

“A Professional and Personal Path for Helping Others Holistically”™



Fair Oaks Massage Institute

Course Catalog
January 2026
Core Programs and Workshops



Sacramento Holistic Health Academy,
d.b.a. Fair Oaks Massage Institute
10723 Fair Oaks Blvd.
Fair Oaks, CA 95628
Phone: 916.965.4063
fairoaksmassageschool@gmail.com
www.fairoaksmassageschool.com
BPPE School Code 3406231
CAMTC School Code SCH0044

Fair Oaks Massage Institute- School Catalog

“A Professional and Personal Path for Helping Others Holistically”™

CATALOGUE COVERAGE DATES

January 1, 2026 — December 31, 2026
Revised, February 25, 2026
Updated annually and as changes needed.

LICENSE STATEMENT

Fair Oaks Massage Institute is a private institution, and licensed to operate in compliance with state standards as set forth in the California Education Code and Title 5, California Code of Regulations in the State of California based on provisions of the California Private Postsecondary Education Act (CPPEA) of 2009, which is effective January 1, 2010. This Act is administered by the Bureau of Private Postsecondary Education, under the Department of Consumer Affairs. The Bureau can be reached at: P.O. Box 980818, West Sacramento, CA 95897-0818, 888.370.7589.” Fair Oaks Massage Institute’s school code is 3406231.

MISSION STATEMENT

Fair Oaks Massage Institute’s mission and purpose is to provide our students with a pathway to help others holistically through massage therapy by way of education, training and encouragement. Our objective is for our graduates to have the knowledge necessary to practice bodywork in the setting of their choice with a high level of skill, integrity, and professionalism.

ADMINISTRATION OFFICE/CAMPUS

Established in 1998

CAMPUS LOCATION

Fair Oaks Massage Institute
10723 Fair Oaks Blvd.
Fair Oaks, CA 95628

Administrative Office:

Fair Oaks Massage Institute
10723 Fair Oaks Blvd.
Fair Oaks, CA 95628
Phone: 916-965-4063
Fax: 916-965-4129
Email: fairoaksmessageschool@gmail.com
Website: www.fairoaksmessageschool.com

Classroom Location:

Fair Oaks Massage Institute
10723 Fair Oaks Blvd.
Fair Oaks, CA 95628

Mailing Address:

Fair Oaks Massage Institute
4136 Pennsylvania Ave.
Fair Oaks, CA 95628

FACULTY AND THEIR QUALIFICATIONS

Administrative Staff

Madonna Polley, CMTI, CHT - Director/CEO
Wesley Barnett, CMT - Director of Education
Sirildo Lorenzo Mora - Chief Student Services

Core Instructors/Faculty

Madonna Polley, CMTI, CHT Dr.
David W. Polley, D.C.
Wesley Barnett, CMT

Guest Instructors/Speakers for Workshops

Lucy Ball, CMT
Felicia Burns, CMT
Joseph Carter, L.Ac.
Kate Casey, RMT
Paula L. Gordon, CMT, RMT
Marion Hakata, RMT, CMT
Karina Kincaid, CMT
Dr. James Mally, ND
Nicole Wilkerson

Core Instructors' Bios

Madonna Polley, CMTI, CHT, RMT- CAMTC #28348 - Director and Founder of Fair Oaks Massage Institute, Madonna Polley has expertise in Core Program, Cranial Sacral, Energy work, Aromatherapy, Pediatric, Hot Stone, Psychology of the Body, Hypnotherapy, Reiki and Color Therapy. Madonna has been a holistic healer and certified massage therapist for over 40 years. Her journey began in 1970, under the personal instruction of Connie Voutas. She founded and opened the Fair Oaks Massage Institute in 1998, where she teaches massage certification and advanced workshops. Madonna's hope is for people to have a career that brings peace to their lives and the lives of others.

Dr. David Polley, DC -In 1971, David Polley studied massage with Connie Voutas in Fair Oaks, California. In 1976, he moved to Portland, Oregon to attend the Western States Chiropractic College. Then in 1980, he opened Fair Oaks Chiropractic and Wellness Center with his wife, Madonna. He enjoys teaching the Chiropractic Assistant, Sports Balance and Performance and various other programs.

Wesley Barnett, CMT – CAMTC #6449 - Wesley is a graduate and former teaching assistant to Dr. Mally of Healing Arts Institute. In addition to his expertise in sports massage, injury management, deep tissue massage, trigger point therapy, myofascial release and many other modalities, he has a comprehensive understanding of anatomy and physiology gained as an embalmer and funeral director and a strong desire to share his knowledge with new students.

Reiki Workshop Instructors' Bios

Marion Hakata, RMT, CMT – CAMTC #28173 - Marion is a Reiki Master and teacher of the Usui Method of Natural Healing and a registered Karuna Reiki® Master Teacher, International Center for Reiki Training (ICRT). She is also a Certified Holistic Massage Therapist, Massage Therapist Instructor at Fair Oaks Massage Institute and a Minister of Holistic Healing. Registered Teacher with the International Association of Reiki Professionals (IARP); Professional Member, Associated Bodywork &

Massage Professionals (ABMP).

Lucila Ball, CMT– CAMTC #46935 - Lucy is a graduate of Fair Oaks Massage Institute and has been practicing massage since 2010. Lucy also is a Usui Reiki master, and she is passionate about providing a therapeutic healing touch to all.

SCHOOL INFORMATION AND POLICIES:

CATALOG UPDATE POLICY

Our school catalog is updated annually and as needed.

CATALOG AVAILABILITY AND SCHOOL PERFORMANCE FACT SHEET

Prior to enrollment, we will email each of our prospective students a copy of our school catalog. If no email address is provided, then a paper copy of our school catalog and School Performance Fact Sheet will be provided to each student. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. The most recent catalog can be downloaded or viewed at: <http://www.fairoaksmassageschool.com/school-catalogs.html>. The most recent School Performance Fact Sheet can be downloaded at: <http://www.fairoaksmassageschool.com/school-performance-fact-sheets.html> or, by picking them up in person in our administrative office.

ADMISSIONS POLICY

All students must be 18 years old and be able to provide a valid picture form of identification i.e. state drivers' license, state I.D. or passport. Verification of a valid Social Security Number / Card is a part of the enrollment process for certificated programs and will be kept in the students file. Fair Oaks Massage Institute does not accept ability to benefit students or ability to benefit exams as a criteria for admission.

ADMITTING STUDENTS FROM OTHER COUNTRIES

VISA Information:

Students who attended high school or college in other countries are eligible to attend Fair Oaks Massage Institute. Visa services will not be provided. The Institution will not vouch for foreign students' status. Fair Oaks Massage Institute is not approved by the Bureau of Citizenship and Immigration Services (formerly, INS) to issue the I-20 for the F-1 Visa at this time.

INSTRUCTION IS IN ENGLISH ONLY

Instruction and coursework, books, handouts, etc., will be provided in English only. If English is not the student's native language, an English proficiency exam will be required. The in-house exam is provided at the school at no charge. Students are required to read and write at the 12th grade level. English language services, including instruction as ESL, are not provided.

FINANCIAL ASSISTANCE

Fair Oaks Massage Institute is NOT currently approved to offer financial assistance through Title IV federal funding. However, Fair Oaks Massage Institute does accept funding from Workforce Innovation and Opportunity Act (WIOA) programs; benefits from Veteran's Affairs; and, Vocational Rehabilitation grants.

To check for eligibility for one of the listed programs below, students will be counseled by a school official during the enrollment process. Each listed organization is responsible for approving or disapproving financial assistance for the prospective student separate from acceptance into any Fair Oaks Massage Institute certificate program.

Prospective students may also opt for payment plans through Fair Oaks Massage Institute which are outlined during the enrollment process.

Financial Assistance programs that Fair Oaks Massage Institute are affiliated with:

- Sacramento Employment and Training Agency (SETA)
www.SETA.net
(916) 263-3800
- YoloWorks – Yolo County
www.YoloWorks.org
(530)661-2710
- Golden Sierra Job Training Agency
www.goldensierra.com
(916)746-7722
- One Stop Business & Career Center – Nevada County
www.afwd.org
(530)265-7088
- El Dorado County Health and Human Services – Employment Services
(530)642-7163
- CSAAVE – California State Approving Agency for Veteran Education
www.calvet.ca.gov
(916)503-8317
- Department of Rehabilitation
www.dor.ca.gov
(916)537-2640

LOAN ENROLLMENT AGREEMENT REQUIREMENTS

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of 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 assistance until the loan is repaid.

If a student obtains a loan to pay for an educational program, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds.

STUDENT TUITION RECOVERY FUND (STRF) DISCLOSURE

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, CA 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.

