

## ELECTIVE SCHEDULE

12/1/21 (10:40AM)

### 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.

#### 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
- 8&9 **\*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
- 15&16 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 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 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 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

- 4/5/6 **Thai Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 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 **\*Massage for Headaches** Sun 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
  - 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 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement  
 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  
 7&8 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I  
 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

#### August 2022

6&7 **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  
 6&7 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel  
 13 **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  
 13 **Low Back Pain Massage** Sat 2:00-6:00pm 4hrs - bring two sheets and one pillowcase  
 13&14 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
 14 **Crystal Healing** Sun 9:00-1:00 4hrs  
 14 **Aligning and Clearing the Chakras** Sun 2:00-6:00 4hrs  
 20&21 **Polarity** Sat&Sun 9:00-5:00 16hrs  
 27&28 **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)  
 28 **Dynamic Stretching** Sun 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement

#### September 2022

10 **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  
 10 **Effleurage for Assessment and Connection** Sat 2:00-6:00 4hrs - bring two sheets  
 10&11 **Reiki I** Sat&Sun 9:30-3:30 12hrs  
 17 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs  
 17 **Feng Shui** Sat 2:00-6:00 4hrs  
 17&18 **\*Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement  
 17&18 **\*Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillows and cases, hand towel, beach towel and unscented oil  
 24 **Canine Massage** Sat 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket  
 24 **Sanitary Surroundings for Massage Therapy** Sat 2:00-6:00 4hrs - bring a notebook and pen  
 25 **\*TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement  
 25 **\*Massage for Headaches** Sun 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement