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Welcome to Vitality!

Our Mission Statement

Vitality College of Healing Arts is committed to empowering our community towards health by offering superior alternative health education, treatments, and products. We strive to give our graduates and community the knowledge necessary for personal and professional growth, including the skills necessary to practice alternative health in the setting of their choice with a high level of skill, integrity, and professionalism.

We welcome you to our expanding family of health practitioners.

Laiani Kuspa, MA. & Daniel Iorga, LMT, HHP
Directors, Vitality College of Healing Arts
www.vitalitycollege.com
About this Catalog
This catalog of Vitality College of Healing Arts (VCHA) contains important information that applies to all our current and perspective students. VCHA reserves the right to update any of the information appearing in the catalog at any time.

Approvals
- Bureau for Private Postsecondary Education License to Operate *
- California State Approving Agency for Veterans Education (GI-bill and MyCaa approval)
- National Certification Board for Therapeutic Massage & Bodywork (NCTMB). Approved provider for 500 hour Massage Therapist program and Continuing Education. (Submitted application for 750 hour Board Certified Massage Therapist.)
- Associated Bodywork & Massage Professionals (ABMP)
- California Massage Therapy Council (CAMTC)

* An approval to operate signifies that an institution is in compliance with state standards as set forth in the Private Postsecondary Education Act. State approval is mandatory for a person operating an institution subject to the California Private Postsecondary Education Act of 2009.

A Letter from the Directors

Dear Students and Friends,

We are happy to welcome you to Vitality College of Healing Arts. As you will see in this catalog, the College offers many different holistic health and massage therapy certificate programs. Our dedicated faculty and staff are available to help guide you along the way as you begin your journey into higher education of integrative studies of healing touch and holistic health.

Vitality College of Healing Arts has many exciting things that are planned for your future. We offer financial planning, which includes payment plans and veterans’ benefits, (GI and MyCAA), student transfer programs, Private Postsecondary Education approval, approval of the CAMTC, the California Massage Therapy Council, and the NCTMB, the National Certification Board for Therapeutic Massage and Bodywork.

Our clinic provides hands on, one on one experience that will guide you to better your intentions of your future as a massage therapist and healer. Our on-campus clinic, A Better Massage, has received the Best of Carlsbad Award for the quality of our massages and our extensive array of holistic health therapies. Vitality College of Healing Arts has been training interns to conduct evaluations and give massages and alternative health treatments to our local community. Your internship will be supervised by our instructors and licensed staff therapists, and are given the opportunity to learn their trade in a safe, supportive, working clinic. You will leave the college to share some of the beset experiences by participation in our clinic. By the time you graduate and complete our program, you will join other Vitality graduates who have successfully found employment in spas, chiropractic offices, health clinics, and private practice. We continue to receive employment requests that outnumber our graduates!

This is the start of a career that will stay with you for your life. The ability to share healing touch and energy with others not only heals them but you will find a healing transformation within yourself.
Welcome!

Location and Physical Facilities

Vitality College of Healing Arts main Campus is located at 6353 El Camino Real in beautiful Carlsbad, a vibrant North Coastal community in sunny San Diego. This campus is conveniently accessible to nearby freeways, bus lines and the Carlsbad train station, with ample parking available in the center's parking lots. The classrooms are spacious and feature large windows for an airy, open feeling. The student break room is equipped with refrigerator; microwave, sink and ADA approved restroom facilities. Students may check out books, videos, and articles from our school library with a valid California driver’s license and credit card for a nominal fee. We also carry books, oils, charts, tapes, videos and other instructional supplies and products.

Vitality College of Healing Arts also has an award winning clinic on campus that serves the public and offers on-site training to its students. We have private rooms, a couple’s room, restrooms, a therapist’s break room, reception area, and a client lounge area.

This school, the clinic; the facilities it occupies, and the equipment it utilizes, fully complies with any and all federal, state, and local ordinances and regulations. This includes those requirements as to fire safety and health. Copies of records of attendance and grades are kept at a separate, secure location. These records are kept current for a period of five years. Please be advised to make copies of your transcripts and certificates. If you need to request copies there will be a service charge.

Vitality College of Healing Arts does not discriminate on the basis of race, color, religion, ancestry, national origin, age, non-disqualifying disability, gender, sexual orientation, marital status, or veteran status in the recruitment of students or in the implementation of its policies, procedures and activities. Since many of our students are taking our courses for personal improvement or to run their own business, we do not offer placement assistance. We place job offers on our bulletin board and offer many classes in marketing and business building skills.

The college and clinic are open seven days a week from 9:00 a.m. to 7:00 p.m., Monday through Sunday. It is recommended that students schedule a free counseling session with the Director if they would like to tour the school and clinic and receive an overview of the school and curriculum.

Faculty

Directors

Laiani Kuspa received her Bachelor’s degree from the University of California, San Diego, in Cognitive Science, studying computer science and psychology in pursuit of understanding the body-mind connection. At first, her studies and research emphasized machine learning, human-factors, and cognitive development, but her expanding interests in martial arts and alternative health shifted her interests to questions about consciousness, personality, and anti-aging. Laiani continued her studies at Stanford University and received two graduate degrees in Educational Psychology and Curriculum Design. Her education convinced her to home-school her children and to develop several educational programs in alternative education for more than two-hundred families. Laiani is a Certified College Counselor (UCSD), earned two Personal Trainer Certifications (from the American College of Integrative Medicine (CPT-ACIM) and San Diego State University), and she has a taught martial arts for many years. Laiani
has owned several businesses and is currently in a master’s program in clinical psychology. She brings her passion and enthusiasm for alternative health and education to Vitality.

**Daniel Iorga, HHP, LMT, Professor Emeritus of Sport Science, 6th Dan Karate.**
Daniel is an extraordinary teacher and coach of World, European, and National Martial Arts Champions. As a National Referee and Coach, Romanian Champion in Judo and professor, he has travelled the world sharing his expertise and enthusiasm for athletics and health through lectures, seminars, and competitions. In his travels, he noticed healthy and injured athletes using alternative health therapies to stay healthy, prepare for an athletic event, and recuperate. Unanimously, massage was employed. This observation prompted Professor Iorga to pursue massage. Daniel is an AMP Licensed Professional Massage Therapist (Romania), Licensed Massage Therapist from California Massage Therapist Council, and HHP with more than 15 years of experience as a therapist and Instructor of Massage Therapy. In 2012, he was awarded the prestigious Employee of the Year Award for all seven KSL properties, including Hotel Del Coronado and La Costa Resort. Professor Iorga has owned several Dojo’s and brings his love for teaching, karate, and massage to Vitality.

**Instructors**

**Frank Ferguson, HHP -** Frank is a practicing Orthopedic Assistant who enjoys using his knowledge in Anatomy-Physiology and Orthopedic/Sports Massage. He is currently teaching in the Massage Practitioner program, Sports/Rehabilitation Massage, Massage Assessment and Cranio-Sacral Massage. Students enjoy Frank’s vast knowledge and find his enthusiasm and love for the field contagious.

**Michael Gallo, HHP, CPT (Certified Personal Trainer), Rokudan Aikido.**
Mike entered the holistic health field as a balance to his Martial Arts Training. He is a 6th Degree Black Belt and Instructor in Aikido, and has studied both in Japan and the United States with the founders son. His Sensei (teacher) suggested that to be a true Martial artist he should become a Healer. Therefore, over 20 years ago he embarked on his journey to learn the many traditional Asian arts of healing. He has studied many traditional Japanese energy arts such as Kiatsu, Shiatsu, and Reiki.

**Ronald Fearon, LMT, Certified Neuromuscular therapist, (CNMT), Certified Reflexologist.**
Ronnie has dual citizenship in the USA and Sweden, and began a lifelong pursuit of therapeutic healing while still in his teens. He earned a degree in Social Sciences and studied integrative healing in California, Sweden, Colorado, and Arizona. Before moving to Sweden, Ronnie taught injury massage at the Arizona School of Massage Therapy, worked with a Chiropractor, had his own practice and worked at the Camelback Inn in Phoenix. In Sweden, Ronnie created and taught a comprehensive Swedish version of Neuromuscular therapy to massage therapists, and lectured and promoted NMT to scientists and medical doctors. Ronnie is also a Transformational Life Coach, specializing in the art of deep transformational healing.

**Dr. Shaun Miller** Dr. Shawn received his Bachelor of Science from the University of California, San Diego, and his Doctorate in Chiropractic from the Los Angeles College of Chiropractic. He was in private practice for 20 years, and owned and operated the Vitality Health Center in Pacific Beach, California where he personally delivered over 250,000 adjustments. Dr. Shawn co-authored *You’re Never Too Old To Become Young, A Revolutionary Approach to Reversing the Aging Process* with David Carmos, and conducts popular and inspiring workshops on how to boost brain power and increase vitality. Dr. Shawn is an expert on nutritional food preparation, body purification, and how to transition to an abundant and healthy lifestyle. [http://www.youtube.com/watch?v=ou_FOMLRJZA](http://www.youtube.com/watch?v=ou_FOMLRJZA). He and his colleague Dr. David Carmos created the Carmos-Miller anti-density theory of aging.
Dr. Shawn’s interests include yoga, cycling, mythology, philosophy, music, surfing and meditation. He is an Essene Bishop.

Prana Gogia MBA, HHP

Namaste! My life has been a living quest about, ‘how does healing and transformation happens’. Is there more to this body than the physical and emotional aspects? How do our awareness, feelings, and intentions help in healing and transformation? I have spent over thirty years researching and studying different traditional healing systems.

“I started learning Ayurveda as early as seven. My grandmother taught me about prakuruti (constitution) / vikruti (imbalance) / abhiyanga / shirodhara and many therapeutic treatments. My family Ayurvedik Physician in India taught me about doshas and herbal medicines. My Tantrik-teacher of Siddha-Natha Tradition taught me Sankhya and meditative practices of Siddha-Tantra lineage. Here in US, I studied with Dr. Lad at The Ayurvedic Institute (NM) and also at The National Institute of Ayurvedic Medicine in NY.to integrate various aspects of Ayurveda with clinical practice. I am also certified in Visionary Craniosacral Work by Hugh Milne (Milne Inst.), Hugh taught me the deeper aspects of cranial work by listening and perceiving with Heart using Visionary approach. In 2010, I spent many months in the Himalayan regions of Tibet, Nepal, Ladakh, and India. I traveled to more than fifty Himalayan Tibetan Monasteries and learned many Tantrik practices that help in transforming mind and benefit in healing. I have over 20+ years of experience in Ayurvedic therapies in Siddha Tantra tradition. In my healing and teaching practice, I integrate Siddha Ayurveda, Craniosacral and Himalayan Shamanism to create a transformative space for healing and benefit of all beings.”

Laura Peterson

Laura Peterson began stand up paddling in 2008, and became the pioneer of stand up paddle yoga in AZ. After discovering others who were also teaching stand up paddle yoga around the world she created NamasteSUP. NamasteSUP, a global community that brings stand up paddle yoga enthusiasts together. Using her bachelors in dance, masters in physical education, and Hatha yoga certification from Byron Yoga Centre, Australia she created an on land and water based stand up paddle yoga curriculum for grades k-12, and university level courses. Lauren has presented her curriculum in Arizona and Hawaii for the American Association for Health, Physical Education, Recreation, and Dance state Conferences. In 2012, her girls middle school Physical Education and Dance classes were the first in the nation to incorporate land based stand up paddle yoga into their Physical Education curriculum. Lauren is an ambassador for Sweet Waterwear, Indoboard, Manduka, Prana, Graced by Grit, Jolyn Swimwear, and Boga yoga boards. She has continuing education certifications in Advanced Thai Yoga Therapy and Reflexology.

Teri Polley-Micheal MA, R.N., CMT Nurse Massage Therapist

“I started my healing career over 36 years ago as a Registered Nurse in the Emergency Department at a major trauma center and continue to work per diem as a R.N. in Oncology, presently at UCSD. For the past 22 years I have had a private practice providing massage therapy and healing touch. I have had the opportunity to work with Integrative Specialist in San Diego that include Dr Dan Vicario, Dr Ellen Beck, and Dr Robert Bonakdar, just to name of few.

I am certified as a Holistic Health Practitioner in San Diego County and a California Licensed Massage Therapist. I graduated with my Masters Degree in Somatic Studies in December 2001 from the International Professional School of Bodywork and Humanities College. My main focus of study has been hospital based massage therapy and my thesis topic was: The Value and Function of Hospital Based Massage Therapy Programs in the United States.

I received a grant from the Complementary Medicine Committee at University of California Medical School in San Diego to fund research using massage therapy as an adjunct in the care of the patient with
cancer to promote relaxation, decrease physical and psychological pain, and to improve overall sense of well-being. I received a second grant from the American Massage Therapy Association Foundation for a community service program providing massage to caregivers of cancer patients at the San Diego Cancer Research Institute in 2004.

Teri enjoys gardening, camping, hiking, creating from recycled goods, teaching and learning.”

Annette Borsack, Master Herbalist and Nutritionist - Annette Borsack has a strong background in healing. She has worked as a nurse for 17 years healing people in various capacities from newborns to geriatrics. After completing her Clinical certified Master Herbalist program, she went on to become a certified Clinical Nutritionist. Annette has a successful practice in Carlsbad, CA. consulting with clients on their herbal and nutritional needs. She is a member of the American Herbalists Guild and the Herbal Research Foundation.

Barbara Kase, LMT, Registered Yoga Alliance Yoga Teacher - Barbara started practicing Yoga out of curiosity when she lived in Ann Arbor, Michigan. After researching different styles and teachers, she found a wonderful mentor and friend in Julie Mc Lean, and has been practicing ever since. Her Yoga practice is young, yet committed and her busy travel schedule allowed her to study with many senior teachers of Ashtanga, Iyengar, Anusara and other traditions who shaped her practice and influenced her teaching style over the last few of years. At her mentor’s suggestion, she started teaching Yoga for the University of Michigan and two local studios in Ann Arbor. Since moving to California, she has continued teaching Yoga privately and started studies in the fields of bodywork, Eastern Medicine and Ecology.

Jeab Le Blanc, Thai Master - Jeab is a Thailand native and received her training from WAT-PO Traditional Thai Massage school in Bangkok. She came to the United States in 2005 bringing vast amounts of experience and knowledge. In 2006, she began teaching at Vitality College of Healing Arts. Jeab is passionate, very hands-on, and believes in repetition, repletion and repetition. Jeab believes that Thai Massage is so much more than bodywork, it is a meditative state for the giver and receiver and an overall wonderful experience.

Lulu Hanna, HHP - Lulu is a graduate of Vitality Training Center and is a licensed Esthetician. She is a highly trained professional who loves sharing her 10+ years of knowledge and experience in Aromatherapy, Reflexology, Pregnancy, and Spa-based therapies.

Patricia Ranck, Certified Clinical Hypnotherapist - Patricia Ranck has had a private practice in La Jolla, CA for more than 10 years. She is a member of the American Council of Hypnotist Examiners as well as an Approved Instructor and Designated Examiner of Hypnotherapy students. She has taught for four years at the center for Neurosomatic Sciences in San Diego and has been featured in articles in the La Jolla Light and Vision Magazine.

Jennilee Carthright, LMT, HHP. Jennilee grew up surrounded by massage therapists and holistic healers in her mother’s massage school. Her formal studies began at age fourteen, where her natural talents were quickly realized. Although she is an expert in all major modalities of massage, her favorite subjects are Deep Tissue and Sport Massage. Her competence earned her the recognition as being the best massage therapist at Hotel Del Coronado in 2009.
Course Information

Vitality College of Healing Arts attracts people of all ages from all walks of life. Some people may be pursuing professional careers, while many others simply wish to work exclusively with family and friends. There are also those simply seeking growth benefits of body-centered training. Many health care and other professionals enhance their skills with continuing and advanced education. Therefore, we have designed a versatile curriculum in which the student can proceed by "Levels" on both a part-time and full-time basis. Many find value in taking individual workshops and classes.

Program Purpose

The purpose of Vitality’s educational programs are to prepare students for certification and employment in holistic health in a wide variety of environments, including salons, spas, health centers, clinics, and sports facilities. Students completing the 500 hour State Certification for Massage therapist will be eligible to be licensed by the state of California to work anywhere in California. Vitality graduates of the 750 hour Board Certification Massage Therapist Program will be prepared to take the National Certification Exam in Therapeutic Massage and Bodywork and to be Nationally licensed as a Massage Therapist.

Policies

Granting of Academic Credit
Documented proof of participation in one or more related courses is required to transfer credit to some Vitality programs. Credit can be accepted for prior course work for the Massage Therapist and Holistic Health Practitioner programs. Credit may also be granted in cases where the student can demonstrate mastery in the particular field by means of classroom presentation and examination. Upon enrollment, the student will be asked to list any previous education, training, or experience in the exact area of training for the courses they are enrolling in. If demonstrated to meet satisfactory equivalency to program course work, appropriate credit may be allowed under the discretion of the school administration. The course length may be shortened and fees adjusted. Student records will document any such action taken. No more than 50 percent of the total hours of a massage course may be granted for previous equivalent education and training.

Transfer of credit
All transfer credits are priced at $2.00 per hour with a maximum of 50% of program hours being transferable from an approved school registered with the Bureau of Private Postsecondary Education.

Admission Policy
A written Application Questionnaire is administered prior to enrollment in courses. There is no age requirement; however, the local licensing agencies require that an individual be at least 18 years old. It is also recommended that the applicant have obtained a high school diploma or GED. In the questionnaire we screen applicants to determine both physical & emotional capability for massage. We teach all course materials in English, however due to the small student/instructor class ratio, we have many students who use English as a second language. They find it easy and enjoyable to attend Vitality and are able to comprehend and retain the materials taught.

Currently Vitality College has not entered into an articulation or transfer agreement with any other college or university. CEC 9409(a)(8)(A)
Vitality College of Healing Arts has rolling admissions with frequent start dates for individual courses and complete programs. Please refer to our website frequently (www.vitalitycollege.com) or contact our Director at 760-931-0704 for the latest updates. Facebook and twitter are also sources.

**Registration**
Classes are restricted to a maximum of 20 students for hands-on courses. Lecture-based courses are restricted to 40 students. Classes often fill up in advance; therefore, please register early to guarantee your space.

**Tuition**
Hourly class rates vary; however, most classes are priced from approximately $6.50 - $15.00 per hour.

**Deposit**
A $100.00 NON REFUNDABLE registration fee is required for most classes.

**Withdrawals and Refunds**

**Cancellations**
“STUDENT RIGHT TO CANCEL”. You have 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. The Institution, for all students, without penalty or obligation, shall refund 100 percent of the amount paid for institutional charges, less a reasonable deposit or application fee not to exceed one hundred dollars ($100), if the notice of cancellation is made prior to or on the first day of instruction.

Cancellation shall occur when you give written notice of cancellation at the address of the College shown on the front page of this catalog. Cancellation shall be addressed to the Director of the college. You can do this by mail, hand delivery, or telegram. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with postage prepaid.

The written notice of cancellation need not take any particular form and, however expressed, is effective if it shows that you no longer wish to be bound by this Agreement.

**Refund Information.**
You 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 if you have completed 60% or less of the instruction. For example, if the student completes only 10 hours of a 40-hour course and paid $400 tuition, $100 Registration fee, the student would receive a refund of $300.

\[
\frac{500.00}{100.00} \times 30 \text{ clock hours of instruction} = \frac{300.00}{\text{refund}}
\]

The school will also refund money collected for sending to a third party on the student's behalf such as license or application fees. 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. No academic credit will be given for an incomplete course. Cancellation after completing 60% or more of the course will result in no refund.
Veterans Only Refund Policy
In the case of veterans or eligible person beneficiaries, the maximum non-prorated, non-refundable registration fee allowed by VA is $10.00 for non-accredited schools. (This is strictly the case of withdrawal prior to program completion).

Services for Students with Disabilities. Vitality College of Healing Arts will make reasonable accommodations for persons with documented disabilities. Students are encouraged to contact the Director of Educational Programs (Laiani Kuspa) for information about registration. Services are available only to students who are registered and submit appropriate documentation. Instructors will make accommodations appropriately.

Sexual Harassment Vitality College of Healing Arts has a zero-tolerance of sexual harassment. All students and staff are responsible for creating a learning environment that is free of discrimination and harassment, including sexual harassment. Comments of a sexual nature, use of profanity with sexual inferences, unwelcome sexual advances, requests for sexual favors, and other visual, verbal, or physical conduct of a sexual nature may be cause for automatic dismissal.

Licensing
The licensing of massage varies in different localities. In California, licensing is governed at the State level. Vitality College of Healing Arts has several state-certification programs, including the popular 250 and 500 hour Massage Practitioner and Massage Therapist programs. The Board of Private postsecondary education has also approved Vitality College of Healing Arts 500 hour Massage Therapist certification. We are currently seeking approval to add an extra 250 hours of training to comply with the new National Board certification We also offer the rare Holistic Health Practitioner (1000 hours) training. Some cities in San Diego County will still accept application for a Holistic Health Practitioner license as long as the student is certified through a state-approved school that is a member of a national certifying organization. For more information on licensing please contact Vitality College of Healing Arts at (760) 931-0704 or contact the city in which you intend to work. When contacting the city ask for the local business-licensing department.

Attendance Requirements
Students are expected to attend classes, as they would be expected to be present for work. The instructor keeps attendance. A student is considered tardy if he/she enters the class after the instructor has taken attendance. After 20 minutes, attendance is considered an absence. If a student is tardy more than three times, it is considered an absence. If a student is chronically late or absent more than 10% of the course, the instructor will review the student’s situation. The student may be required to repeat the course or be withdrawn from the certificate program. Re-admittance may be permitted if the cause for unsatisfactory attendance has been corrected. Make up class work must be arranged by the student with the individual instructor and will result in additional charges.

Grading System
The school's grading system is as follows:

PASS: 70%  FAIL: 69% or below

A minimum average passing grade of 70% is required for certifying completion of a course. A certificate and/or transcript of class hours and grades will be issued upon satisfactory completion of a course paid in full.
**Incomplete Grades**  An Incomplete grade will be given to the student if they have met the required course attendance, but by the instructor’s determination, have unfinished course assignments. If the student completes the unfinished assignments within six months, their incomplete grade will be replaced by the new grade and they will receive course credit.

If the outstanding work is not completed within six months after the end of the uncompleted course, the student will receive a “No-Pass” on their transcript. To remove this from the transcript and obtain course credit, the student will need to repeat the course.

Enrollees are advised and cautioned that state law requires this educational institution to maintain school and student records for only a five-year period.

**Tutoring**
Tutoring services are available at a fee of $40 per hour for hours required to be completed for class credit, or as requested for additional instruction. All tutoring services must be completed at the school facility with written approval by the Director for credit to count.

**Probation Policy**
Students attending less than 90% of scheduled classes will receive written notification of academic probation. Any unexcused absences will be cause for interruption of the student's training program. When the grade of the student is unsatisfactory for 25% of current course attended (approximately 2 weeks for 8.5 week course), the student will be placed on probation. If, during the next 2-week period, the student's grade average remains unsatisfactory, the student's attendance will be interrupted. At the discretion of the Director the student may be dismissed from school.

**Interruption for Unsatisfactory Progress**
At the discretion of the Director, a student may be dismissed from school for a serious incident or repeated incident of an intoxicated or drugged state of behavior, possession of drugs or alcohol upon school premises, possession of weapons upon school premises, behavior creating a safety hazard to other persons at school, disobedient or disrespectful behavior to another student, an administrator, or faculty member, or any other infractions of the rules of conduct.

**Condition for Re-Admittance**
Student must show evidence to the director's satisfaction that the conditions which caused the interruption for unsatisfactory progress have been rectified.

**Clinical Massage Hours**
The student has 90 days to complete the total clinical hours. After 90 days has passed you will be charged $25.00 per each uncompleted clinical hour. If the student fails to pay for the uncompleted hours, they will be turned over to collections for payment.

**Personal Hygiene**
Each student attending class or working in the Massage Clinic must be clean. Students need to have showered, brushed their teeth and used a deodorant the day of class or clinic shift. Students should also not wear any perfume or strong scents, as some students or clients may be sensitive to smells. Black scrubs and closed toe shoes are mandatory attire.
**Holidays**
The following Holidays are observed for the school (the clinic may be open): New Year’s Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas. The school is also closed the Friday and Weekend after Thanksgiving, and for a Week or two between Christmas and New Year’s Day.

**Employment Statistics**
Many of our students take our classes for self-improvement and personal growth. Many students are not seeking employment in the field. However, we do have students working in many local prominent spas, gyms and chiropractic offices, as well as those who head their own successful private practices. Current Dept. Labor Statistics are 18% growth rate in this industry thru 2018.

**Student Grievance**
Students must first put a complaint in writing to the Director or Student Advisor (Daniel Iorga). The Director and Student Advisor’s Board then reviews the complaint and schedules a meeting with the student and instructor. If a solution is not made during this meeting, the Director may refer the problem to a designated student advisor who is chosen from the Student Advisor’s Board (comprised of Senior Instructors). CCR 71810(b)(14)
Students can appeal to the Bureau of Private Postsecondary Education if their problems are not satisfactorily resolved:

**Bureau for Private Postsecondary Education**
2535 Capitol Oaks Drive Suite 400
Sacramento, CA. 95833
P.O. Box 980818 West Sacramento, CA 95798-0818
P (916) 431-6959 F (916) 263-1897
Toll Free: (888) 370-7589
[www.bppe.ca.gov](http://www.bppe.ca.gov)

**Student Records:**
Student records are kept for a period of five years. Transcripts are to be kept permanently. A separate digital set of records is kept in a secure location outside of the school. The types of documents that are kept include but are not limited to; Attendance records, Enrollment agreement for each class, record of completion Pass/Fail, and financial records. All records are kept in locked files at the School location. The Custodian of Records is Laiani Kuspa, Director. Students will be issued a Certificate and transcript for the courses completed. Students may request a copy of records during that five-year period. A processing charge of $25 will be charged for all copies of transcripts or diplomas.

**Student Services - Job Placement Assistance**
Vitality College of Healing Arts does not offer job placement assistance.

**Leave of Absence policy:** Student must submit in writing to the director a request for leave of absence, outlining the times and dates, prior to the leave. CEC94909(a)(8)(E)

**Title IV:** Vitality College does not participate in any federal and or state financial aid programs. CEC 94909(a)(10)
**Loans:** Vitality College does not participate in student loan programs. If a 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, and that, if the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from the federal student financial aid program funds. CEC 94909(a)(11)

**Payment Plans:** Vitality College offers payment plans for students either on a class by class basis or by program.

* OPTION 1: One payment in Full.  
  Before class start date. (No Processing Fee)

* OPTION 2: Two equal payments.  
  Deposit, Course midpoint. (Processing Fee $25.00)

* OPTION 3: Three equal payments  
  Deposit, First day of class, Midterm. (Processing Fee $50.00)

* (Does not apply to any class of 40 hours or less) *

There will be a late fee of $30 assessed for late payments under both payment options if the final payment is not made by the final exam date. There is no penalty for pre-payment.

All students choosing a payment plan will be required to sign a Credit Card Authorization Form giving Vitality College of Healing Arts permission to withdraw funds due to the school for the registered class (withdrawal date determined by student). All funds owed to the school shall be paid no later than the final exam course date unless other arrangements have been made with the director or financial advisor.

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

1. You are a student, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and

2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

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

1. You are not a California resident, or are not enrolled in a residency program, or

2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

(b) In addition to the statement described under subdivision (a) of this section, a qualifying institution shall include the following statement on its current schedule of student charges:  
"The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered students who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education."
You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

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

CEC 94909(a)(14), CCR 76215 disclosures.

**Bankruptcy:** Vitality does not have a pending petition in bankruptcy is operating as debtor in possession, has never filed a petition within the preceding five years, or has never had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

**Transfer out:** “Notice Concerning Transferability Of Credits And Credentials Earned At Our Institution. The transferability of credits you earn at Vitality College of Healing Arts is at the complete discretion of an institution which you may seek to transfer. Acceptance of the credits or certificate you earn at Vitality College of Healing Arts is also at the complete discretion of the institution to which you may seek to transfer.

If the credits or degree, diploma, or certificate that you earn at this institution are not at the institution to which you seek to transfer, you may be required to repeat some or all or your course work at the institution. For this reason you should make certain that your attendance at this institutional will meet your educational goals. This may include contacting an institutional to which you may seek to transfer after attending Vitality College of Healing Arts to determine if your credits or certificate will transfer.”

CEC 94909(a)(15)

**Housing:** the institution has no reasonability to find or assist a student in finding housing. At Vitality College of Healing Arts, no Housing or Dormitories are provided. CCR 71810(b)(13)

**Visa:** Vitality College admits students from other countries, but does not offer visa services. CCR71810(b)(3)

**Experiential Credit:** Vitality College does not award or provide credit for prior experiential learning. CCR 71819(b)(7)

**Parking**
Students attending class, or working in the clinic must park behind the school building. The front parking is reserved for employees and customers of the business park.
Photo Release
All students give Lifelong Holistics, LLC the absolute right and permission to use photographic images or videos of them in character or form for advertising, art trade, or any other useful purpose whatsoever.

Work-Study Program
A valuable opportunity offered at Vitality College of Healing Arts is the Clinical Internship which can be used to help pay tuition costs for the Massage Therapist and Holistic Health Practitioner programs. Vitality College operates a Student Clinic, which benefits both the public by offering affordable massage, and the students by providing a setting in which to practice the skills they've learned in class, build confidence and provide financial benefits as well. Students are required to obtain a local business license and liability insurance before being considered for internship programs. (Vitality College will withhold taxes).

Acceptance to the Program:
The applicant must have successfully passed the Massage Practitioner Program including all required clinical hours.
The applicant must be paid in full for the Massage Practitioner Programs.

Termination:
Grounds for termination from the program are as follows:
1) Failure to pay monthly payment equal to minimum of 15% of balance owed.
2) Failure to make a scheduled work shift.
3) Failure to follow the ethics code of the CAMTC and NCBTMB.

Interest on unpaid Balance:
Vitality College of Healing Arts, shall charge interest on students unpaid balance at the rate of 1.25% per month. Which equals annual percentage of 15%.

Accepted Forms of Payment
Vitality accepts cash, checks, Visa, Discover and MasterCard.

COURSES OF INSTRUCTION:

Certified Massage Practitioner - 250 Total Clock Hours
Anatomy, Physiology, and Kinesiology ................................................................. 75 hours
Ethics .................................................................................................................7 hours
Business/Legal, Marketing ...............................................................................6 hours
Contraindications, Health & Hygiene .............................................................20 hours
Massage Theory, Evaluation, Methods, and Techniques............................102 hours
Required Clinical Practice, Hygiene ..............................................................40 hours

This 250-hour program Level I, II & III, Massage Practitioner Training is designed to provide quality instruction which will prepare an individual for licensing in professional body work in the state of California.

DESCRIPTION OF CLASSES IN MASSAGE PRACTITIONER PROGRAM:

MASSAGE THEORY: Students learn the benefits of massage, contraindications of massage, draping, and basic Swedish strokes including effleurage, petriassage, tapotement, vibration, friction, compression, rocking, shaking, and traction.
HEALTH & HYGIENE: Students learn how to set up a massage room professionally (clean sheets, clean bathrooms, clean hands, etc.); how to maintain personal health and hygiene, and the benefits and benefits of massage, contraindications of massage, and draping. Basic movement and breathing techniques for self-care are taught, nutrition is introduced, and the relationship between the physical, emotional, and cognitive body are explored.

LEGAL and Business ETHICS: Students learn basic licensing laws and general business practices for obtaining local, state, and national licensing. Students are educated on the different types of insurance (including liability, fire, business, etc.), the role of professional and community organizations, and how to maintain professionalism. Students also learn the ethics of therapeutic relationships such as maintaining confidentiality, honoring establishment boundaries, transference/counter-transference, conflicts of interest, and dual or multi-dimensional relationships. Students learn how to ethically advertise, refer clients, client/establishment employment ethics (i.e.: clients belong to clinic in which they are employed), and sexual boundaries.

MARKETING: Students learn how to put together a professional cover letter, resume, brochure, and business card. They also learn how to locate massage work and interview.

MASSAGE TECHNIQUES: Level I students learn Swedish strokes including effleurage, petrissage, tapotement, vibration, friction, compression, rocking, shaking, and traction. Students will leave Level I knowing how to perform a full body 50/60 or 80/90 minute Swedish body pattern. Eastern & Western modalities (ex. Shiatsu, lomi, reflexology, reiki, etc.) are introduced and Level II introduces therapeutic techniques for the back, neck, shoulders, arms, legs, and head, and introduces chair massage. Level III students continue learning therapeutic techniques with application for specific concerns and special populations (i.e. geriatric, prenatal, child/adolescent, etc.). Students will learn to create and document a treatment plan.

ANATOMY: Level I students learn the skeletal system, superficial muscles, planes and directions of the body, anatomical position, and to locate organs and glands. Level II students learn the origin and insertion of muscles, their actions and functions, types of contractions, agonist/antagonist and synergistic relationships, the tendon/ligament relationship, and the physiology of the body systems. Level III students are introduced to Eastern and Western modalities and their differing views on body systems and integration (i.e., traditional vs. alternative). Basic information about the anatomy, physiology, and body mechanics of special populations will be taught.

CLINICAL PRACTICE: Students learn how to set up a hygienic, well-equipped massage room for administering massage in a clinic setting. Level II students practice chair massage and begin working with clients requesting a therapeutic focus on specific areas of the body. Level III students will have a thorough knowledge of reading an intake form, discussing the information with clients, devising a treatment plan with documentation, and carrying out a treatment.

Massage Practitioner Course Syllabus
This 250-hour program, Level I, II & III Massage Practitioner training is designed to provide quality instruction which will prepare an individual for licensing in professional bodywork in San Diego County and many other local areas, including the entire state of California.

Job Title: Massage Practitioner.
Course can be completed in 10 days or 8 weeks. Evening classes meet on Monday, Wednesday & Friday. Ten-day intensives are conducted on ten consecutive days from Monday through Friday. Weekend classes meet on Saturdays or Saturdays and Sundays.

