

**ELECTIVE SCHEDULE
IRENE'S MYOMASSOLOGY INSTITUTE**

10/8/18 (7:23AM)

20601 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	\$96	\$192	\$288	\$384	\$480	\$24.00

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.

October 2018

- 13 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs
- 13 ***Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and towel
- 13 **Dynamic Stretching** Sat 9:00-5:00 8hrs - wear loose fitting clothing
- 14 **Transforming Grief** Sun 9:30-5:30 8hrs
- 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
- 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
- 16 ***Positional Release** Sun 9:00-5:00 8hrs - wear loose fitting clothing

January 2019

- 12&13 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 19 ***Enhanced Gluteal Massage & Finishing Strokes** Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 19 ***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
- 20 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 26 **Canine Massage** Sat 2:00-6:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 26&27 ***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

February 2019

- 2&3 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 3 ***Kinesiology Taping** Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
- 9&10 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a washcloth and bath towel
- 9&10 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 15/16/17 **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)
- 16&17 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 23&24 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 23&24 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils

March 2019

- 2&3 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 2&3 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 9 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs
- 9 **Preventing and Treating Career Injury** Sat 2:00-6:00 4hrs
- ***Daylight Saving Time Begins March 10th***
- 9&10 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**

- 10 *TMJ Dysfunction Sun 9:00-1:00 4hrs - wear loose fitting clothing
- 10 *Massage for Headaches Sun 2:00-6:00 4hrs
- 16 Feng Shui Sat 9:00-1:00 4hrs
- 16 Guided Imagery Sat 2:00-6:00 4hrs
- 16&17 Table Thai Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 17 Mind Body Medicine Sun 9:00-1:00 4hrs
- 17 Sound and Vibration Healing Sun 2:00-6:00 4hrs – bring a rattle, yoga mat, and a stone or crystal of your choice
- 23 Herbology Sat 9:30-5:30 8hrs
- 23&24 *Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing
- 24 Body Rolling Sun 9:30-5:30 8 hrs -bring a yoga mat, wear loose comfortable clothes
- 30 Aligning and Clearing the Chakras Sat 9:00-1:00 4hrs
- 30 Crystal Healing Sat 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 30&31 *Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel
- 31 Transforming Grief Sun 9:30-5:30 8hrs

April 2019

- 6 Canine Massage Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 6&7 Reiki II Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 13 Avoiding Disease Naturally Sat 9:00-1:00 4hrs
- 13 Spiritual Development Sat 2:00-6:00 4hrs
- 14 *Flowing Bodywork Sun 9:30-5:30 8 hrs - bring two flat sheets and a towel
- 14 Dynamic Stretching Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 27&28 *Sports Massage Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing

May 2019

- 4 Reiki III Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
- 4&5 *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
- 11&12 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
- 11&12 *Assessing & Understanding Musculoskeletal Conditions Sat&Sun 9:30-5:30 16hrs – bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
- 18 *TMJ Dysfunction Sat 9:00-1:00 4hrs - wear loose fitting clothing
- 18 Massage for Headaches Sat 2:00-6:00 4hrs
- 19 *Wrist and Arm Pain Sun 9:30-5:30 8hrs - bring two sheets and towel
- 19 *Chair Massage Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage

June 2019

- 1&2 *Orthopedic Massage Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sport bra
- 2 *Positional Release Sun 9:00-5:00 8hrs - wear loose fitting clothing
- 7/8/9 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)
- 8&9 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 15 Crystal Healing Sat 9:00-1:00 4hrs - bring a quilt or beach towel to class
- 15 Aligning and Clearing the Chakras Sat 2:00-6:00 4hrs
- 15&16 Polarity Sat&Sun 9:00-5:00 16hrs
- 16 Preventing and Treating Career Injury Sun 9:00-1:00 4hrs
- 16 Effective Sciatica Treatment Sun 2:00-6:00 4hrs
- 22&23 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 29&30 Table Shiatsu Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 29&30 Reiki I Sat&Sun 9:30-3:30 12hrs

July 2019

- 6&7 *Lymphatic Drainage Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel
- 13 *Enhanced Gluteal Massage & Finishing Strokes Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases
- 13 *Enhanced Chest & Shoulder Massage Sat 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest
- 14 Canine Massage Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 20&21 Table Thai Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 27&28 *Introduction to CranioSacral Techniques Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing

August 2019

- 3&4 Side Lying Massage Sat&Sun 9:30-5:30 16hrs - ask for handout for what to bring
- 10&11 *Sports Massage Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing
- 17&18 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)
- 18 *Kinesiology Taping Sun 9:30-5:30 8hrs - bring loose fitting clothing that exposes shoulders, legs and arms
- 24&25 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel

September 2019

- 7 Body Rolling Sat 9:30-5:30 8 hrs -bring a yoga mat, wear loose comfortable clothes
- 7&8 Foot Reflexology Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen
- 8 Mind Body Medicine Sun 9:00-1:00 4hrs
- 8 Sound and Vibration Healing Sun 2:00-6:00 4hrs – bring a rattle, yoga mat, and a stone or crystal of your choice
- 14 Feng Shui Sat 9:00-1:00 4hrs
- 14&15 *Trigger Point Therapy Sat&Sun 9:30-5:30 16hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
- 14&15 Hands on Hands Sat&Sun 9:30-5:30 16hrs - bring a sheet, hand towel, lotion and markers or colored pencils
- 15 Aligning and Clearing the Chakras Sun 9:00-1:00 4hrs
- 15 Crystal Healing Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 21&22 Polarity Sat&Sun 9:00-5:00 16hrs
- 21&22 Aromatherapy Sat&Sun 9:30-5:30 16hrs – bring a washcloth and bath towel
- 27/28/29 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)
- 28&29 Reiki I Sat&Sun 9:30-3:30 12hrs

October 2019

- 5 **Transforming Grief** Sat 9:30-5:30 8hrs
5&6 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
6 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs
6 **Spiritual Development** Sun 2:00-6:00 4hrs
12 **Canine Massage** Sat 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
12&13 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
13 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
19 ***Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and towel
19&20 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
20 ***TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear loose fitting clothing
20 **Massage for Headaches** Sun 2:00-6:00 4hrs
26 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs
26 **Preventing and Treating Career Injury** Sat 2:00-6:00 4hrs
26&27 ***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 **Herbology** Sun 9:30-5:30 8hrs

November 2019

Daylight Saving Time Ends November 3rd

- 2&3 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for 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 pen
16&17 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and towel
22/23/24 **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)
23&24 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear loose fitting clothing

December 2019

- 7&8 ***Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets a towel and hand towel
14&15 ***Introduction to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear loose fitting clothing