

ELECTIVE SCHEDULE
IRENE'S MYOMASSOLOGY INSTITUTE

5/23/23 (4:09PM)

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.

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, pillow, notebook and pen. 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 and one pillow with pillowcase
- 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. In consideration of moderate physical exertion, non-revealing fitness attire is acceptable
- 11 ***Chair Massage** Sun 9:30-5:30 8hrs - bring 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, pillow, notebook and pen. 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
- 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, blanket, hand towel, pillow 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 **Therapeutic Static Stretching** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement *****NEW ELECTIVE*****
- 12 †**Effective Sciatica Treatment** Sat 9:00-1:00 4hrs - bring two sheets 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 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 large bath 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 **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
- 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, pillow, notebook and pen.
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 and one pillow with pillowcase
- 1 ***Chair Massage** Sun 9:30-5:30 8hrs - bring 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, blanket, hand towel, pillow 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. In consideration of moderate physical exertion, non-revealing fitness attire is acceptable
- 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
- 4&5 **Herbology** Sat&Sun 9:30-5:30 16hrs
- ***Daylight Saving Time Ends November 5th***
- 11&12 **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)
- 11&12 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a large bath towel and hand towel
- 11&12 **Polarity** Sat&Sun 9:00-5:00 16hrs - bring two sheets
- 18 **Infant Massage** Sat 9:00-1:00 4hrs - **ask for a handout for what to bring**
- 18 †**Esalen Inspired Massage** Sat 2:00-6:00 4hrs - bring two sheets, pillowcase, yoga mat and small blanket
- 18&19 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 18&19 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 19 **Transforming Grief** Sun 9:30-5:30 8hrs

December 2023

- 2 †**Effleurage for Assessment and Connection** Sat 9:00-1:00 4hrs - bring two sheets
- 2 †**Effective Sciatica Treatment** Sat 2:00-6:00 4hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 2&3 †**Side Lying Massage** Sat&Sun 9:00-5:00 16hrs - bring one fitted (flannel preferred), two flat sheets, two pillows and one towel
- 2&3 ***Intro to CranioSacral Techniques** Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
- 3 †**Low Back Pain Massage** Sun 9:00-1:00pm 4hrs - bring two sheets and one pillowcase
- 3 †**Avoiding Massage Career Burnout** Sun 2:00-6:00 4hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 9 †**Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 9&10 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 10 †**Enhanced Intuition** Sun 9:30-5:30 8hrs - bring two sheet and bath towel
- 16 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
- 16&17 ***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
- 17 **Canine Massage** Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket