

**ELECTIVE SCHEDULE  
IRENE'S MYOMASSOLOGY INSTITUTE**

2/14/19 (8:23AM)

26061 Franklin Road Southfield, MI 48033 (248)350-1400 FAX (248)350-8068

Anyone is welcome to attend these classes. However, those marked with \* require prior massage training or a minimum of 12 hands-on classes. **Bring a sheet and towel for bodywork classes!**

**Required elective hours are included in tuition for all full time students.** An administrative fee of \$10.00 is charged for cancelling a scheduled elective up to five days prior to class. A \$25.00 fee is charged for less than five day notice of cancellation. A \$50.00 fee is charged for less than 24 hour notice of cancellation or absence.

Class Fees for Non-current Students						
	4 Hours	8 Hours	12 Hours	16 Hours	20 Hours	\$ Per Hour
2019	\$96	\$192	\$288	\$384	\$480	\$24.00

For Non-current Students, full payment for the class plus any additional charges is required for registration. This is refundable less the \$10.00 fee, with five day prior notice. If absent without five day prior notice, the above administrative fees apply.

**January 2019**

- 12&13 \***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 19 \***Enhanced Gluteal Massage & Finishing Strokes** Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 19 \***Enhanced Chest & Shoulder Massage** Sat 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion
- 20 \***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 26 **Canine Massage** Sat 2:00-6:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 26&27 \***Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook

**February 2019**

- 2&3 \***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 3 \***Kinesiology Taping** Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
- 9&10 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a washcloth and bath towel
- 9&10 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 15/16/17 **Thai-Yurvedic Yoga Massage** I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 16&17 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 23&24 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 23&24 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils

**March 2019**

- 2&3 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 2&3 \***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 9 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs
- 9 **Preventing and Treating Career Injury** Sat 2:00-6:00 4hrs
- \*\*\*Daylight Saving Time Begins March 10th\*\*\*
- 9&10 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 10 \***TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear loose fitting clothing
- 10 \***Massage for Headaches** Sun 2:00-6:00 4hrs
- 16 **Feng Shui** Sat 9:00-1:00 4hrs
- 16 **Guided Imagery** Sat 2:00-6:00 4hrs
- 16&17 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 17 **Mind Body Medicine** Sun 9:00-1:00 4hrs
- 17 **Sound and Vibration Healing** Sun 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 23 **Herbology** Sat 9:30-5:30 8hrs
- 23&24 \***Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 24 **Body Rolling** Sun 9:30-5:30 8 hrs -bring a yoga mat, wear loose comfortable clothes
- 30 **Aligning and Clearing the Chakras** Sat 9:00-1:00 4hrs
- 30 **Crystal Healing** Sat 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 30&31 \***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel
- 31 **Transforming Grief** Sun 9:30-5:30 8hrs

**April 2019**

- 6 **Canine Massage** Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 6&7 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 6&7 \***Spa Treatments** Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 13 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs
- 13 **Spiritual Development** Sat 2:00-6:00 4hrs
- 14 \***Flowing Bodywork** Sun 9:30-5:30 8 hrs - bring two flat sheets and a towel
- 14 **Dynamic Stretching** Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 27&28 \***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 27&28 \***Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs -bring two sheets, hand towel, pillowcase, beach towel, three pillows & unscented oil

**May 2019**

- 4 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
- 4&5 \***Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
- 11&12 \***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel

- 11&12 \*Assessing & Understanding Musculoskeletal Conditions Sat&Sun 9:30-5:30 16hrs – bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
- 18 \*TMJ Dysfunction Sat 9:00-1:00 4hrs - wear loose fitting clothing
- 18 Infant Massage Sat 9:00-1:00 4hrs - ask for handout for what to bring
- 18 Massage for Headaches Sat 2:00-6:00 4hrs
- 19 \*Wrist and Arm Pain Sun 9:30-5:30 8hrs - bring two sheets and towel
- 19 \*Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage

**June 2019**

- 1&2 \*Orthopedic Massage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 2 \*Positional Release Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 7/8/9 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 8&9 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 15 Crystal Healing Sat 9:00-1:00 4hrs - bring a quilt or beach towel to class
- 15 Aligning and Clearing the Chakras Sat 2:00-6:00 4hrs
- 15&16 Polarity Sat&Sun 9:00-5:00 16hrs
- 16 Preventing and Treating Career Injury Sun 9:00-1:00 4hrs
- 16 Effective Sciatica Treatment Sun 2:00-6:00 4hrs
- 22&23 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 29&30 Table Shiatsu Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 29&30 Reiki I Sat&Sun 9:30-3:30 12hrs

**July 2019**

- 6&7 \*Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel
- 13 \*Enhanced Gluteal Massage & Finishing Strokes Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 13 \*Enhanced Chest & Shoulder Massage Sat 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest
- 14 Canine Massage Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 20&21 Table Thai Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 27&28 \*Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing

**August 2019**

- 3&4 Side Lying Massage Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 10&11 \*Sports Massage Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 17&18 Thai-Yurvedic Yoga Massage II Sat&Sun 9:30-5:30 16 hrs - prerequisite Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 18 \*Kinesiology Taping Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
- 24&25 \*Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel

**September 2019**

- 7 Body Rolling Sat 9:30-5:30 8 hrs -bring a yoga mat, wear loose comfortable clothes
- 7&8 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 8 Mind Body Medicine Sun 9:00-1:00 4hrs
- 8 Sound and Vibration Healing Sun 2:00-6:00 4hrs – bring a rattle, yoga mat, and a stone or crystal of your choice
- 14 Feng Shui Sat 9:00-1:00 4hrs
- 14&15 \*Trigger Point Therapy Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 14&15 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 15 Aligning and Clearing the Chakras Sun 9:00-1:00 4hrs
- 15 Crystal Healing Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 21&22 Polarity Sat&Sun 9:00-5:00 16hrs
- 21&22 Aromatherapy Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
- 27/28/29 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 28&29 Reiki I Sat&Sun 9:30-3:30 12hrs

**October 2019**

- 5 Transforming Grief Sat 9:30-5:30 8hrs
- 5&6 Reiki II Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 6 Avoiding Disease Naturally Sun 9:00-1:00 4hrs
- 6 Spiritual Development Sun 2:00-6:00 4hrs
- 12 Canine Massage Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 12 Infant Massage Sat 2:00-6:00 4hrs - ask for handout for what to bring
- 12&13 Table Thai Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 13 \*Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 19 \*Wrist and Arm Pain Sat 9:30-5:30 8hrs - bring two sheets and towel
- 19&20 Table Shiatsu Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 20 \*TMJ Dysfunction Sun 9:00-1:00 4hrs - wear loose fitting clothing
- 20 Massage for Headaches Sun 2:00-6:00 4hrs
- 26 Effective Sciatica Treatment Sat 9:00-1:00 4hrs
- 26 Preventing and Treating Career Injury Sat 2:00-6:00 4hrs
- 26&27 \*Myofascial Release Therapy Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
- 27 Herbology Sun 9:30-5:30 8hrs

**November 2019**

\*\*\*Daylight Saving Time Ends November 3rd\*\*\*

- 2&3 \*Pregnancy/Labor Massage Sat&Sun 9:30-5:30 16hrs -bring two sheets, hand towel, pillowcase, beach towel, three pillows & unscented oil
- 2&3 Side Lying Massage Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 9&10 \*Spa Treatments Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 9&10 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 16&17 \*Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel
- 22/23/24 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)

23&24 \*Sports Massage Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing

**December 2019**

7&8 \*Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel

14&15 \*Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing