ELECTIVE SCHEDULE
IRENE’S MYOMASSOLOGY INSTITUTE
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 a minimum of 12 hands-on classes or prior massage training. Required books must be purchased prior to class. 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

<table>
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<th>Hours</th>
<th>4</th>
<th>8</th>
<th>12</th>
<th>16</th>
<th>20</th>
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<td>2015</td>
<td>$88</td>
<td>$176</td>
<td>$264</td>
<td>$352</td>
<td>$440</td>
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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.

January 2015
10  Canine Massage Sat:2:00-6:00 4 hrs - students are required to bring a friendly dog to massage and a blanket
10  *Flowing Bodywork Sat:9:30-5:30 8 hrs - bring two flat sheets and a towel
11  Therapeutic Touch Sun:9:00-5:00 8 hrs
17  *Kahi Loa I Sat:9:30-5:30 8 hrs - bring a sheet and wear lose fitting clothing
17&18 *Polishing Your Skills Sat&Sun:9:30-5:30 16 hrs - prerequisite 30 hands-on classes - bring two sheets, a pillowcase and towel
17&18 *Sports Massage I Sat&Sun:9:30-5:30 16 hrs - wear loose fitting clothing
24&25 *Pregnancy/Labor Massage Sat&Sun:9:30-5:30 16 hrs - bring two sheets, bath towel or pillowcase, three pillows and unscented oil
24&25 *Essential Core Techniques Sat&Sun:9:30-5:30 16 hrs - bring two sheets, a blanket or beach towel, two pillows and pillowcases
31&1 **Musculoskeletal Dysfunction-Assess & Interpret Sat&Sun:9:30-5:30 16 hrs - bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
31&1 **NEW ELECTIVE***

February 2015
7&8 *Orthopedic Massage Sat&Sun:9:30-5:30 16 hrs - bring two sheets and wear sport bra
7&8 Foot Reflexology Sat&Sun:9:30-5:30 16 hrs - bring a sheet, towel, clean feet and markers or colored pencils
14  *Kinesiology Taping Sat:9:30-5:30 - bring loose fitting clothing that exposes shoulders, legs and arms ***NEW ELECTIVE***
14&15 Reiki I Sat&Sun:9:30-3:30 12 hrs
15  Spa Treatments Sat&Sun:9:00-5:00 8 hrs - bring a sheet and three bath towels
20/21/22 Thai-Yurvedic Yoga Massage I Fri 7-11pm, Sat&Sun:9:30-5:30 20 hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
21&22 *Introduction to CranioSacral Techniques Sat&Sun:9:30-5:30 16 hrs - bring a blanket and wear loose fitting clothing
21&22 *Myofascial Release Therapy I Sat&Sun:9:00-5:00 16 hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
28  *TMJ Dysfunction Sat:9:00-1:00 4 hrs - wear loose fitting clothing
28  *Massage for Headaches Sat:2:00-6:00 4 hrs
28&1 Shiatsu I Sat&Sun:9:30-5:30 16 hrs - bring a mat, two pillowcases, pillow, blanket and thick quilt
28&1 Yoga for Therapists Sat&Sun:9:00-5:00 16 hrs - bring a yoga mat, wear loose comfortable clothes

March 2015
1  *Addressing Plantar Fasciitis Sun:9:00-1:00 4 hrs - wear loose fitting clothing
1  ***Daylight Saving Time Begins March 8th***
7&8 Development of a Healer Sat&Sun:9:00-5:00 16 hrs
7&8 *Hot Rocks Sat&Sun:9:30-5:30 16 hrs - bring two flat sheets and beach towel for massage
7&8 Hands on Hands Sat&Sun:9:30-5:30 16 hrs - bring a sheet, hand towel, lotion and markers or colored pencils
13  Exploring Auras Fri:6:30-10:30 4 hrs
14  Feng Shui Sat:9:00-5:00 8 hrs
14  *Wrist and Arm Pain Sat:9:30-5:30 8 hrs - bring two sheets and towel
21  Aligning and Clearing the Chakras Sat:9:00-1:00 4 hrs
21  Esalen-Inspired Massage (formerly Massage as Meditation) Sat:2:00-6:00 4 hrs
21  Crystal Healing Sat:2:00-6:00 4 hrs - bring a quicl or beach towel to class
21&22 *Trigger Point Therapy Sat&Sun:9:30-5:30 16 hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
22  Ayurvedic Medicine Sun:9:00-1:00 4 hrs
22  Mind Body Medicine Sun:2:00-6:00 4 hrs
22  *Chair Massage Sun:9:30-5:30 8 hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
28&29 Table Thai I Sat&Sun:9:30-5:30 16 hrs - bring a blanket and a pillow
28&29 Herbology Sat&Sun:9:30-5:30 16 hrs
28&29 Reiki II Sat&Sun:9:30-3:30 12 hrs - prerequisite Reiki I

