

**ELECTIVE SCHEDULE**  
**IRENE'S MYOMASSOLOGY INSTITUTE**  
 26061 Franklin Road Southfield, MI 48033 (248)350-1400 FAX (248)350-8068

5/25/17 (1:10PM)

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
2017	\$90	\$180	\$270	\$360	\$450	\$22.50
2018						

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.

**June 2017**

- 3&4 \***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 10&11 \***Equine Massage** Sat&Sun 9:30-5:30 16hrs -additional charge \$20 for stable, **ask for handout for what to bring**
- 10&11 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 17 **Mind Body Medicine** Sat 9:00-1:00 4hrs
- 18 **Preventing and Treating Professional Burnout** Sun 9:00-1:00 4hrs
- 18 **Effective Sciatica Treatment** Sun 2:00-6:00 4hrs
- 24&25 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 24&25 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils
- 30/1/2 **Thai-Yurvedic Yoga Massage** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)

**July 2017**

- 1&2 \***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
- 2 **Guided Imagery** Sun 9:00-1:00 4hrs
- 8&9 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils
- 9&16 \***Orthopedic Massage** Sunday 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 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 \***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 22&23 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 22&23 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 29&30 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
- 29&30 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 29&30 **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)

**August 2017**

- 5&6 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 5&6 \***Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs -bring two sheets, hand towel, pillowcase, beach towel, three pillows and unscented oil
- 12&13 \***Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 13 \***Kinesiology Taping** Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
- 19 **Transforming Grief** Sat 9:00-1:00 4hrs
- 19 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs
- 20 **Hands on Hands** Sun 9:30-5:30 8hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 26 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs
- 26 **Preventing and Treating Professional Burnout** Sat 2:00-6:00 4hrs
- 26&27 \***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 27 **Canine Massage** Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket

**September 2017**

- 9 \***Enhanced Chest & Shoulder Massage** Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion
- 9 **Development of a Healer** Sat 9:00-5:00 8hrs
- 9&10 \***Equine Massage** Sat&Sun 9:30-5:30 16hrs -additional charge \$20 for stable, **ask for handout for what to bring**
- 10 \***Wrist and Arm Pain** Sun 9:30-5:30 8hrs - bring two sheets and towel
- 16&17 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 23 **Feng Shui** Sat 9:00-1:00 4hrs
- 23&24 \***Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 24 **Herbology** Sun 9:30-5:30 8hrs
- 30/1 **Reiki I** Sat&Sun 9:30-3:30 12hrs

**October 2017**

- 7 **Canine Massage** Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 7&8 \***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
- 8 **Spiritual Development** Sun 2:00-6:00 4hrs
- 14&15 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 15 \***TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear loose fitting clothing

- 15 \***Massage for Headaches** Sun 2:00-6:00 4hrs  
20&27 **Foot Reflexology** Friday 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils  
21 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs  
22 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs  
22 **Crystal Healing** Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class  
22 \***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage

**\*\*\*Daylight Saving Time Ends November 5th\*\*\***

**November 2017**

- 4&5 \***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel  
4&5 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I  
11 **Infant Massage** Sat 9:00-1:00 4hrs - **ask for handout for what to bring**  
17/18/19 **Thai-Yurvedic Yoga Massage** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)  
19 \***Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing

**December 2017**

- 3&10 \***Lymphatic Drainage** Sunday 9:30-5:30 16hrs - bring two sheet and towel  
9&10 \***Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing  
16&17 \***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing