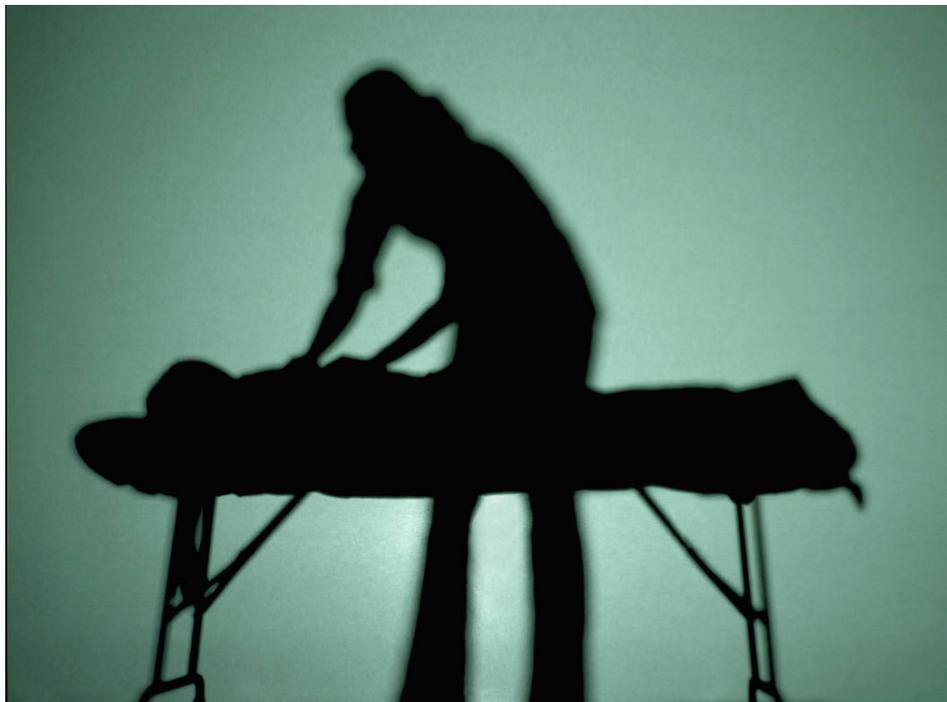


*L*ifeStream

MASSAGE SCHOOL

CATALOG

JANUARY 1, 2013 - DECEMBER 31, 2013



1732 JEFFERSON ST, SUITE 6, NAPA, CA 94559
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LIFESTREAM MESSAGE SCHOOL STUDENT CATALOG
January 1, 2013 to December 31, 2013

Business office: 1033 Broadmoor Dr., Napa, Ca 94558
707-226-2090

OUR MISSION

Our mission is to provide the North Bay Area communities with the highest quality instruction in fundamental and advanced massage training. We wish to serve those students interested in beginning a profession in massage as well as those people interested in learning massage for their own enjoyment and personal growth. It is also our intent to provide a broad spectrum of advanced massage training to anyone working in the field of massage therapy, physical therapy, chiropractic, sports medicine, nursing, martial arts, etc. or to anyone with an amateur interest in advanced massage techniques.

In September 2008 the California State Assembly passed AB 48, a piece of legislation that established an independent State agency, the California Massage Therapy Council (CAMTC) to regulate the massage profession in the State of California. The CAMTC has set up 2 levels of requirements for massage training. The first level is the Certified Massage Practitioner and requires 250 hours of training. The second level is the Certified Massage Therapist. This level requires 500 hours of training. The LifeStream Massage School mission now includes preparing massage therapists to meet the training requirements set by the CAMTC and become a Certified Massage Practitioner or Certified Massage Therapist. Many students who have graduated from our programs now hold these certifications.

STATEMENT OF PURPOSE

LifeStream Massage School offers one of the finest massage training programs in Northern California. The curriculum consists of five complete Certifications totaling 1160 hours of classes.

We provide proven effective training that gives our graduates superior skills to succeed. Some students are looking for personal enrichment. Others are exploring massage as a potential profession. All our students receive a full foundation of skills to confidently meet the needs of their clients and develop successful business practices.

To be successful with massage, mastering proper, advanced technique is very important. At LifeStream Massage School we impart a scientific and technical understanding of massage as well as provide the hands-on experience that brings confidence.

But there is even more to massage than great technique. Developing sensitivity to clients needs. Learning to give massage that is compassionate and nurturing. These are the qualities our training develops. We wish to foster an attitude in the massage therapists we train, of compassion and non-judgment towards others. Our courses of instruction are open to the public and acceptance into a course of study is available to person of any race, sex, color, creed or religion.

Our highest goal is in guiding the student to achieve the full potential of the 'Therapeutic

Power of Touch. ‘

PLEASE READ THIS CATALOG. IT IS IMPORTANT THAT YOU UNDERSTAND WHAT IS EXPECTED OF YOU, AS A STUDENT AND THAT YOU UNDERSTAND THE POLICIES YOU ARE AGREEING TO BY BECOMING A STUDENT AT LIFESTREAM MASSAGE SCHOOL.

THE RULES WE OBSERVE ARE THOSE REQUIRED BY STATE REGULATIONS AND RULES THAT SUPPORT THE SAFETY AND SMOOTH FUNCTIONING OF THE SCHOOL. IF THERE IS ANYTHING IN THIS CATALOG YOU DON'T UNDERSTAND PLEASE CONTACT US AT 707-226-2090.

This Catalog is updated once a year, at the beginning of each calendar year. Copies of this catalog can be obtained by mail upon request. Also a current copy of this catalog is posted on our website at www.lifestreammassageschool.com. Copies are given to all potential students expressing interest in enrolling in a program and meeting with a school representative in person. All students enrolled in our classes will be given a current and updated copy.

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, www.bppe.ca.gov, toll-free telephone number (888) 370 7589 or by fax (916) 263-1897.

STATEMENT OF AUTHORIZATION

LifeStream Massage School is a private institution that is approved to operate by the Bureau for Private Postsecondary Education. Approval means that the institution is in compliance with the California Private Postsecondary Act of 2509.

THE CERTIFICATION PROGRAMS with credit hours per courses of instruction

1) CERTIFIED MASSAGE PRACTITIONER	250 hrs.
2) CERTIFIED MASSAGE THERAPIST	504 hrs.
3) ADVANCED ANATOMY & BODYWORK CERTIFICATION	364 hrs.
4) ACUPRESSURE CERTIFICATION	250 hrs.
5) CERTIFIED TUI NA THERAPIST	270 hrs.

Each of the above five Certification programs are composed of a number of classes. The classes are described below. These classes may be taken individually without enrolling into the Certification Program. Credit is given on a per class basis. Certification is given on a per program basis. Students required by their employers or local city or county agencies to complete 500 hours of training may select classes from a number of Certification Programs without having to complete an entire program. We suggest a visit with the School Director to go more in to details about a program for you.

DESCRIPTION OF THE CERTIFICATION PROGRAMS

CERTIFIED MASSAGE PRACTITIONER (250 hours)

The Certified Massage Practitioner is the beginning basic certification massage class. The instruction includes 40 hours of training in traditional Swedish massage and 40 hours of training in LifeStream Massage. LifeStream Massage is a unique system that provides deeper release of tension and stress than Swedish massage. Also included in the class

is 100 hours of instruction in topics fundamental to a certification in massage. These 100 hours is outlined and defined by the California Massage Therapy Council (CAMTC). It is mandatory that every California massage school include this information in its Certified Massage Practitioner program.

