

COURSE

DESCRIPTIONS

- Course names that are followed by a number (e.g. 1, 2, and 3) must be taken in sequence. Courses that have a letter after them (e.g., A, B, C) may be taken in any order.
- Students please do not register for a course if you have not satisfied listed prerequisites. See your Student Advisor for questions.
- Materials fees are due on the first day of class and can be paid directly to the instructor.
- When there is a Pre-requisite for a class, an equivalent class or program taken at another school may count. Please talk to a Student Advisor.

CORE REQUIREMENTS

Note: Anatomy and Physiology: Introduction and either Advanced Topics A OR Advanced Topics B, for a total of 60 hours, is required for MP. The A & P Introduction and Advanced Topics A AND B, for a total of 90 hours, is required for HHP and Whole Food Nutrition Counselor.

Anatomy & Physiology: Introduction 30 hours

Anatomy is the science of structure and physiology is the science of function in the living being. This course provides an overview of the major anatomy and physiology systems of the body.

Anatomy & Physiology Advanced Topics A 30 hours

Prerequisite: Anatomy & Physiology: Intro.
Topics of study to include: Heart, Blood Vessels, Blood, Lymphatic System, Nervous System, Sensory System, and Development.

Anatomy & Physiology Advanced Topics B 30 hours

Prerequisite: Anatomy & Physiology: Intro.
Topics of study to include: Digestion, Metabolism, Endocrine System, Respiratory System, Urinary System, Body Fluids, and Reproductive Systems.

Body Reading 12 hours

Note: Required for Zen-Touch Technician, MP, HHP and Whole Foods Nutrition Counselor.
Gain skills in understanding practical application of Yin/Yang and the 5 elements applied to body language, birth dates, facial, palm and behavioral characteristics. The integration of these ancient systems in a modern day application will provide the holistic and massage practitioner practical methods to forecast and apply appropriate therapy for clients.

CPR 7 hours

Note: Required for MP, HHP and Whole Foods Nutrition Counselor.
Life-saving Cardiopulmonary Resuscitation techniques are taught. Students receive a CPR card from the American Heart Association upon completion.

Ethics 6 hours

Note: Required for MP, HHP and Whole Foods Nutrition Counselor.
This course will cover essential ethical topics found in bodywork and the holistic health arena including: Professionalism, Legal and Ethical Requirements, Confidentiality, Business Practices, Roles and Boundaries, Prevention and Sexual Misconduct. This curriculum meets the requirements for NCBTMB Recertification.

First Aid 3 hours

Note: Required for MP, HHP and Whole Foods Nutrition Counselor.
Learn the fundamentals of first-aid for holistic practitioners.

Introduction to Herbology 12 hours

Note: Required for HHP and Whole Foods Nutrition Counselor.
The animals of this planet have been enjoying safe, effective natural plant medicines for millions of years. Join folkloric herbalist John Finch in discovering the innate intelligence built-in to plant medicines and how to acquire, store and incorporate high quality medicinal herbs in your healing practice. In this intro to Western Herb Theory, we'll meet (and taste) plants, identify their properties by flavors, classify them in plant families, discuss their virtues as food and medicine and make tea with some of them

using a calorie-free natural sweetener. We'll also make and sample herbal tinctures and powders and discuss delivery systems of herbal remedies in relation to yin-yang comparatives.

Hydrotherapy 12 Hours

Note: Required for the MP and HHP.
Prerequisites: Massage Trainee
In this course the student will discover the power of water and the important roll it plays in the body's healing process. Discussion includes the principles and the practice of hydrotherapy in achieving a state of health, vitality and well-being in the body and the mind. A variety of techniques will be presented that can be used in a spa or a less formal setting. Class consists of lecture, and hands-on practice that includes contrast baths with additives, cryotherapy, herbal fomentation and dry skin brushing with an aroma aloe body mask. Information required for the National Exam will be covered.

Kinesiology 24 hours

Note: Required for MP and HHP.
Kinesiology is the study of the principals of biomechanics and anatomy in relation to human movement. Emphasis will be on interactive exploration of personal movement patterns to better understand patterns in others.

Pathology

Note: 40 hours required for MP, HHP and Whole Foods Nutrition Counselor.

These are basic courses introducing students and massage therapists to common allopathic pathological conditions found in the human body. There will be a brief overview of each body system followed by nomenclature and root words which will facilitate recognition of pathological conditions in each body system. The course content will also be geared towards those students who are preparing to take the National Board Certification test.

Pathology A 20 hours

Prerequisite: Anatomy and Physiology Intro.
This course provides an overview of the integumentary, environmental hygiene, musculoskeletal, endocrine, metabolic, digestive, lymph and immune systems and their related pathological conditions.

Pathology B

20 hours

Prerequisite: Anatomy and Physiology Intro.

This course covers diseases for the nervous, cardiovascular, pulmonary, sensory, urinary and reproductive systems and psychiatric disorders.

EASTERN BODYWORK/ ELECTIVES



5 Elements – Energy Channels and Acupoints

20 hours

There are hundreds of points along the acupuncture meridians where the chi or life force can be influenced. This class will focus on how the practitioner can decide which points are best for each client he or she works with. Points covered will be in alignment with the AOBTA NCCAOM national standards for Asian Bodyworkers. Seymour will weave these standards through his modernized applications of Yin/Yang and the 5 elements giving each participant a practical foundation for applying therapy through the points. We will cover specific anatomical locations, health benefits, method of application and even some mystical applications of certain points. The Twelve General, mother-and-son-points tonification/sedation, Transporting-shu Front-mu/alarm, Yuan-source, Luo-connecting, entry / exit points and the extraordinary vessels points. Chi exercises will precede every class.

Body Reading

16 hours

Note: Required for the Zen-Touch Technician, MP, HHP and Whole Foods Nutrition Counselor.

Gain skills in understanding practical application of Yin/Yang and the 5 elements applied to body language, birth dates, facial, palm and behavioral characteristics. The integration of these ancient systems in a modern day application will provide the holistic and massage practitioner practical methods to

forecast and apply appropriate therapy for clients.

Chinese Astrology & Feng Shui

4 hours

Personalize your home, office and life environment according to the forces of nature (Yin/Yang, 5 Elements) as described by the integration of two Ancient Chinese Healing Systems: Geomancy (Feng Shui) and Chinese Astrology. Integrating our lives with nature; the influences of our birth date and the environment around our homes and workplaces will initiate profound changes in our health and of those to whom we make recommendations.

Chi Cultivation

8 hours

Energy Cultivation through “Eternal Spring™” Chi Kung, Tai Chi Chuan Yang Family Form, Nei Kung and sitting meditation. Cultivate and Circulate the CHI /Life Force. Exercises for self health and recommendations for clients. Students will learn 4 systems of Chi Cultivation as developed by Master CK Chu.

Destiny & Intuition

6 hours

Note: Required for Zen-Touch Technician.

Destiny and Intuition continues on the Bodyreading theme to further explore the holistic or massage practitioner’s intuitional understanding of the energetic and physical body. Intuitive skills are developed to better forecast a client’s health tendencies, (pain management, energy level, emotional imbalances and mental clarity) giving the holistic health or massage practitioner in depth skills to enhance rapport with clients and to deepen awareness of how and where to focus the attention in sessions.

Eastern Internship

12 hours

For Bodyworkers, Nutritional Counselors and Holistic Health Practitioners. Learn to assess and make recommendations to clients in a way that inspires freedom through healthy living. Seymour will help each student fine tune their own style of health assessment and recommendations. Learn in a hands on environment with clients.

Eastern Internship: Palm Healing

8 hours

The 7 Chakras will be explored and integrated into participants health practice

with the ancient art of Palm Healing; Using the body's energy field to harmonize one's health condition.

Healing the Hara

16 hours

This class teaches practical skills for practitioners of any style of Bodywork. Participants will learn to incorporate abdominal massage and Health assessment skills into their practice. Students will learn to assess and facilitate healing through the internal organs and energetic centers found in the Hara/Abdomen.

Reiki 1

12 hours

Learn about, practice, and be attuned by a qualified and dedicated Reiki Master to Traditional Usui Reiki. In Level One, students awaken their energy centers and sensitize themselves to energy by practicing on themselves and others. Learn of the history, the philosophy, and experience first hand what it means to commit to channeling more energy through your system. The attunements will be performed in a private and sacred ceremony. Reiki assists the practitioner to balance, cleans and clear his/her own energies and others. Discover more about your own Intuitive Healer Within. Not only is Reiki a profound healing system, it is an enlightenment process!

Reiki 2

12 hours

Prerequisite: Reiki 1

Level Two Reiki entails the training and private, sacred attuning of the traditional Usui method of energy balancing and healing. Level Two Reiki allows the practitioner to tap and direct higher frequency beyond the physical plane into additional dimensions. Three sacred symbols are learned. Students are taught a technique to direct energy out of time and space and an absentee healing method. This course includes Reiki philosophy and ideals. The major/minor chakras are explored as well as the transpersonal chakras. Private attunements will be scheduled.

Thai Massage 1

20 hours

This class will cover the supine position and will be an introduction to the Traditional Massage of Thailand as taught in the Old Chiang Mai Traditional Hospital (northern, soft style). Students will learn a protocol involving points, presses and lengthening

designed to open the client to the natural healing process.

Thai Massage 2

20 hours

Prerequisites: Thai Massage 1

This class will cover the prone and sitting positions and will be an introduction to the Traditional Massage of Thailand as taught in the Old Chiang Mai Traditional Hospital (northern, soft style). Students will learn a protocol involving points, presses and lengthening designed to open the client to the natural healing process

Traditional Home Remedies

12 hours

Based on the application of Yin/ Yang and the 5 Elements, students will learn internal food remedies and external healing applications that will accelerate healing for self and clients. Teas, compresses, ear candling, moxa,, cupping, auriculotherapy, magnets and more provide participants with new tools to complement bodywork, nutrition and Holistic therapies.

Tui Na 1

20 hours

Tui Na 1 will cover Tui Na Hand Techniques and is designed to present a comprehensive experience of the hand techniques, their varieties of application, and the implications of Qi Gong in their effective practice.

Tui Na 2

20 hours

Prerequisite: Tui Na 1

Tui Na 2 will cover Tui Na Structural Techniques and is designed to teach the basic mechanics of the oscillating Tui Na methods of the Shanghai Rolling Tui Na School and their application to specific structural problems in the body.

Zen-Touch™ Shiatsu 1

32 hours

Note: Required for Zen-Touch Tech., Massage Tech., and Massage Trainee.

Zen-Touch 1 is the basic course in this style of acupressure massage. Zen Touch is a relaxing, balancing and very powerful experience, which allows the client to understand the mechanics of how the energy flows over the body and how, by restoring its proper functioning, will improve the overall health in the body.

Zen-Touch™ Shiatsu 2

28 hours

Note: Required for Zen-Touch Technician

Prerequisite: Zen-Touch 1

Zen-Touch™ II is the core of the Zen-Touch™ Technician Certification Program. Zen-Touch™ II teaches the use of elbows, knees, feet, extensive body stretching, hand techniques, energy cultivation and an in depth integration of all the founding principles. Instructions include the practical applications of advanced Zen-Touch™ bodywork techniques and the theoretical concepts of traditional Asian therapies in order to deepen the student's understanding and ability to assess and apply appropriate therapeutic intervention on a wide variety of clients.

Zen-Touch™ Shiatsu 3

20 hours

Prerequisite: Zen-Touch 1 & 2

Zen-Touch 3 runs concurrently with Zen-Touch 2 and will give the students the opportunity to practice and review what was taught in Zen-Touch 2. This class will put emphasis on more of the energy cultivation and principles as well as reviewing the use of forearms, elbows, knees, feet, body stretching, and hand techniques. We are also given the beautiful opportunity to work on the public and practice what we have learned and reviewed in and outside of class.

Zen-Touch™ Private Internship

Variable hours

Note: Required for Zen-Touch Technician

Prerequisite: Zen Touch I and Zen Touch II (ZT II can be concurrently taken)

Learn intermediate and advanced Zen-Touch™ techniques in an internship format with hands on Individualized instruction and client applications.

Zen-Tone

12 hours

Zen-Tone is an energy balancing method that combines palm healing and/or bodywork with sound, toning and music. When Energy/Life Force is freely flowing through the body mind spirit, we experience vital health. When Life force is blocked, it accumulates in specific body area, along energy lines, or on points. Traditional and modern approaches to "harmonizing" vital chi flow through Meridians and Chakras will be experienced in this class. Holistic Practitioners, Bodyworkers, of any style and the general public will be able to use these tools to

enhance health for both personal and/or professional applications.

MESSAGE/ BODYWORK

ELECTIVES



Advanced Massage Introductions

12 hours

Note: Required for Massage Trainee

Prerequisite: Parasympathetic

In this exciting course students will learn a little background, history, and watch numerous instructors' present different advanced massage styles taught at SOHA. With so many varieties of advanced massage courses to choose from this course will help the beginning student look forward to possible specializations and focuses they may wish to study in the future.

Aromatherapy

24 hours

Learn aromatherapy's history, distillation techniques, buying and storing of essential oils, proper dilution percentages, precautions and safety issues. Learn how carrier oils work synergistically with essential oils. Conduct an aromatherapy intake consultation. Understand labeling terms such as, pure, natural, grade A and therapeutic grade. Learn the various schools or theories about the application methodologies of essential oils.

This six week class will be lecture and hands-on. The weekly hands-on sessions will help one to fully experience the various balancing and healing modalities. Experience the effects of organic therapeutic grade essential oils and how they affect the body, mind and spirit. You will have hand-on session into healing with crystals and essential oils. This will be a detailed overview of aromatherapy. The hands-on sessions are an aromatic journey demonstrating the practical aspects of aromatherapy.

Assessment and Palpation Skills

20 hours

Prerequisite: MT or Instructor Approval

This class will strengthen our assessment skills by focusing on the presentation and practice of numerous palpation-enhancing

exercises. This will allow us to feel anatomical structures, and to assess normal and abnormal, thereby giving us the skills required to become a proficient and efficient soft tissue therapist.

The art of palpation requires discipline, time, patience and practice. Palpating with the fingers and hands provides sensory information that the brain interprets as: temperature, texture, surface humidity, elasticity, turgor, tissue tension, thickness, shape, irritability, motion. To accomplish this task it is necessary to *teach the fingers to feel, think, see, and know*. One feels through the palpating fingers on the client: one sees the structure under the palpating fingers through a visual image based on knowledge on anatomy; one thinks what is normal and abnormal, and one knows with confidence acquired with practice that what is felt is real and accurate. (Kappler, 1997).

Ayurvedic Massage

28 hours

Prerequisite: MT or Instructor Approval

This oil massage from the south of India is designed to balance the bodily constitution. The speed and oil used are determined by the constitutional pulse. Originally used to prepare warriors for battle, the original training lasted for ten years after which time they became eligible for training in the martial arts tradition of the same region. By performing the movements necessary to do the massage the therapist gains improvement in coordination, flexibility, strength, stamina, breathing and a deeper understanding of the anatomy of the body and its natural movement limitations. By receiving the massage the bodily constitution is balanced, the body becomes supple, flexible and impervious to pain and injury. These skills are a must for a good warrior-therapist, and the benefits apply to all who receive and give it.

Breathing Dysfunctions: Assess, Treat, & Rehabilitate

12 hours

The focus of the Breathing Dysfunctions class will be to explore what Functional and Dis-Functional breathing patterns are. We will learn how Dis-Functional breathing patterns can be harmful, how to identify them, how to correct them in ourselves, and how to help others to correct them in themselves. We will discuss how nutrition, exercise, muscular tension and relaxation, non-invasive and

invasive bodywork, and breathing can influence these patterns.

