

ELECTIVE SCHEDULE

1/30/23 (10:48AM)

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.

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 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
- 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 **Brain Gut Connection** 9:00-1:00 4hrs ***NEW ELECTIVE***
- 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 a 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 ***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 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
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

July 2023

- 1&2 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
1&2 ***Zero Balancing** Sat&Sun 9:30-5:30 16hrs - bring sheet, yoga mat and wear non-restrictive clothing
1&2 **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
8 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
8&9 ***Prenatal 2: Advanced Pregnancy, Labor, and Postpartum Massage** Sat&Sun 9:30-5:30 16hrs - prerequisite Prenatal 1 - bring two sheets, hand towel, three bed pillows in cases (preferably 1 standard and 2 king size), and a beach towel ***NEW ELECTIVE***
9&16 ***Intro to CranioSacral Techniques** Sunday 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
15 ***Enhanced Gluteal and Abdominal Massage** Sat 9:00-5:00 8hrs - bring two sheets and two pillowcases
15&16 **Herbology** Sat&Sun 9:30-5:30 16hrs
15&16 **Touch for Health** Sat&Sun 9:30-5:30 16hrs - required text TFH book, \$30 student discount price. **Ask for a handout for what to bring.** ***NEW ELECTIVE***
22 **Aligning and Clearing the Chakras** Sat 9:00-1:00 4hrs
22 **Crystal Healing** Sat 2:00-6:00 4hrs
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
23 **Feng Shui** Sun 9:00-1:00 4hrs
23 **Mind Body Medicine** Sun 2:00-6:00 4hrs
29 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs
29 **Science of Detox** Sat 2:00-6:00 4hrs ***NEW ELECTIVE***
29&30 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
29&30 **Reiki I** Sat&Sun 9:30-3:30 12hrs

August 2023

- 5&6 **Polarity** Sat&Sun 9:00-5:00 16hrs -bring two sheets
5&6 **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)
12 †**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
12 †**Effleurage for Assessment and Connection** Sat 2:00-6:00 4hrs - bring two sheets
13 **Transforming Grief** Sun 9:30-5:30 8hrs
19 †**Enhanced Intuition** Sat 9:30-5:30 8hrs - bring two sheet and bath towel
19&20 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
20 †**Low Back Pain Massage** Sun 9:00-1:00pm 4hrs - bring two sheets and one pillowcase
20 †**Avoiding Massage Career Burnout** Sun 2:00-6:00 4hrs - bring two sheets, choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
26 **Infant Massage** Sat 9:00-1:00 4hrs - **ask for a handout for what to bring**
26 **Sanitary Surroundings for Massage Therapy** Sat 2:00-6:00 4hrs - bring a notebook and pen
26&27 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel

September 2023

- 9 †**Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
10 ***Positional Release** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement
16&17 ***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
16&17 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
22/23/24 †**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
23&24 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
30 ***TMJ Dysfunction** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
30 ***Massage for Headaches** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
30 †**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