

Tom & daughter Lauren

Photo – Jon Rosenberg. 1984

Ahern's Massage Therapy School

- IF you were wanting to learn a foreign language, the very best way would be to go live in that country so that you would be fluent in a month.
- LEARNING massage her is like that.
- WITH total emersion, living, breathing and feeling massage.
- CONSISTENT with everyday you will be giving and receiving at least two massages. You will be working, learning and enjoying this new way of life all day long.
- LOVE IS working from the heart and from the heart you can truly feel. To feel is to touch with empathy and compassion. This will change just a “mechanical” massage to that of one from a healer.
- MY INTENT is to make available to the world as many healers as possible and they have all been awesome!!!
- THEN YOU TOO WILL BECOME AN
AWSOME MASSAGE THERAPIST!!!**

*A teacher for a day is like a parent for a lifetime
Chinese proverb*





Photo – Mary Jensen

TRIBUTE TO CARL SHARSMITH

In the summer 1994, I had the great privilege and honor to be Carl Sharsmith's primary care giver. Carl was 92 years old, a father of two, a true outdoors man, Professor of Botany at California State University, San Jose and a Ranger Naturalist at Yosemite National Park for 64 years. When Carl's family engaged me, he had been fighting prostate cancer for many years. He was on heavy pain medication; slept most of the day (not knowing whether it was day or night); could only walk about 100 feet a day; had a poor diet and appetite. By summer's end, with hand and foot massage, energy work, the music of Bach, Beethoven and Mozart, healthy meals and added vitamins and the magic of the Sierra mountains, Carl's health had greatly improved! He no longer took pain medication, napped maybe ½ hour in the afternoon, lead Yosemite walks and hiked up to 1 – 1 ½ miles and was eating normally.

I learned a great deal from Carl and in spite of him as well...He said the same of me. Some of the things we learned together were:

ABOUT THE INSTRUCTOR

Hello. My name is Dr. Thomas F. Ahern, Jr., and I look forward to being your teacher. If I reach this goal with you as I have with others, then this part of my life will have been fulfilled. Thank you for considering my school and for having the **courage** to take on a new career. **Knowing** that this is a huge step for everyone I will strive to make this the very best experience for you, and with your help, it will be. THANK-YOU!!!

I have been a facilitator of healing all my life. The first person's life I saved was 3 years old. I was 5. I jumped in and saved him from drowning; not knowing how to swim myself. I got us both out, and - I must confess - I was wearing a Superman suit at the time. My life-long massage therapy education started when my grandfather taught me massage while still a small boy. He firmly believed, as do I, that everyone should practice this healing art. Following his example, my learning continues.

I am a graduate of Phillips School of Massage with certification in teaching. In my years of private practice I have integrated massage and health care of terminally and chronically ill clients; debilitating injuries, allergies, substance abuse and migraines. During this time I have developed the style of massage I now teach.

I am a Reiki Master and teach traditional Usui Reiki levels 1 and 2. I have studied with Zen masters in martial arts and Oriental philosophy and am currently learning the traditions of the Yosemite Native Americans as well as Qigong Masters in China. As I learn additional massage techniques and therapies, I add them to my school curricula, so as to provide the best possible educational experience for each and every one of my students.

What I do for a living is; every day, all day long, I help heal people and make everyone I see feel better. I also get to teach my students to do this. You too can learn to do what I do. Please come to learn and share in this healing art.

*A teacher for a day is like a parent for a lifetime.
Chinese proverb*

*DO NOT UNDERESTIMATE THE POWER OF TOUCH.
BE BRAVE & COURAGEOUS - it's what's lacking in the
world
BE ABLE TO SAY WITH COMPASSION, "I LOVE YOU"
MIRACLES ARE NOT ALWAYS ACCOMPANIED BY
FIRE & BRIMSTONE
NEVER LET A HORRID 15 MINUTE EXPERIENCE,
RUIN YOUR LIFE
YOU ARE NEVER TOO OLD TO LISTEN, LEARN,
FEEL & LOVE
WESTERN MEDICINE NEEDS RE-EXAMINATION.
YOU ARE WHAT YOU EAT.
BE HAPPY & BE HAPPY TO HELP OTHERS.
PROTECT MOTHER EARTH –
we have no place else to go...
DO WHAT YOU WANT IN LIFE NOW!!*

Shortly after we left Yosemite and returned to his home in San Jose, Carl decided that he was ready to go to the other side. Without pain and with dignity, Carl willed himself to the other side on October 14, 1994, at 8:14 AM, Carl went hiking with John Muir. Carl's son, John, his very close friend, Georgia, and I watched his last inhale and exhale ... As if he were saying "...And that is all I have to say about...that." Both the summer and Carl's final moments were very powerful experiences for me ... I wouldn't trade them for anything. I'm sharing this with you, in part, to let you know the importance of human touch. **You are about to learn an art that is vital to good health - yours and those around you. Wherever you go, you will bring this healing art with you. I THANK YOU.**

QuickTime™ and a
decompressor
are needed to see this picture.

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Testimonials

To Our Teacher,

How can I ever say thank you enough for the gift you've given me? The light of your presence has really enlightened me. I love the way you made us feel special, each and everyone. You really made us feel like we really do belong. The healer inside of me was brought to light because of you, with love and nurturing, I will heal people just like you. Whether in doing Reiki, Massage or Shiatsu, I know in bringing energy to light and I am infused talking and sharing feelings, healing and love. I thank God for Angels like you Tom, sent from above.

Your friend, Chastity Engle, Phoenix, Arizona

What is my purpose in life? This question has always been in my head. I knew I was here to help but was not exactly sure on how to do it. I did what most other people did after graduating high school, I went to college. I love to learn but something just didn't feel right and I knew it wasn't the path for me, I started searching for something else, even though I wasn't sure what I was searching for. I started to think about massage, honestly I am not sure how I came to the idea of massage but I knew it was all for a reason. I knew that in looking for massage schools I wanted it to be more personal than just professional. While searching the Internet one-day I came across Ahern's Massage Therapy School and after reading about it I somehow knew this is where I was to be. My experience here is a one in a lifetime. In coming to this school in Mariposa, I came to a realization that this is what I was searching for, what I am here to do. The power of touch is so great; by coming to this school I have seen and experienced this power. I know that I am here to help, to love, to live, and to experience life. I am truly grateful that my journey has lead me to this amazing school of massage and I am even more honored to share my experience and what I have learned with the world.

Christy Hanson, Shingle Springs, CA

You receive many gifts from Ahern's Massage Therapy School. I have a thriving Reflexology health spa in Illinois and was wanting to add massage. A 2-week school was a dream come true. I was concerned about my age and if I could cram all the knowledge in a short period. Dr. Ahern has creative ways to help you learn. The students' ages varied from 18 to 82. We had a lot of fun and encouragement. He is very patient and interesting. I left with more knowledge and respect for massage. I can't wait to take more courses!

Sindy Mullins, Pekin, IL

I think this is an amazing class. It is the best learning experience I have ever had, actually the best experience I have ever had. I got enough attention when I needed help. When I needed it I was given your full attention. Money does not compare to what I have gotten from this class! I am going to tell everyone I know to come to the class, but who knows if they really will. I am really going to encourage my mother to come actually. Thomas, thank you so much and that does not come close to the gratitude I feel for what you and this experience have given me.

Julie Kent, Glouster, MA

Thank you for taking the time to inquire into this healing art and my school. Yes, there is a lot to learn about massage in about 2 weeks. However, remember you have the ability to be an awesome massage therapist providing you truly want to learn and put in the time and effort it takes to do the work.

A lifetime worth of books, instruction, deluxe massage table and stool, and your **Certified Massage Therapist** certificate are provided for \$3,495 for the 15 day 200 hr massage therapy course. This is a lifetime investment in **YOU** & the lives **YOU will** touch. Please, **DO IT NOW**.

See you soon. "Talk does not cook rice."

YOU WILL BE AWESOME!!!

NAMASTE, (The God in me honors the God in you)

Thomas F. Ahern, Jr.

Office Address:

Ahern's Massage Therapy School

4615 Indian Peak Rd.

Mariposa, CA 95338

Info@AhernMassageSchool.com

www.AhernMassageSchool.com

1 (209) 966-4675

A.M.T.S. is required by California law to maintain student financial records for five years and student transcripts permanently.

All records are confidential and may be released only with written consent of the student. A student has the right-of-access to their own file.

A.M.T.S is a private institution and we are approved to operate by the bureau.

AMTS is in good financial standing with NO financial petitions pending

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

Who Should Take a Massage Therapy Course?

Anyone who has a body, and anyone who plans on touching someone who has a body should take this course. Why? Because it is your body and we all have a **GOD** given right to good health. All of the massage techniques I will teach you are naturally easy to learn by anyone truly wanting to learn them . This class is designed so that both the novice and the professional can learn - and learn more about - this healing art.

**Come & Be One Of The
Very Best Any Where!!!**

*Choose a job you love, and you will
never have to work a day in your life*

Quoted from a
document
not related to this text.

Confucius, 551-479, B.C.

Burnout...Grounding

Too many health professionals, as do most people who help others, begin to take on the aches and pains of those they help. My many years of martial arts training enable me to share with you and teach you techniques for becoming grounded. These techniques will help to keep you from taking the world's illnesses upon you, yet still remain compassionate.

So very important to learn!!

*Everybody can be great... because anybody can serve.
You don't have to have a college degree to serve. You
don't have to have your subject and verb agree to serve.
You only need a heart full of grace, and a soul generated
by love.*

Martin Luther King, Jr.

MY TEACHING PHILOSOPHY & MISSION

I teach people. I do not teach paper. This is not an assembly line. I will take the time and effort to help you become an awesome massage therapist. Most of my students have no prior experience and even those students with 10 – 15 years prior experience are excited to find out that there is so much more to learn, and in returning home to their clients they too are equally as happy with their new found talents.

Massage as a healing art has endless horizons. We need to stop thinking that we are made of mind and body - separate & distinct from each other, (a western medical view). We truly are **MINDBODY** - as complete as one (all) can be. Separate the two, and that will be the end as we know it. The key here is to learn how to “feel” the mindbody connection - the flow of the universal life force “chi”. Anyone can learn to give a great massage in a day. It takes the other 190 hours to learn how to “feel” this mindbody connection, as well as to learn the various massage techniques I teach. Once you know how to “feel” and have been exposed to the many different massage techniques I teach; you will be able to read, understand, and, most importantly, “feel” what you are reading so that you can continue to teach yourself and to help others. **The more effort you put into these courses, the better you will become.**

Note taking is necessary.

Transportation:

For air travel to Mariposa, the nearest airport is the Fresno International Airport (FAT) in Fresno. If you do not want or need to rent a car we can pick you up for a fee. Please make arrangements in advance.

There is also AMTRAK rail service to Merced and a bus service from Merced to Mariposa.

Where are we? The school's classroom is located at:

Ahern's Massage Therapy School

4615 Indian Peak Road, Mariposa, CA. 95338

Please call us at 1-209-966-4675 if you need any further information.

**Please be prepared to
work hard and to have a lot of fun!!!**

What do you need to bring? You need to bring your personal gear (including appropriate seasonal clothing), **two sets of twin bed sheets** for doing massages, and **this catalogue** - it will serve you well, along with a **notebook for a journal**, and **pens**, and **highlighters** you may want for class. Please know that you will be leaving here with a lot more than with what you came.

You may want to bring a camera. Pack lightly.

Washers and dryers are available in town.

Cell Phones service is available, however, some carriers work better than others. Verizon is the carrier that works better than most. Land-line usage is not available at the school.

Food should run you about 18- 20 dollars a day.

Email? We have wifi available for those who would like to bring a computer. You may also rent computer time at local businesses that provide this service or free from the library.

Mail Service? While attending class, you may have your mail forwarded, or receive mail from friends/family, by having your mail sent to the school:

**“Yourself”
c/o Ahern's Massage Therapy School
4615 Indian Peak Road
Mariposa, CA 95338**

Catalog:

Information about Ahern's Massage Therapy School is published in a school catalog that contains a description of certain policies, procedures and other information about the school. Ahern's Massage Therapy School reserves the right to change any provision of the catalog at any time. Notice of changes will be communicated in a revised catalog, an addendum or supplement to the catalog or other written format. Students are expected to read and be familiar with the information contained in the school catalog, in any revisions, supplements and addenda to the catalog and with all school policies. By enrolling the Ahern's Massage Therapy School, the student agrees to abide by the terms stated in the catalog and all school policies.

As a perspective 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.

