

School *of*
HEALING
ARTS



“Inspiring the Path of Health”

School Catalog

January – December 2011

1001 Garnet Ave. # 200
San Diego, CA 92109
(858) 581-9460

www.schoolofhealingarts.com

The enclosed materials are yours to keep and to refer to while you a SOHA student. You may also download the catalog from the school web site: www.schoolofhealingarts.com. Information in this catalog is subject to change. Please contact your Student Advisor with any questions.

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School of Healing Arts

School Philosophy:

The School of Healing Arts is dedicated to empowering and unifying the fullest potential of our students' lives..... Body, Mind, Spirit, fulfilling their dreams to embrace an inspired life

SCHOOL MISSION

The School of Healing Arts provides life-long learning and professional development in the field of western and eastern holistic health programs. Quality and meaningful education is offered in these specific areas:

- **Massage and Body Work**
- **Nutrition**
- **Holistic Health**

▼ State of California, Bureau for Private Postsecondary Education: The School of the Healing Arts is a private, educational institution and the school is seeking approval to operate by the bureau as of 2012.

▼ Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education

Bureau for Private Postsecondary Education
2535 Capitol Oaks Drive, Suite 400
Sacramento, CA 95833

Phone: (916) 574-7720 Toll Free: (888) 370-7589 Fax: 916.263-1897
Web site: www.bppe.ca.gov E-mail: bppe@dca.ca.gov

▼ As a prospective student you are encouraged to review this catalog prior to signing an enrollment agreement. You are **also** encouraged to review the *School Performance Fact Sheet*, which must be provided to you prior to signing an enrollment agreement.

▼ A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web Site: www.bppe.ca.gov.

▼ All classes are held at the main campus of School of the Healing Arts (SOHA), 1001 Garnet Avenue, Suite 200, San Diego, CA 92109.

The School of Healing Arts

Objectives

The school of Healing Arts offers a diverse variety of courses to our students from western and eastern styles of massage including Zen-Touch™, nutrition, herbology, anatomy & physiology, counseling & communication, movement courses, business, internships and many other courses for personal growth. Whether it is for self-awareness or for a professional career, the versatility of holistic health courses taught by highly qualified instructors provides a blend of practical knowledge with skilled training in intuitive understanding. The variety and flexibility we provide to our students is an innovative format combining practical knowledge tailored to meet each student's individual educational interests.

About Us

Since 1990, The School of Healing Arts has been dedicated to inspiring the path of health. We are a Massage & holistic education school and an affiliated professional massage & wellness center devoted to raising community awareness through the teaching of balance and health. Our campus in San Diego, California is located only three blocks from the ocean in the heart of Pacific Beach. Our new and beautifully remodeled 4,000 square foot facility houses 3 large classrooms and our administration offices. The School of Healing Arts also offers free monthly wellness clinics and community and corporate outreach programs promoting massage and other important holistic health education topics such as stress reduction and self-care. The students, instructors, and staff at the School of Healing Arts continue to embody our motto of *inspiring the path of health* by being *Dedicated to Empowering and Unifying the Full Potential of Our Lives...Body, Mind, Spirit- Fulfilling Our Dreams to Embrace and Inspired Life.*

The School of Healing Arts draws students who are interested in holistic health both for personal and professional reasons. Our students are generally adults with an average age of 25-30, who are interested in self-awareness, beginning a first, second or third career, or looking to supplement their present earnings. Students are excited to learn that the tools they learn at our school will empower them to create their own clientele, and establish a business of their own which gives them a freedom and flexibility unlike many other traditional fields. Our courses reach out to anyone who wishes to improve, nurture, and brighten their quality of life. The student is also provided with the necessary skills to share and communicate this knowledge with people from all walks of life. Inspiring others in the path of health can create a deep satisfaction that many people do not find in their present occupations.

The School of Healing Arts offers a unique curriculum. The variety and flexibility we provide to our students creates a practical and innovative educational format that is tailored to meet the needs of our students. Because our curriculum is not limited to bodywork, our students have the option to specialize in many fields. In fact, our 1,000-hour program can include the following certifications: Massage Technician, Zen-Touch Technician, Nutritional Counselor, Massage Practitioner, and Holistic Health Practitioner. The school also provides a close family environment. Within our substantial enrollment, we strive to maintain personal contact and compassion and flexibility which satisfy the needs of a wide variety of students. After graduation, our students are encouraged to stay as a part of a close-knit community of holistic health professionals.

Because of the versatile skills our students offer, chiropractors, doctors of Oriental and Western medicine, spas, salons and holistic health centers call our school regularly to fill positions in their offices. These openings are listed on our job board. The local business area also supports many massage and wellness centers and students often find work close to the school if desired.

APPROVALS and AFFILIATIONS

The School of Healing Arts offers courses and certification programs in massage, and nutrition. In addition to several other approvals and affiliations, the School of Healing Arts meets the requirements for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) both as an educational institution and for Continuing Education Units (CEU)'s and we are an approved provider with the California Board of Registered Nursing for CEU's.

Administrative Staff:

President / CEO:	Seymour Koblin
School Director / COO:	Faye Yousry
Academic Officer / CAO:	Faye Yousry
Ethics Liaison:	John Economos

Operating Schedule

Administrative Office Hours:

Monday through Thursday: 8:00am – 6:00pm
Friday: 8:00am – 5:00pm

Schedule for the MASSAGE TRAINEE PROGRAM follows this schedule:

Day Program: Monday, Wednesday, & Friday	9:00 am - 1:00 pm
Evening Program: Tuesday, Thursday and Saturday	6:00 pm - 10:00 pm 10 am – 2 pm
Intensive Program: Monday through Friday	9 am – 6 pm

All class schedules include a one hour lunch break

ALL OTHER COURSES follow this schedule:

Days:	9:00 am – 1:00 pm & 1:30 pm - 5:30 pm
Evening:	6:00 pm - 10:00 pm
Weekends:	9:00 am - 1:00 pm 9:00 am - 4:00 pm (with a 1 hour lunch break) 9:00 am - 6:00 pm (with a 1 hour lunch break)

Observed Holidays:

New Year's Day	July 4 th
Martin Luther King Jr's Birthday	Labor Day
Presidents' Day	Thanksgiving & Day after Thanksgiving
Memorial Day	Christmas Day

Specific class times, dates and instructors are listed on schedule sheets printed each quarter to reflect the most current information. Notification of holidays or revisions will be updated regularly.

Physical Facilities

The School of Healing Arts' physical address is 1001 Garnet Avenue, Suite 200, in the Pacific Beach area of San Diego, CA 92109. The campus, which was fully remodeled in 2005, is located three blocks from the Pacific Ocean, and is in the heart of the Pacific Beach community surrounded by shops and restaurants. The physical facilities are 4,000 square feet including 3 large classrooms, a student lounge, and administrative offices. Within the administrative office there is a media/ library room, and a small area for books and materials. The three large classrooms, each with a capacity for 40 students, have teaching equipment sufficient to meet students' educational needs. Two restrooms are located in the rear of the building.

Maximum capacity for each class is as follows: Bodywork (massage) classes: 20-24
Lecture classes: 35-40

The best way to experience our school is to visit. Just call the office to schedule an appointment for a tour of the facility.

The facility is fully equipped with all modern conveniences and equipment including proper temperature control, lighting, massage tables/mats, restroom facilities, cooking facilities, refrigerator, freezer, and filtered water.

Although the School of Healing Arts' is not responsible for finding housing for students, housing options can be viewed at the students posting boards, and housing information is contained in this catalog and on the school's web site: [www..](http://www.sohar.com)

The school and facility comply with all state and local ordinances/regulations pertaining to fire, health and safety.

LIBRARY SERVICES

The school has a small library with many books and texts on the subject matter taught at the school. Additionally, the school maintains yearly subscriptions to: *Massage* and *Massage and Bodywork* Magazines. Additionally, classrooms are an extension of the library where resources important to students and their training are maintained, including but not limited to: anatomy charts, meridian charts, and skeletons. Computers are available to students for research and study.

Licensure

The State-wide requirement for a license for massage practitioners is 250 hours and for Massage Therapists it is 500 hours. The educational requirement for licensure in the city of San Diego is the satisfactory completion of at least a 500 hour massage course from an accepted teaching institution. The School of Healing Arts 500 hour Massage Practitioner course fulfills the state and city requirements for training in massage and bodywork. The 1,000 hour Holistic Health Practitioner satisfies the city requirements for obtaining a license as a Holistic Health Practitioner.

Programs of Study

Clock Hours

Massage Technician (Masseur/Masseuse)	110
Zen-Touch Technician™ (Masseur/Masseuse)	110
Massage Trainee (Masseur/Masseuse)	200
Whole Foods Nutritional Counselor	350
Massage Practitioner (Masseur/Masseuse)	500
Holistic Health Practitioner	1000

APPROVALS

The school is approved by the National Certification Board for Therapeutic Massage and Bodywork and the Board of Registered Nurses as a continuing education provider. Additionally, we have approvals from the Department of Vocational Rehabilitation and have chosen to affiliate with the American Bodywork and Massage Professionals and the American Oriental Bodywork Therapist Association.

The School of Healing Arts is approved to accept and enroll M-1 non-immigration students. The school verifies student enrollment for the Immigration and Naturalization Service.

The school is also approved to accept and verify hours for students entitled to tuition reimbursement through VA education benefits.

The School of Healing Arts currently does not have any available sponsored programs, government or otherwise, to provide grants or to pay for portion of tuition and fees.

All information stated in this school catalog is current and correct and is so certified as true by the School Director.

STUDENT COMPLAINT PROCEDURE

Persons seeking to resolve problems or complaints should first contact the instructor in charge and then the office administration. Requests for further action may be made to the School Director.

The School of Healing Arts has appointed an Ethics Liaison to be the initial contact for any ethics issues or concerns about classes, students, instructors, staff members, or situations. Students who have ethics concerns may contact the school to request the name and phone number for the Ethics Liaison. Any contact/discussion with the Ethics Liaison is completely confidential.

Additionally, if a student is not satisfied with the School's conduct the student can follow the policies of the BPPE, as follows:

▼ A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web Site: www.bppe.ca.gov.

ADMISSIONS

ATTENDANCE

Students in all courses must attend the total clock hours as listed in the catalog; the minimum attendance requirement is 75%, and students must make up all absentee hours. Absences and tardiness will be recorded. Any student failing to maintain satisfactory attendance will be counseled by administration. Counseling will include both verbal and written notification of unsatisfactory attendance by a student advisor. If attendance fails to improve, the Education Committee may dismiss a student for unsatisfactory attendance. Re-admittance may be permitted if the cause for unsatisfactory attendance has been corrected. Attendance is recorded everyday.

Class Attendance: It is the student's responsibility to sign the attendance roster every class. Students are expected to be in class on time and participate throughout the class. If a student is physically unable to perform class exercises or is not interacting appropriately, it is up to the instructor to determine if the student should continue to observe the class or if the student will be dismissed and need to make-up the class at a later date.

Tardiness: It is very important that students arrive to class on time. Tardiness is disruptive and inconsiderate to both the instructor and other students. Instructors will deduct time from students' attendance if they arrive late to class, return late from breaks, or leave class early. Any time that is deducted from attendance must be made up in order to receive a complete credit for the course.

Course Attendance: Attendance is fundamental to maintaining the students' quality of education. Students are required to complete all class hours to receive a "Complete" in the course. Make-up hour options are available to students who have missed no more than 25% of the course. If a student misses over 25% of the course, the hours attended will be counted as general electives. To receive a "Complete" for the course, the course must be taken again in its entirety. Students must receive a "Complete" in all required courses to receive a program certificate.

Complete: Students are granted a "Complete" when all class hours for the course have been completed.

Incomplete: Students who have missed hours of training and intend to make up missing class hours by attending the equivalent class at a later date, have nine months to do so from the original missed class date. Effective for all classes, students who need to turn in late assignments or who intend to make up hours through completion of additional assignments instructor tutorial have three months from the original missed class date.

Make-up Hours Policy

Students are allowed to make-up up to 25% of a missed course. The make-up option(s) for each course are individually determined by the instructor. All make-up options must be clearly defined in the course syllabus. All course syllabi are reviewed and approved through the School of Healing Arts Education Committee. Some examples of the common make-up methods are paid tutorials, additional assignments, or therapy reports. All made up class hours require a make-up verification form to be filled out by the student and signed by the instructor. These forms are always accessible to students outside of the office. The complete and signed form must be returned to the office to receive credit for the class. Students should *not* sign the course attendance roster when making up a class. Students have nine months to complete make up of hours through attending the equivalent class and as of July 1st 2007, three months to submit late homework or make up hours through assignment or instructor tutorial.

If a student misses the first day of class, the student is required to contact the instructor and gain permission to attend the rest of the course. If the student has not made arrangements with the instructor prior to the second class, the instructor reserves the right not to allow the student into the course. In order to insure quality, many instructors

require that missed class time must be made up prior to attending the next class. This is a courtesy to both the instructor and other students as it insures that all students are at the same level of instruction.

Course Cancellation/Changes

The School of Healing Arts reserves the right to cancel or change course dates. This will only be done when absolutely necessary due to an act of God (flood, fire, natural disaster). All class cancellations or changes will be posted on the administration bulletin board located outside of the office. The office will notify students of course cancellations or changes by phone when possible. The school reserves the right to **cancel a course due to low enrollment**, if there are fewer than six (6) students in attendance. It is thus very important that students register for courses in advance and arrive to class on time. If a student is going to miss the first day of class they must notify the instructor in advance and gain instructor permission to attend the course.

Evaluation Standards

Students are evaluated in each course through observation, practical performance, and testing. All classes have a clearly defined criteria for evaluation. For example, an instructor teaching a massage class may define that 50% of the students’ evaluation will be based on practical observation of Body Mechanics, and 50% will be based on an oral examination. Student must demonstrate proficiency in the techniques presented in each course of their program to receive a credit. An evaluation of “satisfactory” (C) 70% or higher, completion of assignments, and attendance of all class hours is required for credit in core classes (core classes are classes that are required other than general electives) and therefore, graduation. Classes that receive evaluations of “needs improvement” equivalent to a “D” grade, may be applied to general electives only. However, students do have the option of completing pre approved extra credit assignments when available to raise their evaluation to “satisfactory.” At the end of the course, the instructor will complete an evaluation for each student and submit it to the office. Students are encouraged to check in with the instructor on the last day of class, or before, to ensure that they have received an evaluation of “satisfactory” or above. **It is the student’s responsibility to ensure that they receive a passing evaluation.**

The following terms are used for evaluation:

Percentage	Evaluation Term (Please use these terms)	*Office Use Only * Grade point equivalent
90 – 100%	Excellent	4.0 - A
80 – 89%	Good	3.0 - B
70 – 79%	Satisfactory	2.0 - C
60 – 69%	Needs Improvement	1.0 - D
Fail	59% and below or F	0.0 - F
	Incomplete	Has not completed all assignments required for course.

It is a goal at the School of Healing Arts that all students pass their courses with a satisfactory or above. Instructors and students will speak with a student advisor immediately if the student is having difficulty or is at risk of failing the course. If an instructor determines that a student’s participation is below satisfactory a passing grade will not be given. If a student is given an “unsatisfactory” the instructor will offer concrete suggestions for improvement so the student can bring their status to a “satisfactory” to pass the class. Students must complete any ‘extra credit’ work within 3 months of the class end date. They should contact a student advisor for appropriate procedure and documentation instructions for extra credit work.

DISMISSAL/SUSPENSION POLICIES

At the discretion of the School Director, a student may be temporarily or permanently suspended or dismissed from the School for any of the following behavior:

- Unsatisfactory attendance
- Failure to make payments according to contractual agreement
- Serious or repeated incidence of alcohol or drug use
- Possession of weapons upon school premises
- Creating a safety hazard to themselves or others at the school
- Disrespectful behavior towards another student, administrative staff or faculty
- Behavior deemed to be of a questionable ethical nature

Records Retention – This education institution maintains student academic records (transcripts) into perpetuity. Currently enrolled student records are maintained at the school for five year. Within a year of graduating, student records are also maintained in a safety deposit vault at a nearby bank, safe from any act of God, theft, fire, etc. Students are given their original certificate and transcript upon graduation. Copies may be obtained or additional originals obtained for a minimal administrative fee.

Academic Probation – Students with three un-excused absences in any class, or disruptive or harmful behavior may receive written notification of academic probation for a period of one month. Any un-excused absences during such probationary period may be cause for interruption of the student’s training programs.

