

ELECTIVE SCHEDULE
IRENE'S MYOMASSOLOGY INSTITUTE

1/30/24 (7:42PM)

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 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
- 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

- 5/6/7 **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
- 6 **Infant Massage** Sat 9:00-1:00 4hrs - ask for a handout for what to bring
- 6 **Spiritual Development** Sat 2:00-6:00 4hrs
- 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 †**Effective Sciatica Treatment** Sat 9:00-1:00 4hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 20 ***Addressing TMJ Pain** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 20 †**Effleurage for Assessment and Connection** Sat 2:00-6:00 4hrs - bring two sheets
- 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 **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

- 4 **Brain Gut Connection** Sat 9:00-1:00 4hrs
- 4 **Science of Detox** Sat 2:00-6:00 4hrs
- 5 †**Enhanced Intuition** Sun 9:30-5:30 8hrs - bring two sheet and bath towel
- 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
- 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&9 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 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
 22&23 **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
 29&30 **Reiki I** Sat&Sun 9:30-3:30 12hrs
 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

July 2024

- 6&7 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a large bath towel and hand towel
 13&14 **Herbology** Sat&Sun 9:30-5:30 16hrs
 13 **Aligning and Clearing the Chakras** Sat 9:00-1:00 4hrs
 13 **Crystal Healing** Sat 2:00-6:00 4hrs
 14 **Hands on Hands** Sun 9:30-5:30 8hrs - bring a sheet, blanket, hand towel, pillow and lotion
 20&21 **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)
 20&21 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
 27&28 **Polarity** Sat&Sun 9:00-5:00 16hrs -bring two sheets
 27&28 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 28 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs

August 2024

- 4 †**Low Back Pain Massage** Sun 9:00-1:00pm 4hrs - bring two sheets and one pillowcase
 4 †**Effective Sciatica Treatment** Sun 2:00-6:00 4hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 10 †**Enhanced Intuition** Sat 9:30-5:30 8hrs - bring two sheet and bath towel
 17&18 †**Side Lying Massage** Sat&Sun 9:00-5:00 16hrs – bring one fitted (flannel preferred), two flat sheets, two pillows and one towel
 17&18 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
 24&25 **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

September 2024

- 8 **Canine Massage** Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
 14 †**Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 15 †**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
 20/21/22 **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
 21 ***Massage for Headaches** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
 21 ***Address TMJ Pain** 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
 28&29 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement

October 2024

- 5&6 ***Intro to CranioSacral Techniques** Sat&Sun 9:00-5:00 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
 6 ***Chair Massage** Sun 9:30-5:30 8hrs - bring massage chair or two pillows - pregnant women should avoid chair massage
 12 ***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
 12&13 ***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
 13 ***Enhanced Gluteal and Abdominal Massage** Sun 9:00-5:00 8hrs - bring two sheets and two pillowcases
 19&20 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 26 **Feng Shui** Sat 9:00-1:00 4hrs
 26 **Hands on Hands** Sat 9:30-5:30 8hrs - bring a sheet, blanket, hand towel, pillow and lotion
 26 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
 27 **Crystal Healing** Sun 9:00-1:00 4hrs
 27 **Aligning and Clearing the Chakras** Sun 2:00-6:00 4hrs

November 2024

Daylight Saving Time ends November 3rd

- 2&3 **Polarity** Sat&Sun 9:00-5:00 16hrs -bring two sheets
 2&3 **Reiki I** Sat&Sun 9:30-3:30 12hrs
 9 **Infant Massage** Sat 9:00-1:00 4hrs - ask for a handout for what to bring
 9&10 **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)
 10 **Science of Detox** Sun 9:00-1:00 4hrs
 10 **Brain Gut Connection** Sun 2:00-6:00 4hrs
 16&17 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand 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
 23 **Transforming Grief** Sat 9:30-5:30 8hrs