These Core Curriculum topics include basic anatomy and physiology for massage, hygiene, professional ethics and business practices. Our Certified Massage Practitioner program also offers 8 hours of basic training in Reflexology and instruction in Seated Chair Massage. Students are also required to complete 31 externship practice hours in Swedish massage and 31 externship practice hours in LifeStream massage.

We are very proud to offer a basic certification class in which our students learn two distinct full body massages, a Swedish massage and the LifeStream Massage. Our program trains students to a higher level of hands on skill than most basic certification classes. Whether the student is learning massage for his own enrichment or as a basis for a professional career, our students finish this basic certification with a deeper level of skill and understanding.

COMPLETION of the Certified Massage Practitioner Program requires:

1. Written test (multiple choice, anatomy diagrams and small essay section)
2. Hands on test for the full body Swedish massage
3. Hands on test for the full body LifeStream massage
4. Completion of the anatomy and physiology take home quizzes, corrected and discussed in class.
5. Completions of take home final quiz for anatomy & physiology.
6. Full payment of the program tuition
7. Completion of the anatomy coloring book assignments
8. Completion and handing in of the required hours of externship practice logs
9. 70% or better attendance rate of the classes
10. Complete all requirements 1 year after class ends

The Certified Massage Practitioner course of instruction is designed to provide the student with more than the minimum training required by the State of California to obtain a business license and practice massage. Some employers and cities in the state will require more hours of training but the Certified Massage Practitioner certification will fulfill all State of California requirements to practice massage in the State of California.

OCCUPATION TO WHICH THE COURSE IS REPRESENTED TO LEAD: Certified Massage Practitioner.

CERTIFIED MASSAGE THERAPIST (504 CREDIT HOURS)

The Certified Massage Therapist course of instruction consists of the Certified Massage Practitioner Program described above plus: six core classes and two elective chosen from a group of eight elective classes. The student gains understanding and skills in a number of massage styles. These classes consist of the most commonly used and effective techniques needed in a massage practice. Instruction is designed to provide the development of coordination and dexterity, which will allow the student to successfully master a number of advanced massage skills. At the same time the student gains skills that are immediately effective and applicable to a massage practice. Completion of this certification will give the student a powerful overview of the massage field. The skills and understanding gained in the Certified Massage Therapist enhances the career of the Certified Massage Practitioner and allows him to advance.

Any class may be taken separately from the Certified Massage Therapist Certification. If a student wishes, he may take more than 3 electives and the credit hours will be placed on his transcript separately from his certification. For example motivated students at LifeStream have built up much more than the 500 hours required for the CMT Certification. Some have seven or eight hundred credit hours on their transcripts. If a student took all the classes offered at LifeStream Massage School he could be awarded a total of 1160 credit hours.

The student must complete the following core courses:

Section 1: 250 credit hours

- 1) The Certified Massage Practitioner Certification Program

Section 2: 224 credit hours

- 1) Deep Tissue Bodywork..... 60 credit hours
- 2) Anatomy 1: Upper Body.....32 credit hours
- 3) Anatomy 2: Lower Body.....32 credit hours
- 4) LifeStream Massage 2.....40 credit hours
- 5) Acupressure 1.....30 credit hours
- 6) Tui Na 1.....30 credit hours

Section 3: 80 credit hours

In addition the student must complete any two of the following 8 electives. More electives can be completed for additional credit hours.

- 1) The Spa Treatments 140 credit hours
- 2) Sports Massage.....40 credit hours
- 3) Holistic Health.....40 credit hours
- 4) LifeStream Energy Work..... 40 credit hours
- 5) Reiki 1 & 240 credit hours
- 6) Structural Transformation Bodywork 140 credit hours
- 7) Joint Mobilization.....40 credit hours
- 8) Thai Massage.....40 credit hours

COMPLETION of the Certified Massage Therapist Program requires:

1. Completion of all the requirements for the CMP program
2. Completion of all the written tests for each core and elective class. There is usually one written test at the end of each class.
3. Completion of hands on test for each core and elective class.
4. Completion with passing grade (minimum 70%) of all tests for the core and elective classes.
5. Full payment of the program tuition
6. Completion and handing in of the required hours of externship practice logs
7. 70% or better attendance rate of the classes
8. Complete all requirements within 1 year after class ends

CLASS DESCRIPTIONS FOR THE CERTIFIED MASSAGE THERAPIST.

SECTION 1: Certified Massage Practitioner (250 credit hrs) sees the description for this program on page 2.

SECTION 2:

1. Deep Tissue Bodywork Practitioner (60 credit hrs)

This class equips the massage Practitioner with a powerful set of hands-on tools for profoundly releasing stress and muscle tension.

The student learns four sequences of deep tissue massage strokes. The first sequence is for the chest, arms, and neck, the second sequence are for the upper back, the third for the lower back and the fourth for the legs. The student is taught how to perform each sequence as a full one-hour deep tissue massage and how to integrate specific sets of strokes into a Swedish massage when problem areas are encountered.

This class is highly useful for any

One working with clients that suffers from chronic muscle tension due to stress or injury. Strokes are drawn from many of the classical "10 session" schools of Deep Tissue work and are integrated with techniques unique to our school. These unique strokes use more precision and produce finer and more focused release.

Deep Tissue Bodywork is the "bread and butter" of many massage therapists. This is our most attended advanced class.

Prerequisite: Certified Massage Practitioner, or other Certification in Massage

2. ANATOMY 1: Upper Body (32 credit hrs) see page 8 & 9 for course descriptions.

3. ANATOMY 2: Lower Body (32 credit hrs) see pages 8 & 9 for course descriptions.

4. LifeStream Massage 2 (40 credit hours)

The LifeStream Massage 2 class is designed to give the student a greater understanding of source and concept of LifeStream Massage, including the basic patterns from which the LifeStream strokes are created. We will take the basic "seed strokes" of LifeStream Massage and apply them to every part of the body, one at a time. The goal of the class is to furnish the student with more tools to solve soft tissue problems. Also to deepen the students coordination and skill at performing LifeStream Massage and become a master at this very useful massage style.

Prerequisite: None

5. Acupressure 1: JIN SHIN 1 (30 credit hours)

This class teaches 30 points used in the Jin Shin system of acupressure. Students are introduced to the concept of "strange flows". The student learns a back release technique and is introduced to treatment patterns useful in deeply relaxing massage clients and in reducing pain. Purchase of Acupressure Way of Health by Iona Teagarden is required.

Prerequisite: none

6. Tui Na 1 (30 credit hours)

The Tui Na 1 class teaches the basic hand techniques of the Tui Na system of massage. The class is an introduction to the "Long River" style of Tui Na which has been practiced in China since ancient times. Much of "modern" sports massage practiced in the West is based on Tui Na techniques. Tui Na can be given to a client who is fully dressed. So it works great for fairs, sporting events and at any public event where people cannot get undressed for massage. See pages 13 & 14 for more description of these classes.

SECTION 3: THE ELECTIVE PROGRAM.

THE STUDENT MUST COMPLETE TWO OF THE FOLLOWING 8 ELECTIVES TO

BECOME A CERTIFIED MASSAGE THERAPIST. EACH ELECTIVE PROVIDES 80 HOURS OF CREDIT PER CLASS.

