Integrative Deep Tissue- 24 hours*

*Business of the Massage Business - 6 hours*

*Green Business 10 hours*

*Self-Care for the Caregiver - 12 hours*

*Palliative Care - 6 hours*

*Integrative Studies - 19 hours*

*Womb Services - 9 hours*

*Hydrotherapy - 6 hours*

*Sports Therapy - 24 hours*

*Clinic Hours - 30*

***Total Hours: 182***

Modern  
Trimester

Monday - Wednesday

Night School 5:00 to 9:10

or

Day School 10:00 to 2:30

# Class Schedule

*Orientation - 2 hours*

*Anatomy 1 - 56 hours*

*Essentials of Circulatory Massage - 30 hours*

*History of Massage Therapy - 6 hours*

*Self-Care for the Caregiver 1 - 12hours*

*Massage Therapy Ethics - 6 hours*

*Clinic Orientation - 4 hours*

*Modern Deep Tissue - 39 hours*

*Integrative Studies - 8 hours*

*Clinic - 30 hours*

***Total Hours: 193***

Traditional  
Trimester

Monday - Wednesday

Night School 5:00 to 9:10

or

Day School 10:00 to 2:30

# Class Schedule

*Anatomy 2 - 48 hours*

*Ayurveda for Bodyworkers- 13 hours*

*Self-Care for the Caregiver - 12 hours*

*Eastern Approaches - 14 hours*

*Shiatsu - 30 hours*

*Sound Therapy for Bodyworkers - 6 hours*

*Reflexology - 8 hours*

*Table Thai - 6 hours*

*Aromatherapy - 3 hours*

*Integrative Studies - 10 hours*

*Clinic - 30 hours*

***Total Hours: 180***



# TUITIONS & PAYMENT OPTIONS

## Wellness Ambassador Scholarship Opportunity

*Partial scholarships are available. Eligible students are those who demonstrate a commitment to Wellness through current services in and for their community. Find the application on our website at [www.panaceaholisticeducation.org](http://www.panaceaholisticeducation.org)*

## Total Estimated Schedule of Program Charges

Tuition & Fees due for each Trimester or “Current period of Attendance” must be satisfied in full to begin each Trimester. Payment plans may be implemented.

A. Three Trimesters worth of Tuitions	\$15,555.00
Tuition per trimester / Period of Attendance	{\$5185.00
B. Fees outside of Tuitions( see page 37)	\$272.95 - \$672.95
C. Post-training fees to practice legitimately (see page 37)	\$290

TOTAL FEES to Complete the  
555 hour Bodywork + Healing Arts Program  
& become a CAMTC Massage Therapist. . . . . \$16,057.96-\$16,517.95

### 3 Part Payments

### 6 Part Payments

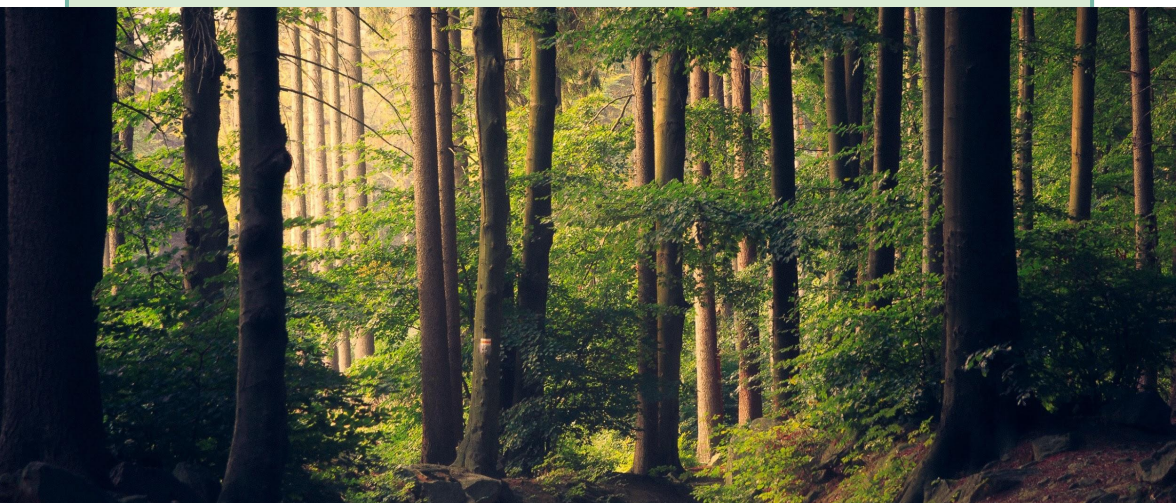
### 9 Part Payments

\$5185 due before the start of each trimester.	\$2,592.50 due before the start of each trimester & before the start of week 5 each trimester.	\$1,728.33 due monthly, payments 1-3 must be satisfied to start the program
--	--	---

## Included in Tuition:

Tuition Charges and Fees Included in the	\$15,555
Enrollment Fee:	\$555
(counted toward tuitions once program commences.)	
Course Tuition, 555 hours @ \$28.02/ hour	\$14,756
(Enrollment fee \$555 included in Course Tuitions)	
Equipment & Lab supplies :	
a) Massage Table received at Graduation	\$150
b) Classroom equipment fee toward:	\$300
01. In class organic oils / creams	
02. Instructional & presentations materials	
03. Library resources	
04. Muscular model supplies	
05. Skeleton Model supplies	
06. Meridian Model Model & Supplies	
{SUB TOTAL	\$450}
Virtual Supplies : Exam Coach	
9 month online tutor valued at	\$75
Uniforms : One Clinic T- shirt is provided at orientation.	\$23
Orientation and Graduation	\$176
Student Insurance with ABMP	\$75
 TOTAL INSTITUTIONAL TUITIONS =	 \$15,555.00

*Textbooks and other necessary supplies are not included See page 37*



# OTHER FEES & CHARGES

## 1) Fees outside of tuitions:

Services and Required Charges offered *within* Panacea

a)	Application fee (required):	\$33
b)	Tutoring is provided for an additional	\$33/ hr
c)	Assessment fees for transfer of credits	\$55
d)	Official transcript	\$22
e)	Transcript unofficial/ digital	\$11
f)	Printing fees per black and white copy	.15/ copy
g)	Printing fees per Colored copy	.25/ copy

2) Charges paid to an entity **other than the institution** that are specifically required for participation in the education program:

a)	Textbooks: student is responsible for acquiring outside of institution .	\$100 (used) - \$400 (new)
b)	Field trip costs: These monies cover projected Admission, travel, parking, etc:	\$79.95
c)	Clinic Supplies for 22 weeks approximately	\$60.00

TOTAL Fees outside of Tuitions & Institutional charges      \$272.95 - \$672.95

## C. Professional Fees post-training:

1.	CAMTC certification	\$150.00
2.	Live scan fingerprinting for certification	\$25.00
3.	Professional Insurance -average	\$115.00

TOTAL Post-training fees to practice legitimately      \$290

## Non- Refundable Charges

When a student withdrawals (POST START DATE) :

1.	Enrollment Fee	\$555
2.	Exam coach Virtual tutor	\$75
3.	Student Insurance	\$75
4.	Trimesterly classroom supply fee	\$100/ tri
5.	Student Tuition Recovery Fund Assessment \$1000 collected for State of California	\$.50 per

When a student cancels (before the course start date):

1.	Partial Enrollment Fee	\$250
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## Late Fees & Policies

1. When a payment plan is not satisfied within 3 days of its due date, \$5 per day will be added until payment is complete.
2. Two weeks without payment of tuitions results in student's non-eligibility to attend class.
3. Program Enrollment Reservation is complete with successful Enrollment deposit. \$250 of Enrollment deposits are **non-refundable** when cancelling before.
4. Tuition Processing Fees: Student is responsible for any credit card or digital payment processing fees.
5. Panacea Holistic Institute does not offer private student loans or in house financing of tuition to students.
6. 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. If the student receives federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal financial aid funds.

Please note:: Student is enrolling in an unaccredited institution, it is not eligible for federal financial aid programs.

CEC §94909(a)(16) and §94897(p)

## Student Tuition Recovery Fund

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 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. 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, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834 or PO Box 980818, West Sacramento, CA 95798-0818, (916) 574-8900 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or 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 non-collection 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.



# SCHEDULE of EVENTS

DEC 7<sup>th</sup> - Graduation GEN 006 !!!

DEC 8 - JAN 18 : WINTER BREAK

JAN 20<sup>th</sup>, 2023 - ORIENTATION GEN 011 + 012

1/23/23 - CLASSES BEGIN

4/12/23 - GRADUATION GEN 007 + 008 !!!  
 > SPRING BREAK !! <

4/21/23 - ORIENTATION GEN 013 + 014

4/24/23 - CLASSES BEGIN

7/12/23 - GRADUATION GEN 009 + 010 !!!

> summer break <

9/8/2023 - ORIENTATION GEN 015 + 016

9/11/2023 CLASSES BEGIN

12/06/2023 GRADUATION !!!

> WINTER BREAK <



# INSTRUCTIONAL SYSTEMS

## Grading

1. *Students must pass all quizzes and tests with a 70 % or greater.*
2. *Students must meet competencies deeming proficiency in all hands-on approaches.*
3. *This program is participation based. 96 % attendance is required for completion.*
4. *Solution Guidance appointments available for extra support.*

## Tests and Quizzes

*Students have 3 total opportunities to pass a test. Eligibility to take a test for a third time requires the student to complete a signed-off tutoring hour.*

## Student / Teacher ratio

*Class size 12:1 / beyond the 12:1 ratio a Teacher Assistant or Aide will be present.*

## Solution Guidance Meetings

*Panacea is committed to serving all of our students with excellence and compassion. Schedule a **Solution Guidance Meeting** with Panacea's Director Monday through Thursday.*

*Email inquiries directly to [panaceaignites@gmail.com](mailto:panaceaignites@gmail.com)*



**Career Placement Services** *Panacea offers career referrals to our Affiliate Networks eligible to all graduates in good standings. As well as resume building & branding support.*

**Housing** *in Long Beach: One bedroom housing within the 3-5 mile radius of Panacea Holistic Institute rent in a range of \$850-\$1600, dependant on the housing type and neighborhood.*

*Panacea Holistic Institute does not assist students in finding housing or provide dormitory services. The BHA Training is "non- residential" at this time and do not satisfy 5, CCR §71810 (b)(13)(A)(B)(C).*

**Student Records:** *Students financial & academic records are kept in a single file located onsite. Files are kept in a lock safe location, physical records to be kept for 7 years. They are also kept digitally on a cloud server indefinitely. See transcript fees on page 37*



## Credit for Previous Training & Evaluation Policy

*Panacea has not entered into an articulation or transfer agreement with any other college or university.*

- 1. Panacea does not award or accept prior experiential learning hours/credits unless the previous training falls within the CAMTC approval.*
- 2. Panacea will only consider training hours by other approved CMT programs in the CAMTC.*
- 3. There is a \$55 fee for credit transfer assessment. After which point transcripts & credits will be assessed by the Board of Directors.*
- 4. 7-10 business day processing from the point both transcripts & fee is collected.*
- 5. There is an \$11 fee per hour credit transferred.*

### NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Panacea Holistic Institute is at the complete discretion of an institution to which you may seek to transfer.

Acceptance of the Certification you earn in the Massage Therapy Training Program is also at the complete discretion of the institution to which you may seek to transfer. If the hours that you earn at this institution are not accepted at the institution to which you may 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 Panacea Holistic Institute to determine if your certification will transfer.

# STUDENT CLINIC

## Policy & Procedure

- *Students are eligible for Clinic once successful completion of Clinic Orientation, after week 4 of trimester one.*
- *Panacea provides a Certified Massage Therapist Supervising Guide during all clinic hours.*
- *Students have 1 year from training start date to complete the total 90 hours of externship. Extension required for successful satisfaction. All 90 hours to be acquired at Panacea Holistic Institute clinic.*
- *Student Insurance through Associated Bodywork & Massage Professionals (ABMP) included in program tuition.*

30 hours per Trimester

Guided Involvement

Public  
Cost

90 hours/ 18 Shifts Total

Practice Massage with Guidance

\$33 per hour

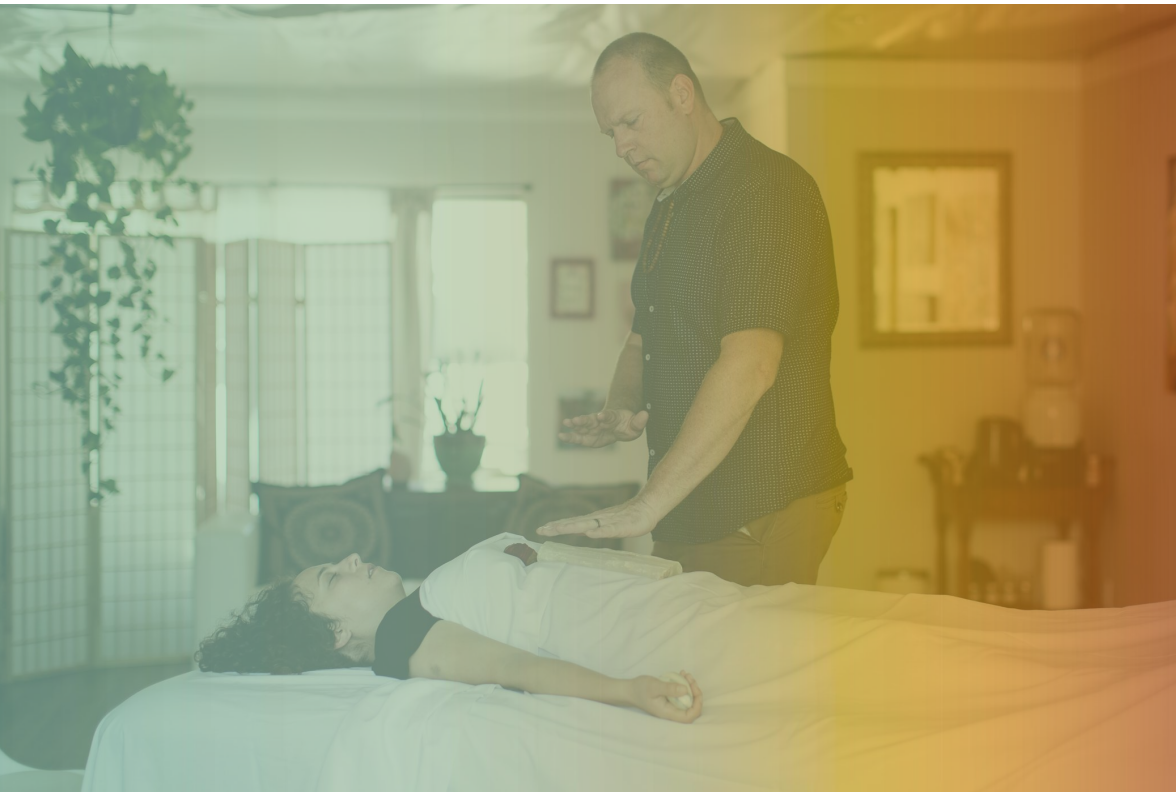
5 Hour Shifts: up to 3 one hour  
massages or 2/ 90 minute  
sessions

Explore modalities

\$55 per 90  
minute  
sessions

6 Shifts Per Trimester

Practice skills learned  
with clients



## Attendance

*It is important that the school have a record of attendance for each student. It is the student's responsibility to validate her/his attendance each day according to Panacea's current attendance protocol. This will ensure an accurate record of attendance.*

*One unexcused Absence is permitted per trimester after which point assignments/ make-ups are required for course satisfaction. If more absences accrue, students will need to schedule a Solution Guidance Meeting for program completion.*

## Make Up Policy

- *Make up all hours and minutes up to 96% in clinic/ scheduled faculty office hours / tutoring or make up events. Make-up hours are only possible with faculty member supervision.*
- *96% attendance... must have 533 hours to graduate.*

*Excused Absence:* *When an absence is planned in advance, a homework assignment will be given to make-up missed content during a faculty or tutor advised session..*

*Unexcused Absences:* *Unexcused (no call no show) missed attendance hours not eligible through clinic can be made up with a tutor. \$33 per hour is the tutor fee.*

## Holiday Make-up Policy

*Panacea observes most major holidays. Students will be given an **out of class assignment** due the following class day to satisfy course hours missed.*

## Leave of Absence

*There are three types of Leave of absences available to students who need to break from the training but want to complete in the future: Medical, Familial, Financial. A 'Leave of Absence' needs to be approved by the Board of Directors in order for a student to return.*

## Arrival Time

*Students are expected to arrive 15 minutes before scheduled Clinic shift begins.*

*If student is tardy 3 x (10 min or less) warning is given. If student is more than 15 minutes late, student is not eligible for 2 hour block of class credit. At Third Tardy: Written Warning Given. If student is tardy after that warning, in order to pass the class a written 5 page paper related to topic of class is required.*

## Student Responsible for Clinic Supplies

*Student provides sheets and oils/ lotions.*

## Dress Code: Medical Professional

Scrubs or school shirt required for hands on course work and clinic sessions otherwise *Comfort Professional* attire is acceptable for online and theory based coursework. BHA students may wear provided school shirt, included with Orientation. Modest moveable and athletic attire without tears is encouraged. Dress that aligns with the mission. When performing bodywork, scrubs are required.

## Hygiene & Draping

*Proper hygiene is required. This includes short, clean fingernails, hair tied back, and short, properly groomed facial hair. Professional, clean, school t-shirts or scrubs are required. Clean sheets are used for each session. We practice and teach conservative draping where clients are completely covered.*

## Student Incident Reports

*Are completed by Panacea Supervisors and signed by all available witnesses. More details are outlined in the Panacea Policy Handbook.*

# PROGRAM COMPLETION & SATISFACTION

1. Students must pass all quizzes and tests with a 70% or greater.
2. Students must meet Competencies deeming proficiency in all hands-on approaches within the allotted time.
3. This program is participation based. 96% attendance is required. 443 Class Room hours minimum. (22.2 hours missed )
4. 90 hours TOTAL of supervised hands-on Extern sessions. All of the 90 hours + Class Room hours are completed at the Panacea Student Clinic located at:  
2841 E Broadway long Beach, Ca 90802
5. Community Service project completion - 12 hours minimum outside of clock hours.

## Graduation Requirement

- *Classroom hours and study projects complete with passing grades*
- *Community service complete*
- *Clinic hours satisfied*
- *Tuition satisfied in full*

## Freedom of Information Act

*Records will be maintained on file for at least 5 years. A student has the right to access their files. Allow four weeks for processing and paperwork. There is a \$22 fee when replacements or duplications are requested as hard copies, \$11 for digital copies. Students and alumni may email records requests to connectwithpanacea@gmail.com.*

## Dismissal & Suspension

### Grounds for Dismissal

- *The use of or possession of alcohol or drugs*
- *Fighting or bodily threats to any students or staff*
- *Cheating*
- *Disruptive or unsafe behavior*
- *Unsatisfactory progress after more than one **Solution Guidance Meetings**.*

### Student Probationary Protocol

*A 'probationary period' is required when attendance or conduct policies are breached /and or failure to pass an exam after three attempts. A **Solution Guidance Meeting** will be held with the student and an Institute Director. Director will connect with the School Board to explore options and implement appropriate Panacea Policy aligned with our code of ethics.*

*Students who've been dismissed or suspended and wish to appeal may submit their appeal in writing to the school director within **three business days** of dismissal.*



## CANCELLATION, WITHDRAWAL & REFUND

### Student's Right To Cancel :

The student has the right to cancel and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. If the student elects to cancel enrollment before the course start date, the Enrollment Registration Fee & associated institutional charges will be completely refunded minus the state allowance of \$250 for administrative processing fees. All cancellations must be effectuated in writing to the school Director.

### Withdrawal

A withdrawal or cancellation must be effectuated by the student's written notice or by the student's conduct, including, but not necessarily limited to, a student's lack of attendance. If a student wants to withdrawal from the course & request a refund, the student must submit written notice to the school director. Requests for refunds, less enrollment fees, tuition charges & non refundable charges listed on page 36.

## Student Withdrawal

### Refund Policy & Procedure

1. The notice of withdrawal and the request for refund must be made in writing to the school director Jocelyn Fee Miller: ***panaceaholisticinstitute@gmail.com***
2. The amount of the refund is to be “prorated” according to the incomplete portion of the course -not including courses already began.
3. Equipment charges utilized, processing fees & other non-refundable charges can be found on page 37. (notice withdrawal vs. cancellation)
4. Students who attend 60 % or more of the CMT Training + Self Care Immersion are not entitled to a refund.

### CAMTC Notice

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants shall meet requirements as listed in California Business and Professions code section 4600 et seq.

## Grievances

*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 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95798-0818, [www.bppe.ca.gov](http://www.bppe.ca.gov), (888) 370- 7589, (916) 574-8900 or by fax (916) 263-1897.*

*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 or by completing a complaint form, which can be obtained on the bureau's internet web site ([www.bppe.ca.gov](http://www.bppe.ca.gov))*

## Complaint and Grievance Procedure

*If you'd like to submit a complaint, do so in writing to the program director. If you're dissatisfied with the result, you may appeal to the board director, who will interview all parties and present to the Board of Directors. A reply and written conclusion will be returned within 15 business days.*

*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](http://www.camtc.org) (916) 669-5336*

# STUDENT SERVICES

**Admissions & Student Records** available to help orient the student's Panacea integration..

**Textbook & material** resources are available at the Panacea webpage.

**Solution Guidance Meetings:** are available to students seeking extra support.

**Networking:** Employment opportunities with our wide network of holistic affiliate businesses.

**Course Descriptions** are available for students to get to know future curriculum.

**Financial Planning Department** meetings are available to students seeking financing options for their new career pathway.

**Supervised Study** hall available for students seeking scheduled make-up hours.

**Library Resource Center** - students may print out research, use books onsite or schedule tutoring - inquire at [connectwithpanacea@gmail.com](mailto:connectwithpanacea@gmail.com)

# LICENSING & EMPLOYMENT

*The Panacea Bodywork + Healing Arts Program prepares students for a job as a Massage Therapist [United States Department of Labor's Standard Occupational Classification 31-9010 // 31-9011].*

*California Massage Therapy Council (CAMTC) is the voluntary certifying body for California Massage Therapists.*

*California Business and Professions Code section 4611 makes it an unfair business practice for anyone not certified by CAMTC to use the titles: Licensed, Certified, Certified Massage Therapist, Certified Massage Practitioner, CMT, or CMP.*

*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.*



In order to obtain CAMTC Certification, an applicant must submit a fully completed application and meet all of the following requirements:

- ✓ Be 18 years of age or older;
- ✓ Pay the \$150 fee;
- ✓ Submit fingerprints to an authorized agency in California for a Live Scan using only the CAMTC form at Request for Live Scan Service (the authorized agencies charge you a fee for this service) and pass a criminal background check;
- ✓ Pass one of the following CAMTC approved exams (the exam companies charge a fee for taking their exam):
  - ✓ Massage and Bodywork Licensing Exam (Beginning in 2020)
  - ✓ Board Certification Exam in Therapeutic Massage and Bodywork (BCETMB);
  - ✓ National Certification Exam for Therapeutic Massage and Bodywork (NCBTMB) taken on or before February 2015; or
  - ✓ New York State Massage Therapy Examination;
- ✓ Have successfully completed, at a CAMTC approved school, curricula in massage and related subjects totaling a minimum of 500 hours (or the credit unit equivalent), which incorporates appropriate school assessment of student knowledge and skills. Of the 500 hours, a minimum of 100 hours shall be in anatomy and physiology, contraindications, health and hygiene, and business and ethics; and
- ✓ Have not violated any of the provisions of the California Massage Therapy Act or any policy, procedure, or regulation of CAMTC.

# SCHOOL APPROVAL

## Bodywork + Healing Arts Program

*CAMTC Approved School*

*BPPE - Approved to Operate as of April 12th, 2019 in compliance with all state standards.*

- MBLEx exam is not required to become a CAMTC as of October 2018*
- A degree program that is not unaccredited or a degree from an unaccredited institution is not recognized for some employment positions, including but not limited to positions with the state of California.*
- Students enrolled in an unaccredited institution are not eligible for federal financial aid programs*

## Consumer Protection

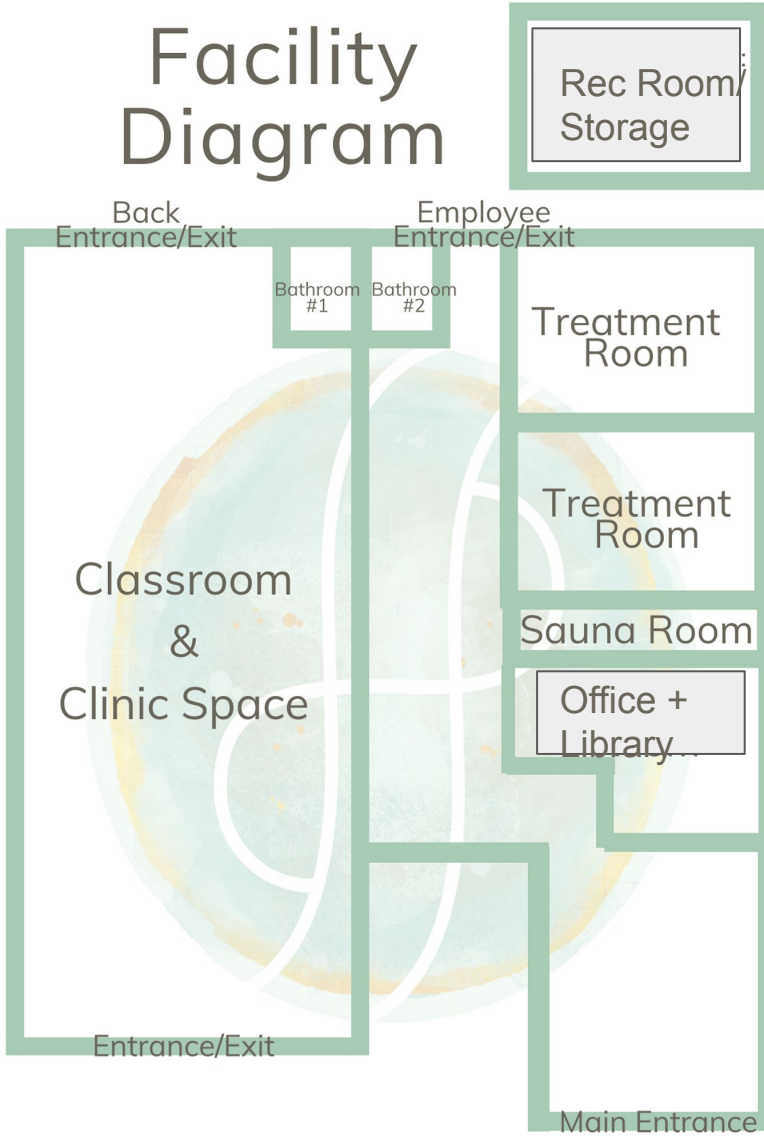
Panacea does not have any pending petition in bankruptcy, nor is it operating as a debtor in possession, nor has it filed a petition within the preceding five years, nor has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

**Panacea Holistic Institute is approved to operate  
by the Bureau for Private Postsecondary  
Education in compliance with all state  
standards. School Code : #73040421**



PANACEA  
HOLISTIC INSTITUTE

# Facility Diagram







## FACILITY & EQUIPMENT

Panacea Holistic Institute facility provides massage tables for use during class and clinic. Bolsters, headrests & table cleaning supplies are on hand. Students may use provided lotions and oils during classroom hours only. Projector, dry erase board, tables & chairs are provided for lecture formatted courses. *Panacea Recreation Room* houses the Library, break room and other student resources such as: periodicals, textbooks, study station, printer and wifi. Tutoring sessions are held in the Recreation Room. Teachers and students alike have breaks in the Recreation room, provided it is not reserved for private tutor.

## FACULTY

Panacea Holistic Institute faculty is comprised of expert practitioners and Panacea directors collaborating as the Holistic Educators' Guild. All our educators are regarded as top performing practitioners. Many write their own curriculum or collaborate with Panacea to express their years of practice and study. All Guild members are committed to upholding the Panacea Mission, values and Code of Ethics.



**Jocelyn Fee Miller** is the Director & Administrative Dean of Panacea Holistic Institute. Jocelyn started her hands-on bodywork as a Certified Massage Therapist in 2009 with Manhattan Beach Massage College. Currently she offers a mentorship program for new massage therapists at Sacred Roots Holistic Healing- a space she founded in 2012, where she practices and has cared for over 1000 bodies on the massage table.

*Jocelyn specializes in deep relaxing massage therapy using a fusion of shiatsu, table Thai, deep tissue & cupping Therapy. Jocelyn co-authored 'The Sacred Self Care Exploration Guide' a compilation from hosting 5 years of Self Care focus groups.*

*Jocelyn Fee Miller founded Panacea Holistic Institute in 2018 with the guidance of countless mentors. She curated the Bodywork + Healing Arts Program curriculum and specializes in teaching Pregnancy Care, Ayurveda for Bodywork, Green Business and Self Care Theory.*

*Since opening Panacea Jocelyn has been able to explore more creative art outlets through music and film - specifically with her mental health advocacy project; Jane Free Productions.*



**Dr. Rufus Fuller** *Rufus Fuller is a Acupuncturist based out of Long Beach, California. He has the professional credentials of L.AC. (Licensed Acupuncturist) and is our resident doctor on site. Rufus is the Academics Director of Panacea Holistic Institute. In addition, teaches the Eastern Approaches course and self care for the care giver.*



**Jason Miller** *Certified Massage Therapist, is the South West educator for (ICTA) the International Cupping Therapy Association, yoga instructor, educator, sound healer, light & energy worker, wellness advocate, sensei level Reiki practitioner and conscious business owner. He practiced as the therapist for USATF So Cal Track Club, national masters indoor & outdoor*

*champions for over 6 years. He strives to engage in expanding his growing knowledge & understanding in the art of healing. Jason founded Community Well Whole Body Center in Laguna Beach in 2010 where he practices along with being a Resident Practitioner at Sacred Roots Holistic Healing since 2015.*



**Crystal Dawn Rios** *is Program Director for Panacea and brings her training with the Hendricks Institute alive into her Anatomy classes. She serves as a member of the Restoring Resourceful Resourcefulness faculty for the Foundation Conscious Living as a Big Leap Coach. She loves to give Vedic Astrology Readings.*



**Kara Mirarchi** has been in the healing arts industry since 2005. She started her career as the sports massage therapist for the United States Women's Soccer Team participating in 3 world championships. Kara brought her experience in the field into the classroom and has been teaching, directing and creating massage therapy programs ever since. She is on the board of editors for the

*Science of Massage Institute and a site evaluator for the Accrediting Bureau of Health Education Schools ensuring massage therapy programs are meeting their benchmarks and maintaining their standards.*

*Kara has her B.S. in Recreation Parks and Tourism from University of North Carolina (2004). She is a Certified Massage Therapist (CMT since 2005) and a Certified Medical Massage Practitioner (CMMP since 2015).*



## **Ashley Naungayan**

*Panacea Holistic Institute's Self Care Director. Ashley is a life long yogi, yoga teacher trainer, and essential oil specialist. She has been a part of the Panacea family since 2016. Her journey into the healing arts started in 2009 with meditation and yoga classes to help target depression, along with doTERRA essential oils she found her path.*

*Ashley is a graduate from the National Holistic Institute as well as a 500hour experienced registered yoga teacher(E-RYT), certified massage therapist (CMT), certified cupping therapist, and health educator who specializes in alternative medicine and essential oil modalities. Ashley draws inspiration from Iyengar yoga practices, physical therapy, and alignment techniques. Currently Ashley is an advocate for helping others understand gut health, nutrition, and target pain caused by structural and internal imbalances.*



**YOU ARE  
WELCOME  
HERE**



# Meet Pan the Earthling

*our Panacea School Mascot*

*This holistic hero goes above and beyond to unveil the goodness that resides in us all. Find school shirts, hoodies and other #earthling gear at our Student Store - located in the West Wing: Student Services Building 2827 e. Broadway, Long Beach*



Illustrated by David VanPatten

# GRATITUDE

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*It is with the deepest sense of gratitude  
for all our teachers, clients, patients and students  
that we share these practices.*

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Long Beach's Holistic Health College!!





This is our most up to date  
version of this Catalog  
as of 11/21/2022

A misty forest scene with tall trees and a large tree trunk in the foreground. The background is a dense forest of tall, thin trees, possibly evergreens, shrouded in a light mist or fog. The lighting is soft and diffused, creating a serene atmosphere. In the foreground, a large, textured tree trunk is visible on the right side, and some smaller trees and foliage are on the left.

p: (442) 444-2515

e: [connectwithpanacea@gmail.com](mailto:connectwithpanacea@gmail.com)

w: [www.panaceaholisticeducation.org](http://www.panaceaholisticeducation.org)

IG: [@panacea.holistic.institute](https://www.instagram.com/panacea.holistic.institute)