

The Napa Valley School of Massage

Catalog 2013

Why Choose the Napa Valley School of Massage?

There are several important reasons why you should choose the Napa Valley School of Massage. First, the Napa Valley School of Massage, located in the beautiful Napa Valley, offers you the perfect environment to learn massage. The Napa Valley has some of the best known spas in the world. Every year, millions of visitors come to the valley to relax and renew their tired bodies and spirits. As a student in the Napa Valley School of Massage, you will become part of this respected tradition. Upon graduation, you will receive a prestigious diploma stating that you trained in massage in the world famous Napa Valley.

Another important reason why you should choose the Napa Valley School of Massage is that our school is not a single classroom but a campus allowing you the most varied massage training experience available anywhere. You will enjoy lectures and practical training in the Heart House. This facility also includes a kitchen and a dorm room for you to use should you live outside the Napa area. In the "Upper Room" our Christian day spa, you will be able to help others with relaxing massage therapy in a spiritual, spa environment. At the Pinewood building you will work in the Natural Healing Center – a working acupuncture clinic. Students enrolled in the Intermediate 500 hour course receive lectures on Chinese medicine by our resident licensed acupuncturist.

In addition, the Napa Valley School of Massage offers you the unique opportunity to treat actual patients with massage therapy under the direction of our medical doctor. These patients are seen for a variety of acute and chronic health conditions. While other schools have their students "take turns" massaging each other, the Napa Valley School of Massage gives you the rare opportunity to work in a medical practice. You will help those who want to stay healthy as well as those who are recovering from serious health conditions.

There are many reasons why training at the Napa Valley School of Massage will prepare you for unparalleled success. Your prestigious diploma will be a priceless document throughout your career as a massage therapist.

SCHEDULE

Class times designed to work for you.

The Napa Valley School of Massage class schedule is very flexible providing you with class times that fit your busy lifestyle. Classes are ongoing – that means you can begin your studies anytime. Whether you are employed, a student, living outside the Napa area or just have a busy lifestyle, the Napa Valley School of Massage provides you with the best value and educational opportunity.

We offer both Day and Evening Classes. Also, you may attend full-time or part-time. In addition, distance instruction is provided through our Online Course.

Day Classes are offered Monday through Friday; 9:00 a.m. - 4:00 p.m.

Evening Class is Monday through Friday; 5:00 p.m. - 7:00 p.m.

School Calendar: The NVSM is open year round, five days per week (Monday through Friday). The school is closed in observance of major national holidays and for two weeks over the Christmas and New Year holidays.

Modern Facilities for Optimal Learning.

You will enjoy studying at the modern and well equipped Napa campus. The school campus consists of three buildings on Trancas Street, across the street from the Queen of the Valley Medical Center. Two of the buildings have clinic areas where you will be working assisting actual patients with Restorative Massage techniques. These clinics are furnished with massage tables, hydrotherapy equipment and various liniments you will need to help others. In the Heart House there is an extensive library of massage books and DVD's for your learning experience.

INSTRUCTION

You will learn the most effective techniques.

Your massage instruction will begin with introductory lectures followed by rotations through the laboratory and media center. Lectures in Massage Theory will cover a variety of topics including the art of Restorative Massage, Eastern and Western perspectives on massage, Body Mechanics and the underlying principles of anatomy and physiology. In the laboratory, you will learn to prepare oils and liniments that you will use in your massage practice.

You will also want to review massage techniques as well as observe massage therapists at work by choosing from an extensive library of videos and DVD's. You will have ample classroom time for self study of required text assignments. In addition you will enjoy studying the bones, muscles, nerves and lymphatic's of the human body on anatomical models and color posters.

Following this unique experience, you will begin practical massage sessions on other students. As you become more competent and confident you will participate in student massage clinics working on the public.

Through a variety of exciting instructional methods, The Napa Valley School of Massage offers in-depth training to ensure your success as a Massage Therapist.

At the Napa Valley School of Massage you can make an appointment to speak with any faculty member or with the administrator or director. We are here to assist you with any concerns. We are always pleased to assist you with any question you may have about the course, the best Napa Valley restaurants or where to purchase groceries and supplies. We are here to help you!

MASSAGE THERAPY PROGRAMS

Take your massage career as far as you like.