SCHOOL SELF-MONITORING PROCEDURES

Fair Oaks Massage Institute makes every effort to keep all policies and procedures up to date and to inform its students, instructors, and staff of current policies and procedures that are implemented by the Bureau for Private Post-Secondary Education (BPPE). The school catalog and enrollment agreement are reviewed annually and as needed, making changes necessary per the BPPE guidelines and implementing any new BPPE policies and procedures as required once notified.

Additionally, the school Director regularly reviews pertinent BPPE laws and regulations that affect the operations of the school. Copies of these documents are kept at the Administration Office as well as the updated school catalog and enrollment agreement. The school catalog, which lists the school policies, is also available on the school website.

If the BPPE makes changes to policies, procedures or requirements, the school Director will highlight and discuss BPPE updates on its policies and procedures during monthly staff meetings. Documentation of any changes in the school policies and procedures affected are reflected in the meeting minutes and the school catalog updated accordingly.

In instances where the BPPE policies and procedures have been implemented before the publication of a new catalog, the Administration Office will bring these to the attention of the students, instructors, and staff through the following:

1. Posting on the bulletin boards in classroom
2. Verbal announcement during classes
3. Once updated, the school catalog will be posted to the FOMI website

DESCRIPTION OF SCHOOL FACILITIES AND EQUIPMENT

The Fair Oaks Massage Institute campus is located near beautiful Old Fair Oaks Village at 10723 Fair Oaks Blvd., Fair Oaks, CA 95628. The Fair Oaks Massage Institute campus includes the institute Director's office, Learning Resource Center and Student Services. The classroom will house approximately 18-20 students and has a restroom attached. Limited parking is available in front and side of the building. Additional free parking is available on the street near the office/classroom building.

Equipment and materials used in the classroom include ten massage tables (two students per table), folding chairs, stools, massage oil or lotion, essential oils, a skeleton for anatomy lectures, a flat screen TV and laptop for video demonstrations of massage techniques or anatomy examples and cleaning wipes for tables and chairs. Massage chairs are used in place of massage tables during the instruction on chair massage. Pillows will be used as props for side line and pregnancy massage. Students must provide their own sheets and hand towels.

STUDENT SERVICES

Students of Fair Oaks Massage Institute are entitled to library resources, study groups, CAMTC counseling, career counseling, registration counseling, and financial assistance counseling. The Student Services staff is here to answer questions regarding registration/enrollment, provide copies of transcripts or certificates and to accept student tuition payments. Upon graduation, students will receive one copy of their transcript. Additional copies to be mailed are \$25 each. Student Services Staff can also make copies of incoming student documents and make appointments to speak with our Director.

DESCRIPTION OF LIBRARY AND OTHER RESOURCES AVAILABLE TO STUDENTS

Fair Oaks Massage Institute has library and study resources available in DVD and online format.

Resources are available for use onsite in the office, not for checkout. The library resources study area is located within the administrative office, located at 10723 Fair Oaks Blvd., Fair Oaks, CA 95628.

Resources include a few hundred DVDs on many bodywork modalities as well as access to www.massagelibrary.com and may be accessed by a DVD player and laptop for use in the office. Students may access the resources by making an appointment during administrative office hours.

ATTENDANCE POLICY

Students are asked to contact the school immediately if they will be late or unable to attend class.

Attendance Policy for Certification Programs:

Attendance will be recorded for each class. Fifteen minutes late is considered tardy and consistent tardiness must be made up. It is the student's responsibility to make up missed time which may include setting up a meeting to go over what that student has missed with a staff member, as well as acquiring any handouts and homework that may have been assigned. Students who fail to maintain satisfactory attendance will be counseled. Attendance will be deemed unsatisfactory if more than 60 hours are missed. If attendance fails to improve, the Director may dismiss a student for unsatisfactory attendance. Re-admittance may be permitted if the cause for unsatisfactory attendance has been corrected.

Students must attend or satisfactorily complete all instructional hours. Applicants for CAMTC certification shall have attended 500 supervised hours total with 100 of those hours satisfying CAMTC specified subjects. When unable to attend, the hours that are missed must be made up and approved by Student Services for satisfactory completion. Students that are missing hours will not receive their certificate until all hours and class work is completed. Lost attendance hours must be made up as described below.

Students may make up lost attendance hours by:

- a) Per approval: Students attending the missed class(es) must pay a make-up fee at a rate of \$10.00/hour.
- b) All make up hours MUST be completed at Fair Oaks Massage Institute.
- c) All make up hours must be completed in person. This means that you may have to wait for your class to cycle through when the topic is offered again.

Attendance Policy for Non-certification programs/workshops:

Students must attend or satisfactorily complete all instructional hours for non-certificated programs or workshops. When unable to attend, the hours that are missed must be made up and approved by Student Services for satisfactory completion. Students not meeting the attendance requirements will not receive a certificate of completion unless they are able to make up hours when the class is offered again at a make-up fee rate of \$10.00/hour.

PROGRESS REPORTS AND GRADING

Our school's grading system is a pass/fail at 80% for each individual exam. Students must score 80% or greater on all examinations to pass the course, including written and practical examinations.

Practical examinations typically consist of one 1 hour massage as well as a continuous dialogue between the student and instructor/staff member regarding professional consultations with clients. Students that fail an exam must retake the exam.

HOUSING INFORMATION

The Fair Oaks Massage Institute does not offer housing, facilitate housing plans nor help students find roommates. A rough estimate of apartment living in the area is between \$1,000-\$2,200 per month.

PLACEMENT ASSISTANCE/RATES

No placement service or guarantee of employment is made to graduates of Fair Oaks Massage Institute; however, we do have known opportunities and vacancies in the field of massage that will be posted on the school bulletin board for our students and graduates to obtain information on local businesses that are currently hiring as well as special event postings that allow students to self-promote.

RETENTION OF STUDENT RECORDS

Enrollees are advised and cautioned that California State law requires this educational institution to maintain school and student records for five (5) years. In addition, all transcripts are kept indefinitely in digital form. Upon written request, a student will have the ability to review their transcripts on file.

DRESS CODE AND HYGIENE

As students represent the school and the therapeutic massage profession, it is imperative that certain standards be met and dress code and hygiene standards followed. During class periods, students may use their own judgment in attire, but it must conform to the codes of decency. During practicum, students are asked to abide by the following:

1. Student will be clean, free of body odor, and have well-trimmed fingernails.
2. All Students will wear comfortable pants that allow for movement and a short-sleeved shirt or polo shirt.
3. Appropriate undergarments will be worn.
4. Shoes will be practical walking shoes that have non-slip soles and closed toes. Socks will be worn.
5. Clothes will be clean and free of odor.
6. Long hair will be pulled back. Beards and mustaches will be neatly trimmed.
7. Necklaces, rings and bracelets will not be worn and should be left at home.

CLASS AND CLINIC DRAPING AND SAFETY

FOMI maintains strict standards of draping and modesty in all bodywork sessions taught in class and performed by students in the clinic. Students are taught to drape with care, intention, and regard for modesty and comfort and to always respect the rights of the person they are treating, be it a classmate or a client. No exposure of a person's private genital region will be permitted. Female breasts are covered at all times. Cell phones must be put away during hands on practicum sessions.

REQUIREMENTS FOR SATISFACTORY COMPLETION

A Certificate of Completion will be issued to each student for our certification programs if all of the course requirements are completed:

- Attendance of all classroom and demonstration hours or satisfactory makeup of missed hours.
- Payment in full for the program.
- Completion of the Student Clinic Program, if applicable.
- Satisfactory scores (80% or greater) on all applicable written and/or practical examinations.

STUDENT ACHIEVEMENT STANDARDS – REQUIREMENTS FOR CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE/GRADUATE

Certificate hours may include lectures, hands-on demonstrations of massage/bodywork techniques, student clinics, and homework. A student must complete all training and/or class hours in order to receive a completion certificate within 3 months of the last day of class:

- Attendance completed for all classroom and demonstration hours or satisfactory makeup of missed hours.
- Missed classes or course material may be made up by the student attending a later course when the classes they missed are recycling through the next class session, if seating is available, at a rate of \$10.00/hour.
- Full payment has been received for program:
Tuition must be paid in full. All outstanding balances, including late fees, must be paid in full before the student is eligible to graduate.
- Successful completion of designated number of one-hour massages for the student clinic program: Assigned student clinic and practical hours must be completed.
- Satisfactory scores (80% or greater) on all applicable written and/or practical examinations: All examinations must be complete with a passing grade of 80% or greater.

Upon completion of the massage course, passing the exams, completion of student clinic hours and completion of any pertaining homework, the student will then be eligible to graduate and receive their certificate once their balance is paid in full.

REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE

Hours may include lecture, hands-on demonstrations of massage/bodywork techniques and homework. A student must complete all training and/or class hours in order to receive a completion certificate within 4 weeks of the last day of class:

- Attendance completed for all classroom and demonstration hours or satisfactory makeup of missed hours.
- Full payment has been received.
- Outstanding balances must be paid in full before the class begins.
- Missed classes or course material may be made up by the student attending a later course when the classes they missed are recycling through the next class session, if seating is available, at a rate of \$10.00/hour.

Upon completion of the course, passing any required tests, completion of any student clinic hours and completion of any pertaining homework, the student will then be permitted to receive their certificate once their balance is paid in full.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Fair Oaks Massage Institute is at the complete discretion of the 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 certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your course work at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Fair Oaks Massage Institute to determine if your certificate will transfer.

TRANSFER OF CREDITS

The Fair Oaks Massage Institute does not accept transfer credits from any other institution and does not have an articulation or transfer agreement with any other institution.

EXPERIENTIAL CREDIT

Fair Oaks Massage Institute does not accept experiential credit at this time.

OTHER CREDITS

Fair Oaks Massage Institute does not accept credits earned through challenge examinations and/or achievement tests.

DISTANCE EDUCATION

Fair Oaks Massage Institute is approved through the Bureau of Private Post-Secondary Education (BPPE) and the California Massage Therapy Council (CAMTC) to provide two hybrid programs that combines online live interactive distance learning (IDL) and in person instruction for the 500 hour Clinical Massage Therapist program as well as the 620 hour Advanced Clinical Massage Therapist program. When the hybrid interactive distance education programs are offered for both the 500 hour Clinical Massage Therapist program and 620 hour Advanced Clinical Massage Therapist program, the online portion of the program is 190 hours and delivered **live** via Google Meet/Classroom. Any handouts needed for the live interactive distance learning classes are uploaded within 24 hours prior to the scheduled live online class. When the 190 IDL hours are met, the remaining hours for the 500 and 620 hour programs must be **in person, hands on training, with the instructor(s). The hybrid programs are treated just the same as the 100 % live, in-person programs. All students must attend all online live and in person classes and have the same make-up policy if classes are missed. The hybrid programs are subject to the same cancellation, withdrawal and leave of absence procedures as outlined in this catalog as the full, in person programs. All final tests and hands-on evaluations are completed live, in person, with the instructor.**

UNFAIR BUSINESS PRACTICE

California state law states that:

(a.) It is an unfair business practice for a person to do any of the following:

1. To hold himself or herself out or to use the title of “certified massage therapist,” or any other term, such as “licensed,” “certified,” or “CMP,” in any manner whatsoever that implies or suggest 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 council pursuant to this chapter.

2. To falsely state or advertise or put out any signor 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.
(b.)In addition to any other available remedies, engaging in any of the prohibited behaviors described in subdivision (a.) constitutes unfair competition under section 17200.

CERTIFICATION AND EXAM RATES

Depending upon the student's professional path, students can opt to become state certified through the California Massage Therapy Council (CAMTC) or apply for a business license and somatic practitioner's permit in the local city/county in which they are planning to work. A business license may not be required if the therapist is not planning to be self-employed, but instead they will need a permit or to become state certified if they plan to be an employee. Additionally, if you are state certified and self employed, you will also be required to have a business license in addition to state certification through CAMTC.

BUSINESS LICENSE/PERMITS

After certification at FOMI, students are eligible to apply for business licenses by contacting the city/county for which they are planning to work in if self-employed and/or are not state certified through the CAMTC. The requirements and cost for a business license or special permit to practice massage vary depending upon the city/county that the student is intending to work; so, inquiring to the specific area of where the student is looking to work is imperative.

STATE CERTIFICATION

The California Massage Therapy Council (CAMTC) issues voluntary certifications to massage professionals that meet the requirements in the California State Law. Certification is voluntary. CAMTC Certification is not required by State Law in order for a massage professional to practice their profession in the State. However, some cities and counties locally require CAMTC Certification for massage professionals. To find out if your city or county requires CAMTC Certification, please contact the city or county in which you wish to practice. Local permits may be needed for each city or county where you practice unless you are CAMTC Certified. If you are in an unincorporated area, please check with the county.

Massage professionals may find CAMTC Certification useful as it allows certified individuals to practice their profession in all cities and counties in the State without the need to get a local permit to provide massage for compensation.

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

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

- Be 18 years of age or older;
- Pay the Certification Fee;
- Submit fingerprints to an authorized agency in California for a Live Scan using only the CAMTC form at [Request for Live Scan Service](#) (the authorized agencies charge you a fee for this service) and pass a criminal background check;
- Have all schools you attended for massage training submit original Official Transcripts directly to CAMTC in accordance with CAMTC's Policies and Procedures for Approval of Schools. Your school(s) must send your OFFICIAL SCHOOL TRANSCRIPT(s) directly to CAMTC electronically via email to transcripts@camtc.org. Transcripts must demonstrate that you have successfully completed, at

a CAMTC Approved School, curricula in massage and related subjects totaling a minimum of 500 hours (or the credit unit equivalent), which incorporates appropriate school assessment of student knowledge and skills. (See below for more information about closed schools and out-of-state education.) Of the 500 hours, a minimum of 100 hours shall be in anatomy and physiology, contraindications, health and hygiene, and business and ethics; and

- Have not violated any of the provisions of the California Massage Therapy Act or any policy, procedure, or regulation of CAMTC.
- Make a good, clean photocopy of the front of your Driver's License or Official State Identification to include with your application.
- Get your Passport Photo taken to submit with application.
- The costs for state certification are based on rates as of today and are all subject to change. The cost is \$300.00 for the initial application, which lasts for two years. The renewal cost is \$300.00 and good for two years. The initial application will also require live scan fingerprinting at an additional \$75-100. To apply, you must have completed 500 hours of onsite training at an approved school. Currently, students will not be required to pass the MBLEx to receive certification through the CAMTC.

NOTICE TO CAMTC APPLICANTS

Passage of a CAMTC approved exam is not currently required for CAMTC Certification. While the state law previously imposed this requirement, the requirement to pass a CAMTC approved exam has been removed as of January 1, 2026. However, students seeking certification in other states may be required to pass an exam as required by the state they are seeking certification in.

See <http://www.camtc.org> for more information regarding the California state certification process.

CAMTC DISCLOSURE STATEMENT

“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.”

ADDITIONAL QUESTIONS FOR THE CAMTC

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at: One Capitol Mall, Suite 800, Sacramento, CA 95814, www.camtc.org, Phone (916)-669-5336, or fax (916) 669-5337.

MESSAGE/BODY WORK INSURANCE

All students must have Bodywork (Malpractice) Insurance in order to start student clinic massages. Our students are eligible to apply for bodywork insurance through the American Massage Therapy Association (AMTA): 877-905-0577, www.amtamassage.org, email: info@amtamassage.org. Massage Therapist Insurance through American Massage Therapy Association (AMTA) ranges in cost from \$89 - \$235, annually. However, students are free to choose any bodywork insurance carrier.

STUDENT'S RIGHT TO CANCEL

A student has the right to cancel their agreement for a course of instruction, without any penalty or obligations through attendance at the first class session or the seventh day after enrollment, whichever is later. After the end of the cancellation period, students also have the right to stop school at any time and to receive a pro rata refund if they have completed sixty (60) percent or less of the program and less a non-refundable registration fee, not to exceed \$200.00.

STUDENTS MUST CANCEL IN WRITING

The written notice of cancellation to the school Director, if sent by mail, is effective when deposited in the mail properly addressed with proper postage. Students **do not** have the right to cancel by calling the school or by solely verbally communicating their request.

To cancel the contract for school/courses and receive a refund the student must mail, deliver, or fax a signed and dated copy of the written cancellation notice, or any other written notice to the school mailing address, addressed to the school Director, Madonna Polley:

Mailing address:

Fair Oaks Massage Institute
4136 Pennsylvania Ave.
Fair Oaks, CA 9562
Phone: (916)965-4063
Fax: (916)965-4129

REFUND POLICY

If the Enrollment Agreement is cancelled, the school will refund the student any money paid, less the non-refundable registration fee, not to exceed \$200, within 45 days after the notice of cancellation is received. Students who have withdrawn from the program without written notice, have 90 days to submit a written request for withdrawal and refund for the pro-rated amount of the program if they have completed 60 percent of the program or less. After 90 days of no written contact, the student is considered dropped and forfeits their refund. Since students are responsible for purchasing their own textbooks through outside vendors, new or used, they will need to seek textbook refunds through the individual vendor the books were purchased through.