Chair Massage

12 hours

Prerequisite: Massage Trainee

Students will learn how to do a massage on a chair, utilizing western and eastern techniques. Different techniques will be introduced, and students will learn specific routines which are very simple to perform and yet very effective for pain and stress management.

Circulatory Massage

40 hours

Note: Required for Massage Trainee

Prerequisite: Parasympathetic & Touch Anatomy

A massage style that affects the quality and quantity of blood through the circulatory system, favoring better cellular nutrition and elimination. Improvement in surface circulation lessens the work of the heart, improves the blood making process and flushes the lymphatic system, all by either direct mechanical action on vessel walls or reflex action through vaso-motor nerves. This systematic protocol for therapeutic circulatory treatment is sometimes referred to as Swedish massage.

Craniosacral Therapy

18 hours

“Craniosacral Therapy is a gentle hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system—comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.”
-Upledger Institute

Deep Massage Techniques

32 hours

Note: Required for Massage Trainee Prerequisite:

Parasympathetic & Touch Anatomy

This course will provide students with techniques for delivering a firm/deep pressure lotion massage. Therapist tools, beyond the thumb, will be emphasized along with proper body mechanics. Application of basic clinical treatment techniques will be introduced for each body region. Massage physiology will also be covered. Content will be delivered through a combination of lecture, demonstration, practice, reading, and homework assignments.

Deep Tissue Massage

24 hours

Prerequisite: Massage Trainee

Deep work can be one of the most effective techniques in bodywork. Traditional and modern methods of this slow, penetrating work will be taught, providing a systematic framework for effecting therapeutic change in dysfunctional and disorganized myofascia. This technique is also effective in releasing congestion, emotional trauma, and restoring muscular balance. It addresses the ubiquitous fascial system both through manipulation and energetically.

Feldenkrais Internship

12 hours

In this class we focus on the work of Moshe Feldenkrais, as in introduction to Somatic Education fundamentals. Detailed protocols in Functional Integration and Awareness Through Movement will be explored and practiced as therapeutic interventions for common ailments.

Fibromyalgia: Therapy and Self Care

12 hours

Fibromyalgia is estimated to be the second commonest condition encountered in clinics for the treatment of chronic pain and it is now recognized that many people who initially present with chronic low back pain may go on to develop the syndrome (Leon Chaitow). This class will present the holistic health therapist, the fibromyalgia sufferer and the friends and family of those who have this debilitating condition with the opportunity to develop the skills necessary to alleviate their pain.

Healing with Crystals and Essential Oils

14 hours

Learn the basics of working with crystals and essential oils. Learn how to facilitate a client's healing during a bodywork session. Students learn the basics of working with crystals and therapeutic grade essential oils in bodywork sessions. They discover how powerful crystalline energy in conjunction with therapeutic grade essential oils can be in body work. They experience the energy of crystals and the increased energy of crystals with oils. They discover how this experience can provide a powerful catalyst to facilitate client's healing aspects of their being.

Hydrotherapy

12 hours

Note: Required for the HHP.

Prerequisite: Massage Trainee

In this course the student will discover the power of water and the important roll it plays in the body's healing process. Discussion includes the principles and the practice of hydrotherapy in achieving a state of health, vitality and well-being in the body and the mind. A variety of techniques will be presented that can be used in a spa or a less formal setting. Class consists of lecture, and hands-on practice that includes contrast baths with additives, cryotherapy, herbal fomentation and dry skin brushing with an aroma aloe body mask. Information required for the National Exam will be covered.

Indian Head Massage

12 hours

Recommended: A & P Intro, MT

This ancient form of Ayurvedic head massage is relaxing, soothing and energizing. In the time it takes to have a cup of coffee, Indian Head Massage techniques combine to de-stress the whole body, re-balance energy flow and restore a sense of well-being. The massage is given through clothing while you sit comfortably in a chair, anywhere! By the end of this introductory course you will be ready to practice on family and friends a simple, safe, highly beneficial therapy which has been a tradition on the Indian sub-continent for over 1,000 years.

Indian Head Massage for Addiction and Recovery

20 hours

Kabalah and Healing

12 hours

The Kabalah and Healing class "focuses primarily on the consciousness-expanding benefits derived from the practice of Non-Orthodox Qabalistic meditative exercises rather than the parochial revelations resulting from scriptural Orthodox Kabbala". After introducing an in depth to the tree of life and its ten "sephora" or centers and their basic hidden meaning we will apply this knowledge as a life giving and health promoting activity in the form of a meditation.

Lomi Lomi (Hawaiian) 1 & 2

20 hours each section

Prerequisite: Massage Trainee and Level 1 is a

Prerequisite for Level 2

Lomi Ka'ala Hoku, also known as Lomi Lomi massage, is an ancient Hawaiian concept of working with the MANA (life force) of the body, mind and soul of an individual. Lomi Ka'ala Hoku means "Massage Journey to the Stars". The idea is to calm the mind in order to heal the body, and come from total acceptance of who they are and where they are in their life or their journey right now.

Temple style bodywork refers to the body as being the sacred temple of the soul. It incorporates the movements of Hula, Tai Chi and Tai Kwon Do. Many of the hand and foot movements of the LUA, the martial arts of the KANE (men) can be found in temple bodywork, which "dances" around the table.

The energy work behind this style of bodywork comes from ancient teachings of personal empowerment, as required during Hula and martial arts performances, and was taught in the HEIAU (temple).

Temple bodywork is the most common type of "Hawaiian Massage" being done in the world outside the Hawaiian Islands. In this part 1 course the student will learn a basic full-body traditional massage, as well as the background and history behind the modality.

Handouts and oils provided by instructor with \$10 supply fee.

Parasympathetic Massage

32 hours

Note: Required for Massage Tech. & Trainee

This deeply relaxing style uses slow, flowing strokes to induce the client into the alpha state where the body's own healing powers are most accessible. Activating the Parasympathetic nervous system allows the body to rejuvenate and restore its balance, while it assists the lymphatic system to cleanse the metabolic waste that accumulates in the muscle tissues. This is a very soothing, painless, relaxing and therapeutic massage.

Passive Joint/Deep Tissue Blend Internship

12 hours

Prerequisite: Massage Trainee and Deep Tissue,

Recommended: Passive Joint Mobilization

This class combines the most therapeutically effective protocols of Deep Tissue and Passive Joint Mobilization for use with some common persistent afflictions, such as whiplash, frozen shoulder, and lower back and hip dysfunctions.

Passive Joint Mobilization

24 hours

Passive Joint Massage is the practice of undulation, slow cyclings, and mobilization techniques that integrate neuro-muscular functions with everyday movement and behavior. This therapeutic approach is gentle and non-invasive. The use of gentle oscillations, undulations, and other rhythmical movements to disarm holding patterns, relieve stress, encourage full, integrated action and clear intention.

PNF (Proprioceptive Neuromuscular Facilitation) Stretching

12 hours

Prerequisite: Massage Trainee

This class teaches the principles of Proprioceptive Neuromuscular Facilitation (PNF) and how to incorporate these techniques into a massage session. Students will also learn how to perform a basic postural assessment to improve each session's efficacy, techniques for self-PNF, and muscular anatomy and physiology relating to PNF.

Positional Release Internship

16 hours

Pre-requisite: Massage Trainee

Positional release techniques are gentle, non-invasive manual treatments for muscle pain and spasms which involve resetting muscle tone and enhancing circulation. They are amongst the easiest to learn and the most powerful to apply. They have the potential to create instant results in acute cases, and to allow chronically tense tissues to relax, making it easier to apply other therapeutic techniques.

Pregnancy Massage

24 hours

Prerequisite: Massage Trainee

This course offers basic information on positioning, posturing, body mechanics, and massage techniques for massaging pregnant women. It will provide an overview of what is happening with the pregnant body emotionally, structurally, and physically, and the unique sensitivity needed by the body-worker to accommodate this special time. Contraindications, complications, and precautions will also be covered. Please bring 4-6 pillows and a top and bottom sheet.