Registration Fee: \$100 (nonrefundable)

Tuition Fees: For every course work of a 100 hours is equal to 7.5 days (13.3 hr., per day + meal times) fee **\$1,750**

200 hour, 15 days (13.3 hr., per day + meal times) **\$3,495**

(The above 200hr course includes, a massage table, stool and books)

300 hour, 22.5 days (13.3 hr., per day + meal times) **\$5,245**

Native American Hot Stone Therapy (course)

20 hour 1.5 days (13.3 hr., per day + meal times) **\$350**

Myofascial Release – Craniosacral (course)

40 hour, 3 days (13.3 hr., per day + meal times) **\$700**

Office Massage (course)

40 hour, 3 days (13.3 hr., per day + meal times) **\$700**

Reiki 1 or 2 (as a course)

100 hour, 7.5 day (13.3 hr., per day + meal times) **\$1,750**

**A 5 day break ** (Or make-up time for student absences)

400 hour, 30 days (13.3 hr., per day + meal times) **\$6,995**

500 hour, 37.5 days (13.3 hr., per day + meal times) **\$8,745**

600 hour, 45 days (13.3 hr., per day + meal times) **\$10,495**

Advanced 400 = 1,000 hour course in October

400 hour 30 Day (13.3 hr., per day + meal times) **\$6,995**

(Note: You must complete the 600 hr course in order to register for this 400hr to be able to total 1,000 hr course. Check calendar section for the individual course times.) However these courses maybe taken individually at \$1,750.00 per 100hr course.

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, Ste 400, Sacramento, CA 95833, www.bppe.ca.gov, toll-free telephone number 888-370-7589 or by fax 916-263-1897.

ABOUT MY CLASSES and COURSES

(DIFFERENT CLASSES MAKE UP A COURSE)

So many of us learn at different speeds and styles.

I can teach anyone the healing art of massage therapy **who** truly wants to learn, and who will put in the time and effort it takes. It is that simple....naturally.

I provide a safe environment for everyone in my classes, I have never had a student fail, although, I have kicked a student out of class for improper behavior. I will not allow anyone to create an unsafe environment at my school, this I promise.

You will learn this healing art best by my keeping class sizes manageable. You will learn by doing. You will learn by experiencing and practicing. You will learn by having the time to absorb what you are learning, so that you too will evolve into an awesome massage therapist.

YOU WILL BE AWESOME!!!

Ahern's Massage Therapy School **DOES NOT** offer English as a Second Language. **If you don't speak English, you will have to bring your own interpreter and at your own cost.** English proficiency will be on a case by case basis.

We need 4 hugs a day for survival.

We need 8 hugs a day for maintenance.

We need 12 hugs a day for growth.

Virginia Satir

Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other – it doesn't matter who it is – and that will help you to grow up in greater love for each other.

Mother Teresa

Ahern's Massage Therapy School

provides many things you will only find here,
these items you will get to keep at no extra charge:

All Required Books, handouts, DVD(s) & Instruction:

Your books & I will be awaiting your arrival.

An "Earthlite" Deluxe Massage Table:

This top quality massage table has a lifetime guarantee from the manufacturer. You will get to choose its color.

A Massage Stool:

For performing in-office massages, and working at your new table.

Your Certificate of Graduation:

A 200 hour (more, as appropriate) certificate of massage therapy upon course completion.

** Library and other learning resources are not necessary nor available, since all required materials and equipment is given to each student **

To help explain the courses

In the "starting" (you do not have to start with this course) "basic" (basic may not be the right word for this course because the graduating students from this course are as good as if not better than others graduating from a 1,000 hrs else where) 200hr 15 day, Massage Therapy Course. The students ages I have taught have been as young as 15 to 82 years old. Some students have had learning disabilities and some have been lawyers and doctors. All of my students have graduated becoming some of the very best massage therapist out there. The 20hr HOT STONE THERAPY, 40hr MYOFASCIAL-CRANIOSACRAL THERAPY, 40hr OFFICE MASSAGE can be taken individually or together in any combination.

ALL of the other courses are 100hr 7.5 days in length.

Example; 100hr CELLULITE ELIMINATION
100hr SPORTS MASSAGE
100hr HEALING ONES; SELF
300hr

These 3 courses added together gives you 300hrs in 22.5 days. If you took the 200hr, 15 day MASSAGE THERAPY COURSE also, it would then give you 500hrs total in 37.5 days of instruction.

STATE & NATIONAL EXAMS:

These courses will help prepare you for state and/or national exams. OUR STATE CODE is #2200021 and we are registered with the National Certification Board — NCBTMB (code #288818-00).

MASSAGE THERAPY COURSE & ADVANCED COURSES

Classes start at 7a.m. on and go to 10:20 p.m. = 13.3 hours a day plus meal times. This may seem difficult, but it isn't, because you will never be sitting at a school desk & most of the time you will be working on someone or someone will be working on you. Oh my, for this hard work you will receive 100hrs of training for every 7.5 days that you are here.

7.5 days =100hrs 15 days = 200hrs 22.5 days = 300hrs and so on....

600 hrs is the most that I teach at any one time, with a 5 day break after 300hrs, any additional hours needed will be taught in OCTOBER to enable you to have a 1,000 hrs.

These Classes Are Continuously Available

These class structures for more hours can be to accommodate your local, state, county or city requirements. Please contact me and your local/ state licensing agency in advance of attending class so that we can discuss and plan for your individual needs.

Example: Should you need an additional 100 hrs - a class of Myofascial release at 40 hrs, Office Massage at 40 hrs, and Native American Hot Stone Therapy at 20 hrs = 100 hrs. This would fall into the 300 hr course time. Please check the calendar for the timing of this and other courses. THANK-YOU!

Requirements for Eligibility for California Licensure and National Licensure:

Certified Massage Therapist:

500 hours is required by the California Massage Therapy Council (CAMTC) and the National Certification Board for Therapeutic Massage & Bodywork to become licensed as a Massage Therapist.

Ahern's Massage Therapy School enables you to take 500 hours or more of course work and practice to achieve such licensure in California and Nationally.

Certified Massage Practitioner:

250 hours is required by the California Massage Therapy Council (CAMTC) to become licensed as a practitioner. Ahern's Massage Therapy School offers a variety of classes to achieve the required hours for a practitioner license.

