

Holistic Massage & Bodywork Therapist 625-hour Career Program

Class Schedule 2024-2025

Class of 2025 (Evening Schedule)

<u>Month</u>	<u>Date/Day</u>	<u>Course Title (Class Meeting #)</u>	<u>Time</u>
April	13 Saturday	Massage Introduction – Lymphatic Massage (1)	10am-3pm
	14 Sunday	Massage Introduction – Lymphatic Massage (2)	10am-3pm
	15 Monday	Student Success – Orientation Holistic Massage Theory & Practice (1)	6-7:30pm 7:30-9pm
	16 Tuesday	Ethics (1)	6-8pm
	17 Wednesday	Anatomy, Physiology & Pathology (1)	6-8:30pm
	18 Thursday	Holistic Massage Theory & Practice (2)	6-9:30pm
	22 Monday	Ethics (2)	6-8pm
	23 Tuesday	Qi Gong (1) Holistic Massage Theory & Practice (3)	6-7pm 7-8pm
	24 Wednesday	Anatomy, Physiology & Pathology (2)	6-8:30pm
	25 Thursday	Holistic Massage Theory & Practice (4)	6-9:30pm
	27 Saturday	Reiki First Degree (1)	1-6pm
	28 Sunday	Reiki First Degree (2)	1-6pm
	29 Monday	Anatomy, Physiology & Pathology (3)	6-8:30pm
	30 Tuesday	Holistic Massage Theory & Practice (5)	6-9pm
May	1 Wednesday	Anatomy, Physiology & Pathology (4)	6-8pm
	2 Thursday	Holistic Massage Theory & Practice (6)	6-9:30pm
	6 Monday	Qi Gong (2) Advanced Energy Techniques (1)	6-7pm 7-8:30pm
	7 Tuesday	Anatomy, Physiology & Pathology (5)	6-8:30pm
	8 Wednesday	Anatomy, Physiology & Pathology (6)	6-8pm

May	9 Thursday	Ethics (3) Holistic Massage Theory & Practice (7)	6-7:30pm 7:30-9pm
	13 Monday	Qi Gong (3) Advanced Energy Techniques (2)	6-7pm 7-8:30pm
	14 Tuesday	Holistic Massage Theory & Practice (8)	6-9:30pm
	15 Wednesday	Anatomy, Physiology & Pathology (7)	6-8:30pm
	16 Thursday	Holistic Massage Theory & Practice (9)	6-8:30pm
	18 Saturday	Acupressure Massage and Eastern Philosophy (1)	1-6pm
	20 Monday	Acupressure Massage and Eastern Philosophy (2)	6-8:30pm
	21 Tuesday	Acupressure Massage and Eastern Philosophy (3)	6-8:30pm
	22 Wednesday	Anatomy, Physiology & Pathology (8)	6-8pm
	23 Thursday	Therapeutic Value of Herbs (1)	6-9pm
May 24 – 27		Memorial Break	
	28 Tuesday	Therapeutic Value of Herbs (2)	6-9pm
	29 Wednesday	Holistic Massage Theory & Practice (10)	6-9:30pm
	30 Thursday	Anatomy, Physiology & Pathology (9)	6-8:30pm
June	1 Saturday	Qi Gong (4) Advanced Energy Techniques (3) Ethics (4)	9:30-10:30am 10:30am-12pm 1-2:30 pm
	3 Monday	Qi Gong (5) Advanced Energy Techniques (4)	6-7pm 7-8:30pm
	4 Tuesday	Qi Gong (6) Advanced Energy Techniques (5)	6-7pm 7:00-8:30pm
	5 Wednesday	Anatomy, Physiology & Pathology (10)	6-8pm
	6 Thursday	Qi Gong II (1) Advanced Energy Techniques (6)	6-7pm 7-8:30pm
	10 Monday	Qi Gong II (2) Advanced Energy Techniques (7)	6-7pm 7-8pm
	11 Tuesday	Holistic Massage Theory & Practice (11)	6-9pm