Pregnancy Internship

12 hours

Prerequisites: MT, Pregnancy Massage

Pressure Point Release

12 hours

This class will combine elements of trigger point, PNF stretching and Acupressure, to bring an alternative to muscle stress and pain patterns. Using direct pressure to specific point, we'll combine specific techniques to allow the muscles to release and open a neuro-muscular connection between brain and the proprioceptors located in the muscles.

The Raindrop Technique

7 hours

Learn the basics of aromatherapy and its effects on the body, mind and spirit. Plant essences carry many therapeutic qualities to restore the body's harmonic balance. The Raindrop Technique is a mild treatment layering nine different essential oils along the spine to revitalize the person's immune, nervous and muscular system. Learn special massage strokes, apply a warm compress and perform a gentle type of reflexology. As a therapist, you will receive the energetic healing of essential oils.

Reflexology: Foot and Hand

16 hours

Learn the basic fundamentals of reflexology also known as "Zone Therapy" and how the feet and hands are a reflection of the whole body. The students will observe, palpate and learn the dorsal, medial, lateral and plantar surfaces of the body in relation to the specific organs and glands of the body. They will learn the four basic reflexology strokes along with its benefits, contraindications and history.

Rhythm Fusion Massage

12 hours

Rhythm Fusion is a system that has been developed over the past 9 years and has not been taught in a school setting until now. Starting in 2003, new moves surfaced through Kathleen's private tutoring sessions that she noticed helped to keep the therapists hands in alignment at all times while creating quick results for the relaxation of muscle groups which contributed to long-term and even permanent results. As a teacher in 3 accredited schools in Philadelphia, she had not seen any of these moves and this system was not a part of the curriculum to be shared in its complete form. Advanced cushioning techniques will be covered so that each client is fully supported during each session per their unique needs. In her

massage practice here in California, she still finds that these techniques are not available to the average therapist and the clients are quite pleased with the custom cushioning and thorough techniques.

All moves taught through this system are 'on-purpose', focused and utilize continued feedback from the muscles to reduce unnecessary force and bruising; replacing many short-term deep tissue approaches.

Russian Sports Massage

28 hours

Prerequisite: Massage Trainee

Russian Sports massage is painless. It uses very little oil and specific bolstering to allow the therapist to go deep into client's tissues with client-therapist comfort and efficiency. This course covers the "training" protocol and introduces the therapeutic, pre/post event, and seated applications. We will meticulously go over the hand techniques and body dynamics as well as how, when, where and why to use them. We will discuss benefits to the various systems of the body, reported results with different athletic and non-athletic applications, and the different protocols.

Spa Techniques: Muds and Scrubs

18 hours

A comprehensive 18-hour spa course designed to give the student an understanding of the background and nature of the spa industry, the benefits of spa treatments and a lot of hands-on experience performing a variety of spa techniques. Treatments covered will be body exfoliations, body wraps, dry skin brushing, cellulite massage and cellulite treatments, paraffin, scalp treatments, hand and foot treatments and others. Skin anatomy and physiology will be covered, as well as product and equipment sources and information and practice on making your own spa body products. Lecture, demonstration, hands-on experience and handouts are included. Supply fees to be 25.00 per student, which includes products, handouts and a take-home body brush.

Stone Therapy

24 hours

Prerequisite: Massage Trainee

This course introduces to the student the specialized use of hot stones in massaging the body, providing a nurturing and enhanced therapeutic effect. This technique is an effective way to alleviate stress and tension and create a positive

energy flow in the body. The application of heat not only increases the feeling of well-being, but also enables the therapist to work more deeply and effectively. The student will have the knowledge and skills to perform a full-body basic hot stone massage. : This course also introduces to the student the advanced concepts and techniques with the use of hot stones in bodywork. Included will be discussions in the use of cold as well as hot stones, advanced massage strokes, the use of stones for specific conditions, the addition of aromatherapy and crystals, energetic and spiritual aspects of the stones, and how to incorporate stones in to various other bodywork modalities. This course includes lecture, demonstration and a lot of hands-on experience.

Touch Anatomy

32 hours

This course introduces students to the language of anatomy and the major anatomical landmarks of the human body. It will also provide a more complete view of the various systems of locomotion and a deeper understanding of the science and history of anatomy. Students will discuss the individual structures and perform self-palpation, instilling more thorough anatomical awareness and a deeper sense of confidence.

Western Sports Massage and Internship

16 hours

Prerequisite: Massage Trainee

This system of bodywork is a very effective way to improve blood circulation, helping the athlete to nourish the muscle tissues, eliminating lactic acid, preventing injuries and accelerating the recovery process, in a natural/drug free way. Students will be introduced to the basic principles of sports massage, as developed by Jack Meager, and trained in the basics of this system of bodywork. During the internship portion of this class students will be given the opportunity to work on professional athletes.

ADVANCED MASSAGE/ BODYWORK ELECTIVES



Advanced Deep Massage Techniques **16 hours**

This class will introduce very specific and advance techniques to deep massage work. Protocols and procedures to work with specific conditions will be demonstrated, taught and practiced with instructor supervision. Conditions like whiplash, sciatic nerve syndrome, plantar fasciitis, anterior compartment syndrome, carpal tunnel syndrome, TMJ syndrome etc, will be explained and addressed during class, with the intention of training the students to help their clients who suffer from these conditions.

Advanced Soft Tissue Techniques **20 hours**

There are a number of Body Work techniques that are referred to as Advanced Soft Tissue Techniques. These are Evidence-Based techniques that are effective and painless. These are being researched in Europe, and only those techniques that consistently evidence reliable are implemented. All work begins with an Evidence-Based intake and assessment process. Based on this work a plan is created. Students will be better informed to make educated choices about what to do next with a client and how to tell what works and what doesn't. Instead of having a bunch of tools to use at random, students will be able to make educated choices based on reliable intake, assessment and follow through, instead of Shot Gun Therapy and hope something works.

Structural Myofascial Reintegration **48 hours**

This class is sometimes taught as 2 separate classes: Level 1 = 24 hours; Level 2 = 24 hours. Prerequisite: Massage Trainee & Deep Tissue; Level 1 is a Prerequisite for Level 2 when applicable.

We will utilize the insights of Ida Rolf, employing the general techniques of deep tissue and movement, both active and passive, to systematically reorganize the fascial structure. This method has been shown to lead to dramatic shifts in posture, movement efficiency, physical and emotional pain-conditions, and general well-being. We will learn to employ the tools of superficial and deep fascial release organized by a series of ten structured lessons. When the class is separated into Levels 1 & 2, the first set of classes will introduce the student to the first half of the ten Structural sessions.

Take the second set of classes for the last sessions.

Trigger Point Therapy: Upper Body and Lower Body **20 hours each section**

Prerequisite: Assessment & Palpation Skills or Instructor Approval

According to many authorities in the field, Trigger points play a major role in most of what we call chronic pain. By learning to deactivate them in a way that causes no more harm, we are able to restore normal function to otherwise compromised tissues. We will learn what a trigger point is, how to find it, how to deactivate it, and how to prevent it. There will be demonstration followed by lots of one on one practice time.

BUSINESS ELECTIVES



Holistic Business Basics **8 Hours**

Note: Required for Massage Tech., Massage Trainee, MP, HHP, and Whole Food Nutrition Counselor.

This course will assist you in defining your personal and professional goals for success as a massage therapist or other holistic practitioner, provide knowledge of office procedures and requirements for working in various employment situations. Instruction will be provided on hotel/spa environments and how to interact with spa directors or principle therapists at massage establishments who will outline employer expectations. In addition, this class will cover all of the opportunities and possibilities of running your own business. This will include topics ranging from basic business laws to promoting and successfully operating your practice.

Intuitive Business Mastery **8 hours**

In this class we will cover the fundamental principles of having a successful practice while adding value to your clients through the awareness of your intuition. In becoming aware of your intuition one can

tap into the truth of the moment and really listen to heart of the matter. Using your intuition in business is especially effective in that it provides a solid foundation to make your decisions upon- most importantly to trust yourself.

