

**ELECTIVE SCHEDULE
IRENE'S MYOMASSOLOGY INSTITUTE**

3/6/17 (1:35PM)

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
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.

March 2017

- 4&5 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 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
Daylight Saving Time Begins March 12th
- 11&12 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 11&12 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils
- 18&19 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
- 18&19 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 19 **Development of a Healer** Sun 9:00-5:00 8hrs
- 25 **Hands on Hands** Sat 9:30-5:30 8hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 26 **Feng Shui** Sun 9:00-1:00 4hrs
- 26 **Effective Sciatica Treatments** Sun 9:00-1:00 4hrs
- 26 **Preventing and Treating Professional Burnout** Sun 2:00-6:00 4hrs

April 2017

- 1 ***Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and towel
- 1 **Aligning and Clearing the Chakras** Sat 9:00-1:00 4hrs
- 1 **Crystal Healing** Sat 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 2 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs
- 2 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 7/8/9 **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)
- 8 **Hands on Hands** Sat 9:30-5:30 8hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 22&23 ***Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 22&23 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 23 **Canine Massage** Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 29 ***Flowing Bodywork** Sat 9:30-5:30 8 hrs - bring two flat sheets and a towel **NEW ELECTIVE**
- 29&30 ***Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 30 **Spiritual Development** Sun 2:00-6:00 4hrs

May 2017

- 6 ***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
- 6 ***Enhanced Gluteal Massage & Finishing Strokes** Sat 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 6&7 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 7 ***Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 13 ***TMJ Dysfunction** Sat 9:00-1:00 4hrs - wear loose fitting clothing
- 13 ***Massage for Headaches** Sat 2:00-6:00 4hrs
- 14 **Infant Massage** Sun 9:00-1:00 4hrs - **ask for handout for what to bring**
- 20&21 ***Musculoskeletal Dysfunction-Assess & Interpret** Sat&Sun 9:30-5:30 16hrs – bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
- 21 **Reiki III** Sun 9:30-5:30 8hrs - prerequisite Reiki I & II

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 Treatments** Sun 2:00-6:00 4hrs
- 24&25 **Reiki I** Sat&Sun 9:30-3:30 12hrs

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&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
 29&30 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel

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&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 **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