June	12 Wednesday	Holistic Massage Theory & Practice (12)	6-9:30pm
	13 Thursday	Holistic Massage Theory & Practice (13)	6-9pm
June	14– July 7	Summer Break	
July	8 Monday	Holistic Massage Theory & Practice (14)	6-9:30pm
	9 Tuesday	Anatomy, Physiology & Pathology (11) Anatomy, Physiology & Pathology (12)	6-7:30pm 7:30-9:30pm
	10 Wednesday	Anatomy, Physiology & Pathology (13)	6-8pm
	11 Thursday	Ethics (5) Anatomy, Physiology & Pathology (14) Holistic Nutrition – Lab (3)	6-7pm 7-8pm 8-9pm
	13 Saturday	Holistic Nutrition Theory (1) Reflexology (1)	9am-12pm 1-6pm
	14 Sunday	Holistic Nutrition Theory (2) Reflexology (2)	9am-12pm 1-6pm
	15 Monday	Holistic Massage Theory & Practice (15)	6-9pm
	16 Tuesday	Holistic Communication (1)	6-8:30pm
	17 Wednesday	Holistic Communication (2)	6-8:30pm
	18 Thursday	Ethics (6) Holistic Nutrition Theory II (1)	6-7pm 7-8pm
	22 Monday	Holistic Massage Theory & Practice (16)	6-9:30pm
	23 Tuesday	Holistic Nutrition Theory II (2)	6-8pm
	24 Wednesday	Holistic Nutrition Theory II (3)	6-9pm
	25 Thursday	Holistic Nutrition Theory II (4) Anatomy, Physiology & Pathology (15)	6-7pm 7-8:30pm
	27 Saturday	Introduction to Ayurvedic Principals (1)	10am-3pm
	29 Monday	Holistic Massage Theory & Practice (17)	6-9pm
	30 Tuesday	Holistic Massage Theory & Practice (18)	6-9:30pm
	31 Wednesday	Anatomy, Physiology & Pathology (16)	6-8pm
August	1 Thursday	Anatomy, Physiology & Pathology (17)	6-8:30pm

August	3 Saturday	Swedish Massage (1) 1 hour lunch break	9:30am-6pm
	4 Sunday	Swedish Massage (2) 1 hour lunch break	9:30am-6pm
	5 Monday	Holistic Nutrition Theory II (5) Holistic Nutrition Theory II (6)	6-8pm 8-9pm
	6 Tuesday	Ethics (7) Ethics (8)	6-7pm 7-8pm
	7 Wednesday	Anatomy, Physiology & Pathology (18)	6-8pm
	8 Thursday	Qi Gong II (3) Reflexology II (1)	6-7pm 7-8:30pm
	10 Saturday	Swedish Massage (3) 1 hour lunch break	9:30am-6pm
	11 Sunday	Swedish Massage (4) 1 hour lunch break	9:30am-6pm
	12 Monday	Applied Kinesiology - BioMagnetic Therapy I (1)	6-8:30pm
	13 Tuesday	Applied Kinesiology - BioMagnetic Therapy I (2)	6-8:30pm
	14 Wednesday	Anatomy, Physiology & Pathology (19)	6-8:30pm
	15 Thursday	Ethics (9) Anatomy, Physiology & Pathology (20)	6-7pm 7-9pm
	19 Monday	Applied Kinesiology - BioMagnetic Therapy II (1) Anatomy, Physiology & Pathology (21)	6-7pm 7-9:30pm
	20 Tuesday	Holistic Massage Theory & Practice (19) Reflexology II (2)	6-7:30pm 7:30-8:30pm
	21 Wednesday	Pathology for Massage and Bodywork (1)	6-8pm
	22 Thursday	Anatomy, Physiology & Pathology (22)	6-8pm
	24 Saturday	Aromatherapy (1)	1-6pm
	25 Sunday	Aromatherapy (2)	1-6pm
	26 Monday	Holistic Massage Theory & Practice (20) Reflexology II (3)	6-7:30pm 7:30-9pm
	27 Tuesday	Holistic Communication (3)	6-8:30pm

August	28 Wednesday	Anatomy, Physiology & Pathology (23)	6-8pm
	29 Thursday	Holistic Communication (4)	6-8:30pm
August 30 – September 2		Labor Day Break (Evening)	
September	3 Tuesday	Pathology for Massage and Bodywork (2) Reflexology II (4)	6-7pm 7-8:30pm
	4 Wednesday	Anatomy, Physiology & Pathology (24)	6-8:30pm
	5 Thursday	Qi Gong II (4) Reflexology II (5)	6-7pm 7-9pm
	7 Saturday	Acupressure Massage and Eastern Philosophy II (1) Applied Kinesiology - BioMagnetic Therapy II (2) Qi Gong II (5) Reflexology II (6)	10-11:30am 11:30am-1pm 2-3pm 3-4pm
	8 Sunday	Acupressure Massage and Eastern Philosophy II (2) Applied Kinesiology - BioMagnetic Therapy II (3) Reflexology II (7)	10-11:30am 11:30am-1pm 2-3pm
	9 Monday	Sports Massage, Medical, Orthopedic Foundations (1)	5:30-7pm
	10 Tuesday	Anatomy, Physiology & Pathology (25)	6-8:30pm
	11 Wednesday	Anatomy, Physiology & Pathology (26) Reflexology II (8)	6-8pm 8-9pm
	12 Thursday	Business and Licensing (1) Anatomy, Physiology & Pathology (27)	6-7pm 7-8:30pm
	16 Monday	Sports Massage, Medical, Orthopedic Foundations (2)	5:30-7pm
	17 Tuesday	Qi Gong II (6) Business and Licensing (2)	6-7pm 7-8pm
	18 Wednesday	Applied Kinesiology - BioMagnetic Therapy II (4) Reflexology II (9)	6-7pm 7-8pm
	19 Thursday	Anatomy, Physiology & Pathology (28)	6-8pm
	21 Saturday	Prenatal Massage – Alternate Client Positioning (1)	9am-12:30pm
	22 Sunday	Prenatal Massage – Alternate Client Positioning (2)	12-2:30 pm

September	23 Monday	Sports Massage, Medical, Orthopedic Foundations (3)	5:30-7pm
	24 Tuesday	Acupressure Massage and Eastern Philosophy II (3) Qi Gong II (7)	6-7:30pm 7:30-8:30pm
	25 Wednesday	Anatomy, Physiology & Pathology (29)	6-8pm
	26 Thursday	Anatomy, Physiology & Pathology (30) Acupressure Massage and Eastern Philosophy II (4)	6-7:30pm 7:30-8:30pm
	30 Monday	Sports Massage, Medical, Orthopedic Foundations (4)	5:30-7pm
October	1 Tuesday	Anatomy, Physiology & Pathology (31)	6-8:30pm
	2 Wednesday	Prenatal Massage – Alternate Client Positioning (3) Prenatal Massage – Alternate Client Positioning (4)	6-8pm 8-9pm
	3 Thursday	Pathology for Massage and Bodywork (3)	6-8pm
	7 Monday	Sports Massage, Medical, Orthopedic Foundations (5)	5:30-7pm
	8 Tuesday	Acupressure Massage and Eastern Philosophy II (5) Qi Gong II (8)	6-7:30pm 7:30-8:30pm
	9 Wednesday	Business and Licensing (3) Acupressure Massage and Eastern Philosophy II (6)	6-7pm 7-8pm
	10 Thursday	Anatomy, Physiology & Pathology (32)	6-8:30pm
	14 Monday	Sports Massage, Medical, Orthopedic Foundations (6)	5:30-7pm
	15 Tuesday	Anatomy, Physiology & Pathology (33)	6-8:30pm
	16 Wednesday	Anatomy, Physiology & Pathology (34)	6-8:30pm
	17 Thursday	Business and Licensing (4) Acupressure Massage and Eastern Philosophy II (7)	6-7pm 7-8pm
	21 Monday	Sports Massage, Medical, Orthopedic Foundations (7)	5:30-7pm
	22 Tuesday	Prenatal Massage – Alternate Client Positioning (5) Prenatal Massage – Alternate Client Positioning (6)	6-7pm 7-9pm
	23 Wednesday	Anatomy, Physiology & Pathology (35)	6-8pm
	24 Thursday	Acupressure Massage and Eastern Philosophy II (8) Therapeutic Value of Herbs II (1)	6-7pm 7-8pm
	28 Monday	Sports Massage, Medical, Orthopedic Foundations (8)	5:30-7pm

October	29 Tuesday	Myofascial and Trigger Point Techniques (1)	6-9pm
	30 Wednesday	Anatomy, Physiology & Pathology (36)	6-8pm
October	31	Halloween Break	
November	2 Saturday	Introduction to Thai Massage – Table Techniques (1) Lunch Break – 1 hour	10am-5pm
	4 Monday	Sports Massage, Medical, Orthopedic Foundations (9)	5:30-7pm
	5 Tuesday	Pathology for Massage and Bodywork (4) Business and Licensing (5)	6-8pm 8-9pm
	6 Wednesday	Myofascial and Trigger Point Techniques (2)	6-8pm
	7 Thursday	Introduction to Thai Massage – Table Techniques (2) Therapeutic Value of Herbs II (2)	6-7pm 7-8:30pm
	11 Monday	Sports Massage, Medical, Orthopedic Foundations (10)	5:30-7pm
	12 Tuesday	Business and Licensing (6)	6-8pm
	13 Wednesday	Pathology for Massage and Bodywork (5) Therapeutic Value of Herbs II (3)	6-7pm 7-8:30pm
	14 Thursday	Business and Licensing (7) Business and Licensing (8)	6-7:30pm 7:30-9pm
	18 Monday	Sports Massage, Medical, Orthopedic Foundations (11)	5:30-7pm
	19 Tuesday	Introduction to Thai Massage – Table Techniques (3) Introduction to Thai Massage – Table Techniques (4)	6-8pm 8-9pm
	20 Wednesday	Anatomy, Physiology & Pathology (37) Therapeutic Value of Herbs II (4)	6-8pm 8-9:30pm
	21 Thursday	Myofascial and Trigger Point Techniques (3) Myofascial and Trigger Point Techniques (4)	6-8pm 8-9pm
	25 Monday	Sports Massage, Medical, Orthopedic Foundations (12)	5:30-7pm
	26 Tuesday	Pathology for Massage and Bodywork (6)	6-8:30pm
November	27 – December	Thanksgiving Break	
December	2 Monday	Myofascial and Trigger Point Techniques (5)	6-8pm
	3 Tuesday	Anatomy, Physiology & Pathology (38)	6-8:30pm

December	4 Wednesday	Ethics (10) Business and Licensing (9)	6-7pm 7-8pm
	5 Thursday	Business and Licensing (10) Therapeutic Value of Herbs II (5)	6-7pm 7-8pm
	9 Monday	Myofascial and Trigger Point Techniques (6)	6-8pm
	10 Tuesday	Business and Licensing (11)	6-9pm
	11 Wednesday	Anatomy, Physiology & Pathology (39)	6-8:30pm
	12 Thursday	Qi Gong II (9) Reflexology II (10)	6-7pm 7-9:30pm
	14 Saturday	Qi Gong II (10) Business and Licensing (12) Prenatal Massage – Alternate Client Positioning (7)	9-10am 10am-12pm 1-4pm

December 15, '24 – January 5, '25 **Winter Break**

January 2025	6 Monday	Myofascial and Trigger Point Techniques (7)	6-8pm
	7 Tuesday	Myofascial and Trigger Point Techniques (8)	6-8pm
	8 Wednesday	Ethics (11)	6-8pm
	9 Thursday	Pathology for Massage and Bodywork (7)	6-8pm
	13 Monday	Myofascial and Trigger Point Techniques (9)	6-8pm
	14 Tuesday	Therapeutic Value of Herbs II (6)	6-9:30pm
	15 Wednesday	Pathology for Massage and Bodywork (8)	6-8pm
	16 Thursday	Pathology for Massage and Bodywork (9)	6-8pm
	18 Saturday	Hydrotherapy – Introduction to Spa Treatments (1)	10am-3pm
	20 Monday	Psychology in the Massage Practice (1)	6-8:30pm
	21 Tuesday	Psychology in the Massage Practice (2) Reflexology II (11)	6-8:30pm 8:30-9:30pm
	22 Wednesday	Pathology for Massage and Bodywork (10)	6-8pm
	23 Thursday	Pathology for Massage and Bodywork (11)	6-8pm
	27 Monday	Pathology for Massage and Bodywork (12)	6-8:30pm

	28 Tuesday	Holistic Communication II (1)	6-8:30pm
	29 Wednesday	Anatomy, Physiology & Pathology (40)	6-8:30pm
	30 Thursday	Pathology for Massage and Bodywork (13)	6-8pm
February	1 Saturday	Myofascial and Trigger Point Techniques (10) Myofascial and Trigger Point Techniques (11) Myofascial and Trigger Point Techniques (12)	10am-12pm 1-3pm 3-6pm
	3 Monday	Holistic Communication II (2)	6-8:30pm
	4 Tuesday	Pathology for Massage and Bodywork (14)	6-8:30pm
	5 Wednesday	Pathology for Massage and Bodywork (15)	6-8:30pm
	6 Thursday	Anatomy, Physiology & Pathology (41)	6-8:30pm
	10 Monday	Anatomy, Physiology & Pathology (42)	6-8:30pm
	11 Tuesday	Pathology for Massage and Bodywork (16)	6-8:30pm
	12 Wednesday	Pathology for Massage and Bodywork (17)	6-8:30pm
	13 Thursday	Anatomy, Physiology & Pathology (43)	6-8:30pm

Chair Massage 15 hours

Chair Massage hours are scheduled individually by each student with the school office and one of the instructors. Chair Massage practice hours are available Monday through Saturday by scheduled event or scheduled client appointment. A total of 15 hours will be completed. Chair Massage events are scheduled according to requests from the community. Events are scheduled throughout the year. Chair Massage opportunities are announced via email, posted on bulletin board outside class, and verbally in class. Students will sign-up for Chair Massage by email or the list provided by the bulletin board. Requirements for participation include: Enrollment as a Student in good standing; Satisfactory Academic Progress; Student or Professional Insurance; and pre-registration.

Fundamental Massage Practice 70 hours

Fundamental Massage Practice hours are scheduled individually by each student with the school office and one of the instructors. Practice hours are available Monday through Saturday by appointment. A total of 70 hours or 70 appointments will be completed. During class breaks students may elect to schedule Practice hours on additional days by appointment. Requirements for participation include: Enrollment as a Student in good standing; Satisfactory Academic Progress; Student or Professional Insurance; and pre-registration.

Mar 2025 6 Thursday

Final Exam-Holistic Massage & Bodywork Therapist
Exam is scheduled by each student with two weeks
notification.

6-9pm

Students schedule the Exam before or after this date
provided course is complete and assignments along
with all make-up work is complete.