WITHDRAWAL FROM THE PROGRAM

Students may withdraw from the school at any time after the cancellation period of the Enrollment Agreement and receive a pro-rated refund if they have completed 60 percent or less of the period of attendance. No refund is available if they completed more than 60 percent of the program. The amount of that refund is to be "pro-rated" according to the incomplete portion of the program less the non-refundable registration, not to exceed \$200.00. The refund is to be paid within 45 days of withdrawal.

For the purpose of determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution of the student's withdrawal or as of the date of the student's withdrawal, whichever is later.
- The institution terminates the student's enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absence in excess of maximum set forth by the institution and/or failure to meet financial obligations to the school.

- The student has failed to attend class for 8 days.
- Failure to return from a leave of absence.
- For the purpose of determining the amount of the refund, the date of the student's withdrawal shall be deemed the last date of recorded attendance. For the purpose of determining when the refund must be paid, the student shall be deemed to have withdrawn at the end of 8 days.

LEAVE OF ABSENCE

Students may request a leave of absence (LOA) from a certification program in the event of emergency or other compelling reasons. The request must be submitted in writing to the school Director. A leave of absence is granted one time, per student. The maximum amount of time for a leave of absence is one year. The student may then be admitted to a later course. Graduation will be delayed until attendance requirements are met. If a student does not return to complete the program after a leave of absence of one year, a refund will be calculated if they have completed 60 percent of the program or less, within 45 days of the one year LOA date. If more than 60 percent of the program was completed, no refund is available.

DROPPING OUT

Students dropping out of the course may receive a tuition refund based upon the refund policy outlined in this catalog and the enrollment agreement. If dropping out, a request for refund must be in writing to the school Director. A refund is not available if the student completed more than 60 percent of the program. The last day of class attended will be considered the date of cancellation, whether or not a cancellation notice is given by the student to this institution. Students have 90 days to request a refund in writing or readmit into another program, however, the full tuition for re-admittance into the course would be required. If there is no contact from the student in writing after 90 days, no refund is available.

STUDENT COMPLAINTS

Complaints may be directed to the school's Director either verbally or in writing. The complaint will be investigated thoroughly and if the complaint is not unfounded, the Director will work to resolve the issue(s). A summary of the complaint, its disposition and the reasons will be placed in the students file and entry of the complaint will be made in the log of Student Complaints as required by California State Education Code Section 73870.

A student may lodge a complaint by communicating verbally/or writing to any teacher or office personnel. The recipient of the complaint shall transmit it as soon as possible to the Director. If an oral complaint is not resolved within a reasonable period or before another complaint is made, the student will be advised to submit a complaint in writing. If a student complaint is in writing, the institution shall, within 10 days of receiving the complaint, provide the student with a written response, including a summary of the institution's investigation and disposition. If the complaint or relief requested by the student is rejected, the reasons for the rejection will be stated. The student's participation in the complaint procedure and the disposition shall not limit or waive any of the student's rights or remedies. Any document signed by the student that purports to limit or waive the student's rights and remedies is void.

A student or any member of the public may file a complaint about this institution with the Bureau for Post Secondary Education by calling (888)370-7589 or by completing a complaint form, which can be obtained on the bureau's Web site, www.bppe.ca.gov.

Additionally, a student or a 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 also contact the California Massage Therapy Council at One Capitol Mall, Suite 800, Sacramento, CA 95814, www.camtc.org, phone: (916)669-5336, e-mail – info@camtc.org.

STUDENT GRIEVANCES

The Student Grievance procedure is available to any student who believes an action or decision of the administration or Fair Oaks Massage Institute staff has adversely affected their status, and/or rights.

If a student wishes to log a grievance, it is necessary for the student to submit a written statement and submit it to the school Director at Fair Oaks Massage Institute in person, through the mail or fax, following the same procedures as outlined in the request to cancel or withdraw.

The student grievance letter will include a description of the issue, as well as the date of the grievance and the student's signature. This letter is then copied for their records to their student file, the grievance file and is submitted for review to the Director of the school. The school Director will have up to two weeks to investigate, interview associated parties to the grievance and outline a course of action in writing, to resolve the grievance.

If the student who issued the grievance does not agree with the resolution of the grievance issued by the school Director, the student may appeal the grievance in writing. Again, writing the date and reason for the appeal of the grievance to the Director and submitting it in person, through the mail or fax. The director will have two weeks to consider the appeal and course of action and respond in writing. The outcome of the appeal may result in a neutral third party mediator.

PROBATION

Students that receive complaints may be immediately placed on probation depending upon the nature of the situation. The probation period will last for a total of two weeks. If within this time frame additional complaints are received, the student may be dismissed from the program. At the end of two weeks, if the student has been in compliance with school policies, they will be removed from probation. The following reasons may be cause for probation but are not limited to these situations:

- Being intoxicated or in a drugged state on school grounds.
- Behavior that creates a safety hazard to other people at the school.
- Failure to comply with instructor's requirements, or disrespectful behavior to other students, an administrator, faculty member or student clinic client. Rumors and gossip will not be tolerated.
- Making any verbal or physical threats against other students or staff/faculty.
- Receiving a complaint from any student, staff/faculty

CONDITIONS FOR DISMISSAL

At the discretion of the school's Director, or, her designee, a student may be suspended and/or dismissed from the school for the following reasons but are not limited to these situations:

- Being intoxicated or in a drugged state on school grounds.
- Possession or use of illegal drugs or alcohol on school grounds.
- Behavior that creates a safety hazard to other people at the school.
- Failure to comply with instructor's requirements, or disrespectful behavior to other students, an administrator, faculty member or student clinic client. Rumors and gossip will not be tolerated.
- Bringing any type of weapon onto school property.
- Making any verbal or physical threats against other students or staff/faculty.
- Sexual harassment toward any student, staff, instructor, or student clinic client is not permitted and will not be tolerated.

ADDITIONAL QUESTIONS AND INFORMATION

All questions that are not satisfactorily answered by staff during registration will be submitted to the school's Director to review and follow up with the student within 48 hours.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 North Market Blvd., Suite 225, Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95897-0818;

Web site Address: www.bppe.ca.gov

Telephone: (916)574-8900 or (888)370-7589; FAX: (916)263-1897.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with 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.

PROSPECTIVE STUDENT DISCLOSURES

1. Graduates of our massage therapy programs of 500 hours or more are eligible to sit for the MBLEx (Massage & Bodywork Licensing Examination), however, it is not currently required for certification through the California Massage Therapy Council (CAMTC). CAMTC certification is voluntary. However, if a student does not have CAMTC certification, they must check with their local city or county to confirm requirements for massage therapists to work in the specific city or county.
2. Fair Oaks Massage Institute and its programs are unaccredited and has not been accredited by an accrediting agency recognized by the United States Department of Education.
3. A certificate program that is unaccredited or a certificate from an unaccredited institution is not recognized for some employment positions, including, but not limited to, positions with the State of California.
4. A student enrolled in an unaccredited institution is not eligible for Title IV federal financial aid programs.

BANKRUPTCY DISCLOSURE

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

COMPLETION RATES

Completion rates are calculated by students graduating at 100% (when a student has completed the entire program within the projected end date).

SCHOOL PERFORMANCE FACT SHEET

The School Performance Fact Sheet shows by year the number of students who graduate and the number of students who are working in the field of massage therapy. The School Performance Fact Sheet can be accessed at the school's website: <https://fairoaksmassageschool.com/disclosures/> ; or, by requesting a copy from the school's administrative office.

This fact sheet is filed with the Bureau for Private Postsecondary Education. Regardless of any information you may have relating to completion rates, placement rates, starting salaries, or license exam passage rates, this fact sheet contains the information as calculated pursuant to state law.

Any questions a student may have regarding this fact sheet that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 North Market Blvd., Suite 225, Sacramento, CA 95834; (916)574-8900 or (888)370-7589, www.bppe.ca.gov.

OCCUPATIONAL EMPLOYMENT WAGES AND STATISTICS

The United States Department of Labor uses Standard Occupational Classification (SOC) codes to identify occupations. Fair Oaks Massage Institute's 500 and 620 hour certification programs qualify the student to become a certified massage therapist having completed all necessary requirements. This program qualifies for the U.S. Department of Labor SOC code "Massage Therapist - 31-9011."

As of May 2017, The United States Department of Labor Bureau of Labor Statistics lists the *average* wage in California for Massage Therapists – SOC code 31-9011, as \$19.95/ hour and/or \$41,500/year. For more information, visit their website at: www.bls.gov/oes/current/oes319011.htm

In California, hourly wages depend upon the therapist's expertise, location of business and hours worked. Hourly rates also vary according to whether or not the therapist is self-employed, an independent contractor or employee.