Marketing Your Holistic Business **8 hours**

Recommended Prerequisite: Business Basics

Stuck in your current routine? Learn simple techniques to identify your specialization, target market, and how to get new clients into your office. This 4-hour introduction to marketing will get you thinking about your business!

Promoting Your Holistic Business **8 hours**

Recommended Prerequisite: Business Basics

How can you stand out in the crowded field of massage and holistic health? This class will help you get in touch with what is special about you. You will identify the individual gifts that you have to share with your clients, and learn simple tools to promote yourself using these unique talents.

Working in the Spa Industry **12 hours**

This lecture course surveying the spa industry as a work arena for massage therapists will enable the student to make appropriate choices in where and how to practice and guide them in how to best express their individuality in the healing arts. The goal of this course is for students to have an overall understanding of the nature and variety of the spa industry and what is available for them and expected of them as a professional massage therapist.

COUNSELING & COMMUNICATION ELECTIVES



Client Communication **16 hours**

Communicating with your client is a key factor that will determine the success of a career in massage or any of the other holistic/alternative health field endeavors. Most conflicts and stress can be resolved through listening and communication skills.

Students will learn to facilitate “Calm Passionate” communication and rapport skills. Students will learn effective communication attitudes and language skills that evoke a safe and healing environment by practicing interaction and speaking skills while maintaining personal ethics.

Conscious Communication for Healers **16 hours**

Basic Introduction and in depth understanding of the NVC Nonviolent Communication Process. In this class you will learn & absorb the basics of NVC- Nonviolent Communication also referred to as Compassionate or empathic Communication. Its purpose is to inspire compassion from others & to respond compassionately to others & thereby enhance the possibility for true connection on a human level. NVC guides us to reframe how we EXPRESS ourselves & how we HEAR others without shaming/blaming/judging or criticizing and instead by focusing on what we are *observing, feeling, needing* and *requesting*.

Neuro Linguistic Programming (NLP) **Introduction**

16 hours
In this dynamic hands-on training you will be introduced to the art and science of NLP; the language of the mind. You will learn how to develop rapport with *anyone*; communicate effectively with others even if they seem different from you; psyche yourself up for any life’s challenges and boost your self confidence. You will also gain a better understanding how the words you speak are creating your future. This course is a must for everyone.

Shamanic Counseling **16 hours**

Enhance your ability to obtain extraordinary, practical, and spiritual wisdom to answer important personal questions using traditional methods of insight and exploration. Learn to act in the role of the shaman to spiritually facilitate soul unification on others.

HERBOLOGY ELECTIVES



External Applications of Herbs

4 hours

Applying herbs, essential oils and fixed oils externally is effective for treating injuries and issues beneath the skin. Learn how to apply herbal poultices, plasters, washes, soaks and compresses. Discover healing oils for the body worker’s toolbox to relieve pain, stimulate circulation, treat bruising, and relax muscles. We’ll incorporate infused fixed oils and essential oils in making a therapeutic massage cream to promote healing of bones, ligaments, muscles and a variety of connective tissue injuries. We’ll also discuss the appropriate use of heat and cold in holistic sports medicine.

Flower Essences

4 hours

Learn to use a pendulum (for dowsing) to select and make your own personal flower essence from the California Flower Essences in this empowering workshop on vibrational therapies. Understand how flower essences are made and how "less is more" vibrational therapies apply to modern day holistic healing modalities. We'll compare homeopathy with flower essences and learn the history of vibrational medicine. We'll discuss how dowsing can be useful in your practice and in your everyday life.

Herbal First-Aid

4 hours

In this informative show-and-tell workshop students will learn traditional and modern remedies for an assortment of afflictions that befall us in our daily lives. Learn how to deal with everything from sunburn to stomach ache, connective tissue injuries, toothaches, warts, skin cancer, food poisoning and other challenges, using herbs and other natural remedies.

Herbal Gift-Making

4 hours

Learn to make wonderful gifts for yourself and others using herbs, fixed and volatile oils, and other natural ingredients. We'll infuse herbs in oil to make an herbal oil you can use as a body oil, massage oil or bath oil. We'll incorporate this oil in making a natural emulsion (beauty cream) to moisturize, nourish and tone the skin. We'll also see how to make herb vinegars and herb pillows that make great gifts. You'll take home instructions, labels and

recipes as well as a beauty cream we make in class.

Herbal Rejuvenation

4 hours

Mankind has been seeking the secret to long life and eternal youth for thousands of years. Is there a “fountain of youth” hidden somewhere in the chemistry of plant medicines, in super foods, or in the silence of meditation? In “primitive” cultures, elders often exhibit strength and power beyond that of the young. John will share his herbal secrets to prowess and vitality. Learn how to keep the chi flowing in your life well into your “golden years.”

Herb Walk A: San Clemente Canyon

4 hours

Enjoy and learn about nature’s pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool a few miles to Marian Bear Memorial Park to visit the plants where they live. We will encounter and speak about several species of sage, tree tobacco, periwinkle, thistles, lemonade berry, plantain, yarrow, elder, hemlock, fennel and a host of other plants that grace this beautiful canyon.

Herb Walk B: Old Mission Dam

4 hours

Enjoy and learn about nature’s pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool to Mission Trails Park near Santee to visit the plants where they live. We will encounter and speak about evening primrose, wild celery, mugwort, yerba mansa, datura, California holly, lemonade berry, wild rose, mugwort, and a host of other plants that grace this beautiful area of Mission Gorge.

Herb Walk C: Tecolote Nature Center

4 hours

Folkloric Herbalist John Finch will guide you through Nature’s natural pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool a few miles to Tecolote Nature Center to visit the plants where they live. We will encounter and speak about sage, Catalina cherry, bush mallow, wild rose, lemonade berry, elder, hemlock, fennel and a host of other plants that grace this beautiful canyon.

Introduction to Herbology: Herbal Fundamentals

12 hours

Note: Required for HHP and Whole Foods Nutrition Counselor.

The animals of this planet have been enjoying safe, effective natural plant medicines for millions of years. Join folkloric herbalist John Finch in discovering the innate intelligence built-in to plant medicines and how to acquire, store and incorporate high quality medicinal herbs in your healing practice. In this intro to Western Herb Theory, we'll meet (and taste) plants, identify their properties by flavors, classify them in plant families, discuss their virtues as food and medicine and make tea with some of them using a calorie-free natural sweetener. We'll also make and sample herbal tinctures and powders and discuss delivery systems of herbal remedies in relation to yin-yang comparatives.

Pharmacognosy: Plant Medicine

8 hours

Pharmacognosy is the study of the compounds plants synthesize to make medicines for the animals of this world. Join master medicine-maker John Finch in learning to identify some of these healing principles by their flavor and how best to extract them to make powerful medicines. We'll show examples and discuss the general and specific qualities of various alkaloids, glycosides, saponins, tannins, bitters, essential oils and other principles found in healing plants.

Women's Wellness

16 hours

Learn the fundamentals of what constitutes good, "normal", or "optimal" health in the female body, from puberty to post-menopause; and the fundamentals of the most common health problems in female health throughout those phases; learn the herbal, nutritional and life-style strategies for healing those health problems; woven into all of this is also understanding cultural and historical influences that have impacted female health, and the more enlightened, "wise-woman ways" and attitudes for promoting optimal health for women of all ages. Examples: Painful menstruation, the herbs, the diet, lifestyle and mind-body techniques that eliminate this common problem, as well as detox-ing the cultural influences that psychologically exacerbate menstrual pain.

Remember, American women have only had the right to vote for 91 years ... our status as second-class citizens in our history ("herstory" is more like it) has had a great impact on our health, our self-esteem and proper treatment of our ailments ... these realities will be highlighted all along the way in this class.