However, by the year 2016 the Certified Massage Practitioner license option will no longer be available. CAMTC will uphold a practitioner license as long as the practitioner remains in good standing.

YES, WE ARE A MEMBER OF THE A.M.T.A., A.B.M.P., and the INTERNATIONAL MASSAGE ASSOCIATION, (I.M.A.). TRAINING THROUGH THIS SCHOOL WILL ENTITLE YOU TO BE ABLE TO RECEIVE LIABILITY COVERAGE VALUED AT \$5,000,000 FOR about \$50.00 FOR THE FIRST YEAR.

STUDENT TUITION RECOVERY FUND : non-refundable

California Code of Regulations article 1 code 76020: The fund exists to relieve or mitigate economic losses suffered by a student in an educational program as described in section 94837 of the Code at a qualifying institution, who is or was a California resident or was enrolled in a residency program, if the student enrolled in the institution PREPAID tuition, paid the assessment and suffered loss as a result. STRF assessment amount is \$2.50 per \$1000.00 of tuition.

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 repay 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
- 2) Your total charges have been 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 or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school’s failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or 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.”

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

To see things in the seed, that is genius

Lao Tzu

WEST MEETS EAST

The Western medical profession needs a re-examination. In Western medical philosophy, the body is viewed as a machine - and apart from the mind. The Western view generally treats the sick to make them healthy again. Traditionally, it has not emphasized health, health maintenance, or the effect of the mind upon the emotions on the body.

Eastern philosophy emphasizes staying healthy through the proper balance of exercise and relaxation, good food, massage, and good mental & emotional health – so as not to become sick.

A marriage of both these philosophies is starting to happen. Everyone has the right to good health. People everywhere are beginning to understand this.

Thank you - You will be there to help.

***IT IS SO EASY TO BE NICE, WHEREAS IT
TAKES REAL EFFORT TO BE CRUEL***

Copyright © 1998 by William A. Aherne, Sr.
***MY GRANFATHER,
WILLIAM AHERN, SR.***

*No act of kindness,
no matter how small,
is ever wasted
Aesop*

*Without ears, hear through the silence.
Without eyes, see through the darkness.
Without words, know the unspoken.*

Tao

CHI

Being healthy, as Eastern philosophy sees it, is all about the flow of Chi (pronounced “Chee”).

What is Chi? Chi is vital energy - the universal life force in all living things. The Hebrew creation account gives the life energy as the breath of life being breathed by GOD into the first human, who became a living being. This hand of GOD is holding the life of every creature and the breath of all mankind. In the Christian tradition this energy is synonymous with the “word of GOD” by which all things were made— in which was life— and that life was the light of all mankind.

When our Chi gets stuck, blocked, or becomes weakened, we become sick, diseased, irritated, depressed, allergic, substance dependent, and/or suffer from hormonal imbalances such as PMS and thyroid disease.

In class, you will learn what Chi “feels” like; how to find it; and how to move it so that you can help yourself and those around you. Once you begin the study of Chi - its flow and balance - you will find yourself becoming more grounded and balanced. You will begin to grasp and experience the mind-body connection.

Notice Concerning Transferability Of Credits And Credentials Earned At Our Intuition:

AMTS has not entered into an articulation or transfer agreement with any other college or university.

The transferability of credits you earn at Ahern’s Massage Therapy School is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn at Ahern’s Massage Therapy School is also at the complete discretion of the institution to which you may seek to transfer. If the certificate(s) 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 Ahern’s Massage Therapy School to determine if your certificate(s) will transfer. It is also at the discretion of AMTS to accept credits earned through another institution. We usually do.

Cancellation, Refund Policies and Leave of absence:

The student has a right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first day of instruction, or the seventh day after enrollment, whichever is later, less the amount of the non-refundable registration fee.

Leave of absence:

In addition, the student may withdraw from a course after instruction has started and receive a pro-rata refund for the unused portion of the tuition and other refundable charges, or to apply the amount paid by the student toward a later scheduled class time. If the school cancels or discontinues a course or educational program, the school will make a full refund of all class charges.

Refunds are calculated in the following manner:

Amount you paid (minus any non-refundable fees and/or charges)
multiplied by the # hours of instruction paid for, but not received
_____divided by _____
hours of instruction for which the student has paid
= refund

** No refund will be made after 60% of class time has gone by **

Student loans:

If you obtain a loan, you will have to repay the full amount of the loan plus interest, less the amount of any refund.

STUDENT INFORMATION

All courses are taught on-site at Ahern's Massage Therapy School. Distant learning is **NOT** offered. **Out-of-country students** are welcome and AMTS will vouch for an out-of-county students. However, any additional cost incurred will be the responsibility of the out-of-country student.

AMTS does NOT participate in federal or state financial aid programs

Admission and Graduation Requirements

Applicants must be at least 18 years of age and need to possess at least a 9th grade reading comprehension ability to meet the minimum level of preparation for admission. AMTS is NOT a degreed program, however, an Ability-To-Benefit (ATB) test is required for those that do not hold a high school diploma, equivalent or higher degree of education.

Each applicant must supply proof of H.S. diploma, equivalent or high degree of education in the form of a copy of said completion at the time of enrollment.

Ability-To-Benefit testing:

California Education Code (CEC) 94811 defined an ability-to-benefit (ATB) student as a student who does not have a certificate of graduation from a school providing secondary education or a recognized equivalent of that certificate.

Under CEC 94904(a) an institution is required, prior to executing an enrollment agreement with an ATB student, to have the student take and pass an independently administered examination from the list of examinations prescribed by the United States Department of Education (USDE). This provision is intended to ensure that institutions are not enrolling students in educational programs where they have no chance of being successful.

While the ATB list of tests is no longer being used by the USDE, the list of previously USDE-approved tests is still valid.

In 2010, the Legislature amended CEC 94904 to add a provision (b) allowing the Bureau to approve alternative examinations. However, there are currently no Bureau-approved alternatives to the USDE-approved ATB tests.

Grading, Attendance and Dismissal:

AMTS uses a Pass/Fail grading system, however, grades can be assigned: 100-90%=A; 89-80%=B; 79-70%=C; 69-60%=D; 59-0=F. Each student will be graded on proper technique for each individual massage modality taught, comprehension of textbook material taught, required 100% attendance and class participation.

Each student must perform all individual massage techniques in a timely manner with compassion, portray an understanding of textbook information, along with complete attendance for the total number of hours required for the course they are enrolled in.

