

Summer 2011 Class Schedule

(July, August and September)

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 IN TO 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

August 22 - December 19; Mondays, Wednesdays, & Fridays, 9am - 1pm

* = 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
MTA-SM11	Introduction / Orientation	4	Aug. 22nd	9 am - 1 pm	Mon., Wed., & Fri.	Aurora	Elien Alexander		Twin sheet set, loion, 2 pillowcases, towel, text
PARAA-SM11	Parasympathetic Massage	32	Aug. 24 - Sept. 12	9 am - 1 pm	Mon., Wed., & Fri.	Alpha	Elien Alexander	No Class Sept. 5th	Twin sheet set, loion, 2 pillowcases, towel, text
TAA-SM11	Touch Anatomy	32	Sept. 14 - 30	9 am - 1 pm	Mon., Wed., & Fri.	Alpha	Hugo Anguiano		Twin sheet set, oil, towel, & text
ADPOA-FL11	Adaptive Positions	8	Oct. 3 & 5	9 am - 1 pm	Mon., & Wed.	Alpha	TBA	Parasympathetic or equivalent	Twin sheet set, 4 - 6 firm pillows, lotion
CIRCA-FL11	Circulatory Massage	40	Oct. 7 - 28	9 am - 1 pm	Mon., Wed., & Fri.	Alpha	Tammi Sirotenko	Para. / equiv. ; Touch Anatomy / equiv.	Twin sheet set, oil / lotion, bolster, & towels
PRACA-FL11	Practicum	4	Oct. 31	9 am - 1 pm	Mon.	Alpha	Elien Alexander		Twin sheet set, oil / lotion, bolster, & towels
ZT1A-FL11	Zen-Touch™ Shiatsu I	28	Nov. 2 - 16	9 am - 1 pm	Mon., Wed., & Fri.	Echo	Ginger Stamper		White queen fitted sheet, clean socks, comfy clothes, text
DEEPA-FL11	Deep Massage Techniques	28	Nov. 18 -Dec. 5	9 am - 1 pm	Mon., Wed., & Fri.	Alpha	Manuel Cabezas	Para. / equiv. ; Touch Anatomy / equiv.	Twin sheet set, oil / lotion No Class Nov. 25
AMIA-FL11	Advanced Massage Introductions	12	Dec. 7 - 12	9 am - 1 pm	Wed., Fri., & Mon.	Alpha	Anguiano, Cabezas, Economos	Parasympathetic or equivalent	Twin sheet set, lotion
BBA-FL11	Business Basics	8	Dec. 14 & 16	9 am - 1 pm	Wed., & Fri.	Aurora	Eugenie Newton		
MTA-SM11	Test / Graduation	4	Dec. 19th	9 am - 1 pm	Mon.	Alpha	Elien Alexander		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

Day 200 Hour Massage Trainee Program
April 29 - August 26; Mondays, Wednesdays, & Fridays, 9 am- 1 pm

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

Class Code	Course Title	Hours	Date	Time	Days	Location	Instructor	Pre-requisites	Materials
CIRCA-SP11	Circulatory Massage	40	June 15 - July 8	9 am - 1 pm	Mon., Wed., & Fri.	Alpha	John Economos	Para./equiv; Touch Anatomy/e	Twin sheet set, oil / lotion, bolster, towels NO CLASS JULY
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 sheet set, 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	Finn, 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	Text / Graduation	4	August 26th	9 am - 1 pm	Fri.	Echo	Hugo Anguiano		Graduatin Day & Exams MT ONLY

Evening/ Weekend 200 Hour Massage Trainee Program
June 21 - October 13; Tuesdays & Thursdays, 6 - 10 pm and Saturdays, 10 am - 2 pm