NUTRITION ELECTIVES



5 Elements – Energy Channels and

Acupoints

20 hours

There are hundreds of points along the acupuncture meridians where the chi or life force can be influenced. This class will focus on how the practitioner can decide which points are best for each client he or she works with. Points covered will be in alignment with the AOBTA NCCAOM national standards for Asian Bodyworkers. Seymour will weave these standards through his modernized applications of Yin/Yang and the 5 elements giving each participant a practical foundation for applying therapy through the points. We will cover specific anatomical locations, health benefits, method of application and even some mystical applications of certain points. The Twelve General, mother-and-son-points tonification/sedation, Transporting-shu Front-mu/alarm, Yuan-source, Luo-connecting, entry / exit points and the extraordinary vessels points. Chi exercises will precede every class.

Ayurvedic Home Remedies

4 hours

Students will learn about Ayurveda "the science of life and longevity" and the art of daily living in harmony with the laws of nature, both prevention (maintenance of good health) and healing. Life style commendations, nutrition, exercise, meditation and breathing exercises will help students explore many possibilities in facilitating for self and others.

Ayurvedic Principles

16 hours

Ayurveda is the science of life which was

inspired by the ancient sages of India and refined over 6,000 years. It is the knowledge of how to live in health and harmony with nature, which along with ourselves, is made up of the five elements: Water, Earth, Fire, Air and Ether/Space; which also combine the three Doshas: Vata, Pitta, Kapha. Ayurveda helps us enhance our physical, psychological and spiritual well-being.

This course fulfills part of the nutrition program requirements. Students will receive and be introduced to an array of information: Ayurveda roots and history, five element and cycles of nature lectures, dosha/body constitution, pulse and body reading/self diagnosis, and diet and life style recommendations. With this in mind, the students will have enough shared information to have a little more understanding of the Ayurvedic way of life which can enhance their knowledge and strengthen their path in their holistic practice.

Eastern Internship:

Palm Healing

8 hours

Note: Required for Zen-Touch™ Technician

The 7 Chakras will be explored and integrated into participants health practice with the ancient art of Palm Healing; Using the body's energy field to harmonize one's health condition.

Digestive Health

8 hours

In this class we will take a close look at the functions of the digestive and eliminatory systems and what might happen when either one of these systems works at less than optimal. We will also explore possible approaches to help us achieve and maintain optimal function of both.

Holistic Nutrition

20 hours

This class presents concepts of maintaining balanced dietary intake, water in the diet, organic farming, acid-alkaline foods, food combining, vegetarian protein, understanding caloric intake, facts about fats, strategies for healthy bones and the importance of vitamins, minerals, enzymes, fiber and probiotics.

Macrobiotic Nutrition and Internship

28 hours

Learn how to integrate the principles of Great Life/ Macro Biotics (Food, and Lifestyle) into everyday living habits. Health assessment and recommendations will give

the student a wide variety of tools to help self and others. Seymour demystifies and clarifies how Yin/Yang and the 5 elements are easy to apply tools for your health or health practice.

Nutrition 101 and Beyond
6 hours

Nutrition: Facts and Fads
8 hours

Raw Foods, Detoxification, and Cleansing
20 hours

Learn the benefits of eating raw foods and detoxification, to include increased energy, better digestion, and weight loss. This class will introduce the students to methods of adding raw foods to their own diet, and will provide an opportunity to work with others on how to create a plan to add raw foods to their diet. Students will also learn about the importance of detoxification and cleansing of the body.

Raw Food Preparation
16 hours

This course will introduce students to the foundational principles of raw food preparation. Students will learn how to create delicious raw food recipes from simple dishes to gourmet presentations. Kitchen equipment recommended for a raw food diet will be discussed and demonstrated in the process of preparing a variety of appetizing recipes. Each session of this 2-day class will include tasting of the foods demonstrated.

Traditional Chinese Medicine: Nutrition
20 hours

We will explore the socio-economic and philosophical roots of Chinese culture. The individual body/constitutional types will be explored. Students will then learn how to evaluate the body types and recommend appropriate diet and nutrition. Students will learn to prepare common Chinese foods, some with medicinal herbs, by practical demonstration in class. The last day of class will include a class field trip to Little Asia on Convoy Street. We will tour Ranch Market 99, a Massive Asian grocery store. We will then finish the day with a group vegetarian Chinese lunch.

Traditional Home Remedies
12 hours

Based on the application of Yin/ Yang and the 5 Elements, students will learn internal food remedies and external healing applications that will accelerate healing for self and clients. Teas, compresses, ear candling, moxa, cupping, auriculotherapy, magnets and more provide participants with new tools to complement bodywork, nutrition and Holistic therapies.

INTERNSHIPS



Eastern Internship
12 hours

For Bodyworkers, Nutritional Counselors and Holistic Health Practitioners. Learn to assess and make recommendations to clients in a way that inspires freedom through healthy living. Seymour will help each student fine tune their own style of health assessment and recommendations. Learn in a hands on environment with clients.

Eastern Internship: Palm Healing
8 hours

Note: Required for Zen-Touch™ Technician
The 7 Chakras will be explored and integrated into participants health practice with the ancient art of Palm Healing; Using the body's energy field to harmonize one's health condition.

Feldenkrais Internship
12 hours

In this class we focus on the work of Moshe Feldenkrais, as in introduction to Somatic Education fundamentals. Detailed protocols in Functional Integration and Awareness Through Movement will be explored and practiced as therapeutic interventions for common ailments.

Healing the Hara
16 hours

This class teaches practical skills for practitioners of any style of Bodywork. Participants will learn to incorporate abdominal massage and Health assessment

skills into their practice. Students will learn to assess and facilitate healing through the internal organs and energetic centers found in the Hara/Abdomen.

Macrobiotic Nutrition and Internship
28 hours

Learn how to integrate the principles of Great Life/ Macro Biotics (Food, and Lifestyle) into everyday living habits. Health assessment and recommendations will give the student a wide variety of tools to help self and others. Seymour demystifies and clarifies how Yin/Yang and the 5 elements are easy to apply tools for your health or health practice.

Passive Joint/Deep Tissue Blend Internship
12 hours

Prerequisite: Massage Trainee and Deep Tissue, recommended Passive Joint Movement
This class combines the most therapeutically effective protocols of Deep Tissue and Passive Joint Mobilization for use with some common persistent afflictions, such as whiplash, frozen shoulder, and lower back and hip dysfunctions.

Positional Release Internship
16 hours

Prerequisite: Massage Trainee
Positional release techniques are gentle, non-invasive manual treatments for muscle pain and spasms which involve resetting muscle tone and enhancing circulation. They are amongst the easiest to learn and the most powerful to apply. They have the potential to create instant results in acute cases, and to allow chronically tense tissues to relax, making it easier to apply other therapeutic techniques.

Pregnancy Internship
12 hours

Prerequisites: MT, Pregnancy Massage

Traditional Home Remedies
12 hours

Based on the application of Yin/ Yang and the 5 Elements, students will learn internal food remedies and external healing applications that will accelerate healing for self and clients. Teas, compresses, ear candling, moxa, cupping, auriculotherapy, magnets and more provide participants with new tools to complement bodywork, nutrition and Holistic therapies.

Western Sports Massage and Internship

16 hours

Prerequisite: Massage Trainee

This system of bodywork is a very effective way to improve blood circulation, helping the athlete to nourish the muscle tissues, eliminating lactic acid, preventing injuries and accelerating the recovery process, in a natural/drug free way. Students will be introduced to the basic principles of sports massage, as developed by Jack Meager, and trained in the basics of this system of bodywork. During the internship portion of this class students will be given the opportunity to work on professional athletes.

Zen-Touch™ Shiatsu 3

20 hours

Prerequisite: Zen-Touch 1 & 2

Zen-Touch 3 runs concurrently with Zen-Touch 2 and will give the students the opportunity to practice and review what was taught in Zen-Touch 2. This class will put emphasis on more of the energy cultivation and principles as well as reviewing the use of forearms, elbows, knees, feet, body stretching, and hand techniques. We are also given the beautiful opportunity to work on the public and practice what we have learned and reviewed in and outside of class.