ELECTIVE 1: Spa Treatments 1 (40 credit hours) The Spa Treatments 1 class will provide the student with hands-on training in the latest "Spa Technologies" of body wraps and scrubs, Spa Reflexology, Paraffin treatments of the hands and feet, Aromatherapy and face treatments that includes face toning massage, Acupressure facelift and face exercises to maintain good skin tone. Lectures will be made on benefits and contraindications of spa treatments, hydrotherapy and the history of Spas.

The educational objectives are to train the student to correctly and professionally administer the above treatments in either a home or professional setting. The course is designed to give the student an awareness of the rejuvenating value that has been placed on the Spa technologies by various cultures throughout history.

There is an optional field trip to a local Spa.

Prerequisite: None

ELECTIVE 2: SPORTS MASSAGE 1

The Sports Massage 1 class is designed to give the student a greater understanding of the application and theory of Sports Massage. The student will be taught to perform three fundamental types of massage strokes and apply them to all relevant parts of the body. They are, warm up - effleurage, cross fiber, and parallel deep massage strokes. The goal of the class is to furnish the student with more tools to solve soft tissue problems. The student is also given an overview of the field of Sports Massage.

The educational objectives of the course are to provide the student with a skill in the application of basic strokes commonly used in restorative Sports Massage.

This class discusses the use of massage in treating minor acute muscle sprains. The student is provided with an understanding of muscle tear physiology and the inflammatory process.

Prerequisite: none (but we do recommend taking the Joint Mobilization class previously)

ELECTIVE 3: WHOLISTIC HEALTH

The educational objective for this class is to provide massage therapists with an overview of the field of holistic health and provide them with a perspective on the major issues taking place today in holistic health and where massage fits into this new field.

The changing perception of massage by the public and the medical profession is discussed.

Find out about the latest issues in diet, environment and healthy lifestyles.

Prerequisite: none

ELECTIVE 4: LIFESTREAM ENERGY WORK

The LifeStream Energy Work class is a powerful introduction to basic energy work. The student learns about polarities of energy and breath work both for self-use and with clients in the massage profession. Learn about traditional styles of hands on healing and increasing awareness of the healing power of touch.

This class is fun, exciting and a real eye opener.

Prerequisite: none

ELECTIVE 5: REIKI 1 & 2

The REIKI course of instruction is an introduction to basic REIKI energy work. Reiki is an ancient Japanese form of energy work that has become very popular in the United States especially as part of a massage practice.

The word REIKI comes from two Japanese words- REI (God's wisdom or the Higher Source) and KI (Life Force energy). Learn how to tap into the unlimited supply of this energy to use on yourself or others. In combination with massage this simple application helps accelerate health benefits in a profound way. The objective of the class is to introduce the student to spiritual concepts and backgrounds of healing work in a

massage setting. It is intended to complement studies in acupressure and give a background to the ancient Oriental concept of Chi, or life force.

ELECTIVE 6: STRUCTURAL TRANSFORMATION BODYWORK

The Structural Transformation Bodywork course introduces the student to basic concepts of postural distortion and how to access and transform this distortion back into a balanced condition. Hands-on techniques are taught to release and restore balance to some of the most common "postural distorters" of the myofascial system. Emphasis is on release of the 1) abdominal wall, 2) muscles attaching to the pelvis, 3) the psoas, and the hip extensors. We look at the body in terms of crossing syndromes: the lower and upper cross syndromes. Theories of pain and transmission of strain are discussed as well as the function and operation of the muscles being examined.

Prerequisite: A CMT from a State approved school or a degree in the health profession such as Physical Therapy, Sports Medicine, and Chiropractic etc. Deep Tissue Bodywork is also required. We highly recommend Anatomy 1,2 3 and 4 previous to this class.

ELECTIVE 7: JOINT MOBILIZATION

The Joint Mobilization class is designed to give the student an understanding of the basic anatomy and physiology of the joints of the human body. The student learns the normal ranges of motions of the major joints. Based on this understanding, techniques of relaxing the joints, restoring their range of motion and reducing pain due to tension or stiffness will be taught.

An introduction to the inflammatory process from muscle injury is presented and includes an extensive presentation on contraindications. The student learns joint play techniques and how to stretch the joint capsules. Every massage professional should know this.

The course includes an overview of contraindications. The student learns joint play techniques as developed by Dr. John Mennell. Also included is instruction on how to stretch the joints capsules.

Prerequisite: none

ELECTIVE 8: THAI MASSAGE

Traditional Thai massage taught using a table instead of the traditional floor mat. Thai massage is more energizing and rigorous than more classic forms of massage. Thai massage is also called Thai yoga massage, because the therapist uses his or her hands, elbows, knees, legs, and feet to press into meridian points while having the client into a series of yoga-like stretches. Muscle compression, joint mobilization, and acupressure will also be taught.

ADVANCED ANATOMY & BODYWORK CERTIFICATION (364 CREDIT HOURS)

Upon completion of the following nine classes the student will be awarded the Advanced Certified Massage Therapist certification. This course of instruction is designed to create Mastery in the massage profession. The student gains a detailed, in depth and powerful knowledge of anatomy, muscle function and soft tissue release techniques. This course of instruction is for the massage therapists that wish to learn the art and science of solving soft tissue problems.

The student learns how to locate the origin and insertion of every muscle in the body, how to test the function of every muscle and taught techniques for restoring each muscle to a balanced optimally functional state.

An additional purpose of the Advanced Certified Massage Therapist is to prepare the

student to pass the National Certification Exam in Massage Therapy.

The student must complete the all 9 classes

- 1) Anatomy 1: The upper body.....32 credit hours
- 2) Anatomy 2: The lower body..... 32 credit hours
- 3) Anatomy 3: The Neck40 credit hours
- 4) Anatomy 4: The Head, Jaw and Face40 credit hours
- 5) Anatomy 5: Neuro Anatomy40 credit hours
- 6) Anatomy 6: The Shoulder.....40 credit hours
- 7) Anatomy 7: The Hip.....60 credit hours
- 8) Anatomy 8: The Elbow and Wrist & Hand.....40 credit hours
- 9) Anatomy 9: The Knee and Ankle & Foot.....40 credit hours

COMPLETION of the Advanced Anatomy & Bodywork Certification requires:

1. Completion of all the written tests for each class. There is usually a multiple-choice test at the end of each class with questions relevant to the material of the class. We recommend allowing a minimum of 4 to 5 hours to take this test. Some research on the internet may be needed to answer questions though most questions can be answered for the material hand outs give on the first day of class.
2. Completion with passing grade (minimum 70%) of all tests
3. Full payment of the program tuition
4. Completion and handing in of the required externship practice logs. We do not require, but recommend more practice if possible.
5. 70% or better attendance rate of the classes.
6. Complete all requirements within 1 year after the end of class.

CLASS DESCRIPTIONS

ANATOMY 1: THE UPPER BODY

The ANATOMY 1 class consists of presenting the origin, insertion, location, action, and physiology of the muscles of the upper body.

The educational objective is for the student to develop the ability to locate and isolate every major muscle of the upper body. The student is trained to palpate the origin and insertion and belly of each muscle thus developing the ability to analyze soft tissue for abnormality of structure and function, which can then lead to the correction of injury or dysfunction. The student also learns the action of the muscle, which will lead him in subsequent classes of the Advanced Certified Massage Therapist to apply various types of stretching; resistance and active release massage techniques. The course objective is to prepare the student to perform any massage style or technique with much greater accuracy and awareness.

Prerequisite: Certified Massage Practitioner, or training in a related field. The school also recommends the Deep Tissue Bodywork class as preparation for Anatomy 1.

ANATOMY 2: THE LOWER BODY

Same as Anatomy 1, but this course focuses on the muscles of the lower body.

Prerequisite: Same as Anatomy 1

ANATOMY 3: THE NECK

This course focuses entirely on the skeletal structure and muscles of the neck. Origins,

insertions and actions of the cervical spine are examined. Evaluation tests for normal range of motion are practiced. Stretches for the neck are taught, as is a set of Deep Tissue strokes for all the muscles of the neck. Special attention is given to massage techniques for the supra and infra hyoid muscles and the muscles of the anterior neck. A special emphasis is given to releasing the muscles of the anterior neck, such as the longus colli and rectus capitis, an area most massage therapist do not know how to release.

Prerequisite: Deep Tissue Bodywork or similar skills.

ANATOMY 4: THE HEAD, FACE AND JAW

This course focuses in detail on the muscles of the head, face and jaw. This is an area often in need of work by many people seeking professional therapeutic massage. This course prepares the massage professional with detailed skills to examine and work out soft tissue problems in this region. Facial massage is especially emphasized.

Acupressure points are taught as a basis for identifying anatomical landmarks and trigger points. An emphasis on releasing the cranial fascia is included as adhesion and restriction in this fascia is often the cause of tension in the face and jaw. Temporal mandibular joint syndrome is addressed and protocols for relieving or reversing this syndrome are taught.

Prerequisite: Deep Tissue Bodywork or similar skills.

The ANATOMY 5 NEURO-ANATOMY class consists of reviewing and expanding the students knowledge of the structure, function and inter-relationships of the Nervous, Endocrine, and Immune control systems of the human body. The anatomy and physiology of the nervous system is discussed in detail.

This information is essential to the student's ability to pass the National Certification Exam. The educational objective is for the student to develop the ability to locate and isolate many of the major nerves that are close to the surface of the body and therefore subject to entrapment and can be released via massage techniques. PNF stretching is discussed and presented along with basic theories of the origin of pain.

The questions are answered, why are certain areas always subject to sensitivity/pain? The student is trained to palpate the "trigger points" associated with nerve roots and pathways. The student also learns the function and physiological behavior of nerves that will lead him in subsequent classes of the Advanced Certified Massage Therapist to apply various types of neuromuscular and active release massage techniques. The course objective is to prepare the student to perform any massage style or technique with much greater accuracy and awareness.

Prerequisite: Same as Anatomy 1

ANATOMY 6, 7, 8, 9,

Precision palpation procedures and soft tissue release. . Each class will explore in detail the skeletal structures, normal range of motion and the origin, insertion and form of each muscle forming the shoulder, hip, elbow, wrist, hand, knee ankle and foot. Emphasis will be placed on muscles most often associated with pain and restricted motion of each area. For example in the shoulder class we will deeply explore protocols for releasing the pectoralis minor. In the hip class we will learn to release the psoas and the student will practice these protocols a number of times.

In these classes, the student learns to apply the following soft tissue release techniques to the specific soft tissue structures (muscles, tendons, ligaments, nerves) in the

individual class. These techniques will include:

- 1) Review of the isolation technique of the muscle and the muscle action
- 2) Passive stretch of the muscle where possible
- 3) Contract - relax - contract stretch
- 4) Cross fiber technique
- 5) Longitudinal deep tissue technique
 - 1) Lengthened position
 - 2) Shortened position
- 6) Palpation of adhesions.
 - 1) Palpate origin and insertion
 - 2) Bring insertion towards origin and perform short longitudinal Strokes in the belly of the muscle
 - 3) Muscle stripping client takes muscle thru ROM as pressure is applied to the Adhesion
- 7) Palpation of any common nerve entrapment areas that may exist within or adjacent To the muscle

These techniques are applied to:

ANATOMY 6: THE SHOULDER

ANATOMY 7: THE HIP

ANATOMY 8: THE ELBOW, WRIST & HAND

ANATOMY 9: THE KNEE, ANKLE & FOOT

ACUPRESSURE CERTIFICATION (250 HOURS)

The ACUPRESSURE CERTIFICATION provides the student with skills and understanding in acupressure and acupressure massage developed over thousands of years as part of Traditional Chinese Medicine.

Acupressure is highly useful in dealing with clients that are in pain. The courses are designed to train the student to solve soft tissue problems encountered with clients suffering from sports injuries, hypertension, and other similar problems. In addition the student gains understanding that can be applied to further studies in Traditional Chinese Medicine.

To receive this certification the student must complete the following 7 classes:

- 1) Acupressure 1: Jin Shin 1.....30 credit hours
- 2) Acupressure 2: Jin Shin 2.....30 credit hours
- 3) Acupressure 3: Back Release 1.....30 credit hours
- 4) Acupressure 4: Back Release 2.....30 credit hours
- 5) Acupressure 5: The Organ meridians.....60 credit hours
- 6) Acupressure 6: Yu points, Windows of the sky
And the Sweetness of Life.....40 credit hours
- 7) Acupressure 7: Emotional Balancing.....30 credit hours

Note: It is not necessary, but we recommend that students take some form of energy work (LifeStream energy work, or Reiki 1) previous to this class or in conjunction with the Acupressure courses.

COMPLETION of Acupressure Certification Program requires:

1. Written test with multiple choice & anatomy diagrams for each class above.
2. Full payment of the program tuition
3. Completion and handing in of the required externship practice logs for each class
4. 70% or better attendance rate of the classes
5. Complete all requirements within 1 year after class ends

CLASS DESCRIPTIONS

ACUPRESSURE 1: JIN SHIN 1 (30 credit hours)

This class teaches 30 points used in the Jin Shin system of acupressure. Students are introduced to the concept of “strange flows”. The student learns a back release technique and is introduced to treatment patterns useful in deeply relaxing massage clients and in reducing pain. Purchase of Acupressure Way of Health by Iona Teagarden is required.

Prerequisite: none

ACUPRESSURE 2: JIN SHIN 2 (30 credit hours)

Information and background is imparted as to how Jin Shin procedures relate to and complement other massage procedures. This will allow the student to make his massage work more varied and relieve problems of tension and stress that may not be as easily solved by other forms of massage. A further objective is to teach the use of 3 of the strange flow patterns covered in the text,

- 1) The Great Bridge
- 2) The Heel Channel Release
- 3) The General Yin Release

The course also emphasizes use of Acupressure in self-healing.

ACUPRESSURE 3: BACK RELEASE 1 (30 credit hours)

Back Release 1, the student is taught basic sets of points to release stress and tension in the back. One of the main requests of practitioners in the massage profession is to provide relief to people with back and neck tension.

The student is taught a release pattern of 6 major points. Then more points are added to help release the shoulder and neck. The emphasis is on learning location of the points and immediately putting them to use. People receiving this release pattern report “it took my relaxation to a whole new and deeper level”.

Prerequisite: None. Jin Shin 1 is not required but is recommended

ACUPRESSURE 4: BACK RELEASE 2 (30 credit hours)

Back Release 2, the student is taught basic sets of points to release stress and tension in the back. This course adds sets of points to release the low back. The student learns the location and functions of the Bladder and Small Intestine Meridians of Traditional Chinese Medicine. In addition, the Governing Vessel is discussed and used. Sets of points and procedures are then taught to use these meridians and vessels to release the back. These sets of points have proven highly effective in attenuating pain from whiplash, chronic tension, rotator cuff injury etc.

The back releases work especially well for people suffering from injuries that are too recent or tender to address with any other massage techniques.

Prerequisite: None. Jin Shin 1 is recommended

ACUPRESSURE 5: THE ORGAN MERIDIANS (60 credit hours)

The Acupressure 5 class teaches acupressure fundamentals with hands-on emphasis of specific traditional procedures that produce pain erasure, soft tissue release and states of

emotional/mental calm and clarity. The course is founded on the use of the 12 traditional organ meridians system of Traditional Chinese Medicine. Polarity therapy, trigger point work and hands -on healing are discussed and compared to traditional acupressure.

The educational objectives are to train the student to develop skills using acupressure techniques useful in a massage setting. A further objective is to give the student an introduction to fundamentals underlying all Chinese medicine and healing. These fundamentals include discussions of Chi and Yin/Yang Theory. This introduction could serve as a basis for further studies in Chinese medicine or philosophy. The course also emphasizes use of acupressure in self-healing. The student is required to keep a record of a minimum of 4 hours of acupressure self-use sessions.

Perquisite: none

ACUPRESSURE 6: YU POINTS, WINDOWS OF THE SKY AND THE SWEETNESS OF LIFE (40 credit hours)

The Acupressure 6 course, teaches intermediate acupressure fundamentals with hands-on emphasis of specific traditional procedures that produce pain erasure, soft tissue release and states of emotional/mental calm and clarity. The course will feature special emphasis on the location and use of the YU points, Windows of the Sky Points and the Xi Cleft points. We will also learn the Sweetness of Life treatment pattern.

The educational objectives are to train the student to develop higher levels of skills using acupressure techniques useful in a massage setting, especially for pain erasure. The student is trained in the use and application SHU points and the Windows of the Sky Points and the Xi Cleft points of the meridians to complement other massage procedures and to erase soft tissue pain. There is also an emphasis on the emotional effect and use of each of the Windows of the Sky points.

The Windows of the Sky points are highly useful in creating deep relaxation and shifts in states of consciousness as well as being very effective for releasing the neck. Knowledge of the Yu points is highly useful and important in Tui Na massage. The Sweetness of Life is a set of points that when properly employed will enhance mood and feeling of well being in the clients.

Prerequisite: None

ACUPRESSURE 7: EMOTIONAL BALANCING (30 credit hours)

In this class, acupressure points and procedures are learned that are traditionally used to calm anxiety and balance fear. Included is "hara breathing techniques and self treatment procedures to bring calm and peace of mind to the practitioner. This is an excellent course with which to begin studies of acupressure.

Prerequisite: None

CERTIFIED TUI NA THERAPIST (270 CREDIT HOURS)

The Tui Na Certification trains the student in the "Long River" style of Tui Na massage utilized in China for thousands of years. Today in China, Tui Na is one of the 3 major branches of Chinese medicine. Many of the Tui Na techniques formed the basis of "modern" Sports Massage. These techniques are highly useful in sports massage applications, in chiropractic offices and spa settings, and in just about any massage application one can think of. The school has been getting increasing requests for this program and terrific response from our therapists using these techniques in the field.

1) Tui Na 1..... 30 credit hours

2) Tui Na 2.....	30 credit hours
3) Tui Na 3.....	30 credit hours
4) Tui Na 4.....	30 credit hours
5) Tui Na 5.....	30 credit hours
6) Tui Na 6.....	30 credit hours
7) Tui Na 7.....	30 credit hours
8) Tui Na 8.....	30 credit hours
9) Tui Na 9.....	30 credit hours
10) Tui Na 10.....	30 credit hours

COMPLETION of the Tui Na Certification Program requires:

1. There is no written test for the Tui Na series. All instruction and evaluation is hands on, just as it is in China and has been for centuries. There are hands on test to be scheduled with the teacher upon completion of all nine classes.
2. Full payment of the program tuition.
3. Completion and handing in of the required externship practice logs for each class.
4. 70% or better attendance rate of the classes.
5. Complete all requirements within 1 year after the end of class.

TUI NA 1 (30 credit hours)

For course description see Certified Massage Therapist course descriptions. The Tui Na 1 class is required for the Certified Massage Therapist certification as well as for the Tui Na certification.

Prerequisite: All sessions are recommended to be taken in sequence if possible, but it is not required. Students can take any Tui Na class in any order.

TUI NA 2 (30 credit hours)

The Tui Na 2 course of instruction consists of teaching the intermediate hand techniques of the Tui Na system of massage plus a basic system of stretches and mobilizations for the extremities. The class is an intermediate training in the "Long River" style of Tui Na which has been practiced by the military, classical dancers and gymnasts in China since ancient times.

The student is also introduced to movement patterns designed to deepen the understanding of body mechanics and to help him maintain free flowing movements while completing massage techniques.

Tui Na is highly useful in any type of massage work. The more you know the better.

Prerequisite: Tui Na 1(recommended but not required)

TUI NA 3 (30 credit hours)

In the Tui Na 3 class we go further into the Tui Na system. Advanced mobilization techniques of the Tui Na system of massage are taught. This class is taught in exactly the same format as Tui Na 2, but the mobilizations are more complex and involve fuller ranges of motion. More in depth information is given on Qi Gong.

Prerequisite: None

TUI NA 4 (30 credit hours)

We go further still in the Tui Na 4 classes. The class consists of teaching advanced mobilization techniques of the Tui Na system of massage: an advanced system of stretches and mobilizations the entire body. This class is taught in exactly the same format as Tui Na 2 and 3, but the mobilizations are more complex and involve yet with

fuller ranges of motion.

More focus on the joints and hand techniques is presented.

Prerequisite: None

TUI NA 5 (30 credit hours)

We go further still in the Tui Na 5 class. This class is taught in exactly the same format as Tui Na 2 and 3, but the mobilizations are more complex and involve yet fuller ranges of motion. These techniques are intermediate techniques taught for the client in a supine position.

More focus on the joints and hand techniques is presented. At this point the student will know a complete, full body Tui Na massage at the intermediate level

Prerequisite: None

TUI NA 6: SEATED CHAIR TUI NA (30 credit hours)

The Tui Na 6 course of instruction consists of teaching the use of the techniques of the Tui Na system of massage in seated chair massage applications. The class is an advanced training in the "Long River" style of Tui Na in the context of seated chair massage environments. Bring your massage chair if you have one.

The educational objective is to deepen skill of the basic Tui Na hand techniques that are useful in a seated chair massage practice. Also included will be instruction in more advanced mobilizations for the arms. Prerequisite: None

TUI NA 7: ADVANCED MOBILIZATIONS FOR THE HIP AND LOWER BODY, CLIENT PRONE (30 credit hours)

The Tui Na 7 course of instruction consists of teaching advanced mobilizations for the hip, low back and legs. These deep mobilizations bring an incredible sense of openness and relaxation to the recipient. People often comment, "they feel taller" after this work. Contraindications are discussed. The class is also an advanced training in the "Long River" style of Tui Na in the context of Western clinical sports massage demands.

