

ELECTIVE SCHEDULE

9/18/17

(10:05AM)

IRENE'S MYOMASSOLOGY INSTITUTE

26061 Franklin Road Southfield, MI 48033 (248)350-1400 FAX (248)350-8068

Anyone is welcome to attend these classes. However, those marked with \* require prior massage training or a minimum of 12 hands-on classes. **Bring a sheet and towel for bodywork classes!**

**Required elective hours are included in tuition for all full time students.** An administrative fee of \$10.00 is charged for cancelling a scheduled elective up to five days prior to class. A \$25.00 fee is charged for less than five day notice of cancellation. A \$50.00 fee is charged for less than 24 hour notice of cancellation or absence.

Class Fees for Non-current Students						
	4 Hours	8 Hours	12 Hours	16 Hours	20 Hours	\$ Per Hour
2017	\$90	\$180	\$270	\$360	\$450	\$22.50
2018	\$92	\$184	\$276	\$368	\$460	\$23.00

For Non-current Students, full payment for the class plus any additional charges is required for registration. This is refundable less the \$10.00 fee, with five day prior notice. If absent without five day prior notice, the above administrative fees apply.

**September 2017**

- 9 **\*Enhanced Chest & Shoulder Massage** Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion
- 9 **Development of a Healer** Sat 9:00-5:00 8hrs
- 9&10 **\*Equine Massage** Sat&Sun 9:30-5:30 16hrs -additional charge \$20 for stable, **ask for handout for what to bring**
- 10 **\*Wrist and Arm Pain** Sun 9:30-5:30 8hrs - bring two sheets and towel
- 16&17 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 23 **Feng Shui** Sat 9:00-1:00 4hrs
- 23&24 **\*Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 24 **Herbology** Sun 9:30-5:30 8hrs
- 30/1 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 30/1 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow

**October 2017**

- 7 **Canine Massage** Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 7&8 **\*Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
- 8 **Spiritual Development** Sun 2:00-6:00 4hrs
- 14&15 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 15 **\*TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear loose fitting clothing
- 15 **\*Massage for Headaches** Sun 2:00-6:00 4hrs
- 20&27 **Foot Reflexology** Friday 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils
- 21 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs
- 21 **Preventing and Treating Professional Burnout** Sat 2:00-6:00 4hrs
- 22 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs
- 22 **Crystal Healing** Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 22 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 28&29 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 28&29 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases

\*\*\*Daylight Saving Time Ends November 5th\*\*\*

**November 2017**

- 4&5 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 4&5 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 4&5 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 11 **Infant Massage** Sat 9:00-1:00 4hrs - **ask for handout for what to bring**
- 11 **Effective Sciatica Treatment** Sat 2:00-6:00 4hrs
- 12 **Hands on Hands** Sun 9:30-5:30 8hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 17/18/19 **Thai-Yurvedic Yoga Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 18&19 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
- 19 **\*Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing

**December 2017**

- 2 **\*Massage for Headaches** Sat 9:00-1:00 4hrs
- 3&10 **\*Lymphatic Drainage** Sunday 9:30-5:30 16hrs - bring two sheet and towel
- 9&10 **\*Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 16&17 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing

**January 2018**

- 13&14 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 20&21 **\*Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 21 **Canine Massage** Sun 2:00-6:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 27&28 **\*Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
- 27&28 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases

**February 2018**

- 3&4 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils

- 4 \*Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 10 Feng Shui Sat 9:00-1:00 4hrs
- 10&11 \*Trigger Point Therapy Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 11 Aligning and Clearing the Chakras Sun 9:00-1:00 4hrs
- 11 Crystal Healing Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 16/17/18 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 17 Preventing and Treating Career Injury Sat 9:00-1:00 4hrs
- 17 Effective Sciatica Treatment Sat 2:00-6:00 4hrs
- 18 \*Enhanced Gluteal Massage & Finishing Strokes Sun 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 18 \*Enhanced Chest & Shoulder Massage Sun 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion
- 24&25 Aromatherapy Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
- 25 \*Kinesiology Taping Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms

**March 2018**

- 3&4 \*Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
- 3&4 Reiki I Sat&Sun 9:30-3:30 12hrs

\*\*\*Daylight Saving Time Begins March 11th\*\*\*

- 10&11 Side Lying Massage Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 11 \*Positional Release Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 17 Herbology Sat 9:30-5:30 8hrs
- 17&18 \*Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 18 Hands on Hands Sun 9:30-5:30 8hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 24 Spiritual Development Sat 9:30-5:30 8hrs
- 24&25 \*Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel

**April 2018**

- 7 Canine Massage Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 7&8 \*Sports Massage Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 8 Avoiding Disease Naturally Sun 9:00-1:00 4hrs
- 14&15 \*Spa Treatments Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 14&15 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils
- 21&22 Polarity Sat&Sun 9:00-5:00 16hrs
- 21&22 \*Pregnancy/Labor Massage Sat&Sun 9:30-5:30 16hrs -bring two sheets, hand towel, pillowcase, beach towel, three pillows & unscented oil
- 28 \*Massage for Headaches Sat 9:00-1:00 4hrs
- 28 \*TMJ Dysfunction Sat 2:00-6:00 4hrs - wear loose fitting clothing
- 28&29 Reiki II Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 29 \*Flowing Bodywork Sun 9:30-5:30 8 hrs - bring two flat sheets and a towel

**May 2018**

- 5&6 Table Shiatsu Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 6 \*Wrist and Arm Pain Sun 9:30-5:30 8hrs - bring two sheets and towel
- 12 Infant Massage Sat 9:00-1:00 4hrs - ask for handout for what to bring
- 12&13 \*Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 19 Reiki III Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
- 19&20 Table Thai Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 20 \*Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage

**June 2018**

- 2&3 \*Myofascial Release Therapy Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
- 9&10 \*Orthopedic Massage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 9&10 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 16 Crystal Healing Sat 9:00-1:00 4hrs - bring a quilt or beach towel to class
- 16 Aligning and Clearing the Chakras Sat 2:00-6:00 4hrs
- 17 Effective Sciatica Treatment Sun 9:00-1:00 4hrs
- 17 Preventing and Treating Career Injury Sun 2:00-6:00 4hrs
- 23&24 Reiki I Sat&Sun 9:30-3:30 12hrs
- 29/30/1 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)

**July 2018**

- 7&8 \*Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
- 8 Canine Massage Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 14&15 \*Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 15 Guided Imagery Sun 9:00-1:00 4hrs
- 21&22 \*Musculoskeletal Dysfunction-Assess & Interpret Sat&Sun 9:30-5:30 16hrs – bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
- 21&22 Thai-Yurvedic Yoga Massage II Sat&Sun 9:30-5:30 16 hrs - prerequisite Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 28 Hands on Hands Sat 9:30-5:30 8hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 29 \*Enhanced Gluteal Massage & Finishing Strokes Sun 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 29 \*Enhanced Chest & Shoulder Massage Sun 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion

**August 2018**

- 4&5 Side Lying Massage Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 5 \*Positional Release Sun 9:00-5:00 8hrs - wear loose fitting clothing

- 11 **Transforming Grief** Sat 9:30-5:30 8hrs
- 11&12 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 12 **Sound and Vibration Healing** Sun 9:00-1:00 4hrs
- 18&19 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 18 **\*Kinesiology Taping** Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
- 25&26 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 26 **\*TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear loose fitting clothing
- 26 **\*Massage for Headaches** Sun 2:00-6:00 4hrs

#### September 2018

- 8&9 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 8&9 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 15 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs
- 15 **Preventing and Treating Career Injury** Sat 2:00-6:00 4hrs
- 15&16 **\*Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 16 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs
- 16 **Crystal Healing** Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 21/22/23 **Thai-Yurvedic Yoga Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 22&23 **\*Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 29 **Spiritual Development** Sat 9:30-5:30 8hrs
- 29&30 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 30 **Feng Shui** Sun 9:00-1:00 4hrs

#### October 2018

- 6 **\*Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and towel
- 6&7 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
- 7 **Mind Body Medicine** Sun 9:00-1:00 4hrs
- 13 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs
- 13&14 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 14 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 20 **Canine Massage** Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 20&21 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 27&28 **\*Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
- 27&28 **Polarity** Sat&Sun 9:00-5:00 16hrs

#### November 2018

- 3&4 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 4 **\*Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 10&11 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheet and towel
- 11 **Herbology** Sun 9:30-5:30 8hrs
- 17&18 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 17&18 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**

#### December 2018

- 1&2 **\*Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 2 **Hands on Hands** Sun 9:30-5:30 8hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 8&9 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 14/15/16 **Thai-Yurvedic Yoga Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 15 **\*Massage for Headaches** Sat 9:00-1:00 4hrs
- 15 **\*TMJ Dysfunction** Sat 2:00-6:00 4hrs - wear loose fitting clothing