April 2015
11  *Avoiding Disease Naturally Sat:9:00-1:00 4 hrs
11&12 Elder Massage Sat&Sun:9:00-5:00 16 hrs - bring four sheets, a hand towel and a bath towel
11&12 *Lymphatic Drainage Sat&Sun:9:30-5:30 16 hrs - bring two sheet and towel
12  Canine Massage Sun:9:00-1:00 4 hrs - students are required to bring a friendly dog to massage and a blanket
18&19 *Thai Herbal Ball Massage Sat&Sun:9:30-5:30 16 hrs - bring two dark or inexpensive flat sheets as herbs can stain and a blanket
18&19 Side Lying Massage Sat&Sun:9:30-5:30 16 hrs - ask for handout for what to bring
19  Sound and Vibration Healing Sun:2:00-6:00 4 hrs
25&26 *Sports Massage I Sat&Sun:9:30-5:30 16 hrs - wear loose fitting clothing
25&26 Table Shiatsu Sat&Sun:9:30-5:30 16 hrs - bring a sheet, pillow and two pillowcases
May 2015

2 & 3 **Polishing Your Skills** Sat & Sun 9:30-5:30 16 hrs - prerequisite 30 hands-on classes - bring two sheets, a pillowcase and towel
3 **Body Rolling** Sun 9:30-5:30 8 hrs - bring a yoga mat, wear loose comfortable clothes
9 **Spa Treatments** Sat 9:00-5:00 8 hrs - bring a sheet and three bath towels
9 **Infant Massage** Sat 9:00-1:00 4 hrs - ask for handout for what to bring
9 **Spiritual Development** Sat 9:30-5:30 8 hrs
16 & 17 **Myofascial Release Therapy** I Sat & Sun 9:30-5:30 16 hrs
16 & 17 **Sports Massage II** Sat & Sun 9:30-5:30 16 hrs - prerequisite Sports I - wear loose fitting clothing
16 & 17 **Equine Massage** Sat & Sun 9:30-5:30 16 hrs - additional charge $20 for stable, ask for handout for what to bring
17 **Positional Release** Sun 9:00-5:00 8 hrs - wear loose fitting clothing
30 & 31 **Reiki I** Sat & Sun 9:30-3:30 12 hrs

June 2015

6 **Changing Woman** Sat 9:30-5:30 8 hrs
6 & 7 **Polarity I** Sat & Sun 9:00-5:00 16 hrs
7 **Massage for Headaches** Sun 9:00-1:00 4 hrs
7 **Weed Walk** Sun 2:00-6:00 4 hrs - bring weather appropriate clothes and something to write with
7 **TMJ Dysfunction** Sun 2:00-6:00 4 hrs - wear loose fitting clothing
12/13/14 **Thai-Yurvedic Yoga Massage I** Fri 7-11 pm, Sat & Sun 9:30-5:30 20 hrs - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
13 & 14 **Foot Reflexology** Sat & Sun 9:30-5:30 16 hrs - bring a sheet, towel, clean feet and markers or colored pencils
20 **Therapeutic Touch** Sat 9:00-5:00 8 hrs
20 **Advanced Food Science** Sat 9:00-5:00 8 hrs - additional charge $20.00 for required text
27 **Addressing Plantar Fasciitis** Sat 9:00-1:00 4 hrs - wear loose fitting clothing
27 & 28 **Introduction to Craniosacral Techniques** Sat & Sun 9:30-5:30 16 hrs - bring a blanket and wear loose fitting clothing
27 & 28 **Shiatsu I** Sat & Sun 9:30-5:30 16 hrs - bring a mat, two pillowcases, pillow, blanket and thick quilt