The objective is to supply the student with knowledge of techniques using deep mobilizations of the hip and lower body to balance meridian flows and reverse effects of soft tissue injury pertinent to sports massage applications.

Prerequisite: None

TUI NA 8: ADVANCED MOBILIZATIONS: CLIENT SUPINE (30 credit hours)

In Tui Na 8, the student is taught a set of deeper mobilizations that address the entire anterior surface of the body. These mobilizations are more profound than those taught in earlier Tui Na classes. They mirror the mobilizations that are taught in Tui Na 7.

Prerequisite: none

TUI NA 9: ADDRESSING THE NECK AND FOCUSED WORK (30 credit hours)

In Tui Na 9 we will teach Long River Style Mobilizations and Stretches to release, relax and stretch the neck. Students will practice these techniques regularly in class with an emphasis on not overstretching the neck and staying in close communication with the client. Also we will further explore monkey grips and focusing on certain areas of the body using acupressure points.

Prerequisite: none

TUI NA 10: DEEP WORK (30 credit hours)

In Tui Na 10, the student is taught how to use the skills learned in the previous courses to work deep into adhesions. Knowledge of positioning of the client, the angle to work across and into the tissue and which of the hand techniques can be used effectively for deep work are some of the skills gained in this class.

This is a very important class and teaches a style of deep work that is not taught in any other class.

Prerequisite: none

MORE INFORMATION ON THE SCHOOL AND COURSES OF STUDY

Prospective students should feel free to contact the school for more detailed descriptions of the courses and their content. The School will provide an introductory visit for those prospective students unfamiliar with the facilities.

Note: Per the California Education Code:

STUDENT TUITION RECOVERY FUND (STRF) DISCLOSURE

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.

The State of California created the Student Tuition 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 Private 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 on charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.

4. There was a material failure to comply with the Act or the Division within 30 days before the school closed or if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

FEE SCHEDULE

REGISTRATION (NON REFUNDABLE)	\$ 100.00
STRF (NON REFUNDABLE) (\$.50 for each \$1000 the school charges)	\$ _____
DVD's	\$ _____
TEXTBOOKS	\$ _____
TUITION	\$ _____
RETURN CHECK FEE	\$ 20.00
MASTER OR CAMTC TRANSCRIPT FEE	\$ 25.00
CERTIFICATE REPLACEMENT	\$ 25.00
TOTAL	\$ _____

CURRENT SCHEDULE OF CHARGES PER PROGRAM or CLASS

CERTIFIED MESSAGE PRACTITIONER (250 Credit Hours)

Tuition \$2340

CERTIFIED MESSAGE THERAPIST (512 Credit Hours)

Completion of the following 6 courses plus 1 of the six electives is required for the Certified Massage Therapist. The courses can also be taken separately by those students not interested in obtaining certification in this program.

DEEP TISSUE BODYWORK

Tuition \$ 450

ANATOMY 1

Tuition \$ 275

ANATOMY 2

Tuition \$ 275

LIFESTREAM MASSAGE 2

Tuition \$ 300

ACUPRESSURE 1

Tuition \$ 250

TUI NA 1

Tuition \$ 250

ELECTIVES

Electives, which include Sports Massage 1, Spa Treatment Program, LifeStream 2,

Holistic Health, Reiki 1, LifeStream Energy Work, LifeStream 3, Structural Transformation Bodywork, and Joint Mobilization, have the following fee schedule:

Charges for any Elective in the Certified Massage Therapist Course:

Tuition \$ 300

ADVANCED ANATOMY & BODYWORK CERTIFICATION (364 Credit hours)

Completion of the following 9 classes are required to receive the certification of Advanced Anatomy & Bodywork Certification

ANATOMY 1

Tuition \$ 275

ANATOMY 2

Tuition \$ 275

ANATOMY 3

Tuition \$ 300

ANATOMY 4

Tuition \$ 300

ANATOMY 7

Tuition \$ 500

ANATOMY 5, 6, 8 & 9 have the same tuition.

Each class Tuition \$ 300

THERE IS NO CHARGE FOR THE MASTER TEST FOR THIS CERTIFICATION

ACUPRESSURE CERTIFICATION (250 Credit Hours)

This certification requires the completion of the following 7 classes.

ACUPRESSURE 1: JIN SHIN 1

Tuition \$ 250

ACUPRESSURE 2: JIN SHIN 2

Tuition \$ 250

ACUPRESSURE 3: BACK RELEASE 1

Tuition \$ 250

ACUPRESSURE 4: BACK RELEASE 2

Tuition \$250

ACUPRESSURE 5: ORGAN MERIDIANS

Tuition \$ 500

ACUPRESSURE 6: YU POINTS, WINDOWS OF THE SKY ETC.
Tuition \$ 300

ACUPRESSURE 7: EMOTIONAL BALANCING
Tuition \$ 300

TUI NA CERTIFICATION (270 Credit Hours)

This certification requires the completion of the following 9 classes.
TUI NA 1, 2, 3, 4, 5, 6, 7, 8, 9

Each class Tuition \$ 250

CERTIFICATION FOR A COURSE OF INSTRUCTION

LifeStream Massage School offers FIVE separate certification programs and 43 individual courses of instruction. The State of California does not presently require licensure or state testing for massage therapists. The State confers certification of massage therapists through the massage school offering State approved courses of instruction. Upon successful completion of appropriate State approved courses of instruction, the student receives certification.

Once the student is certified through the school, they can apply for State certification through the California Massage Therapy Council (CAMTC). The student does this by sending in a completed application to the CAMTC plus requesting LifeStream Massage School to the CAMTC an official transcript of the courses completed and the certification earned. We charge \$25.00 to prepare and send an official transcript. See the CAMTC website www.CAMTC.org.

The certificate you receive upon graduation from the Certified Massage Practitioner or Certified Massage Therapist programs at LifeStream Massage School entitles you to obtain a business license and to legitimately practice massage in the State of California.

A number of cities in California have ordinances requiring massage therapists to have 250 to 500 hours of professional training in order to practice within their limits and obtain a business license. The advanced courses we offer will provide hours towards the more stringent requirements of most local ordinances and employers.

Many cities and employers are now also requiring certification from the CAMTC.

Business licenses for massage may not be granted to persons with prior criminal convictions.

Beyond this, the more you know, the more you can help people. The more you can help people, the more people you will attract and retain as clients.

LifeStream Massage School currently offers a total of 1160 hours of training. We highly recommend students invest in advanced training.

BOOKS, SUPPLIES, AND EQUIPMENT

Massage tables, and lotions are provided for classroom use. The purchase of a massage table is recommended but not necessary. The school will provide information on how to purchase a temporary inexpensive practice massage table. The school can help the student purchase major brands of professional massage tables and supplies at a discount.

Note: LifeStream Massage School does not maintain a bookstore but we have arrangements with local bookstores to carry the books we require for our courses of study.

THE FACULTY

Scott Adams, Director, Lead Instructor. Scott received his first certification in massage from Natural Health Institute in 1987. In 1988 Scott began co managing the massage studio at Meadowood Resort in St. Helena with his wife, Margie Adams. Margie was also co founder of LifeStream Massage School in 1992. She passed away in 2012.