Rude, vulgar and/or disruptive behavior, lack of attendance and/or class participation, use of "recreational" drugs are all grounds for dismissal.

YIN & YANG
Earth and sky,
female and male;
we must have both to
live.
Yin seeks Yang
&
Yang seeks Yin

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

According to Lao Tzu (6th century, B.C.), everything in the universe arose from the great ultimate source, or "Tai Chi," represented by the famous Taoist symbol shown above. Beyond this was only emptiness, "Wu Chi," represented as an empty circle. The dark and light parts of the Tai Chi symbol represent the inherent duality in all things. It also shows the interaction of Yin and Yang - The dynamic from which life and all phenomena arise, and continue to move and change. The law governing all these transformations is called the Tao, pronounced Dow, meaning the way of nature.

In class, we will learn much more about this crucial philosophy as it pertains to life and massage therapy and ourselves.

Humans as well as other living things are self healing and self reproducing in the cycle of life. This cycle of life is governed by universal laws that are continuing to be discovered and used by the human race to fulfill its purpose. These laws are physical, mental, emotional, chemical and spiritual. All the laws work together and do not contradict each other.

Notes:

MASSAGE THERAPY COURSES

In these courses you will learn and experience many different types of massage. In the healing art of massage, there is never "one way" that will be best for everyone you will help. In doing a massage I generally give (and will teach you to give) an essential oil massage that combines many massage techniques with aromatherapy. While I have developed a basic massage "routine," I also tailor my routine to fit my clients individual needs, you will learn to do this also. In the course of discussing and learning different types of massage, we will also discuss aromatherapy as an integral part of many massage techniques.

Massage Therapy 200 Hr Course

includes the following classes: **Anatomy– Physiology; Swedish Massage; Aromatherapy; Shiatsu; Acupressure; Kinesiology; Reflexology; Reiki; Ortho-Anatomy; Infant Massage; Feng Shui; and Opening Your Own Business & Ethics**
(Read on for course descriptions)

Massage Therapy Courses Advanced
100 hrs. per 7.5 days (13.3 hrs per day)
adding up to 300, 400, 500...as much as 1200 hours.

These courses are offered to those who wish to continue to deepen and expand their healing awareness through classes at Ahern's Massage Therapy School and to receive certification that will grant them the documentation necessary for practicing in the states, counties and/or cities that demand more training by a massage school. Each week you will learn different techniques in these courses offered for advanced massage therapy: **Myofascial–Craniosacral, Native American Hot Stone, Office Massage, Cellulite Elimination, Sports Massage, Healing Ones; Self, Kinesiology, Polarity, Allergy Elimination, Clinical Hypnosis, and Advanced Massage Therapy**
(Read on for all course descriptions)

2014 STARTING DATES

200HR MASSAGE THERAPY COURSE	SAT –SAT SAT –SAT SAT –SAT SAT –SAT
100HR OFFICE MYO-CRANIO, HOT STONE COURSE	SUN –SUN NOON SUN –SUN NOON SUN –SUN NOON
100HR CELLULITE ELIMINATION	SUN –SUN NOON SUN NOON –SUN SUN NOON –SUN
100HR SPORTS MASSAGE COURSE	MON –MON NOON MON –MON NOON

ADVANCED COURSES IN OCTOBER (400 additional hours to total 1,000 hours or more of Education)

(Call ahead for October Classes)

1 ST WEEK	... SAT NOON – SAT
KINESIOLOGY	
2 nd WEEK	... SAT NOON – SAT
POLARITY	
3 rd WEEK	...SAT NOON – SAT
ALLERGY ELIMINATION	
4 th WEEK	... SAT NOON – SAT
CLINICAL HYPNOSIS	

THESE ADVANCED COURSES CAN BE TAKEN INDIVIDUALLY

Spread love everywhere you go; first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor...Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in you face, kindness in your eyes, kindness in your smile, kindness in your warm greeting. Mother Teresa

**300 HOUR MASSAGE THERAPY COURSE
WITH HYDRO-THERAPY**

23 day (13.3hrs per day + meal times) \$5,245

	Lecture Hours	Lab Hours	Practicum Hours	Instructional Clock Hours
Anatomy	10	15	25	50
Physiology	5	8	12	25
Swedish	15	20	90	125
Hydro-Therapy	2	2	11	15
Business & Ethics	2	2	11	15
Health & Hygiene	5	5	10	20
Internship	10	10	30	50

TOTAL HOURS 300

THIS IS A SPECIAL CLASS REQUIRED FOR TEXAS AND IS OFFERED OFF CALENDAR ONLY, PLEASE CALL FOR TIMES

400 = 1,000 HOUR ADVANCED COURSE

*****SPECIAL IN OCTOBER ONLY*****

30 day (13.3 hrs per day + meal times) \$6,995

1st Saturday of the month—5th Sunday

	Lecture Hours	Lab Hours	Practicum Hours	Instructional Clock Hours
Kinesiology	15	15	70	100
Polarity	15	15	70	100
Allergy Elimination	15	15	70	100
Clinical Hypnosis	12	12	21	45
Advanced Anatomy	15	15	25	55

TOTAL HOURS 400

This is a 4-week continuous course or can be taught separately per class. Please check course calendar for class times.

OFFICE MASSAGE

In this course you will learn the disciplines of the simplicity of Zen style Chair Shiatsu with the internal aspects of Qigong (pronounced chee gong) movement, focusing on stretching and opening the meridians while using proper body mechanics and moving from your hara. The class will include plenty of hands-on supervised practice. This form of office massage is the very best that I have experienced anywhere.

(Read on for course description)

**MYOFASCIAL– CRANIOSACRAL
RELEASE THERAPY**

Myofascial Release Therapy is a form of deep and superficial soft tissue therapy designed to release restrictions in the connective tissue fascia that surrounds muscles which have become inflexible as a result of trauma or chronic inflammation. Myofascial therapy is designed to break up deep layers of scar tissue and remove the associated toxic accumulations of these restrictions. As a result, the muscle regains an improved “range of motion”. Craniosacral therapy releases the many restrictions upon the spinal cord in an extremely gentle manner.

(Read on for course description)

REIKI 1 CLASS & REIKI 2 CLASS

Reiki is a gentle hands on healing technique that helps re-store the body to its natural state of balance while harmonizing the physical, emotional and spiritual aspects of the recipient. Level 1 and 2 certifications are given.