Leave of absence – Written requests for a Leave of Absence will be considered, and such leaves may be granted at the discretion of the School Director.

Conditions for interruption for unsatisfactory progress – When the grade average of a student is unsatisfactory for a calendar month, the student will be placed on probation. If, during the next month the student’s grade average is still unsatisfactory, the student will be interrupted and the VA will be promptly notified.

Condition for re-enrollment - Re-enrollment or re-entrance will be approved only after evidence is shown to the director’s satisfaction that conditions which caused the interruption for unsatisfactory progress have been rectified.

Interruption for unsatisfactory attendance – Students with three unexcused absences in any class will receive written notification of academic probation for a period of one month. Any unexcused absence during a probationary period will be a cause for interruption of the student’ training program.

REFUND/CANCELLATION POLICY

STUDENT'S RIGHT TO CANCEL

The Student has the right to cancel this enrollment agreement and obtain a refund of charges paid through attendance on the first day of class, or the seventh (7th) day after enrollment, whichever is later, and obtain a full refund, minus the registration fee, by submitting a written notice to this School.

Cancellation occurs when the student gives written notice of cancellation to the Director, at the address of the School, shown on the agreement. The Student can also mail, hand deliver, fax or telegram the cancellation. The written notice of cancellation, if sent by mail, is effective when deposited in the mail, properly addressed with prepaid postage. Cancellation notices are to be addressed to: **School of Healing Arts, 1001 Garnet Av, Suite 200, San Diego, CA 92109.**

WITHDRAWAL FROM COURSE: The Student has the right to withdraw from School at any time. If the Student withdraws from the course of instruction after the cancellation period, the School will remit a pro-rata refund for the unused portion of the tuition and other refundable charges if the student has completed up to 60% of training or less of the instruction within 30 days. The amount of the refund is determined by deducting the registration fee from the total tuition charge, then dividing the remainder by the number of hours in the course to calculate the hourly charge. The refund is the amount in excess of what the student owes for total hours of instruction completed, excluding the non-refundable \$125 registration fee.

HYPOTHETICAL REFUND EXAMPLE: Students have a right to a full refund of all charges, less the \$125 registration fee, if the student cancels the enrollment agreement on the first day of class or on the seventh day after signing this agreement. The amount retained by the school will not exceed the \$125 (one hundred and twenty-five dollar) registration fee.

If a student withdraws from the program after instruction has begun the student will receive a pro rata refund for the unused portion of the tuition and other refundable charges if the students had completed 70% or less of the instruction. The date of withdrawal is the date of cancellation and is determined as the date the student notifies the school of the decision to cancel, or the last date of attendance, if the student fails to notify the school. The student will be charged for all hours attended. For example, if the Student completes 50 hours of a 100-hour course, and paid \$2,000 in tuition, the student would receive a refund of \$1,000.

\$2000	/	100	=	50%	/	50	/	\$1000	/	\$1,000
Tuition	/	Hours		Taken	/	Hours	/	Total Due	/	Total Due
Paid By	/	Charged	=		/	Completed	/	to School	/	to Student
Student										

The School will refund money collected from a third party on the student's behalf, such as Veteran's Benefits and/or WIA funds, if the school cancels or discontinues the course in which the student is enrolled, or if the student drops out. If any portion of the tuition was paid from the proceeds of a third party, the refund will be sent to the lender or agency that guaranteed the funds. Any remaining amount will first be used to repay any student financial aid programs from which the student received benefits, in proportion to the benefits received. Any remaining amount of money will be paid to the student. If the student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.

VETERANS

The school maintains a policy for the refund of the unused portion of tuition, fees, and other charges in the event the veteran or eligible person fails to enter the course or withdraws, or is discontinued there from at any time prior to the completion. The amount charged to the veteran or eligible person for tuition, fees, and other charges does not exceed the approximate pro rata portion of the total charges for tuition, fees, and other charges, that the length of the completed portion of the course should bear to its total length.

As stated, our programs of study lead to **professions** in the areas of

- ▶ **Massage Technician (Masseur/Masseuse)**
- ▶ **Zen-Touch Technician™ (Masseur/Masseuse)**
- ▶ **Massage Trainee (Masseur/Masseuse)**
- ▶ **Whole Foods Nutritional Counselor**
- ▶ **Massage Practitioner (Masseur/Masseuse)**
- ▶ **Holistic Health Practitioner**

PROGRAMS of INSTRUCTION

MASSAGE TECHNICIAN

110 HOURS

The Massage Technician Course provides the student with a firm foundation of basic massage skills using the relaxing styles of Parasympathetic Massage, Zen-Touch Shiatsu acupressure and Swedish/Circulatory. Additional techniques include therapeutic, sports, neuro-muscular and aromatherapy as well as basic anatomy & physiology.

The 110-hour curriculum is an introduction to the 500-hour minimum requirement for licensure in the city of San Diego. Once graduates obtain their license from the city they are able to work under the direction of chiropractors, acupuncturists, physical therapists, psychotherapists or as an off-premise provider.

Parasympathetic Massage Technician	36 hours
Zen Touch Massage Techniques	24 hours
Touch Anatomy	32 hours
Ethics	6 hours
Business Basics	4 hours
Practicum	8 hours

The complete course is offered in a number of different formats. Specific class times and dates are listed the School of Healing Arts class schedule.

ZEN-TOUCH™ TECHNICIAN

110 HOURS

The Zen-Touch™ Technician Course provides a foundation of basic Oriental Acupressure skills upon which the practitioner can build using advanced therapeutic techniques. Students learn the powerful and painless art of “Zen-Touch, Shiatsu”, a development of oriental methods by Seymour Koblin. The course is ideal for the student who wishes to integrate the esoteric philosophies of the East into practical modality for therapeutic use.

The 110-hour Zen-Touch™ Technician course is an introduction to the 500-hour requirement in the city of San Diego to obtain a license for therapeutic body work. Graduates are trained to work in a private clinical practice, with chiropractors, acupuncturists, physical therapists or psychotherapists.

Zen-Touch™ Shiatsu I	24 hours
Zen-Touch™ Shiatsu II	28 hours
Eastern Internship	36 hours
Body Reading	12 hours
Destiny & Intuition	6 hours
Ethical Insights	4 hours

Specific class times and dates are listed the School of Healing Arts class schedule.

MASSAGE TRAINEE

200 HOURS

The 200 hour curriculum is an introduction to the 500-hour minimum requirement for licensure in the city of San Diego. Once graduates obtain their license from the city they are able to work under the direction of chiropractors, acupuncturist, physical therapists or psychotherapists

Parasympathetic Massage	36 hours
Zen-Touch™ Shiatsu I	24 hours
Circulatory Massage	36 hours
Touch Anatomy	32 hours
Deep Massage Techniques	28 hours
Adaptive Positions	8 hours
Ethical Insights	4 hours
Business Basics	4 hours
Advanced Massage Introductions	12 hours
Practicum	8 hours
Orientation/Graduation	8 hours

Specific class times and dates are listed the School of Healing Arts class schedule.

WHOLE FOODS NUTRITIONAL COUNSELOR

350 HOURS

The 350 hour Nutritional Counselor course is designed to educate the student in a broad range of nutritional alternatives which are used to assess client's individual health needs and to formulate a nutritional plan to achieve optimum personal health. Instruction from various modalities such as: Western & Eastern Medicine, Nutritional, Holistic Health, and Herbology provide a full spectrum of nutritional approaches. The Nutritional Counselor graduate may establish a private practice, work in association with other holistic practitioners or offer nutritional counseling in conjunction with other modalities in which they are qualified, such as massage.

Course work is designed to be completed within six to nine months; however, a student is not limited to this time frame and can extend to accommodate their working schedule. Individual classes are offered on weeknights and weekend days. Course requirements are as follows:

Anatomy & Physiology	90 hours
Pathology (sections A and B)	40 hours
Communication & Counseling	12 hours
Ethics	6 hours
CPR & First Aid	10 hours
Business Basics	4 hours
Body Reading	12 hours
Nutrition Electives	100 hours
Herbology, Introduction	8 hours
Herbology Electives	20 hours
Nutrition Internships	24 hours
Nutritional/Herbology Electives	24 hours

Nutrition and Herbology classes should be taken in the beginning of the course and the Clinical Internship will culminate the program with actual case studies.

MASSAGE PRACTITIONER

500 HOURS

The Massage Practitioner Course is designed to incorporate either the Massage Trainee or the Zen-Touch™ Technician Courses together with advanced massage techniques. This provides the student with a broad base of skills and practical experience. The course fully qualifies graduates as professionals in Massage Therapy and prepares them for professional private practice and/or entry level clinical positions with medical doctors, chiropractors, physical therapists, acupuncturists or psychotherapists.

The 500-hour curriculum has become the national standard of the larger massage therapy associations. This course is designed to meet national guidelines and has been recognized by American Bodywork and Massage Professionals.

The Massage Practitioner Course is comprised of the following requirements and electives. These can be taken in any order with the exception of the Massage Trainee and Zen-Touch Technician, which are best taken at the beginning.

Massage Trainee (includes Touch Anatomy)	200 hours
Anatomy & Physiology Introduction	30 hours
Anatomy & Physiology Advanced	30 hours
Anatomy & Physiology Electives	12 hours
Kinesiology	24 hours
Pathology	40 hours
Nutrition	12 hours
Movement Therapy	8 hours
Body Reading	12 hours
Hydrotherapy	12 hours
Communication & Counseling Skills	12 hours
First Aid & CPR	10 hours
Business Electives	4 hours
Ethics	6 hours
Massage Internship	12 hours
Massage Methods & Electives	76 hours

The time required to complete the course can be a minimum of nine months (three quarters) or can be extended to a year or more to accommodate working schedules. Classes are offered on weekdays, weeknights and weekends.

HOLISTIC HEALTH PRACTITIONER

1000 HOURS

The Holistic Health Practitioner Course is a 1000-hour program designed to encompass the essence of Holistic Health training. The Holistic Health Practitioner will be trained in a wide variety of modalities which could include any or all of the following: therapeutic sports massage, Zen-Touch acupressure, nutritional counseling, communication, meditation/yoga, aromatherapy, Herbology and more. This will prepare the graduate for private practice or to work in a clinical setting with medical doctor, chiropractor, physical therapist, osteopath, acupuncturist or psychotherapist.

The usual completion time of the Holistic Health Practitioner is 18 to 24 months and individual classes are offered weeknights and weekend days.

The Holistic Health Practitioner Course is comprised of the following elective categories and required classes:

Holistic Health Practitioner, continued

Massage Trainee	200 hours
Anatomy & Physiology Introduction	30 hours
Anatomy & Physiology Advanced	30 hours
Anatomy & Physiology Electives	12 hours
Kinesiology	24 hours
Pathology	40 hours
Nutrition	60 hours
Herbology Introduction	8 hours
Herbology Electives	20 hours
Movement Therapy	36 hours
Hydrotherapy	12 hours
Body Reading	12 hours
Communication & Counseling Skills	50 hours
First Aid & CPR	10 hours
Business Electives	4 hours
Ethics	6 hours
Holistic Therapies Internship	48 hours
Massage Methods & Electives	398 hours

The Massage or Zen-Touch™ Technician programs are generally the first classes to be taken in the H.H.P. Additional classes can be taken in any order. The Holistic Health Practitioner Course is our most versatile, as it can include multiple certifications such as Massage or Zen-Touch Technician, Nutritional Counselor or Fitness Counselor.

COURSE DESCRIPTIONS

Massage Trainee Program

200 HOURS

The School of Healing Arts provides the future Massage Therapist with an integrated and well rounded approach to massage and many of the skills needed for success and longevity in the bodywork profession. The 200 hour Massage Trainee Program is the foundation for many of our programs. It is geared toward the beginning student. However more advanced students may enroll in these courses to explore different modalities or refresh their skills. Upon completion of all of the classes listed below, students will be granted a Massage Trainee Certificate from The School of Healing Arts. This certificate will enable students to apply for the Massage Trainee work permit through the city of San Diego.

Orientation & Graduation

8 hours

Only for students enrolled in the MT Program.

These classes will provide an introduction and orientation to the new Massage Trainee student. Specifics about the school, program, and the world of massage will be covered. On the final day of the MT Program students wishing to graduate must pass a final proficiency test. For those students that have successfully met all of the program requirements a graduation ceremony will conclude the program.

Parasympathetic Massage

6 hours

This deeply relaxing style uses slow, flowing strokes to induce the client into the alpha state where the body's own healing powers are most accessible. Activating the Parasympathetic nervous system allows the body to rejuvenate and restore its balance, while it assists the lymphatic system to cleanse the metabolic waste that accumulates in the muscle tissues. This is a very soothing, painless, relaxing and therapeutic massage.

200 Massage Trainee Program, continued

Touch Anatomy

2 hours

This course introduces students to the language of anatomy and the major anatomical landmarks of the human body. It will also provide a more complete view of the various systems of locomotion and a deeper understanding of the science and history of anatomy. Students will discuss the individual structures and perform self-palpation, instilling more thorough anatomical awareness and a deeper sense of confidence.

Adaptive Positions

8 hours *Prerequisite: Parasympathetic*

Students will learn to use the side-lying and chair adaptive positions. Proper draping, bolstering, equipment adjustments and body mechanics will be focused on. The side-lying position can be used for pregnant women, sports massage, and those that find discomfort lying supine or prone on a massage table. Chair techniques provide essential knowledge in adapting to varying environments and situational constraints. Both adaptive positions offer the massage practitioner unique access to the body. Clients find these positions to be very nurturing, supportive, and comfortable. The practitioner will greatly benefit by adding these positions to their repertoire.

Circulatory Massage

36 hours

Prerequisite: Parasympathetic & Touch Anatomy

A massage style that affects the quality and quantity of blood flow through the circulatory system, favoring better cellular nutrition and elimination. Improvement in surface circulation lessens the work of the heart, improves the blood making process and flushes the lymphatic system, all by either direct mechanical action on vessel walls or reflex action through vaso-motor nerves. This systematic protocol for therapeutic circulatory treatment is sometimes referred to as Swedish massage.

Zen-Touch™ Shiatsu I**24 hours**

Zen-Touch is innovative Oriental bodywork developed by the founder of the School of Healing Arts, Seymour Koblin. Zen-Touch™ evokes deep health regenerating effects by balancing the body's life force energy, applying pressure while stretching limbs, in a gradual, nurturing fashion which enhances energy flow. Students learn to integrate this blend of Western and Oriental techniques into one of the most creative and practical bodywork styles in existence today.

Ethical Insights**4 hours**

This course will explore many moral issues confronting practitioners including legalities, sexual boundaries, professional and personal integrity and the importance of communication skills in clarifying intention.

Deep Massage Techniques**28 hours**

Prerequisite: Parasympathetic & Touch Anatomy

This course will provide students with techniques for delivering a firm/deep pressure lotion massage. Therapist tools, beyond the thumb, will be emphasized along with proper body mechanics. Application of basic clinical treatment techniques will be introduced for each body region. Massage physiology will also be covered. Content will be delivered through a combination of lecture, demonstration, practice, reading, and homework assignments.

Advanced Massage Introduction**12 hours**

Prerequisite: Parasympathetic

In this exciting course students will learn a little background, history, and watch numerous instructors' present different advanced massage styles taught at SOHA. With so many varieties of advanced massage courses to choose from this course will help the beginning student look forward to possible specializations and focuses they may wish to study in the future.

Practicum**8 hours**

This course is intended to inspire students to continue practicing and fine tuning their skills; to help the students build upon their confidence and strengths of being a better holistic practitioner. Midterms will be offered to students to evaluate overall progress of MT program. Students and instructor will use this class time to fine tune massage techniques, go over homework assignments, discuss Therapy reports, CARE notes, and discuss course feedback with instructor.

Business Basics**4 hours**

Will assist the student in defining personal and professional goals for success as a massage therapist and provide knowledge of office procedures and requirements for working in various employment situations. Instruction will be provided on hotel/ spa environments and how to interact with spa directors or principle therapists at massage establishments who will outline employer expectations. In addition, this class will cover the opportunities and possibilities of running your own business. This will include topics ranging from basic business laws to promoting and successfully operating your practice.

