



2012 Catalog

Massage Therapy Programs Continuing Education

Massage Therapy Institute: 424 F Street # B, Davis, CA 95616

Mailing Address: P.O. Box 518, Davis, CA 95617

(530) 753-4428

Fax (530) 753-4734

www.mtidavis.com

Massage Therapy as a Career Choice

"Today, massage has become the fastest growing health field in the country."

— East West Magazine



The profession of massage therapy and bodywork is growing. More and more people are becoming involved in fitness programs, stress reduction, relaxation techniques, wellness and preventative health care. Traditional health practitioners are discovering the damaging effects of stress and chronic tension. Massage therapy is one of the few services available that directly affects the body's responses to stress and measurably strengthens the immune system. Athletes are becoming aware of how warm-up, performance, and recovery can be improved through appropriate sports massage. Most chronic pain, from low back to migraine headaches, stems from structural

"Massage therapy has achieved unprecedented popularity in recent years. Twenty-five million Americans make 60 million visits to 85,000 practitioners a year." — Life Magazine

and functional imbalances. Businesses are realizing that massage therapy in the workplace is cost-effective. Members of the retirement community are discovering that their bodies can maintain erect posture and pain-free movement by including massage therapy in their health care routine. Most importantly, massage therapy helps restore the human connection as it releases pain and stress. Career opportunities for the massage therapist include private practice, health clubs, day and resort spas, beauty salons, sports teams, corporations (on-site or

seated), stress reduction/relaxation centers, and working in association with other health care practitioners such as chiropractors, medical doctors, dentists, physical therapists, and psychologists.

As a massage therapist, you can enjoy flexible hours working in a relaxing, peaceful environment. You will be able to establish a work schedule to accommodate family and other personal time requirements. If you like to make a difference in the quality of others' lives, massage therapy could be the career for you.

As a Way of Enriching Your Life



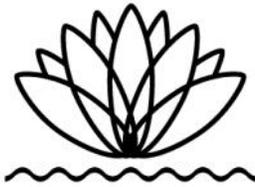
While career opportunities in this field are plentiful, there are many personal reasons for choosing to learn massage therapy. The power of touch and the healing potential within each person becomes apparent as you work in this field. The more we are surrounded by our high-tech lifestyles, the greater is the need for human touch. Doing massage will engage you physically, emotionally, intellectually, and spiritually. Helping people heal and increasing their overall sense of comfort brings a deep personal satisfaction and doing bodywork well is rewarding and healing for the giver, and fun. Everyone has people in their lives who can benefit from the healing of massage. It is a wonderful gift for your partner, your friends, and family. Massage is ancient in its roots and contemporary in the many forms it takes. It blends art and science, and it can awaken within the giver and the receiver the deepest qualities of human experience. As a science, massage therapy increases body awareness, corrects system imbalances, assists in relaxation, reduces stress, increases vitality, and promotes a sense of well-being. As an art form, massage therapy facilitates a positive exchange of mental, emotional, and spiritual energies, which promotes holistic healing. Whether you enter this field in search of a new career, to add to your existing skills or to work with family and friends, our program can help you attain these goals.

"Millions of Americans are discovering that the ancient art of massage may be just what the doctor ordered to relieve pain, encourage healing, and even to just plain relax their stressed out bodies."

— Chicago Sun Times

Welcome to the

Massage Therapy Institute



MASSAGE
THERAPY
INSTITUTE

www.mtidavis.com

**Massage Therapy
Institute**

424 F Street #B
Davis, CA 95616

Mailing Address

P. O. Box 518
Davis, CA 95617

(530)753-4428

(530) 753-4734 fax

Mission Statement:

Our Mission is to provide an excellent education in the theory, practice, and techniques of massage therapy.

Our goal is to graduate highly skilled, compassionate massage therapists who can offer safe, caring, touch therapy to assist others on their personal journeys towards health.

Dear Students and Prospective Students:

Thank you for your interest in the Massage Therapy Institute. Our goal is to provide an excellent education in the theory, practice, and techniques of massage therapy. Our Purpose is to provide you with the knowledge and skills you need to succeed and assist you in developing the confidence and expertise necessary to be able to apply your knowledge effectively and creatively to meet the specific needs of each of your clients. In class, we teach you to work with good posture and body mechanics, positive intention and focus as you work to ensure that giving massage will be a joyful and injury-free experience.

We have a large, highly trained, caring staff, and each instructor brings to the classroom their unique blend of technical skills, knowledge, experience, and their individual perspective, to enrich your education.

We are committed to ensuring that every student becomes the best massage therapist possible. We do this by creating a relaxed, comfortable, and supportive environment for learning and by coaching each student individually.

Our training offers you the possibility of creating your own business as a Massage Therapist, working the hours you choose while serving the well-being of others. You really can enter a profession that allows you to truly enjoy your work. Our graduates consistently express amazement that they have not only acquired new career skills, but also a deeper, more fulfilling way of relating to life, people and themselves.

We hope that this catalog will answer many of your questions, and that you will contact us for any additional information that you may need.

We look forward to sharing our knowledge and our enthusiasm for the future of massage therapy with you.

Sincerely,

Julie Reynolds

*Julie Reynolds (Director) and the
Teaching Staff of M.T.I.*

ADMISSION

To apply for admission to the Massage Therapy Institute, simply give us a call or e-mail. If you wish, we will arrange an interview for you and a tour of our facility. To enroll in our programs, you must have graduated high school or equivalent, and be physically fit enough to perform massage. Once you have completed the admission application form, and have been accepted, there is a \$100 (non-refundable) registration fee to hold your space in class. We strive to maintain the highest educational standards and we reserve the right to admit only those applicants who show that they are physically, emotionally, and academically qualified. The Massage Therapy Institute welcomes applicants of any race, sex, creed, national, ethnic origin, sexual orientation or religion and does not discriminate on the basis of any of these.

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 our enrollment agreement.

LICENSING LAWS

At this time, there is no state licensure for Massage Therapists. You may work as a massage therapist by training (minimum 100 hrs) at an approved school and by meeting city or county requirements. In many places in California, you need only 100 hours of training to meet business licensing requirements. Please check with your city. Alternatively you may apply for certification as a massage practitioner (250 hrs) or massage therapist (500 hrs) through the California Massage Therapy Council (camtc.org). This 250 or 500 hr. credential will allow you to obtain a business license to work in any city or county. One of the exciting aspects of this profession is that there is so much to learn and so many different specialties possible within the field of massage. You can begin working as a massage therapist with only 100 hours of training, and you can continue learning for a lifetime.

CONTINUING EDUCATION The Massage Therapy Institute is approved by the California Board of Registered Nursing (Provider No. 12538) to offer continuing education for nurses. We are also approved for CEU's for City of Sacramento Massage Therapist business licensing.

STUDENT RECORDS Student records are maintained in the Administrative Office, and may be seen by students by contacting the Director. Transcripts are provided free of charge. Official transcripts are available for \$10.00 each. Lost certificates will be replaced for a \$10 fee.

LIMIT OF LIABILITY During massage practice, it will be necessary for the student to remove jewelry. We have no provision for secure or locked storage of personal belongings. Please do not wear jewelry or bring anything of great value to class. Massage Therapy Institute does not accept responsibility for anything lost or stolen on the school premises.

TABLE OF CONTENTS

	Page
Financial Information	3
Books, Supplies and Equipment	3
About the School	3
Massage Therapy Program Descriptions	4-5
Class Descriptions	6-13
Instructors.....	14
Important Information concerning MTI	13 + back cover

(Attendance Policies, Complaint Procedure, Continuing Education for Nurses, Continuing Education Units, Credit for Previous Training, Dismissal Policies, Grading and Graduation, Limit of Liability, Questions regarding catalog, Student Records, Student Tuition Recovery Fund, Student's Right to Cancel Contract, Transferability of Credits)

HOW TO REGISTER

To register for our 100-, 250-, or 500- Massage Therapist Programs, please fill in the Application Form (at back of this catalog) or download from:

www.mtidavis.com

Return along with a \$100 registration fee to:

Massage Therapy Institute

P.O. Box 518 • Davis, CA 95617

Please call (530) 753-4428 with questions

All classes will be held at 424 F Street #B, Davis, Ca
95616

Catalog valid from January 2012-December 2012



About the School...



THE MESSAGE THERAPY INSTITUTE...

Is a private vocational school offering a wide variety of classes in the theory, technique and practice of massage therapy. We are located in Davis, ten miles west of Sacramento and an easy 60 miles east of the Bay Area, near Interstate 80. We have a large open classroom that will comfortably accommodate 10 massage tables and 20 students. Our courses are carefully designed to maximize learning and to help you graduate with the knowledge and skills to succeed in this field. We offer flexible scheduling so that classes can fit comfortably within your schedule.

The Massage Therapy Institute is a place to learn, to grow, and to acquire professional skills. The focus of our program is on *you*, the student. Our learning environment is warm, professional, supportive and respectful. Students are encouraged to be sensitive, creative and to communicate openly when working with a fellow student. Each person is valued for his or her own uniqueness and is encouraged to be him or herself. A profound educational experience evolves for each of our students because our learning environment creates space for understanding and encourages healthy interactions. The class becomes a large family, where each student is an integral member of our educational community.