During his five years at Meadowood Scott interviewed and hired over a hundred massage therapists and invented the LifeStream Massage Technique. He has studied Tui Na and Acupressure at the Acupressure Institute in Berkeley during the early 1990's and also privately with Brian O'Dea LAC, for five years. In addition Scott has certifications in Deep Tissue Integration, and has studied Aston Patterning and developed a number of sports massage modalities (Accelerated Stretching Technique) with Coach Kim Goss who has worked with a number of Olympic ice skaters.

During the 1990's and early 2000's Scott worked with three different local chiropractors and specialized in working with injury cases. Scott has completed over 20,000 hours of massage in private practice. He maintains a successful private practice today and is known as a humorous and perceptive teacher.

Cindy Cross CMT, Cindy Cross is the founder and owner of Cindy's Day Spa in Cotati, California. Cindy has been a successful small business owner and full time massage therapist since February 2001. Cindy received the bulk of her massage training at LifeStream Massage School. Cindy is a witty and skilled teacher.

Barbara Hansen RN, Barbara has over 25 years of experience in the medical profession. She is a long time graduate of LifeStream Massage School and has over 15 years of experience in private practice as a massage therapist. Her emphasis in practice is Tui Na and Sports Massage.

Shelly Armstrong, RN, Shelly is another long time LifeStream graduate and has experience teaching in professional nursing programs before she began teaching for LifeStream in 2013. She is highly knowledgeable in the field of alternative medicine and works as a coach and facilitator in helping people find alternative medicine modalities and doctors appropriate for their specific needs.

Cathie Anderson, Cathie completed her massage education through Lifestream and has 12 years experience as a massage therapist working both independently and in spas. She has been teaching at Lifestream for the past 7 years and is currently practicing. With her 35 years of classical ballet training in addition to her teaching, she is able to help students learn the proper body mechanics, which will help them, lengthen their careers as a massage therapist.

STATEMENT OF OWNERSHIP

LifeStream Massage School is a California Corporation. Scott Adams is owner and President.

FACILITIES and LOCATION

Facilities consist of two large classrooms (approximately 800 square feet) and a clean equip bathroom. These rooms are located in the quiet corner of Jefferson Plaza, 1732

Jefferson St, Suite 6, Napa, California. There is plenty of parking in the huge parking lot. Massage tables, lotions, chairs, cushions and music are provided. We do not have a library.

HOUSING INFORMATION

Our institution does not operate a dormitory or other housing facilities. Upon request, prospective students will be furnished with a list of inexpensive motels that are within a short distance from the school. The Napa Valley has a large selection of Hotels, Motels, Spas, RV parks and camping facilities in all price ranges to choose from. The available cost of housing located near the facility estimates is \$700 to \$1500 per month.

STUDENT SERVICES

We encourage prospective students to meet with the director or an instructor for a personal interview, to observe a class or to view the classroom facilities.

The instructors are available to assist students with advice for their private client care. The school provides: hands on instruction with experienced instructors, classroom with heat, A/C, clean bathroom with supplies, massage tables and lotions, and drinking water. We recommend a list of books and sources for books as well as recommendations for massage music, tables etc.

ENROLLMENT

Applicants may enroll any time up to the beginning of each class. Students may be admitted to a class past the first day based on an instructor's discretion and willingness to provide the student with makeup sessions if required. Enrollment is on a first come, first serve basis. The student's space in class is secured when the School has received the students completed course contract and application fee.

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.

ADMISSIONS

To be admitted to a course of instruction the student must:

- A) Be familiarized with the school catalog, the stated intent of the course and the course requirements.
- B) Submit a completed enrollment agreement along with any non-refundable registration fee required for the course.
- C) Complete any prerequisites required for the course of instruction.
- D) Students MUST have a high school or GED diploma.

The school will not admit any student who is obviously unqualified or who does not appear to have a reasonable prospect of completing the program.

GRADING STANDARDS/GRADUATION REQUIREMENTS

To pass and graduate from a course of instruction a student must:

- 1) Complete all homework assignments
- 2) Complete all practice hours and present a fully completed practice log
- 3) Pass all written tests with a score of 70% or better
- 4) Pass all practical "hands on" tests with a score of 70% or better. (The student is required to perform at least 70% of the massage strokes correctly in terms of the location, speed and duration of the stroke).
- 5) Complete all classroom hours (or complete 85% of all classroom hours and score 70%

or better on all written and practical tests)

6) Complete all requirements within 1 year after the end of class.

Records of all of the above 1 thru 5 are kept in the students file. If a student fails a test but wishes to graduate from a course of instruction, he may retake the test at a future date until he passes.

TRANSCRIPTS AND CERTIFICATES

Upon completion of any course of instruction, the student may request a Transcript of Completion for that course. An official transcript is required by the CAMTC and the school charges \$25.00 to process this and mail it in.

Upon completion of any CERTIFICATION PROGRAM, the student will be issued a Certificate of Completion. The School charges \$25.00 to reissue a Certificate of Completion that has been lost or damaged.

At any time the student may request a copy of his Master Transcript, which lists, all courses successfully completed or unsuccessfully attempted and list all Certification Programs completed. The School charges \$25.00 to issue Master Transcripts.

Upon successful graduation from a certification program, a certificate including the student's name, the schools name and the hours and course of instruction completed, will be issued to the student.

TRANSFER OF CREDIT FROM A SCHOOL OR INSTITUTION TO LIFESTREAM MASSAGE SCHOOL

In some cases, at the discretion of the Director, the school may accept credit earned by a student at another institution as transfer credit towards one of our similar certifications. The student will be required to demonstrate similar skills and may need to pass a written test in order to receive transfer credits.

If a student has no certification in massage but has had extensive professional experience as a massage therapist we may grant the student an opportunity to "test out" of certain parts of our massage programs if he or she can pass a test demonstrating he/she has mastered similar skills. An interview with the director is necessary to determine eligibility to "test out". After which an appointment with the director for the test and demonstration will be made. If successfully demonstrated, the student can choose not to attend this part of the class for the certification program.

The student will be responsible for paying the full tuition charges for the class or certification program.

LifeStream Massage School has not officially entered into an articulation or transfer agreement with any other school, college or university at this time.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at LifeStream Massage School is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in The Educational Programs is also at the complete discretion of the institution to which you may seek to transfer. If the course credits 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 LifeStream Massage School to determine if your certificate will transfer.

RECORD RETENTION

LifeStream Massage School maintains all students records at least fifty years after the student graduates, withdraws or is terminated. Transcripts are kept permanently. Transcripts and records are kept at the institution's primary administrative location. Students may receive copies of their transcripts or any other records by requesting in writing to:

LifeStream Massage School
1033 Broadmoor Dr.
Napa, Ca. 94559

RETURNED CHECK CHARGES

Any returned checks will incur a fee of \$20 plus the total amount that the returned check was written for.

REVIEW POLICY

Any student may review an entire class for 1/2 the original tuition if space in the class is available and if the student has fully completed the course at a previous time. If the student did not previously complete the course, this discount does not apply. The student has one year from the time class instruction ends to finish all externship hours, take any tests, written or hands on, that the class may require, pay for the class and finish all requirements for completion.

STUDENT RIGHTS:

STATEMENT OF NON-DISCRIMINATION The institution does not discriminate on the basis of race, color, national or ethnic origin, religion, age, sex, pregnancy, disability, or prior military service in administration of its educational policies, admission, employment, educational programs, or activities.

