

MASSAGE THERAPY INSTITUTE

SCHOOL CATALOG

(January 1, 2024 – December 31, 2024)

Classes Held at Main Location: 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 bodywork, 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. Our 650-Hour Program is carefully designed to maximize learning and to help you graduate with the knowledge and skills to succeed in this field. Our 500-Hour Program is designed to help you meet the minimum CAMTC requirements for certification. We offer flexible scheduling so that classes can fit comfortably within your schedule. There are numerous start dates for our massage therapist programs throughout the year.

Massage Therapy Institute is a place to learn, grow, and acquire professional skills. Our class sizes are small and therefore we are able to focus on individual students. Our learning environment is warm, professional, supportive and respectful. Students are encouraged to be sensitive, creative and to communicate openly with instructors, administrative staff and fellow students. Each person is valued for their own uniqueness, which also contributes to the emergent learning process that occurs in every class. A profound educational experience evolves for each student because our learning environment creates space for understanding and encourages healthy interactions; every instructor, student and staff member 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. Meet with your director and administrative team throughout your educational journey; your teachers are available for guidance after you've completed your training. You always have support here; the friendships and resources that you build here can last a lifetime. Being a part of our community means cultivating and developing your unique gifts, which go beyond any modalities!

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. It is updated annually and given to prospective students via email, post mail or in person. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement and the School Performance Fact Sheet, which must both 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 a 650-hour 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 • 650-Hour Program • Cost: \$9,860

This program includes: The Massage Therapy Fundamentals Series (Intro to Bodywork, Contraindications, Swedish Massage, Intro to Deep Tissue, Intro to Side-Lying, Lab Practical); any three 32 or 36-hour Anatomy classes; Pharmacology; Pathology; Healthcare Systems & Hygiene Protocols, Touch, Presence & Healing and/or Ortho-Bionomy® Ethics & Emotional Issues; Intro to Business. The remaining hours are elective classes of your choosing. Please see below for list of highly recommended classes to fully round out your education and see separate handout for full list of electives. (12-month Completion)

This program is currently only offered in person; all clock hours supervised. For more information, speak to MTI admin or see CAMTC's Policies and Procedures for Approval of Schools.

Program Objectives:

The 650-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 giving students a solid foundation in anatomy, physiology and kinesiology, assessment and treatment protocols, and exposure to a variety of modalities to afford students the ability to specialize in or integrate specific modalities. Students learn from instructors who have been working with clients for many years using the modality they teach. Students learn by lecture, demonstration, discussion and supervised practice. All hours completed at MTI are supervised in-person.

Massage Therapist • 500-Hour Program • Cost: \$8,495

This program includes: The Massage Therapy Fundamentals Series (Intro to Bodywork, Contraindications, Swedish Massage, Intro to Deep Tissue, Intro to Side-Lying, Lab Practical); any three 32 or 36-hour Anatomy classes; Pharmacology; Pathology; Healthcare Systems & Hygiene Protocols, Touch, Presence & Healing and/or Ortho-Bionomy® Ethics & Emotional Issues; Intro to Business. The remaining hours are elective classes of your choosing. Please see below for list of highly recommended classes to fully round out your education and see separate handout for full list of electives. (12-month Completion)

This program is currently only offered in person; all clock hours supervised. For more information, speak to MTI admin or see CAMTC's Policies and Procedures for Approval of Schools.

Program Objectives:

The program is intended to provide students with the minimum required education to gain CAMTC certification. This program is good for anyone who only wants to do 500 hours of training or already has previous training and wants to transfer those hours into MTI to get CAMTC certified quickly. 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 is achieved by giving students a solid foundation in anatomy, physiology and kinesiology and an introduction to the different modalities offered. Students can choose to transfer into our 650-Hour Massage Therapist Program upon completion if desired. Students learn from instructors who have been working with clients for many years using the modality they teach. Students learn by lecture, demonstration, discussion and supervised practice. All hours completed at MTI are supervised in-person.

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 upon completing less than 500 or 650 hours of education. **Local regulations vary. Please check with your city or county.**

California Massage Therapy Council Certification (CAMTC.org)

With a transcript showing at least 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**. 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 160 of those hours satisfying CAMTC specified subjects.

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 minimum of 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 for those 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:

Hours completed at MTI may be transferred and applied to any program at MTI. Transferring units from outside our institution is at the complete discretion of MTI. CAMTC allows 250 hours transferred from an approved institution into a program of another approved institution. There is a transfer fee of \$50 for every 50 unit hours transferred in. Transferring between programs within MTI is free of charge, but may have a higher Student Tuition Recover Fund fee. We do not have any 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.

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 you study under. **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 or massage specific), **two pillowcases**, **a small lightweight blanket** if you get chilly for your use in each class. Bring socks or indoor slippers to wear in the classroom area. You will be informed if specific classes require additional items prior to class starting. You may want to bring a robe for classes that require you to disrobe.

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. Loose, comfortable clothes and short-sleeve tops 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 as it can interfere with giving and receiving bodywork.

Guidelines for Dressing and Undressing, Nudity & Draping:

Students will learn sheet-draping methods to protect a person's privacy and promote feelings of safety. Many classes do not require disrobing. For the classes that require disrobing, generally, only the body area being massaged at the time is uncovered. Nudity is not permitted.

Personal belongings:

There is limited, non-secure storage space for personal effects; please do not bring things of great value to class.

BOOKS, SUPPLIES, AND EQUIPMENT

Classroom Equipment and Supplies:

Massage tables, oils, lotions and stools 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. The school also may have access to used and/or donated tables (though this is not always the case)

Books and Handouts:

Any required reading materials and/or class notes will be provided with each class. Sometimes readings/handouts are provided ahead of time. A very few elective classes require additional text. Any text required is noted with the class description.

Recommended texts for the 500 and 650-Hour Program:

- 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. The schedule is subject to change, though this is uncommon.

FACILITIES

Location of Instruction: Classes are held on school premises at 424 F. St, Ste B, Davis CA 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. COVID has temporarily decreased class size to 50%.

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.

CLASSES

The classes listed below may be taken as part of the Programs, or as individual workshop electives (unless otherwise noted). Required classes appear before electives; some required classes may appear again in the elective section. Any classes may be repeated for credit at the institute. CAMTC will not accept duplicate hours.

Note: Classes may be added to or removed from our program at any time.

Required Classes

With these classes, you will meet all of CAMTC's requirements for certification.

- *Massage Therapy Fundamentals Series*
- *3 Anatomy classes*
- *Pathology for Bodyworkers*
- *Intro to Pharmacology*
- *Intro to Business for Bodyworkers*
- *Healthcare Systems & Hygiene Protocols*
- *Self-Care*
- *Ortho-Bionomy® Ethics & Emotional Issues OR Touch, Presence & Healing*
- *One Ortho-Bionomy® [Phase 4 class]*
- *Remaining hours are electives of your choosing*

Highly Recommended Classes

These electives have been chosen to help best support a well-rounded education and preparation for being a professional in this field.

- *Side-Lying*
- *Pregnancy Massage Fundamentals*
- *At least one Eastern modality class (Acupressure, Tui Na, Shiatsu, etc)*
- *Ortho-Bionomy®: Exploration of Movement*
- *Medical/Sports Massage: Neck, Low Back and Shoulder Injuries*
- *Listening Palpation (if there is interest in manual osteopathy)*
- *At least one more business class*
- *Clinic Series (clinic is often a requirement in other states)*

Massage Therapy Fundamentals (MTF) Series — 100 hours

Prerequisite: None

In this series, you learn the foundational work needed for a professional massage practice. You will learn to give a flowing, thorough and effective Swedish-style relaxation massage and you will be introduced to side-lying massage. You will develop technical expertise, ideal body mechanics, sensitivity, and the ability to be very present and grounded as you work. Emphasis is placed on developing communication, confidence, presence, and the quality of touch needed for effective work. Ethics, benefits, contraindications, and sheet-draping techniques will be taught. You will learn by lecture, demonstration and by receiving and giving massage to fellow students. The 6 sections of this series must be taken in order. You may repeat sections of this series if you desire. Graduation from this series may allow you to work as a Massage Therapist in California, provided your city has no additional hours of training required to issue you a Business License. This is the core training for our 500 and 650-hour programs, and a prerequisite for many of our classes (*breakdown of MTF sections below*).

MTF: Intro to Bodywork — 44 hours

Prerequisite: None

Learn how to use equipment of the trade and get an introduction to working on the body. Get comfortable with how to move the body, drape the client and learn what tools to use and when. Get an introduction to Swedish massage strokes. Start instilling good body mechanics and communication habits to better prepare yourself to be an effective therapist.

MTF: Contraindications — 8 hours

Prerequisite: Intro to Bodywork

Learn about endangerment sites and get an introduction to pathology, learning when massage may be contraindicated for specific conditions and circumstances.

MTF: Swedish Massage — 16 hours

Prerequisite: Contraindications

In this class, you will learn how to give a relaxing full-body Swedish-style massage. We will focus on body mechanics, tools and flow.

Intro to Deep Tissue Massage — 16 hours**Prerequisite: Fundamentals - Swedish Massage**

In this class you will learn how to increase your touch sensitivity in order to add more pressure to your massage. We will focus on body mechanics and “listening” touch. This class may be optional within the Fundamentals series.

MTF: Intro to Side Lying — 8 hours**Prerequisite: Swedish Massage**

Learn about the benefits of side-lying and how to adapt your bodywork to the side-lying position.

MTF: Lab Practical — 8 hours**Prerequisite: Intro to Side-Lying**

This is the culmination of the hands-on portion of the Fundamentals series. You will give and receive a 60-minute and a 90-minute massage and be evaluated on skills learned from the series.

Anatomy: (3 anatomy classes required in the 500 and 650-hour programs)

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.

Dynamic Anatomy — 32 hours**Prerequisite: 32 anatomy hours**

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:** Atlas to the Human Body, by Frank Netter.

Anatomy: Muscles & Bones 1 & 2 — 36 hours (18 hours each part)**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 MBLEx — 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**

The effectiveness of massage and bodywork increases dramatically when a therapist's intuition is informed by a solid knowledge of the structures touched and workings of the body's systems. Throughout the class, we will be studying the structure of the body from a functional perspective, learning how the systems affect one another and how therapeutic touch can improve health in general.

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.

Intro to Pharmacology for Bodyworkers — 8 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.

Healthcare Systems & Hygiene Protocols — 16 hours**Prerequisite: None**

Be prepared to work in the massage therapy and bodywork industry by learning about health & hygiene subject matter. Topics cover include therapist hygiene, universal/standard precautions, infection control, blood & airborne pathogens, accommodating medical/health issues, acute care, long-term chronic care, and specialty care centers, hospice/palliative care and stand along medical massage practice facilities.

Pathology for Bodyworkers — 24 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.

Intro to Business — 16 hours**Prerequisite: None**

Get an introduction to how to conduct yourself in the health and wellness industry. We will cover everything from licenses, laws and paying taxes to marketing, equipment/supplies and office ambiance. This course will give you a solid foundation in feeling comfortable entering the health and wellness industry, whether you are working for someone else, for yourself or both!

Ethics (*you may take either or both of these classes to satisfy your ethics requirements*)

Ortho-Bionomy®: Ethics and Emotional Issues — 16 hours**Prerequisite: None**

How does it work, that when you are clear within yourself and with your clients about your own integrity, emotional responses, and boundaries, that this allows your work to go even deeper? We will journey into the experiential discovery of how being clear within our body, emotions, and spirit allows us to be better practitioners. You will learn to: establish and maintain your own boundaries and grounding with appropriate flexibility; practice where in our body we feel our center and core, how we can get thrown off center, and how to return to center in a more strong and solid place with integrity and respect; know your skills, limitations, and blind spots; embody the work in and out of session; develop a response within yourself that maintains your core philosophy.

Touch, Presence & 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.

Ortho-Bionomy (choose at least one of the following Phase 4 classes)

Ortho-Bionomy®: Phase 4 – 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, structure-oriented and more static in positioning. 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®: Phase 4 – 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, structure-oriented and more static in positioning. 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®: Phase 4 – 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, structure-oriented and more static in positioning. In this class you will learn how to apply pain relief techniques for shoulders, scapula, elbows, wrist, clavicle and the bones of the hand.

Self-Care — 16 hours

Prerequisite: None

This class is designed to help you gain more self-awareness in common habits so that you can take better care of yourself and your clients. Focus will be paid to maintenance and exercises that can be utilized to best support healthy body mechanics. You will also be introduced to many tools that can be used in your self-care routines and in your private practice.

end required classes section

Electives Classes (Listed by alphabetically by modality/subject)

This is a full list of classes offered at Massage Therapy Institute. Most classes are offered at least once per year, however there is no guarantee that each class is offered yearly. Please see calendar for current offerings.

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: Listening Touch — 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.

Meridian Acupressure: 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.

Five Elements Acupressure – 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: 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.

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: The Chakras — 8 hours

Prerequisite: None

Energetic touch to bring balance to the Wheels of Life-Force along 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: Dreaming — 7 hours

Prerequisite: None

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

Acupressure: Easing Fibromyalgia & Chronic Fatigue — 7 hours

Prerequisite: None

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

Acupressure: Headache Relief — 7 hours

Prerequisite: None

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

Acupressure: Neck and Shoulder — 6 hours

Prerequisite: None

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

Acupressure: Back Pain — 6 hours

Prerequisite: None

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

Acupressure: PMS 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. Simple point formulas to help yourself and your clients – easy to add into your regular session work.

Aromatherapy — 8 hours**Prerequisite: Fundamentals**

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.

Aromatherapy: Raindrop Therapy Techniques — 8 hours**Prerequisite: Aromatherapy**

This workshop will focus on how to balance body, mind & spirit while applying “rain drops” of therapeutic grade essential oils to the spine of the feet (foot reflexology) and the spine of the back. These essential oils will stimulate the spine, supporting, a healthy immune system and will bring the body, mind and spirit back into balance. Students will learn the history, benefits, areas of contraindications, safety points and how to apply techniques when using the essential oils for this rain drop therapy. This is a wonderful treatment that will expand your toolbox, giving another therapy treatment to offer to your clients.

Business: Target Markets & Business Plans — 7 hours**Prerequisite: Intro to Business**

Learn the value of target markets and how to do the research to figure out what your target market in any given area would be. Learn how to put together a business plan, which is absolutely essential.

Business: Working for Yourself — 7 hours**Prerequisite: Target Markets & Business Plans**

Prepare yourself to work for yourself successfully.

Business: Working for Others — 7 hours**Prerequisite: Target Markets & Business Plans**

Prepare yourself to work for others successfully.

Clinic — 75 hours**Prerequisite: 200 Hours (including Massage Therapy Fundamentals)**

CLINIC OVERVIEW: This course focuses on helping you apply the skills and knowledge you have gained in your other massage therapy classes. You will be working with the general public directly as your clients. As such, you will be responsible for keeping yourself and your clients safe, building and integrating new skills, learning about the client therapeutic relationship, and participating in professional activities that are common for therapists. Those activities include client case studies, the supervision process, assessing and developing a personal database of common conditions you encounter and what to do about it, and how to identify when it is best to refer a client out to another massage therapist or another healthcare provider. Students will also get opportunities to interact with local massage therapists and massage businesses, many of whom may be interested in hiring students.

CLINIC I FOCUS (22 hours): Hygiene protocols, setting boundaries, client assessments/accommodations, body mechanics, massage tools, self-care, scientific research, developing treatment plans, being a lifetime learner.

CLINIC II FOCUS (21 hours): Basic therapeutic relationship skills, effective communication, client bill of rights, dual relationships, intimacy and sexual misconduct, scope of practice, working with trauma and traumatic stress.

CLINIC III FOCUS (32 hours): Identifying massage industry leaders, networking, introduction to trade journals/magazines, exploring career options, resume building, ethical practice management, business ethics, integrating clinical thinking skills during the intake process, assessments, treatment plans, accommodations, techniques, professional learning, referrals.

Cranial Sacral Therapy and Energy Work:

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 and 32 anatomy hours**

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

Joining the principles and practices of energy work and cranial sacral 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.

Touch, Presence and Healing — 21 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.

Unwinding — 21 hours

Prerequisite: Touch, Presence & Healing

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: Touch, Presence & Healing

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) and personal energy practices for the practitioner's development in the area of expression.

Chair Massage — 8 hours

Prerequisite: Fundamentals and 32 anatomy hours

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.

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.

Deep Tissue Massage:

Deep Tissue massage therapy utilizes firm pressure and slow strokes to work with the deeper structures of the body. There is often a misconception that deep tissue massage is painful – you will learn how to work with your client on a deeper physical level while learning how to be sensitive to your client's response so that discomfort is minimized.

Deep Tissue Massage 1 — 24 hours

Prerequisite: Fundamentals and 32 anatomy hours

This class introduces the basics of deep tissue massage therapy, including myofascial bodywork. 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 1 — 24 hours

Prerequisite: Fundamentals and 32 anatomy hours

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. 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.

Dynamic Deep Tissue Massage 2 — 24 hours

Prerequisite: Deep Tissue Massage

This class is designed to give participants more advanced tools for working with deep levels of contact. Students will further develop sensitivity and perception as they continue to learn to work with greater precision and effectiveness.

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: Fundamentals, 64 anatomy hours and at least an additional 100 hours hands-on training

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© — 19 hours**Prerequisite: Functional Bowen™ Concepts 1 ©**

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 2© 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.

Lymphatic Massage Techniques:

Students learn the anatomy and physiology of the lymphatic system, how to work with the lymph and integrate lymphatic work into a full body or specific-focus massage. Students may also go on to receive certification in lymphatic drainage, available in 2025.

Prerequisite: Fundamentals, 32 anatomy hours and at least an additional 100 hours hands-on training**Lymphatic Foundations 1 — 24 hours**

An introduction to the Lymphatic System including foundational physiology, anatomy and palpation. Contraindications and the benefits of manual lymphatic drainage are discussed. Communication with clients about the Lymph System and what to expect with Lymphatic massage is also discussed. In addition, the students will learn lymphatic techniques and sequences to address edema in the extremities, abdomen, posterior trunk and the face and neck.

Lymphatic Foundations 1 Lab – 4 hours**Prerequisite: Lymphatic Foundations 1**

This class is designed to review the concepts and practice the techniques from Lymphatic Foundations 1 to ensure that you are fully prepared for Lymphatic Foundations 2. This is a requirement in order to proceed to Lymphatic Foundations 2 and may be repeated as many times as desired. You may also be instructed to retake Lymphatic Foundations 1 in order to successfully proceed to level 2.

Lymphatic Foundations 2 — 16 hours**Prerequisite: Lymphatic Lab 1**

This class builds on what was taught in Lymph 1 to gain a deeper understanding of the physiology of the Lymphatic System including how the Lymph System optimizes anastomoses for more effective lymphatic flow and drainage when necessary. A demonstration and practice is included in how to work with anastomoses to support the reroute of lymph fluid across a watershed area.

Integrating Lymphatic Techniques With Massage — 8 hours**Prerequisite: Lymphatic Foundations 1**

This class is for the student who has foundational knowledge of and a manual skill set for working with the Lymphatic System. There is a detailed discussion of conditions and situations that could benefit from integrating Lymphatic techniques with other hands-on modalities. Followed by demonstrations and practice of how to communicate the intention of combining modalities to a client plus the hands on Integration practice(s).

Integrative Therapies — 24 hours**Prerequisite: 200 hours including Fundamentals & 32 anatomy hours**

Integrative Therapies is combining the modalities of Deep Stroke Compression Massage, Anatomy Silicone Cupping and performing Manual Lymphatic Drainage techniques. By using this approach, we create space in congested muscle tissue, promote and improve circulation of the body. This perspective is an effective way to release impurities and to heal the body from tension and stress. Silicone cups will be provided for use during lab.

Lomi Lomi — 24 hours**Prerequisite: Fundamentals and 32 anatomy hours**

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.

Adaptive Techniques for the Physically Compromised — 8 hours

Prerequisite: Fundamentals and 32 anatomy hours

Learn how to adapt your body mechanics to give effective massages to clients, friends or family who have lost mobility whether it is temporary or permanent. Class includes contraindications and precautions to work safely with fragile skin, poor circulation, limited range of motion and diminished loss of hearing, mental focus or communication skills. Purposeful communication strategies to interface with health care aides or family members is discussed and practiced in this class.

Prenatal/Pregnancy Bodywork:

Our prenatal instructors teach either Leslie Stager (MotherTouch™) and/or Carol Osborne techniques. Our classes train massage therapists and birth professionals in practical and advanced bodywork skills. Leslie Stager offers many other courses in Bodywork for Women's Health (please inquire for further details).

Prerequisite: Fundamentals, 64 anatomy hours, Pathology

Pregnancy Massage Fundamentals — 8 hours

This class will increase your awareness of concerns and general practices necessary for safe and effective bodywork treatments with pregnant clients. You will learn about physiological changes during 9 months of pregnancy, safe positioning options for each trimester to avoid uterine ligament strain, and draping options for side lying positioning. You'll explore the pregnancy health intake and important contraindications, precautions, and basic pathologies, and clarify real concerns and common pregnancy massage myths. We will discuss essential office procedures and practice some side-lying bodywork techniques during class and you will be prepared to offer basic, safe sessions with pregnant clients. The course is a blend of lecture and experiential learning in preparation for the 3-day hands-on class that follows, where you will practice numerous bodywork techniques that support your practice. Teaching methods will include lecture, demonstration, discussion, films, supervised application, and experiential practices.

Pregnancy Massage Practicum — 24 hours

Prerequisite: Pregnancy Massage Fundamentals

A continuation of Fundamentals class from the previous day, this 3-day class will prepare you to offer a full-body massage with clients having a low-risk pregnancy. Both days are focused on practicing side lying massage techniques that address common complaints, such as low back, hip, and rib pain, leg cramps, headaches, while expanding knowledge of pregnancy contraindications, ethical concerns, postural considerations. You'll cultivate injury-preventing body mechanics, and acquire a toolbox of skills, many of which may be applicable to non-pregnant clients as well.

Morales Method® Medical Massage, Sports Massage and Structural Integration:

Medical and Sports Massage teaches methods that address specific medical conditions. Students learn to use various modalities such as Neuromuscular Therapy, Myofascial Bodywork, deep Swedish, and orthopedic testing to work with specific debilitating problems. Completing 104 hours of the following (excluding Core Integration), will count toward Morales Method® Pain Specialist. The Morales Method® is recognized by the International Association of Structural Integrators (IASI) as meeting IASI educational standards.

Prerequisite for ALL classes in this section: Fundamentals and 64 anatomy hours (except Body Mechanics)

Body Mechanics — 8 hours**Prerequisite: Fundamentals and 32 anatomy hours**

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.

Core Integration I — 40 hours

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.

Facilitated Stretching — 16 hours

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!

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 toolbox 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.

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

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 Injuries — 16 hours

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.

Trigger Point Therapy — 16 hours

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.

Neuromuscular Therapy

Neuromuscular therapy is used to address trigger points, which cause pain, complicate pain and mimic pain. Neuromuscular therapy uses direct, focused pressure on these “hyperirritable spots in taut bands of muscle” to restore blood flow, function and strength to the muscle. Trigger points may develop during the healing process following injuries and surgeries or when muscles perform the same repetitive motions or prolonged position. The hallmark of a trigger point is its classic referral pattern, which refers pain to other areas in the body when the trigger point is pressed. The pattern for each trigger point is the same for about 85% of people, making it easier to locate and relieve the source of the pain. This series of courses will help you learn the science and art of neuromuscular therapy, including pain science, regional anatomy & physiology, full-body assessments and orthopedic tests and mechanisms of injury and healing.

Prerequisite for all classes in this section: Massage Therapy Fundamentals; at least 32 anatomy hours

NEUROMUSCULAR THERAPY: Principles & Assessments — 24 hours

Join us to discover the science and practice of neuromuscular therapy (also known as trigger point therapy). You will learn the anatomical and physiological principles of pain, ischemia, trigger points, nerve compression/entrapment, postural distortion and dysfunctional biomechanics. You will also explore common mechanisms of injury, stages of healing, and clinical somatic theory (the practical application of the mind-body connection). You will learn how to assess a client’s posture and movement to determine the source of their pain and strategize to eliminate its root cause, including basic trigger point therapy techniques, somatic exercises, and corrective actions. This class is essential for anyone doing clinical/medical massage or structural bodywork who desires a deeper understanding of neuromuscular structure, function, and dysfunction.

NEUROMUSCULAR THERAPY: Legs, Knees & Feet — 20 hours

Additional Prerequisites: NMT Principles & Assessments

Dive into the practice of neuromuscular therapy on muscles and common dysfunctions in the legs, knees & feet. You will learn to identify pain patterns and apply structural evaluation and neuromuscular therapy techniques to release muscles on the thigh, lower leg and foot.

NEUROMUSCULAR THERAPY: Neck & Upper Torso — 20 hours

Additional Prerequisites: NMT Principles & Assessments

Dive into the practice of neuromuscular therapy on muscles and common dysfunctions in the neck & upper torso. You will learn to identify pain patterns and apply structural evaluation and neuromuscular therapy techniques to release muscles in the front and back of the neck, chest, shoulder’s rotator cuff, and upper back muscles.

NEUROMUSCULAR THERAPY: Pelvis, Low Back & Hips — 24 hours

Additional Prerequisites: NMT Principles & Assessments

20 hours | Wed | June 21 (6pm-10pm) + Thurs & Fri | June 22 & 23 (9am-6pm)

Dive into the practice of neuromuscular therapy on muscles and common dysfunctions in the pelvis, low back & hips. You will learn to identify pain patterns and apply structural evaluation and neuromuscular therapy

techniques to release muscles in the lower back, abdomen, buttocks, upper thigh and pelvic floor (exterior attachments only).

NEUROMUSCULAR THERAPY: Shoulders, Arms & Hands — 20 hours

Additional Prerequisites: NMT Principles & Assessments

Dive into the practice of neuromuscular therapy on muscles and common dysfunctions in the upper extremities. You will learn to identify pain patterns and apply structural evaluation and neuromuscular therapy techniques to release muscles in the shoulder girdle, upper arms, forearms, and hands.

NEUROMUSCULAR THERAPY: Headaches, Cervical Pain & TMJ — 16 hours

Additional Prerequisites: NMT Principles & Assessments & at least 20 hours of regional NMT coursework or equivalent (recommended – Neck & Upper Torso; Shoulders, Arms & Hands)

Develop your neuromuscular therapy techniques with the practical application of your skills on patients dealing with headaches, migraines, cervical pain, and jaw pain. Using tools from our regional coursework, you will learn to identify pain patterns and apply appropriate techniques to alleviate pain in the superficial and deep muscles of the shoulder, neck, head and jaw (including muscles inside the mouth). You will also explore the somatic and visceral connection between the hip and jaw joints.

NEUROMUSCULAR THERAPY: Pregnant Women & Mothers — 16 hours

Additional Prerequisites: NMT Principles & Assessments & at least 20 hours of regional NMT coursework or equivalent (recommended – Low Back, Pelvis & Hips)

16 hours | Mon, Tues, Wed & Thu | Jan 21, 22, 23 & 24 (6pm – 10pm)

Develop your neuromuscular therapy techniques with the practical application of your skills on pregnant women and mothers. Learn how to provide therapeutic massage for a client throughout her pregnancy and as she cares for her child. Using tools from our regional coursework, you will learn to apply appropriate techniques during the different stages of pregnancy and motherhood.

NEUROMUSCULAR THERAPY: Preparation & Rehabilitation for Surgical Patients — 16 hours

Additional Prerequisites: NMT Principles & Assessments & at least 20 hours of regional NMT coursework or equivalent

Develop your neuromuscular therapy techniques with the practical application of your skills on patients preparing for and recovering from surgery. Learn how to provide therapeutic massage for a client through the entire process from diagnosis/injury through repair and recovery. Using tools from our regional coursework, you will learn to coordinate with other health care professionals and apply appropriate techniques during the different stages of a surgical patient's healing process.

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. Please begin with a Phase 4 class or Ethics & Emotional Issues. All classes without a phase are considered electives within the Society for Ortho-Bionomy® International (SOBI). For further information on specialized certifications in Ortho-Bionomy®, please visit their website ortho-bionomy.org or speak to MTI staff.

Prerequisite for all classes in this section: Massage Therapy Fundamentals

Ortho-Bionomy®: Ethics and Emotional Issues — 16 hours

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. Participants learn skills for addressing emotional responses that may arise during a session in an appropriate and professional manner. In addition, participants discuss the guidelines for professional conduct and review physical levels that demonstrate how energetic shifts can affect changes in physical patterns.

Ortho-Bionomy®: Phase 4 – Releases for the Spine & Pelvis — 16 hours

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, structure-oriented and more static in positioning. 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®: Phase 4 – Releases for the Lower Extremities — 16 hours

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, structure-oriented and more static in positioning. 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®: Phase 4 – Releases for the Upper Extremities — 16 hours

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, structure-oriented and more static in positioning. 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®: Phase 5 – Subtle Physical and Unwinding Releases —16 hours

Additional Prerequisites: 1 16-hour Ortho-Bionomy® class

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. With little effort, you will hardly move the body, yet easily release deep contractions. The release positions of Phase 5 tend to be movement-oriented, rather than the more static positions of Phase 4.

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

Additional Prerequisites: 1 16-hour Ortho-Bionomy® class

This class provides you with 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. Some practitioners perform Phase 6 while physically touching the client, while others may follow energetic patterns with little or no physical contact with the client. As can happen at a physical level, there may be energetic disruptions that cause distress or discomfort for the client. These energetic imbalances can be worked with in much the same way as in Phase 4 and 5.

Ortho-Bionomy®: Advanced Shoulders and Ribs — 16 hours

Additional Prerequisites: 1 16-hour Ortho-Bionomy® class (other than Ethics)

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 its 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

Additional Prerequisites: 1 16-hour Ortho-Bionomy® class (other than Ethics)

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® 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 its 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®: Cranial — 16 hours

Additional Prerequisites: 1 Phase 4 Ortho-Bionomy® class

We will be using the osteopathic Ortho-Bionomy® principles to work on the cranium. We will work with the structure (skin, muscles & bones); unwinding the dynamic of how relaxing the practitioner deeply relaxes the client; energetics of the cranium and 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 new meaning. This may be different from any cranial class you have taken.

Ortho-Bionomy®: Exploration of Movement — 16 hours

Additional Prerequisites: 1 Ortho-Bionomy® class

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

Additional Prerequisites: 1 Ortho-Bionomy® class

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

Additional Prerequisites: 1 Ortho-Bionomy® class

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.

Reiki Therapy:

Reiki Level 1— 14 hours

Prerequisite: None

An introduction to the human energy system through Reiki, including its history, theory, and application. We will use the Usui handbook as a guide to adding Reiki to your daily life (and your bodywork as well.) Reiki is a universal energy that supports our body’s innate ability to heal and can enhance awareness of the energetic flow between practitioner and client. We begin with basic energetic concepts—grounding, sensing energetics (individually, with a partner, and as a group) and understanding the Reiki philosophy and effects. We move on to the practical application of these tenets through personal exploration and hands-on work together. Over the course of the class, you will receive three attunements that prepare you to channel the Reiki energy.

Reiki Level 1 for Bodyworkers — 14 hours

Prerequisite: Reiki Level 1

Recommended text: The Original Reiki Handbook of Dr. Mikao Usui

Reiki is a universal energy that can support the body’s innate ability to heal. In this class we explore integrating Reiki with your preferred bodywork modalities, both actively and subtly. You can enhance your awareness, hone your palpation skills, and offer greater benefits to your clients through allowing the flow of Reiki with your intention. The class includes personal exploration of Reiki’s uses and the potential benefits of its focused attention. We will practice hands-on Reiki work one-on-one and in multi-hands practice and explore where and how to utilize Reiki within your preferred modalities.

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.

Shiatsu — 30 hours

Prerequisite: Fundamentals and 32 anatomy hours

This course reinforces early eastern principles in which areas of the body may be affected through stimulation of certain nerve points or meridians in an effort to maintain an overall healthy balance. This class incorporates the 5-element theory and involves pressure and strokes applied to Asian acupoints along the major meridians of the body to balance the body's energy. Work is done traditionally on the floor, but elements can be used on the table.

Shiatsu Table Massage — 24 hours

Prerequisite: Fundamentals and 32 anatomy hours

This course reinforces early eastern principles in which areas of the body may be affected through stimulation of certain nerve points or meridians in an effort to maintain an overall healthy balance. This class incorporates the 5-element theory and involves pressure and strokes applied to oriental acupoints along the major meridians of the body to balance the body's energy. Work is done traditionally on the floor, but this class will be adapting those elements to the table.

Swedish Hot Stone Massage — 16 hours

Prerequisite: Fundamentals and 32 anatomy hours

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.

Foundations of Floorwork — 24 hours

Prerequisite: Fundamentals and 64 anatomy hours

The art of moving around on the floor has somewhat gotten lost in our society today; we can end up stressing our spines unnecessarily when simply reaching down to pick something up off the floor. Whether you would like to learn how to have better mobility and body mechanics on the floor or you are preparing to go into floorwork modalities such as Thai or Shiatsu, this class will teach you skills that you can use for the rest of your life.

Traditional Thai Massage — 36 hours

Prerequisite: Fundamentals and 64 anatomy hours

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.

Thai Table Massage — 24 hours

Prerequisite: Floorwork Foundations or Traditional Thai Massage

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.

Chi Nei Tsang — 24 hours

Prerequisite: Fundamentals & 64 anatomy hours

Chi Nei Tsang translates to "internal organ energy transformation" and was developed by ancient Taoist monks in China. As a healing practice, it integrates the physical, mental, emotional, and energetic aspects of the whole person. It's also known as Abdominal Detox Massage, because of the numerous benefits for the digestive system. With modern science, we now understand the gut-brain axis and the interrelatedness of emotions and digestion/elimination systems. Chi Nei Tsang addresses all the structures of the torso: organs, muscles, vessels - literally connecting the receiver's upper and lower halves. Benefits of Chi Nei Tsang include improved digestion & elimination, easeful breath, released emotional blockages, deep relaxation, and decreased low back pain. Chi Nei Tsang can be integrated into massage sessions on a table or on the floor. You will learn the anatomy of the abdomen and a prescribed sequence.

Tui Na:

Tui Na is an ancient system using Chinese meridians and is intended to be both relaxing and invigorating. Some strokes are very similar to Swedish – this modality integrates well with other modalities. It is practiced on tables in loose-fitting clothing.

Tui-Na 1 — 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.

Tui-Na 2 — 16 hours

Prerequisite: Tui Na Foundations

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.

Listening & Mobilization

Our Listening & Mobilization series is firmly rooted in manual osteopathy. This series teaches the skills of "listening" with the hands, how to identify and map structures and organ systems of the body, and assessments and treatments for those structures and systems. There are further trainings available with the instructor beyond the classes listed below. Please inquire for more information.

Prerequisite for all classes in this section: Fundamentals, 64 anatomy hours; 200 hours hands-on training (Cranial Sacral training heavily recommended)

Listening Palpation — 24 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 must be paid for outside of a program or package of hours.

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 more effective care of the interface between the organ systems and the myo-skeletal terrain.

Neural Mobilization — 24 hours

Prerequisite: Listening Palpation

This course must be paid for outside of a program or package of hours.

This class focuses on the precise palpation of the peripheral nerves and their freedom of movement within their associated structures. From spinal nerve root origins to cutaneous branches, we will address the balancing of the relationship of the Peripheral Nervous System to the Central Nervous System and the effects the Peripheral Nervous System has on the Visceral-Parietal structures. As with all of the classes in my progressive teaching format, in addition to the study of the Peripheral Nervous System, included will be the related anatomical element of the thorax and pelvic cavities.

Transition, Flow & Finesse — 16 hours

Prerequisite: Fundamentals, 64 hours anatomy 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.

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.

Benjamin Katz has been a bodywork practitioner since 1990, and has been teaching nationally and internationally since 2005. His methods are grounded in his studies with leading European and American Osteopaths and enhanced by the knowledge he has gained from his clinical experiences. His courses offer an anatomically specific, open sourced modality suited to the needs of the beginner and advanced practitioner alike.

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.

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 Tune Up® 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 after graduating. She has a passion for figuring out how things are connected, is solution-oriented 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.

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.

Beth Youngdoff is a Registered Practitioner of Ortho-Bionomy® and an MTI graduate. A lifetime student of meditation and spiritual healing, she became a Reiki practitioner after retiring from her "real career" in the 60s and completed a year-long Reiki Master/Instructor program in 2013 under Sensei Amy Yoshida of the Usui Method of Natural Healing. She began her massage career in a chiropractic office while still in school and in 2016, opened Floating Lotus, a private women's wellness practice. Her focus is on building cooperative relationships with her clients to promote somatic awareness and the importance of self-care. She also holds a BA in Management and was a professional dancer and instructor for 30 years.

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 MTI at (530) 753-4428 or info@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. However, we may have contacts for local room rentals – please inquire. 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. However, there is a notice board at the school listing job openings and we email current and past students about job opportunities.

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. Official transcripts are available for a fee (see Other Fees).

GRADING AND GRADUATION

Grading:

All courses of study are Pass/Fail. Students must receive a grade of 70% for all tests & assessments. Students must be in attendance for at least 75% of any class in order to pass. 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.

DISTANCE EDUCATIONAL PROGRAM

MTI heavily recommends that the entirety of our 500 or 650-hour programs be taken in person. Distance Educational classes are taught synchronous, in real time. Course evaluations are submitted and announced to students on the last day of class. Both the 500 and 650-Hour Programs can be taken partially online, though online options for classes are not guaranteed. Most theory-based classes have an online option; some hands-on training is available to be taken as a hybrid option (part online and part in person). Please see class descriptions for individual online class options. MTI adheres to CAMTC Interactive Distance Learning (IDL) requirements, which only allows IDL for certain subjects and courses. No more than 190 hours of education is permitted within this program. For more information, speak to MTI administration or see Section 5.E.b of CAMTC's Policies and Procedures for Approval of Schools.

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 full credit. To graduate from any program, a student must participate in and satisfactorily complete all of the required courses and elective class hours. If required class time is missed, make-up time may be required. Make-up time is solely at the discretion of MTI and the instructor for which the time was missed. Students must pass all tests with 70% or higher grade to graduate and must attend at least 75% of an individual class in order to pass any class. The cost of the program reflects hours registered for; actual hours attended may be different than hours registered for if absence occurs. Dropping a workshop within two weeks of the workshop start date is considered an absence. Any hours exceeding the initial registered amount will be paid for at the program hourly rate for up to 10 hours. Excessive tardies or absences may be grounds for dismissal.

Required Program Classes

All missed required class hours for the Massage Therapy Fundamentals class may be made up in the next scheduled Massage Therapy Fundamentals class. Missed class hours in the Anatomy, Pathology and 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:

Elective classes are not eligible for make-up. We do not have a continuing education agreement with any other institution, college or university. Acceptance of any of our workshops as continuing education is solely at the discretion of the entity in which you are attempting to gain continuing education credit through.

Punctuality Policy:

Lateness is a disruption to a good learning environment and is discouraged. Students are expected to arrive at least 10 minutes before class begins to get checked in and settle in. 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. A program withdrawal may be required.

Class Tuition Transfer Policy:

Students who have signed up for a class but cannot attend, may transfer their prepaid tuition to another scheduled class if done so at least 2 weeks prior to the beginning of class.

Repeated Classes:

Classes may be repeated, on a space-available basis. CAMTC will not accept any repeat hours towards the Certification credential.

Conduct and Conditions for Probation and 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, 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. If a student is exhibiting poor performance, poor behavior or poor attendance or tuition payments fall in arrears, they may be entered into academic probation. Probation will be at the sole discretion of MTI and only if it is deemed necessary to help a student get back on track. Probation may last 1-3 months with a monthly evaluation of the student's progress. At the end of probation, the student will either be dismissed or be reintegrated into the normal academic status. 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 (non-refundable)	Tuition	Books	STRF (non-refundable)	Total charges for current period of attendance*	Estimated total charges for the program
Massage Therapist 650-Hour	\$250	\$9,610.00	\$0	\$0	\$9,860.00	\$9,860.00
Massage Therapist 500-Hour	\$250	\$8,245.00	\$0	\$0	\$8,495.00	\$8,495.00

**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 credit cards, 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 650-hours may be paid for over 12 months (\$750 minimum each month); Massage Therapist 500-hours may be paid for over 12 months (\$645 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 financial aid programs, nor do we participate in Federal or State financial aid programs. If you obtain a loan to pay for an educational program, it is your responsibility to repay the loan in full plus interest, less the amount of any refund; if you have received federal student financial aid funds, you are entitled to a refund of the monies not paid from the student financial aid program funds.

Other Fees: Returned Check \$25.00 each; Duplicate Certificate \$35.00 each; Transfer Fee (when student changes classes) equivalent to the program cost per hour when notice is given less than 2 weeks before the first day of class; Records Name Change \$15.00; Official Transcript \$35.00 (\$15 for additional transcripts sent to same location). If additional documentation is required with official transcript, there is an additional \$20.00 fee. STRF \$2.50 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:

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program. It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 North Market Blvd., Suite 225, Sacramento, California, 95834, (916) 574-8900 or (888) 370-7589.

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

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of 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.

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 paid (minus the \$250 registration fee) 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, Ste. 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.

The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights and navigating available services and relief options. The office may be reached by calling (888) 370-7580 or by visiting www.osar.bppe.ca.gov

STUDENT GRIEVANCES 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 in writing or orally to: Georgia Ramos, Director, Massage Therapy Institute, 424 F Street, Ste. 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.