FINANCIAL INFORMATION

Total cost (including class handouts, STRF fee, and registration fee) for the 100-Hour Massage Therapy Program is \$1,025. For the 250-Hour Massage Therapy Program, the total cost is \$2,400; and for the 500-Hour Massage Therapy Program, it is \$4,950. These are the costs if payment is made before the beginning of the first class, or with the payment plan. However, students may choose to pay class by class at a slightly higher rate. If you choose to pay for your program workshop-by workshop, there is usually a pre-pay discount available (See Class Schedule). Some classes may be repeated for 50% of the full cost on a space-available basis. We do accept VISA, and MasterCard. We do not have any financial aid programs, but by choosing one of our payment plans, you may pay as you study at the lowest cost for classes. Massage Therapy Institute does not participate in Federal or State financial aid programs. However; if you do obtain a loan to pay for an educational program, it is your responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and if you have received federal student financial aid funds, you are entitled to a refund of the moneys not paid from federal student financial aid program funds.

BOOKS, SUPPLIES, AND EQUIPMENT

Massage tables, oils, and lotions are provided free of charge for classroom use. **Please bring a set of sheets (twin size), a towel, a pillowcase (or hand towel), and pillow with pillow case for your use in each class.** The purchase of a massage table is recommended, but not necessary. If you wish, the school can help you purchase a professional massage table or chair at a discount. Occasionally, there will be a required text for a class. Cost is noted with class description. Class notes are provided free of charge.

Why Choose the Massage Therapy Institute?



Excellent Beginning Programs: Our beginning 100-hour Massage Therapy Program offers you all the skills and technique you need to become successful in the field. We emphasize the good posture and body mechanics essential for a long and successful career. It is so important to begin with the right habits. We emphasize the practical skills needed for massage, and this will set you confidently and immediately on your career path.



Outstanding Instructors: Instructors are selected not only for their knowledge and experience of course content, but also for their ability to support and care for students.



Comprehensive Curriculum: Our programs address a wide variety of massage and bodywork modalities and we continually evaluate and refine our curriculum to meet the growing needs of the profession.



Extensive Continuing Education Program: We offer a large and diverse continuing education program so that you can continually update your skills.



We Have A Schedule To Fit Yours: We offer weekday, weekend, and evening classes. We also offer our beginning program as a 12-day intensive. You can study at a pace that is right for you.



Affordability: Our programs are affordable and we have payment plans, allowing you to pay as you study.

Our programs balance a superb education in massage therapy with an emphasis on cultivating the caring spirit, as well as encouragement towards self-healing, resulting in deeply effective therapy

Massage Therapy Programs

Massage Therapist - 100 Hrs

Cost: \$1,025

In this class, you will learn the basic foundation work as needed for a professional massage practice. You will learn to give a flowing, thorough, and effective Swedish style relaxation massage in 1 1/2-hour and 1-hour formats.

You will develop technical expertise as well as correct and efficient body mechanics, sensitivity, and the ability to be very present and grounded as you work. An introduction to musculoskeletal anatomy and physiology will be taught. Emphasis is placed on developing confidence, presence, and the quality of touch needed for effective work. Ethics, side-lying massage, health and hygiene, benefits, contraindications, establishing a massage practice, and proper draping technique will be taught.

You will learn by lecture, demonstration and by receiving and giving massage to fellow students. Hydrotherapy applications, and other specialty work may also be taught in this beginning class. You will be exceptionally well prepared to begin working as a Massage Therapist. This class is also part of our 250, 500 Hour programs.

Graduation from this program allows you the work as a Massage Therapist in California, as long as your city has no additional hours of training required to issue you with a Business License. You may take up to six months to complete this program, from the first day of class.

Massage Therapist - 250 Hrs

Cost: \$2,400

This program includes:

- 100-Hour Massage Therapist Program,
- 50 hours of Anatomy classes: Maniken™ Anatomy (50 hrs), OR Anatomy and Physiology (50 hrs), OR Anatomy and Kinesiology (25 hrs), OR Palpation Anatomy-Muscles and Bones (50 hrs), OR Functional Anatomy (50 hrs)
- 100 hours of any of the elective classes (described on the following pages) this will bring your total hours to 250. If you register for slightly more than 250 hours of classes, you may pay for the balance of hours (up to 10) at \$10 per hour.

This program complies with the City of Sacramento's licensing requirements and it allows you to apply for Certification as a Massage Practitioner with the California Massage Therapy Council, which allows you to obtain your license in any California city. It is possible to complete this program in 2 months, or you may take up to one year to complete, from the first day of class.

Massage Therapist - 500 Hrs

Cost: \$4,950

This program includes:

- 250-Hour Massage Therapist Program,
- Plus 100 more hours of Anatomy classes: Anatomical Palpation + Assessment (50 hrs), OR Functional Anatomy (50 hrs), OR Maniken™ Anatomy (50 hrs), OR Palpation Anatomy-Muscles and Bones (50 hrs), OR any other Anatomy class, OR Pathology (and Physiology) (50 hrs)
- 150 hours of any of the elective classes (described on the following pages).

Graduation from the 500 hr program allows you to apply to the California Massage Therapy Council for Certified Massage Therapist status. To graduate, students must show proof of CPR training. Many of these classes are offered on weekends. It is possible to complete this program in 5 months or less, and you may choose to take up to 2 years to complete. If you wish to take the National Certification Exam, you may include 150 hours of Anatomy classes and 50 hours of Pathology (and Physiology classes) in your 500-Hour program.

Elective Classes

Elective classes taken in the 250 and 500 hour programs allow you to create a comprehensive massage education. Or, you can choose to specialize in or one or two modalities. Your transcript will reflect this specialization. We offer a thorough education through elective class choices in Asian Bodywork, Sports Massage, Cranial Sacral, Neuromuscular Therapy and Medical Massage.

Program Schedule

We offer eight start dates for our massage therapist programs during the year (100-hr, 250-hr or 500-hr programs). We have a start date approximately every 6 weeks. If you are enrolling in the 250-hr or 500-hr program, you can also start with any anatomy or pathology class, or any elective class that has no prerequisite. Below is a list of start dates for 2012 for our 100 hr Massage Therapist (Massage Fundamentals) Program.

MASSAGE THERAPIST 100-HR PROGRAMS

February Weekend Program

Friday Evenings (6:15 - 10 pm), Saturday and Sunday (9:00am - 6:00pm), February 10 (Eve), 11, 12, 17 (Eve), 18, 19, 24 (Eve), 25th, and 26th. March 2nd (Eve), 3, 4, 10, and 11.

March Day Program

Tuesdays, Wednesdays and Thursdays (9 am - 6 pm).
March 13 through April 5.

May Evening Program

Monday, Tuesday, and Wednesday Evenings (6:15 pm - 10 pm), May 7 through June 27.

July Intensive Day Program

Mon through Thurs (9 am - 6 pm), July 9 through 26.

Aug/Sept Weekend Program

Saturdays and Sundays (9 am - 6 pm), August 18, 19, 25, 26, September 1, 2, 8, 9, 15, 16, 22, and 23.

October Day Program

Tuesdays & Wednesdays (9 am - 6 pm), October 16 through November 21, plus Thurs, Oct. 25 and Nov 1.

November Evening Program

To Be Announced.

Oncology Massage Therapist *-300 hours*

Cost: \$4778.00

This Oncology Massage Certificate training provides guidelines to massage therapists for safe application of their personal massage style to those with active cancer, those in remission or those in treatment. Isabel Adkins is the primary teacher and her approach integrates both western and eastern modalities to address symptoms and side effects of both treatment and disease.

The Massage Therapy Institute offers a comprehensive 300 hour Oncology Massage Therapist Certification program. Our program is designed to be taken over a period of one and half years or more in workshop format.

This program consists of: Oncology Massage 1 – Blending East with West (22 hrs) [\$396], Oncology Massage 2 (Integrating Complementary Therapies) (40 hrs) [\$720], Oncology Massage 3 (Working with Cancer - Understanding Trauma) (40 hrs) [\$720], Oncology Massage Clinic (Practicum) (32 hrs) [\$576], Cancer Basics (24 hrs) [\$490], Manual Lymphatic Drainage Certification (45 hrs) [\$950], Community Project/Externship Program (97 hrs) [\$860]. All classes are offered in Davis CA.

Curriculum: Classes may be taken in any order as long as you are in compliance with any prerequisite required.

Instructor: Isabel Adkins (for more information see www.oncologymassagematters.com).

Prerequisite: To enter this program you must be a Licensed (if applicable) or Professional Massage Therapist (at least 100 hrs of massage training), and 40 hrs of pathology must be taken by the time you complete the program. Massage for People Living with Cancer or any Society for Oncology Massage approved class (www.s4om.org) is a prerequisite. You must have taken Oncology Massage 1. Other credentials are accepted, with instructor's permission.

Cost: Payment is made class by class at price listed on workshop schedule. Cost will be \$4778.00 or less with prepay discounts.



Class Descriptions

(Electives and Continuing Education Classes)

The classes listed below may be taken as electives in 250 or 500 Hour Programs, or taken as Continuing Education classes for those not registered into our Massage Therapy Programs. Bowen Therapy, Oncology Massage Classes, and The Manuel Lymphatic Drainage class can not be taken as electives in the 250 or the 500 hour programs without an additional fee. Most classes will be offered at least once in each calendar year. For current schedule please visit our website at www.mtidavis.com.

Acupressure (a Practice in Harmony) 30 hrs

This class introduces students to the ancient Chinese healing art of Acupressure, a quiet form of energy work which emphasizes a listening touch. Students will learn key points with which to balance energy in the body through the meridians and extraordinary vessels of Traditional Chinese Medicine. You will learn how to work with the meridians to affect specific conditions of imbalance. We will use a quiet form of energy work which allows the development of a subtle touch and the ability to read subtle energy. The understanding of the meridians will enrich any forms that you practice. You will be able to offer a full session and you will find that the style blends well with a wide variety of body work. Prerequisite: None. \$11 text required.

Acupressure for the Chakras 8 hrs

Energetic touch to bring balance to the Wheels of Life Force along center-line. Each chakra relates to a particular aspect of our development. Learn to recognize the feel of balanced mobility in the chakras and ways to work with them to increase overall vitality. Prerequisite: None. \$11 text required.

Acupressure – Tui Na 30 hrs

Learn the ancient art of Chinese meridian massage. This is an active style that includes moving muscles, joints, and bones. Excellent for adding to your sports massage and increasingly popular in spas. Tui Na is an adaptable style, appropriate for a full range of clients. You will learn the pathways of Chi and a variety of hand movements (sho fa) with which to work the meridians. Additionally, we will work through a full session pattern allowing ample time to get comfortable with the techniques. Prerequisite: None.

Acupressure Reflexology 24 hrs

(Energies of the Feet, Hands, and Ears)

Your entire body can be mapped in your ear, hand and foot. Working with these areas is a powerful way to assess energy flow and to stimulate the body's ability to heal. The class explores a variety of techniques from traditional Chinese massage with an emphasis on keeping the practitioner's hands healthy. The course includes meridian, reflex, and acu-point location and contributes to the student's understanding of assessment. Prerequisite: None.

Adhesion & Scar Tissue Release 16 hrs

This workshop will introduce you to adhesion and scar tissue release work. Old and new adhesions can cause long term myofascial pain and dysfunction, and postural distortion. You will learn client analysis including visual range of motion assessment. You will learn how to properly palpate and identify healthy and unhealthy fascia. You will learn how to isolate and release the adhesions and gain an understanding of how and why the body creates this dysfunctional situation. Various techniques will be used includ-

ing orthopedic massage for joint work, myofascial release using cross fiber technique, neuromuscular re-education including triggerpoint-release, and facilitated stretching. Prerequisite: 100 hrs of massage training.

Anatomy & Kinesiology 50 hrs

The student will gain an understanding of how the musculoskeletal system works, moves, and responds.

Adult CPR 4 hrs

Participants learn to prevent, prepare for, and respond to emergencies. Plus learn and practice Adult CPR, rescue breathing, and choking rescue. Students will receive an Adult CPR Card upon successful completion of the course. This class is required for students taking the 500-Hour certification program. You may take this class at MTI as part of the 500-Hour program or at an outside facility. Prerequisite: None. (\$18 Materials Fee).

Palpation Anatomy- Muscles and Bones 50 hrs

This course provides a basic knowledge of the human musculoskeletal system. Through extensive use of massage setting palpation exercises you learn to confidently "see" into the body's structure with accuracy and insight. Our exploration of common areas of muscular imbalance and adhesion help you focus your massage work for a more effective session. Students are encouraged to purchase "Trail Guide to the Body" by Andrew Biel, or have access to another anatomy reference book. Prerequisite: None.

Anatomical Palpation + Assessment 50 hrs

This class is designed to teach you to recognize which structural elements are contributing to muscular imbalances causing neurological pain and dysfunction. We will use palpation, various range of motion techniques, and visual observation to assess muscular patterns and structural misalignments. Students are encouraged to purchase "Trail Guide to the Body" by Andrew Biel, or have access to another anatomy reference book. Prerequisite: Palpation Anatomy or other anatomy background is highly recommended.

Aromatherapy for Massage 12 hrs

Aromatherapy uses essential oils, volatile and aromatic liquids obtained from plants, to bring about positive effects on body, mind and spirit. Combined with massage, aromatherapy is an ideal treatment. You will learn how to buy essential oils and how to blend and prepare various products for your clients based on the properties of individual essential oils. Prerequisite: None. (\$25 Materials Fee).

Asian Foot Treatments 8 hrs

This class takes some of the best Asian spa foot care treatments and creates a signature treatment that will be deeply therapeutic and relaxing for your clients. This class will feature a soak for the feet to relax and clean, a light lotion massage sequence, followed by more deeply therapeutic massage applied with an Asian Reflexology tool. The legs and back may be included depending on whether you apply the treatment on the bodywork floor mat or a reflexology chair. Prerequisite: None

Body Mechanics for Optimal Bodywork 8 hrs

Know the smart way to use your body in order to produce safe, effective, and efficient bodywork. This workshop will: Cover the principles required for effective massage and bodywork; Demonstrate applications of the principles on all major body parts; Allow the student to practice in class under

direct supervision; Include tips on self-care in and outside your massage practice. Prerequisite: None

Body Reading

6 hrs

Assessing your clients' needs to form your session strategy. In this class we will use our eyes, ears, hands, and intuition to gather information and "read" our client's bodies. We will then create a therapeutic massage strategy based upon that information and do bodywork sessions with partners in class. This is a less technical approach than postural analysis. We will learn to see basic postural distortions, listen for energetic and emotional quality of our client's voice, and palpate subluxations, fascial restrictions, and hypertonic muscles. Prerequisite: None.

Bowen Therapy

22 hrs

The beginning seminar in Bowen Therapy teaches the widely popular Australian Techniques. Over the Three-Day period, the Basic Bowen moves are presented in a hands-on atmosphere where students participation is encouraged. Emphasis is placed on reading the body and learning how Bowen's philosophy is individualized to each client. Students receive a manual written by the Bowen THERAPY Training, Inc., and a 22 hour merit diploma is awarded at the end of class. This is a prerequisite for certification and Advanced Bowen Therapy Training Seminars.

Cancer Basics

24 hrs

This class is designed to give the oncology massage therapist an in depth understanding of the cancer process, from the malignant cell and how it becomes so, to the effect of the disease process on each individual organ and the body as a whole. This information will be presented as a dialogue between Western and Eastern medicine perspectives. Students will learn to: Identify the body systems affected by cancer in each organ discussed, Define the most likely sites of metastasis from the original tumor site, Identify side effects of standard chemotherapy agents, Correlate the Eastern and Western medicine components of information in developing a massage plan, and Identify oncologic emergencies and know the action to be taken. Prerequisite: Oncology Massage I (Oncology Massage 2 Recommended).

Chair Massage

6 hrs

This class prepares the massage therapist to utilize seated massage as an integral part of their practice. We focus on practice building, marketing, and the use of chair massage for community service. The class will cover the use of seated massage in such environments as corporate offices, retail stores, sporting events, community centers, and festivals. Students will learn hands-on techniques that are effective through clothing. We examine most of the current models of massage chairs available. Students choreograph 5-, 15-, and 25- minute chair massage sessions that become the basis of their form. Indications and contraindications will be discussed. Prerequisite: 100 hrs massage training.

Classic Deep Tissue Massage

20 hrs

This class introduces the basics of deep tissue massage therapy. The class will focus on three general areas: the neck and occipital area, the shoulder, and the hip and lumbar region. Muscular and skeletal anatomy will be taught with emphasis on the origin, insertion, and the musculotendinous attachments for each major muscle. Nerve pathways will also be taught with particular emphasis placed on impingement syndromes within each area.

"Deep Tissue Massage" will teach you how to access deeper structures and begin to facilitate structural changes. We will use basic Swedish massage techniques to soften superficial tissues. The deeper techniques presented will be an eclectic mix of muscle stripping, bone cleaning, friction (circular, longitudinal and transverse), trigger point release, and rudimentary stretching. Upon completion, students will be able to effectively treat such muscular problems as releasing hypertonic muscles, trigger points, impingement syndromes, scar tissue reduction, muscle strains, and chronic muscular spasms. Prerequisite: 100 hrs of massage training.

Cupping and Moxibustion

12 hrs

These two techniques are great to add to your toolkit. Cupping works to clear deep tension easily and quickly. Moxibustion is an effective way to build qi, allowing you to offer a truly nurturing session. Both are time-honored practices of traditional Chinese medicine. You will learn to apply cups and to use moxa with a variety of techniques. Students will also learn about meridian pathways. Prerequisite: None.

Cranial Sacral Balancing 1

30 hrs

The cranial sacral system is primarily the fibrous covering around the brain and spine, and the fluid within this covering. This system is where our human intellectual, physical, emotional, and spiritual bodies interconnect most closely. The purpose of Cranial Sacral Balancing (a system of bodywork pioneered by Dr. John Upledger over the past 26 years) is to restore optimal balance to these four bodies. The method of Cranial Sacral Balancing is subtle, gentle, and completely pain-free: freeing the movement of cranial sacral fluid by feeling for and releasing areas of holding in the cranial sacral sheath and in the bones of the skull. In this course, you'll learn to feel the cranial sacral rhythm (distinct from the rhythms of pulse and breath), to induce a "still point", experience distinct movement in the individuals parts of the cranium, and release tension from the entire system. The benefits of this work include the disappearance of headaches, spontaneous deep relaxation, release of old injuries, and significant lightening of moods and emotions. It is subtle work with amazing results. Prerequisite: None.

Cranial Sacral Balancing (Headaches & TMJ)

30 hrs

This course adds to the foundation built in Cranial Sacral Balancing 1. The work includes expanded techniques for the sphenoid and temporal bones, mouth, and eyes. The focus is on learning to move with the flow of the receivers body, allowing release to take place with remarkable ease. In this non-doing space, doors to inner dimensions open, expansion becomes effortless, and the body can heal itself. Prerequisite: Cranial Sacral Balancing 1.

Cranial Sacral Balancing – Unwinding

24 hrs

This class takes the gentle hands-on skills you have learned in Cranial Sacral Balancing I or Energy-Active Cranial Sacral and applies them to work with regions of the body that hold stress and injury. This is useful, for example, in working with the kinds of musculoskeletal injuries you will encounter frequently as a massage therapist. We work in a non-forcing way with the body's natural intelligence and self-correcting mechanisms. Major topics of the workshop are: unwinding legs and feet, arms and hands, head and neck; releasing held energy from the body; understanding the potential for working with trauma. Prerequisite: Cranial Sacral Balancing 1.



Deep Tissue Massage – Advanced Access 12 hrs

This workshop will focus on massage therapy in the side lying position. There are many clients who are unable to lie in the prone or supine position due to chronic lumbar pain, pregnancy, respiratory problems, or chronic sinus congestion. The easy access to deeper musculature which the side lying position affords also makes this position a first choice for orthopedic massage and sports massage. Having confidence working with this position is essential for more therapeutic bodywork. We will teach proper bolstering and draping. We will teach massage techniques for the neck, shoulder, lumbar region, and the extremities. Some of these will be with oil/lotion and some will be dry techniques. Prerequisite: 100 hrs of massage training.

Dynamic Deep Tissue Massage 20 hrs

Dynamic Deep Tissue Bodywork is a fluid interplay between direct pressure, movement and breath. These components are coupled with the intention of enlivening the body and reorganizing holding tendencies. Muscular and skeletal anatomy will be taught as participants learn the fundamentals of deep tissue massage. Students develop sensitivity and perception as they learn to work with greater precision and effectiveness. There is a strong emphasis on body mechanics and appropriate technique as well as the dynamics of working more deeply with clients. Prerequisite: 100 hrs of massage training.

East – West Massage 12 hrs

In this class, you will learn how to combine techniques from Eastern bodywork such as Japanese Shiatsu and Thai Massage with the fundamental techniques of Western, oil/lotion-based massage therapy. Learn to effectively blend deeper oil strokes with pressure point application and stretches. The variety of techniques allows for a more three dimensional massage, opening joints as well as muscle tissue. Clients will enjoy the movement. Therapists will enjoy the variety of effective approaches for the same issue. Prerequisite: 100 hours of massage.

Energies of the Acupressure Points 15 hrs

Each acupressure point is a small universe; each one can open the door to a deeper understanding of meaning in one's life. In this class we will focus on the character of individual points and how to use them to enhance emotional balance. Prerequisite: None

Five Element Acupressure - Assessment and Application 30 hrs

Refine your assessment skills and expand your understanding of acupressure meridians and their ability to bring vitality, joy and health. The Five Element approach to acupressure allows you to create powerful sessions through which you can help your clients to harmonize imbalances in their health and energy. As you learn the associations of each element and how the elements interrelate, you will begin to see patterns that can help your clients understand how their choices are influencing their meridian flow and their sense of well-being. In class we will look at how color, smell, posture, voice and attitude reflect the balance of a person's elements. We will learn 12 points that help with assessment of the meridian balance and palpate meridian pathways to sense which textures reflect the elements in stress. Prerequisite: None.

Functional Anatomy 50 hrs

While good massage is largely an intuitive art, its effectiveness increases dramatically when a therapist's intuition is informed by a solid knowledge of

the structure and workings of the body. Functional Anatomy is designed to give the practitioner a basic knowledge of the muscles, bones and movements of the body from a bodyworker's perspective. Throughout the class, we will be studying the structure of the body from a functional perspective, learning not just where the muscles are, but how they produce or restrict movement, how they impact posture and movement when they're either too tight or too weak, and how one would stretch or strengthen them. Prerequisite: None

Hot Stone Massage 20 hrs

Stone Massage is becoming increasingly popular in spas and resorts, as well as in private practice. It provides the deep therapeutic benefits of heat therapy. It is an excellent modality for work with injury recovery as well as offering deeper stress-relieving benefits, bringing relaxation massage to new levels. Stone Massage provides a rest for the therapist's hands while delivering the full benefits of deeper massage to the client with minimal discomfort. This class will cover methods of heating, using and caring for your stones. Contraindications, benefits, prone and supine applications, for a one hour and one and a half hour session will be taught. Prerequisite: 100 hrs of massage training.

Insurance Billing 3 hrs

Medical massage is a rapidly growing industry. If you already have the training and experience for this facet of massage but are unsure of how to do the billing, then this class is for you! This class will give you all the necessary tools to bill for Workers' Compensation, Auto Insurance and Health Insurance. This is not a technique class. Prerequisite: None.

Lymphatic Massage 20 hrs

In this class you will learn how to palpate and effectively stimulate the lymphatic system with a light touch. The techniques shown will help you to individualize your clients' sessions to address areas of edema and scar tissue as well as give support to detoxification and decongestion goals. Lymphatic massage is especially useful when applied to general respiratory conditions, abdominal discomforts, sprains and post-operative recovery. This class includes foundation al theory, hands-on practice of lymphatic techniques, the opportunity to integrate the techniques into your signature massage and a discussion of how to apply your new skills in specific postoperative situations, including cosmetic surgery. Prerequisite: 100 hours of massage training.

Maniken™ Anatomy 50 hrs

This anatomy class will investigate the muscular and skeletal structures of the body. The class is divided into four all-day sections, each of which may be taken separately. Each day covers a portion of the body as follows: (1) neck and trunk; (2) scapula, shoulder, and upper extremity; (3) pelvis and low back; (4) hip and lower extremity. This class will be taught using the Maniken™ system of learning by building clay muscles onto a skeleton. Prerequisite: None.

Manual Lymphatic Drainage Certification Program 45 hrs

This 6-day MLD certification course is based on the techniques developed by Dr. Emil Vodder, Ph.D. When skillfully applied, this therapeutic form of soft tissue mobilization dramatically enhances lymph formation and promotes drainage within the superficial and deep systems of the lymph vascular network. During this course, students will be instructed in anatomy and

physiology of the lymphatic system. Basic MLD treatment sequences as well as MLD treatment sequences for mild, medically uncomplicated upper and lower extremity lymphedema will be demonstrated and practiced. Each day will be divided into two sections, one theoretical and the second, hands-on application. Topics covered in this class are relevant anatomy and scientific technology to the lymphatic system. Students will learn to: differentiate between the normal and diseased states of the lymphatic system (physiology and pathophysiology of the lymphatic system); understand the indications and contraindications related to the use of MLD; be able to perform the techniques of MLD for all body areas; develop appropriate treatment strategies for indications such as post-surgical edema, posttraumatic edema, fibromyalgia, general detoxification and other conditions; perform MLD on clients after breast surgery for cancer (clients at risk to develop lymphedema); and competently perform MLD on clients with mild, medically uncomplicated primary or secondary lymphedema. Please note: This course will not prepare the participant for the Complete Decongestive Therapy treatment of lymphedema. Prerequisite: 100 hrs of massage training.

Marketing for Business Success **8 hrs**

In order to start and run a successful practice, a brand/business identity needs to be established. This is the core element that feeds into all other marketing strategies. A branding process will normally cost over \$1,000. This information-packed workshop will give you valuable information at a fraction of the cost: Reveal your current identity and your desired position as body worker. Create a tagline for your business. Discover your ideal client. Identify your true aesthetic that will feed into your future designs (website for example). Prerequisite: None

Massage for Friends and Family **6 hrs**

This one-day massage basics class will teach you basic massage techniques that are enjoyable and easy for you to use. At the end of the day, you will be able to give a wonderful massage. Prerequisite: None.

Massage for Seniors **12 hrs**

This class will give you the competence and confidence to work with the elderly client in a meaningful way. It will cover the physiological, psychological, and sociological aspects of aging, as well as client assessment. Cautions relevant to the older client and contraindications will be discussed. Modifications of standard massage techniques and development of special methods to suit each client's individual needs will be taught. You will also learn how to establish a massage practice for seniors. Prerequisite: 100 hours massage training or with instructor's permission.

Massage for People Living with Cancer® **24 hrs**

(NCBTMB approved for CEU hours) Comfort-oriented massage or touch can be administered to people with cancer regardless of the severity of their condition, and at any stage in the cancer experience. Topics covered include: understanding metastasis - why is massage not contraindicated; adaptations that must be made for clients who have undergone or are undergoing chemotherapy, radiation, and surgery; massage protocol for patients at risk for lymphedema; exploration and processing of participants' personal experience and relationship to cancer; intake procedures; and most importantly, opening the heart to those with serious illness. This class was origi-

nated by Gayle MacDonald. Prerequisite: 100 hrs of massage training or with instructor's permission. (Materials fee to instructor \$25).

Massage Tool Methods: Extra Thumbs and Elbows **6 hrs**

Massage tools are a great way to save your hands, gain deep access to chronic tension, and provide new and interesting treatments for your practice. In this class we will use a variety of powerful and effective massage tools, such as the Massage Stone, Chinese Gua Sha sticks, and Asian reflexology sticks. We will begin by working on our own bodies. We will explore the sensitive touch of the hand and learn to apply appropriate treatment with a tool. Some of the tools will also be for sale. Prerequisite: None.

Medical Massage: Medical Massage includes 8 classes with techniques to address specific medical conditions. Students learn to use various modalities such as Neuromuscular Therapy, Myofascial Release, deep Swedish, and orthopedic testing to work with specific debilitating problems. Prerequisite: 100 hrs of massage training.

Medical Massage – Low Back Pain **8 hrs**

Anatomy of the lower back will be reviewed and we will learn application of orthopedic medical evaluation tests for nerve involvement as well as technique. Be as effective as possible for clients with low back pain.

Medical Massage – Thoracic Outlet & Ribs **8 hrs**

Anatomy of the shoulder and neck will be reviewed. Learn application of orthopedic medical evaluation tests for Thoracic outlet as well as technique.

Medical Massage – Whiplash and Neck Work **8 hrs**

This class explores the mechanics of whiplash, the anatomy of the neck/upper back and how massage can effectively address the signs and symptoms of "whiplash." You will learn orthopedic tests for nerve involvement, RPM testing for specific muscles, and application and integration of several modalities in the treatment of this condition.

Medical Massage – Frozen Shoulder **8 hrs**

Anatomy of the upper back/shoulder will be reviewed and several modalities used to work with these conditions.

Medical Massage – Sciatica & IT Band **8 hrs**

Anatomy of the hip/thigh will be reviewed. Learn application of orthopedic medical evaluation tests for nerve involvement as well as technique.

Medical Massage – Sprained Ankles & Knee Issues **8 hrs**

Anatomy of the knee/lower leg/ankle will be reviewed and we will learn application of orthopedic medical evaluation tests as well as technique.

Medical Massage – Carpal Tunnel **8 hrs**

Anatomy of the forearm and carpal tunnel will be reviewed. Learn the application of orthopedic medical evaluation tests for Carpal Tunnel Syndrome as well as technique.

Medical Massage – Headaches & TMJ **8 hrs**

Anatomy of the head and neck and causes for headaches will be reviewed. Learn the application of orthopedic medical evaluation tests for cervical nerve involvement as well as technique.

Muscle Action Therapy **16 hrs**

Is a blanket term describing an approach to muscle/fascial work that uses



the client's "muscle energy" to make changes in ROM and reduction of pain. This technique is very easy to learn and integrate into any massage session. We will explore the physiology of muscles and their relationship with fascia. The connection of the nervous system and proprioceptors imbedded in the muscle is a component we will spend time learning. This type of work will make all of your other techniques more effective and you will not have to work as hard. Be a therapist that works smart, not hard. Prerequisite: 100 hrs of massage training.

Myofascial Bodywork - Structural Integration 32 hrs

Gaining an understanding of the client as a 'whole' and not just the sum of their parts is the next paradigm in bodywork. Day one consists of being able to read and assess a client's body issues and then formulate a plan that takes into account that working one area may affect another. In addition to exploring palpation, day two to four will focus on gaining fascial palpation/ techniques to better understand the importance of working with fascia. Finally, the student will practice the theoretical reading tools and fascial techniques learned. Prerequisite: 100 hrs of massage training.

Myofascial Massage 16 hrs

Learn how to palpate and treat the fascia using gentle, non-intrusive technique. Sustained stretches will release patterns of strain and limitation. The technique is easy to learn and to do, and complements many different bodywork styles. Prerequisite: 100 hours of massage training.

Neuromuscular Therapy

NMT is a system of specific soft tissue manipulation that balances the musculoskeletal and nervous systems. It addresses chronic pain patterns, stress and postural distortions that debilitate and greatly reduce the quality of our lives. Students will learn an evaluation protocol based on the physiological principles of ischemia, trigger points, nerve compression, postural distortion, and dysfunctional biomechanics, and then will learn effective treatment "strategies" to unravel pain patterns.

NMT- Cranial Decompression 16 hrs

Learn effective techniques to normalize the soft-tissue components of structural imbalances in the cranium. Analyze cranial distortions that cause structural changes down the entire body. Look at scoliosis as an adaptation process designed by the body to maintain structural balance. This class examines soft-tissue causes of scoliotic patterns, how torsion and structural imbalances in the cranium, jaw, shoulders, pelvis and feet contribute to these patterns. This is a Neuromuscular Therapy class. Prerequisite: recommended 40 hrs of neuromuscular classes or with instructor's permission and 100 hour massage training.

NMT - Neck & Upper Torso 20 hrs

Structural evaluation and neuromuscular technique to release the Upper Torso and Cervical area will be taught. Assess how one part of the body will continue to cause problems in other areas. Highly specific work to fully release each area worked on. Spine, intercostals, abdominal and chest and Thoracic Outlet Syndrome, will be addressed. Prerequisite: 100 hrs massage training.

NMT - Pelvis 20 hrs

An in-depth look at the pelvis and its mechanisms. Discover why it is often the center of other body pain and dysfunction. Learn the secrets of unlocking it and assist your clients to improved function. Understand the stages of Rehabilitation and how to enforce them. This is the first in a series of NMT classes

that will allow you to offer very effective structural bodywork to your clients. Prerequisite: 100 hrs massage training.

NMT - Practicum 8 hrs

This class will help you to know where to start working with your client. You have your intake information and postural assessments, now where do you start and how do you work? This class addresses this issue. Prerequisite: All NMT classes, or with instructor's permission.

NMT - Principles and Postural Analysis 16 hrs

This class covers the science and philosophy of neuromuscular therapy allowing an understanding of how and why it works so effectively. It covers the physiological principals of ischemia, trigger points, nerve compression/ entrapment, postural distortion and dysfunctional biomechanics. You will also learn what the body's position in space can tell you and how to use your eyes to truly understand where the body pain is coming from so you can treat the cause and not the symptom. You will not only learn how to see the position, but also to determine which muscles are being utilized. This class is a "must" for anyone doing clinical massage or any kind of structural bodywork. Prerequisite: None.

NMT - Rehabilitation for Cervical Pain & Injuries 16 hrs

Why do the problems of the neck not resolve, no matter what you do? Learn the well known and seldom practiced techniques that can truly relieve the pain of injuries of the cervical region. Prerequisite: 100 hour massage training, plus at least 40 hours of neuromuscular technique training and with instructor's permission.

NMT - Shoulder & Extremities 20 hrs

Structural evaluation and neuromuscular technique will be taught to release such conditions as thoracic outlet syndrome, frozen shoulder, carpal tunnel syndrome, planter fasciitis, and shin splints. You will learn to release all of the muscles involved and their pain patterns and begin rehabilitation. Also covered will be the forearms, hands, legs and feet. Prerequisite: 100 hrs massage training.

NMT - TMJ 16 hrs

Learn to unravel TMJ problems. Understand the correlation between TMJ and the pelvis. Learn to identify and to palpate all muscles affecting TMJ, and how to address TMJ pain. Prerequisite: 100 hours of massage training & 40 hrs Neuromuscular Therapy

NMT - Visceral Massage 16 hrs

The internal organs or viscera have great impact on the function of the muscles. Trigger points can fire from muscle to muscle, muscle to organ, or organ to organ, organ to muscle. When we work on the muscles and the problems keep coming back, perhaps it is due to trigger points firing from organs to muscles. Learn how to recognize this phenomenon, and how to work the organs to relieve the spiral of dysfunction. Breaking the cycle of repeating symptoms will help them regain health and wellness. This is a Neuromuscular Therapy class. Prerequisite: 100 hrs of massage.

Nutrition for Healing 16 hrs

This class will include the basics about nutrition and how it relates to common pathologies encountered by massage therapists such as joint and muscle pain, adrenal fatigue, thyroid conditions, diabetes, etc. Learn the basics of an ideal diet and ways anyone can realistically implement them into everyday life for better health. Includes common sense approaches to shopping, cooking and eating better without feeling deprived. We will also discuss when it is appropriate to use supplements for specific pathologies.

“Good” fats versus “bad” fats, how do I know if the supplement I’m taking is any good? Making sense of the nonsense-cholesterol. Prerequisite: None.

Oncology Massage 1: Blending East with West™ 22 hrs

Class will allow body therapists to enhance their work with cancer patients by integrating Reflexology and Acupressure skills with the Massage for People Living with Cancer® protocol in regard to pressure adjustments, sites that need to be avoided and client positioning. While looking at the body from an Eastern Medicine point of view, practitioners will learn: how to support the internal organs during disease, treatment and recovery; how to address symptoms more directly by understanding how the organs “network”; how to mitigate the side effects of treatment and symptoms of disease, such as low blood counts, nausea, fatigue, neuropathy, weakness in the limbs, and GI tract disorders; how to strengthen the immune system; the importance of Ayurvedic oils for cancer cure; the psychological aspects of living with a potentially fatal disease and how that may impact the immune system. Materials fee \$16 to be paid to instructor. This class also requires comfortable, focused sitting. We provide floor chairs but if you need something more comfortable, please bring your chair, pillow, etc. Prerequisite: 100 hrs of massage training plus "Massage for People Living with Cancer" or equivalent Society for Oncology Massage approved class, OR instructor's permission.

Oncology Massage 2: 40 hrs

Integrating Complimentary Therapies™

In this class, we will enhance our protocol for cancer patients, integrating the reflexology and back shu bladder points learned in Oncology 1 with acupressure points along seven of the major meridians: spleen, liver, stomach, kidney, lung, conception vessel, large intestine and pericardium. Students will explore the psychological aspects of the organs: their personalities in terms of likes, dislikes and emotions. Students will establish a direct relationship between what each organ influences physically to the human behavior it also regulates. Students will develop an enhancement of massage protocol: specific acupressure points to address different signs & symptoms of disease and treatments. Finally, students will practice with volunteer clients living with cancer. Materials fee \$25 to be paid to instructor. Prerequisite: Oncology Massage I.

Oncology Massage 3- Understanding Trauma 40 hrs

In this class we will be exploring how the cancer experience may lead to trauma for the central nervous system. We will look at: the physiology biochemistry and symptoms of trauma; situations in which having cancer and treatments may be perceived as “danger” for the body; useful forms of bodywork, including acupressure, to approach symptoms of Post Traumatic Stress Disorder; and appropriate communication to use when interacting with a client in a state of trauma. \$15 Materials fee to be paid to Instructor. Prerequisite: Enrollment in the certification program or significant experience in Oncology massage with consent of instructor. Must have taken Oncology Massage I and 2, Oncology Massage Clinic, and 30-40 supervised internship massage sessions (number to be determined between student and instructor).

Oncology Massage Clinic (Practicum) 32 hrs

In this class students will be able to work on cancer patients under supervision, practicing the knowledge and skills acquired in Oncology 1 or 2. Each

day will end with a group discussion of cases worked with. Prerequisite: Oncology Massage 1.

Opening To the Mystery:

Caring for Clients at the End of Life 21 hrs

I have created this class expressly to support experienced oncology massage therapists who want to be of greater service to their clients living with cancer and particularly to those clients who are facing the end of their lives. The class will be a combination of scientific and factual information, interpersonal exercises, self-exploration and a variety of work that will combine all of these. This class will not include traditional “hands-on” practice with massage techniques, but rather it will focus on what we can do (and be, for that matter) with our hearts and minds and souls that can make the work of our hands infinitely more valuable and connected as we work with our clients through the last parts of their lives. Prerequisite: Open to all humans who will someday die.

Pathology (and Physiology) 50 hrs

This is a class designed to help students recognize and understand different types of pathologies. Definitions, terminology, basic anatomy and physiology will be foundations to be able to understand and assess the indications/contraindications of massage on conditions that are most commonly encountered by massage therapists. Basic sanitization and safety issues will also be discussed to assure the well being of both the therapist and the client. Prerequisite: None.

Pharmacology for Massage Therapists 6 hrs

The class will focus on the drug therapies that clients seeking massage therapy may be taking. Drug therapy of any kind is intended to bring about physiological changes which may make necessary to alter a massage. We will explore “red flags” and give guidelines for altering a massage when necessary. Prerequisite: None, although some understanding of physiology and pathology of the body is recommended.

Pregnancy Massage 24 hrs

This class will prepare you for working with pregnant and postpartum women. You will learn safe, comfortable prenatal positioning for all stages of pregnancy, technique contraindications and general Swedish modifications for expectant women. You will understand the physiological and anatomical process of pregnancy and postpartum and learn a wide variety of techniques to enhance pregnant and postpartum women’s comfort, health and enjoyment. Please bring at least 3 firm pillows (including one King if possible) to class. If you wish, you may bring a pregnant woman to work on in the middle of the day on the third day of class. \$28 textbook required (Pre- and Perinatal Massage Therapy by Carole Osborne-Sheets which can purchased on-line www.bodytherapyaassociates.com, Instructor may have a few copies on first day of class). Prerequisite: minimum 100 hrs of massage training.

Reflexology (Feet, Hands & Ears) 30 hrs

Reflexology uses specific touch techniques on the feet which serve as miniature maps of the whole body, allowing the corresponding organs, glands, and body parts to be effected. Reflexology has been known to improve circulation, ease pain, and increase relaxation. A complete foot reflexology sequence will be taught. Specific techniques and routines, history,



terminology, assessment, benefits, and contraindications will be addressed. Reflexology complements all modalities and you will learn how to integrate this work into your practice. Hand and ear reflexology will be addressed in this very practical class – you will learn thorough sequences for the feet, hands and ears. This class is packed with solid information you can take home and use immediately. Prerequisite: None.

Reiki I **8 hrs**

This class will unlock your ability to use Reiki for hands-on healing for yourself and others. You will learn Reiki history and the steps of healing. You will be introduced to Japanese Reiki techniques, how Reiki works, energy system/exercises, the chakra system and hand positions. You will receive one Reiki symbol and attunement. You will learn Reiki "self-treatment" and "treatment" on others. You will practice exercises to build confidence and self awareness of the power in your hands. Prerequisite: None.

Reiki 2 **8 hrs**

This class will extend your knowledge of Reiki. You will learn distance healing and emotional and mental healing, and sacred symbols. This course includes distance healing, mental and emotional healing habits, affirmations with a client and yourself, levels of the energy field and "disease," pendulums as an assessment tool, intentional thought and visualization, and unification process meditation. You will receive two Reiki symbols and attunements, and learn earth healing. You will learn how to bring Reiki into your daily life. Prerequisite: Reiki I

Shiatsu **30 hrs**

Shiatsu is a unique Japanese hands-on method of preventive health care and therapy that increases vitality, relieves fatigue, and stimulates the body's natural healing power by pressure applied to key points on the body. Shiatsu literally translates as finger pressure. It has its history in the traditional healing arts of China. It combines the use of acupressure points with stretches and mobilizations. In addition, it offers the warmth of a caring touch. This is particularly important now when medical care has become so highly technical and specialized and when our hectic urban lives have so many sources of stress, all of which take a toll on our bodies and minds. In this class, you will: Learn and demonstrate proficiency of a 60-minute Shiatsu treatment, learn the names and locations of the 12 major meridians, learn the location and therapeutic application of 25 tsubo (acupressure points). What you need to bring: A large sheet or blanket and a pillow, note-taking materials, and comfortable loose clothing. Prerequisite: None.

Shiatsu for the Massage Table **24 hrs**

This class will adapt the Shiatsu sequence for the body mechanics of the massage table. We will work through clothing, but Shiatsu is easy to integrate into other forms of table massage, working through the drape. Shiatsu will deepen the therapeutic value of any bodywork treatment. In this class, you will learn a 60-minute Shiatsu treatment. What you need to bring: Sheets, face cradle cover, and a pillow, note-taking materials, comfortable loose clothing. Prerequisite: None.

Sports Massage - Pre and Post Event **24 hrs**

The focus here is on the use of massage before and after an event and/or training session. Prior to an event or training session stimulation of the central nervous system (CNS) is essential to optimize performance. Leaving

the athlete feeling 'up' both physiologically and psychologically is the goal. What is 'up'? Physiologically speaking, it includes increasing the core body temp, ROM/flexibility, blood flow to the muscles, and the efficiency of the CNS to relay its information to the body. We will introduce a fast paced, movement based routine utilizing pumping, percussion, ROM/flexibility and muscle preparation techniques. The psychological aspect focuses on helping the athlete gain a positive mind/body connection, mentally preparing for the specific event and visualization of success. You don't have to be an expert, but an understanding, by the therapist, of the demands of the activity will greatly benefit the athlete. A post event routine will be taught to speed recovery, reduce the lactic acid build up, and regain the ROM/flexibility the athlete began the event/training session with. It is also an ideal time to assess any injuries or 'problem areas' that will benefit from sports massage sessions at your office. This is a great marketing opportunity. Post event sports massage is slower paced and generally more superficial, depending on the athlete, than pre event. Techniques include: flushing, effleurage, petrissage, and stretching. Prerequisite: 100 hrs massage therapy training.

Sports Massage - Injury and Prevention **24 hrs**

This is the heart of sports massage. Where change in the musculoskeletal system takes place. In these sessions you will experience a hands-on, client/therapist interactive focus on how massage can be used to: prevent injury, rehabilitate from injury, correct chronic biomechanical imbalances, and create lasting change over the long term. An emphasis is placed on specific sports and specific sports injuries. To notice the biomechanical faults within a specific sport can help to prevent injury and assess 'why' an athlete is have reoccurring injuries. We will also dive into the stages of healing of injury as well as the timing and depth of appropriate massage techniques. Contraindication of massage will be emphasized. Some common injuries include: strains/sprains, tendonitis, plantar fasciitis, rotator cuff, low back, sciatica, IT band, Achilles, over use and ankle/knee injuries. Techniques taught include: Muscle tracing, Deep Tissue, Trigger Point, Myofascial Release, Facilitated Stretching and Pin and Stretch. Understanding of the anatomy and physiology is recommended.

Sports Massage - Stretching **16 hrs**

We will explore several stretching techniques including ballistic, static, PNF and Active Isolated Stretching (AIS). Our focus will be on AIS which is a complete and systematic stretching program geared for athletes. AIS is based on identifying the muscle to be stretched, isolating that muscle using precise localized movements and maximizing the effectiveness of the stretch in a safe and efficient manner staying away from the stretch reflex mechanism of the muscle. AIS will be taught to the therapist as an assisted stretch for the athlete as well as a tool for the athlete to take home and perform on themselves. A hip/leg protocol and shoulder protocol will be taught hands-on. AIS is effective for the rehab of most sports injuries. Understanding of anatomy and physiology is recommended. Prerequisite: 100 hrs massage therapy training.

Swedish Hot Stone Massage **8 hrs**

Using hot stones in a full body Swedish massage takes clients to a deeply relaxed state and induces a profound level of stress release that is greater than massage alone. Using Hot Stones provides relief for the therapist's hand, decreasing the possibility of injury. In this class, we will apply Swedish massage techniques with hot stones to give a deeply relaxing, soothing full body treatment. Therapist can use this method as a standalone one hour

treatment or to warm up muscles for deeper work. Equipment, set up, safety, and proper body mechanics will be covered. Prerequisite: 100 hrs of massage training.

Thai Massage

32 hrs

Traditional Thai Massage is an extraordinary 2,500-year-old healing arts system which is practiced comfortably clothed on a floor mat. Blending gentle rocking, rhythmic acupressure and yoga-like stretching. Thai Massage deeply opens, relaxes and revitalizes the body. It is unparalleled in its ability to open joints and increase range of motion and flexibility. This workshop will focus on history, theory, technique and form. Treatment sequences in supine and side-lying, prone and sitting positions will be taught and practiced. Attention will be given to proper body alignment, ease of movement, focus, and awareness so that the experience of the practitioner is as healing as the experience of the client. Prerequisite: None

Thai Table Massage

16 hrs

Integrate effective stretching into your table massage with techniques for Thai Massage, Hatha Yoga, and Somatics. You will learn a series of stretches and joint mobilization techniques for each area of the body to increase client's range of motion, lengthen muscles, and free joint restrictions. This is a great addition to any massage treatment. Prerequisite: 50 hrs massage training.

Trigger Point Therapy

16 hrs

Trigger points are areas of contracted muscle tissue that can be tender to the touch and are often involved in chronic pain. This class is designed for the massage therapist who desires to take their skills to another level of precision. You will learn to assess, identify and assist the client in releasing long-held patterns in the body. Increase your effectiveness by working smart, not harder. Prerequisite: 100 hours of massage training.

5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act. However, no claim can be paid to any student without a social security number or a taxpayer identification number.

It is a state requirement that you, the student, pay a state-imposed assessment for the Student Tuition Recovery Fund. 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 in an educational program, 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. in California at the time the enrollment agreement is signed or when you receive lessons at a California mailing address from an approved institution offering correspondence instruction. Students who are temporarily residing in California for the sole purpose of pursuing an education, specifically those who hold student visas, are not considered a "California resident."

To qualify for STRF reimbursement, you must file a STRF application within one year of receiving notice from the Bureau that the school has closed. If you do not receive notice from the council, you have 4 years from the date of closure to file a STRF application. If a judgment is obtained, you must file a STRF application within 2 years of the final judgment. It is important that you keep copies of the enrollment agreement, financial aid papers, receipts, or any other information that documents the monies paid to the school. Questions regarding the STRF may be directed to the: Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400 Sacramento, CA 95833, (916) 431-6959

Massage Therapy Institute does not have a pending petition in bankruptcy, and is not operating as debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against them within the preceding five years that resulted in reorganization under Chapter 11 of the US Bankruptcy Code.

STUDENT TUITION RECOVERY FUND The State of California created the Student Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Postsecondary Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid 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 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 the Division within 30-days before the school closed or, if the material failure began earlier than 30 prior to closure, the period determined by the Bureau.

Instructors

Isabel Adkins has been a Massage Therapist since 1994 and an Oncology Massage Educator since 2001. Her work has included integrating comfort based massage with Eastern bodywork modalities, to strengthen the body during cancer treatment, disease and its trauma. She directed and supervised the Oncology Massage Program at Sierra Nevada Memorial Hospital and has been a keynote speaker at the UC Davis Cancer Center forums on Complementary Medicine. Isabel has contributed with a chapter to the 2nd edition of *Medicine Hands: Massage Therapy for People with Cancer* on the topic of a Chinese Medicine approach to Oncology Massage.

Ellen Asherah is a Certified Clinical Hypnotherapist and a state certified massage therapist. She has been a Reiki Master Teacher since 1994. Since falling in love with QiGong, she has become a Certified Wisdom Healing QiGong Instructor. She is also a certified herbalist.

Emily Bay has been practicing massage therapist since 2001. She is Nationally and California Certified. She is a Reflexologist and Reiki Master. She is a graduate of New York City's Swedish Institute of Massage Therapy. Emily is certified in Pre and Post-natal Massage and has advanced training in Shiatsu, Myofascial, aromatherapy, and Thai massage. She has worked in a variety of settings from spas and sports centers to hospitals and private offices.

Kathleen Davis is a Certified Massage Therapist credentialed through the Acupressure Institute in Berkeley. In addition to teaching Acupressure and Tai Chi, she continues to study the traditional Chinese theory of health and the healing art of Jin Shin Jyutsu. She maintains a private practice in which she integrates Chinese Tui Na massage and Jin Shin Jyutsu.

Steve DeHart has been a CMT since 1991 and a Certified Athletic Trainer (ATC) since 2002. He has worked with the SF 49ers, professional baseball players and Olympic athletes. He was Director of Athletic Training at Sacramento State University with daily responsibilities for Division I football, track and field and baseball. Steve was also certified by Aaron Mattes, founder of Active Isolated Stretching (AIS), as a practitioner and teacher of AIS. Steve brings sports massage therapy and stretching into the world of sports medicine. His techniques are aimed at increasing performance and the prevention/rehabilitation of sports injuries. He currently practices in Nevada City, CA where he owns DeHart Athletic Training Services.

Peter Fuller is a massage therapist, neuromuscular therapist and a Bowen therapist and a certified Bowen Therapist Instructor with National Bowen Therapy Training. He has a private practice in Sacramento.

Jim Gilkeson has been a bodyworker and instructor of subtle energy work since 1983. He is the author of *Energy Healing: A Pathway to Inner Growth* and "A Pilgrim in Your Body: Energy Healing and Spiritual Process", as well as a monthly internet newsletter. He currently practices at Harbin Hot Springs and in San Anselmo, specializing in creative combinations of subtle energy therapy, craniosacral therapy and massage.

Tim Holt teaches workshops in California and Japan. His professional focus is the blend of deep tissue massage and deep stretching integrated into effective joint and soft tissue release. He returns to Asia frequently to continue his studies in Shiatsu and Traditional Thai Massage. He maintains a private practice in Sebastopol, California.

Rene Janiece brings nearly twenty-five years of experience in the field of massage and bodywork to her classroom instruction. She is a graduate of the Scherer Institute in New Mexico, and has a broad background in both comfort-oriented and therapeutic modalities. She is MLD and Lymphedema Therapy Certified through Klose Training & Consulting.

Rebecca Lavadia is a massage therapist, Reiki practitioner and Aromatherapist. She has created her own line of aromatherapy products and

has her own store in Sacramento. She says, "When bodywork of any kind is combined with the mood-enhancing properties of essential oils, we are nurtured on every level of our being, be it mind, body or spirit. Magic happens when involved with this ancient practice of blending. When incorporating intuition, science and intention, I am filled with an abundance of gratitude for the gift to work with essential oils and herbs.

Marty Morales is a Certified Rolfer, Rolf Movement Practitioner, and massage therapy instructor. He has been in private practice since 2003 and has a broad base of experience, from clinical work to spa massage. He trained in a variety of styles including, Swedish, Deep Tissue, Sports Massage, Reiki, and Cranial Sacral. Marty's bodywork instruction ranges from beginning massage therapy courses to advanced Structural Bodywork. He consults and trains at individual spas in San Francisco. He is currently working on a book on Body Mechanics and is an experienced speaker and business coach.

Larry Munn is a certified massage and bodywork professional with a private practice in Berkeley and San Rafael. Larry specializes in Neuromuscular Reprogramming and Advanced Soft and Deep Tissue protocols. He is a well-known and sought after instructor in Northern California.

Sharon Oshita is a massage therapist and spa manager. She has a master's degree in exercise and sport science, and she is an athletic trainer. She has a broad knowledge base including Anatomy, pathology, injury prevention, management and rehabilitation.

Lucy Rush is the owner of Chairgonomics, Inc., a company that provides corporate chair massage, ergonomic consultation, and wellness classes. She has been a professional massage therapist since 1978 and a massage instructor since 1989 in the U.S. and abroad. Lucy specializes in lymphatic techniques as well as Swedish and subtle touch modalities in her massage practice. She also holds a B.A. in dance and is passionate about body mechanics for the massage therapist.

Bridget Scadeng is a Professional Massage Therapist who began her career as an educator and labor coach. She currently maintains a private education and massage practice in the Bay Area. Most recently, she developed and now teaches basic massage training for educators, midwives, and doulas with the emphasis on the needs of pregnant and laboring women.

Keesha Standley is a Certified Massage Therapist and teacher who maintains a private practice in Orangevale and teaches throughout Northern California. She specializes in Cranial Sacral Balancing.

Venice Sullivan has over 2,000 hours of training in the bodywork field, including advanced training in Louyen Neuromuscular Therapy, Structural Integration, Hanna Somatics, Russian Medical Massage, and St. John Neuromuscular Therapy. She has a busy private practice in Carmichael, CA.

Robin Varga has trained in Reflexology with Bill Flocco and has been teaching classes in northern California for many years. Robin's skill combined with the experience of her full time practice in the Bay area gives her classes a depth and breadth which helps your learning to be practical as well as enjoyable and deeply rewarding.

Brad Wathen is a Lomi Associate and has been a professional massage therapist since 1989. Brad received his Lomi Associate credential in somatic education in 1993 and continued in advanced studies with the Lomi school. He continues to develop his work and currently has a practice in Nevada City.

Lea Wildflower has been working as a professional massage therapist for 20 years, specializing in hot stone massage for the past seven. She has worked in several settings offering hot stone and other massage sessions, including spas and private practice, in Sebastopol.

Angel Stork has been teaching meditation and personal development for over 30 years. She is a massage therapist trained in a wide variety of methods including Tradition Chinese Medicine. She coaches graduates in their private practice and developed workshops and tutorials in Public Speaking, Health & Healing, Attraction Marketing and Qi Gong-Meditation. She maintains a private practice in massage and life coaching.



MASSAGE THERAPY INSTITUTE

Please complete this form in full and return with application fee of \$100 and a copy of a document that proves education to at least High School graduation to:

Massage Therapy Institute, P.O. Box 518, Davis, CA 95617

APPLICATION FOR ADMISSION

Name: _____

Mailing Address: _____

City: _____ State _____ Zip _____

Date of Birth: _____ E-mail: _____

Phone # _____ Emergency Contact _____

CLASS/CLASSES: I wish to register for _____

EDUCATION: circle the last year attended in each.

High School 10 11 12 College 1 2 3 4 Graduate School 1 2 3 4

Graduated High School or

GED

Year Graduated: _____

HEALTH: Describe your state of health. Please list any disabilities or serious health problems.

Do you have any medical, physical, or psychological conditions which may inhibit your effectiveness in giving or receiving massage therapy, or any contagious condition or disease? If yes, please explain.

Are you taking any medications? Yes No Please list _____

OTHER:

Have you ever been convicted of a crime, not including traffic violations? If yes, please explain:

What attracted you to doing your training here? _____

How did you learn about our program? _____

The Information on this form is complete and true to the best of my knowledge.

Signature _____ Date _____

Name (Print) _____

Please answer the following questions. Use extra paper if necessary.

What are your personal goals for this class?

Write an evaluation of a professional massage that you have received within the past six months. Describe what you liked and what you didn't like.

What do you feel are your strengths and weaknesses regarding qualities you consider important as a Massage Therapist?

Please describe your history of receiving massage/bodywork. If you have had any particularly noteworthy experiences, please describe them and their impact on you.

Is there anything you feel that we should know about your background or your needs; for example, physical challenges such as vision or hearing impairment?

STUDENT RIGHTS TO CANCEL CONTRACT You have the right to cancel your enrollment agreement, and obtain a full refund of all charges, less the \$100 registration fee; if the agreement is canceled on or before the first day of instruction or you may have all monies credited to another class. Withdrawal and cancellation notification and requests for refunds must be made in writing to: Julie Reynolds, Director; Massage Therapy Institute, P.O. Box 518, Davis, CA 95617. Any refund request must be made within one year of last day of class attended. The school will pay or credit refunds within 30 days. In addition, if you withdraw from the course after instruction has begun, but prior to completion of 60% of the course, a pro rated refund will be made for the unused portion of tuition. Refunds will be prorated from the first day of attendance to the last day of attendance, and you will be charged for any absences between these two dates. For example, if the student paid the full tuition of \$950 for the 100 hour Massage Therapist Program, and withdraws after 40 hours, the refund will be \$570. If the school cancels or discontinues an educational program, the school will make a full refund of all charges.

CREDIT FOR PREVIOUS TRAINING Upon enrollment, at the discretion of the Director, credit may be allowed for previous equivalent education or training. Credit for up to 50 hrs in the 250-Hour Program and up to 100 hrs in the 500-Hour Program may be granted. Student records will document this. Fee to transfer hours is \$50

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION The Massage Therapy Institute is not articulated with any other college or university. The transferability of credits you earn at Massage Therapy Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn at MTI is also at the complete discretion of the institution to which you may seek to transfer. If the hours or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Massage Therapy Institute to determine if your hours or certificate will transfer.

COMPLAINT PROCEDURE The Massage Therapy Institute's purpose is to help you achieve a successful career in Massage Therapy. Should a problem arise during your training, we want to work with you to find a fair solution. You may lodge a complaint by communicating orally or in writing to any teacher. If you feel that the complaint is not resolved, please direct it in writing to: Julie Reynolds, Director, Massage Therapy Institute, P.O. Box 518, Davis, CA 95617, (530) 753-4428. Upon receipt of your complaint, the Director will investigate thoroughly and provide you with an oral or written response within 10 days of receiving the complaint. If, after this process, you still feel that the complaint is unresolved 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.

DISMISSAL POLICIES At the discretion of the Director, a student may be dismissed from the school for the following reasons: not maintaining satisfactory academic progress, unsatisfactory attendance, a lack of qualities of personal integration required to participate in class, or for conduct which reflects discredit on the professional and ethical standards of the school. A student may also be asked to leave if tuition payments fall in arrears. If a student is dismissed, fees will be refunded according to the refund policy

ATTENDANCE AND LEAVE OF ABSENCE To graduate, a student must participate in, and satisfactorily complete the entire course. 95% attendance is required. Students are expected to arrive shortly before class begins. Tardiness is considered anything exceeding 15 minutes after the time class is scheduled to begin. All tardiness will be accumulated and may result in required make-up time. If class time is missed, make-up time will be required. A student may arrange for make-up tutorial services at cost to the student, or arrange to attend a corresponding day at a future class, if space is available. In exceptional cases, a leave of absence may be granted. A letter requesting this leave of absence must be submitted to the school. Refunds for the unused portion of tuition may be issued at the time of departure, or may be applied to a future class at the student's request. of the transcript that will list all courses and hours that the student has completed through the school.

GRADING AND GRADUATION All courses of study are pass/no pass. All course requirements and hours must be satisfied for issuance of the certificate. Student will be required to demonstrate proficiency in their course of study and will be evaluated by the instructor. Upon completion of any course of instruction, a transcript record will be kept by the school. A student may request a copy of the transcript that will list all courses and hours that the student has completed through the school.

Language All courses will be taught in English. Basic comprehension of the English language is needed. The Massage Therapy Institute does not offer Instruction in ESL.

Student Services:

Placement Services The Massage Therapy Institute does not provide placement services for our students, however there is a notice board at the school listing job openings.

Housing The Massage Therapy Institute does not have dormitory facilities and does not offer services to find or assist a student in finding housing.

Academic Counseling Is available by appointment with the Director.

The Massage Therapy Institute is a private institution and is approved to operate by the Bureau for Private Postsecondary Education. This approval means that the Massage Therapy Institute is in compliance with the California state standards as set forth in the Education Code. Massage Therapy Institute has at least met the minimum state standards as set forth in the Education Code.

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 at 2535 Capitol Oaks Drive, Suite 400 Sacramento, CA, 95833, Web site www.bppe.ca.gov, (916) 431-6959 and FAX 916-263-1897. 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.

TEACHING FACILITY

424 F Street, # B • DAVIS, 95616

FROM I-80 (from Sacramento)

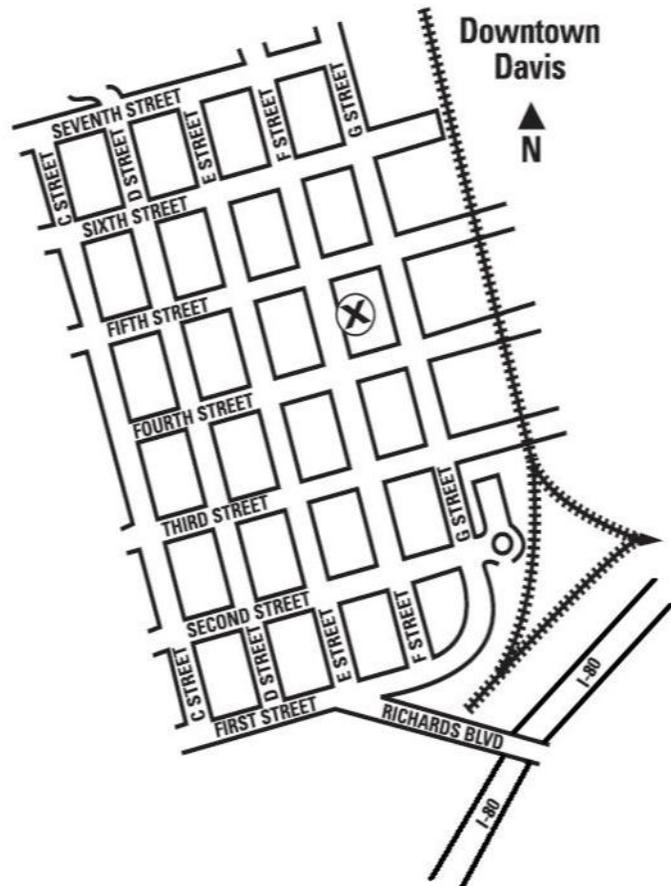
- Take the Olive Drive exit
- Turn Right onto Richards Blvd.
- Turn Right onto 1st St.
- Turn Left onto F St.
- Drive up F St. 3 blocks
- MTI is on the Right (between 4th and 5th Street)

FROM I-80 (from San Francisco/Vacaville):

- Take the Downtown/Richards Blvd exit
- Turn Right onto Richards Blvd
- Turn Right onto First St.
- Turn Left on F St.
- MTI is on the Right (between 4th and 5th Street)

FROM Woodland:

- Take 113 to 80 East
- Take Richards Blvd Exit (downtown)
- Turn Right onto Richards Blvd
- Turn Right onto First St.
- Turn Left onto F St.
- MTI is on the Right (between 4th and 5th Street)



PARKING

FREE ALL-DAY, ON-STREET PARKING is available on 6th and 7th Streets, and also on F St., North of 5th St., around the Davis Food Coop area. Please be sure that you read the signs and that you do not park in a spot that has an “N” painted on the road surface, as this is Neighborhood Permit Parking.

PARKING GARAGE located on 4th St. (between G St. and Railway line on North side of street) has all day parking for \$5.00. It is only 2 1/2 blocks from the school. MTI will credit your \$5.00 (with original ticket) towards continuing education classes.

Please do not park in the parking lot next to the school.