CORE REQUIREMENTS

Note: Anatomy and Physiology: Introduction and either Advanced Topics A OR Advanced Topics B, for a total of 60 hours, is required for the MP and HHP. The A & P Introduction and Advanced Topics A AND B, for a total of 90 hours, is required for the Whole Food Nutrition Counselor.

Anatomy & Physiology: Intro**30 hours**

Anatomy is the science of structure and physiology is the science of function in the living being. This course provides an overview of the major anatomy and physiology systems of the body.

Anatomy & Physiology **30 hours**

Advanced Topics A

Prerequisite: Anatomy & Physiology: Intro.

Topics of study to include: Heart, Blood Vessels, Blood, Lymphatic System, Nervous System, Sensory System, and Development.

Anatomy & Physiology **30 hours**

Advanced Topics B

Prerequisite: Anatomy & Physiology: Intro.

Topics of study to include: Digestion, Metabolism, Endocrine System, Respiratory System, Urinary System, Body Fluids, and Reproductive Systems.

Anatomy & Physiology Electives **Hour requirement specific to program**

Note: 12 Additional hours required for MP and HHP. See Anatomy & Physiology section for course descriptions.

Body Reading **12 hours**

Note: Required for the Zen-Touch Technician, Whole Foods Nutrition Counselor, MP, and HHP.

Gain skills in understanding practical application of Yin/Yang and the 5 elements applied to body language, birth dates, facial, palm and behavioral characteristics. The integration of these ancient systems in a modern day application will provide the holistic and massage practitioner practical methods to forecast and apply appropriate therapy for clients.

Business Basics **4 hours**

Note: Required for Massage Tech., Massage Trainee, Whole Food Nutrition Counselor, MP and HHP.

This course will assist you in defining your personal and professional goals for success as a massage therapist or other holistic practitioner, provide knowledge of office procedures and requirements for working in various employment situations. Instruction will be provided on hotel/spa environments and how to interact with spa directors or principle therapists at massage establishments who will outline employer expectations. In addition, this class will cover all of the opportunities and possibilities of running your own business. This will include topics ranging from basic business laws to promoting and successfully operating your practice.

Business Electives

Note: 4 Additional Hours of Business Electives required for MP and HHP. Please see Business section for course descriptions.

Counseling & Communication Electives **Hour-requirement specific to program**

Note: 12 hours required for Whole Foods Nutrition Counselor and MP. 50 hours required for HHP. See Counseling & Communication section for course descriptions.

CPR **7 hours**

Note: Required for the Whole Foods Nutrition Counselor, MP and HHP.

Life-saving Cardiopulmonary Resuscitation techniques are taught. Students receive a CPR card from the American Heart Association upon completion.

Destiny & Intuition **6 hours**

Note: Required for Zen-Touch Technician.

Continuation of the Body-reading theme to further explore intuitional understanding of the energetic body. Intuitive skills are developed to better forecast tendencies in health, relationships and life path.

Ethics**6 hours**

Note: Required for the Massage Tech, Whole Foods Nutrition Counselor, MP, and HHP.

This course will cover essential ethical topics found in bodywork and the holistic health arena including: Professionalism, Legal and Ethical Requirements, Confidentiality, Business Practices, Roles and Boundaries, Prevention and Sexual Misconduct. This curriculum meets the requirements for NCBTMB Recertification.

Ethical Insights**4 hours**

Note: Required for Zen-Touch Technician and Massage Trainee.

An exploration of moral issues confronting practitioners, including legalities, sexual boundaries, professional and personal integrity and the importance of communication skills in clarifying intention

First Aid**3 hours**

Note: Required for the Whole Foods Nutrition Counselor, MP and HHP.

Learn the fundamentals of first-aid for holistic practitioners.

Herbology Introduction:**12 hours****Herbal Fundamentals**

Note: Required for the Whole Foods Nutrition Counselor and HHP.

The animals of this planet have been enjoying safe, effective natural plant medicines for millions of years. Join folkloric herbalist John Finch in discovering the innate intelligence built-in to plant medicines and how to acquire, store and incorporate high quality medicinal herbs in your healing practice. In this intro to Western Herb Theory, we'll meet (and taste) plants, identify their properties by flavors, classify them in plant families, and discuss their virtues as food and medicine and make tea with some of them, using a calorie-free natural sweetener. We'll also make and sample herbal tinctures and powders and discuss delivery systems of herbal remedies in relation to yin-yang comparatives.

Herbology Electives**Hour requirement specific to program**

Note: 20 hours, plus 24 hours that can be either Herbology or Nutrition electives, required for Whole Foods Nutrition Counselor. See Herbology section for course descriptions.

Hydrotherapy**12 Hours**

Note: Required for the MP and HHP.

Prerequisites: Massage Trainee

In this course the student will discover the power of water and the important roll it plays in the body's healing process. Discussion includes the principles and the practice of hydrotherapy in achieving a state of health, vitality and well-being in the body and the mind. A variety of techniques will be presented that can be used in a spa or a less formal setting. Class consists of lecture, and hands-on practice that includes contrast baths with additives, cryotherapy, herbal fomentation and dry skin brushing with an aroma aloe body mask. Information required for the National Exam will be covered.

Internships**Hour requirement specific to program**

Note: 36 hours of "Eastern Internship"/ Private Tutorial required for Zen-Touch Tech. 24 hours of Nutrition internship required for Whole Food Nutrition Counselor. 12 hours of Massage Internships required for MP. 48 hours of Massage Internships required for H.H.P. See Internship section for course descriptions.

Kinesiology**24 hours**

Note: Required for MP and HHP.

Kinesiology is the study of the principals of biomechanics and anatomy in relation to human movement. Emphasis will be on interactive exploration of personal movement patterns to better understand patterns in others.

Nutrition Electives**Hour requirement specific to program**

Note: 100 hours of Nutrition electives, plus 24 hours that can be either Herbology or Nutrition electives, required for Whole Foods Nutrition Counselor. 12 hours of nutrition is required for the MP and 60 hours for the HHP. . Please see Nutrition section for course descriptions.

Pathology

Note: 40 hours required for the Whole Foods Nutrition Counselor, MP and HHP.

These are basic courses introducing students and massage therapists to common allopathic pathological conditions found in the human body. There will be a brief overview of each body system followed by nomenclature and root words which will facilitate recognition of pathological conditions in each body system. The course content will also be geared towards those students who are preparing to take the National Board Certification test.

Pathology A**20 hours**

Prerequisite: Anatomy and Physiology Intro.

This course provides an overview of the integumentary, environmental hygiene, musculoskeletal, endocrine, metabolic, digestive, lymph and immune systems and their related pathological conditions.

Pathology B**20 hours**

Prerequisite: Anatomy and Physiology Intro.

This course covers diseases for the nervous, cardiovascular, pulmonary, sensory, urinary and reproductive systems and psychiatric disorders.

Practicum**8 hours**

Note: Required for Massage Tech. & Trainee

This course is intended to inspire students to continue practicing and fine tuning their skills; to help the students build upon their confidence and strengths of being a better holistic practitioner. Midterms will be offered to students to evaluate overall progress of MT program. Students and instructor will use this class time to fine tune massage techniques, go over homework assignments, discuss Therapy reports, CARE notes, and discuss course feedback with instructor.

ELECTIVES

The following classes are for elective purposes, that is, these are choices students make regarding classes to take along with their prescribed Program of Study, either as a prerequisite, an enhancement to the Program of Study, or recommended by their student advisor as part of a well-rounded curriculum.

MASSAGE / BODYWORK ELECTIVES

Adaptive Positions

8 hours

Note: Required for Massage Trainee

Prerequisite: Parasympathetic

Students will learn to use the side-lying and chair adaptive positions. Proper draping, bolstering, equipment adjustments and body mechanics will be focused on. The side-lying position can be used for pregnant women, sports massage, and those that find discomfort lying supine or prone on a massage table. Chair techniques provide essential knowledge in adapting to varying environments and situational constraints. Both adaptive positions offer the massage practitioner unique access to the body. Clients find these positions to be very nurturing, supportive, and comfortable. The practitioner will greatly benefit by adding these positions to their repertoire.

Advanced Massage Intro

12 hours

Note: Required for Massage Trainee

Prerequisite: Parasympathetic

In this exciting course students will learn a little background, history, and watch numerous instructors' present different advanced massage styles taught at SOHA. With so many varieties of advanced massage courses to choose from this course will help the beginning student look forward to possible specializations and focuses they may wish to study in the future.

Aromatherapy

24 hours

Learn aromatherapy's history, distillation techniques, buying and storing of essential oils, proper dilution percentages, precautions and safety issues. Learn how carrier oils work synergistically with essential oils. Conduct an aromatherapy intake consultation. Understand labeling terms such as, pure, natural, grade A and therapeutic grade. Learn the various schools or theories about the application methodologies of essential oils.

This six week class will be lecture and hands-on. The weekly hands-on sessions will help one to fully experience the various balancing and healing modalities. Experience the effects of organic therapeutic grade essential oils and how they affect the body, mind and spirit. You will have hand-on session into healing with crystals and essential oils. This will be a detailed overview of aromatherapy. The hands-on sessions are an aromatic journey demonstrating the practical aspects of aromatherapy.

Assessment and Palpation Skills

20 hours

Pre-requisite: MT or Instructor Approval

This class will strengthen our assessment skills by focusing on the presentation and practice of numerous palpation-enhancing exercises. This will allow us to feel anatomical structures and to assess normal and abnormal, thereby giving us the skills required to become a proficient and efficient soft tissue therapist.

The art of palpation requires discipline, time, patience and practice. Palpating with the fingers and hands provides sensory information that the brain interprets as: temperature, texture, surface humidity, elasticity, turgor, tissue tension, thickness, shape, irritability, motion. To accomplish this task it is necessary to *teach the fingers to feel, think, see, and know*. One feels through the palpating fingers on the client: one sees the structure under the palpating fingers

through a visual image based on knowledge on anatomy; one thinks what is normal and abnormal, and one knows with confidence acquired with practice that what is felt is real and accurate. (Kappler, 1997).

Chair Massage

12 hours

Prerequisite: Massage Trainee

Students will learn how to do a massage on a chair, utilizing western and eastern techniques. Different techniques will be introduced, and students will learn specific routines which are very simple to perform and yet very effective for pain and stress management.

Circulatory Massage

36 hours

Note: Required for Massage Trainee

Prerequisite: Parasympathetic & Touch Anatomy

A massage style that affects the quality and quantity of blood flow through the circulatory system, favoring better cellular nutrition and elimination. Improvement in surface circulation lessens the work of the heart, improves the blood making process and flushes the lymphatic system, all by either direct mechanical action on vessel walls or reflex action through vaso-motor nerves. This systematic protocol for therapeutic circulatory treatment is sometimes referred to as Swedish massage.

Clinical Assessment

20 hours

Prerequisite: Massage Trainee

In this challenging course, students of massage will be introduced to the techniques of clinical massage as a critical adjunct to holistic body therapy. Students will also gain the skills needed to develop therapeutic treatment plans for common soft tissue dysfunctions. With the growing demand for massage in the marketplace, therapists are being called on to produce lasting results quickly and with a minimum of pain. This course emphasizes communication, documentation and a thorough understanding of massage technique. These techniques can be applied in any setting and, once understood, their results can be reproduced. Freeing clients from pain no longer has to be a mystery for newer therapists. We will practice educating our clients as to the benefits of clinical massage therapy in a small-group format. Students will be guided to develop their own definitions and approaches to treatment within the context of clinical massage. We will also discuss how to effectively combine clinical massage technique with intuitive body therapy. The course will conclude with students producing a therapeutic treatment plan and SOAP note.

Clinical Assessment Internship

8 hours

Prerequisite: MT & Clinical Assessment

This class will present an introduction to the skills of clinical assessment including palpation, range of motion and muscle testing, postural assessment, gait analysis, and recognizing the injury process. Students will gain confidence in selecting appropriate therapies to address a client's presenting condition. Hands-on practice will focus on the skills of incorporating assessment before, during and after the session.

Cranio-Sacral Therapy

21 hours

The cranio-sacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Through gentle palpation and by monitoring movement in the cranio-sacral rhythm, students will learn evaluation techniques allowing the body to self-correct restrictions. This class will inspire students to slow down and listen to their clients body, passively gather information instead of actively "doing massage", allowing the body to self-heal. This gentle work is a full body session or can be blended into other modalities of bodywork.

Deep Massage Techniques

28 hours

Note: Required for Massage Trainee

Prerequisite: Parasympathetic & Touch Anatomy

This course will provide students with techniques for delivering a firm/deep pressure lotion massage. Therapist tools, beyond the thumb, will be emphasized along with proper body mechanics. Application of basic clinical treatment techniques will be introduced for each body region. Massage physiology will also be covered. Content will be delivered through a combination of lecture, demonstration, practice, reading, and homework assignments.

Deep Muscle Therapy, Sections A (Trunk) and B (Extremities and Neck)

12 hours each section

Pre-requisite: Massage Trainee and Deep Tissue; Section A recommended before Section B (or Instructor Approval)

Unlike Deep Tissue massage, this work implies the use of oil or lotion, and works on both the fascia and the muscle tissues, to realign and restore mobility to the musculoskeletal system. This work uses both eastern and western techniques, and isolates the muscles to be worked, reaching the deepest muscle and fascia layers.

Deep Tissue Massage

24 hours

Prerequisite: Massage Trainee

Deep work can be one of the most effective techniques in bodywork. Traditional and modern methods of this slow, penetrating work will be taught, providing a systematic framework for effecting therapeutic change in dysfunctional and disorganized myo-fascia. This technique is also effective in releasing congestion, emotional trauma, and restoring muscular balance. It addresses the ubiquitous fascial system both through manipulation and energetically.

Feldenkrais Internship

12 hours

In this class we focus on the work of Moshe Feldenkrais, as in introduction to Somatic Education fundamentals. Detailed protocols in Functional Integration and Awareness Through Movement will be explored and practiced as therapeutic interventions for common ailments.

Foot Reflexology

8 hours

Learn the basic fundamentals of reflexology also known as "Zone Therapy" and how the feet are a reflection of the whole body. The students will observe, palpate and learn the dorsal, medial, lateral and plantar surfaces of the body in relation to the specific organs and glands of the body. They will learn the four basic reflexology strokes along with its benefits, contraindications and history.

Hand Reflexology

6 hours

Recommended Prerequisite: Foot Reflexology

The student will be able to know the origin of reflexology, its contraindications, hand relaxation techniques, reflexology terms and helper areas on how to assist the massage therapist. The advantages of this specialized modality are that the students will learn the mapping of the organs and glands for both hands.

Healing with Crystals and Essential Oils

14 hours

Learn the basics of working with crystals and essential oils. Learn how to facilitate a client's healing during a bodywork session. Students learn the basics of working with crystals and therapeutic grade essential oils in bodywork sessions. They discover how powerful crystalline energy in conjunction with therapeutic grade essential oils can be in body work. They experience the energy of crystals and the increased energy of crystals with oils. They discover how this experience can provide a powerful catalyst to facilitate client's healing aspects of their being.

Hydrotherapy

12 hours

Note: Required for the HHP.

Prerequisite: Massage Trainee

In this course the student will discover the power of water and the important roll it plays in the body's healing process. Discussion includes the principles and the practice of hydrotherapy in achieving a state of health, vitality and well-being in the body and the mind. A variety of techniques will be presented that can be used in a spa or a less formal setting. Class consists of lecture, and hands-on practice that includes contrast baths with additives, cryotherapy, herbal fomentation and dry skin brushing with an aroma aloe body mask. Information required for the National Exam will be covered.

Lomi Lomi (Hawaiian) 1 & 2

16 hours each section

Prerequisite: Massage Trainee and Level 1 is a Prerequisite for Level 2

Lomi Ka'ala Hoku, also known as Lomi Lomi massage, is an ancient Hawaiian concept of working with the MANA (life force) of the body, mind and soul of an individual. Lomi Ka'ala Hoku means "Massage Journey to the Stars". The idea is to calm the mind in order to heal the body, and come from total acceptance of who they are and where they are in their life or their journey right now. Temple style bodywork refers to the body as being the sacred temple of the soul. It incorporates the movements of Hula, Ti Chi and Ti Kwon Do. Many of the hand and foot movements of the LUA, the martial arts of the KANE (men) can be found in temple bodywork, which "dances" around the table. The energy work behind this style of bodywork comes from ancient teachings of personal empowerment, as required during Hula and martial arts performances, and was taught in the HEIAU (temple). Temple bodywork is the most common type of "Hawaiian Massage" being done in the world outside the Hawaiian Islands. In this part 1 course the student will learn a basic full-body traditional massage, as well as the background and history behind the modality. Handouts and oils provided by instructor with \$10 supply fee.

Parasympathetic Massage

36 hours *Note: Required for Massage Tech. & Trainee*

This deeply relaxing style uses slow, flowing strokes to induce the client into the alpha state where the body's own healing powers are most accessible. Activating the Parasympathetic nervous system allows the body to rejuvenate and restore its balance, while it assists the lymphatic system to cleanse the metabolic waste that accumulates in the muscle tissues. This is a very soothing, painless, relaxing and therapeutic massage.

Passive Joint Mobilization

24 hours

Passive Joint Massage is the practice of undulation, slow cyclings, and mobilization techniques that integrate neuromuscular functions with everyday movement and behavior. This therapeutic approach is gentle and non-invasive. The use of gentle oscillations, undulations, and other rhythmical movements to disarm holding patterns, relieve stress; encourage full, integrated action and clear intention.

PNF Stretching

12 hours

Prerequisite: Massage Trainee

Teaches the principles of Proprioceptive Neuromuscular Facilitation (PNF) and how to incorporate these techniques into a massage session. Students will also learn how to perform a basic postural assessment to improve each session's efficacy, techniques for self-PNF, and muscular anatomy and physiology relating to PNF.

Positional Release Internship

16 hours

Pre-requisite: Massage Trainee

Positional release techniques are gentle, non-invasive manual treatments for muscle pain and spasms which involve resetting muscle tone and enhancing circulation. They are amongst the easiest to learn and the most powerful to apply. They have the potential to create instant results in acute cases, and to allow chronically tense tissues to relax, making it easier to apply other therapeutic techniques.

Pregnancy Massage

20 hours

Prerequisite: Massage Trainee

This course offers basic information on positioning, posturing, body mechanics, and massage techniques for massaging pregnant women. It will provide an overview of what is happening with the pregnant body emotionally, structurally, and physically, and the unique sensitivity needed by the body-worker to accommodate this special time. Contraindications, complications, and precautions will also be covered. Please bring 4-6 pillows and a top and bottom sheet.

Russian Sports Massage

32 hours

This class is sometimes taught as 2 separate classes: Level 1 = 20 hours; Level 2 = 16 hours

Prerequisite: Massage Trainee

Russian Sports massage is painless. It uses very little oil and specific bolstering to allow the therapist to go deep into client's tissues with client-therapist comfort and efficiency. This course covers the "training" protocol and introduces the therapeutic, pre/post event, and seated applications. We will meticulously go over the hand techniques and body dynamics as well as how, when, where and why to use them. We will discuss benefits to the various systems of the body, reported results with different athletic and non-athletic applications, and the different protocols.

Stone Therapy

20 hours

This class is sometimes taught as 2 separate classes: Level 1 = 12 hours; Level 2 = 12 hours.

Prerequisite: Massage Trainee

This course introduces to the student the specialized use of hot stones in massaging the body, providing a nurturing and enhanced therapeutic effect. This technique is an effective way to alleviate stress and tension and create a positive energy flow in the body. The application of heat not only increases the feeling of well-being, but also enables the therapist to work more deeply and effectively. The student will have the knowledge and skills to perform a full-body basic hot stone massage. : This course also introduces to the student the advanced concepts and techniques with the use of hot stones in bodywork. Included will be discussions in the use of cold as well as hot stones, advanced massage strokes, the use of stones for specific conditions, the addition of aromatherapy and crystals, energetic and spiritual aspects of the stones, and how to incorporate stones in to various other bodywork modalities. This course includes lecture, demonstration and a lot of hands-on experience.

The Raindrop Technique

8 hours

Learn the basics of aromatherapy and its effects on the body, mind and spirit. Plant essences carry many therapeutic qualities to restore the body's harmonic balance. The Raindrop Technique is a mild treatment layering nine different essential oils along the spine to revitalize the person's immune, nervous and muscular system. Learn special massage strokes, apply a warm compress and perform a gentle type of reflexology. As a therapist, you will receive the energetic healing of essential oils.

Western Sports

12 hours

Pre-requisite: Massage Trainee

This system of bodywork is a very effective way to improve blood circulation, helping the athlete to nourish the muscle tissues, eliminating lactic acid, preventing injuries and accelerating the recovery process, in a natural/drug free way. Students will be introduced to the basic principles of sports massage, as developed by Jack Meager, and trained in the basics of this system of bodywork.

ADVANCED MASSAGE / BODYWORK ELECTIVES

Passive Joint/Deep Tissue Blend Internship 12 hours

Pre-requisite: Massage Trainee and Deep Tissue, Recommended: Passive Joint Mobilization

This class combines the most therapeutically effective protocols of Deep Tissue and Passive Joint Mobilization for use with some common persistent afflictions, such as whiplash, frozen shoulder, and lower back and hip dysfunctions.

Structural Myofascial Reintegration 40 hours

This class is sometimes taught as 2 separate classes: Level 1 = 24 hours; Level 2 = 24 hours.

Prerequisite: Massage Trainee & Deep Tissue; Level 1 is a Prerequisite for Level 2 when applicable.

We will utilize the insights of Ida Rolf, employing the general techniques of deep tissue and movement, both active and passive, to systematically reorganize the fascial structure. This method has been shown to lead to dramatic shifts in posture, movement efficiency, physical and emotional pain-conditions, and general well-being. We will learn to employ the tools of superficial and deep fascial release organized by a series of ten structured lessons. When the class is separated into Levels 1 & 2, the first set of classes will introduce the student to the first half of the ten Structural sessions. Take the second set of classes for the last sessions.

Therapeutic Application: Upper Body 24 hours

Pre-requisite: 400 hours or instructor approval

Using the anatomy of specific muscle groups, we look at postural distortions, muscular imbalances and potential nerve entrapments from the neck, shoulder and chest, down into the arm into the hand, which could lead into pain and holding patterns.

Therapeutic Applications: Lower Body 24 hours

Pre-requisite: 400 hours or instructor approval

Using the anatomy of specific muscle groups, we look at postural distortions, muscular imbalances and potential nerve entrapments from the hips, low back and legs down into the feet, which could lead into pain and holding patterns.

Therapeutic Workshop 12 hours

Pre-requisite: Massage Trainee

Using the anatomy of specific muscle groups, we look at postural distortions, muscular imbalances and potential nerve entrapments from the neck, shoulder and chest, down into the arm into the hand, which could lead into pain and holding patterns.

Trigger Point Therapy: 20 hours each section

Upper Body and Lower Body

Pre-requisite: Assessment & Palpation Skills or Instructor Approval

According to many authorities in the field, Trigger points play a major role in most of what we call chronic pain. By learning to deactivate them in a way that causes no more harm, we are able to restore normal function to otherwise compromised tissues. We will learn what a trigger point is, how to find it, how to deactivate it, and how to prevent it. There will be demonstration followed by lots of one on one practice time.



EASTERN BODYWORK/ ELECTIVES

5 Elements – 20 hours

Energy Channels and Acu-points

There are hundreds of points along the acupuncture meridians where the chi or life force can be influenced. This class will focus on how the practitioner can decide which points are best for each client he or she works with. Points covered will be in alignment with the AOBTA NCCAOM national standards for Asian Body workers. Seymour will weave these standards through his modernized applications of Yin/Yang and the 5 elements giving each participant a practical foundation for applying therapy through the points. We will cover specific anatomical locations, health benefits, method of application and even some mystical applications of certain points. The Twelve General, mother-and-son-points tonification/sedation, Transporting-shu Front-mu/alarm, Yuan-source, Luo-connecting, entry / exit points and the extraordinary vessels points. Chi exercises will precede every class.

Ayurvedic Massage 28 hours

Pre-requisite: MT or Instructor Approval

This oil massage from the south of India is designed to balance the bodily constitution. The speed and oil used are determined by the constitutional pulse. Originally used to prepare warriors for battle, the original training lasted for ten years after which time they became eligible for training in the martial arts tradition of the same region. By performing the movements necessary to do the massage the therapist gains improvement in coordination, flexibility, strength, stamina, breathing and a deeper understanding of the anatomy of the body and its natural movement limitations. By receiving the massage the bodily constitution is balanced, the body becomes supple, flexible and impervious to pain and injury. These skills are a must for a good warrior-therapist, and the benefits apply to all who receive and give it.

Barefoot Shiatsu Internship 8 hours

Prerequisite: Massage Trainee

Barefoot Shiatsu is a vigorous style of oriental bodywork developed by Shizuko Yamamoto. It stimulates and circulates Chi all over the body.

Body Reading 12 hours

Note: Required for the Zen-Touch Technician, Whole Foods Nutrition Counselor, MP, and HHP.

Gain skills in understanding practical application of Yin/Yang and the 5 elements applied to body language, birth dates, facial, palm and behavioral characteristics. The integration of these ancient systems in a modern day application will provide the holistic and massage practitioner practical methods to forecast and apply appropriate therapy for clients.

Chinese Astrology & Feng Shui 4 hours

Personalize your home, office and life environment according to the forces of nature (Yin/Yang, 5 Elements) as described by the integration of two Ancient Chinese Healing Systems: Geomancy (Feng Shui) and Chinese Astrology. Integrating our lives with nature; the influences of our birth date and the environment around our homes and workplaces will initiate profound changes in our health and of those to whom we make recommendations.

Destiny & Intuition 6 hours

Note: Required for Zen-Touch Technician.

Destiny and Intuition continues on the Body-reading theme to further explore the holistic or massage practitioner's intuitional understanding of the energetic and physical body. Intuitive skills are developed to better forecast a

client's health tendencies, (pain management, energy level, emotional imbalances and mental clarity) giving the holistic health or massage practitioner in depth skills to enhance rapport with clients and to deepen awareness of how and where to focus the attention in sessions.

Palm Healing **8 hours**

The 7 Chakras will be explored and integrated into participants health practice with the ancient art of Palm Healing; Using the body's energy field to harmonize one's health condition.

Indian Head Massage **12 hours**

Recommended Prerequisites: Massage Trainee and Anatomy & Physiology Introduction

This ancient form of Ayurvedic head massage is relaxing, soothing and energizing. In the time it takes to have a cup of coffee, Indian Head Massage techniques combine to de-stress the whole body, re-balance energy flow and restore a sense of well-being. The massage is given through clothing while you sit comfortably in a chair, anywhere! By the end of this introductory course you will be ready to practice on family and friends a simple, safe, highly beneficial therapy which has been a tradition on the Indian sub-continent for over 1,000 years.

Reiki 1 **12 hours**

Learn about, practice, and be attuned by a qualified and dedicated Reiki Master to Traditional Usui Reiki. In Level One, students awaken their energy centers and sensitize themselves to energy by practicing on themselves and others. Learn of the history, the philosophy, and experience first hand what it means to commit to channeling more energy through your system. The attunements will be performed in a private and sacred ceremony. Reiki assists the practitioner to balance, cleans and clear his/her own energies and others. Discover more about your own Intuitive Healer Within. Not only is Reiki a profound healing system, it is an enlightenment process!

Reiki 2 **12 hours**

Pre-requisite: Reiki 1

Level Two Reiki entails the training and private, sacred attuning of the traditional Usui method of energy balancing and healing. Level Two Reiki allows the practitioner to tap and direct higher frequency beyond the physical plane into additional dimensions. Three sacred symbols are learned. Students are taught a technique to direct energy out of time and space and an absentee healing method. This course includes Reiki philosophy and ideals. The major/minor chakras are explored as well as the transpersonal chakras. Private attunements will be scheduled.

Thai Massage **24 hours**

This will be an introduction to the Traditional Massage of Thailand as taught in the Old Chiang Mai Traditional Hospital (northern, soft style). Students will learn a protocol involving points, presses and lengthening designed to open the client to the natural healing process.

Traditional Home Remedies **8 hours**

Based on the application of Yin/ Yang and the 5 Elements, students will learn internal food remedies and external healing applications that will accelerate healing for self and clients. Teas, compresses, ear candling, moxa, cupping, auriculotherapy, magnets and more provide participants with new tools to complement bodywork, nutrition and Holistic therapies.

Tui Na: Hand Techniques **20 hours**

Pre-requisite: Massage Trainee

Learn the history and applications of this unique style of Chinese massage. Considered the eastern equivalent to Physical therapy, Tui Na uses over the clothing techniques on muscles, joints, and acupoints to increase the flow of Qi through the energy channels.

Tui Na: Structural Techniques **20 hours**

Pre-requisite: Massage Trainee & Tui Na: Hand Techniques

This course in Tui Na Structural Techniques is designed to teach the basic mechanics of the oscillating Tui Na methods of the Shanghai Rolling Tui Na School and their application to specific structural problems in the body.

Zen-Touch™ Shiatsu I **24 hours**

Note: Required for Zen-Touch Tech., Massage Tech., and Massage Trainee.

Zen-Touch 1 is the basic course in this style of acupressure massage. Zen Touch is a relaxing, balancing and very powerful experience, which allows the client to understand the mechanics of how the energy flows over the body and how, by restoring its proper functioning, will improve the overall health in the body.

Zen-Touch™ Shiatsu II **28 hours**

Note: Required for Zen-Touch Technician

Prerequisite: Zen-Touch I

Zen-Touch™ II is the core of the Zen-Touch™ Technician Certification Program. Zen-Touch™ II teaches the use of elbows, knees, feet, extensive body stretching, hand techniques, energy cultivation and an in depth integration of all the founding principles. Instructions include the practical applications of advanced Zen-Touch™ bodywork techniques and the theoretical concepts of traditional Asian therapies in order to deepen the student's understanding and ability to assess and apply appropriate therapeutic intervention on a wide variety of clients.

Zen-Touch™ Facial **4 hours**

Traditional Acupressure points combined with the unique *energetic* Zen-Touch™ technique for neck and face massage combined with the placement of warm stones on quintessential body areas facilitate a complete holistic approach to the cleansing of wastes that show up on the face. Toning and softening of sunken and raised areas create a balanced natural youthful look. When appropriate, certified practitioners can read the face and recommend lifestyle modifications that are personalized to enhance each client's lifestyle. This holistic approach provides exhilarating and long-lasting improvements in one's complexion and overall health condition.

Zen-Touch™ Private Internship **Variable hours**

Note: Required for Zen-Touch Technician

Prerequisite: Zen Touch I and Zen Touch II (ZT II can be concurrently taken)

Learn intermediate and advanced Zen-Touch™ techniques in an internship format with hands on Individualized instruction and client applications.

NUTRITION ELECTIVES

Ayurveda Cooking

9 hours

Pre-Requisite: Ayurvedic Nutrition or Instructor Approval

AYURVEDA literally means "The Science of Life." It is the oldest and most comprehensive system of medicine invented for mankind. It is believed to have originated in 2500 B.C. Actually Ayurveda is rather a way of living to keep one in harmony with nature. It contains profound knowledge of maintaining good health, curing of disease and achieving a harmonious balance of body, mind and spirit.

We will review basic concepts of Ayurveda. In this class we will cook a meal that is good for all the doshas, a Tri-doshic meal. During the class we will discuss functions of individual spices, grains and other food stuffs.

The last day of class we will do field trip to Little India. We will visit a Vedic Temple, enjoy a sumptuous vegetarian lunch buffet at Madras café (approx. \$8.00). The visit Kerr, a huge Indian grocery store to learn and shop

Ayurvedic Nutrition

20 hours

We will explore the socio-economic and philosophical roots of Vedic culture. The doshas and individual body/constitutional types will be explored. Students will then learn how to evaluate the body types and recommend appropriate diet and nutrition. Student will learn to prepare common ayurvedic foods by practical demonstration in class. The last day of class will include a class field trip to Little India in San Diego. We will tour Ker, a huge Indian grocery store. We will visit Shri Mandir, a traditional Vedic Temple. We will finish the day with a group vegetarian lunch.

Ayurvedic Nutrition Internship

12 hours

Prerequisite: Ayurvedic Nutrition

AYURVEDA literally means "The Science of Life." It is the oldest and most comprehensive system of medicine invented for mankind. It is believed to have originated in 2500 B.C. Actually Ayurveda is rather a way of living to keep one in harmony with nature. It contains profound knowledge of maintaining good health, curing of disease and achieving a harmonious balance of body, mind and spirit.