MOVEMENT ELECTIVES



Chi Cultivation

8 hours

Energy Cultivation through “Eternal Spring™” Chi Kung, Tai Chi Chuan Yang Family Form, Nei Kung and sitting meditation. Cultivate and Circulate the CHI /Life Force. Exercises for self health and recommendations for clients. Students will learn 4 systems of Chi Cultivation as developed by Master CK Chu.

Pilates for Self Care

8 hours

Note: Counts towards HHP Only

In this course you will gain a greater understanding of the Pilates principles and

how they relate to core strength. Through movement, anatomy and imagery you will discover a deeper awareness of your body's relationship to health. The class will be approximately 40% lecture and 60% movement.

Yoga

10 hours

In this course, each class will be a playful exploration of Yoga practices. Postures (ASANA) will be a fusion of Hatha and Ashtanga traditions which start with Sun Salutations. Dissecting each pose, the instructor will focus on alignment and safety, while still playing with “edges”. Control of Vital Energy (PRANAYAMA) using different methods of breathing, we will focus on duration, depth and retention of breath on both inhalation and exhalation. We will experience how to use the breath to deepen the postures (asana). Meditation (DHYANA) different methods of meditation will be presented and practiced.

PERSONAL GROWTH ELECTIVES



Aromatherapy

20 hours

Learn aromatherapy's history, distillation techniques, buying and storing of essential oils, proper dilution percentages, precautions and safety issues. Learn how carrier oils work synergistically with essential oils. Conduct an aromatherapy intake consultation. Understand labeling terms such as, pure, natural, grade A and therapeutic grade. Learn the various schools or theories about the application methodologies of essential oils.

This six week class will be lecture and hands-on. The weekly hands-on sessions will help one to fully experience the various balancing and healing modalities. Experience the effects of organic therapeutic grade essential oils and how they affect the body, mind and spirit. You will have hand-on session into healing with crystals and essential oils. This will be a detailed overview of aromatherapy. The hands-on sessions are an aromatic journey

demonstrating the practical aspects of aromatherapy.

Ayurvedic Home Remedies

4 hours

Students will learn about Ayurveda “the science of life and longevity” and the art of daily living in harmony with the laws of nature, both prevention (maintenance of good health) and healing. Life style commendations, nutrition, exercise, meditation and breathing exercises will help students explore many possibilities in facilitating for self and others.

Ayurvedic Principles

16 hours

Ayurveda is the science of life which was inspired by the ancient sages of India and refined over 6,000 years. It is the knowledge of how to live in health and harmony with nature, which along with ourselves, is made up of the five elements: Water, Earth, Fire, Air and Ether/Space; which also combine the three Doshas: Vata, Pitta, Kapha. Ayurveda helps us enhance our physical, psychological and spiritual well-being.

This course fulfills part of the nutrition program requirements. Students will receive and be introduced to an array of information: Ayurveda roots and history, five element and cycles of nature lectures, dosha/body constitution, pulse and body reading/self diagnosis, and diet and life style recommendations. With this in mind, the students will have enough shared information to have a little more understanding of the Ayurvedic way of life which can enhance their knowledge and strengthen their path in their holistic practice.

Body Reading

12 hours

Note: Required for the Zen-Touch™ Technician, MP, HHP and Whole Foods Nutrition Counselor.

Gain skills in understanding practical application of Yin/Yang and the 5 elements applied to body language, birth dates, facial, palm and behavioral characteristics. The integration of these ancient systems in a modern day application will provide the holistic and massage practitioner practical methods to forecast and apply appropriate therapy for clients.

Chakra Healing: Mind, Body, Spirit

12 hours

Chakra Healing is designed to allow students the unique opportunity to develop

inner and outer awareness of the spiritual, emotional, mental, physical, ego and soul essence of the seven basic chakra energy centers of the body. Students are empowered to evaluate intuitively personal balances and imbalances within themselves and to begin feeling more confident evaluating others.

Chi Cultivation

8 hours

Energy Cultivation through “Eternal Spring™” Chi Kung, Tai Chi Chuan Yang Family Form, Nei Kung and sitting meditation . Cultivate and Circulate the CHI /Life Force. Exercises for self health and recommendations for clients. Students will learn 4 systems of Chi Cultivation as developed by Master CK Chu.

Chinese Astrology & Feng Shui

4 hours

Personalize your home, office and life environment according to the forces of nature (Yin/Yang, 5 Elements) as described by the integration of two Ancient Chinese Healing Systems: Geomancy (Feng Shui) and Chinese Astrology. Integrating our lives with nature; the influences of our birth date and the environment around our homes and workplaces will initiate profound changes in our health and of those to whom we make recommendations.

Conscious Communication for Healers

16 hours

Basic Introduction and in depth understanding of the NVC Nonviolent Communication Process. In this class you will learn & absorb the basics of NVC-Nonviolent Communication also referred to as Compassionate or empathic Communication. Its purpose is to inspire compassion from others & to respond compassionately to others & thereby enhance the possibility for true connection on a human level. NVC guides us to reframe how we EXPRESS ourselves & how we HEAR others without shaming/blaming/judging or criticizing and instead by focusing on what we are *observing, feeling, needing and requesting.*

Destiny & Intuition

6 hours

Note: Required for Zen-Touch Technician.

Destiny and Intuition continues on the Bodyreading theme to further explore the holistic or massage practitioner's intuitional understanding of the energetic

and physical body. Intuitive skills are developed to better forecast a client's health tendencies, (pain management, energy level, emotional imbalances and mental clarity) giving the holistic health or massage practitioner in depth skills to enhance rapport with clients and to deepen awareness of how and where to focus the attention in sessions.

Digestive Health

8 hours

In this class we will take a close look at the functions of the digestive and eliminatory systems and what might happen when either one of these systems works at less than optimal. We will also explore possible approaches to help us achieve and maintain optimal function of both.

Flower Essences

4 hours

Learn to use a pendulum (for dowsing) to select and make your own personal flower essence from the California Flower Essences in this empowering workshop on vibrational therapies. Understand how flower essences are made and how "less is more" vibrational therapies apply to modern day holistic healing modalities. We'll compare homeopathy with flower essences and learn the history of vibrational medicine. We'll discuss how dowsing can be useful in your practice and in your everyday life.

Healing with Crystals and Essential Oils

14 hours

Learn the basics of working with crystals and essential oils. Learn how to facilitate a client's healing during a bodywork session. Students learn the basics of working with crystals and therapeutic grade essential oils in bodywork sessions. They discover how powerful crystalline energy in conjunction with therapeutic grade essential oils can be in body work. They experience the energy of crystals and the increased energy of crystals with oils. They discover how this experience can provide a powerful catalyst to facilitate client's healing aspects of their being.

Healing the Hara

16 hours

This class teaches practical skills for practitioners of any style of Bodywork. Participants will learn to incorporate abdominal massage and Health assessment skills into their practice.

Students will learn to assess and facilitate healing through the internal organs and energetic centers found in the Hara/Abdomen.

Herbal First-Aid

4 hours

In this informative show-and-tell workshop students will learn traditional and modern remedies for an assortment of afflictions that befall us in our daily lives. Learn how to deal with everything from sunburn to stomach ache, connective tissue injuries, toothaches, warts, skin cancer, food poisoning and other challenges, using herbs and other natural remedies.

Herb Walk A: San Clemente Canyon

4 hours

Enjoy and learn about nature's pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool a few miles to Marian Bear Memorial Park to visit the plants where they live. We will encounter and speak about several species of sage, tree tobacco, periwinkle, thistles, lemonade berry, plantain, yarrow, elder, hemlock, fennel and a host of other plants that grace this beautiful canyon.

Herb Walk B: Old Mission Dam

4 hours

Enjoy and learn about nature's pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool to Mission Trails Park near Santee to visit the plants where they live. We will encounter and speak about evening primrose, wild celery, mugwort, yerba mansa, datura, California holly, lemonade berry, wild rose, mugwort, and a host of other plants that grace this beautiful area of Mission Gorge.

Herb Walk C: Tecolote Nature Center

4 hours

Folkloric Herbalist John Finch will guide you through Nature's natural pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool a few miles to Tecolote Nature Center to visit the plants where they live. We will encounter and speak about sage, Catalina cherry, bush mallow, wild rose, lemonade berry, elder, hemlock, fennel and a host of other plants that grace this beautiful canyon.

Kabalah & Healing

16 hours

The Kabalah and Healing class focuses primarily on the consciousness-expanding benefits derived from the practice of Non-Orthodox Qabalistic meditative exercises rather than the parochial revelations resulting from scriptural Orthodox Kabbala after introducing an in depth to the tree of life and its ten "sephora" or centers and their basic hidden meaning we will apply this knowledge as a life giving and health promoting activity in the form of a meditation.

Meditational Healing

12 hours

With gentle and compassionate guidance, you will learn more about your inner power to set a positive intent to live a healthy and balanced life. Contact the "Healer Energy" within you and experience healing on all levels: spiritual, emotional, mental, physical, ego and soul. Topics to be discussed and explored are: the different types of meditation, clairvoyance, the seven basic chakras unveiled and the transpersonal chakras, releasing the ego, stress, pain, mind clutter, letting go of control, the present moment. Through consistent practice higher states of consciousness will be experienced: focus, clarity, peace-awareness. We will cleanse and clear inwardly and learn techniques to clear our worldly environments as well.

Neuro Linguistic Programming (NLP)

Introduction

12 hours

In this dynamic hands-on training you will be introduced to the art and science of NLP; the language of the mind. You will learn how to develop rapport with *anyone*; communicate effectively with others even if they seem different from you; psyche yourself up for any life's challenges and boost your self confidence. You will also gain a better understanding how the words you speak are creating your future. This course is a must for everyone.

Nutrition 101 and Beyond

6 hours

Nutrition: Facts and Fads

8 hours

Pilates for Self Care

8 hours

Note: Counts towards HHP only, if taken as part of a program

In this course you will gain a greater understanding of the Pilates principles and how they relate to core strength. Through movement, anatomy and imagery you will discover a deeper awareness of your body's relationship to health. The class will be approximately 40% lecture and 60% movement.

The Raindrop Technique

7 hours

Learn the basics of aromatherapy and its effects on the body, mind and spirit. Plant essences carry many therapeutic qualities to restore the body's harmonic balance. The Raindrop Technique is a mild treatment layering nine different essential oils along the spine to revitalize the person's immune, nervous and muscular system. Learn special massage strokes, apply a warm compress and perform a gentle type of reflexology. As a therapist, you will receive the energetic healing of essential oils.

Reflexology: Foot and Hand

16 hours

Learn the basic fundamentals of reflexology also known as "Zone Therapy" and how the feet and hands are a reflection of the whole body. The students will observe, palpate and learn the dorsal, medial, lateral and plantar surfaces of the body in relation to the specific organs and glands of the body. They will learn the four basic reflexology strokes along with its benefits, contraindications and history.

Reiki 1

12 hours

Learn about, practice, and be attuned by a qualified and dedicated Reiki Master to Traditional Usui Reiki. In Level One, students awaken their energy centers and sensitize themselves to energy by practicing on themselves and others. Learn of the history, the philosophy, and experience first hand what it means to commit to channeling more energy through your system. The attunements will be performed in a private and sacred ceremony. Reiki assists the practitioner to balance, cleans and clear his/her own energies and others. Discover more about your own Intuitive Healer Within. Not only is Reiki a profound healing system, it is an enlightenment process!

Reiki 2

12 hours

Prerequisite: Reiki 1

Level Two Reiki entails the training and private, sacred attuning of the traditional Usui method of energy balancing and healing. Level Two Reiki allows the practitioner to tap and direct higher frequency beyond the physical plane into additional dimensions. Three sacred symbols are learned. Students are taught a technique to direct energy out of time and space and an absentee healing method. This course includes Reiki philosophy and ideals. The major/minor chakras are explored as well as the transpersonal chakras. Private attunements will be scheduled.

Raw Foods, Detoxification, and

Cleansing

20 hours

Learn the benefits of eating raw foods and detoxification, to include increased energy, better digestion, and weight loss. This class will introduce the students to methods of adding raw foods to their own diet, and will provide an opportunity to work with others on how to create a plan to add raw foods to their diet. Students will also learn about the importance of detoxification and cleansing of the body.

Raw Food Preparation

16 hours

This course will introduce students to the foundational principles of raw food preparation. Students will learn how to create delicious raw food recipes from simple dishes to gourmet presentations. Kitchen equipment recommended for a raw food diet will be discussed and demonstrated in the process of preparing a variety of appetizing recipes. Each session of this 2-day class will include tasting of the foods demonstrated.

Shamanic Counseling

16 hours

Enhance your ability to obtain extraordinary, practical, and spiritual wisdom to answer important personal questions using traditional methods of insight and exploration. Learn to act in the role of the shaman to spiritually facilitate soul unification on others.

Traditional Home Remedies

12 hours

Based on the application of Yin/ Yang and the 5 Elements, students will learn internal food remedies and external healing

applications that will accelerate healing for self and clients. Teas, compresses, ear candling, moxa, cupping, auriculotherapy, magnets and more provide participants with new tools to complement bodywork, nutrition and Holistic therapies.

Women's Wellness

16 hours

Learn the fundamentals of what constitutes good, "normal", or "optimal" health in the female body, from puberty to post-menopause; and the fundamentals of the most common health problems in female health throughout those phases; learn the herbal, nutritional and life-style strategies for healing those health problems; woven into all of this is also understanding cultural and historical influences that have impacted female health, and the more enlightened, "wise-woman ways" and attitudes for promoting optimal health for women of all ages

Examples: Painful menstruation, the herbs, the diet, lifestyle and mind-body techniques that eliminate this common problem, as well as detox-ing the cultural influences that psychologically exacerbate menstrual pain.

Remember, American women have only had the right to vote for 91 years ... our status as second-class citizens in our history ("herstory" is more like it) has had a great impact on our health, our self-esteem and proper treatment of our ailments ... these realities will be highlighted all along the way in this class.

Yoga

10 hours

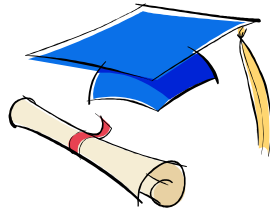
In this course, each class will be a playful exploration of Yoga practices. Postures (ASANA) will be a fusion of Hatha and Ashtanga traditions which start with Sun Salutations. Dissecting each pose, the instructor will focus on alignment and safety, while still playing with "edges". Control of Vital Energy (PRANAYAMA) using different methods of breathing, we will focus on duration, depth and retention of breath on both inhalation and exhalation. We will experience how to use the breath to deepen the postures (asana). Meditation (DHYANA) different methods of meditation will be presented and practiced.

Zen-Tone

12 hours

Zen-Tone is an energy balancing method that combines palm healing and/or bodywork with sound, toning and music.

When Energy/Life Force is freely flowing through the body mind spirit, we experience vital health. When Life force is blocked, it accumulates in specific body area, along energy lines, or on points. Traditional and modern approaches to "harmonizing" vital chi flow through Meridians and Chakras will be experienced in this class. Holistic Practitioners, Bodyworkers, of any style and the general public will be able to use these tools to enhance health for both personal and/or professional applications.



- All certificate programs and courses are approved by the California Bureau of Private Post Secondary Vocational Education. (CaBPPVE)
- We are an approved provider for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) both as a school and as a Continuing Education Provider (CE Hours). Provider Number: 450166-06 School Code Number: 022240-00
- We are a Continuing Education Provider (CEU's) with the California Board of Registered Nursing. Provider Number: 6436
- Several of our courses meet the standards set forth by the AOBTA and students under Seymour Koblin's Zen-Touch™ program are eligible for national certification with NCCAOM.