

**ELECTIVE SCHEDULE  
IRENE'S MYOMASSOLOGY INSTITUTE**

5/29/18 (1:32PM)

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 12 hands-on classes. **Bring a sheet and towel for bodywork classes!**

**Required elective hours are included in tuition for all full time students.** An administrative fee of \$10.00 is charged for cancelling a scheduled elective up to five days prior to class. A \$25.00 fee is charged for less than five day notice of cancellation. A \$50.00 fee is charged for less than 24 hour notice of cancellation or absence.

Class Fees for Non-current Students						
	4 Hours	8 Hours	12 Hours	16 Hours	20 Hours	\$ Per Hour
2018	\$92	\$184	\$276	\$368	\$460	\$23.00
2019						

For Non-current Students, full payment for the class plus any additional charges is required for registration. This is refundable less the \$10.00 fee, with five day prior notice. If absent without five day prior notice, the above administrative fees apply.

**June 2018**

- 2&3 **\*Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
- 9&10 **\*Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 9&10 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 16 **Crystal Healing** Sat 9:00-1:00 4hrs - bring a quilt or beach towel to class
- 16 **Aligning and Clearing the Chakras** Sat 2:00-6:00 4hrs
- 17 **Effective Sciatica Treatment** Sun 9:00-1:00 4hrs
- 17 **Preventing and Treating Career Injury** Sun 2:00-6:00 4hrs
- 23&24 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 29/30/1 **Thai-Yurvedic Yoga Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 30&1 **Polarity** Sat&Sun 9:00-5:00 16hrs

**July 2018**

- 7 **Body Rolling** Sat 9:30-5:30 8 hrs -bring a yoga mat, wear loose comfortable clothes **NEW**
- 7&8 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel
- 8 **Canine Massage** Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 14&15 **\*Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 15 **Guided Imagery** Sun 9:00-1:00 4hrs
- 21&22 **\*Musculoskeletal Dysfunction-Assess & Interpret** Sat&Sun 9:30-5:30 16hrs – bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
- 21&22 **Thai-Yurvedic Yoga Massage II** Sat&Sun 9:30-5:30 16 hrs - prerequisite Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 28&29 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils

**August 2018**

- 4&5 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 4&5 **\*Equine Massage** Sat&Sun 9:30-5:30 16hrs -additional charge \$20 for stable, **ask for handout for what to bring**
- 5 **\*Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 11 **Transforming Grief** Sat 9:30-5:30 8hrs
- 11&12 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 12 **Sound and Vibration Healing** Sun 9:00-1:00 4hrs
- 18&19 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 19 **\*Kinesiology Taping** Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
- 25 **\*Enhanced Gluteal Massage & Finishing Strokes** Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 25 **\*Enhanced Chest & Shoulder Massage** Sat 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover, one pillow and pillowcase, oil or lotion
- 25&26 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 26 **\*TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear loose fitting clothing
- 26 **\*Massage for Headaches** Sun 2:00-6:00 4hrs

**September 2018**

- 8&9 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 8&9 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 15 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs
- 15 **Preventing and Treating Career Injury** Sat 2:00-6:00 4hrs
- 15&16 **\*Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 16 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs
- 16 **Crystal Healing** Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 21/22/23 **Thai-Yurvedic Yoga Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 22&23 **\*Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 29 **Spiritual Development** Sat 9:00-1:00 4hrs
- 29&30 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 30 **Feng Shui** Sun 9:00-1:00 4hrs

**October 2018**

- 6 **\*Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and towel
- 6&7 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
- 7 **Mind Body Medicine** Sun 9:00-1:00 4hrs

13 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs  
13 **Dynamic Stretching** Sat 9:00-5:00 8hrs - wear loose fitting clothing  
14 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage  
20 **Canine Massage** Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket  
20&21 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I  
20&21 **\*Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs -bring two sheets, hand towel, pillowcase, beach towel, three pillows & unscented oil  
20&21 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases  
27&28 **\*Myofascial Release Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook  
27&28 **Polarity** Sat&Sun 9:00-5:00 16hrs

#### November 2018

**\*\*\*Daylight Saving Time Ends November 4th\*\*\***

3&4 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen  
4 **\*Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing  
10 **Infant Massage** Sat 9:00-1:00 4hrs - **ask for handout for what to bring**  
10&11 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel  
11 **Herbology** Sun 9:30-5:30 8hrs  
17&18 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel  
17&18 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**

#### December 2018

1&2 **\*Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing  
1&2 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils  
8&9 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing  
14/15/16 **Thai-Yurvedic Yoga Massage I** Fri 7-11pm, Sat&Sun 9:30-5:30 20hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)  
15 **\*Massage for Headaches** Sat 9:00-1:00 4hrs  
15 **\*TMJ Dysfunction** Sat 2:00-6:00 4hrs - wear loose fitting clothing