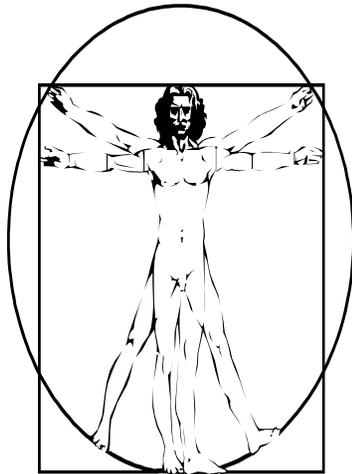
(Read on for course and class description)

*Remember, everyone has been afraid,
everyone has loved something,
everyone has lost something*

—unknown

COURSE & CLASS DESCRIPTIONS
(CLASSES WILL MAKE UP A COURSE)

A course is made up of individual classes. Example, a class of Swedish Massage and a class of Aromatherapy along with other classes will make up a 200hr course. All courses, including advanced courses can be taken individually and in any order. There are no prerequisites for any of the courses. However taking the 200hr massage therapy course first is recommended, but not necessary



ANATOMY
(the name of the parts)

(CLASS)
PART OF THE 200hr MASSAGE THERAPY COURSE

Please, oh please, do not worry about this class. All of my students have successfully learned this seemingly hard class. It seems as if everyone has had **poor teachers** who have made learning difficult. Anatomy is a creative and fun class. We will learn much about the skeletal, muscular, lymphatic and nervous systems and how they pertain to massage. Learning the terminology is necessary to be able to communicate with one another and others in the medical community and to understand what your body is made of and how it is put together. Our bodies are intricately simple and simply intricate.

ADVANCED ANATOMY (CLASS)

PART OF OTHER ADVANCED COURSES

An in-depth look into the immune, nervous, digestive and muscular systems to see how they affect each other as well as the cranial bones. Learn what can be done to humanize the whole system by finding the body's rhythmic pulse.

NOTE: The 200hr & 300hr courses run consecutively. Then there is a **5 day** break before the 400hr course starts. Then the 400hr., 500hr., and 600hr. Courses run consecutively for 3 weeks. **The special advanced 400hr course is offered in October only**— This combined with the 600hr course will equal a 1,000hr course. This special course will run 30days consecutively. See course calendar.

300hr course; (adding to the 200hr course)
(13.3 hours per day + meal times) **7.5 days** **\$1,750**
Can be taken individually

Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Myo- Cranio	10	10	20	40
Office Massage	10	10	20	40
Native Hot Stone	5	5	10	20
			Total	100

5 day break (or make-up time for student absences)

400hr course; (adding to the 300hr course)
(13.3 hours per day + meal times) **7.5 days** **\$1,750**
Can be taken individually

Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Cellulite Elimination	13	27	60	100

500hr course; (adding to the 400hr course)
(13.3 hours per day + meal times) **7.5 days** **\$1,750**
Can be taken individually

Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Sports Massage	21.6	15.2	63.2	100

600hr course; (adding to the 500hr course)
(13.3 hours per day + meal times) **7.5 days** **\$1,750**
Can be taken individually

Class	Lecture Hour	Lab Hours	Practicum Hours	Total Instructional Clock Hours
Nutrition	8	8	24	40
Tibetan Rites	4	4	12	20
Meditation	2	2	16	20
Self Hypnosis	3	3	14	20
			Total	100

100 HOUR MASSAGE THERAPY COURSE

7.5 day (13.5 hrs per day + meal times) \$1,750

Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Myo- Cranio	10	10	20	40
Office Massage	10	10	20	40
Native Hot Stone	5	5	10	20
TOTAL HOURS			100	

REIKI LEVELS 1 OR 2

100 hr., 7.5 day (13.3 hrs + meal times) \$1,750

Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Reiki 1 or 2	8	2	90	100
TOTAL HOURS			100	

**THESE ARE UNCALENDARED CLASSES
PLEASE CALL FOR WHEN THESE
ARE OFFERED OFF CALENDAR**

200 HOUR MASSAGE THERAPY COURSE

15 day (13.3hrs per day + meal times) \$3,495

Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Anatomy	8	8	24	40
Swedish Massage	5	5	20	30
Shiatsu	4	4	12	20
Acupressure	6	6	13	25
Kinesiology	6	6	13	25
Reflexology	5	5	10	20
Infant Massage	1	1	2	4
Ortho-Anatomy	6	6	13	25
Feng Shui	1	1	0	2
Business & Ethics	5	2	3	10
TOTAL HOURS			200	

**SWEDISH
MASSAGE (CLASS)
PART OF THE 200HR
MASSAGE THERAPY
COURSE**

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Swedish massage uses long, sweeping, deep & shallow strokes directed toward the heart. It dilates blood vessels, stimulates circulation, and cleanses the body of toxins through the flow of lymph through the lymphatic system. This is a great overall technique and, when used with essential oils, is one of the few things better than a hug.

**AROMATHERAPY (CLASS)
PART OF THE 200HR MASSAGE THERAPY COURSE**

Aromatherapy is an ancient art and uses both fragrance and the physical application of essential oils to produce emotional and physical healing. Essential oils used in the Swedish massage technique are usually diluted in a vegetable oil base before being applied to the skin.

**PHYSIOLOGY (CLASS)
(how the parts work) PART OF THE 200HR MASSAGE THERAPY COURSE**

Learn how and why the body works and how, by massaging someone, will make the body work better. Learning the terminology is important so that you will be able to communicate with your clients and others in the medical field.

INSTRUCTIONAL CLOCK HOURS DISCLOSURE

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Acupressure uses the same points as shiatsu and acupuncture - only without the needles. These points, called tsubos, are pressed, massaged, and/or held to move our vital life force energy or simply, the chi. This technique is awesome, and should be learned by everyone pursuing massage therapy. As in shiatsu, it's not necessary to remember all 365 classical tsubos to help yourself or others. In class we will learn to find and "feel" the tsubos. These points will help put your clients into ecstasy.

In the **advance course of Allergy Elimination** you will learn how to unlock important tsubos to eliminate allergies and substance abuse. So very cool!