NOTICE ABOUT OFFICE OF STUDENT ASSISTANCE AND RELIEF

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) 370-7589, option #5, or by visiting www.osar.bppe.ca.gov

CERTIFICATION PROGRAM DESCRIPTIONS

Clinical Massage Therapist Program

Pay in advance, before start of program:

Schedule of total charges for a period of attendance: \$9,925
Schedule of total charges for the entire educational program: \$9,925
500 HR-Complies with CAMTC requirements
Tuition: \$9,700.00
Certified Transcript Fee: \$25
Registration (non-refundable): \$200
Materials Fee: \$0
S.T.R.F. (non-refundable): \$0.00
Length of day program: 4.5 months
Length of evening program: 9 months

Payment Plan:

Schedule of total charges for a period of attendance: \$10,225
Schedule of total charges for the entire educational program: \$10,225
500 HR-Complies with CAMTC requirements
Tuition: \$9,700
Certified Transcript Fee: \$25
Registration (non-refundable): \$200
Payment Plan Fee: \$300
Materials Fee: \$0
S.T.R.F. (non-refundable): \$0.00
Length of day program: 4.5 months
Length of evening program: 9 months

Pre-requisites: Official ID and a valid Social Security Number

Students must purchase their own books. The cost of books will depend if the student purchases new, used or online versions of the texts.

Our 500-hour program Clinical Massage Therapist program complies with the CAMTC requirements and involves comprehensive training in Anatomy, Physiology and Kinesiology, Pathology and Contraindications, Health and Hygiene, Business, Legal Regulations and Ethics. Our program also includes comprehensive training in Swedish Massage, Deep Tissue Massage, Sports Massage, Trigger Point Massage, Myofascial Release Techniques, Geriatric & Hospice Massage, Injury Management Protocols, Shiatsu, Lymphatic Drainage, Prenatal Massage, Cranial Sacral Therapy, Aromatherapy and Self-Care Techniques. Requirements to complete this program and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE/GRADUATE.**

Advanced Clinical Massage Therapist Program

Pay in advance, before start of program:

Schedule of total charges for a period of attendance: \$12,193

Schedule of total charges for the entire educational program: \$12,193

620 HR - Complies with CAMTC requirements

Tuition: \$11,968

Certified Transcript Fee: \$25

Registration (non-refundable): \$200

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0.00

Length of day program: 7 months

Length of evening program: 12 months

Payment Plan:

Schedule of total charges for a period of attendance: \$12,493

Schedule of total charges for the entire educational program: \$12,493

620 HR - Complies with CAMTC requirements

Tuition: \$11,968

Certified Transcript Fee: \$25

Registration (non-refundable): \$200

Payment Plan Fee: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0.00

Length of day program: 7 months

Length of evening program: 12 months

Pre-requisites: Official ID and a valid Social Security Number

Students must purchase their own books. The cost of books will depend on if the student purchases new, used or online versions of the texts.

Description: The Advanced Clinical Massage Therapist program is intended to provide students with intense training in the field of massage therapy and bodywork. Students will receive comprehensive training in Swedish Massage, Deep Tissue Massage, and accompanying bodywork techniques. Coursework includes topics in the 500 hour program, but is not limited to: Anatomy, Pathology, Business, Ethics, Self-Care Techniques, Sanitation and Hygiene, Chair Massage, Lymphatic Drainage, Myofascial Release, Cranial Sacral, Aromatherapy, Shiatsu, Sports Massage. After 500 core hours are completed, students are eligible to complete a combination of 120 hours - up to 75 clinic hours and/or approved workshops that do not duplicate the original 500 hour program topics. Our staff will assist students in planning their personal program. Requirements to complete this program and receive a certificate of completion are listed of page 10 of this catalog under the heading **REQUIREMENTS FOR CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE/GRADUATE.**

Holistic Hypnotherapist Program– 100 Hours

Schedule of total charges for a period of attendance: \$3,000

Schedule of total charges for the entire educational program: \$3,000

Tuition: \$2,700

Materials Fee: \$100

Required Text: Students must purchase themselves - “Hypnosis and Hypnotherapy Basic to Advanced Techniques for the Professional” by Calvin D. Banyan; **ISBN-13: 978-0971229006**; Hardback (\$120) or on Kindle (\$10)

Registration (non-refundable): \$200

S.T.R.F. (non-refundable): \$0.00

Length of evening program: 2 months

Pre-requisites: Official ID and a valid Social Security Number

Holistic hypnotherapy facilitates health and positive change by allowing a client’s whole-self to support the healing process. Students will learn hypnosis techniques to assist clients with positive and lasting results for physical, mental and emotional issues with far less effort and struggle by bringing forth the inner potential for health, healing, positive change, and transformation. Students will learn Four Modules, totaling 100 hours, in a combination of lecture, demonstrations and hands on participation. Requirements to complete this program and receive a certificate of completion are listed of page 10 of this catalog under the heading **REQUIREMENTS FOR CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE/GRADUATE.**

Massage Instructor Certification – 120 Hours

Schedule of total charges for a period of attendance: \$2,700

Schedule of total charges for the entire educational program: \$2,700

Tuition: \$2,400

Registration (non-refundable): \$200

Materials Fee: \$100

S.T.R.F. (non-refundable): \$0.00

Length of Evening Program: 3 months

Pre-requisites: Official ID and a valid Social Security Number; CMT for at least one year.

Our Massage Instructor Certification Program provides a theoretical and practical foundation for becoming a successful and effective bodywork instructor. This program explores the integration of teaching philosophies and classroom dynamics within the learning environment. The program is designed for massage therapy professionals who have a desire to become an effective Massage Instructor as well as help those who already teach massage therapy to increase their knowledge and skill sets. Requirements to complete this program and receive a certificate of completion are listed of page 10 of this catalog under the heading **REQUIREMENTS FOR CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE/GRADUATE.**

CONTINUING EDUCATION CLASSES & WORKSHOPS

Additional Education Class – CAMTC Approved Out-of-Country Supplement Program 50 Hours

Schedule of total charges for a period of attendance: \$1,325

Schedule of total charges for the entire educational program: \$1,325

Tuition: \$1,125

Enrollment fee: \$200

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0.00

Prerequisite: Social Security Number

Length of workshop: Approx two months

Pre-requisites: Official ID and a Valid Social Security Number; pre-approval by the CAMTC

When authorized by CAMTC, an out-of-country student with previous massage training from their country, may take the Out-of-Country Supplement Program to satisfy certification requirements. This program will include, 10 hours of Ethics, 15 hours of Business and 25 hours of hands-on massage. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Details of the Workshop - Additional Education:

Successfully complete 50 hours from a CAMTC Approved Out-of-Country Supplement Program as follows:

1. A minimum of 10 hours of Ethics including, but not limited to, standards of ethical practice, California laws and rules, informed consent, therapeutic relationship, and confidentiality. These hours must be in-person.
2. A minimum of 15 hours of Business including, but not limited to, professional development, obtaining and maintaining credentials, and adhering to laws and regulations. These hours may be in-person or synchronous interactive distance learning in accordance with current CAMTC Procedures.
3. A minimum of 25 hours of Hands-On Massage including, but not limited to, client assessment and interview, client draping, massage application, and planning and administering an individualized therapeutic massage. These 25 hands-on hours must be in-person and may not include student clinic hours. ii. All hours must be under the active and direct supervision of qualified instructors. For the hours to be considered successfully completed, students must be comprehensively assessed and evaluated by qualified instructors. All assessments, both physical and written, must be completed in person. The school shall document its determination that the student possesses the skills necessary to safely perform massage therapy on members of the public in accordance with California law and CAMTC's Policies and Procedures, and directly transmit the results of the assessment to CAMTC.
4. Schools with CAMTC Approved Out-of-Country Supplement Programs must report the results of all students in the program to CAMTC. This is a pass or fail workshop based on test results and hands on evaluation of the instructor.

If a student fails the out-of-country supplement program, then CAMTC will not accept the out-of-country completed education and the student must complete an additional 450 hours of education at a CAMTC approved massage program.

If a student passes the out-of-country supplement program and provides satisfactory evidence that their prior out-of-country education is substantially equivalent to that of a CAMTC Approved Program, then the student meets the education requirements for CAMTC Certification.