**Required texts:**

**Massage Practitioner I:**
- *Trail Guide to the Body Student Workbook* by Andrew Biel (Sep 1, 2010) ($52.98)

**Massage Practitioner II:**
- *Basic Clinical Massage Therapy* by James Clay and David Pounds ($53.95)

**Massage Practitioner III:**
- *The Book of Massage. The Complete Step-by-Step Guide to Eastern and Western Techniques* by Lucinda Lidell (($25.00)

**Skills to be learned:**

1. *Swedish Massage & Therapeutic Massage* - Students will learn the nine major strokes incorporated in Swedish massage and contraindications for Swedish, therapeutic, and massage in general. Therapeutic Massage techniques included in level II include specific strokes for releasing neck, shoulders, and lower back problem areas. Level III includes massage techniques for working with special populations.

2. *Eastern and Western Modalities*
   - *Deep Tissue, Sport or myofascial Massage* - Students learn a basic understanding of trigger point therapy.
   - *Shiatsu, Tui Na, Acupressure, Thai, Reflexology, or Lomi Lomi* - Students learn a basic treatment and develop a basic understanding of Eastern theory.

3. *Chair Massage* – Students learn to apply basic massage techniques for neck, shoulder, back and upper legs massage while in a seated position.

4. *Business, Marketing & Ethics* - Students will learn how to apply for a license, assemble a professional resume, cover letter, and marketing materials, and where to look for a job. Vitality’s curriculum teaches the therapist to honor client/therapist relationship and clinic/therapist/clients relationships. The code of ethics of the CAMTC and NCBTMB are thoroughly discussed.

5. *Anatomy and Physiology* – Level I introduces students to the major bones, superficial muscles, anatomical planes and body mechanics. In level II students learn deeper muscles and begin to learn origin and insertion and tendon/ligament relationships. In level III students learn to write, document, and execute a treatment plan.

6. *Self-care with nutrition and exercise integration* - Students learn and practice the Sun Salutation, Tai Chi, and other therapeutic stretches and somatic movement for proper posture while doing massage. Healthy habits and nutritional basics are introduced.
7. *Clinical Practicum* - Students, upon completing the course, intern in our award-winning, on site clinic. This allows students to gain confidence and to implement knowledge obtained. Students are supervised and given a grade upon completion.

Upon completion of training, a written and practical exam will be administered. Instructional mode is 30% theory and 70% practical.

**California State Certified Massage Therapist Program- 500 Total Clock Hours**

<table>
<thead>
<tr>
<th>Course Type</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Massage Practitioner I</td>
<td>80 hours</td>
</tr>
<tr>
<td>Massage Practitioner II</td>
<td>80 hours</td>
</tr>
<tr>
<td>Massage Practitioner III</td>
<td>50 hours</td>
</tr>
<tr>
<td>Deep Tissue Massage</td>
<td>50 hours</td>
</tr>
<tr>
<td>Sports/Rehabilitation Massage</td>
<td>50 hours</td>
</tr>
<tr>
<td>Supervised Clinical Practice</td>
<td>40 hours</td>
</tr>
<tr>
<td>Pathology</td>
<td>40 hours</td>
</tr>
<tr>
<td>Ethics &amp; Business Marketing</td>
<td>13 hours</td>
</tr>
<tr>
<td>Advanced Massage Techniques</td>
<td>110 hours</td>
</tr>
</tbody>
</table>

(Eastern or Western Modalities, including Lomi Lomi, Cranio-Sacral, Thai, Pre-natal, Neuromuscular, Tui Na, etc.)

*Ethics & Business Marketing is included in Massage Practitioner I & II & III, so it is required here ONLY as an additional class if the student is transferring from another approved school and has not received the equivalent Ethics and Business Marketing credits for the State of California; or, the student has not completed Vitality’s full massage practitioner program. In these cases, the student will be required to complete a separate 13 hour course on Ethics & Business Marketing as part of Vitality’s state and national licensing requirements.

This course is designed to teach more advanced skills in massage, anatomy, physiology, and business skills with the goal of preparing the student to obtain or establish a successful business.

Total Hours Required: 500 hrs. of which 13 must be from Ethics and Business Marketing.

**DESCRIPTION OF CLASSES FOR 500 hr. CALIFORNIA STATE LICENSING MASSAGE THERAPIST PROGRAM**

**ADVANCED MASSAGE TECHNIQUES:** Acupressure I, II and Shiatsu Body Diagnosis and Balancing, Aromatherapy, Sports/Rehabilitation Massage, Massage Assessment, Reflexology, Eastern Massage or Deep Tissue Sculpting, Therapeutic Massage, Geriatric Massage, and Pregnancy Massage.

**ANATOMY/PHYSIOLOGY:** Anatomy students continue to learn origin and insertion of the deep musculature system, Antagonist and Protagonist muscle relationships, and specific techniques for releasing problem areas as well as Pfluger’s Laws.

**BUSINESS SKILLS:** Student will begin to write a business plan and learn record keeping skills.

**Massage Therapist Course Syllabus**

This course includes the completion of Massage Practitioner Program, Sports / Rehabilitation Massage, Anatomy and Physiology, Eastern Massage or Reflexology techniques, and cranio-sacral massage. It is designed to teach more advanced skills in massage, nutrition, anatomy, physiology, business and client assessment skills. This course prepares the student to establish a successful business and prepares the student to take the National Certification Test.
Job Title: State Certified Massage Therapist

The 500-hour massage therapist program generally takes six to nine months to complete, but length of the course varies with each student.

Required texts:

- Trail Guide to the Body (4th edition) by Andrew Biel (Sep 1, 2010) ($52.98)
- Trail Guide to the Body: Student Workbook. By Andrew Biel (Sep 1, 2010) ($52.98)
- Basic Clinical Massage Therapy. By James Clay and David Pounds ($53.95)
- The Book of Massage. The Complete Step-by-Step Guide to Eastern and Western Techniques. By Lucinda Lidell ($25.00)
- Deep Tissue Massage – A Visual Guide to Techniques. By Art Riggs ($25.00)
- A Massage Therapists Guide to Pathology By Ruth Werner, 5th Ed. ($52.00)

Please refer to individual classes and syllabi for additional required texts and supplemental readings.

Skills learned:

1. Massage Practitioner I (100 hours)
2. Massage Practitioner II (100 hours)
3. Massage Practitioner III (50 hours)
4. Anatomy/Physiology – (125 hours) Students will continue to learn bone structure and the origin and insertion of the deep musculature system. Students will also learn the function of the eleven systems in the body and the pathologies relevant for massage therapists to know. (Note: 125 hours of anatomy, physiology, and kinesiology are required. (Hours are incorporated in Massage Practitioner I, II, III, Deep Tissue (10 hrs.), Sports (20 hours.), and from advanced massage technique classes over 40 hours (each advanced technique course includes a minimum of five hours of Anatomy, Physiology, and Kinesiology.)).
5. Marketing, Ethics & Business skills- Students will learn how to apply for a license, how to assemble a professional resume and where to look for a job. Students will also learn ethics regarding client/therapist and employee/therapist/clients. Students will learn how to write a business plan and learn record keeping skills. (22 hours)
6. Clinical Practice - Student will be working on clients in the clinic under supervision for Therapeutic Massage, Deep Tissue, Shiatsu, Sports Massage, etc. (27-50 hours).

Upon completion of training, a written and practical exam will be administered. Instructional mode is 30% theory and 70% practical.

* 125 hours Anatomy, Physiology, Kinesiology Required. (Hours are incorporated in Massage Practitioner I, II, III, Deep Tissue (10 hrs.), Sports (20 hrs.), and at least ten hours from every Advanced Massage Technique Class over 40 hours.).

NATIONAL CERTIFICATION

“For the past 20 years, National Certification was the highest credential available in the massage profession and has served as the cornerstone of a successful career. However, effective January 1, 2013, the National Certification was retired and the Board Certification credential replaced it as the highest credential available to the profession. National Certification could only have been attained through December 31, 2012, (or may be maintained through December 31, 2016, for those who recertified by December 31, 2012).” (www.ncbtmb.org)
National Board Certified Massage Therapist Program – 750 Total Clock Hours

Massage Practitioner I ................................................................. 80 hours
Massage Practitioner II .............................................................. 80 hours
Massage Practitioner III .............................................................. 50 hours
Deep Tissue Massage ................................................................. 50 hours
Sports/Rehabilitation Massage .................................................. 50 hours
Supervised Clinical Practice ...................................................... 40 hours
Pathology ..................................................................................... 40 hours
Ethics (7 hrs.) & Business Marketing (6 hrs.) * ......................................................... 13 hours
Advanced Massage Techniques .................................................. 360 hours
(Eastern or Western Modalities, including Lomi Lomi, Cranio-Sacral, Pre-natal, Neuromuscular, Tui Na, etc.; Spa Techniques. Nutrition, aromatherapy, self-care, and similar hours of instruction in an area or related field that is relevant to your massage program of study may be included.)