Central to this healing science is the doctrine of Tri- dosha, the vital energies, Vata, Pitta, and Kapha) that determine our body type. The connection with the five elements - ether, air, fire, water and earth and the gunas or modes of material nature, goodness, passion and ignorance will be explored. Ayurveda teaches a way of life that enables us to be centered and focus on the healing that comes from within.

In this class we will learn simple meditation techniques. This course also includes introduction to determining body type and correct diet by more advancedl discussion of pulse and tongue evaluation. We will also discus the Marma point system, locate points as well as discuss location and function of these points by hands on application.

Digestive Health

4 hours

In this class we will take a close look at the functions of the digestive and eliminatory systems and what might happen when either one of these systems works at less that optimal. We will also explore possible approaches to help us achieve and maintain optimal function of both.

Macrobiotic Cooking

8 hours

This class may be taught as 2 separate classes of 4 hours each: "Five Elements" and "Healing the Root of the Problem"

Both lecture and cooking, as well as eating, are included in this class. The content of the cooking presentation and sampling will be dependent upon what foods are available and in season at the time of the class. Topics to be covered in lecture are: "Five Elements – Seasons;" Bringing Harmony for the current season; Identifying behaviors and disorders when out of balance; and Protecting the organs that correspond to the season.

Macrobiotic Nutrition**20 hours**

Learn how to integrate the principles of Great Life/ Macro Biotics (Food, and Lifestyle) into everyday living habits. Health assessment and recommendations will give the student a wide variety of tools to help self and others. Seymour demystifies and clarifies how Yin/Yang and the 5 elements are easy to apply tools for your health or health practice.

Macrobiotic Nutrition Internship**8 hours**

Prerequisite: Macrobiotic Nutrition

Learn How Macrobiotic principles and practice that facilitates healing of body mind spirit. Students will be taught how to apply a wide variety of assessment methods and how to offer effective lifestyle and nutritional recommendations.

Nutraceuticals**8 hours**

“Nutraceutical” refers to extracts of foods and herbs claimed to have a medicinal effect on human health. The nutraceutical is usually contained in a medicinal format such as a capsule, tablet or powder in a prescribed dose. More rigorously, nutraceutical implies that the extract or food is demonstrated to have a physiological benefit or provide protection against a chronic disease. Functional foods are considered a sub-category of Nutraceuticals. They are defined as being consumed as part of a usual diet but are demonstrated to have physiological benefits and/or reduce the risk of chronic disease beyond basic nutritional functions.

In this class students will be introduced to a wide variety vitamins, minerals and functional foods individually. We will also discuss the applications of these principles to promote health common health imbalances.

Nutrition Fundamentals**20 hours**

Lecture and Power Point presentation are presented of the allopathic view of diet and nutrition. Focus will be on the conventional western perspective on protein, fats, carbohydrates etc. The scope of this class is to cover theoretical aspects of nutrition, relations of function to nutritional status, nutritional causes and effects of disease, the community nutrition and education, the determinants of eating behavior. This class is by no means the “bottom line” or a complete format for nutritional counseling. Rather it is a foundation for communicating with other health care professionals and understanding the basic chemistry of human metabolism. The concepts that are presented are real. This presentation should help to form a “spring board” to launch the practitioner into more advanced nutritional studies and methodology.

Nutrition Fundamentals Internship**8 hours**

Pre-Requisite: Nutrition Fundamentals

The orientation of this class is derived from the “WESTERN MODEL” of diet and nutrition. This is a “hands on” course as well as introduction to further information on dietary specifics. In addition to language and practical comprehension, with continuing study and research if the student desires, the student can develop an entry level practice similar to registered dietician’s model. This class is also focused on building intake and client interaction confidence and skills. Sections of the class will be set up in a workshop format. Students will have one on one time with each other to get familiar with asking questions and making evaluations of nutritional imbalances. Then formulating strategies, from previous study, to benefit the overall health and vitality of their clients.

Raw Foods, Detoxification, and Cleansing**20 hours**

Learn the benefits of eating raw foods and detoxification, to include increased energy, better digestion, and weight loss. This class will introduce the students to methods of adding raw foods to their own diet, and will provide an opportunity to work with others on how to create a plan to add raw foods to their diet. Students will also learn about the importance of detoxification and cleansing of the body.

Raw Food Preparation

8 hours

This course will introduce students to the foundational principles of raw food preparation. Students will learn how to create delicious raw food recipes from simple dishes to gourmet presentations. Kitchen equipment recommended for a raw food diet will be discussed and demonstrated in the process of preparing a variety of appetizing recipes. Each session of this 2-day class will include tasting of the foods demonstrated.

Traditional Chinese Medicine

20 hours

We will explore the socio-economic and philosophical roots of Chinese culture. The individual body/constitutional types will be explored. Students will then learn how to evaluate the body types and recommend appropriate diet and nutrition. Students will learn to prepare common Chinese foods, some with medicinal herbs, by practical demonstration in class. The last day of class will include a class field trip to Little Asia on Convoy Street. We will tour Ranch Market 99, a Massive Asian grocery store. We will then finish the day with a group vegetarian Chinese lunch.



Traditional Chinese Medicine: Cooking

5 hours

Pre-Requisite: TCM or Instructor Approval

Students will be introduced to methods and ingredients used in preparing Traditional Chinese Medicinal Foods. Students will also learn to make a medicinal wine/cordial to be taken before or after meals. They are easy to prepare that make excellent holiday gifts. We will also sample a medicinal wine or Jiao made last year by a previous class. There will also be a small introduction to food grade herbs used for cooking.

Traditional Chinese Medicine: Herbs

8 hours

Recommended Pre-requisite: any TCM theory class

The student will learn how to identify Chinese herbs and begin to learn to make and store simple preparations such as powders, pills, medicinal wines and tonics.

Traditional Chinese Medicine Internship (Nutrition)

8 hours

Pre-requisite: TCM (Nutrition)

This class should be considered an introduction to techniques for anyone who is planning to see clients for health evaluations. Certainly this course is based on TCM perspective but has a wide range of applications for all practitioners. In addition, students will be able to gain “gatekeeper” entry-level knowledge on how to access health imbalances in themselves and family members which will be valuable. [A medical diagnosis can only be made by a primary care physician.] Topics Covered include: The Four Pillars of Evaluation; Inspection (Observation of the expression, Facial Expression, Body appearance); Auscultation (Listening and Smelling); Inquiring (Ten Questions); and Introduction to Tongue, Pulse and Abdominal (Hara) Inspection. Please note the orientation of this class is to give the practitioner a basic understanding of how to interact with a client in a clinical setting. Further education is necessary to gain a fuller comprehension of TCM theory and practice.

Traditional Home Remedies

8 hours

Based on the application of Yin/ Yang and the 5 Elements, students will learn internal food remedies and external healing applications that will accelerate healing for self and clients. Teas, compresses, ear candling, moxa, cupping, auriculotherapy, magnets and more provide participants with new tools to complement bodywork, nutrition and Holistic therapies.

BUSINESS ELECTIVES

Business Basics

4 Hours

Note: Required for Massage Tech., Massage Trainee, Whole Food Nutrition Counselor, MP and HHP.

This course will assist you in defining your personal and professional goals for success as a massage therapist or other holistic practitioner, provide knowledge of office procedures and requirements for working in various employment situations. Instruction will be provided on hotel/spa environments and how to interact with spa directors or principle therapists at massage establishments who will outline employer expectations. In addition, this class will cover all of the opportunities and possibilities of running your own business. This will include topics ranging from basic business laws to promoting and successfully operating your practice.

Holistic Business Mastery

4 hours

Recommended Prerequisite: Business Basics

Business Mastery is the advanced level of Business Basics. In this course we will be discussing how to brand and market your holistic therapy business. You will learn the basics of how to appeal to your demographic of client. Various NLP (Neuro-Linguistic Programming) techniques will be incorporated for you feel comfortable setting goals and fulfilling them. We will also be discussing ways for you to set yourself up for a successful practice. You will learn how to develop systems to track your income, clients, and progress. This class is designed as a foundational course for you to see what you want and learn the tools to help you build a successful practice.

Marketing Your Holistic Business

4 hours

Recommended Prerequisite: Business Basics

Stuck in your current routine? Learn simple techniques to identify your specialization, target market, and how to get new clients into your office. This 4-hour introduction to marketing will get you thinking about your business!

Promoting Your Holistic Business

4 hours

Recommended Prerequisite: Business Basics

How can you stand out in the crowded field of massage and holistic health? This class will help you get in touch with what is special about you. You will identify the individual gifts that you have to share with your clients, and learn simple tools to promote yourself using these unique talents.

Working in the Spa Industry

8 hours

(formerly "Spa Business")

This lecture course surveying the spa industry as a work arena for massage therapists will enable the student to make appropriate choices in where and how to practice and guide them in how to best express their individuality in the healing arts. The goal of this course is for students to have an overall understanding of the nature and variety of the spa industry and what is available for them and expected of them as a professional massage therapist.

COUNSELING & COMMUNICATION ELECTIVES

Building & Maintaining a Client Base 12 hours

We will study how to effectively communicate with clients to insure that their needs are met. How to build a solid lasting practitioner/client relationship and how to handle drift clients. Instruction on how to succeed at getting new clients, and the confidence to dramatically increase the value of your work. Based on solid, easy to learn, step by step principles, these skills will set you FREE as an independent therapist or enhance your existing practice, give you the ability to easily build & maintain your practice.

Client Communication 12 hours

Communicating with your client is a key factor that will determine the success of a career in massage or any of the other holistic/alternative health field endeavors. Most conflicts and stress can be resolved through listening and communication skills. Students will learn to facilitate “CalmPassionate” communication and rapport skills. Students will learn effective communication attitudes and language skills that evoke a safe and healing environment by practicing interaction and speaking skills while maintaining personal ethics.

Compassionate Communication 16 hours

We will study and practice the example of Nonviolent Communication (sm), originated by Marshall B. Rosenberg Ph.D. We will explore inner and inter dialogue with this tool as a vehicle for personal and social change. Students will learn the basic “steps” and principles of Nonviolent Communication. The student will be able to distinguish needs and strategies, feelings and needs, requests and demands, observations and opinion or judgment. Students will be able to identify life-serving judgments and punitive judgments. Students will practice listening and responding with the intent to meet needs in communications that also carry the intent of guilt, blame, shame and how to hear the beautiful messages behind such language. Throughout the course students will be asked to apply themselves to written and oral exercises giving examples of their current communication habits, understanding of the concepts based in Nonviolent Communication and ability to participate in compassionate communication using this method. The class experience will include group practice, discussion and role play as well as reading of the course text, in-class and out-of-class assignments in preparation for the next class. The practice of Nonviolent Communication in small group or one-on-one sessions will include sharing personal, “real-life” experiences. There will be one combination oral/ written test given at the end of the course.

Conscious Communication: 12 hours

Speaking & Listening ...from the Heart!

Basic Introduction and in depth understanding of the NVC Nonviolent Communication Process. In this class you will learn & absorb the basics of NVC-Nonviolent Communication also referred to as Compassionate or empathic Communication. Its purpose is to inspire compassion from others & to respond compassionately to others & thereby enhance the possibility for true connection on a human level. NVC guides us to reframe how we EXPRESS ourselves & how we HEAR others without shaming/blaming/judging or criticizing and instead by focusing on what we are *observing, feeling, needing* and *requesting*.

Neuro Linguistic Programming (NLP) 12 hours

Introduction

In this dynamic hands-on training you will be introduced to the art and science of NLP; the language of the mind. You will learn how to develop rapport with *anyone*; communicate effectively with others even if they seem different from you; psyche yourself up for any life’s challenges and boost your self confidence. You will also gain a better understanding how the words you speak are creating your future. This course is a must for everyone.

HERBOLOGY ELECTIVES



Advanced Herbal Preparation

12 hours

Prerequisite: Introduction to Herbology

Learn to make powerful herbal medicines including percolations (a method of tincturing), salves, balms, electuaries, pills, boluses, and syrups using high quality medicinal herbs and other natural ingredients. Samples will be given so that the student may try the remedies on themselves as well as incorporating them in their healing practices.

External Applications of Herbs

4 hours

Applying herbs, essential oils and fixed oils externally is effective for treating injuries and issues beneath the skin. Learn how to apply herbal poultices, plasters, washes, soaks and compresses. Discover healing oils for the body worker's toolbox to relieve pain, stimulate circulation, treat bruising, and relax muscles. We'll incorporate infused fixed oils and essential oils in making a therapeutic massage cream to promote healing of bones, ligaments, muscles and a variety of connective tissue injuries. We'll also discuss the appropriate use of heat and cold in holistic sports medicine.

Flower Essences

4 hours

Learn to use a pendulum (for dowsing) to select and make your own personal flower essence from the California Flower Essences in this empowering workshop on vibrational therapies. Understand how flower essences are made and how "less is more" vibrational therapies apply to modern day holistic healing modalities. We'll compare homeopathy with flower essences and learn the history of vibrational medicine. We'll discuss how dowsing can be useful in your practice and in your everyday life.

Herbal First-Aid

4 hours

In this informative show-and-tell workshop students will learn traditional and modern remedies for an assortment of afflictions that befall us in our daily lives. Learn how to deal with everything from sunburn to stomach ache, connective tissue injuries, toothaches, warts, skin cancer, food poisoning and other challenges, using herbs and other natural remedies.

Herbal Gift-Making

4 hours

Learn to make wonderful gifts for yourself and others using herbs, fixed and volatile oils, and other natural ingredients. We'll infuse herbs in oil to make an herbal oil you can use as a body oil, massage oil or bath oil. We'll incorporate this oil in making a natural emulsion (beauty cream) to moisturize, nourish and tone the skin. We'll also see how to make herb vinegars and herb pillows that make great gifts. You'll take home instructions, labels and recipes as well as a beauty cream we make in class.

Herbal Rejuvenation

4 hours

Mankind has been seeking the secret to long life and eternal youth for thousands of years. Is there a "fountain of youth" hidden somewhere in the chemistry of plant medicines, in super foods, or in the silence of meditation? In "primitive" cultures, elders often exhibit strength and power beyond that of the young. John will share his herbal secrets to prowess and vitality. Learn how to keep the chi flowing in your life well into your "golden years."

Herb Walk A: 4 hours

San Clemente Canyon

Enjoy and learn about nature's pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool a few miles to Marian Bear Memorial Park to visit the plants where they live. We will encounter and speak about several species of sage, tree tobacco, periwinkle, thistles, lemonade berry, plantain, yarrow, elder, hemlock, fennel and a host of other plants that grace this beautiful canyon.

Herb Walk B: Old Mission Dam 4 hours

Enjoy and learn about nature's pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool to Mission Trails Park near Santee to visit the plants where they live. We will encounter and speak about evening primrose, wild celery, mugwort, yerba mansa, datura, California holly, lemonade berry, wild rose, mugwort, and a host of other plants that grace this beautiful area of Mission Gorge.

Introduction to Herbology: 12 hours

Herbal Fundamentals

Note: Required for the Whole Foods Nutrition Counselor and HHP.

The animals of this planet have been enjoying safe, effective natural plant medicines for millions of years. Join folkloric herbalist John Finch in discovering the innate intelligence built-in to plant medicines and how to acquire, store and incorporate high quality medicinal herbs in your healing practice. In this intro to Western Herb Theory, we'll meet (and taste) plants, identify their properties by flavors, classify them in plant families, discuss their virtues as food and medicine and make tea with some of them using a calorie-free natural sweetener. We'll also make and sample herbal tinctures and powders and discuss delivery systems of herbal remedies in relation to yin-yang comparatives.

Pharmacognosy: Plant Medicine 5 hours

Pharmacognosy is the study of the compounds plants synthesize to make medicines for the animals of this world. Join master medicine-maker John Finch in learning to identify some of these healing principles by their flavor and how best to extract them to make powerful medicines. We'll show examples and discuss the general and specific qualities of various alkaloids, glycosides, saponins, tannins, bitters, essential oils and other principles found in healing plants.

Therapeutic Application of Herbs 8 hours

Prerequisite: Introduction to Herbology

The compounds found in medicinal plants account for a variety of responses in our bodies. In fact, one compound may have several actions. In Western Herb Theory, we classify these actions such as stimulants, tranquilizers, blood purifiers, purgatives, tonics, diuretics and diaphoretics, to name a few. Learn to maintain and restore health and balance by seeing and tasting examples of herbs with these actions to help in understanding these therapies and incorporating them in your healing practice and daily life.