Acu-aroma Therapy 12 Hours

Schedule of total charges for a period of attendance: \$350

Schedule of total charges for the entire educational program: \$350

Tuition: \$300

Materials Fee: \$50

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: two, six hour days

The Acu-aroma Therapy course combines the healing constituents of essential oils and power of acupressure points and is designed to integrate aromatherapy and acupressure into treatment flows for many different conditions to help the body come into balance physically, mentally and emotionally. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Acupressure Fundamentals 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: two, six hour days

Acupressure is an ancient healing art developed in Asia over 5,000 years ago. Using the model of meridians, channels or pathways of energy, Acupressure is similar to Acupuncture, but uses the gentle, firm pressure of hands (and feet in some techniques). Using the power and sensitivity of the human hand, Acupressure is especially effective in the relief of tension-related ailments, in self-treatment, and in preventive health care. A practitioner trained in Acupressure can use the techniques of massage (soft-tissue manipulation) combined with the acupressure points and techniques to help release tension, increase circulation, reduce pain, and develop more vibrant health. This workshop focuses on basic concepts used in acupressure as students will learn several basic acupressure flows.

Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Anatomy Fundamentals 12 hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

This class is a beginning study of Anatomy for new students or review for current therapies, including but not limited to; Muscular, Skeletal, Cardiovascular, Integumentary, Nervous, Digestive, Reproductive, Respiratory and Endocrine Systems. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Anatomy 32 hours

Schedule of total charges for a period of attendance: \$800

Schedule of total charges for the entire educational program: \$800

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: 8, four hour days

This class is a detailed study of Anatomy including but not limited to; Muscular, Skeletal, Cardiovascular, Integumentary, Nervous, Digestive, Reproductive, Respiratory and Endocrine Systems. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Aromatherapy & Herbal Uses 12 Hours

Schedule of total charges for a period of attendance: \$350

Schedule of total charges for the entire educational program: \$350

Tuition: \$300

Materials Fee: \$50

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: two, six hour days

The Aromatherapy & Herbal Uses course is designed to integrate aromatherapy and herbs into massage treatments for many different conditions, benefiting clients. Students will learn essential oil and herbal safety and contraindications, how to utilize essential oils and herbs to enhance sessions and purify treatment rooms. Treatments learned during class will include, but are not limited to; calming and sedating, sinus allergy, recommended oils for muscles strains and sprains, pain, mood enhancement, grounding and centering, immune health, and more. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Aromatherapy Introduction 6 Hours

Schedule of total charges for a period of attendance: \$175

Schedule of total charges for the entire educational program: \$175

Tuition: \$150

Materials Fee: \$25

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: one, six hour day

This introduction to aromatherapy begins with class lecture including cautions and contraindications and safe handling procedures. During this course you will learn to integrate aromatherapy into a treatment for many different conditions. Treatments learned during class will include, but are not limited to; calming and sedating, sinus allergy, recommended oils for muscles strains and sprains, pain, mood enhancement, grounding and centering, immune health, and more. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Ayurvedic Massage 100 Hours

Schedule of total charges for a period of attendance: \$2,600

Schedule of total charges for the entire educational program: \$2,600

Tuition: \$2,500

Materials Fee: \$100

S.T.R.F. (non-refundable): \$0.00

Prerequisite: CMT

Length of workshop: Taught in five, 20 hour blocks of time, based on subject.

Ayurveda is a comprehensive holistic health care system from the ancient Indigenous peoples of the East. It emphasizes massage as an essential health care practice, being the corner stone of its comprehensive hands-on healing system known as Pancha Karma.

Ayurvedic Massage is a 100 hour workshop, taught in 5 Blocks of five 4-hour sessions. This course is intended to “build a bridge“ between the Ayurvedic science and accepted Western clinical and medical viewpoints. It will support integration with commonly practiced Western massage modalities and their potential uses in a Ayurvedic hands-on practice.

It will also prepare the learner for a deeper understanding of ethical practices utilizing Eastern philosophy, “circular” thinking and “elemental” reality. Sensitivity for cultural appropriation as well as respect for diversity and differences of beliefs and culture will be introduced at the start and woven through out.

This 100-hour program is intended to teach the massage therapist hands-on skills. Ayurvedic concepts will be introduced as a hands-on practicum utilizing the aspect of touch as both diagnostic and treatment.

The course will include:

- Overview of the historical and present-day massage and hands-on healing practices used in Ayurveda, such as Abhyanga, Marma, Basti, Shirodara, Swedana, Nasya, and Dinacharya. This includes an introduction to Pancha Karma, the five actions of purification performed in a professional massage setting. Student will learn to use Ayurvedic anatomy, physiology, pathology, assessment modalities and technique.
- The student will learn the elemental theory of Tri-Doshas (the three elemental constitutions) - Vata, Pitta and Kapha - and how to generally determine predominance in a client’s body/mind nature. Therapists will learn hygiene for themselves and for the client, as well as ergonomic work practices for longevity of career and workplace safety.
- Assessment and examination for indications and contraindications of thorough observation, palpation and pulse.
- Abhyanga- Lubrication of the Srotas/Channels for Vata, Pitta, Kapha – this includes assessment for appropriate pace and pressure.
- Maha Marma point therapy, Polarity and Holds
- Oil selection and use
- Set up and break down of massage space with hygiene and cleanliness practices

Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Ayurvedic Treatments 24 Hours

Schedule of total charges for a period of attendance: \$650

Schedule of total charges for the entire educational program: \$650

Tuition: \$600

Materials Fee: \$50

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: four, six hour days

The Ayurvedic Treatments course is a two day introduction workshop that offers both the basic Ayurvedic philosophy and hands-on techniques. Instruction includes an introduction to Ayurvedic health care, philosophy, and life style, an overview of the 3 body mind types and how to care for your clients, a one & a half hour massage and Marma point healing technique, an understanding of the appropriate medicinal oils for each individual, and methods to heal and harmonize the chakras. Students will learn massage therapy moves, including specific pressure points from the tradition of Ayurveda covering the head, face and upper body. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Body Contouring 12 Hours

Schedule of total charges for a period of attendance: \$400

Schedule of total charges for the entire educational program: \$400

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

Using Ultrasound technologies, Myofascial Release techniques, cupping and essential oils encourage lymphatic drainage to create a contouring effect on the body. This treatment is deeply relaxing and toning for the body. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Bowen Therapy 24 Hours

Schedule of total charges for a period of attendance: \$900

Schedule of total charges for the entire educational program: \$900

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: four, six hour days

Learn the basics of Functional Bowen Concepts - background, philosophy, assessment, therapeutic techniques and process application strategies. Students learn a basic Bowen Therapy session using gentle rolling motions along the muscles, tendons and fascia while the client is fully clothed. The therapy's distinctive features are the minimal nature of the physical intervention and pauses incorporated in the treatment. These pauses allow the body to "reset" itself, which allows the practitioner to work on multiple clients at a time. Students will learn a basic full body routine during the course and also be able to address specific areas of distress. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Canine Massage 6 Hours

Schedule of total charges for a period of attendance: \$175

Schedule of total charges for the entire educational program: \$175

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: one, six hour day

Learn how to support your furry friends with basic massage and acupressure techniques for anxiety and physical issues. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Chair Massage 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

Learn chair massage techniques and marketing strategies for gaining access to business and community events. Chair massage is a good way to introduce people to massage who have never before experienced it! You will learn to relieve carpal tunnel, and help prevent the build-up of hand, arm, head, and neck strain that is caused by working with computers. Chair massage is a good tool to use in self-promotion if you are in the process of building up a client base. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Chakra Balancing 12 Hours

Schedule of total charges for a period of attendance: \$325

Schedule of total charges for the entire educational program: \$325

Tuition: \$300

Materials Fee: \$25

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: two, six hour days

This two day workshop is explained in simple, uncomplicated terms. You will be able use these techniques to your life and practice immediately. Materials can be purchased individually and will include a complete set of chakra oils, crystals, earth stones, handouts, and book. Modalities used: hands on & hands off- oils, crystals, colors, visualization, magnets, and sound. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Chiropractic Assistant for the Massage Therapist 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

Learn the type of massage to prepare patients to receive their Chiropractic adjustment. You will also learn post-adjustment techniques, specializing in neck and back pain. Learn how to assist a Chiropractor during the normal routine of running an office. Learn to assist the Chiropractor with ultrasound, and hot and cold packs. You will learn how to use various kinds of equipment used in a chiropractic office. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Clinical Massage Practitioner 250 Hours

Schedule of total charges for a period of attendance: \$4,925

Schedule of total charges for the entire educational program: \$4,925

Tuition: \$4,725

Materials Fee: \$0

Registration (non-refundable): \$200

S.T.R.F. (non-refundable): \$0

For state certification, you will need to complete a total of 500 hours. This 250 hour introductory massage practitioner course is for students with little to no massage training.

Length of workshop: 2.5 months

Students will receive training in Swedish massage along with accompanying complimentary bodywork techniques. This includes Anatomy, Health & Hygiene, Contraindications, Body Mechanics, Business and Ethics. Students will also learn to address clients with low back pain, joint and muscular issues from injuries, carpal tunnel syndrome, migraine headaches and more. Students will learn effective ways to work “smarter, not harder” and how to provide clients relief from long-term pain and release of extended holding patterns. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Cranial Sacral Therapy 12 Hours

Schedule of total charges for a period of attendance: \$450

Schedule of total charges for the entire educational program: \$450

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: two, six hour days; or
four, 3 hour days

This is a light touch technique, which addresses the cranial sacral system. In addition to its remarkable effectiveness in relieving a wide range of conditions, many massage therapists appreciate the relief from repetitive strain afforded by this gentle style of therapy. It can be blended with regular massage to deepen the effects. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Deep Tissue Massage 24 Hours

Schedule of total charges for a period of attendance: \$670

Schedule of total charges for the entire educational program: \$670

Tuition: \$650

Materials Fee: \$20

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: four, six hour days

This is a four day intensive course. In this workshop you will gain a greater understanding of the layers of the body. You will gain the ability to work with these layers to relax, lengthen, and release holding patterns in the most effective and energy efficient ways possible. You will learn how to sense when the muscles are letting you in, versus, when they are fighting against you. Techniques will include proper use of finger, knuckles, fists, forearms, and elbows. Learn how shifting a client into a different body position will allow you to access deeper muscle groups. You will learn PNF stretches, strain/counter strain techniques, and goal based massage. It's a great way to make changes in your clients' body overtime. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Facial Contouring 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

Using acupressure facelift techniques with points, facial cupping and essential oils encourages lymphatic drainage of the face and neck to create a contouring effect. This treatment is deeply relaxing and toning for the neck and face. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Flower Essences 6 Hours

Schedule of total charges for a period of attendance: \$175

Schedule of total charges for the entire educational program: \$175

Tuition: \$150

Materials Fee: \$25

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: one, six hour day

In this introductory class, learn the subtle healing power of flower essences. Flower essences are the blossoms of plants prepared from a sun infusion in a bowl of water, then further diluted, potentized, and then preserved with brandy, there is no scent. These preparations embody the distinct imprint, or energetic pattern of each flower species. In holistic healing flower essence therapy is categorized under vibrational medicine. Vibrational medicine incorporates the use of chi energies within living organisms such as plants, gemstones and crystals, water, sunlight, and even the foods we eat. The founder of flower essence therapy was an English surgeon named Dr. Edward Bach. Dr Bach was a pioneer in understanding the connection of our emotional bodies to our physical health. The 38 original flower

remedies, known as Bach Healing Herbs were used to treat the underlying emotional causes of diseases. Ill health (physical imbalances and dis-eases) results when we are in imbalance or when we lose our awareness, are disassociated from others, or disconnected from our life purpose. The living forces of nature collected from the blooms of our flowering plants, prepared, and placed in liquid stock. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Geriatric & Hospice Massage 15 Hours

Schedule of total charges for a period of attendance: \$400

Schedule of total charges for the entire educational program: \$400

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days and one, 3 hour day

Students will learn cautions and contraindications as well as pathologies and medications common in the elderly. Students will then have the opportunity to learn and implement various massage modalities to meet the needs of the geriatric and hospice communities. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Healing Oils of Ancient Times 7 Hours

Schedule of total charges for a period of attendance: \$275

Schedule of total charges for the entire educational program: \$275

Tuition: \$250

Materials Fee: \$25

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: one, seven hour day

You experience and learn about the living energy of the 14 principal essential oils of ancient times and how to use them in modern times. This class includes lecture, meditation, anointing, and healing techniques. You can incorporate the oils and techniques in your massage or Reiki sessions. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Hot Stone Massage 12 Hours

Schedule of total charges for a period of attendance Cost: \$325

Schedule of total charges for the entire educational program: \$325

Tuition: \$300

Materials Fee: \$25

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

In this hands-on class you will learn how to clear energy via smudging and how to prepare yourself for doing earth medicine healing work. These classes encompass ancient Native American techniques that

will help you to re-align with mother earth's energies. You will be taught and hour and a half, full body treatment that is popular in spa settings. You will also learn to use cool stones to help with swelling, sinus drainage, and the lymphatic system. Incorporating stones can extend a body workers lifespan, and they are perfect to warm and smooth your client's achy muscles. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Injury Management 8 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: one, eight hour day; or two, four hour days

This workshop covers evaluation and treatment of some of the most common causes of pain. Students will expand their toolbox of assessment and treatment strategies through a series of demonstrations and practice of specific techniques. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Inner Guidance for Somatic Healing 12 Hours

Schedule of total charges for a period of attendance: \$400

Schedule of total charges for the entire educational program: \$400

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

Hands on instruction will include techniques from Cranial Sacral, Reflexology, Acupressure and other massage modalities as The Inner Guidance for Somatic Healing workshop helps students tap into their inner wisdom through guided visualizations and meditation to become centered, grounded and a calm resource for their clients. Students will learn to teach these somatic techniques to their clients for self evaluation, stress relief, and peaceful inner balance. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Lomi Lomi Hawaiian Massage 24 Hours

Schedule of total charges for a period of attendance: \$600

Schedule of total charges for the entire educational program: \$600

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: four, six hour days

Lomi Lomi is an ancient Hawaiian concept of working with the *mana* (life force) of the body, mind, and soul of an individual. Students will learn the basic history and philosophy of Lomi Lomi Massage as handed down ancestrally through the indigenous people of Hawaii. To obtain the level of immediate and long-term healing necessary, the practitioner uses a multitude of techniques and focus, including long, flowing, forearm techniques. Requirements to complete this workshop and receive a certificate of completion are listed on page

10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Lymphatic Drainage 12 Hours

Schedule of total charges for a period of attendance: \$470

Schedule of total charges for the entire educational program: \$470

Tuition: \$450

Materials Fee: \$20

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

In this class, you will explore the fundamental application of the lymphatic system. Closely associated to our circulatory system, this system is responsible for keeping the body clean of debris and fluid in balance. You will learn physiology, anatomy and location of the lymph. Indication and contraindications are discussed along with appropriate techniques per condition. Students will be able to offer fundamental Lymphatic Drainage on healthy individuals when class is completed. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Lymphatic Drainage – Pre and Post Surgery 24 Hours

Schedule of total charges for a period of attendance: \$870

Schedule of total charges for the entire educational program: \$870

Tuition: \$850

Materials Fee: \$20

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT; Lymphatic Drainage 12 hours

Length of workshop: four, six hour days

In this class, students will review the fundamental application of lymphatic drainage. The focus of this class is specifically to learn lymphatic drainage techniques for pre and postoperative care for many surgical procedures. The lymphatic drainage pre and post op techniques can boost lymphatic circulation, reducing swelling, pain and promoting faster recovery as well as aiding in minimization of scar formation, bruising, improving skin texture, reducing swelling and helps to detox the body from anesthesia and medications which enhances overall outcomes by accelerating healing and ensuring patient satisfaction. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Massage Cupping 8 Hours

Schedule of total charges for a period of attendance: \$230

Schedule of total charges for the entire educational program: \$230

Tuition: \$200

Materials Fee: \$30

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT, Chiropractor, Acupuncturist

Length of workshop: one, eight hour day

In this workshop we will look at the history of cupping, cover cautions and contraindications, and explore the various ways that cups can be used to help your clients and to enhance your practice. Massage Cupping is easy on your hands, and helps to release adhesions and prepare your clients for deeper work. Cupping is

especially powerful when combined with movement such as soft tissue release techniques. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Myofascial Release 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

This is a gentle, sustained pressure used to connect to the fascial layer that surrounds the muscle tissue resulting in helping to free restrictions, increase range to motion and speed healing. Fascia adheres to the muscle fibers after an injury...you will learn how to release it and allow the muscle to move freely. Myofascial release is easy to learn, gets great results and is easily integrated into your current treatment. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Oncology Massage 12 Hours

Schedule of total charges for a period of attendance: \$320

Schedule of total charges for the entire educational program: \$320

Tuition: \$300

Materials Fee: \$20

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

In this workshop, the student will learn different types of massage dealing with various types of cancer by using a gentle and caring technique. Come learn more about clients with cancer and let us talk about how to approach each client with kindness and tenderness. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Prenatal Massage 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

Learn client positioning for pregnant woman, contraindications, and the benefits of massage. Also learn about aromatherapy, essential oils and lotions specifically for use on pregnant women, and whatnot to use! You will learn how to give a relaxing nurturing pre-natal massage, and you will also learn side-lying massage techniques that are beneficial for everyone, especially people who have low back, hip, neck and shoulder pain. You will also be able to incorporate these into your daily routine,

and confidently work on people who would benefit from side-lying positions. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Raindrop Technique 8 Hours