Basic 250 hour Course

The Basic Course is the foundation course of the Napa Valley School of Massage. In this course, you will be introduced to the wonderful arts of Restorative Massage, Medical Gymnastics, Hydrotherapy, Hygiene, and the underlying principles of Anatomy and Physiology. You will learn two important massage routines that are very different from each other. The first is Swedish massage, one of the most popular massages in the world and the Okazaki famous elbow method – a wonderful deep tissue massage routine. Knowledge of these two versatile massage routines will make you a very employable Massage Therapist. You will feel very confident having worked in the Student Clinic. Most graduates will do 50 massages in the Student Clinic prior to course completion.

You will be well prepared to pass your final examination which consists of a written and practical test. An accomplished diploma for 250 Credit Hours in the Art of Restorative Massage will be awarded to you upon successful completion of the course.

After graduation, you will be able to work independently or under the supervision of physical therapists, chiropractors or medical doctors. While some states and cities require more hours, many cities in California and other states allow new graduates with 250 hours to obtain an independent license to practice massage therapy.

Following graduation, you may want to undertake further study in the 500-Hour Intermediate or 1000-Hour Advanced Course. With your 250-Hour Diploma, you will receive advanced placement in these courses.

Intermediate 500 Hour Course

The Intermediate Course is known as “Black Belt Healers” and is a course where the emphasis is on Sports Massage written around the martial arts. This course is also available online and is blended with practical training here in the Napa Valley. This course is the next step in your education as a Restorative Massage Therapist. The first part of this 500-Hour Course consists of the 250-Hour Basic Course as described above. Your foundation as a Restorative Massage Therapist is built in the Basic Course and further refined and advanced in the Intermediate Course.

In this outstanding Intermediate Course, you will gain additional knowledge in Anatomy and Physiology – this time focusing on the eleven organ systems of the body. You will review the anatomy of the musculo-skeletal system and build on this knowledge by learning the anatomy and physiology of the nervous, circulatory, digestive, urinary, respiratory, integumentary, endocrine and lymphatic systems. At this Intermediate level, you will also learn the advanced use of massage oils, liniments and aromatherapy. Included at this level are informative lessons in first aid, taping, splinting and Chinese medicine.

In addition to the great massage routines taught to you in the first 250 hours, you will be taught additional massage routines and techniques including the Japanese Towel Massage, Restoration Foot Massage, a soothing facial massage and an advanced side massage technique. These massage routines will add to your depth of knowledge, experience and flexibility in meeting the needs of your clients.

After successful completion of the required course work and successful passage of the final examination, including a written and practical test, you will be awarded a distinguished diploma for 500 Hours in the Art of Restorative Massage.

Successful completion of 500 hours of instruction at the Napa Valley School of Massage will satisfy the new State Licensing requirements for California through the California Massage Therapy Council. Our graduates are also eligible for licensure in other states in the United States as well as in foreign countries around the world. Completion of 500 hours also makes you eligible to join the prestigious American Massage Therapy Association (AMTA) and qualifies you to take the National Certification Examination to become nationally certified through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). This coveted certification is required in most states and gives you a strong competitive edge.

Advanced 1000 Hour Course

In this course, you will be trained as a Holistic Health Practitioner.

Successful completion of the Basic 250 hour Massage Therapy and Intermediate 500 hour Restorative Massage Therapy courses are required prerequisites before you can apply for this course. Space in the Advanced course is limited. Admission decisions are based on the student's performance in the Basic and the Intermediate courses. You should submit your application for admission at least one month prior to completion of the Intermediate 500 hour course. Students accepted in this advanced course will be taught additional advanced massage routines including Shiatsu, Tui Na, Eagle Claw Chair Massage, Advanced Deep Tissue Massage Techniques, Pregnancy Massage, Head Massage and Traditional Medical Thai Massage.

In this high level course, you will treat actual patients in the Heart and Medical Clinic under Dr. Andrews' direct instruction and supervision. You will continue to work in the Student Massage Clinic throughout your advanced massage training. By the time you graduate, you will have done at least two hundred massages in the Student Clinic. The online information will continue to be available to you as a supplement for your advanced training.