STUDENTS RIGHT TO CANCEL Students have the right to cancel and obtain a refund of charges paid, through attendance at the first class session, or the seventh day after enrollment, whichever is later. Cancellation shall occur when you give written notice of cancellation at the address of the school. You may submit a cancellation notice by mail at the above address or by hand delivery. The written cancellation, if sent by mail, is effective when deposited in the mail properly addressed with postage prepaid.

MORE STUDENT RIGHTS

Students have the right to review their own academic records.

- Fair and effective teaching and grading at the advertised grade level
- -Due process and an impartial hearing in any disciplinary matter
- -Information privacy
- -Fair and effective teaching and grading at the advertised grade level

COMPLAINT PROCEDURE

The school designates Scott Adams, the School Director, to receive and resolve any complaints that are not resolved by the teachers or other administrators. Scott can be reached at 707 253 1359 or 707 812-5120 or can receive complaints before or after class or during class breaks on the days he is present in the classroom. If a student wishes to

submit a complaint in writing please send it to: Scott Adams, 1033 Broadmoor Dr., Napa, CA 94558

If a student orally delivers the complaint and the complaint is not resolved either within a reasonable period or before the student again complains about the same matter, the institution shall advise the student that a complaint must be submitted in writing and shall provide the student with a written summary of the institution's complaint procedure.

If a student complains in writing the institution shall, within 10 days of receiving the complaint, provide the student with a written response, including a summary of the institution's investigation and disposition of it. If the complaint or relief requested by the student is rejected, the reasons for the rejection must be given.

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) 370-5789 toll free or by completing a complaint form, which can be obtained on the bureau's internet web site www.bppe.ca.gov.

WITHDRAWAL

Students can withdraw anytime from a course of instruction and obtain a refund calculated according to the formula explained below. If the student is enrolled more than 60% of the way through the class and does not request withdrawal until after 60% of the course has gone by the student is required to pay the full tuition for the course of instruction.

DROP OUTS AND REFUNDS

REFUND INFORMATION The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session or the seventh day after enrollment whichever is later. After the enrollment agreement period, you will receive a pro-rata refund for the unused portion of the tuition and other refundable charges if you have completed 60% or less of the instruction. To determine your refund you would deduct a registration fee not to exceed one hundred dollars (\$100) from the tuition charge. You would then divide this figure by the number of hours in the program. The quotient is the hourly charge for the program. The amount owed by the student for the purpose of calculating a refund is derived by multiplying the total hours attended by the hourly charge for instruction plus the amount of the registration fee and the documented cost of any books or equipment that were not returned.

For example if the student completes only 10 hours of a 40- hour course and paid \$400.00 tuition, and a registration Fee of \$100, (\$500 TOTAL) the student would receive a refund of \$300.00. \$500.00 tuition and registration fee, less the registration fee = \$400. Then divided by the 40 hours of the program by the net tuition \$400.00. This will give you the hourly quotient \$10.00 per hour. Multiply this quotient times the hours completed, 10 hrs. completed X \$10.00 per hour, totaling \$100.00 for the tuition charge. This charge plus the registration fee would be deducted from the amount paid. Total paid \$500.00, less registration fee \$100.00, less tuition charge \$100.00, equals the refund paid \$300.00.

If the school cancels or discontinues a course or educational program, the school will make a full refund of all charges. Refunds will be paid within 30 days of cancellation or withdrawal.

IMMIGRATION STATUS

LifeStream Massage School does accept students from foreign countries but we do not offer help with immigration issues. We do not check the immigration status of our students. For foreign students seeking certification in the State of California the California Massage Therapy Council has stated that once a foreign student has a certification from our school they can receive a certification from the CAMTC if the student has an up to date VISA. Certification may be denied for other reasons such as criminal record etc. See the California Massage Therapy Council website for more details: www.camtc.org

ENGLISH AS A SECOND LANGUAGE

LifeStream Massage School does not offer English as a second language (ESL). English proficiency. The school requires a level of English proficiency equal to a US High School graduate or adult school graduate. The Director may request a copy of a High School or Adult School diploma or conduct an interview with a perspective student to verify English proficiency.

Under special arrangement classes can sometimes be conducted in Spanish or Mandarin. The student will need a reading skill level in Spanish or Mandarin equal to a reading skill level a US High School graduate would have in English. Proficiency will be established by interview.

LEAVE OF ABSCENCE

In exceptional cases, leave of absence may be granted. The instructor will make a note of requests for leave of absence on the student's information sheet. The student may enter a future class at approximately the same point of instruction as the time of leaving the current class. Refunds for the unused portion of tuition paid on the current class may be issued at the time of departure, or may be applied to a future class at the student's request.

ATTENDANCE REQUIREMENTS AND MAKE UP POLICY

Attendance will be recorded at each class. The student must attend the full amount of hours required by a course of instruction in order to pass, or complete 70% of all classroom hours and score 70% or better on all written and practical tests. The student may review missed class sessions by:

- 1) Arranging to attend a corresponding day in a future class
- 2) Arranging to meet with an instructor for private instruction or with a small group of other students who need review or makeup of the missed material

DISMISSAL AND SUSPENSION POLICIES

LifeStream Massage School reserves the right to dismiss or suspend a student prior to the completion of a course of study, including but not limited to the following reasons:

- 1) Demonstrating lack of commitment to the educational process, as evidenced by excessive absence or incompleteness of course work.
- 2) Behaving in a manner, which is harmful to the schools reputation or to the safety or reputation of fellow students.
- 3) Engaging in socially unacceptable or illegal behavior in the classroom or on school premises, including attending class under the influence of intoxicating substances.
- 4) Not fulfilling financial agreements.
- 5) Disrespectful behavior toward an instructor, staff member, or a fellow student of the school.

6) Disruption of the learning environment if disruption continues after feedback is given.

PROBATION

At the discretion of the Director, a student may be placed on probation for violating any of the above performance requirements. If the student participates fully in the program without further violation of the above performance standards, the student is taken off probation. If the student fails to make it through the probationary period without violations, then dismissal will take place.

LIMIT OF LIABILITY

During massage practice it will be necessary for students to remove rings, necklaces, bracelets etc. We advise students to not wear jewelry or bring anything of great material value to class. We have no provisions for secure or locked storage of personal belongings. LifeStream Massage School does not accept responsibility for personal property lost or stolen on the school premises or at any school function.

FINANCIAL AID

LifeStream Massage School does not participate in any Federal or State of California financial aid programs. This institution is not accredited by an accrediting agency recognized by the United States Department of Education. Hence, students enroll in our school is not eligible for federal financial aid programs.

LOANS

If the student has received federal student financial aid funds, the student is entitled to a refund of moneys not paid from federal student financial aid program funds. If the student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan, plus interest, less the amount of any refund. If a student defaults on a federal or state loan both of the following may occur:

- (1) The federal or state government or a loan guarantee agency may take action against the student including garnishing an income tax refund: and
- (2) The student may not be eligible for any other government financial assistance at another institution until the loan is repaid.

JOB PLACEMENT

LifeStream Massage School does not offer job placement assistance. When the numerous spas in the valley and surrounding area, send us their job openings we email it to our student list.

FINANCIAL SOLVENCY

LifeStream Massage School does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq).