

ELECTIVE SCHEDULE
IRENE'S MYOMASSOLOGY INSTITUTE

3/22/22 (4:26PM)

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 4 hands-on classes, 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 \$50 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 \$50 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.

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
- 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

- 1 †**Enhanced Intuition** Sun 9:30-5:30 8hrs – bring two sheet and bath towel ***NEW ELECTIVE***
- 7 **Infant Massage** Sat 9:00-1:00 4hrs - ask for handout for what to bring
- 7&8 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 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 †**Side Lying Massage** Sat&Sun 9:00-5:00 16hrs - bring two sheets, two pillows, two pillowcases and bath towel ***NEW ELECTIVE***
- 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
- 17/18/19 †**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)
- 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
- 18&19 ***Zero Balancing** Sat&Sun 9:30-5:30 16hrs – bring a yoga mat, sheet, and wear non-restrictive clothing ***NEW ELECTIVE***
- 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** Sat 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 **Spiritual Development** Sat 2:00-6:00 4hrs
- 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
- 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 †**Esalen Inspired Massage** Sat 2:00-6:00 4hrs - bring two sheets, pillowcase, yoga mat and small blanket *****NEW ELECTIVE*****
- 27&28 **Foot Reflexology** Sat&Sun 9:30-5:30 16hr - 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
- 11 †**Enhanced Intuition** Sun 9:30-5:30 8hrs – bring two sheet and bath towel *****NEW ELECTIVE*****
- 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
- 24&25 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
- 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

October 2022

- 1 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 1&2 **Yoga for Therapists** Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 2 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 8&9 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 8&9 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 14/15/16 †**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)
- 15 ***Kinesiology Taping** Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 22 ***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
- 22&23 **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 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand
- 29 †**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
- 29 †**Low Back Pain Massage** Sat 2:00-6:00pm 4hrs - bring two sheets and one pillowcase
- 29 ***Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 30 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs
- 30 **Crystal Healing** Sun 2:00-6:00 4hrs

*****Daylight Saving Time Ends November 6th*****

November 2022

- 5 **Mind Body Medicine** Sat 9:00-1:00 4hrs
- 5 **Spiritual Development** Sat 2:00-6:00 4hrs
- 5&6 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 5&6 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 6 ***Medication and Massage** (formerly Pharmacology for MTs) Sun 9:00-1:00 4hrs - bring a notebook and pen
- 6 **Guided Imagery** Sun 2:00-6:00 4hrs
- 12 **Infant Massage** Sat 9:00-1:00 4hrs - **ask for handout for what to bring**
- 12&13 **Thai Massage II** Sat&Sun 9:30-5:30 16hrs - prerequisite Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 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
- 19&20 **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)
- 19&20 **Herbology** Sat&Sun 9:30-5:30 16hrs
- 19&20 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement

December 2022

- 3 †**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
- 3 †**Effleurage for Assessment and Connection** Sat 2:00-6:00 4hrs - bring two sheets
- 3&4 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 4 **Dynamic Stretching** Sun 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 10&11 †**Side Lying Massage** Sat&Sun 9:00-5:00 16hrs - bring two sheets, two pillows, two pillowcases and bath towel *****NEW ELECTIVE*****
- 10&11 ***Intro to CranioSacral Techniques** Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
- 17 **Canine Massage** Sat 2:00-6:00 4hrs - bring a friendly dog to massage and a blanket
- 17 ***Enhanced Gluteal and Abdominal Massage** Sat 9:00-5:00 8hrs - bring two sheets and two pillowcases
- 17&18 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement