

## ELECTIVE SCHEDULE

10/10/22 (11:33AM)

### 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 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.

#### October 2022

- 14/15/16 †**Thai Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a mat or thick quilt (total of 2" thickness), a blanket and pillow. Wear non-restrictive clothing allowing full range of movement
- 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 towel
- 29 †**Avoiding Massage Career Burnout** Sat 9:00-1:00 4hrs - bring two sheets, 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
- 30 \***Wrist and Arm Pain** Sun 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 - bring two sheets
- 5&6 \***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 6 \***Medication and Massage** 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 mat or thick quilt (total of 2" thickness), a blanket and pillow. Wear non-restrictive clothing allowing full range of movement
- 12&13 \***Fascia Therapy** Sat&Sun 9:00-5:00 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 13 **Transforming Grief** Sun 9:30-5:30 8hrs
- 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 - ask for handout for what to bring
- 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 \***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

#### January 2023

- 7&8 **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
- 8 **Canine Massage** Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
- 14&15 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
- 15 \***Positional Release** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement
- 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 **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 \***TMJ Dysfunction** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 28 \***Massage for Headaches** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 28 \***Kinesiology Taping** Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 29 †**Intro to Fascia** Sun 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms

\*\*\*NEW ELECTIVE\*\*\*

## February 2023

- 4 \*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
- 4&5 Polarity Sat&Sun 9:00-5:00 16hrs -bring two sheets
- 5 \*Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 10/11/12 †Thai Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a mat or thick quilt (total of 2" thickness), a blanket and pillow. Wear non-restrictive clothing allowing full range of movement
- 11&12 \*Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 18&19 \*Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 18&19 Yoga for Therapists Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 25 Sound and Vibration Healing Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 25&26 \*Orthopedic Massage Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 25&26 Reiki II Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I

## March 2023

- 4&5 \*Sports Massage Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 11 Transforming Grief Sat 9:30-5:30 8hrs
- 11&12 \*Prenatal 1: Pregnancy and Postpartum Basics Sat&Sun 9:30-5:30 16hrs – bring two sheets, hand towel, three bed pillows in cases (preferably 1 standard and 2 king size), and a beach towel **\*\*\*NEW ELECTIVE\*\*\***
- \*\*\*Daylight Saving Time Begins March 12th\*\*\***
- 12 Canine Massage Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
- 18 \*Enhanced Gluteal and Abdominal Massage Sat 9:00-5:00 8hrs - bring two sheets and two pillowcases
- 18&19 Herbology Sat&Sun 9:30-5:30 16hrs
- 25 Crystal Healing Sat 9:00-1:00 4hrs
- 25 Aligning and Clearing the Chakras Sat 2:00-6:00 4hrs
- 25&26 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)
- 25&26 Reiki I Sat&Sun 9:30-3:30 12hrs
- 26 Mind Body Medicine Sun 9:00-1:00 4hrs
- 26 Spiritual Development Sun 2:00-6:00 4hrs

## April 2023

- 1&2 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
- 1&2 Aromatherapy Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
- 15 Feng Shui Sat 9:00-1:00 4hrs
- 15 †Effleurage for Assessment and Connection Sat 9:00-1:00 4hrs - bring two sheets
- 15 Avoiding Disease Naturally Sat 2:00-6:00 4hrs
- 15 †Low Back Pain Massage Sat 2:00-6:00pm 4hrs - bring two sheets and one pillowcase
- 16 †Enhanced Intuition Sun 9:30-5:30 8hrs - bring two sheet and bath towel
- 22 Infant Massage Sat 9:00-1:00 4hrs - ask for handout for what to bring
- 22 \*Wrist and Arm Pain Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 22 †Esalen Inspired Massage Sat 2:00-6:00 4hrs - bring two sheets, pillowcase, yoga mat and small blanket
- 22&23 Polarity Sat&Sun 9:00-5:00 16hrs -bring two sheets
- 23 Guided Imagery Sun 9:00-1:00 4hrs
- 23 \*Medication and Massage Sun 9:00-1:00 4hrs - bring a notebook and pen
- 23 Sanitary Surroundings for Massage Therapy Sun 2:00-6:00 4hrs - bring a notebook and pen
- 29 †Intro to Fascia Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms **\*\*\*NEW ELECTIVE\*\*\***
- 29&30 \*Intro to CranioSacral Techniques Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
- 30 †Avoiding Massage Career Burnout Sun 9:00-1:00 4hrs - bring two sheets, choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
- 30 †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

## May 2023

- 6 †Dynamic Stretching Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 7 \*Positional Release Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement
- 13&14 Reiki I Sat&Sun 9:30-3:30 12hrs
- 13&14 \*Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 20&21 \*Trigger Point Therapy Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
- 20&21 †Side Lying Massage Sat&Sun 9:00-5:00 16hrs - bring two sheets, two pillows, two pillowcases and bath towel

## June 2023

- 2/3/4 †Thai Massage I Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a mat or thick quilt (total of 2" thickness), a blanket and pillow. Wear non-restrictive clothing allowing full range of movement
- 3 \*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
- 10 \*Kinesiology Taping Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 10&11 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 \*Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 17 Sound and Vibration Healing Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 17 \*Massage for Headaches Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 17 \*TMJ Dysfunction Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 17&18 Reiki II Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 24&25 \*Fascia Therapy Sat&Sun 9:00-5:00 16hrs - prerequisite Intro to Fascia Therapy - bring two sheets and wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 24&25 \*Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 25 Canine Massage Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket