

ELECTIVE SCHEDULE
IRENE'S MYOMASSOLOGY INSTITUTE

3/15/23 (5:48PM)

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.

March 2023

- 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 ***Medication and Massage** Sun 9:00-1:00 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 **The Power of Vision to Achieve Goals & Dreams** Sat 9:30-5:30 8hrs – bring a bag lunch ***NEW ELECTIVE***
- 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
9&10 *Spa Treatments Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
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

October 2023

- 1 *Enhanced Chest and Shoulder Massage Sun 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
1 *Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
7 *Medication and Massage Sat 9:00-1:00 4hrs - bring a notebook and pen
7 *Kinesiology Taping Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
7 Guided Imagery Sat 2:00-6:00 4hrs
8 Canine Massage Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
8 *Wrist and Arm Pain Sun 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
14 *Enhanced Gluteal and Abdominal Massage Sat 9:00-5:00 8hrs - bring two sheets and two pillowcases
14&15 Aromatherapy Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
21&22 Reiki I Sat&Sun 9:30-3:30 12hrs
21&22 *Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
28 Mind Body Medicine Sat 9:00-1:00 4hrs
28 Sound and Vibration Healing Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
28&29 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
28&29 Yoga for Therapists Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
29 Avoiding Disease Naturally Sun 9:00-1:00 4hrs
29 Brain Gut Connection Sun 2:00-6:00 4hrs

November 2023

- 4 Crystal Healing Sat 9:00-1:00 4hrs
4 Feng Shui Sat 9:00-1:00 4hrs
4 Spiritual Development Sat 2:00-6:00 4hrs
4 Aligning and Clearing the Chakras Sat 2:00-6:00 4hrs