Laurie Andrews will train you as a yoga therapist. You will work under Laurie's supervision in the Senior Yoga Play class. Also in this 1000-Hour course, you will enjoy growing and harvesting your own herbs. The herbs will be grown in the school's herb garden and will be used to make your own massage liniments and salves. You will also be trained to work in complementary health care fields such as chiropractor or acupuncture offices. You will be well prepared to pass the written and practical exam.

Upon graduating from the advanced 1000-Hour Course, you will receive your diploma as a Holistic Health Practitioner, indicating your training in Andrews Health Culture including advanced training in Restorative Massage, Nutrition, Yoga Therapy, Herbology and Physiotherapy.

Following graduation, you may choose to open your own massage business as a "Holistic Health Practitioner" and employ your friends and other therapists. Your expertise in massage plus your working knowledge of nutrition, yoga therapy, herbology and physiotherapy will train you to work in many health care areas such as holistic retreats, medical settings or physical therapy facilities. With your training, knowledge and experience you will also be in demand in gyms and sports facilities.

The Online Course

Start a New Career That You Love...

Perhaps your friends and family have said that you give a great back rub. Or, you may be ready for another career – one you really love. Now, regardless of where you live or your busy schedule you can train online and avoid the daily commute. Simply [LOGIN](#) and begin learning massage from the comfort of your own home. Both our Basic Massage Therapy and our Intermediate Restorative Massage Therapy courses are available online and are each blended with ten days of hands on practical training in California's beautiful Napa Valley.

The online massage format is very affordable when compared to traditional classroom training.

We even have a comfortable dorm room for you to stay in while you are here in Napa to complete your training - provided to you at no additional cost.

You will receive the same thorough education as if you were enrolled in the Napa Campus course. Our online lessons are fun to complete and are very informative - giving you the precise knowledge you need to be highly successful in your new career as a Massage Therapist.

It is really very simple. First, you fill out the easy enrollment application and are welcomed to the school. Then you complete 27 enjoyable online lessons from home – and you can do that at your own pace.

You will receive an E-mail within three days of submitting your lesson, giving you valuable feedback on your progress.

Last, but not least, you look forward to a ten day “working-vacation” in the famous Napa Valley. When you return home, you will be holding a prestigious diploma, with your name engraved, certifying you as a graduate of the Napa Valley School of Massage. Imagine how good you will feel and how proud your friends and family will be. So what are you waiting for? Enroll today and start doing something you love...

Click [HERE](#) to start your training now and immediately begin the career you deserve!

Napa Campus*

Restorative Massage Therapy Programs

Chart of Courses/ Tuition/Diploma

Course: Basic Restorative Massage

Hours: 250

Prerequisite: High school diploma/equivalent or waiver

Tuition: \$3,000 plus Non-refundable registration fee: \$300

Diploma: Restorative Massage Practitioner

Course: Intermediate Restorative Massage

Hours: 500

Prerequisite: Basic Course

Tuition: \$3,000

Diploma: Restorative Massage Therapist

Course: Advanced Restorative Massage

Hours: 1000

Prerequisite: Basic and Intermediate Courses

Tuition: \$6,000

Diploma: Holistic Health Practitioner

*Entire course is taught on Napa Valley School of Massage Campus
(No hours earned online).

Online*

Restorative Massage Therapy Programs

Chart of Courses/ Tuition/Diploma

Course: Basic Restorative Massage

Hours: 250

Prerequisite: High school diploma/equivalent or waiver

Tuition: \$2,000 plus Non-refundable registration fee \$300

Diploma: Restorative Massage Practitioner

Course: Intermediate Restorative Massage

Hours: 500

Prerequisite: Basic Course

Tuition: \$2,000

Diploma: Restorative Massage Therapist

The Advanced Restorative Massage and Holistic Health Practitioner 1000 hour Course is not currently available online.

*Online courses are blended with 100 hours (each) of practical training at the Napa Valley School of Massage campus. Dorm room provided at no additional cost.

To enroll at the Napa Valley School of Massage, please call, visit or sign-up online:

To take advantage of these outstanding courses, there are three easy ways to enroll.

1. Go to our web site at www.napamassageschool.com and look for the blue border at the top of the page. Click on the menu item titled "[ENROLL](#)". Print the enrollment pages to sign and return to us along with a check for your tuition to the Napa Valley School of Massage, 1131 Trancas St., Napa, CA 94558 U.S.A.
2. Call us at (707) 253-0627. We can take your credit card by phone and will mail you the enrollment papers. You will be glad you did! Your rewarding career in Restorative Massage therapy awaits you. We look forward to helping you start or advance your career in Restorative Massage Therapy.
3. If you are in the Napa area, you can visit us at 1131 Trancas Street, Napa and enroll in person.

The Napa Valley School of Massage
1131 Trancas Street (Mailing Address)
1139 Trancas Street (Heart House)
901 Trancas Street (Pinewood Building)
Napa, CA 94558

Phone: (707) 253-0627

Email: info@napamassageschool.com

Web: <http://www.napamassageschool.com>

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Enrolling in the NVSM is a secure investment in your future.

The Napa Valley School of Massage is a private institution that is approved to operate in the state of California by the Bureau for Post-secondary & Vocational Education. This is important to you because NVSM will uphold quality by adhering to the regulations written to protect you the student. The following policies are designed to help protect your investment in this unique educational opportunity.

Policies and Procedures:

A. Admission Policy: Students are interviewed and offered acceptance if the applicant demonstrates a desire to learn massage and help others and if his or her educational goals will be met by training with us at the Napa Valley School of Massage.

B. Attendance: Students must maintain a 90% attendance rate. Two tardies will be considered an absence. Students may be dismissed after 6 absences. Students who take leave of absence may return for the next semester.

C. Make-up: Students must maintain a 90% attendance rate (see attendance policy). However, make up classes are charged to the student at a fee of \$12 .00 per hour. Missed work will be accepted at time of make-up attendance.

D. Grading Policy / Standards for Student Achievement:

1. The school's grading system for each class is:
 - A. Excellent 90 -100
 - B. Good 80 - 89
 - C. Average 70 - 79
 - D. Unsatisfactory 69 or less.
2. Grade required for certifying completion of a course is 70.

D. Grading Policy (continued):

3. There will be a final exam at the end of each course. Each course exam consists of 100 multiple choice questions, and a practical exam. In the practical exam, the student must demonstrate the massage techniques taught at each level. The final exam (both written and practical) must be successfully completed prior to receiving the diploma in your chosen course of Restorative Massage.

E. Satisfactory Progress: Satisfactory progress is determined by attendance, class participation and review of the written materials such as completion of the anatomy coloring book.

F. Student Assessment: Student's skills are measured with a final exam at each level of training. This consists of 100 questions (multiple choice) and a practical massage exam.

G. Graduation Requirements: Students must complete 100% of assignments, maintain 90% attendance and have at least 70% accuracy on exams for graduation.

H. Leave of Absence: Students who wish to take a leave of absence must notify the Administrator in writing by completing a Leave of Absence Form. If approved, students may resume their education without any additional fees.

I. Dropout Policy: If a student intends to cancel his education, he must submit a Cancellation notice or he will not be given a refund.

J. Cancellation, Withdrawal and Refund Policies: Registration fee of \$300.00 paid on enrollment in the Basic 250 hour course is not refundable. A partial or full refund of tuition will be given to students who complete the Notice of Cancellation. Tuition will be refunded in full up to the seventh business day after the first day of class. Tuition will be refunded after the seventh business day on a pro rated basis; education that has been paid for and not yet received.

K. Schedule of Tuition: see Chart of Courses (pages 8-9).

L. Rules of Operation and Conduct: Students must follow the rules of the Napa Valley School of Massage. Students may be dismissed for failing to follow the published Rules and Regulations. This includes the policies listed in the form entitled: "Professional Ethics". These forms will be provided to the student upon enrollment. Once dismissed for violation of the Conduct Policy a student may not return.

M. Student Tuition Recovery Fund: The Student Tuition Recovery Fund (STRF) established by the legislature, protects California residents attending private post-secondary institutions who suffer a financial loss as a result of the school closing, failing to live up to its enrollment agreement, or refusing to pay a court judgment. To qualify, you must be a California resident. A STRF application must be filed within one year of notice of school closure from the Bureau. If no notice is received, you have 4 years to file an application. If a judgment is obtained you have 2 years to submit. Keep copies of enrollment agreement, receipts or other information that documents monies paid. Questions regarding STRF may be directed to the Bureau for Private Postsecondary Education, P.O. Box 980818, West Sacramento, CA 95798-0818, (916) 431-6959

N. Complaint Procedure: 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 toll-free or by completing a complaint form, which can be obtained on the Bureau's internet website www.bppe.ca.gov.