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

Class Code	Course Title	Hours	Date	Time	Days	Location	Instructor	Pre-requisites	Materials
PARAB-SP11	Parasympathetic Massage (In Progress)	32	June 23 - July 9	6 - 10 pm 10 am - 2 pm	Tue. & Thur. Sat.	Alpha	Jamie Jonas		Twin sheet set, loion, 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 sheet set, 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 sheet set, oil / lotin, 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 sheet set, 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, Cabeza	Parasympathetic or Equivalent	Twin sheet set, lotion
BBB-FL11	Business Basics	8	Oct. 8 & 11	10 am - 2 pm 6 - 10 pm	Sat. Tue. & Thur.	Aurora	Marc Lindshield		
MTB-SP11	Text / Graduation	4	Oct. 13	6 - 10 pm	Thur.	Aurora	Jamie Jonas		Graduatin 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
APADA-SM11	Ana. & Phys. Advanced Topics B	30	Sept. 12 - Nov. 14	9 am - 12 pm	Mon.	Aurora	Dr. Jarret Welsh	A & P Intro.	Text required (available in office)
BR-SM11	Body Reading	16	Aug 1 - 22	6 - 10 pm	Mon.	Echo	Hugo Anguiano		Hand mirror; text required (available in office)
ETH-SM11	Ethics	6	Aug 3 & 10	6 - 9 pm	Wed.	Aurora	John Economos		
FAID-SM11	First Aid	3	Sept. 27th	6 - 9 pm	Tue.	Aurora	Neil Stern		
HERB-SM11	Introduction to Herbology	12	Aug. 20 & 27	9 am - 4 pm*	Sat.	Aurora	John Finch		Materials fee \$2
HYDROA-SM11	Hydrotherapy	12	July 11 - 25	1:30 - 5:30	Mon.	Aurora	Jennifer Peterson	Massage Trainee	Materials fee \$10; pick up materials list in office
HYDROB-SM11	Hydrotherapy	12	Sept. 24 & 25	9 am - 4 pm*	Sat. & Sun.	Aurora	Jennifer Peterson	Massage Trainee	Materials fee \$10; pick up materials list in office
KIN-SM11	Kinesiology	24	July 17 - Aug 21	9 am - 1 pm	Sun.	Echo	John Economos		Materials fee \$5; queen fitted sheet
PATHA-SM11	Pathology A	20	July 12 - Aug 9	6 - 10 pm	Tue.	Aurora	Joe Guarino		Materials fee \$10
PATHB-SM11	Pathology B	20	Aug. 17 - Sept. 14	6 - 10 pm	Wed.	Aurora	Joe Guarino		Materials fee \$10

Eastern Bodywork/ Electives

Class Code	Course Title	Hours	Date	Time	Days	Location	Instructor	Pre-requisites	Materials
AYM-SM11	Ayurvedic Massage	28	July 6 - Aug. 17	6 - 10 pm	Wed.	Echo	Hugo Anguiano	Massage Trainee	Twin sheet set, sesame seed oil (organic) , towel
BR-SM11	Body Reading	16	Aug 1 - 22	6 - 10 pm	Mon.	Echo	Hugo Anguiano		Hand mirror; text required (available in office)
ECAP-SM11	Energy Channels and Acupoints	20	Sept. 15 - Oct. 13	6 - 10 pm	Thurs.	Echo	Hugo Anguiano		Twin sheet set
HARA-SM11	Healing the Hara	16	July 7 - 28	6 - 10 pm	Thurs.	Echo	Ginger Stamper		Loose, comfy clothes, white queen fitted sheet
REIK1-SM11	Reiki - Level 1	12	July 31 - Aug 28	2 - 4 pm	Sun.	Echo/Alpha/Aurora	Wendy Chaffin	No reg. class on 8/21.	Materials fee \$15
								Attunements on 8/19 & 8/21 , 10am - 2pm	
THR-SM11	Traditional Home Remedies	12	Aug. 25 - Sept. 8	6 - 10 pm	Thurs.	Aurora	Hugo Anguiano		
TUINA2-SM11	Tui Na 2	20	July 7 - Aug. 4	9 am - 1 pm	Thurs.	Alpha	Anthony Lang	Tui Na 1	
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
ZT1B-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

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
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
AMIA-SM11	Advanced Massage Introductions	12	August 15 - 19	9 am - 1 pm	Mon., Wed., & Fri.	Alpha	Finn, Anguiano, Economos	Parasympathetic or equivalent	Twin sheet set, lotion
APS-SM11	Assessment and Palpation Skills	12	Aug. 9 - 23	9 am - 1 pm	Tue.	Aurora	Hugo Anguiano	Massage Trainee	Twin sheet set
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
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
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)
HYDROA-SM11	Hydrotherapy	12	July 11 - 25	1:30 - 5:30	Mon.	Aurora	Jennifer Peterson	Massage Trainee	Materials fee \$10; pick up materials list in office
HYDROB-SM11	Hydrotherapy	12	Sept. 24 & 25	9 am - 4 pm*	Sat. & Sun.	Aurora	Jennifer Peterson	Massage Trainee	Materials fee \$10; pick up materials list in office
KH-SM11	Kabalah and Healing	12	Aug. 24 - Sept. 7	6 - 10 pm	Wed.	Alpha	Hugo Anguiano		
LOMI1-SM11	Lomi-Lomi (Hawaiian) 1	16	July 11 - Aug. 1	6 - 10 pm	Mon.	Alpha	Jennifer Peterson	Massage Trainee	\$5; pick up materials list in office
LOMI2-SM11	Lomi-Lomi (Hawaiian) 2	16	Sept. 12 - Oct. 3	6 - 10 pm	Mon.	Alpha	Jennifer Peterson	MT, Lomi1	\$5; pick up materials list in office
PJM-SM11	Passive Joint Mobilization	24	Aug. 30 - Oct. 4	6 - 10 pm	Tues.	Alpha / Echo	John Economos	Massage Trainee	Twin sheet set
PNF-SM11	PNF Stretching	12	Sept. 12 - 26	9 am - 1 pm	Mon.	Echo	Manuel Cabezas	Massage Trainee	Twin sheet set, comfy clothes, any anatomy book
PRI-SM11	Positional Release Internship	16	Aug. 2 - 23	6 - 10 pm	Tue.	Echo	Hugo Anguiano	Massage Trainee	Twin sheet set, lotion
REF-SM11	Reflexology: Foot and Hand	16	July 14 - Aug. 4	1 - 5 pm	Thurs.	Aurora	Kathy Padecky		Materials fee \$18; pick up materials list in office
SPA-SM11	Spa Techniques: Muds and Scrubs	18	July 30 - Aug. 13	9 am - 4 pm*	Sat.	Aurora	Jennifer Peterson	MT, Hydrotherapy	Pick up supplies list in office
THWS-SM11	Therapeutic Workshop (Massage Internship)	12	July 16 & 23	9 am - 4 pm*	Sat.	Echo	Sheldon Finn	Massage Trainee	Twin sheet set, lotion, towel, bolster

Advanced Massage/ Bodywork

* = 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
STIN1-SM11	Structural Myofascial Reintegration1	24	Aug. 17 - Sept. 21	9 am - 1 pm	Wed.	Echo	John Economos	MT & DT	Twin sheet set and text

Business Electives

Class Code	Course Title	Hours	Date	Time	Days	Location	Instructor	Pre-requisites	Materials
BBA-SM11	Business Basics	8	August 22 & 24	9 am - 1 pm	Mon. & Wed.	Aurora	Abby Gooch		
MKT-SM11	Marketing Your Holistic Business	8	Aug. 11 & 18	6 - 10 pm	Wed.	Aurora	Tammi Sirotenko	Recommended: Bus. Basics	

Counseling & Communication 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
BMCB-SM11	Building and Maintaining a Client Base	12	Aug. 23 - Sept 6	9 am - 1 pm	Tue.	Aurora	Josh Maka		
CONC-SM11	Conscious Communication	12	July 5 - 19	6 - 10 pm	Tues.	Echo	Tera Gardner		Text; "Nonviolent Communication", \$5 materials fee
SHAC-SM11	Shamanic Counseling	16	Sept. 17 & 24	9 am - 6 pm*	Sat.	Echo	Elize Zamiara		\$5, pick up materials list in office

Herbology 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
HAI-SM11	Herbal First Aid	4	Sept. 11	10 am - 2 pm	Sun.	Aurora	John Finch		Materials fee \$2
HERB-SM11	Introduction to Herbology	12	Aug. 20 & 27	9 am - 4 pm*	Sat.	Aurora	John Finch		Materials fee \$2
HWLKB-SM11	Herb Walk (trip to Old Mission Dam)	4	Sept. 27	9 am - 1 pm	Tues.	Aurora	John Finch		Meet at SOHA
TAH-SM11	Therapeutic Applications of Herbs	8	July 20 & 27	9 am - 1 pm	Wed.	Aurora	John Finch	Introduction to Herbology	Materials fee \$2

Nutrition Electives

Class Code	Course Title	Hours	Date	Time	Days	Location	Instructor	Pre-requisites	Materials
AYC-SM11	Ayurvedic Cooking	12	July 10 - 24	10 am - 2 pm	Sun.	Aurora	Joe Guarino	Aur. Nut. Or Instr. Approval	Materials Fee: approx. \$10
DH-SM11	Digestive Health	8	Aug. 11 & 18	6 - 10 pm	Thurs.	Echo	Hugo Anguiano		Note taking materials
HN-SM11	Holistic Nutrition	20	July 12 - Aug. 9	1:15 - 5:15 pm	Tue.	Aurora	John Finch		
HNI-SM11	Holistic Nutrition Internship	8	Aug. 16 & 23	1:15 - 5:15	Tue.	Aurora	John Finch	Holistic Nutrition	Writing materials
HOM-SM11	Introduction to Homeopathy & Internship	28	July 8 - Aug. 12	9 am - 1 pm	Fri.	Aurora	Joe Guarino		
THR-SM11	Traditional Home Remedies	12	Aug. 25 - Sept. 8	6 - 10 pm	Thurs.	Aurora	Hugo Anguiano		

Internships

* = 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
HNI-SM11	Holistic Nutrition Internship	8	Aug. 16 & 23	1:15 - 5:15	Tue.	Aurora	John Finch	Holistic Nutrition	Writing materials
HOM-SM11	Introduction to Homeopathy & Internship	28	July 8 - Aug. 12	9 am - 1 pm	Fri.	Aurora	Joe Guarino		
PRI-SM11	Positional Release Internship	16	Aug. 2 - 23	6 - 10 pm	Tue.	Echo	Hugo Anguiano	Massage Trainee	Twin sheet set, lotion
THWS-SM11	Therapeutic Workshop (Massage Internship)	12	July 16 & 23	9 am - 4 pm*	Sat.	Echo	Sheldon Finn	Massage Trainee	

Movement (Self-Care) Electives

Class Code	Course Title	Hours	Date	Time	Days	Location	Instructor	Pre-requisites	Materials
YOGA-SM11	Yoga	10	July 6 - Aug. 3	5 - 7 pm	Wed.	Alpha	Whitney Sones		Pick up materials list in office

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
BR-SM11	Body Reading	16	Aug 1 - 22	6 - 10 pm	Mon.	Echo	Hugo Anguiano		Hand mirror; text required (available in office)
CONC-SM11	Conscious Communication	12	July 5 - 19	6 - 10 pm	Tues.	Echo	Tera Gardner		Text; "Nonviolent Communication", \$5 materials fee
DH-SM11	Digestive Health	8	Aug. 11 & 18	6 - 10 pm	Thurs.	Echo	Hugo Anguiano		Note taking materials
HARA-SM11	Healing the Hara	16	July 7 - 28	6 - 10 pm	Thurs.	Echo	Ginger Stamper		Loose, comfy clothes, white queen fitted sheet
KH-SM11	Kabalah and Healing	12	Aug. 24 - Sept. 7	6 - 10 pm	Wed.	Alpha	Hugo Anguiano		
MH-SM11	Meditational Healing	16	Aug. 30 - Oct. 18	10 am - 12 pm	Tue.	Echo	Wendy Chaffin		
REF-SM11	Reflexology: Foot and Hand	16	July 14 - Aug. 4	1 - 5 pm	Thurs.	Aurora	Kathy Padecky		Materials fee \$18; pick up materials list in office
REIK1-SM11	Reiki - Level 1	12	July 31 - Aug 28	2 - 4 pm	Sun.	Echo/Alpha/Aurora	Wendy Chaffin	No reg. class on 8/21.	Materials fee \$15 Attunements on 8/19 & 8/21 , 10am - 2pm
SHAC-SM11	Shamanic Counseling	16	Sept. 17 & 24	9 am - 6 pm*	Sat.	Echo	Elize Zamirara		\$5, pick up materials list in office
THR-SM11	Traditional Home Remedies	12	Aug. 25 - Sept. 8	6 - 10 pm	Thurs.	Aurora	Hugo Anguiano		
YOGA-SM11	Yoga	10	July 6 - Aug. 3	5 - 7 pm	Wed.	Alpha	Whitney Sones		Pick up materials list in office

Continuing Education Hour classes - Next Page

• CE Hour classes listed in chronological order.

Continuing Education Hour Classes

count towards class hour credit)

Class Code	Course Title	Hours	Date	Time	Days	Location	Instructor	Pre-requisites	Materials
CONC-SM11	Conscious Communication	12	July 5 - 19	6 - 10 pm	Tues.	Echo	Tera Gardner		Text; "Nonviolent Communication", \$5 materials fee
AYM-SM11	Ayurvedic Massage	28	July 6 - Aug. 17	6 - 10 pm	Wed.	Echo	Hugo Anguiano	Massage Trainee	Twin sheet set, sesame seed oil (organic) , towel
HARA-SM11	Healing the Hara	16	July 7 - 28	6 - 10 pm	Thurs.	Echo	Ginger Stamper		Loose, comfy clothes, white queen fitted sheet
TUINA2-SM11	Tui Na 2	20	July 7 - Aug. 4	9 am - 1 pm	Thurs.	Alpha	Anthony Lang	Tui Na 1	
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
LOMI1-SM11	Lomi-Lomi (Hawaiian) 1	16	July 11 - Aug. 1	6 - 10 pm	Mon.	Alpha	Jennifer Peterson	Massage Trainee	\$5; pick up materials list in office
REF-SM11	Reflexology: Foot and Hand	16	July 14 - Aug. 4	1 - 5 pm	Thurs.	Aurora	Kathy Padecky		Materials fee \$18; pick up materials list in office
THWS-SM11	Therapeutic Workshop (Massage Internship)	12	July 16 & 23	9 am - 4 pm*	Sat.	Echo	Sheldon Finn	Massage Trainee	Twin sheet set, lotion, towel, bolster
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
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
SPA-SM11	Spa Techniques: Muds and Scrubs	18	July 30 - Aug. 13	9 am - 4 pm*	Sat.	Aurora	Jennifer Peterson	MT, Hydrotherapy	Pick up supplies list in office
REIK1-SM11	Reiki - Level 1	12	July 31 - Aug 28	2 - 4 pm	Sun.	Echo/Alpha/Aurora	Wendy Chaffin	No reg. class on 8/21. Attunements on 8/19 & 8/21 , 10am - 2pm	Materials fee \$15
BR-SM11	Body Reading	16	Aug 1 - 22	6 - 10 pm	Mon.	Echo	Hugo Anguiano		Hand mirror; text required (available in office)
PRI-SM11	Positional Release Internship	16	Aug. 2 - 23	6 - 10 pm	Tue.	Echo	Hugo Anguiano	Massage Trainee	Twin sheet set, lotion
ETH-SM11	Ethics	6	Aug 3 & 10	6 - 9 pm	Wed.	Aurora	John Economos		
APS-SM11	Assessment and Palpation Skills	12	Aug. 9 - 23	9 am - 1 pm	Tue.	Aurora	Hugo Anguiano	Massage Trainee	Twin sheet set
MKT-SM11	Marketing Your Holistic Business	8	Aug. 11 & 18	6 - 10 pm	Wed.	Aurora	Tammi Sirotenko	Recommended: Bus. Basics	
AMIA-SM11	Advanced Massage Introductions	12	August 15 - 19	9 am - 1 pm	Mon., Wed., & Fri.	Alpha	Finn, Anguiano, Economos	Parasympathetic or equivalent	Twin sheet set, lotion
STIN1-SM11	Structural Myofascial Reintegration1	24	Aug. 17 - Sept. 21	9 am - 1 pm	Wed.	Echo	John Economos	MT & DT	Twin sheet set and text
BBA-SM11	Business Basics	8	August 22 & 24	9 am - 1 pm	Mon. & Wed.	Aurora	TBA		
BMCB-SM11	Building and Maintaining a Client Base	12	Aug. 23 - Sept 6	9 am - 1 pm	Tue.	Aurora	Josh Maka		
KH-SM11	Kabalah and Healing	12	Aug. 24 - Sept. 7	6 - 10 pm	Wed.	Alpha	Hugo Anguiano		
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
PJM-SM11	Passive Joint Mobilization	24	Aug. 30 - Oct. 4	6 - 10 pm	Tues.	Alpha / Echo	John Economos	Massage Trainee	Twin sheet set
MH-SM11	Meditational Healing	16	Aug. 30 - Oct. 18	10 am - 12 pm	Tue.	Echo	Wendy Chaffin		
PNF-SM11	PNF Stretching	12	Sept. 12 - 26	9 am - 1 pm	Mon.	Echo	Manuel Cabezas	Massage Trainee	Twin sheet set, comfy clothes, any anatomy book
LOMI2-SM11	Lomi-Lomi (Hawaiian) 2	16	Sept. 12 - Oct. 3	6 - 10 pm	Mon.	Alpha	Jennifer Peterson	MT, Lomi1	\$5; pick up materials list in office
DEEPA-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)
ECAP-SM11	Energy Channels and Acupoints	20	Sept. 15 - Oct. 13	6 - 10 pm	Thurs.	Echo	Hugo Anguiano		Twin sheet set
SHAC-SM11	Shamanic Counseling	16	Sept. 17 & 24	9 am - 6 pm*	Sat.	Echo	Elize Zamara		\$5, pick up materials list in office