Here is a test to find out whether your mission in life is finished. If you're alive, it isn't

unknown

NATIVE AMERICAN HOT STONE THERAPY				
1.5 days (13.3 hrs per day + meal times) \$350				
Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Hot Stone Therapy	5	5	10	20
			TOTAL HOURS	20

OFFICE MASSAGE				
40 hr., 3 days (13.3 hr. per day + meal times) \$700				
Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Chair Shiatsu	10	10	20	40
			TOTAL HOURS	40

MYOFASCIAL-CRANIOSACRAL RELEASE THERAPY				
40 Hr., 3 days (13.3 hr per day + meal times) \$700				
Class	Lecture Hour	Labs Hours	Practicum Hours	Total Instructional Clock Hours
Myo-Cranio Release	10	10	20	40
			TOTAL HOURS	40

CHECK CALENDAR FOR COURSE DATES

ADVANCED MASSAGE THERAPY – 100hrs (ADVANCED COURSE)

Learn; NADA protocol– National Acupuncture Detoxification Association and Craniosacral of the hard pallet, as well as for infants and children.

HYDRO- THERAPY (CLASS) SPECIAL CLASS AS NEEDED

Water — the most healing of the elements, can be the most destructive too. We are created in this healing atmosphere, so naturally it can produce quick healing qualities for us as well.

OPENING YOUR OWN BUSINESS (CLASS) PART OF THE 200HRMASSAGE THERAPY COURSE

There are endless job opportunities for massage therapists. We will discuss opening your own business in class, along with examples and ideas to help you make your business succeed. One such example is Chair Shiatsu, which employers increasingly are offering as an employment benefit.

Earnings Potential - How many massages do you want to give in a week? And how much do you want to earn? Decide on how much time you want to spend doing massage, then set a realistic goal for achieving it. What you will be able to charge will depend upon your local economy.

Example of feasible earnings available in my area and also provided by I.M.A. taken as a 50 week national average:

Massage per Week	Income per Week	Income per Year
1	\$50	\$2,500
5	\$250	\$12,500
10	\$500	\$25,000
30	\$1,500	\$75,000
40	\$2,000	\$100,000

AMTS does not offer job placement, but will give a letter of recommendation upon request.

SHIATSU (CLASS) PART OF THE 200HR MASSAGE THERAPY COURSE

More than just “finger pressure,” shiatsu means relationship. Having hands, we reach out to receive and extend ourselves in our work. Being heavy, we need something to lean on. Mother Earth lends us her body for support. Then, rested and strong, we can offer our hand to help everyone we touch!

In this class we will explore and learn not only shiatsu massage techniques, but body meridians and “tsubos,” or pressure points - there are 365 classical points in the body. Again it’s not necessary to remember all 365 tsubos to help yourself or others. However, you will learn many very helpful points to better your health and all those you will work on.

Notes:

Commit random acts of kindness
Georgia

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Two monks on a pilgrimage came to the ford of a river. There they saw a girl dressed in all her finery, obviously not knowing what to do since the river was high and she did not want to spoil her clothes. Without more ado, one of the monks took her on his back, carried her across and put her down on dry land on the other side.

Then the monks continued on their way. But the other monk after an hour started complaining, "Surely it is not right to touch a woman; it is against the commandments to have close contact with women. How could you go against the rules of monks?"

The monk who carried the girl walked along silently, but finally remarked, "I set her down by the river an hour ago, why are you still carrying her?"

Irmgard Schloegl
The Wisdom of Zen Masters

CHECK CALENDAR FOR COURSE DATES

CELLULITE ELIMINATION – 100hrs

(ADVANCED COURSE)

Thin and large women have cellulite in epidemic proportions. At no other time in history have women been affected in these great numbers. It is simply in the amount of toxic build up in their fat layers. Women needing to lose weight typically drop 3 dress sizes within weeks of starting treatments.

SPORTS MASSAGE - 100hrs

(ADVANCED COURSE)

Learn how to stimulate and equally as important, how to relax muscles, both for peak performance and to promote rapid healing for the athlete and the weekend warrior alike.

POLARITY – 100hrs

(ADVANCED COURSE)

Learn about 5 element evolution theory, protocol, basic communication with the body, and in polarity levels 1 & 2, with nutrition & yoga in how it pertains to polarity.

ALLERGY ELIMINATION – 100hrs

(ADVANCED COURSE)

The true definition of an allergy is: an adverse reaction to an external stimuli. You can be allergic to everything under the sun, including the sun its self. Through the use of acupressure and shiatsu point techniques you will be able to help everyone who wants to be helped. This includes alcohol addictions.

CLINICAL HYPNOTHERAPY – 100hrs

(ADVANCED COURSE)

If we were to be 2,000 years old we still would not have used all of our brain capacity with everything being stored in there since our conception. Through hypnosis we can unlock the secrets that are within our brains.

REIKI 1 and/or REIKI 2
(CLASS AND ADVANCED COURSES)

Reiki is a time honored, sacred method of bringing balance and harmony to the body, the mind, and the soul. It operates on the physical, mental and spiritual levels and acts as a connection with the ever-flowing love light energy of the universe. It carries no religious dogma. It is pure, simple, safe and elegant.

This form of pure energy has been credited with truly amazing healings, such as curing terminal illnesses. It also allows you to simply have a great day. Reiki can be done with hands on or above the person, through walls, across town or across the country. It has been said that if everyone would do Reiki, there would be no wars, hunger or hatred in the world - only an immense amount of love and good health. Ah, heaven on earth.

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Being a traditional Reiki Master, I teach only traditional Usui Reiki. That means after learning Level 1, I will not teach a person Level 2 for at least three months. The reason for this is you need time to adjust to this new healing energy. Some so-called masters are teaching Reiki Levels 1, 2 & 3 in a weekend. It's turning out that many people are getting seriously ill.

If this has happened to you or anyone else whom you know, I will gladly attune you or them correctly for free. I will also attune students under the age of 18 for free.

In addition to the actual hours spent in class, course requirements include practicing Reiki every day for a specific time period, as well as keeping a journal of your Reiki practice.

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KINESIOLOGY (CLASS & ADVANCED COURSE)

This technique incorporates muscle testing, massage, acupressure, neuro-vascular holding points, and proper food and water intake to heal injured muscles and reach optimal health, so that we can maximize our lives.

We work from Touch for Health, by John F. Thie, D.C. This art is truly amazing! In the 200hr massage therapy course we will cross the threshold of learning into this incredible healing art. As with all things, it takes practice, practice, practice.

In the advanced course of Kinesiology, your skills of muscle testing will be heightened, as well as learning the five element theory, figure 8 energy flow, Chinese clock and much more.

(SEE COURSE CALENDAR)

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So shine a good deed in a weary world
Willie Wonka

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ORTHO-ANATOMY**(CLASS) PART OF THE 200HR
MESSAGE THERAPY COURSE**

Ortho-Anatomy involves position and release. It involves finding the comfort position for injured bodies, thereby facilitating rapid healing. An example: How about being able to release the muscles in a person's neck who has a whiplash injury, so that they have near or full recovery before they leave your office. In this art, we remember that QuickTime™ and a decompressor are needed to see this picture. less is sometimes more.

In the **advance class** of **Sports Massage**, you will learn more wonderful techniques for rapid healing , many times with instant results. Employing safe, gentle contacts with non-forceful positioning, Ortho-Anatomy achieves deep release of tension and pain, neuromuscular re-education and postural integration quickly and easily. These techniques are easy to learn, pleasant to receive and highly effective.

BUSINESS & ETHICS**(CLASS)
PART OF THE 200HR MESSAGE THERAPY COURSE**

Learn sound business & ethical practices and tips on how to increase your number of clients and cash flow safely.

HEALTH & HYGIENE**(CLASS)
PART OF THE 200HR MESSAGE THERAPY COURSE**

Learn good sanitary practices to avoid contracting or spreading diseases.

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decompressor
are needed to see this picture.

The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker tape parades for us, no monuments erected in our honor. But, that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone will live a happier life merely because we took the time to share what we had to give. Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. It is overwhelming to consider the continuous opportunities to make our love felt..

Leo Buscaglia

QuickTime™ and a
decompressor
are needed to see this picture.**HEALING ONES SELF, TIBETAN SECRET RITES,
MEDITATION & SELF HYPNOSIS – 100hrs****(ADVANCED COURSE)**

Includes these following four classes;

NUTRITION**(CLASS)**

You are what you eat! Learn that most of the processed food out there is not good for you and is a great contributor to the health crises that we are in. Learn the alternatives and how easy they are to find.

TIBETAN SECRET RITES**(CLASS)**

Reverse the aging process, feel better, look better, become healthier and stronger. Teach others to do the same. What a wonderful gift from Tibet!!

MEDITATION**(CLASS)**

Learn different poses and key words to be able to reach a meditative state quickly and effectively and for what reasons you would use meditation for.

SELF HYPNOSIS**(CLASS)**

Learn how to tap into your subconscious to be able to communicate with yourself on a deeper level. Learning to do so is where rapid healing can and will occur

MYOFASCIAL– CRANIOSACRAL RELEASE THERAPY – 40hrs

(ADVANCED COURSE)

These techniques are beneficial to most of the soft tissues, but the biggest improvement can be seen in the tendons, muscles and the fascia sheets covering these areas. Myofascial & Craniosacral Release Therapies are designed to restore the normal range of motion to the tissues, thus preventing compensations and pain.

The quality of a person's life begins to deteriorate the longer they are in pain. After some time, the physical symptoms are accompanied by emotional consequences such as depression, irritability, anxiety, anger, etc. All this will result in a decrease in their quality of life. The more rigid an individual's body becomes, the more this will start to reflect in their mental and emotional state.

The use of Myofascial & Craniosacral Release Therapies in your practice can improve the quality of an individual's personal and professional life. In many cases, it will allow an individual to be reintroduced to the work force even after a long period of absence.

**This advanced course can be taken by itself
during the time slot in the 300hr course.
See course calendar**

*One learns by doing the thing, for though
you think you know it, you have no
certainty until you try.*

Sophocles, 469 – 406 B.C.



FENG SHUI (CLASS) WIND WATER

PART OF 200HR MASSAGE
THERAPY COURSE

This is the study of the flow of the Earth's energy upon us, as well as the disruption of this flow by man-made energy. We will learn what to see, look for and do, so that we may create a more pleasing and healthy environment around ourselves and others

INFANT MASSAGE (CLASS)

Most of us are born balanced. As we grow and age daily, we become unbalanced. Being touched properly is vital to babies for both physical & emotional well-being. Society has allowed western medicine to put fear into our mothers and fathers of today so that they no longer know how to care for their own children. Touch is just as vital to all of us. It is even more critical as we age because we tend to deprive ourselves of touch in our hurried and overworked lives - We ALL need to be touched.

Therefore, you will always have work to do.

In class we will learn the similarities between adult and infant massage, as well as the particular cautions and care necessary to do infant massage, and prenatal massage. Words alone cannot describe the overwhelming expression of happiness a child shows while being massaged in a proper way. The laughter, smiles, and radiant glow from the child, and to share this with their parents, is such a gift.

REFLEXOLOGY (CLASS)

PART OF THE 200HR MASSAGE THERAPY COURSE

Reflexology activates pressure points in the hands, feet, stomach and ears. There are 144 distinct pressure points in the ears alone, and they have the fastest reaction to their associated body parts.

Learn all the Reflexology points in the hands and feet and how to massage these point to achieve the desired out come, improved health and well-being.

WOW, this is great stuff, and so easy to learn

*All I Ever Really Needed to Know
I learned in Kindergarten*

Most of what I really needed to know about how to live and what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate mountain, but there in the sandbox at nursery school.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup, the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup - they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: LOOK.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all - the whole world - had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nations to always put things back where we found them and cleaned up our messes. And it is still true, no matter how old you are, when you go out into the world, it is better to hold hands and stick together.

Robert Fulghrum



OFFICE MASSAGE – 40hrs (ADVANCED COURSE)

This is also known as chair shiatsu. You will learn and be prepared to perform office massages immediately upon completion of my course. Workers receiving office (chair shiatsu) massage become more alert, work better, and have fewer absences from illnesses and injuries. Again, think tray of marbles. This is a highly effective technique, much more so than any typical chair massage taught. I was taught this by a Zen Master– Pink Lee.

**This advanced course can be taken by itself
(See course calendar)**

**NATIVE AMERICAN
HOT STONE THERAPY – 20hrs (ADVANCED COURSE)**

This course includes many safe and effective ways to learn and use this wonderful technique in your business to help yourself and others to be healthy.

Spas are charging big bucks for this treatment.

**This advanced course can be taken by itself or
during the time slot in the 300hr course.
(See course calendar)**