O. English as a Second Language Instruction: The Napa Valley School of Massage does not provide English as a second language instruction. The Student must be proficient enough to understand lectures and books in English.

P. Catalog Questions: Any questions a student may have regarding this catalog that have not been satisfactorily answered by the Napa Valley School of Massage may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, Ca 95833, www.bppe.ca.gov, toll-free telephone number 888 370-7589 or by fax 916 263-1897.

Q. Catalog Review: 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.

R. Records: All student records are maintained at 1131 Trancas Street, Napa Ca 94558.

S. Transfer of Credit: The Napa Valley School of Massage does not have an agreement with any vocational school, college or university for transfer of educational credits. The Napa Valley School of Massage may, on a case by case basis, accept credits awarded by other schools in transfer toward earning a diploma. The student may transfer with administrative approval, up to 50% of the credit toward a Restorative Massage Therapy course offered by the Napa Valley School of Massage. A Student who wishes to apply for transfer credit must supply the Napa Valley School of Massage with an official transcript indicating the courses and number of credit hours earned at another institution. The transferability of credits you earn at the Napa Valley School of Massage is at complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in any of the Napa Valley School of Massage courses is also at the complete discretion of the institution to which you may seek to transfer. If the certificates 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 course work 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 the Napa Valley School of Massage to determine if your certificates will transfer.

T. Award of Credit for Prior Experiential Learning: The Napa Valley School of Massage will assess and award credit for prior experiential learning on a case by case basis. The Student will need to provide documentation of that experience.

U. Dismissal Policy: The student may be dismissed at the discretion of the Napa Valley School of Massage for any reason such as the student's conduct, including but not necessarily limited to, violation of the Rules and Regulations of the Napa Valley School of Massage, failure to follow the dress code, failure to pay tuition, or a student's lack of attendance.

V. Financial Aid: The Napa Valley School of Massage does not accept Federal or State Financial Aid programs. The Napa Valley School of Massage does not offer or endorse any lenders.

W. Student Rights: You may request a meeting with any faculty member or administrator. You have the right to review your final exam and ask for a make up exam. Make up exams will be granted to the student after he or she has had an opportunity to review the missed questions and has had adequate time to study for the make up test. Any complaints can be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, Ca 95833, www.bppe.ca.gov, toll-free telephone number 888 370-7589 or by fax 916 263-1897.

The Napa Valley School of Massage is very proud to list our faculty:

Daniel E. Andrews III, M.D., F.A.C.C. - Dr. Andrews is the Director of the Napa Valley School of Massage and the Heart & Health Center. He holds a B.S. in Biology from Oklahoma State University. He is a medical doctor who specializes in Cardiology and Internal Medicine. Dr. Andrews graduated from the Autonomous University of Guadalajara Faculty of Medicine and completed a 5th Pathway program at Sinai School of Medicine. Dr. Andrews is Board Certified in Cardiology and Internal Medicine and holds an acupressure certificate from the Hong Kong Naturopathy Association. He is the founder of Pinewood Karate and authored the world's first online course designed to train martial artists as healers, known as Black Belt Healers.

Laurie E. Andrews, J.D., H.H.P. - Mrs. Andrews is the Administrator of the NVSM. She holds a B.S. in Journalism from Oklahoma State University and a Doctorate in Law from Tulsa University. Mrs. Andrews is a certified Holistic Health Practitioner and a Yoga Therapist. She has had extensive experience in teaching yoga to people of all ages. In addition to power yoga she has taught pre-natal yoga, children's yoga and restorative yoga to seniors. Laurie is a fifth degree black belt in Pinewood Karate. Laurie is married to Dr. Andrews and is the mother of their four children.

Jennifer Chen Everett, L.Ac. - Jennifer Chen Everett, L.Ac graduated with a Bachelors Degree from the University of California, Irvine. She then obtained her Masters in Traditional Chinese Medicine from the American College of Traditional Chinese Medicine in San Francisco. Jennifer also studied for several months in Hangzhou, China at the Zhejiang College of Traditional Chinese Medicine.