

Spring 2011 Class Schedule

(April, May, and June)

updated 10/25/2010

We are continuing to add new classes and make changes, so please make sure that you have the most recent Schedule, and look for updates!

Class dates and times subject to change or cancellation. Please contact the school for current scheduling information.

Program Classes: \$14 per hour; Individual Classes: \$15 per hour.

A minimum of 2-day advance registration is required for all classes. A \$5 late Registration Fee will be charged for registering for a course later than this. A \$10 fee will be charged for dropping into a class without pre-registering. A \$20 fee will be charged for a "No-Show."

Materials fees MUST be paid on the first day of class to the instructor and are non-refundable/non-exchangeable.

Day 200 Hour Massage Trainee Program
April 29 - August 26; Mondays, Wednesdays, & Fridays, 9 am- 1 pm
No Class May 30th

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--------------------------------|-------|---------------------|-------------|--------------------|--------------|-----------------------------|-----------------------------------|---|
| MTA-SP11 | Introduction / Orientation | 4 | April 29th | 9 am - 1 pm | Fri. | Alpha | Hugo Anguiano | | Twin sheet set, lotion, 2 pillowcases, towel, text |
| PARAA-SP11 | Parasympathetic Massage | 32 | May 2 - 18 | 9 am - 1 pm | Mon., Wed., & Fri. | Echo / Alpha | Hugo Anguiano | | Twin sheet set, lotion, 2 pillowcases, towel, text |
| TAA-SP11 | Touch Anatomy | 32 | May 20 - June 8 | 9 am - 1 pm | Mon., Wed., & Fri. | Alpha | Hugo Anguiano | NO CLASS MAY 30TH | Twin sheet set, oil, towel, text |
| ADPOA-SP11 | Adaptive Positions | 8 | June 10 & 13 | 9 am - 1 pm | Fri. & Mon. | Alpha / Echo | Alexander / Cabezas | | Twin sheet set, 4 - 6 firm pillows, lotion |
| CIRCA-SP11 | Circulatory Massage | 40 | June 15 - July 8 | 9 am - 1 pm | Mon., Wed., & Fri. | Alpha / Echo | John Economos | Para./equiv; Touch Anatomy/equiv. | Twin sheets, oil / lotion, bolster, towels NO CLASS JULY 4 |
| ZT1A-SM11 | Zen-Touch™ Shiatsu I | 28 | July 11 - 25 | 9 am - 1 pm | Mon., Wed., & Fri. | Echo | Ginger Stamper | | White queen fitted sheet, clean socks, comfy clothes, text |
| PRACA-SM11 | Practicum | 4 | July 27 | 9 am - 1 pm | Wed. | Alpha | Manuel Cabezas | | Twin sheets, oil / lotion, bolster, towels |
| DEEPA-SM11 | Deep Massage Techniques | 28 | July 29th - Aug. 12 | 9 am - 1 pm | Mon., Wed., & Fri. | Alpha | Manuel Cabezas | Parasympathetic or equivalent | Twin sheet set, oil / lotion |
| AMIA-SM11 | Advanced Massage Introductions | 12 | August 15 - 19 | 9 am - 1 pm | Mon., Wed., & Fri. | Alpha | Cabezas, Anguiano, Economos | Parasympathetic or equivalent | Twin sheet set, lotion |
| BBA-SM11 | Business Basics | 8 | August 22 & 24 | 9 am - 1 pm | Mon. & Wed. | Aurora | Abby Gooch | | |
| MTA-SP11 | Test / Graduation | 4 | August 26th | 9 am - 1 pm | Fri. | Echo | Hugo Anguiano | | Graduation Day & Exams MT ONLY |

Students: You are always invited to the Wellness Clinic for Free Health Lectures, Free Massage and More - A great way to experience what your school has to offer for free!
Wellness Clinic Dates: TBA

Evening/ Weekend 200 Hour Massage Trainee Program

June 21 - October 13; Tuesdays & Thursdays, 6 - 10 pm and Saturdays, 10 am - 2 pm

