ELECTIVE SCHEDULE **10/22/26 (2:23PM)**

IRENE'S MYOMASSOLOGY INSTITUTE

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The public is welcome to attend these classes. Prerequisites are as follows: Those marked with **†** require at least 4 hands-on classes or prior massage training. Those marked with ***** require at least 12 hands-on classes or prior massage training.

For current students, tuition includes the elective hours required for graduation. Students may reschedule an elective up to 48 hours before class without incurring any fees. A $10 administrative fee applies to cancellations or rescheduling electives with less than 48 hours' notice.

Current students who miss an elective without providing 48 hours' notice are marked absent. Students who are absent from an elective must attend the same class the next time it is offered to receive graduation credit. A make-up fee of $10 per instructional hour (maximum $100) is assessed to offset instructional and administrative costs.

For non-current students, full payment, including any fees, is due upon registration. Cancellations made at least 5 days in advance receive a full refund by check in the amount paid for the class. If you registered using complimentary elective hours, we will reinstate the hours used to your account.

Class Fees for Non-current Students

	4 Hours	8 Hours	12 Hours	16 Hours	20 Hours	$ Per Hour
Public	$100	$200	$300	$400	$500	$25.00
Alumni	$90	$180	$270	$360	$450	10% Disc.

For less than 48 hours' notice, a 20% administrative fee is applied. The remaining balance of the amount paid is refunded by check. If registration was made using complimentary elective hours, all hours used will be lost from the account. For less than 24 hours' notice, a 50% fee is applied, with the remaining balance issued as a credit to the account. If registration was made using complimentary elective hours, all hours used will be lost from the account.

October 2026

3	**Infant Massage**	Sat 9:30-5:30 *8hrs* - Bring two sheets, two full-sized bath/beach towels, and a baby doll the size of a Cabbage Patch doll
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	***Kinesiology Taping**	Sat 9:30-5:30 *8hrs* - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
11	***Advanced Chest & Shoulders**	Sun 9:30-5:30 *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
17	**Sound & Vibration Healing**	Sat 2:30-6:30 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
17&18	***Intro to CranioSacral**	Sat&Sun 9:30-5:30 *16hrs* - bring a blanket and wear non-restrictive clothing allowing full range of movement
18	**Reiki III**	Sun 9:30-5:30 *8hrs* - prerequisite Reiki I & II - bring notebook/paper and pen/pencil
24	**Aligning Chakras**	Sat 9:30-1:30 *4hrs*
24	**Crystal Healing**	Sun 2:30-6:30 4hrs
25	**Hands on Hands**	Sun 9:30-1:30 *4hrs* - bring a sheet, blanket, hand towel, pillow and lotion
31&1	**Herbology**	Sat&Sun 9:30-5:30 *16hrs*

November 2026

1	**Yoga for Therapists**	Sun 9:30-5:30 *8hrs* - 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
7&8	***Fascia Therapy** 2	Sat&Sun 9:30-5:30 *16hrs* – prerequisite Fascia Therapy 1 (Intro) - bring two sheets and wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
8	**Aromatherapy**	Sun 9:30-5:30 *8hrs* - bring a notebook, washcloth and hand towel
13/14/15	**Thai Massage I**	Fri 6:30-10:30pm, Sat&Sun 9:30-5:30 *20hrs* - bring a mat or thick quilt (2" thickness), blanket, pillow, notebook, pen. Wear non-restrictive clothing allowing full range of movement. Traditional Thai Massage is performed on the floor.
14&15	**Reflexology**	Sat&Sun 9:30-5:30 *16hrs* - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)
21	**†Addressing Low Back &Sciatic Pain**	Sat 9:30-5:30 *8hrs* – bring two sheets and wear non-restrictive clothing allowing full range of movement
21&22	***Orthopedic Massage**	Sat&Sun 9:30-5:30 *16hrs* - wear non-restrictive clothing allowing full range of movement

December 2026

5&6	**Polarity**	Sat&Sun 9:30-5:30 *16hrs* - bring two sheets
5&6	***Sports Massage**	Sat&Sun 9:30-5:30 *16hrs* - wear non-restrictive clothing allowing full range of movement
12&13	**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 & pen. Wear non-restrictive clothing allowing full range of movement
13	**†Stretching**	Sun 9:30-5:30 *8hrs* - bring two sheets and wear non-restrictive clothing allowing full range of movement
19	**Reiki I**	Sat 9:30-5:30 *8hrs* - bring notebook/paper and pen/pencil

January 2027

9	***Hot Rocks**	Sat 9:30-5:30 8hrs - bring two flat sheets, a large bath towel and hand towel
9&10	**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	***Positional Release**	Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement

16 ***Flowing Bodywork** Sat 9:30-5:30 *8hrs* - bring two sheets and a towel
17 ***Addressing TMJ Pain** Sun 9:30-1:30 *4hrs* - wear non-restrictive clothing allowing full range of movement
17 ***Massage for Headaches** Sun 2:30-6:30 *4hrs* - wear non-restrictive clothing allowing full range of movement
23&24 **†Fascia Therapy 1** Sat&Sun 9:30-5:30 *16hrs* - bring two sheets, wear non-restrictive clothing allowing full range of movement exposing shoulders, legs and arms

