



Scheduled Classes 2024

022223

| Date | Subject (Core/Elective) | Prerequisites | Date | Subject (Core/Elective) | Prerequisites |
|-----------|---|-----------------|-------------|--|---------------------|
| 1/5-19 | Business, Marketing & Chair Massage (56 hrs) | by permission | 8/9 | Your Crown & Glory: Head Massage (8 hrs) | none |
| 1/11-14 | Craniosacral Therapy Level 2 (24 hrs) | Level 1 | 8/10-11 | Rock to Relax: Pulsing (16 hrs) | none |
| 1/16 | Embracing Life – Arms, Wrists, Hands (8 hrs) | TM1, B&M | 8/12-21 | Clinical Aromatherapy & Massage (48 hrs) | TM1 / by permission |
| 1/18-27 | Therapeutic Massage Level 1 (52 hrs) | none | 8/22-9/22 | Traditional Thai Massage on the Mat (96 hrs) | none |
| 1/28-2/5 | Foot Reflexology (48 hrs) | none | 8/26 | Stretching – Tai Chi – Qigong - UB (8 hrs) | TM1, B&M |
| 2/6-16 | Therapeutic Massage Level 2 (52 hrs) | TM1 | 8/31-9/2 | Craniosacral Therapy Level 1 (24 hrs) | by permission |
| 2/17-18 | Sea Shell Massage (16 hrs) | TM1 | 9/3-10/11 | Physiology (56 hrs) | none |
| 2/19-22 | Reiki Intensive (16 hrs) | None | 9/13 | Stand Your Ground – Legs & Feet (8 hrs) | TM1, B&M |
| 2/23-3/17 | Anatomy: Bones & Muscles (48 hrs) | none | 9/14-15 | Rock to Relax: Rebalancing (16 hrs) | none |
| 2/26 | Ease the Load – Shoulders (8 hrs) | TM1, B&M | 9/23-10/3 | Therapeutic Massage Level 1 (52 hrs) | none |
| 2/27-3/2 | Bamboo Massage (24 hrs) | TM1, B&M | 10/4 | Move Freely – Hips & Pelvis (8 hrs) | TM1&2, B&M |
| 3/5 | Relax – Ear & Hand Reflexology (8 hrs) | none | 10/5-6 | Sound Infused Massage Therapies (16 hrs) | TM1 |
| 3/6-15 | Hot & Cold Stone Therapy (48 hrs) | TM1 | 10/12-20 | Therapeutic Massage Level 2 (52 hrs) | TM1 |
| 3/18-31 | Therapeutic Massage Level 3 (52 hrs) | TM2 | 10/21 | I've Got Your Back – Spec. Back Techn. (8 hrs) | TM1, B&M |
| 3/22-24 | SansHandsFlow Massage (24 hrs) | TM1 | 10/21-30 | Acupressure (48 hrs) | none |
| 4/1-24 | Physiology (56 hrs) | none | 10/28 | Cupping: Myofascial Decompression (8 hrs) | by permission |
| 4/4-7 | Neuromuscular Therapy (24 hrs) | TM1, B&M | 10/31-11/3 | Barefoot Bars Deep Tissue (32 hrs) | by permission |
| 4/8 | Soothing Belly Work – Abdominal Massage (8 hrs) | TM1, Phys | 11/4-13 | Myofascial Therapy (48 hrs) | TM1, B&M |
| 4/13-14 | Thai Herbal Spa (16 hrs) | none | 11/14-12/9 | Business, Marketing & Chair Massage (56 hrs) | by permission |
| 4/18-21 | Clinical Hydrotherapy (24 hrs) | TM1 | 11/17-19 | Geriatric (Elderly) Massage (24 hrs) | TM1 |
| 4/25-28 | Thai Foot Massage (24 hrs) | none | 11/20 | Crazy Good Neck Work – Version II (8 hrs) | TM1&2, B&M |
| 4/29-5/24 | Kinesiology (52 hrs) | B&M | 11/24-26 | Premier Spa Indonesia (16 hrs) | TM1 or equivalent |
| 5/3-11 | Maternity & Infant Massage (48 hrs) | TM1 | 12/1-1/2/25 | Kinesiology (52 hrs) | B&M |
| 5/16-19 | Hot Stone LomiLomi (24 hrs) | TM1 | 12/13-21 | Deep Tissue Massage (48 hrs) | TM1, B&M |
| 5/20 | Dreamy Face Sequence (8 hrs) | none | 12/16 | Himalayan Salt Stone Massage (8 hrs) | TM1 |
| 5/25-26 | Hot Stone Reflexology (16 hrs) | none | | | |
| 5/27 | Crazy Good Neck Work – Version I (8 hrs) | TM1&2, B&M | | | |
| 5/28-6-7 | Therapeutic Massage Level 1 (52 hrs) | none | | | |
| 6/8-11 | European Spa Specialties (24 hrs) | TM1 | | | |
| 6/12-7/3 | Pathology (44 hrs) | Physiology | | | |
| 6/15-16 | Fusion 16 (16 hrs) | TM1&2, B&M | | | |
| 6/20-6/29 | Therapeutic Massage Level 2 (52 hrs) | TM1 | | | |
| 7/1 | Stretching – Tai Chi – Qigong - LB (8 hrs) | TM1, B&M | | | |
| 7/4-8/4 | Clinical Sports (Orthopedic) Massage (96 hrs) | TM1, B&M | | | |
| 7/8-17 | Lymphatic Drainage Massage (48 hrs) | none | | | |
| 7/22-8/30 | Anatomy: Bones & Muscles (48 hrs) | none | | | |
| 7/26-28 | Thai Massage on the Table (24 hrs) | none | | | |
| 8/5-8 | Reiki Master Course (16 hrs) | Reiki Intensive | | | |

Courses Early Year 2025:

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|----------|--|-------------------|
| 1/3-11 | Positional Release Therapy (48 hrs) | TM1, B&M |
| 1/12-21 | Therapeutic Massage Level 1 (52 hrs) | none |
| 1/13-29 | Pathology (44 hrs) | Physiology |
| 1/24 | Intuitive Hands-On Energy Work (8 hrs) | by permission |
| 1/25-26 | Ayurvedic Shirodhara (16 hrs) | none |
| 1/30-2/1 | Massage for Oncology & Hospice Care (16 hrs) | TM1&2, Phys, Path |
| 2/2-11 | Therapeutic Massage Level 3 (52 hrs) | TM2 |
| 2/12 | Ease the Load – Shoulders (8 hrs) | TM1, B&M |

We offer: **Morning Hours Mo-Fr** - **Evening & Weekend Hours** - **Combination Hours**

**some combination hours included*

FREE informational private tours and consultations by appointment: 515-727-4890