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--------------------------------|-------|----------------------|---------------------------|----------------------|----------|----------------------------|--|--|
| MTB-SP11 | Introduction / Orientation | 4 | June 21st | 6 - 10 pm | Tues. | Echo | Jamie Jonas | | Twin sheet set, lotion, 2 pillowcases, towel, text |
| PARAB-SP11 | Parasympathetic Massage | 32 | June 23 - July 9 | 6 - 10 pm 10 am - 2 pm | Tue. & Thur. Sat. | Alpha | Jamie Jonas | | Twin sheet set, lotion, 2 pillowcases, towel, text |
| TAB-SM11 | Touch Anatomy | 32 | July 12 - 28 | 6 - 10 pm 10 am - 2 pm | Tue. & Thur. Sat. | Alpha | Hugo Anguiano | | Twin sheet set, oil, towel, text |
| ADPOB-SM11 | Adaptive Positions | 8 | July 30 & Aug. 2 | 10 am - 2 pm 6 - 10 pm | Sat. Tue. | Alpha | Cabezas Alexander | Parasympathetic or Equivalent | Twin sheet set, 4 - 6 firm pillows, lotion |
| CIRCB-SM11 | Circulatory Massage | 40 | August 4 - 25 | 6 - 10 pm 10 am - 2 pm | Tue. & Thur. Sat. | Alpha | John Economos | Parasympathetic or Equivalent Touch Anatomy or Equivalent | Twin sheets, oil / lotion, bolster, & towels |
| ZTIB-SM11 | Zen-Touch™ Shiatsu I | 28 | August 27 - Sept. 10 | 6 - 10 pm 10 am - 2 pm | Tue. & Thur. Sat. | Echo | Ginger Stamper | | White queen fitted sheet, clean socks, comfy clothes, text |
| PRACB-SM11 | Practicum | 4 | Sept. 13 | 6 - 10 pm | Tue. | Alpha | Jamie Jonas | | Twin sheets, oil / lotion, bolster, & towels |
| DEEPB-SM11 | Deep Massage Techniques | 28 | Sept. 15 - 29 | 6 - 10 pm 10 am - 2 pm | Tue. & Thur. Sat. | Alpha | Jeff Wergeland | Parasympathetic or Equivalent Touch Anatomy or Equivalent | Twin sheets, cream (preferred), / lotion (OK) |
| AMIB-FL11 | Advanced Massage Introductions | 12 | Oct. 1 - 6 | 10 am - 2 pm 6 - 10 pm | Sat. Tue. & Thur. | Alpha | Economos, Angiano, Cabezas | Parasympathetic or Equivalent | Twin sheet set, lotion |
| BBB-FL11 | Business Basics | 8 | Oct. 8 & 11 | 10 am - 2 pm 6 - 10 pm | Sat. Tue. | Aurora | Marc Lindshield | | |
| MTB-SP11 | Test / Graduation | 4 | Oct. 13 | 6 - 10 pm | Thur. | Aurora | Jamie Jonas | | Graduation Day & Exams MT ONLY |

Note: This program is in progress. The classes shown are remaining.

Day 200 Hour Massage Trainee Program

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--------------------------------|-------|---------------|-------------|-------------------|--------------|-----------------------------|-------------------------------|---|
| DEEPA-SP11 | Deep Massage Techniques | 28 | April 1 - 15 | 9 am - 1 pm | Mon., Wed. & Fri. | Alpha / Echo | Manuel Cabezas | Parasympathetic or Equivalent | Twin sheet set, oil / lotion |
| AMIA-SP11 | Advanced Massage Introductions | 12 | April 18 - 25 | 9 am - 1 pm | Mon., Wed. & Fri. | Alpha | Anguiano, Economos, Cabezas | Parasympathetic or Equivalent | Twin sheet set, lotion NO CLASS APRIL 22 |
| BBA-SP11 | Business Basics | 8 | April 27 & 29 | 9 am - 1 pm | Wed. & Fri. | Aurora | Abby Gooch | | |
| MTA-WI11 | Test / Graduation | 4 | May 2nd | 9 am - 1 pm | Mon. | Alpha | Elien Alexander | | Graduation Day MT ONLY |

Note: This program is in progress. The classes shown are remaining.

Evening/ Weekend 200 Hour Massage Trainee Program

No Class May 28

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--------------------------------|-------|-----------------|---------------------------|-----------------------|----------|------------------------------|--|--|
| ADPOB-SP11 | Adaptive Positions | 8 | April 5 & 7 | 6 - 10 pm | Tue. & Thurs. | Alpha | Alexander / Cabezas | Parasympathetic or Equivalent | Twin sheet set, 4 - 6 firm pillows, lotion |
| CIRCB-SP11 | Circulatory Massage | 40 | April 9 - 30 | 6 - 10 pm 10 am - 2 pm | Tue. & Thurs. Sat. | Alpha | Tammi Sirotenko | Parasympathetic or Equivalent Touch Anatomy or Equivalent | Twin sheets, oil / lotion, bolster & towels |
| ZT1B-SP11 | Zen-Touch™ Shiatsu I | 28 | May 3 - 17 | 6 - 10 pm 10 am - 2 pm | Tue. & Thurs. Sat. | Echo | Patti Pace | | White queen fitted sheet, clean socks, comfy clothes, text |
| PRACB-SP11 | Practicum | 4 | May 19th | 6 - 10 pm | Thurs. | Echo | David Ruiz | | Twin sheets, oil / lotion, bolster & towels |
| DEEPB-SP11 | Deep Massage Techniques | 28 | May 21 - June 7 | 6 - 10 pm 10 am - 2 pm | Tue. & Thurs. Sat. | Alpha | Jeff Wergeland | Parasympathetic or Equivalent Touch Anatomy or Equivalent | Twin sheets, cream (preferred) / lotion (ok) No class May 28 |
| AMIB-SP11 | Advanced Massage Introductions | 12 | June 9 - 14 | 6 - 10 pm 10 am - 2 pm | Thurs. & Tue. Sat. | Alpha | Anguiano, Peterson, Economos | Parasympathetic or Equivalent | Twin sheet set, lotion |

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|----------|-------------------|---|--------------|---------------------------|----------------|--------|-----------------|--|---------------------------------------|
| BBB-SP11 | Business Basics | 8 | June 16 & 18 | 6 - 10 pm 10 am - 2 pm | Thurs. Sat. | Aurora | Marc Lindshield | | |
| MTB-WI11 | Test / Graduation | 4 | June 21st | 6 - 10 pm | Tue. | Alpha | David Ruiz | | Graduation Day & Exams MT ONLY |

Core Requirements

*Includes 1-hour lunch (which does not count towards class hour credit)

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--|-------|--------------------|--------------|------|----------|----------------|--------------------------|--|
| AP-SP11 | Anatomy & Physiology Introduction | 30 | April 4 - June 13 | 7 - 10 pm | Mon. | Aurora | Dr. Neil Stern | No Class May 30 | Text required (available for purchase in the office) |
| APADA-SP11 | Anatomy & Physiology Advanced Topics A | 30 | April 12 - June 14 | 9 am - 12 pm | Tue. | Aurora | Dr. Neil Stern | | Text required (available for purchase in the office) |
| BR-SP11 | Body Reading | 12 | April 3 & 10 | 9 am - 4 pm | Sun. | Echo | Hugo Anguiano | | Hand mirror, recommended text: "Shaping Our Destiny" |
| CPR-SP11 | CPR | 7 | May 7th | 9 am - 5 pm | Sat. | Alpha | Dr. Neil Stern | | Materials fee \$20 |
| ETH-SP11 | Ethics | 6 | May 4th | 9 am - 4 pm | Wed. | Echo | John Economos | | |
| FAID-SP11 | First Aid | 3 | April 5th | 9 am - 12 pm | Tue. | Aurora | Dr. Neil Stern | | |
| HERB-SP11 | IntroductiOn to Herbology | 12 | May 25 - June 8 | 9 am - 1 pm | Wed. | Aurora | John Finch | | |
| KIN-SP11 | Kinesiology | 24 | May 1 - June 11 | 9 am - 1 pm | Sun. | Alpha | John Economos | | Materials fee \$5: queen fitted sheet |
| PATHA-SP11 | Pathology A | 20 | April 9 - 30 | 9 am - 3 pm | Sat. | Aurora | Joe Guarino | | Materials fee \$10 |
| PATHB-SP11 | Pathology B | 20 | May 14 - June 12 | 9 am - 3 pm | Sat. | Aurora | Joe Guarino | No Class May 28th | Materials fee \$10 |

Eastern Bodywork/ Electives

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|----------------------|-------|-------------------|---------------------------|-----------------------|-----------------------|---------------|---|--|
| BR-SP11 | Body Reading | 12 | April 3 & 10 | 9 am - 4 pm | Sun. | Echo | Hugo Anguiano | | Hand mirror, recommended text: "Shaping Our Destiny" |
| REIK1-SP11 | Reiki - Level 1 | 12 | April 21 - May 19 | 11 am - 1 pm | Thurs. | Echo / Alpha / Aurora | Wendy Chaffin | No regular class 5/12 Attunements 5/12 & 5/13 9am - 1 pm | Materials fee \$15 |
| REIK2-SP11 | Reiki - Level 2 | 12 | May 26 - June 23 | 11 am - 1 pm | Thurs. | Echo / Alpha / Aurora | Wendy Chaffin | No regular class 6/16 Attunements 6/16 & 6/17 9am - 1 pm | Materials fee \$10 Attunement Fee \$40 |
| THAI2-SP11 | Thai Massage 2 | 20 | May 11 - June 8 | 9 am - 1 pm | Wed. | Echo | John Economos | Massage Trainee, Thai 1 | White queen fitted sheet, clean socks, comfy clothes |
| ZT1B-SP11 | Zen-Touch™ Shiatsu I | 28 | May 3 - 17 | 6 - 10 pm 10 am - 2 pm | Tue. & Thurs. Sat. | Echo | Patti Pace | | White queen fitted sheet, clean socks, comfy clothes, text |

Massage/ Bodywork Electives

*Includes 1-hour lunch (which does not count towards class hour credit)

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--------------------------------|-------|---------------------|---------------------------|-----------------------|--------------|----------------------------|--|--|
| ADPOA-SP11 | Adaptive Positions | 8 | June 10 & 13 | 9 am - 1 pm | Fri. & Mon. | Alpha / Echo | Alexander / Cabezas | | Twin sheet set, 4 - 6 firm pillows, lotion |
| ADPOB-SP11 | Adaptive Positions | 8 | April 5 & 7 | 6 - 10 pm | Tue. & Thurs. | Alpha | Alexander / Cabezas | Parasympathetic or Equivalent | Twin sheet set, 4 - 6 firm pillows, lotion |
| AMIA-SP11 | Advanced Massage Introductions | 12 | April 18 - 25 | 9 am - 1 pm | Mon., Wed. & Fri. | Alpha | anguiano, Economos, Cabez | Parasympathetic or equivalent | Twin sheet set, lotion NO CLASS APRIL 22 |
| AMIB-SP11 | Advanced Massage Introductions | 12 | June 9 - 14 | 6 - 10 pm 10 am - 2 pm | Thurs. & Tue. Sat. | Alpha | anguiano, Peterson, Econom | Parasympathetic or Equivalent | Twin sheet set, lotion |
| AROMA-SP11 | Aromatherapy | 24 | April 7 - May 12 | 1:30 - 5:30 pm | Thurs. | Aurora | Kathy Padecky | | Materials fee \$30: See office for materials list. |
| CHAIR-SP11 | Chair Massage | 12 | June 11 & 18* | 9 am - 4 pm | Sat. | Echo | Manuel Cabezas | Massage Trainee | |
| CIRCA-SP11 | Circulatory Massage | 40 | June 15 - July 8 | 9 am - 1 pm | Mon., Wed., & Fri. | Alpha / Echo | John Economos | Para./equiv; Touch Anatomy/equiv. | Twin sheets, oil / lotion, bolster, towels NO CLASS JULY 4 |
| CIRCB-SP11 | Circulatory Massage | 40 | April 9 - 30 | 6 - 10 pm | Tue. & Thurs. | Alpha | Tammi Sirotenko | Parasympathetic or Equivalent | Twin sheets, oil / lotion, bolster & towels |
| CST-SP11 | CranioSacral Therapy | 18 | May 9 - 23 | 9 am - 4 pm* | Mon | Echo | Sheldon Finn | Massage Trainee | See materials list in office |
| DEEPA-SP11 | Deep Massage Techniques | 28 | April 1 - 15 | 9 am - 1 pm | Mon., Wed. & Fri. | Alpha | Manuel Cabezas | Parasympathetic or equivalent | Twin sheet set, oil / lotion |
| DEEPB-SP11 | Deep Massage Techniques | 28 | May 21 - June 7 | 6 - 10 pm 10 am - 2 pm | Tue. & Thurs. Sat. | Alpha | Jeff Wergeland | Parasympathetic or Equivalent Touch Anatomy or Equivalent | Twin sheets, cream (preferred) / lotion (ok) No class May 28 |
| DT-WI11 | Deep Tissue (In progress) | 24 | March 13 - April 17 | 9 am - 1 pm | Sun. | Alpha | John Economos | Massage Trainee | Twin sheet set |
| FELDI-SP11 | Feldenkrais Internship | 12 | June 16 - 30 | 6 - 10 pm | Thurs. | Echo | John Economos | | Queen fitted sheet |
| IHM-SP11 | Indian Head Massage | 12 | May 5 - 19 | 6 - 10 pm | Thurs. | Alpha | Jackie Payne | Recommended : A & P Intro, MT | Writing Materials |

| | | | | | | | | | |
|------------|--------------------------|----|--------------|-------------|------|-------|-------------------|-----------------|--|
| LOMI1-SP11 | Lomi - Lomi (Hawaiian) 1 | 16 | April 4 - 25 | 9 am - 1 pm | Mon. | Alpha | Jennifer Peterson | Massage Trainee | \$5, twin sheet set, 2 hand towels, empty oil bottle, hair tie |
|------------|--------------------------|----|--------------|-------------|------|-------|-------------------|-----------------|--|

Massage / Bodywork Electives Continued

| | | | | | | | | | |
|------------|--|----|------------------|--------------|------|--------------|-------------------|---|--|
| LOMI2-SP11 | Lomi - Lomi (Hawaiian) 2 | 16 | June 6 - 27 | 9 am - 1 pm | Mon. | Alpha | Jennifer Peterson | Lomi - Lomi 1 | \$5, twin sheet set, 2 hand towels, empty oil bottle, hair tie |
| PDI-SP11 | Passive Joint / Deep Tissue Internship | 12 | April 25 - May 9 | 6 - 10 pm | Mon. | Alpha | John Economos | MT, Passive Joint, Deep Tissue | Twin sheet set |
| PPR-SP11 | Pressure Point Release | 12 | May 14 & 21 | 9 am - 4 pm* | Sat. | Alpha / Echo | Manuel Cabezas | Massage Trainee | Twin sheet set, oil |
| RS-SP11 | Russian Sports Massage | 28 | June 6 - July 25 | 6 - 10 pm | Mon. | Echo | Hugo Anguiano | Massage Trainee No Class 7/4 | Twin sheet set, oil (not lotion), 12 - 14" bolster |
| STONE SP11 | Stone Therapy | 20 | June 5 - 19 | 9 am - 5 pm* | Sun. | Aurora | Jennifer Peterson | Massage Trainee Ends @ 4pm on 6/19 | Materials fee: \$2; Pick up materials list in office |

Advanced Massage/ Bodywork Electives

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--|-------|-----------------|-----------|--------|----------|---------------|---|--|
| BRDY-SP11 | Breathing Dysfunctions: Assess, Treat, & Rehab | 12 | April 7 - 21 | 6 - 10 pm | Thurs. | Echo | Hugo Anguiano | | Twin Sheet Set |
| FIB-SP11 | Fibromialgia: Therapy and Self Care | 12 | April 12 - 26 | 6 - 10 pm | Tues. | Aurora | Hugo Anguiano | | Twin Sheet Set |
| TPUB-SP11 | Trigger Point Therapy - Upper Body | 20 | May 11 - June 8 | 6 - 10 pm | Wed. | Alpha | Hugo Anguiano | Assess. & Palp. Skills or Instr. Approval | Materials fee \$10, twin sheet set, lotion |

Business Electives

*=Includes 1-hour lunch (which does not count towards class hour credit)

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|----------------------------|-------|---------------|---------------------------|----------------|----------|-----------------|------------------------------|-------------------------------|
| BBA-SP11 | Business Basics | 8 | April 27 & 29 | 9 am - 1 pm | Wed. & Fri. | Aurora | Abby Gooch | | |
| BBB-SP11 | Business Basics | 8 | June 16 & 18 | 6 - 10 pm 10 am - 2 pm | Thurs. Sat. | Aurora | Marc Lindshield | | |
| IBM-SP11 | Intuitive Business Mastery | 8 | April 18 & 25 | 2 - 6 pm | Mon. | Aurora | Abby Gooch | Recommended: Business Basics | Materials fee TBA (Max: \$20) |

Counseling & Communication

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--|-------|------------------|-------------|--------|----------|-----------------|----------------|--------------------|
| BMCB-FL11 | Building and Maintaining a Client Base | 12 | April 23 - May 7 | 9 am - 1 pm | Sat. | Echo | Josh Maka | | |
| NLPI-SP11 | Neuro-Linguistic Programming Intro | 16 | June 9 - 30 | 1:30 - 5:30 | Thurs. | Aurora | Marc Lindshield | | Materials fee \$15 |
| TFC-SP11 | Tools for Communication For Therapists | 12 | June 22 - July 6 | 6 - 10 pm | Wed. | Aurora | Jamie Jonas | | |

Herbology Electives

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|---------------------------------|-------|-----------------|-------------|------|----------|------------|---------------------------|--------------------|
| ADHP-SP11 | Advanced Herbal Preparation | 12 | April 1 - 15 | 9 am - 1 pm | Fri. | Aurora | John Finch | Introduction to Herbology | Materials Fee \$20 |
| EXAP-SP11 | External Application of Herbs | 4 | May 11th | 9am - 1pm | Wed. | Aurora | John Finch | | Materials Fee \$10 |
| HERB-SP11 | Introductin to Herbology | 12 | May 25 - June 8 | 9 am - 1 pm | Wed. | Aurora | John Finch | | |
| HREJ-SP11 | Herbal Rejuvenation | 4 | May 18th | 9 am - 1 pm | Wed. | Aurora | John Finch | | Materials Fee \$2 |
| HWLKA-SP11 | Herb Walk (San Clemente Canyon) | 4 | June 26th | 9 am - 1 pm | Sun. | Aurora | John Finch | Guests are half price | Meet at SOHA |

Internships

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--------------------------------|-------|------------------|-------------|------|----------|-------------|---------------------|---|
| AYNI-SP11 | Ayurvedic Nutrition Internship | 8 | June 25 & July 2 | 9 am - 1 pm | Sat. | Aurora | Joe Guarino | Ayurvedic Nutrition | Info from "Ayurvedic Nutrition" & approx. \$3 mat. Fee SP11-4 |

| | | | | | | | | | |
|------------|--|----|-------------------|--------------|--------|-------------|----------------|--------------------------------|--------------------|
| FELDI-SP11 | Feldenkrais Internship | 12 | June 16 - 30 | 6 - 10 pm | Thurs. | Echo | John Economos | | Queen fitted sheet |
| MACN-WI11 | Macrobiotic Nutrition & Internship | 28 | Feb. 24 - April 7 | 10 am - 2 pm | Thur. | Echo/Aurora | Seymour Koblin | | |
| PDI-SP11 | Passive Joint / Deep Tissue Internship | 12 | April 25 - May 9 | 6 - 10 pm | Mon. | Alpha | John Economos | MT, Passive Joint, Deep Tissue | Twin sheet set |

Nutrition Electives

*Includes 1-hour lunch (which does not count towards class hour credit)

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|------------------------------------|-------|-------------------|--------------|-------|---------------|----------------|---------------------|--|
| AYN-SP11 | Ayurvedic Nutrition | 20 | May 1 - 22 | 9 am - 1 pm | Sun. | Aurora / Echo | Joe Guarino | | Materials fee \$11 |
| AYNI-SP11 | Ayurvedic Nutrition Internship | 8 | June 25 & July 2 | 9 am - 1 pm | Sat. | Aurora | Joe Guarino | Ayurvedic Nutrition | Info from "Ayurvedic Nutrition" & approx. \$3 mat. Fee |
| MACN-WI11 | Macrobiotic Nutrition & Internship | 28 | Feb. 24 - April 7 | 10 am - 2 pm | Thur. | Echo/Aurora | Seymour Koblin | | |
| RFDC-SP11 | Raw Foods, Detox & Cleansing | 20 | May 20 - June 10 | 9 am - 2 pm* | Fri. | Aurora | Joe Guarino | | |
| RFP-SP11 | Raw Food Preparation | 8 | June 24 - July 1 | 9 am - 1 pm | Fri. | Aurora | Joe Guarino | | Materials fee TBA |

Movement (Self-Care) Electives

*Includes 1-hour lunch (which does not count towards class hour credit)

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|---------------------|-------|-------------------|--------------|-------------|--------------|--------------|----------------|---|
| CE-SP11 | Creative Expression | 12 | April 16 & 17 | 9 am - 4 pm* | Sat. & Sun. | Echo | Mary Reich | | |
| YOGA-WI11 | Yoga (In progress) | 8 | Mar. 21 - Apr. 11 | 5 - 7 pm | Mon. | Alpha | Laxmi | | See materials list in office. |
| PIL-SP11 | Pilates | 8 | May 3 - 24 | 5 - 7 pm | Mon. | Alpha / Echo | Scott Meyers | | Wear comfortable stretchy clothes you can move around |

Note: These classes do NOT count towards the 500-hour curriculum, UNLESS the specific class is ALSO listed in another (accepted) category.

Personal Growth Electives

*Includes 1-hour lunch (which does not count towards class hour credit)