*Ethics & Business Marketing is included in Massage Practitioner I & II & III, so it is required here ONLY as an additional class if the student is transferring from another approved school and has not received the equivalent Ethics and Business Marketing credits for the State of California; or, the student has not completed Vitality’s full program. In these cases, the student will be required to complete a separate 13 hour course on Ethics & Business Marketing as part of Vitality’s state and national licensing programs.

This course is designed to teach more advanced skills in massage, nutrition, anatomy and physiology, business and client skills, ethics, pathology, – all of the material covered in the foundational 500 hr. Massage Therapist program, plus an additional 360 hours of advanced Massage technique. The goal of the program is to produce highly skilled massage therapists prepared to obtain or establish a successful, ethical business.

Total Hours Required: 750 hrs. of which 13 hours must be from Ethics and Business Marketing.

Job Title: Board Certified Massage Therapist

Students may choose either no concentration area or a concentration in one of three areas:

1) Sport Massage (Upper body, Lower body, Pre/Post/Rehab, muscle testing, posture analysis)
2) Medical Massage (Pre-natal, lymphatic, muscle-testing, posture analysis, oncology, hospice, geriatric, pediatric & adolescent, myofascial, cranio-sacral, neuromuscular)
3) Eastern Arts Massage (Thai massage, Shiatsu, Ayurvedic, Acupressure, Tui Na, Lomi, Reiki, Reflexology, Eastern Theory)
4) Spa Massage (Spa techniques, Aromatherapy, Raindrop I/II, Ayurvedic)

200 hours of Advanced Massage Technique chosen within each concentration area are required. Alternative courses relevant to the concentration area may be requested in writing to the Director.

Upon successful completion of the program, the chosen area of concentration will be reflected on the transcript and certificate and will include an honors designation if all coursework is passed.

The 750-hour National Board Certified Massage Therapist Program generally takes nine months to a year to complete, but the length of the course varies with each student. Please refer to the National Board of Examiners for Massage Therapy (NBAE) for more information on program completion.
Certification Board for Therapeutic Massage & Bodywork (NCBTMB) for details on additional requirements. Vitality College of Healing Arts is an approved NCBTMB provider (#490408-08).

**Holistic Health Practitioner- Total Clock Hours 1000**

- Completion of either the 500 hour State Certifying Massage Therapist Program or the 750 hour National Board Certified Massage Therapist Program  
  (Adjust the hours accordingly to fulfill 1000 hours)……………….500 hours or 750 hours  
Pathology………………………………………………………………………….40 hours  
Supervised Practice (Clinical)……………………………………………...100 hours  
Herbs and Nutrition………………………………………………………….100 hours  
Students may choose from electives of other approved programs to complete  
HHP…………………………………………………………………………………..1000 Hours

**DESCRIPTION OF CLASSES FOR HOLISTIC HEALTH PRACTITIONER:**

**ANATOMY, PHYSIOLOGY, KINESIOLOGY:** Students will continue to develop a deeper understanding of body mechanics, structure, and the function as it relates to massage and massage with special populations.  
**SUPERVISED PRACTICE:** Student will have completed at least 100 hours of clinical work experience under supervision.  
**TEACHING ASSISTANCE:** At the discretion of the instructor and director, student will attend class as teachers' assistant. (Students must have taken the course previously with high passing grades.)  
**BUSINESS/MARKETING:** Students will work on ad copy and complete a marketing campaign. (To be reviewed by a faculty advisor.)  
**NUTRITION:** Student will learn how to balance the organs, glands, and health of the body with nutrition.  
**ADVANCED MASSAGE TECHNIQUE:** Completion of Massage therapist class work includes Massage Practitioner Program, Sports Massage, Massage Assessment, Reflexology, Anatomy for Body Workers, Reiki I, II, and Eastern Massage Techniques. Course electives included in HHP program include Aromatherapy Massage techniques, Lymph Drainage, Cranio-Sacral and other advanced techniques.

**Holistic Health Practitioner Course Syllabus**

This 1,000-hour course prepares the student to enter the work force as a Holistic Health Practitioner.

**Job Title:** Holistic Health Practitioner

The HHP course can be completed in 12-24 months, depending on student flexibility and classes taken. Prerequisite: completion of Massage therapist 500 hours or Eastern Arts Certification.

**Required textbooks:**

- Massage Practitioner I, II, and II required texts:  
  Trail Guide to the Body (4th edition) by Andrew Biel (Sep 1, 2010) ($52.98)  
  Trail Guide to the Body: Student Workbook by Andrew Biel (Sep 1, 2010) ($52.98)  
  Basic Clinical Massage Therapy: by James Clay and David Pounds ($53.95)  
  A Massage Therapists Guide to Pathology By Ruth Werner, 5th Ed. ($52.00)  
  Ayurveda and Aromatherapy  
  Rhythm and Touch  
  Energy Anatomy
Skills learned:
1. Massage Techniques (Includes completion of 500-hour Massage Therapist Course).
2. Anatomy physiology for body workers - Students will continue to learn the origin and insertion of deep musculature system.
3. Supervised Practice - The students will have completed at least 100 hours of clinical work experience under supervision. (150 hours)
4. Teaching Assistance – Students may be offered to assist in classes where they show a high proficiency. (Up to 100 hours)
5. Advanced Marketing (business plan, marketing) - Students will work on ad copy, complete a flyer for marketing massage to be reviewed by a faculty advisor. (50 hours)
6. Nutrition - Students will learn how to balance the organs, glands, and health of the body with nutrition. (50 hours)

Students’ skills and knowledge will be tested with periodic quizzes, tests and practical exams.

**Reflexology Certification - Total Clock Hours – 100**
*(May be taken as part of 1000 hour curriculum or independently)*.

Reflexology Techniques .................................................................................................................. 70 hours
Anatomy ........................................................................................................................................ 20 hours
Business/Ethics ............................................................................................................................ 10 hours

This course is designed to teach professional Reflexologist skills and prepare the student to establish a successful Reflexology clinic/business.

**DESCRIPTION OF REFLEXOLOGIST COURSE WORK:**

**ANATOMY:** Students will learn the ten (10) systems of the body, their functions and corresponding reflex points on feet, hands and ears.

**STRESS CUES:** Students will learn to recognize stress cues.

**FOOT/HAND/EAR MAPS:** Students will learn the foot, hand and ear maps.

**SOUND AND COLOR THERAPY:** Students will learn how to enhance health and vitality and restore the body to homeostasis through sound and color therapy.

**BUSINESS:** The student will learn about the law and ethics as they apply to the Reflexologist.

**CLINICAL PRACTICE:** Independent clinic study for not less than 20 client sessions. Students will learn to set up a professional therapy room, do client assessments and chart client progress.

**Reflexologist Course Syllabus**

This 100-hour course is designed to teach professional Reflexology skills and prepare the student to establish a successful Reflexology clinic/business.

**Job Title:** Reflexologist

Classroom studies will be presented either twice a week for 10 weeks or in 10-day intensive.
Required Texts:  
*Complete Guide to Foot Reflexology* by Kunz & Kunz  
*The Art of Reflexology* by Dougans & Ellis

Skills to be learned:
1. Students will learn the eleven systems of the body and their functions.  
2. Student will learn a full one-hour reflexology treatment including feet, hands, ears and stomach.  
3. Students will learn Magnetic Reflex - Kinesiology to find what organ/gland(s) are out of balance.  
4. Students will learn Lymphatic-flex points on body for enhancing energy, balance or homeostasis.  
5. The student will learn Aroma Therapy oils to enhance balance and restore the body to homeostasis.  
6. The student will learn color and sound therapy to enhance the reflexology treatment.  
7. The student will learn marketing skills to establish a successful practice and where to look for supplemental income in spas, chiropractic offices, workout centers, full service beauty salons and holistic clinics.  
8. The student will learn about the law and ethics as they apply to Reflexologist. Principles include: *never* treat disease, *never* diagnose and *never* prescribe.

Upon completion of training a written and practical exam will be administered. Instructional mode is 30% theory and 70% practical.

**Therapeutic Yoga Instructor - Level I & II 200 Total Clock Hours**  
*(Independent Certification or part of the Eastern Arts Certification)*  
Basic Teaching Skills .......................................................................................................................... 120 hours  
Anatomy, Physiology, and Structural Kinesiology  
  Includes Contra-Indications .......................................................................................... 20 hours  
Theory and Course Curriculum Development .................................................................................. 40 hours  
Business Skills ............................................................................................................................... 20 hours  

This course is designed to certify therapeutic Yoga instructors. It is designed to teach students proper body alignment to insure safety in teaching Yoga classes. An emphasis is also placed on anatomy and structural Kinesiology to teach students the importance of the relationship between muscular and skeletal systems. Our course is designed to teach students how to establish a successful teaching career. We are a Yoga Alliance certified Training School.

**DESCRIPTION OF CLASSES IN THERAPEUTIC YOGA INSTRUCTOR COURSE:**

**ANATOMY:** Student learns: Major bones and joints of the skeletal system, superficial muscles and antagonist/protagonist theory of the muscular system.  
**PHYSIOLOGY:** Meridian theory and how the meridians relate to organs, glands, and specific Yoga stretches.  
**STRUCTURAL KINESIOLOGY:** Antagonist and Protagonist theory for releasing muscles, aligning/manipulating the skeletal system, executing basic stretches for appropriate needs and conditions.  
**APPRENTICESHIP TEACHING:** Student will be responsible for teaching supervised classes.  
**THEORY AND COURSE CURRICULUM DEVELOPMENT:** Student will learn to develop classes to meet the particular needs of the group.  
**INDICATIONS AND CONTRAINDICATIONS FOR STRETCHING:** Student will learn contraindications and how to design programs for students with specific needs.  
**BUSINESS SKILLS:** Students will learn to design resumes and business plans.
Therapeutic Yoga Instructor Course Syllabus

Job Title: Therapeutic Yoga Instructor

The 100-hour courses can be completed in an intensive or extended format. An additional 50 hours of practice teaching can be spread out over a six-month period.

Required text:  

*HATHA Yoga for Total Health Handbook* ($19.95)

Skills to be learned:
1. Correct posture
2. Correct positions for twenty major Asanas
3. How to teach four major breathing techniques
4. How to teach a one-hour therapeutic Yoga class

Upon completion of training a written and practical test will be administered. The practical test consists of the student teaching a one-hour therapeutic yoga class. The instructional mode is 30% theory, 70% hands-on.

Aromatherapy Certification Program – Level I & II 200 Total Clock Hours

**Level I**

- History of Oils .......................................................... 4 hours
- Quality Control: storage/handling ........................................ 4 hours
- Business/Marketing Skills ........................................... 4 hours
- Anatomy/Physiology .................................................. 20 hours
- Essential Oils .......................................................... 24 hours
- Aroma Therapy Lymphatic Treatment .................................. 44 hours

This 200-hour course is designed to teach the student professional aromatherapy skills and how to establish a successful business practice.

**DESCRIPTION OF CLASSES IN AROMATHERAPY COURSE:**

**HISTORY OF OILS:** Students will learn the history of essential oils and their historical uses.

**BUSINESS/MARKETING SKILLS:** Students will learn business startup skills and marketing techniques.

**ANATOMY/PHYSIOLOGY:** The student will study the ten (10) major systems of the body and gain a deep understanding of how different essential oils affect the body systems/functions.

**ESSENTIAL OILS:** Students will learn indications and contraindications for the use of essential oils. They will also learn to test for quality of essential oils, storage and proper handling techniques. Additionally, they will learn to mix a personal therapeutic blend for clients with specific problems.

**AROMA THERAPY LYMPHATIC TREATMENT:** Students will learn to administer a full one-hour Aroma Therapy Lymphatic session.
Aroma Therapy Level I Course Syllabus
This 100-hour program, Aroma Therapy 1, is designed to teach professional Aroma Therapy skills and prepare the student to establish a successful Aroma Therapy clinic/business.

Job Title: Aroma Therapist

Pre-Requisites: None

This course will meet twice a week and can be completed in 11 weeks.

Required Texts: Vitality Spa Manual
Aroma Therapy Workbook by Marcel Lavbrae

Skills to be learned:
1. Therapeutic properties of oils. Students will learn how to safely apply oils to elicit a therapeutic response and bring body to balance or homeostasis.
2. Students will learn contraindications for therapeutic oil application in massage, blending and diffusion.
3. Students will learn how to safely complete therapeutic blends for specific imbalances within the body (i.e. headaches, PMS, depression, fatigue, sprains, sore muscles, etc.).
4. Students will study and be required to know the 10 systems and functions of the body.
5. Students will be able to identify 20 major oils, know the benefits, any contra-indications and the most synergistic oil blends.
6. Students will be required to know carrier oils indications, uses and contra-indications.
7. Students will be required to know skin typing.
8. Students will be taught how to administer an aroma therapy massage.
9. Students will learn manual lymph drainage techniques, including Vita-Lymph™
10. Stress management skills using aromatic blends applied to key acupressure points will be taught.
11. Law and Ethics - Students will be taught to never treat disease, never diagnose and never prescribe. Emphasis placed on practicing within legal guidelines of the state.

Upon completion of training, a written and practical exam will be administered. Instructional mode is 40% theory and 60% practical.

Spa Technician Aromatherapy Level II Course Syllabus (100 hours)
This 100-hour Spa Technician program is designed to teach professional spa therapy techniques preparing the student to either work in an exclusive resort or day spa or to incorporate in their private practice.

Job Title: Spa Technician

This course can be completed in a 10-day intensive or an extended, 11-week program. The intensive meets Monday-Friday for two consecutive weeks and the 11-week program meets on Monday, Wednesday & Saturday (subject to change).

Required Text: Vitality Spa Manual
Skills to be learned:
1. How to safely give several one-hour aromatherapy baths. The student will learn to make bath blends for relaxation/stress reduction, PMS or hormone balance, weight loss, immune stimulation blends. Students will be required to take baths and keep a bath journal recording results.
2. How to properly administer hot and cold packs therapeutically.
3. The benefits for mud wraps as well as precautions for mud wraps.
4. The basic applications of Aroma Therapy wraps.
5. How to administer paraffin for therapeutic use in rehydration and arthritis therapy.
6. Aromatherapy Face blends to balance different skin types. To be used with a 1-hour Acupressure face lift treatment.
7. How to mix and prepare an Aromatherapy Salt Scrub.

Upon completion of training, a written and practical exam will be administered. Instructional mode is 30% theory and 70% practical.

Aromatherapy (see pg.17 & 18 for full syllabus) ......................................................... 100 hours

**Hypnotherapist - Total Clock Hours 200- Level I and II**

- Hypnosis Techniques .......................................................... 90 hours
- Client Skills .................................................................................. 10 hours
- Pain Control Technique .............................................................. 10 hours
- Making Tapes ............................................................................. 10 hours
- Stress Management Skills ......................................................... 10 hours
- Marketing & Business Skills ..................................................... 15 hours
- Law & Ethics................................................................................ 5 hours
- Supervised Clinical practice ...................................................... 50 hours

This course is designed to teach professional hypnosis skills. This course prepares the student to establish a successful Hypnotherapy business.

**DESCRIPTION OF CLASS FOR HYPNOTHERAPIST:**

**HYPNOSIS TECHNIQUES:** Students will learn the language of hypnosis, various induction techniques, deepening techniques, rules of the mind and many other techniques used to create positive life changes. Roles of right brain and left-brain will be explored in creating mind/body harmony. Techniques will be taught to create various states of hypnosis.

**CLIENT SKILLS:** Students will learn how to create rapport with clients, how to empower clients and create a safe environment for growth. Listening skills will be emphasized.

**MAKING TAPES:** Students will expand his/her skills by making tapes for themselves and others.

**PAIN CONTROL TECHNIQUES:** Techniques to facilitate clients to control their pain response. Techniques will be taught to recognize and release emotional trauma held in the body and mind.

**STRESS MANAGEMENT SKILLS:** Breathing and imagery for mind and body balancing and relaxation will be covered.

**MARKETING & BUSINESS SKILLS:** Students learn how to market a successful hypnosis practice. Record keeping skills and how to work with other health professionals are included.

**LAWS & ETHICS:** Students learn how to practice within the legal guidelines of the state.
Hypnotherapist Course Syllabus

This 200-hour program is designed to teach professional hypnosis skills. This course prepares the student to establish a successful business.

**Job Title:** Clinical Hypnotherapist

This course is divided into four levels with a 50-hour clinical apprenticeship. Each level is 50 hours. Classes meet twice a week for five weeks. The clinical hours can be done over a six-month period.

**Required Reading:**

- *Hypnosis for Change* by Josie Hadley and Carol Staudacher ($5.99)
- *Embracing Our Selves* by Stone & Stone ($12.95)

**Skills to be learned:**

1. Hypnosis Techniques - Students will learn the language of hypnosis, induction techniques, deepening techniques, rules of the mind and many techniques to create positive life changes. Roles of right brain and left-brain will be explored in creating mind/body harmony. Techniques will be taught to create various states of hypnosis.
2. Client Skills - Students will learn how to create rapport with clients, skills for empowering clients and creating a safe environment for growth. Listening skills will be emphasized.
3. Making Tapes - Students will expand skills through making tapes for themselves and others.
4. Pain Control Techniques - Students will learn techniques to facilitate clients to control their pain response.
5. Stress Management Skills - Students will learn to use breathing and imagery for mind and body balancing and relaxation.
6. Marketing & Business Skills - Students learn how to market a successful hypnosis practice. Additionally, students will learn how to record keeping skills and how to work with other health professionals.
7. Laws & Ethics – Students will learn how to practice within the legal guidelines of the state.