February 2027
6 **Aromatherapy** Sat 9:30-5:30 *8hrs* - bring a notebook, washcloth and hand towel
6&7 ***Intro to CranioSacral** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
13 **Guided Imagery** Sat 9:30-1:30 *4hrs*
20&21 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 *16hrs* - bring two sheets and wear non-restrictive clothing allowing full range of movement
28 ***Advanced Gluteals & Abdomen** Sun 9:30-5:30 *8hrs* - bring two sheets and two pillowcases
28 **Reiki I** Sun 9:30-5:30 8*hrs* - bring notebook/paper and pen/pencil

March 2027
6 **Yoga for Therapists** Sat 9:30-5:30 8hrs - 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
6&7 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 *16hrs* - bring two sheets and wear non-restrictive clothing allowing full range of movement
13 **†Side Lying Massage** Sat 9:30-5:30 *8hrs* - bring one fitted (flannel preferred), two flat sheets, two pillows and one towel
13 **Sound & Vibration Healing** Sat 2:30-6:30 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
14 **Hands on Hands** Sun 9:30-5:30 8hrs - bring a sheet, blanket, hand towel, pillow and lotion
20 **†Addressing Low Back &Sciatic Pain** Sat 9:30-5:30 *8hrs* – bring two sheets and wear non-restrictive clothing allowing full range of movement
20 **Chakra & Crystal Healing** Sat 9:30-1:30 4hrs

April 2027
3&4 ***Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
10&11 **Polarity** Sat&Sun 9:30-5:30 *16hrs* - bring two sheets
11 ***Chair Massage** Sun 9:30-5:30 *8hrs* - bring massage chair or two pillows
17 **†Stretching** Sat 9:30-5:30 *8hrs* - bring two sheets and wear non-restrictive clothing allowing full range of movement
23/24/25 **Thai Massage I** Fri 6:30-10:30pm, Sat&Sun 9:30-5:30 *20hrs* - bring a mat or thick quilt (2" thickness), blanket, pillow, notebook, pen. Wear non-restrictive clothing allowing full range of movement. Traditional Thai Massage is performed on the floor.
24&25 ***Sports Massage** Sat&Sun 9:30-5:30 *16hrs* - wear non-restrictive clothing allowing full range of movement

May 2027
1 ***Hot Rocks** Sat 9:30-5:30 *8hrs* - bring two flat sheets, a large bath towel, hand towel
1&2 **†Fascia Therapy 1** Sat&Sun 9:30-5:30 *16hrs* - bring two sheets, wear non-restrictive clothing allowing full range of movement, & shoulders, legs and arms exposed
15 ***Advanced Chest & Shoulders** Sat 9:30-5:30 *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
15&16 **Reflexology** Sat&Sun 9:30-5:30 *16hrs* - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)
22&23 **Herbology** Sat&Sun 9:30-5:30 *16hrs*
22&23 ***Orthopedic Massage** Sat&Sun 9:30-5:30 *16hrs* - wear non-restrictive clothing allowing full range of movement

June 2027
5 ***Massage for Headaches** Sat 9:30-1:30 *4hrs* - wear non-restrictive clothing allowing full range of movement
5 ***Addressing TMJ Pain** Sat 2:30-6:30 *4hrs* - wear non-restrictive clothing allowing full range of movement
5 ***Kinesiology Taping** Sat 9:30-5:30 *8hrs* - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
6 **Aromatherapy** Sun 9:30-5:30 *8hrs* - bring a notebook, washcloth and hand towel
12&13 ***Intro to CranioSacral** Sat&Sun 9:30-5:30 *16hrs* - bring a blanket and wear non-restrictive clothing allowing full range of movement
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 **Hands on Hands** Sat 9:30-5:30 *8hrs* - bring a sheet, blanket, hand towel, pillow and lotion
27 ***Wrist & Arm Pain** Sun 9:30-5:30 *8hrs* - bring two sheets and wear non-restrictive clothing allowing full range of movement
27 **Guided Imagery** Sun 9:30-1:30 *4hrs*

July 2027
17&18 ***Fascia Therapy 2** Sat&Sun 9:30-5:30 *16hrs* – prerequisite Fascia Therapy I (Intro) - bring two sheets and wear non-restrictive clothing allowing full range of movement exposing shoulders, legs and arms
24 ***Flowing Bodywork** Sat 9:30-5:30 *8hrs* - bring two sheets and a towel
25 **†Addressing Low Back &Sciatica** Sun 9:30-5:30 *8hrs* – bring two sheets and wear non-restrictive clothing allowing full range of movement
31 ***Positional Release** Sat 9:30-5:30 *8hrs* - wear non-restrictive clothing allowing full range of movement

August 2027
1 **Reiki I** Sun 9:30-5:30 8*hrs* - bring notebook/paper and pen/pencil
7&8 ***Sports Massage** Sat&Sun 9:30-5:30 *16hrs* - wear non-restrictive clothing allowing full range of movement
13/14/15 **Thai Massage I** Fri 6:30-10:30pm, Sat&Sun 9:30-5:30 *20hrs* - bring a mat or thick quilt (2" thickness), blanket, pillow, notebook, pen. Wear non-restrictive clothing allowing full range of movement. Traditional Thai Massage is performed on the floor.
21 **†Stretching** Sat 9:30-5:30 *8hrs* - bring two sheets and wear non-restrictive clothing allowing full range of movement
29 ***Advanced Gluteals & Abdomen** Sun 9:30-5:30 *8hrs* - bring two sheets and two pillowcases