

## ELECTIVE SCHEDULE

10/12/21 (4:58PM)

### 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. If you are unable to attend a scheduled elective, call the school asap.

For current students, required elective hours are included in tuition. Current students are marked absent if they are not present for an elective class without providing 24-hour notice. In order to receive credit to graduate, current students absent for an elective must pay a make-up fee of \$35 to attend the same class the next time it is offered.

For non-current students, full payment for the class plus any additional charges is required for registration. Non-current students are charged a \$35 no-show fee for missing an elective without 24-hour prior notice.

Class Fees for Non-current Students						
	4 Hours	8 Hours	12 Hours	16 Hours	20 Hours	\$ Per Hour
Public	\$88	\$176	\$264	\$352	\$440	\$22.00
Alumni	\$70	\$140	\$211	\$281	\$352	20% Disc.

A student can reschedule an elective up to 24-hours prior to class without incurring any make-up fees or attendance repercussions. A student may not attend any portion of an elective without attending the first day.

#### October 2021

- 9&10 \*Pregnancy/Labor Massage Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillows and cases, hand towel, beach towel and unscented oil
- 9&10 Yoga for Therapists Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 9&10 \*Orthopedic Massage Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 16&17 Herbolgy Sat&Sun 9:30-5:30 16hrs
- 16&17 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)
- 22/23/24 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)
- 23&24 \*Sports Massage Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 30 Effleurage for Assessment and Connection Sat 9:00-1:00 4hrs - bring two sheets \*\*\*NEW ELECTIVE\*\*\*
- 30 Sound and Vibration Healing Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 30&31 Polarity Sat&Sun 9:00-5:00 16hrs

#### November 2021

- 6 Avoiding Disease Naturally Sat 9:00-1:00 4hrs
- 6 Infant Massage Sat 9:00-1:00 4hrs - ask for handout for what to bring
- 6 Low Back Pain and Massage Sat 2:00-6:00pm 4hrs - bring two sheets and one pillowcase
- 6 Feng Shui Sat 2:00-6:00 4hrs
- 6&7 \*Spa Treatments Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring \*\*\*Daylight Saving Time Ends November 7th\*\*\*
- 7 Crystal Healing Sun 9:00-1:00 4hrs
- 7 Aligning and Clearing the Chakras Sun 2:00-6:00 4hrs
- 7 \*Kinesiology Taping Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 13 \*Wrist and Arm Pain Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 13 Dynamic Stretching Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 14 Avoiding Massage Career Burnout Sun 9:00-1:00 4hrs - bring two sheets and choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
- 14 Effective Sciatica Treatment Sun 2:00-6:00 4hrs - bring two sheets, choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
- 14 \*Medication and Massage (formerly Pharmacology for MTs) Sun 9:00-1:00 4hrs - bring a notebook and pen
- 14 Guided Imagery Sun 2:00-6:00 4hrs
- 20&21 \*Fascia Therapy (formerly Myofascial Release Therapy) Sat&Sun 9:00-5:00 16hrs - bring two sheets, wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 20&21 Aromatherapy Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel

#### December 2021

- 4&5 Reiki I Sat&Sun 9:30-3:30 12hrs
- 4&5 \*Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 5 Body Rolling Sun 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 11 Transforming Grief Sat 9:30-5:30 8hrs
- 11&12 \*Intro to CranioSacral Techniques Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
- 11&12 Table Thai Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 12 Canine Massage Sun 2:00-6:00 4hrs - bring a friendly dog to massage and a blanket
- 18 \*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 or wear sports bra, one pillow with pillowcase and oil or lotion
- 18 \*Enhanced Gluteal Massage with Finishing Strokes Sat 2:00-6:00 4hrs - bring two sheets and two pillowcases
- 19 \*Flowing Bodywork Sun 9:30-5:30 8hrs - bring two flat sheets and a towel

#### January 2022

- 8&9 Polarity Sat&Sun 9:00-5:00 16hrs
- 15&16 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, a pillow, hand towel and lotion
- 22&23 \*Trigger Point Therapy Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
- 29 \*TMJ Dysfunction Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 29 \*Massage for Headaches Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 29&30 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)
- 30 \*Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage

## February 2022

- 5&6 **Reiki I** Sat&Sun 9:30-3:30 12hrs  
12&13 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel  
12&13 **Yoga for Therapists** Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement  
19 **Sanitary Surroundings for Massage Therapy** Sat 2:00-6:00 4hrs - bring a notebook and pen  
19&20 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement  
26&27 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I  
26&27 **\*Massage in Clinical Environment** Sat&Sun 9:30-5:30 16hrs - bring two sheets and two pillows

## March 2022

- 5 **\*Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
5 **\*Enhanced Chest and Shoulder Massage** Sat 9:00-5:00 8hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover or wear sports bra, one pillow with pillowcase and oil or lotion  
6 **\*Enhanced Gluteal and Abdominal Massage** Sun 9:00-5:00 8hrs - bring two sheets and two pillowcases **\*\*\*NEW ELECTIVE\*\*\***  
**\*\*\*Daylight Saving Time Begins March 13th\*\*\***  
12&13 **\*Fascia Therapy** (formerly Myofascial Release Therapy) Sat&Sun 9:00-5:00 16hrs - bring two sheets, wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms  
12&13 **\*Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillows and cases, hand towel, beach towel and unscented oil  
19 **Canine Massage** Sat 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket  
19 **\*Kinesiology Taping** Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms  
19&20 **\*Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement  
26&27 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, a pillow, hand towel and lotion  
26&27 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel

## April 2022

- 2 **Avoiding Massage Career Burnout** Sat 9:00-1:00 4hrs - bring two sheets and choice of oil or lotion and wear non-restrictive clothing allowing full range of movement  
2 **Low Back Pain Massage** Sat 2:00-6:00pm 4hrs - bring two sheets and one pillowcase  
2&3 **Reiki I** Sat&Sun 9:30-3:30 12hrs  
2&3 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
3 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs  
3 **Crystal Healing** Sun 2:00-6:00 4hrs  
9 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice  
9&10 **Polarity** Sat&Sun 9:00-5:00 16hrs  
10 **\*Medication and Massage** (formerly Pharmacology for MTs) Sun 9:00-1:00 4hrs - bring a notebook and pen  
23 **Guided Imagery** Sat 2:00-6:00 4hrs  
23&24 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)  
23&24 **\*Intro to CranioSacral Techniques** Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement  
24 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs  
24 **Mind Body Medicine** Sun 2:00-6:00 4hrs  
30 **Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
30/1 **Herbology** Sat&Sun 9:30-5:30 16hrs

## May 2022

- 7 **Infant Massage** Sat 9:00-1:00 4hrs - ask for handout for what to bring  
7 **Spiritual Development** Sat 2:00-6:00 4hrs  
14 **\*Massage for Headaches** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement  
14 **\*TMJ Dysfunction** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement  
14 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs - bring two sheets, choice of oil or lotion and wear non-restrictive clothing allowing full range of movement  
14 **Effleurage for Assessment and Connection** Sat 2:00-6:00 4hrs - bring two sheets **\*\*\*NEW ELECTIVE\*\*\***  
15 **Feng Shui** Sun 9:00-1:00 4hrs  
15 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage  
21&22 **\*Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement  
21&22 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel

## June 2022

- 4&5 **Yoga for Therapists** Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement  
11&12 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement  
11&12 **Reiki I** Sat&Sun 9:30-3:30 12hrs  
18 **\*Enhanced Chest and Shoulder Massage** Sat 9:00-5:00 8hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover or wear sports bra, one pillow with pillowcase and oil or lotion  
25 **Canine Massage** Sat 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket  
25&26 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel  
26 **\*Wrist and Arm Pain** Sun 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement

## July 2022

- 9 **\*Kinesiology Taping** Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms  
9&10 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I  
16 **\*Enhanced Gluteal and Abdominal Massage** Sun 9:00-5:00 8hrs - bring two sheets and two pillowcases  
16&17 **\*Fascia Therapy** (formerly Myofascial Release Therapy) Sat&Sun 9:00-5:00 16hrs - bring two sheets, wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms  
23&24 **\*Intro to CranioSacral Techniques** Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement  
24 **Reiki III** Sun 9:30-5:30 8hrs - prerequisite Reiki I & II  
30&31 **\*Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement  
30&31 **\*Massage in Clinical Environment** Sat&Sun 9:30-5:30 16hrs - bring two sheets and two pillows