Traditional Chinese Medicine: 8 hours

Herbs

Recommended Pre-requisite: any TCM theory class

The student will learn how to identify Chinese herbs and begin to learn to make and store simple preparations such as powders, pills, medicinal wines and tonics.

INTERNSHIPS

Ayurvedic Nutrition Internship

12 hours

Prerequisite: Ayurvedic Nutrition

AYURVEDA literally means "The Science of Life." It is the oldest and most comprehensive system of medicine invented for mankind. It is believed to have originated in 2500 B.C. Actually Ayurveda is rather a way of living to keep one in harmony with nature. It contains profound knowledge of maintaining good health, curing of disease and achieving a harmonious balance of body, mind and spirit. Central to this healing science is the doctrine of Tri-dosha, the vital energies, Vata, Pitta, and Kapha) that determine our body type. The connection with the five elements - ether, air, fire, water and earth and the gunas or modes of material nature, goodness, passion and ignorance will be explored. Ayurveda teaches a way of life that enables us to be centered and focus on the healing that comes from within. In this class we will learn simple meditation techniques. This course also includes introduction to determining body type and correct diet by more advanced discussion of pulse and tongue evaluation. We will also discuss the Marma point system, locate points as well as discuss location and function of these points by hands on application.

Barefoot Shiatsu Internship

8 hours

Prerequisite: Massage Trainee

Barefoot Shiatsu is a vigorous style of oriental bodywork developed by Shizuko Yamamoto. It stimulates and circulates Chi all over the body.

Clinical Assessment Internship

8 hours

Prerequisite: MT & Clinical Assessment

This class will present an introduction to the skills of clinical assessment including palpation, range of motion and muscle testing, postural assessment, gait analysis, and recognizing the injury process. Students will gain confidence in selecting appropriate therapies to address a client's presenting condition. Hands-on practice will focus on the skills of incorporating assessment before, during and after the session.

Eastern Internship:

12 hours

Palm Healing

Note: Required for Zen-Touch™ Technician

The 7 Chakras will be explored and integrated into participants health practice with the ancient art of Palm Healing; Using the body's energy field to harmonize one's health condition.

Feldenkrais Internship

12 hours

In this class we focus on the work of Moshe Feldenkrais, as in introduction to Somatic Education fundamentals. Detailed protocols in Functional Integration and Awareness Through Movement will be explored and practiced as therapeutic interventions for common ailments.

Macrobiotic Nutrition Internship

8 hours

Prerequisite: Macrobiotic Nutrition

Learn How Macrobiotic principles and practice facilitate healing of body mind spirit. Students will be taught how to apply a wide variety of assessment methods and how to offer effective lifestyle and nutritional recommendations.

Nutrition Fundamentals Internship **8 hours**

Pre-Requisite: Nutrition Fundamentals

The orientation of this class is derived from the “WESTERN MODEL” of diet and nutrition. This is a “hands on” course as well as introduction to further information on dietary specifics. In addition to language and practical comprehension, with continuing study and research if the student desires, the student can develop an entry level practice similar to registered dietician’s model. This class is also focused on building intake and client interaction confidence and skills. Sections of the class will be set up in a workshop format. Students will have one on one time with each other to get familiar with asking questions and making evaluations of nutritional imbalances. Then formulating strategies, from previous study, to benefit the overall health and vitality of their clients.

Passive Joint/Deep Tissue Blend Internship **12 hours**

Pre-requisite: Massage Trainee and Deep Tissue, recommended Passive Joint Movement

This class combines the most therapeutically effective protocols of Deep Tissue and Passive Joint Mobilization for use with some common persistent afflictions, such as whiplash, frozen shoulder, and lower back and hip dysfunctions.

Positional Release Internship **16 hours**

Pre-requisite: Massage Trainee

Positional release techniques are gentle, non-invasive manual treatments for muscle pain and spasms which involve resetting muscle tone and enhancing circulation. They are amongst the easiest to learn and the most powerful to apply. They have the potential to create instant results in acute cases, and to allow chronically tense tissues to relax, making it easier to apply other therapeutic techniques.

Therapeutic Workshop **12 hours**

Pre-requisite: Massage Trainee

Using the anatomy of specific muscle groups, we look at postural distortions, muscular imbalances and potential nerve entrapments from the neck, shoulder and chest, down into the arm into the hand, which could lead into pain and holding patterns.

Traditional Chinese Medicine Internship (Nutrition) **8 hours**

Pre-requisite: TCM (Nutrition)

This class should be considered an introduction to techniques for anyone who is planning to see clients for health evaluations. Certainly this course is based on TCM perspective but has a wide range of applications for all practitioners. In addition, students will be able to gain “gatekeeper” entry-level knowledge on how to access health imbalances in themselves and family members which will be valuable. [A medical diagnosis can only be made by a primary care physician.] Topics Covered include: The Four Pillars of Evaluation; Inspection (Observation of the expression, Facial Expression, Body appearance); Auscultation (Listening and Smelling); Inquiring (Ten Questions); and Introduction to Tongue, Pulse and Abdominal (Hara) Inspection. Please note the orientation of this class is to give the practitioner a basic understanding of how to interact with a client in a clinical setting. Further education is necessary to gain a fuller comprehension of TCM theory and practice.

MOVEMENT ELECTIVES



Chi Cultivation

8 hours

Energy Cultivation through “Eternal Spring™” Chi Kung, Tai Chi Chuan Yang Family Form, Nei Kung and sitting meditation . Cultivate and Circulate the CHI /Life Force. Exercises for self health and recommendations for clients. Students will learn 4 systems of Chi Cultivation as developed by Master CK Chu.

Feldenkrais Internship

12 hours

In this class we focus on the work of Moshe Feldenkrais, as in introduction to Somatic Education fundamentals. Detailed protocols in Functional Integration and Awareness Through Movement will be explored and practiced as therapeutic interventions for common ailments.

Kinesiology

24 hours

Note: Required for MP and HHP.

Kinesiology is the study of the principals of biomechanics and anatomy in relation to human movement. Emphasis will be on interactive exploration of personal movement patterns to better understand patterns in others.

Ninjutsu

10 hours

Note: Counts towards HHP Only

This class introduces training methods for developing the sense of awareness whereby all action becomes conscious, instinctive, appropriate and just. This keeps us safely away from all that would hurt us or prevent us from getting home safely at the end of the day. By the end of this class, students will have the ability to develop a better awareness of their surroundings, thereby maximizing their potential to remain safe and create a safe environment for them to live in.

Pilates and Core Awareness

8 hours

Note: Counts towards HHP Only

In this course you will gain a greater understanding of the Pilates principles and how they relate to core strength. Through movement, anatomy and imagery you will discover a deeper awareness of your body’s relationship to health. The class will be approximately 40% lecture and 60% movement.

Yoga

10 or 12 hours

In this course, each class will be a playful exploration of Yoga practices. Postures (ASANA) will be a fusion of Hatha and Ashtanga traditions which start with Sun Salutations. Dissecting each pose, the instructor will focus on alignment and safety, while still playing with “edges”. Control of Vital Energy (PRANAYAMA) using different methods of breathing, we will focus on duration, depth and retention of breath on both inhalation and exhalation. We will experience how to use the breath to deepen the postures (asana). Meditation (DHYANA) different methods of meditation will be presented and practiced.

PERSONAL GROWTH ELECTIVES

Body Reading

12 hours

Note: Required for the Zen-Touch™ Technician, Whole Foods Nutrition Counselor, MP, and HHP.

Gain skills in understanding practical application of Yin/Yang and the 5 elements applied to body language, birth dates, facial, palm and behavioral characteristics. The integration of these ancient systems in a modern day application will provide the holistic and massage practitioner practical methods to forecast and apply appropriate therapy for clients.

Chinese Astrology & Feng Shui

4 hours

Personalize your home, office and life environment according to the forces of nature (Yin/Yang, 5 Elements) as described by the integration of two Ancient Chinese Healing Systems: Geomancy (Feng Shui) and Chinese Astrology. Integrating our lives with nature; the influences of our birth date and the environment around our homes and workplaces will initiate profound changes in our health and of those to whom we make recommendations.

Conscious Communication:

12 hours

Speaking & Listening ...from the Heart!

Basic Introduction and in depth understanding of the NVC Nonviolent Communication Process. In this class you will learn & absorb the basics of NVC-Nonviolent Communication also referred to as Compassionate or empathic Communication. Its purpose is to inspire compassion from others & to respond compassionately to others & thereby enhance the possibility for true connection on a human level. NVC guides us to reframe how we EXPRESS ourselves & how we HEAR others without shaming/blaming/judging or criticizing and instead by focusing on what we are *observing, feeling, needing* and *requesting*.

Destiny & Intuition

6 hours

Note: Required for Zen-Touch Technician.

Destiny and Intuition continues on the Body reading theme to further explore the holistic or massage practitioner's intuitional understanding of the energetic and physical body. Intuitive skills are developed to better forecast a client's health tendencies, (pain management, energy level, emotional imbalances and mental clarity) giving the holistic health or massage practitioner in depth skills to enhance rapport with clients and to deepen awareness of how and where to focus the attention in sessions.

Digestive Health

4 hours

In this class we will take a close look at the functions of the digestive and eliminatory systems and what might happen when either one of these systems works at less than optimal. We will also explore possible approaches to help us achieve and maintain optimal function of both.

Foot Reflexology

8 hours

Learn the basic fundamentals of reflexology also known as "Zone Therapy" and how the feet are a reflection of the whole body. The students will observe, palpate and learn the dorsal, medial, lateral and plantar surfaces of the body in relation to the specific organs and glands of the body. They will learn the four basic reflexology strokes along with its benefits, contraindications and history.

Hand Reflexology

6 hours

Recommended Prerequisite: Foot Reflexology

The student will be able to know the origin of reflexology, its contraindications, hand relaxation techniques, reflexology terms and helper areas on how to assist the massage therapist. The advantages of this specialized modality are that the students will learn the mapping of the organs and glands for both hands.

Healing with Crystals and Essential Oils **14 hours**

Learn the basics of working with crystals and essential oils. Learn how to facilitate a client's healing during a bodywork session. Students learn the basics of working with crystals and therapeutic grade essential oils in bodywork sessions. They discover how powerful crystalline energy in conjunction with therapeutic grade essential oils can be in body work. They experience the energy of crystals and the increased energy of crystals with oils. They discover how this experience can provide a powerful catalyst to facilitate client's healing aspects of their being.

Herb Walk A: San Clemente Canyon **4 hours**

Enjoy and learn about nature's pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool a few miles to Marian Bear Memorial Park to visit the plants where they live. We will encounter and speak about several species of sage, tree tobacco, periwinkle, thistles, lemonade berry, plantain, yarrow, elder, hemlock, fennel and a host of other plants that grace this beautiful canyon.

Herb Walk B: Old Mission Dam **4 hours**

Enjoy and learn about nature's pharmacy as we meet some of the food and medicine plants with whom we share this beautiful area. After a short introduction to plant families in the classroom, we will carpool to Mission Trails Park near Santee to visit the plants where they live. We will encounter and speak about evening primrose, wild celery, mugwort, yerba mansa, datura, California holly, lemonade berry, wild rose, mugwort, and a host of other plants that grace this beautiful area of Mission Gorge.

Kabalah & Healing **16 hours**

The Kabalah and Healing class focuses primarily on the consciousness-expanding benefits derived from the practice of Non-Orthodox Qabalistic meditative exercises rather than the parochial revelations resulting from scriptural Orthodox Kabbala after introducing an in depth to the tree of life and its ten "sephora" or centers and their basic hidden meaning we will apply this knowledge as a life giving and health promoting activity in the form of a meditation.

National Certification Test Prep: **12 hours**

Western Format

This class will consist of preparatory test of 100 questions, in which the students will have the opportunity to evaluate and enhance their knowledge of the four different subjects that make up the National Certification Test – Western format.

Neuro Linguistic Programming (NLP) **12 hours**

Introduction

In this dynamic hands-on training you will be introduced to the art and science of NLP; the language of the mind. You will learn how to develop rapport with *anyone*; communicate effectively with others even if they seem different from you; psyche yourself up for any life's challenges and boost your self confidence. You will also gain a better understanding how the words you speak are creating your future. This course is a must for everyone.

Ninjutsu **10 hours**

Note: Counts towards HHP Only, if taken as part of a program

This class introduces training methods for developing the sense of awareness whereby all action becomes conscious, instinctive, appropriate and just. This keeps us safely away from all that would hurt us or prevent us from getting home safely at the end of the day. By the end of this class, students will have the ability to develop a better awareness of their surroundings, thereby maximizing their potential to remain safe and create a safe environment for them to live in.

Palm Healing**8 hours**

The 7 Chakras will be explored and integrated into participants health practice with the ancient art of Palm Healing; Using the body's energy field to harmonize one's health condition.

Pilates and Core Awareness**8 hours**

Note: Counts towards HHP Only, if taken as part of a program

In this course you will gain a greater understanding of the Pilates principles and how they relate to core strength. Through movement, anatomy and imagery you will discover a deeper awareness of your body's relationship to health. The class will be approximately 40% lecture and 60% movement.

Raw Food Preparation**8 hours**

This course will introduce students to the foundational principles of raw food preparation. Students will learn how to create delicious raw food recipes from simple dishes to gourmet presentations. Kitchen equipment recommended for a raw food diet will be discussed and demonstrated in the process of preparing a variety of appetizing recipes. Each session of this 2-day class will include tasting of the foods demonstrated.

Reiki 1**12 hours**

Learn about, practice, and be attuned by a qualified and dedicated Reiki Master to Traditional Usui Reiki. In Level One, students awaken their energy centers and sensitize themselves to energy by practicing on themselves and others. Learn of the history, the philosophy, and experience first hand what it means to commit to channeling more energy through your system. The attunements will be performed in a private and sacred ceremony. Reiki assists the practitioner to balance, cleans and clear his/her own energies and others. Discover more about your own Intuition Healer Within. Not only is Reiki a profound healing system, it is an enlightenment process!

Spa Experience**6 hours**

The Spa Experience course is a 6 hour on-site journey in to the spa world. We take a field trip to the Beauty Klinik Aromatherapy Day Spa and wellness Center in University City. There we will get a first-hand view of the spa world and all that it involves as well as hands-on experience in performing spa treatments in a professional setting. We tour the facility as an introduction to the day and then hydrotherapy tub treatments will be demonstrated with models chosen from the class. After lunch we all get to perform and receive salt glow treatments using our special Vichy Shower, relax in our eucalyptus steam rooms and experience paraffin hand dips. This is an invaluable experience for students who wish to work in the spa industry as a therapist, and for students who are considering adding spa treatments to their therapeutic menu.

Traditional Home Remedies**8 hours**

Based on the application of Yin/ Yang and the 5 Elements, students will learn internal food remedies and external healing applications that will accelerate healing for self and clients. Teas, compresses, ear candling, moxa, cupping, auriculotherapy, magnets and more provide participants with new tools to complement bodywork, nutrition and Holistic therapies.

Zen-Touch™ Facial**4 hours**

Traditional Acupressure points combined with the unique *energetic* Zen-Touch™ technique for neck and face massage combined with the placement of warm stones on quintessential body areas facilitate a complete holistic approach to the cleansing of wastes that show up on the face. Toning and softening of sunken and raised areas create a balanced natural youthful look. When appropriate, certified practitioners can read the face and recommend lifestyle modifications that are personalized to enhance each client's lifestyle. This holistic approach provides exhilarating and long-lasting improvements in one's complexion and overall health condition.

SCHOOL OF HEALING ARTS: INSTRUCTORS

Elien d. Alexander HHP, Doula

Elien is a Certified Prenatal, Perinatal and Postpartum Massage Specialist. She received a Bachelor of Science degree in Health Science from San Diego State University, with emphasis on Community Health Education. She continued her education becoming a Doula for labor assistance through DONA International, and trained in the Hypno-Birthing method through Marie Mongan.

Hugo Anguiano, HHP

At 28 Hugo was totally physically disabled with Fibromyalgia. He found himself facing a life of pain, medications, disability and a condition that, according to his doctors, would only worsen. After learning Zen-Touch at the School of Healing Arts, he found that the more bodywork he was giving, or receiving, the better he felt. Hugo offers a creative approach to cultivating life force through bodywork by integrating profound Eastern principles of balance with a sense of humor.

Manuel Cabezas, HHP

Originally from El Salvador, Manuel attended the School of Healing Arts and graduated as a Holistic Health Practitioner. He has had a passion for Ayurvedic studies for over 20 years, specializing in nutrition and PanchaKarma. He teaches several therapeutic massage modalities, which he also uses in his successful practice. In February of 2001, he started The Ananda Center, which provides massage and other holistic healthcare services in Pacific Beach.

Wendy Chaffin, BS

Ms. Chaffin holds a Bachelor of Science Degree from CA State University Fullerton, and a Multiple Subject Teaching Credential from University of CA, Irvine. During her teaching career beginning in 1986, Wendy began Ministerial Counseling in Metaphysics, became a Traditional Usui Reiki Master, and a Karuna Reiki® Master 2000. She owns and operates Sacred Discoveries for Self Empowerment Counseling, Energy Healing, and Meditational Training. In 2005, Wendy authored *Meditations & Transformations: a Guide to Spiritual Growth with Empowerment CD*.

John Economos, PhD, H.H.P, G.C.F.T

John has studied structural balancing with Ed Maupin, one of Ida Rolf's original students, assisted Ed Maupin in teaching structural work at The Institute for Psycho-Structural Balancing and continues to employ fascial techniques in his private practice. He is a Guild Certified Feldenkrais Teacher, certified teacher of Traditional Thailand Medical Massage, has studied Tui Na and Chi Gung in Beijing, China, served on the staff of the Gero-Psychiatric Ward of Mission Bay Hospital and presently teaches Tai Chi and Chi Gung in The Scripps Medical System.

John Finch

Mr. Finch completed Professional Training in 1984 with world-renowned herbalist Rosemary Gladstar. He is co-director of Self-Heal School of Herbal Studies and Healing. A master medicine-maker, John produces herbal products for industry including an herbal balm for relieving pain and healing RSI and connective tissue injuries. He writes for publication and has been a guest on radio and TV presentations. A gifted teacher with more than twenty years in adult education, John teaches herbs and nutrition at local massage colleges, as well as Self-Heal School.

Sheldon Finn, HHP

Sheldon graduated from The School of Healing Arts in 1995 and maintains a successful holistic massage practice in San Diego. He has studied the Paul St. John Method, learning the science and practicing the structural approach of Neuromuscular Massage Therapy. Sheldon's own interest and practice of therapeutic massage and cranio-sacral therapy brings an understanding to anatomy and physiology working with injuries and chronic stress..

Tera Gardner

Tera Gardner has a San Diego Community College teaching credential in Effective Communications & Personal Development and taught with the SDCC district for 21 years. She now has a private practice as a Life Coach specializing in relationship communications and relationship addiction. As a SD area NVC coordinating team member for over 10 years, she facilitates bi-monthly practice support groups in her home and NVC workshops throughout the community.

Abby E. Gooch, CHt.

Abby E. Gooch built her career on the foundation of unconditional love and on a belief that each individual could access their intuition or “inner wisdom” to both heal and create the lives they desire. Abby combines intuition with the complimentary healing modalities of NLP (Neuro-Linguistic-Programming) and hypnotherapy to offer state of art healing and coaching for others to experience their full potential. Abby is formally trained as a certified clinical Hypnotherapist, Professional Health and Success Coach, NLP (Neuro-Linguistic Programming) Master Practitioner, Nationally Certified Massage Therapist, Reiki Master, and Six Sensory Professional Practitioner.

Joe Guarino, M.T.O.M., L.Ac., Dip. Ac.

Joe practices Traditional Asian Medicine in San Diego. In clinical practice he combines over thirty years of study and practice of Ayurveda, herbal medicine and homeopathy with acupuncture and bodywork. He was appointed principal investigator on a NIH grant proposal to research the treatment of HIV positive and AIDS patients with Traditional Asian Medicine at UCSD’s Owen Clinic in San Diego. Joe is currently preparing for new AIDS research at UCSD based on the use of TAM diet, nutrition and acupuncture.

Seymour Koblin, HHP

Seymour apprenticed with Master C.K. Chu of New York’s Tai Chi Chuan Center and graduated from the Shiatsu Education Center of America. Certified by the Kushi Institute, he is a senior member of the American Oriental Bodywork Therapists Organization, author of *Zen-Touch and the Art of Shiatsu* and *Foods for Life*. He is the creator of the Zen-Touch Bodywork and Health Balancing System. Seymour teaches Zen-Touch Oriental healing courses, Watsu and nutritional counseling.

Marc Lindshield, CCH

Originally seeking his education and career in psychology and social work, Marc found himself drawn to more traditional and holistic forms of growth and healing. After becoming certified as a Master Practitioner of NLP and Master Clinical Hypnotist, his focus was dedicated to this more “Holistic” approach in the fields of both psychotherapy and personal change and empowerment. Through his private practice Marc has assisted countless people in personal change, growth and the tools needed to recover from unimaginable afflictions.

Scott Meyers, BA

Scott Meyers spent 15 years dancing, teaching and choreographing professionally as a modern dancer in San Francisco, New York, Bolivia and Southeast Asia. Scott received full Pilates certifications through Core Dynamics and Polestar Pilates. He has focused his continuing education on post-rehab Pilates. Through a back injury Scott was healed through Cranio-Sacral Therapy which led him to spend 2 years studying Cranio-Sacral with the Upledger Institute and the Biodynamic school. Scott also has a B.A. in U.S. History from San Francisco State University.

Kathy Padecky, HHP, Aromatherapist

Kathy has been in holistic healing field since 1982. She has received her aromatherapy certification through the Australasian college of Herbal Studies. She has been teaching for the past 8 years. She integrates aromatherapy in her spa treatments, cranio-sacral, biofeedback and Healing Touch sessions. After taking her aromatherapy class, you can feel her passion and enthusiasm for her field.

Jacqueline Payne, HHP

Jackie has studied and worked in the field of Eastern and Western bodywork traditions for the past 10 years training originally in the UK with a background in education and psychology. She is currently studying Traditional Oriental Medicine at Pacific College of Oriental Medicine (San Diego). Her interest in Indian Head Massage arose from a desire to incorporate more massage techniques into this very important part of our anatomy with a curiosity to learn about the ancient ayurvedic tradition.

Jennifer Peterson, HHP, BA

Jennifer Peterson has a Bachelor of Arts degree from UCLA, and received her HHP from Mueller College in 1998 in Western Studies. Jennifer is in charge of training a team of a dozen massages therapists in 40-50 different spa therapies from around the world, as well as the Abhyanga massage, Shirodhara and other Ayurvedic spa therapies. For three years Jennifer has been in charge of developing and teaching a 6-9 class spa program at the Natural Healing Institute of Naturopathy in Encinitas, where she also taught the Vishesh and the Abhyanga massages. At the Beauty Klinik Jennifer specializes in Ayurvedic massage, La Stone Therapy, Lomi Ka ala Hoku Hawaiian massage, Indonesian massage and body therapies, and is a cellulite consultant and a certified Aromatherapist.

Julie Plunkett M.H., C.N., Medical Herbalist, Clinical Nutritionist

Julie has been involved with herbal healing and the field of nutrition since 1976. She has been working and practicing in these fields professionally since 1985. Julie has two degrees in clinical nutritional as well as over 3000 hours of training in the application of herbal medicine in human health, predominantly in the American Eclectic Physician methods of the 1800s and British medical herbalism which enjoys a very long and fruitful history. Julie has been specializing in women's health, especially in the areas of fertility and gynecological, and has also helped many a cancer patient through treatment as well as long-term cancer control.

Neil Stern, D.C.

Dr. Stern is a chiropractor in private practice in Mission Valley. He utilizes his extensive training in anatomy & physiology and clinical experience to help students understand how the body functions as a whole. As a frequent lecturer and workshop leader, Dr. Stern uses an interactive and entertaining approach in his teaching style.

Donée-san (Whelan Krause)

Donée-san is a gifted healer who for over 30 years has been exploring the connection between structure and body movement. Combining information and experience, she created Orthokinetics, which utilizes the sensory-motor connection through awareness. Diagnosed with life-threatening cancer in 1981, Donée-san started studying the Macrobiotic Way, changed her diet and lifestyle, and was able to overcome this challenge by healing without any medical intervention. Donée-san has integrated this learning into her own life, combined with many years of wide experience in body work has led to the healing work she does today. Donée-san is a Macrobiotic chef and teacher and runs The Center for aliveness and Wellbeing, a Macrobiotic Healing Center, and has taught the Macrobiotic theory of balance throughout the US.

Faye Yousry, HHP

Faye is an HHP graduate of the School of Healing Arts. She holds a Master's degree in organic chemistry from Ohio State University. Faye is a certified Sivananda Yoga instructor and a Zen-Touch™ instructor. She has been contributing to the school as a massage therapist and an instructor since 1997. Faye also has a strong background in dance and movement. Faye also serves as the School Director of the School of Healing Arts.

Tuition Schedule

Programs, Blocks of Hours, Individual Classes	Cost per Hour	Program Cost	Books & Materials (approx)
HHP (1000 Hours)	\$14.00	\$14,000.00	\$350.00
MP (500 Hours)	\$14.00	\$7,000.00	300.00
Massage Trainee (200 Hours)	\$14.00	\$2,800.00	135.00
MT or ZT (110 Hours)	\$14.00	\$1,540.00	100.00
Whole Foods Nutrition Counselor (350 Hours)	\$14.00	\$4,900.00	100.00
Individual Classes	\$15.00		

The School offers flexible payment plans (10% fee for monthly payments over one year).

SCHEDULE OF STUDENT TUITION & FEES

Massage Technician			Books & Materials
Non-refundable Deposit		\$ 100.00	
Tuition		<u>\$1,440.00</u>	
	Total Cost	\$1,540.00	\$100.00
Zen-Touch Technician			
Non-refundable Deposit		\$ 100.00	
Tuition		<u>\$1,440.00</u>	
	Total Cost	\$1,540.00	\$100.00
Massage Trainee (200 hours)			
Non-refundable Deposit		\$ 100.00	
Tuition		<u>\$2700.00</u>	
	Total Cost	\$2800.00	\$135.00
Nutritional Counselor			
Non-refundable deposit		\$ 100.00	
Tuition		<u>\$4800.00</u>	
	Total Cost	\$4900.00	\$100.00
Massage Practitioner			
Non-refundable Deposit		\$ 100.00	
Tuition		<u>\$6900.00</u>	
	Total Cost	\$7000.00	\$300.00
Holistic Health Practitioner			
Non-refundable Deposit		\$ 100.00	
Tuition		<u>\$13,900.00</u>	
	Total Cost	\$14,000.00	\$350.00

Registration: \$100. Non-refundable
STRF fee: \$ Non-refundable

EQUIPMENT INFORMATION

Massage Technician/Trainee

The equipment for the Massage Technician course consists mainly of massage tables. These tables are up-to-date designed Earth-lite tables with the cradle-lock system, adjustable table height and face cradles. The tables are portable and lightweight and are convenient for all students to carry and set-up. The table height is adjustable to accommodate different body heights, which will help to protect posture during massage. The face cradle allows maximum neck relaxation while clients receive their massage.

These tables are maintained regularly to ensure safety for all students and instructors. We have an adequate supply so that each pair of students can practice on a table for the duration of any class periods. These are the types of massage table students would encounter in most professional settings.

Zen-Touch Technician

The primary equipment used in the Zen-Touch Technician courses is the shiatsu mat. Students have adequate space to practice their techniques on these spacious and comfortable vinyl covered foam mats. Fitted sheets are used to cover the mats and are laundered regularly to provide for cleanliness. The mats are maintained regularly and are similar to mats found in a working situation.

Massage Practitioner, Athletic Trainer/Fitness Counselor, Holistic Health Practitioner

An adequate supply of massage tables and Zen-Touch Shiatsu mats are provided so that each student is able to utilize the equipment for the duration of the class. Additional equipment includes: lecture materials, wall-charts, hot& cold packs, skeleton, first aid and CPR materials. These materials are designed to meet the needs of the entire group simultaneously. The equipment provided for training is an adequate sampling of what graduates would encounter in the profession.

Nutritional Counselor

Along with the usual classroom teaching tools, the Nutritional Counselor Course requires specific cooking and food preparation equipment.

The School maintains complete kitchen facilities for demonstration, which includes a sink, propane stove, and professional cookware. All are in good working order and regularly maintained for safety.

The School conforms to fire and safety codes, and a fire extinguisher and first aid kit are readily available

ACADEMIC POLICIES and PROCEDURES

Admissions Standards

To be admitted into a School of Healing Arts course, a student must have

- ▶ Completed high school or equivalent (G.E.D) testing
- ▶ Be at least 18 years of age
- ▶ Have an interview with the school administration
- ▶ Be fluent in the English language
- ▶ International Students must have a TOEFL score of 500 and have an interview with the Director

Note: Since there is no standardized test which will measure a student's capacity to perform massage prior to training, the student must be evaluated through an interview with the school administration to assess the student's ability to be successfully trained. We look for willingness to participate, physical mobility, understanding of the English language and general compatibility.

Non-Discrimination: Applicants to the School of Healing Arts are considered on the basis of individual merit without regard to handicap, gender, sexual orientation, age, religion, creed, and race, national or ethnic origin. This policy applies to admissions, employment, financial agreements and all other matters within the school.

Transfer of Credit

To receive transfer credits the student must provide an official school transcript from the previous school(s) and other supporting documentation such as course descriptions as deemed necessary to validate the transfer credit. The documentation must be evaluated and considered of equivalent nature to courses offered at the School of Healing Arts to be granted transfer credit. Only classes awarded a grade of C or higher will be considered for transfer (an exception to this rule by be considered for classes taken for No Credit). Only a student that has signed up for a program is allowed to transfer in credits. A student is allowed to transfer up to half of the programs total hours. A \$4 fee will be assessed to each transferable hour up to but not exceeding \$150. To receive financial credit for transfer hours, students must have their transcripts evaluated at the time of enrollment For hours being transferred in after initial enrollment, the transfer fee of \$4 will be incurred by the student, and the transfer hours will be added to the student account above and beyond the initial number of hours a student has enrolled for. For example, a student enrolls in the 500 hour program. After 6 months of study they transfer in 20 hours. The student will be required to pay the \$4 per transfer hour (20hr x \$4= \$80), but will now have a total credit of 520 hours with the School of Healing Arts.

The Transferability of Credits and Credentials Earned at this Institution: The transferability of credits a student may earn at this school is at the complete discretion of an institution to which the student may seek to transfer. If the Credits or Certificate that a student earns at this school are not accepted at the institution to which the student seeks to transfer, a student may be required to repeat some or all of the course work at that institution. For this reason students should make certain that attendance at this school will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending this school to determine if your credits or degree will transfer.

Experiential Credit: Currently SOHA holds no standardized process for evaluating experiential credit. If students believe that their prior training/experience warrants, they can contact the School Director and present their case. Currently experiential credit can be given based on a case-by-case basis.

Veterans: Upon enrollment, students eligible for Veterans educational benefits must provide documentation of any previous education. The School of Healing Arts will conduct an evaluation of all previous education and training of the veteran or eligible person, shorten the duration of training (or degree program) proportionately, and notify the student/veteran and VA accordingly.



STUDENT SERVICES

Tutorials

In the event that a student is unable to attend an entire class due to scheduling or time restrictions, a student may complete a maximum of 50 hours through tutorial towards their program (excluding the Massage Technician or Massage Trainee programs). Students must obtain administration and instructor approval to do this. The tutorial content will be determined by the instructor. Tutorial hours will be treated as transfer hours. The student will be required to pay the \$4 hour tutorial hour credit with a limit of \$150.00. Tutorials may only be completed with the School of Healing Arts instructors. This is separate to the tutorial option for make ups.

Career Services

The School desires to assist students and graduates with their career goals. Those students who have completed one of the primary programs of study are eligible for placement assistance.

The SOHA career services include the following:

- career change decision-making assistance
- traditional and creative job search strategies
- resume preparation
- interview coaching
- job specific local labor market information
- education and training program information

Housing

SOHA can provide housing lists for students in need of a place to stay while at the School. The School does not have any dormitories available, but there are ample International Student opportunities at the following sites. Housing costs vary and students are to contact these sources:

•**KAMO Housing** specializes in international student and corporate housing in the San Diego area. We provide fully furnished apartments that are comfortable, safe, and affordable. Kamo Housing also offers a homestay program that matches international students with local families that will provide accommodations here in San Diego. <http://www.kamohousing.com/>

•**Newport Place** 1343 C Street, San Diego, CA 92101
Tel: 619.876.4592 www.newportplace.com

•**Vantaggio Suites** 1736 State Street, San Diego, CA 92101
T: 619.595.0111 www.vantaggiosuites.com

Housing, continued

•**International Student Homestay Programs and Resources**

When studying or traveling, sometimes the most affordable and rewarding experiences can be found when you stay in a homestay. A homestay allows you to stay with a family in your host country and can allow you to learn the country's language much quicker and experience what "real life" is like in your host country. There are many organizations that offer homestays. **Feature Homestay Programs**

Universal Student Housing - are an experienced company that offers homestays to international students. Alternatively, you can contact us at: **www.InternationalStudent.com**

Additional Local Housing Opportunities can be found at the following:

•Broadway Lofts www.broadwaylofts.com
1007 5th Avenue, San Diego
(619) 610-0954

•Archstone Harborview www.archstoneharborview.com
820 West G Street, San Diego
(619) 696-6644

•Promenade Apartments www.promenadeliving.com
8685 Rio San Diego Drive, San Diego
(619) 293-3888

REGISTRATION

Students are required to register for all courses two business days prior to the start of the course. It is important to register for courses in advance as it allows the office and instructors time to prepare all needed course materials as well as to reduce course cancellation due to low enrollment. Students can register or "Add" a course by completing an Add/Drop form. Add/Drop forms are always accessible to students and are located in a folder outside of the office doors. If the office is closed please place the completed Add/Drop form in the envelope attached to the outside of the office door. All Add/Drop forms are entered daily. Students can also add courses by calling the office, faxing, or e-mailing requests if payment for the class has been made in advance.

When a student registers for a course the administration office and the instructor will expect the student's attendance unless the course has been formally dropped. To "Drop" courses please complete and Add/ Drop form and submit it to the office. Add/Drop forms are always accessible to students and are located in a folder outside of the office doors. If the office is closed please place the completed form in the envelope attached to the outside of the office door. All Add/Drop forms are entered daily. Students can also call the office to drop a course over the phone, be sure to leave a message clearly stating your name, phone number, and the course you are dropping.

STRF Fee:

In addition to the registration fee, there is one other fee, required by the BPPE that provides insurance for all students in case the school they attend should not be able to provide the training contracted for. This fee is called The Student Tuition Recovery Fund, (STRF). Please read the provisions carefully:

►STUDENT TUITION RECOVERY FUND (STRF) Disclosures

You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, **or**
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

(b) In addition to the statement described under subdivision (a) of this section, a qualifying institution shall include the following statement on its current schedule of student charges: "The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered students who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary and Education (BPPE).

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

Note: Authority cited: Sections 94803, 94877 and 94923, Education Code. Reference: Section 94923, Education Code.

ATTENDANCE

Students in all courses must attend the total clock hours as listed in the catalog; the minimum attendance requirement is 75%, but all missed classes/hours are to be made up prior to graduation. Absences and tardiness will be recorded. Any student failing to maintain satisfactory attendance will be counseled by administration. Counseling will include both verbal and written notification of unsatisfactory attendance by a student advisor. If attendance fails to improve, the Education Committee may dismiss a student for unsatisfactory attendance. Re-admittance may be permitted if the cause for unsatisfactory attendance has been corrected. Attendance is recorded everyday.

Class Attendance: It is the student's responsibility to sign the attendance roster every class. Students are expected to be in class on time and participate throughout the class. If a student is physically unable to perform class exercises or is not interacting appropriately, it is up to the instructor to determine if the student should continue to observe the class or if the student will be dismissed and need to make-up the class at a later date.

Course Attendance: Attendance is fundamental to maintaining the students' quality of education. Students are required to complete all class hours to receive a "Complete" in the course. Make-up hour options are available to students who have missed no more than 25% of the course. If a student misses over 25% of the course, the hours attended will be counted as general electives. To receive a "Complete" for the course, the course must be taken again in its entirety. Students must receive a "Complete" in all required courses to receive a program certificate.

Complete: Students are granted a "Complete" when all class hours for the course have been completed.

Incomplete: Students who have missed hours of training and intend to make up missing class hours by attending the equivalent class at a later date, have nine months to do so from the original missed class date. Effective for all classes students who need to turn in late assignments or who intend to make up hours through completion of additional assignments instructor tutorial have three months from the original missed class date.

Tardiness: It is very important that students arrive to class on time. Tardiness is disruptive and inconsiderate to both the instructor and other students. Instructors will deduct time from students' attendance if they arrive late to class, return late from breaks, or leave class early. Any time that is deducted from attendance must be made up in order to receive a complete credit for the course.

Make-up Hours Policy

Students are allowed to make-up up to 25% of a missed course. The make-up option(s) for each course are individually determined by the instructor. All make-up options must be clearly defined in the course syllabus. All course syllabi are reviewed and approved through the School of Healing Arts Education Committee. Some examples of the common make-up methods are paid tutorials, additional assignments, or therapy reports. All made up class hours require a make-up verification form to be filled out by the student and signed by the instructor. These forms are always accessible to students outside of the office. The complete and signed form must be returned to the office to receive credit for the class. Students should **not** sign the course attendance roster when making up a class. Students have nine months to complete make up of hours through attending the equivalent class and as of July 1st 2007, three months to submit late homework or make up hours through assignment or instructor tutorial.

If a student misses the first day of class, the student is required to contact the instructor and gain permission to attend the rest of the course. If the student has not made arrangements with the instructor prior to the second class, the instructor reserves the right not to allow the student into the course. In order to insure quality, many instructors require that missed class time must be made up prior to attending the next class. This is a courtesy to both the instructor and other students as it insures that all students are at the same level of instruction.

Course Cancellation/Changes

The School of Healing Arts reserves the right to cancel or change course dates, this will only be done when absolutely necessary. All class cancellations or changes will be posted on the administration bulletin board located outside of the office. The office will notify students of course cancellations or changes by phone when possible.

An instructor reserves the right to cancel a course due to low enrollment if there are fewer than six students in attendance. It is thus very important that students register for courses in advance and arrive to class on time. If a student is going to miss the first day of class they must notify the instructor in advance and gain instructor permission to attend the course.

EVALUATION STANDARDS

Students are evaluated in each course through observation, practical performance, and testing. All classes must have clearly defined criteria for evaluation in the syllabus. For example, an instructor teaching a massage class may define that 50% of the students' evaluation will be based on practical observation of Body Mechanics, and 50% will be based on an oral examination. Student must demonstrate proficiency in the techniques presented in each course of their program to receive a credit. An evaluation of "satisfactory" (C) 70% or higher, completion of assignments, and attendance of all class hours is required for credit in core classes (core classes are classes that are required other than general electives) and therefore, graduation. Classes that receive evaluations of "needs improvement" equivalent to a "D" grade may be applied to general electives only. However, students do have the option of completing pre approved extra credit assignments when available to raise their evaluation to "satisfactory." At the end of the course, the instructor will complete an evaluation for each student and submit it to the office. Students are encouraged to check in with the instructor on the last day of class, or before, to ensure that they have received an evaluation of "satisfactory" or above. **It is the student's responsibility to ensure that they receive a passing evaluation.**

The following terms are used for evaluation:

Percentage	Evaluation Term (Please use these terms)	*Office Use Only * Grade point equivalent
90 – 100%	Excellent	4.0 - A
80 – 89%	Good	3.0 - B
70 – 79%	Satisfactory	2.0 - C
60 – 69%	Needs Improvement	1.0 - D
Fail	59% and below or F	0.0 - F
	Incomplete	Has not completed all assignments required for course.

It is a goal at the School of Healing Arts that all students pass their courses with a satisfactory or above. Instructors and students will speak with a student advisor immediately if the student is having difficulty or is at risk of failing the course. If an instructor determines that a student's participation is below satisfactory a passing grade will not be given. If a student is given an "unsatisfactory" the instructor will offer concrete suggestions for improvement so the student can bring their status to a "satisfactory" to pass the class. Students must complete any 'extra credit' work within 3 months of the class end date. They should contact a student advisor for appropriate procedure and documentation instructions for extra credit work.

DISMISSAL/SUSPENSION POLICIES

At the discretion of the School Director, a student may be temporarily or permanently suspended or dismissed from the School for any of the following behavior:

- Unsatisfactory attendance
- Failure to make payments according to contractual agreement
- Serious or repeated incidence of alcohol or drug use
- Possession of weapons upon school premises
- Creating a safety hazard to themselves or others at the school
- Disrespectful behavior towards another student, administrative staff or faculty
- Behavior deemed to be of a questionable ethical nature

Academic Probation – Students with three un-excused absences in any class, or disruptive or harmful behavior may receive written notification of academic probation for a period of one month. Any un-excused absences during such probationary period may be cause for interruption of the student’s training programs.

Leave of absence – Written requests for a Leave of Absence will be considered, and such leaves may be granted at the discretion of the School Director.

Conditions for interruption for unsatisfactory progress – When the grade average of a student is unsatisfactory for a calendar month, the student will be placed on probation. If, during the next month the student’s grade average is still unsatisfactory, the student will be interrupted and the VA will be promptly notified.

Condition for re-enrollment - Re-enrollment or re-entrance will be approved only after evidence is shown to the director’s satisfaction that conditions which caused the interruption for unsatisfactory progress have been rectified.

Interruption for unsatisfactory attendance – Students with three unexcused absences in any class will receive written notification of academic probation for a period of one month. Any unexcused absence during a probationary period will be a cause for interruption of the student’ training program.

School of Healing Arts Ethics Policies and Procedures

School of Healing Arts Code of Ethics

Statement of Intention

We are a community committed to the highest intention for health and wholeness within our school, our clinics, ourselves. We are committed to creating a sacred space that ensures a safe journey of transformation for students, therapists, instructors, clients, and staff. We support this code so that the highest attention and utilization of healing skills can be administered with integrity, presence and love. Our community chooses to create an environment of trust and safety for the good of everyone.

The School of Healing Arts community participants (students, clients, therapists, instructors, staff):

- Honor our intrinsic involvement in the total community of life on the planet Earth and the Universe.
- Maintain clear and honest communications to support the profound transformation that occurs both in the classroom and therapy sessions. We support an environment where all information revealed in the classroom or in therapeutic sessions, whether medical or personal, be kept confidential.
- Establish and create trust in all relationships by maintaining clear boundaries to support an atmosphere of safety.
- Respect each other's physical and emotional state and do not abuse each other through actions, words or silence, not take advantage of the therapeutic relationship.
- Agree that the safest environment is maintained when instructors/staff/students and clients/therapists abstain from dating and sexual relationships with each other.
- Refrain from the use of any mind-altering drugs, alcohol, or intoxicants prior to or during professional sessions and in the classroom.
- Consider the client's comfort zone for touch and for degree of pressure, and honor the client's requests as much as possible within personal, professional, and ethical limits.
- Acknowledge the inherent worth and individuality of each person and therefore do not unjustly discriminate against clients, students, or colleagues.
- Pay close attention to cleanliness and professional appearance of self and clothing of linens and equipment, and of the classroom/therapy room environment in general.
- Conduct ourselves in a professional and ethical manner, performing only those services for which we are qualified, and represent our education, certification, and professional affiliations honestly. We do not in any way profess to practice medicine or psychotherapy, unless licensed to do so.
- Strive for professional excellence through regular assessment of personal and professional strengths and weaknesses, and by continued education and training.
- Support a fair and just application of all of the School's policies and guidelines.

School of Healing Arts Drug and Alcohol Free Workplace Policy Faculty, Staff, Students, and Interns

Statement of Intention

We are a community of people committed to the highest intention for health and wholeness within our school, our clinics, ourselves. WE are committed to creating a drug free and alcohol free school and work environment so that the highest attention and utilization of healing skills can be administered with integrity, presence and love. This policy is in place to create an environment of trust and safety for the good of everyone.

Policy

In keeping with our statement of intention, the School of Healing Arts maintains a drug and alcohol-free school and workplace. In the interest of promoting health and safety and protecting our students, clients, and the School, we will not allow faculty, staff, students, and interns to use, possess, sell, manufacture, purchase, or be under the influence of alcohol. Illegal drugs, intoxicants, or controlled substances at any time while on School premises. Furthermore, the involvement of faculty, staff, students, and interns in these activities off the job that results in negative effects on the School or its community raises significant concerns for the School.

The following rules and standards of conduct apply to all faculty, staff, students, and interns. The School strictly prohibits the following:

- a. Possession, use, or being under the influence of alcohol, or an illegal drug, intoxicant, or controlled substance while on the job as faculty, staff, student, or intern;
- b. Distributing, selling, manufacturing, or purchasing – or attempting to distribute, sell, manufacture, or purchase – an illegal drug, intoxicant, or controlled substance during working hours or while on School-owned or occupied property.
- c. Violating any School rule or policy regarding alcohol and drug use.

Faculty, Staff, Student, and Interns who violate the School's drug and alcohol abuse policy will be removed, in accordance with due process, and procedural policies as listed in the "Drug & Alcohol Free Workplace Grievance/Violation Procedure" document, from duties immediately. The School may also bring the matter to the attention of appropriate law enforcement authorities. Any conviction for criminal conduct involving illegal drugs, intoxicants, or controlled substances, whether on or off duty, or any violation of the School's drug and alcohol abuse policy, may lead to disciplinary action, up to and including their dismissal from their duties and/or position at the School.

Any Faculty, Staff, Student, or Intern's conviction on a charge of sale, distribution, manufacturing – or attempted sale, distribution, or manufacturing – or possession of any controlled substance while off School property will not be tolerated because that conduct, even though off duty, reflects adversely on the School.

The use of prescription drugs and/or over-the-counter drugs may also affect a Faculty, Staff, Student, or Intern's job performance and seriously impair their work at the School. Any Faculty, Staff, or Student Intern who is using prescription drugs that may impair his or her ability to safely perform the job or may affect the safety or well-being of others is required to submit a physician's statement that the prescription drug use will not affect job safety. The Faculty, Staff, and Student Intern are not required to identify the medication or the underlying illness. Various federal, state, and local laws protect the rights of individuals with disabilities and other with regards to the confidentiality of medical information, medical treatment and the use of prescription drugs and substances taken under medical supervision. Nothing contained in this policy is intended to violate or interfere with individual rights under these laws.

The School will attempt to reasonably accommodate Faculty, Staff, and Student, and Interns with chemical dependencies (alcohol or drugs) if they voluntarily wish to seek treatment and/or rehabilitation. Faculty, Staff, Student and Interns desiring that assistance should request an unpaid leave of absence for treatment or rehabilitation. The School's support for treatment and rehabilitation does not obligate the School to employ any person who violates the School's drug and alcohol abuse policy or whose job performance is impaired as a result of dependency. The School's support for treatment does not include payment of said treatment.

ADDITIONAL DISCLOSURES:

The state of California mandates that certain information be provided to students prior to their enrolling in any training. Please review the following before registering and enrolling in any class at SOHA.

Title IV

SOHA is not accredited at this time, and therefore does not qualify to offer Title IV funding of any kind.

Financial Aid

This institution does not participate nor does it offer financial aid of any kind, not federal (Title IV), state, or any other government funding source.

Loans

SOHA does not offer education loans of any kind. If a student were to obtain a loan to pay for an educational program, the student would have the responsibility to repay the full amount of the loan plus interest, less and amount of any refund, and that, if the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from the federal student financial aid program funds.

Distance Education

This institution does not offer distance learning, on-line learning or education offerings.

English as a Second Language: The school of Healing Arts does not offer instruction in English as a second language. Nor do we provide English language services. All classes are conducted only in the English language

Bankruptcy

This institution is not operating as a debtor in possession, has not filed a petition within the preceding five years, nor has this institution had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 .S.C. Sec.1101 et seq.) 94909(a)(12)

Remember that any questions, unanswered questions, and/or complaints can be addressed with the Bureau for Private Postsecondary Education. Their contact information is:

Mailing Address:

**Bureau for Private Postsecondary Education
P.O. Box 980818
West Sacramento, CA 95798-0818**

Physical Address:

**Bureau for Private Postsecondary Education
2535 Capitol Oaks Drive, Suite 400
Sacramento, CA 95833**

Phone: (916) 574-7720 Toll Free: (888) 370-7589 Fax: 916.263-1897
Web site: www.bppe.ca.gov E-mail: bppe@dca.ca.gov