Schedule of total charges for a period of attendance: \$275

Schedule of total charges for the entire educational program: \$275

Tuition: \$250

Materials Fee: \$25

S.T.R.F. (non-refundable): \$0

Prerequisite: None. Must be a CMT to receive CEs

Length of workshop: two, six hour days

This is an aromatherapy technique that uses a specific arrangement of aromatherapy oils, dropped along the spine. By applying special techniques and warm, moist towels, the oils will move deeply into the spine and through the nerve pathways to the afflicted organs, systems, or areas of the body to promote relaxation and pain reduction. The class will cover topics such as: how to properly use the oils, oil safety, what ailments respond well to this treatment and what benefits can be realized from these treatments. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Reflexology 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: None. Must be a CMT to receive CEs

Length of workshop: two, six hour days

Reflexology, or zone therapy, is the practice of massaging, squeezing, or pushing the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health. This course focuses on the feet and hands. Preparation techniques and proper reflexology techniques will be covered. The points in the feet and hands will be systematically taught so the students can easily remember the location of the specific points. Reflexology is a must for every massage therapist and is a wonderful tool to have for any caregiver. This class will be very interesting and filled with great fun, tricks of the trade and you will leave with happy feet and hands. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Reiki I 7 Hours

Schedule of total charges for a period of attendance: \$250

Schedule of total charges for the entire educational program: \$250

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: one, seven hour day

This system of Reiki was developed by a Japanese man named Mikao Usui in the early 1900's. Rei means "universal" and Ki is "energy." It is also translated as the "universal life force." Reiki is thought to be beneficial for physical, mental, emotional, and spiritual aspects of life. In this class you will learn about history and principles of Reiki, how to do Reiki treatments on yourself and others, and you will also receive your first attunement to facilitate healing on the physical level. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Reiki II(A) 7 Hours

Schedule of total charges for a period of attendance: \$250

Schedule of total charges for the entire educational program: \$250

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: Reiki I

Length of workshop: one, seven hour day

This class extends your knowledge of Reiki. You will learn about distance healing, emotional and mental healing, meditation, and intention. Practice time will include distance healing, scanning techniques, and changing unwanted habits with Reiki. You will receive an attunement that facilitates healing on the emotional and mental level. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Reiki II(B) – Advanced Reiki Training “ART” 7 Hours

Schedule of total charges for a period of attendance: \$250

Schedule of total charges for the entire educational program: \$250

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: Reiki I, Reiki II(A)

Length of workshop: one, seven hour day

Learn advanced techniques for clearing imbalances left from physical, mental or emotional traumas from the past. Class includes learning advanced techniques that will strengthen the mind. Learn about spiritual protection and how to remove negative psychic energy from yourself and others. Students will also receive one more attunement that will increase the strength of their Reiki energy. This class is transition class to the Master level of training. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Reiki III - Reiki Master 42 Hours

Schedule of total charges for a period of attendance: \$250

Schedule of total charges for the entire educational program: \$1,500

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: Reiki I, Reiki II(A), Reiki II (B) – Advance Reiki Training “ART”

Length of workshop: each class is one, seven hour day in a 6 class series that spans 6 months

Open fully to the power of Reiki and access your spiritual self. Learn advanced techniques for facilitating healing at the spiritual level, i.e., heart healing, celestial healing, crystal healing, and

more. In the second half of the Master Series, learn how to teach Reiki and to give Attunements. Receive an attunement to the Master symbol plus four new symbols. This is a 6 class series that spans 6 months and is 7 hours per class. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Reiki Drumming Module I 7 Hours

Schedule of total charges for a period of attendance: \$275

Schedule of total charges for the entire educational program: \$275

Tuition: \$250

Materials Fee to Instructor: \$25

S.T.R.F. (non-refundable): \$0

Prerequisite: Reiki I and Reiki II

Length of workshop: one, seven hour day

Reiki Drumming is a special technique that introduces the Reiki energy into the client's energy field and will facilitate deep relaxation and stress relief. Through sound and vibration, drumming creates a light state of being that makes it easier to release stress and tension in the body. When relaxation is induced, life force energy flows so that natural healing of the body may take place. Drumming and Reiki work synergistically together as a holistic healing technique and can heal mind, body, and spirit. The goal is to balance, align, and harmonize the human energy system with Reiki energy and sound vibration. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Reiki Drumming Module II 7 Hours

Schedule of total charges for a period of attendance: \$250

Schedule of total charges for the entire educational program: \$250

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: Reiki Drumming Module I

Length of workshop: one, seven hour day

Reiki Drumming sharing, Q &A, creating sacred space-self and room-7 sacred directions, free form drumming, chanting with Reiki symbols, professional Ethics for Reiki Drumming Practitioners, Reiki Drumming basic technique and preparation process in detail, strengthen your light, soul Breathing, clearing the channel, developing healing intention, getting healing confirmation, creating the affirmation with the client, recoding or re-framing process and practice giving and receiving the session, and the Reiki Drumming journey technique: Releasing personal blocks, Clearing genetic blocks, Ancestral healing, How to do a Reiki Drumming journey, and Practice doing and receiving an ancestral drumming healing journey. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Shiatsu 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT or RN

Length of workshop: two, six hour days

Learn the powerful yet gentle stretches of Shiatsu massage and rhythmic pressing along classic meridians of Asian Body Work. These sequences of touch can also be used for all other types of massage. This class will guide you through the steps of giving a complete Shiatsu treatment on a floor mat while the client is fully clothed. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Side Lying Massage 16 Hours

Schedule of total charges for a period of attendance: \$400

Schedule of total charges for the entire educational program: \$400

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, eight hour days

Side lying massage is effective for all body types, not just pregnancy massage as it allows for deeper work. This workshop will expand your toolbox as students learn to give a full body, free flowing, side lying massage by applying targeted techniques to shoulders, low back and hips. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Sound Healing 6 Hours

Schedule of total charges for a period of attendance: \$250

Schedule of total charges for the entire educational program: \$250

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: None

Length of workshop: one, six hour day

This class explores the science, history and practice of vibrational healing. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Sports Balance & Performance 12 Hours

Schedule of total charges for a period of attendance: \$450

Schedule of total charges for the entire educational program: \$450

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

This course will provide great tools for your practice. Instruction will primarily consist of Sport/Orthopedic injuries will hands on treatment. This class will integrate anatomy and mechanics of joint/muscle balancing. We will integrate Origin/Insertion work with multiple massage techniques to decrease pain and edema. These techniques will aid in reduction or scar tissue and long term stiffness allowing your patients/clients to maximize performance. Our hands on approach will keep you interested and moving throughout most of the class. We are here to have fun while learning techniques that can be put into practice immediately and effectively. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Sports Massage 18 Hours

Schedule of total charges for a period of attendance: \$450

Schedule of total charges for the entire educational program: \$450

Materials Fee: \$0

S.T.R.F.(non-refundable):\$0

Prerequisite: CMT or Trigger Points

Length of workshop: three, six hour days

The techniques you will learn in this workshop can help all of your clients, whether they are athletes or not. You will learn and practice many techniques in this hands-on workshop to help all of your clients. We will demonstrate treatment strategies for sprains, strains, and many common conditions such as hamstring strain, rotator cuff tear, tennis elbow, golfer's elbow, iliotibial band friction syndrome, "shin splints", and Achilles tendinitis. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Thai Massage I 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

Traditional Thai Massage (Nuad Bo Rarn) has been taught and practiced in Thailand for 2,500 years, influenced by both Ayurvedic/Yogic medicine and Buddhism. Thai Massage has a unique character that is at once relaxing and invigorating. This work blends gentle rocking rhythmic Acupressure and Yoga-like stretching which deeply opens, relaxes, and revitalizes the entire body. It is unmatched in its ability to open the joints and increase range of motion and flexibility. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Trigger Points 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT or RN

Length of workshop: two, six hour days

In this class the student will learn where trigger points are located throughout the body. The student will also learn how to integrate trigger point therapy into their massage while using deep tissue techniques and working with breath and sustained pressure. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**

Yoga Bodywork 12 Hours

Schedule of total charges for a period of attendance: \$300

Schedule of total charges for the entire educational program: \$300

Materials Fee: \$0

S.T.R.F. (non-refundable): \$0

Prerequisite: CMT

Length of workshop: two, six hour days

This workshop will work on developing your body-to-body communication and learning to move your clients in ways that make them feel like they are doing yoga. It gives us an opportunity to make massage a dance and a stretch that will increase the flexibility and over all feelings of wellbeing for both you and your clients. Requirements to complete this workshop and receive a certificate of completion are listed on page 10 of this catalog under the heading **REQUIREMENTS FOR NON-CERTIFICATION PROGRAMS TO RECEIVE CERTIFICATE.**