

ELECTIVE SCHEDULE
IRENE'S MYOMASSOLOGY INSTITUTE

10/5/23 (1:08PM)

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 2023

- 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 ***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 I** Sat&Sun 9:30-3:30 12hrs
 - 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&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

January 2024

- 12/13/14 †**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
- 14 ***Massage for Headaches** Sun 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 14 ***TMJ Dysfunction** Sun 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 20 †**Fascia Therapy Introduction** 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
- 21 **Guided Imagery** Sun 9:00-1:00 4hrs
- 21 **Therapeutic Static Stretching** Sun 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement

- 27 *Positional Release Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement
 28 *Kinesiology Taping Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms

February 2024

- 3&4 *Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 10&11 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a large bath towel and hand towel
 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
 17 *Enhanced Gluteal and Abdominal Massage Sat 9:00-5:00 8hrs - bring two sheets and two pillowcases
 17 Transforming Grief Sat 9:30-5:30 8hrs
 18 *Chair Massage Sun 9:30-5:30 8hrs - bring massage chair or two pillows - pregnant women should avoid chair massage
 24 *Wrist and Arm Pain Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 24&25 *Intro to CranioSacral Techniques Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
 25 *Medication and Massage Sun 9:00-1:00 4hrs - bring a notebook and pen

March 2024

- 2&3 Reiki I Sat&Sun 9:30-3:30 12hrs
 2&3 *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
 2&3 *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
 3 Canine Massage Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
 Daylight Saving Time begins March 10th
 9&10 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, blanket, hand towel, pillow and lotion
 9&10 Aromatherapy Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
 16 Feng Shui Sat 9:00-1:00 4hrs
 16 *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
 16 Sound and Vibration Healing Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
 16&17 Polarity Sat&Sun 9:00-5:00 16hrs -bring two sheets
 17 Brain Gut Connection Sun 9:00-1:00 4hrs
 17 Science of Detox Sun 2:00-6:00 4hrs
 23 Sanitary Surroundings for Massage Therapy Sat 2:00-6:00 4hrs - bring a notebook and pen
 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
 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)
 24 Crystal Healing Sun 9:00-1:00 4hrs
 24 Aligning and Clearing the Chakras Sun 2:00-6:00 4hrs

April 2024

- 6 Infant Massage Sat 9:00-1:00 4hrs - ask for a handout for what to bring
 6 †Effective Sciatica Treatment Sat 9:00-1:00 4hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 6 Spiritual Development Sat 2:00-6:00 4hrs
 6 †Effleurage for Assessment and Connection Sat 2:00-6:00 4hrs - bring two sheets
 7 †Enhanced Intuition Sun 9:30-5:30 8hrs - bring two sheet and bath towel
 13&14 Herbology Sat&Sun 9:30-5:30 16hrs
 14 †Low Back Pain Massage Sun 9:00-1:00pm 4hrs - bring two sheets and one pillowcase
 14 †Avoiding Massage Career Burnout Sun 2:00-6:00 4hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 20 *TMJ Dysfunction Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
 20 *Massage for Headaches Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
 20&21 †Side Lying Massage Sat&Sun 9:00-5:00 16hrs – bring one fitted (flannel preferred), two flat sheets, two pillows and one towel
 21 Guided Imagery Sun 9:00-1:00 4hrs
 21 Therapeutic Static Stretching Sun 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
 27&28 *Sports Massage Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 27&28 Table Shiatsu Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases

May 2024

- 5 *Kinesiology Taping Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
 11 †Dynamic Stretching Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 11&12 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a large bath towel and hand towel
 17/18/19 †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
 18 *Positional Release Sat 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement
 18&19 Reiki II Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
 19 †Fascia Therapy Introduction 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

June 2024

- 1&2 *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
 1&2 *Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 2 *Chair Massage Sun 9:30-5:30 8hrs - bring massage chair or two pillows - pregnant women should avoid chair massage
 8 Transforming Grief Sat 9:30-5:30 8hrs
 8&9 *Orthopedic Massage Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 9 Canine Massage Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
 15&16 *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
 15&16 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