Upon completion of training a written and practical test will be administered. The instructional mode is 35% and 65% practical.

**Herbal/Nutritional Consultant - 200 Total Clock Hours**

- Western Herbs ................................................................. 50 hours
- Uses of Western Herbs ......................................................... 50 hours
- Whole Food Nutrition ........................................................... 100 hours

This 200-hour program is designed to provide hands-on quality instruction in the most current scientific data available about nutrition, herbology, and alternative health practices. This program prepares the student to work as a private Herbal/Nutritional Consultant with the skills to work independently or in the nutrition field. These hours can be applied to the Holistic Health Practitioner's program.

**DESCRIPTION OF CLASSES IN HERBAL/NUTRITIONAL CONSULTANT COURSE:**

**INDICATIONS/CONTRAINDICATIONS:** Students will learn the benefits of herbal supplements and nutritional counseling as well as contraindications
COMMON WESTERN HERBS: Historical uses of over 100 traditional herbs, herbal combinations and supplements will be covered.

ANATOMY/PHYSIOLOGY: Students will study the ten (10) major systems of the body. The student will gain a deep understanding of which herbs, herb combinations and other supplements to use for every major body system.

GROWING/HARVESTING/STORING: Students will get hands on experience with growing herbs, harvesting techniques, seasons and proper storage for your fresh or dried herbs.

COOKING WITH HERBS: Students will receive recipes and instructions on the uses of herbs in your kitchen. You will actually help prepare a full course meal using the local herbs you've harvested.

TINCTURES, SALVES AND HOME CARE PRODUCTS: The student will learn how to traditional prepare and use various tinctures, salves and home care products. Pet care will be included in this section. Medicinal preparations and uses will be discussed.

PLANT-SPRIT MEDICINE: Students will learn to connect with the healing spirit - essence of plants using a Shamanic tradition to honor the spirit of plants and more effectively use the healing power of plants.

WHOLE FOOD NUTRITION: Students will learn the role of minerals and vitamins in health and the reasons for eating "whole"-some foods.

Job Title: Herbal/Nutritional Consultant

Pre-requisite: None

This course meets once or twice a week and can be completed in approximately 20-40 weeks.

Required Text: Staying Healthy with Nutrition by Elson M. Haas, M.D. ($43.05)

Skills to be learned:
1. Students will learn the 10 major systems of the body and which herbs, herbal combinations and supplements support them.
2. Students will learn the historical uses and contraindications of over 100 traditional western herbs.
3. Students will learn to grow, harvest and store herbs that are indigenous to Southern California.
4. Students will learn the use of herbs in the kitchen.
5. Students will learn the uses of and how to prepare tinctures, salves and home care products.
6. Students will learn the role of minerals and vitamins in health and the reasons for eating "whole"-some foods.
7. Students will learn the pros and cons of various diets, the FDA nutritional guidelines and how they fit into holistic health and alternative/preventative nutritional theories.
8. Students will learn to document, read, and analyze case histories and to devise a nutritionally sound treatment plan for individuals’, including special populations (prenatal, diabetic, geriatric, etc.)

Upon completion of training a written and practical exam will be administered. Instruction mode is 40% written and 60% practical.
Course Charges and Fees

* All Registration fees are non-refundable. See details on page 7.
Course Charges and fees may vary slightly depending on choice of elective.
***STRF. Fees: apply to all classes at the rate of $.50 per $1,000 of institutional charges.

**Massage Practitioner. (250) hours Internship program.**

*Registration: $100.00  
Tuition: $2,150.00  
Total Cost: $2,250.00  
Supplies: $280.00 (estimated cost of books and supplies)  
*40 clinic massages required for internship program.  
*** STRF fees

If due to hardship a student cannot complete clinical hours, students may buy them out and present body logs equal to the required contact hours.

**Massage Practitioner. (250) hours**

*Registration: $100.00  
Tuition: $3,150.00  
Total Cost: $3,250.00  
Supplies: $280.00 (estimated cost of books and supplies)  
*** STRF fees

**State Certified Massage Therapist (CAMTC) (500) hours**

*Registration: $100.00  
Tuition: $4,950.00  
Total Cost: $5,050.00  
Supplies: $280.00 (estimated cost of books and supplies)  
*** STRF fees

**Board Certified Massage Therapist (NCBTMB) (750) hours**

*Registration: $100.00  
Tuition: $9,500.00  
Total Cost: $9,600.00  
Supplies: $380.00 (estimated cost of books and supplies)  
*** STRF fees

**Reflexologist (100) hours**

*Registration: $100.00  
Tuition: $1,450.00  
Total Cost: $1,550.00  
Supplies: $50.00 (estimated cost of books and supplies)(not included)  
*** STRF fees
Aromatherapy Certification Program Level I & II (200) hours

Level I: Aromatherapy Fundamentals
*Registration $100.00
Tuition: $1600.00
Total Cost $1700.00
Supplies: $150.00 (estimated cost of books and essential oil kit and supplies)
*** STRF fees

Level II: Spa Technician Certification (100) hours
*Registration $100.00
Tuition: $1600.00
Total Cost $1700.00
Supplies: $150.00 (estimated cost of books and essential oil kit and supplies)
*** STRF fees

Note: Students must take Level I & Level II to earn the Aromatherapy Certification. Level II, Spa Technician, may be taken without Level I for Aromatherapy Level II (Spa Technician).

Therapeutic Yoga Instructor (200) hours
*Registration $100.00
Tuition $2950.00
Total Cost $3050.00
Supplies $75.00 (estimated cost of books and supplies)
*** STRF fees

Holistic Health Practitioner (1000) hours
*Registration $100.00
Tuition $12,500.00
Total Cost $12,600.00
Supplies $450.00 (estimated cost of books and supplies)
*** STRF fees

Clinical Hypnotherapist (200) hours
*Registration: $100.00
Tuition: $2,995.00
Total Cost $3,195.00
Supplies: $280.00 (estimated cost of books and supplies)
*** STRF fees

Herbal/Nutritional Consultant Level I (200) hours
*Registration $100.00
Tuition: $2,995.00
Total Cost $3,195.00
Supplies: $100.00 (estimated cost of books and supplies)
*** STRF fees
CEC 94909(a)(9).
Vitality College of Healing Arts, 6353 El Camino Real, Suite A & B, Carlsbad, CA 92009 has been granted course approval from The Bureau for Private Postsecondary Education. The Bureau’s approval means that the institution and its operation comply with the standards established under law for occupational instruction by private postsecondary educational institutions. They have also approved every course in this catalog. Institutional approval must be re-approved every five years and is subject to continuing review. Approved are the following courses:

- Massage Practitioner Level I, II & III .......................................................... 250 hours
- State Certified Massage Therapist ............................................................... 500 hours
- Board Certified Massage Therapist ............................................................ 750 hours *
- Reflexologist ............................................................................................... 100 hours
- Aroma Therapist Level I&II ........................................................................ 200 hours
- Therapeutic Yoga Instruction ..................................................................... 200 hours
- Holistic Health Practitioner ....................................................................... 1000 hours
- Herbs/Nutrition Counselor (Herbal/Nutritional Consultant) Level I........... 200 hours
- Hypnotherapist (Level I & II) ..................................................................... 300 hours

*Pending, but anticipated

California statute requires that a student who successfully completes a course of study be awarded an appropriate diploma or certificate verifying the fact. Prospective students are encouraged to visit the physical facilities of the school and to discuss personal, educational, and occupational plans, with school personnel before enrolling or signing enrollment agreements. The school does not provide English-as-a-second language instruction. If you don’t speak English well, you enroll at your own risk. You must attend lectures in English and pass tests written in English.

This school currently does not have available sponsored programs, government or otherwise, to provide grants or to pay for portions of tuition or fees. However, student may ask about work scholarships and payment plans.

**Questions:** “Any questions a student may have regarding this catalog that have not been satisfactory answered by the institution may be directed to the Bureau for Private Postsecondary Education at P.O. Box 980818 West Sacramento, CA 95798-0818 (916) 431-6959 phone #, (916) 263-1897”

Web site : [www.bppe.ca.gov](http://www.bppe.ca.gov)  CEC 94909(a)(3)(c)

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

CEC 94909(a)(3)(B)

**Complaint:** “A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling ((888) 370-7589) or by completing a complaint form; which can be obtained on the bureau’s Internet Web site [www.bppe.ca.gov](http://www.bppe.ca.gov).

All information in the content of this catalog is current and correct and is so certified as true by Laiani Kuspa, Director.