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--|-------|-------------------|----------------|-------------|-----------------------|---------------|---|--|
| AROMA-SP11 | Aromatherapy | 24 | April 7 - May 12 | 1:30 - 5:30 pm | Thurs. | Aurora | Kathy Padecky | | Materials fee \$30: See office for materials list. |
| BR-SP11 | Body Reading | 12 | April 3 & 10 | 9 am - 4 pm* | Sun. | Echo | Hugo Anguiano | | Hand mirror, recommended text: "Shaping Our Destiny" |
| CE-SP11 | Creative Expression | 12 | April 16 & 17 | 9 am - 4 pm* | Sat. & Sun. | Echo | Mary Reich | | |
| CHAK-SP11 | Chakra Healing: Body, Mind, & Spirit | 16 | April 5 - May 24 | 10 am - 12 pm | Tue. | Echo | Wendy Chaffin | | Materials fee \$5 |
| HWLKA-SP11 | Herb Walk (San Clemente Canyon) | 4 | June 26th | 9 am - 1 pm | Sun. | Aurora | John Finch | Guests are half price | Meet at SOHA |
| REIK1-SP11 | Reiki - Level 1 | 12 | April 21 - May 19 | 11 am - 1 pm | Thurs. | Echo / Alpha / Aurora | Wendy Chaffin | No regular class 5/12 Attunements 5/12 & 5/13 9am - 1 pm | Materials fee \$15 |
| REIK2-SP11 | Reiki - Level 2 | 12 | May 26 - June 23 | 11 am - 1 pm | Thurs. | Echo / Alpha / Aurora | Wendy Chaffin | No regular class 6/16 Attunements 6/16 & 6/17 9am - 1 pm | Materials fee \$10 Attunement Fee \$40 |
| RFDC-SP11 | Raw Foods, Detox & Cleansing | 20 | May 20 - June 10 | 9 am - 2 pm* | Fri. | Aurora | Joe Guarino | | |
| RFP-SP11 | Raw Food Preparation | 8 | June 24 - July 1 | 9 am - 1 pm | Fril | Aurora | Joe Guarino | | Materials fee TBA |
| TFC-SP11 | Tools for Communication For Therapists | 12 | June 22 - July 6 | 6 - 10 pm | Wed. | Aurora | Jamie Jonas | | |

Continuing Education Hour classes - Next Page

• CE Hour classes listed in chronological order.

Continuing Education Hour Classes

*=Includes 1-hour lunch (which does not count towards class hour credit)

| Class Code | Course Title | Hours | Date | Time | Days | Location | Instructor | Pre-requisites | Materials |
|------------|--|-------|-------------------|---------------------------|-----------------------|-----------------------|------------------------------|---|--|
| DEEPA-SP11 | Deep Massage Techniques | 28 | April 1 - 15 | 9 am - 1 pm | Mon., Wed. & Fri. | Alpha | Manuel Cabezas | Parasympathetic or equivalent | Twin sheet set, oil / lotion |
| BR-SP11 | Body Reading | 12 | April 3 & 10 | 9 am - 4 pm* | Sun. | Echo | Hugo Anguiano | | Hand mirror, recommended text: "Shaping Our Destiny" |
| LOMI1-SP11 | Lomi - Lomi (Hawaiian) 1 | 16 | April 4 - 25 | 9 am - 1 pm | Mon. | Alpha | Jennifer Peterson | Massage Trainee | \$5, twin sheet set, 2 hand towels, empty oil bottle, hair tie |
| ADPOB-SP11 | Adaptive Positions | 8 | April 5 & 7 | 6 - 10 pm | Tue. & Thurs. | Alpha | Alexander / Cabezas | Parasympathetic or Equivalent | Twin sheet set, 4 - 6 firm pillows, lotion |
| CHAK-SP11 | Chakra Healing: Body, Mind, & Spirit | 16 | April 5 - May 24 | 10 am - 12 pm | Tue. | Echo | Wendy Chaffin | | Materials fee \$5 |
| BRDY-SP11 | Breathing Dysfunctions: Assess, Treat, & Rehab | 12 | April 7 - 21 | 6 - 10 pm | Thurs. | Echo | Hugo Anguiano | | Twin Sheet Set |
| AROMA-SP11 | Aromatherapy | 24 | April 7 - May 12 | 1:30 - 5:30 pm | Thurs. | Aurora | Kathy Padecky | | Materials fee \$30: See office for materials list. |
| FIB-SP11 | Fibromialgia: Therapy and Self Care | 12 | April 12 - 26 | 6 - 10 pm | Tues. | Aurora | Hugo Anguiano | | Twin Sheet Set |
| CE-SP11 | Creative Expression | 12 | April 16 & 17 | 9 am - 4 pm* | Sat. & Sun. | Echo | Mary Reich | | |
| AMIA-SP11 | Advanced Massage Introductions | 12 | April 18 - 25 | 9 am - 1 pm | Mon., Wed. & Fri. | Alpha | anguiano, Economos, Cabezas | Parasympathetic or equivalent | Twin sheet set, lotion NO CLASS APRIL 22 |
| IBM-SP11 | Intuitive Business Mastery | 8 | April 18 & 25 | 2 - 6 pm | Mon. | Aurora | Abby Gooch | Recommended: Business Basics | Materials fee TBA (Max: \$20) |
| REIK1-SP11 | Reiki - Level 1 | 12 | April 21 - May 19 | 11 am - 1 pm | Thurs. | Echo / Alpha / Aurora | Wendy Chaffin | No regular class 5/12 Attunements 5/12 & 5/13 9am - 1 pm | Materials fee \$15 |
| PDI-SP11 | Passive Joint / Deep Tissue Internship | 12 | April 25 - May 9 | 6 - 10 pm | Mon. | Alpha | John Economos | MT, Passive Joint, Deep Tissue | Twin sheet set |
| BBA-SP11 | Business Basics | 8 | April 27 & 29 | 9 am - 1 pm | Wed. & Fri. | Aurora | Abby Gooch | | |
| ZT1B-SP11 | Zen-Touch™ Shiatsu I | 28 | May 3 - 17 | 6 - 10 pm 10 am - 2 pm | Tue. & Thurs. Sat. | Echo | Patti Pace | | White queen fitted sheet, clean socks, comfy clothes, text |
| ETH-SP11 | Ethics | 6 | May 4th | 9 am - 4 pm* | Wed. | Echo | John Economos | | |
| IHM-SP11 | Indian Head Massage | 12 | May 5 - 19 | 6 - 10 pm | Thurs. | Alpha | Jackie Payne | Recommended : A & P Intro, MT | Writing Materials |
| CST-SP11 | CranioSacral Therapy | 18 | May 9 - 23 | 9 am - 4 pm* | Mon | Echo | Sheldon Finn | Massage Trainee | See materials list in office |
| THAI2-SP11 | Thai Massage 2 | 20 | May 11 - June 8 | 9 am - 1 pm | Wed. | Echo | John Economos | Massage Trainee, Thai 1 | White queen fitted sheet, clean socks, comfy clothes |
| TPUB-SP11 | Trigger Point Therapy - Upper Body | 20 | May 11 - June 8 | 6 - 10 pm | Wed. | Alpha | Hugo Anguiano | Assess. & Palp. Skills or Instr. Approval | Materials fee \$10, twin sheet set, lotion |
| PPR-SP11 | Pressure Point Release | 12 | May 14 & 21 | 9 am - 4 pm* | Sat. | Alpha / Echo | Manuel Cabezas | Massage Trainee | Twin sheet set, oil |
| DEEPB-SP11 | Deep Massage Techniques | 28 | May 21 - June 7 | 6 - 10 pm 10 am - 2 pm | Tue. & Thurs. Sat. | Alpha | Jeff Wergeland | Parasympathetic or Equivalent Touch Anatomy or Equivalent | Twin sheets, cream (preferred) / lotion (ok) No class May 28 |
| REIK2-SP11 | Reiki - Level 2 | 12 | May 26 - June 23 | 11 am - 1 pm | Thurs. | Echo / Alpha / Aurora | Wendy Chaffin | No regular class 6/16 Attunements 6/16 & 6/17 9am - 1 pm | Materials fee \$10 Attunement Fee \$40 |
| STONE SP11 | Stone Therapy | 20 | June 5 - 19 | 9 am - 5 pm* | Sun. | Aurora | Jennifer Peterson | Massage Trainee Ends @ 4pm on 6/19 | Materials fee: \$2; Pick up materials list in office |
| LOMI2-SP11 | Lomi - Lomi (Hawaiian) 2 | 16 | June 6 - 27 | 9 am - 1 pm | Mon. | Alpha | Jennifer Peterson | Lomi - Lomi 1 | \$5, twin sheet set, 2 hand towels, empty oil bottle, hair tie |
| RS-SP11 | Russian Sports Massage | 28 | June 6 - July 25 | 6 - 10 pm | Mon. | Echo | Hugo Anguiano | Massage Trainee No Class 7/4 | Twin sheet set, oil (not lotion), 12 - 14" bolster |
| AMIB-SP11 | Advanced Massage Introductions | 12 | June 9 - 14 | 6 - 10 pm 10 am - 2 pm | Thurs. & Tue. Sat. | Alpha | anguiano, Peterson, Economos | Parasympathetic or Equivalent | Twin sheet set, lotion |
| ADPOA-SP11 | Adaptive Positions | 8 | June 10 & 13 | 9 am - 1 pm | Fri. & Mon. | Alpha / Echo | Alexander / Cabezas | | Twin sheet set, 4 - 6 firm pillows, lotion |
| CHAIR-SP11 | Chair Massage | 12 | June 11 & 18 | 9 am - 4 pm* | Sat. | Echo | Manuel Cabezas | Massage Trainee | |
| BBB-SP11 | Business Basics | 8 | June 16 & 18 | 6 - 10 pm | Thurs. | Aurora | Marc Lindshield | | |

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| FELDI-SP11 | Feldenkrais Internship | 12 | June 16 - 30 | 10 am - 2 pm 6 - 10 pm | Sat. Thurs. | Echo | John Economos | Queen fitted sheet |
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