July 2015

11 & 12 **Table Thai I** Sat & Sun 9:30-5:30 16 hrs - bring a blanket and a pillow
11 & 12 **Pregnancy/Labor Massage** Sat & Sun 9:30-5:30 16 hrs - bring two sheets, bath towel or pillowcase, three pillows and unscented oil
12 **Canine Massage** Sun 9:00-1:00 4 hrs - students are required to bring a friendly dog to massage and a blanket and pillowcase
18 **Reiki III** Sat 9:30-5:30 8 hrs - prerequisite Reiki I & II
18 & 19 **Table Shiatsu I** Sat & Sun 9:30-5:30 16 hrs - bring a blanket and a pillowcase
25 **Kahlo Loa I** Sun 9:30-5:30 8 hrs - bring a sheet and wear loose fitting clothing
25 **Flowing Bodywork** Sat 9:30-5:30 8 hrs - bring two flat sheets and a towel
25 & 26 **Musculoskeletal Dysfunction-Assessment & Interpretation** Sat & Sun 9:30-5:30 16 hrs - bring a sheet, and wear shorts with halter-top, sports bra or bathing suit
26 **NEW ELECTIVE***

August 2015

8 **Kinesiology Taping** Sat 9:30-5:30 - bring loose fitting clothing that exposes shoulders, legs and arms ****NEW ELECTIVE****
15 & 16 **Trigger Point Therapy** Sat & Sun 9:30-5:30 16 hrs - bring sheets, sports bra and shorts or light weight, loose fitting clothing
15 & 16 **Essential Core Techniques** Sat & Sun 9:30-5:30 16 hrs - bring two sheets, a blanket or beach towel, two pillows and pillowcases
22 & 23 **Sports Massage I** Sat & Sun 9:30-5:30 16 hrs - wear loose fitting clothing
29 & 30 **Hot Rocks** Sat & Sun 9:30-5:30 16 hrs - bring two flat sheets and beach towel for massage

September 2015

12 **Feng Shui** Sat 9:00-5:00 8 hrs
12 & 13 **Shiatsu I** Sat & Sun 9:30-5:30 16 hrs - bring a mat, two pillowcases, pillow, blanket and thick quilt
12 & 13 **Orthopedic Massage** Sat & Sun 9:30-5:30 16 hrs - bring two sheets and sport bra
13 **Guided Imagery** Sun 9:00-1:00 4 hrs
19 **Esalen-Inspired Massage** (formerly Massage as Meditation) Sat 2:00-6:00 4 hrs
19 & 20 **Reiki I** Sat & Sun 9:30-3:30 12 hrs
19 & 20 **Development of a Healer** Sat & Sun 9:00-5:00 16 hrs
25 & 26 **Thai-Yurvedic Yoga Massage I** Fri 7-11 pm, Sat & Sun 9:30-5:30 20 hrs - bring a pillow, blanket, mat and thick quilt (total of 2” thickness)
26 & 27 **Equine Massage** Sat & Sun 9:30-5:30 16 hrs - additional charge $20 for stable, ask for handout for what to bring
26 & 27 **Yoga for Therapists** Sat & Sun 9:00-5:00 16 hrs - bring a yoga mat, wear loose comfortable clothes

October 2015

3 **Avoiding Disease Naturally** Sat 9:00-1:00 4 hrs
3 & 4 **Polarity I** Sat & Sun 9:00-5:00 16 hrs
3 & 4 **Table Thai I** Sat & Sun 9:30-5:30 16 hrs - bring a blanket and pillow
10 & 11 **Reiki II** Sat & Sun 9:30-3:30 12 hrs - prerequisite Reiki I
10 & 11 **Myofascial Release Therapy I** Sat & Sun 9:00-5:00 16 hrs - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook
11 **Sound and Vibration Healing** Sun 9:00-1:00 4 hrs
17 **Infant Massage** Sat 9:00-1:00 4 hrs - ask for handout for what to bring
17 & 18 **Hands on Hands** Sat & Sun 9:30-5:30 16 hrs - bring a sheet, hand towel, lotion and markers or colored pencils
17 & 18 **Thai-Yurvedic Yoga Massage II** Sat & Sun 9:30-5:30 16 hrs - prerequisite Thai I - bring a blanket, mat and thick quilt (total of 2” thickness)
18 **Mind Body Medicine** Sun 9:00-1:00 4 hrs
18 **Ayurvedic Medicine** Sun 2:00-6:00 4 hrs
24 **TMJ Dysfunction** Sat 9:00-1:00 4 hrs - wear loose fitting clothing
24 **Massage for Headaches** Sat 2:00-6:00 4 hrs
24 & 25 **Elder Massage** Sat & Sun 9:00-5:00 16 hrs - bring four sheets, a hand towel and a bath towel
25 **Crystal Healing** Sun 9:00-1:00 4 hrs - bring a quilt or beach towel to class
25 **Aligning and Clearing the Chakras** Sun 2:00-6:00 4 hrs
31 **Canine Massage** Sat 9:00-1:00 4 hrs - students are required to bring a friendly dog to massage and a blanket
**November 2015**

***Daylight Saving Time Ends November 1st***

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<th><strong>Course</strong></th>
<th><strong>Dates</strong></th>
<th><strong>Times</strong></th>
<th><strong>Details</strong></th>
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<tr>
<td>1</td>
<td>Chair Massage</td>
<td>Sun 9:30-5:30</td>
<td>8 hrs</td>
<td>bring a massage chair or two pillows - pregnant women should avoid chair massage</td>
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<tr>
<td>1</td>
<td>Reiki III</td>
<td>Sun 9:30-5:30</td>
<td>8 hrs</td>
<td>- prerequisite Reiki I &amp; II</td>
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<tr>
<td>1</td>
<td>*Positional Release</td>
<td>Sun 9:00-5:00</td>
<td>8 hrs</td>
<td>- wear loose fitting clothing</td>
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<td>7</td>
<td>Spa Treatments</td>
<td>Sat 9:00-5:00</td>
<td>8 hrs</td>
<td>- bring a sheet and three bath towels</td>
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<tr>
<td>7&amp;8</td>
<td>Table Shiatsu</td>
<td>Sat Sun 9:30-5:30</td>
<td>16 hrs</td>
<td>- bring a sheet, pillow and two pillowcases</td>
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<tr>
<td>7&amp;8</td>
<td>Herbology</td>
<td>Sat Sun 9:30-5:30</td>
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<td>8</td>
<td>Transferring Grief</td>
<td>Sun 9:30-5:30</td>
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<td>13</td>
<td>Exploring Auras</td>
<td>Fri 6:30-10:30</td>
<td>4 hrs</td>
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<tr>
<td>14</td>
<td>*Wrist and Arm Pain</td>
<td>Sat 9:30-5:30</td>
<td>8 hrs</td>
<td>- bring two sheets and towel</td>
</tr>
<tr>
<td>14</td>
<td>Advanced Food Science</td>
<td>Sat 9:00-5:00</td>
<td>8 hrs</td>
<td>- additional charge $20.00 for required text</td>
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<td>14&amp;15</td>
<td>Foot Reflexology</td>
<td>Sat Sun 9:30-5:30</td>
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<td>15</td>
<td>*Addressing Plantar Fasciitis</td>
<td>Sun 9:00-1:00</td>
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<td>15</td>
<td>Spiritual Development</td>
<td>Sun 9:30-5:30</td>
<td>8 hrs</td>
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<tr>
<td>21&amp;22</td>
<td>*Hot Rocks</td>
<td>Sat Sun 9:30-5:30</td>
<td>16 hrs</td>
<td>- bring two flat sheets and beach towel for massage</td>
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<tr>
<td>21&amp;22</td>
<td>Aromatherapy</td>
<td>Sat Sun 9:30-5:30</td>
<td>16 hrs</td>
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<tr>
<td>5&amp;6</td>
<td>Thai Herbal Ball Massage</td>
<td>Sat Sun 9:30-5:30</td>
<td>16 hrs</td>
<td>- bring two dark or inexpensive flat sheets as herbs can stain and a blanket</td>
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<tr>
<td>5&amp;6</td>
<td>Side Lying Massage</td>
<td>Sat Sun 9:30-5:30</td>
<td>16 hrs</td>
<td>- ask for handout for what to bring</td>
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<tr>
<td>5&amp;6</td>
<td>*Mycrascial Release Therapy II</td>
<td>Sat Sun 9:00-5:00</td>
<td>16 hrs</td>
<td>- prerequisite MFR I - bring a sheet, towel, wear a two piece bathing suit or shorts and sports bra with back hook</td>
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<td>Lymphatic Drainage</td>
<td>Sat Sun 9:30-5:30</td>
<td>16 hrs</td>
<td>- bring two sheet and towel</td>
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<td>Shiatsu II</td>
<td>Sat Sun 9:30-5:30</td>
<td>16 hrs</td>
<td>- prerequisite Shiatsu I - bring a mat, two pillowcases, pillow, blanket and thick quilt</td>
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<td>Reiki I</td>
<td>Sat Sun 9:30-3:30</td>
<td>12 hrs</td>
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<td>19</td>
<td>Body Rolling</td>
<td>Sat 9:30-5:30</td>
<td>8 hrs</td>
<td>- bring a yoga mat, wear loose comfortable clothes</td>
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<tr>
<td>19</td>
<td>Aromatherapy Blending</td>
<td>Sat 9:30-5:30</td>
<td>8 hrs</td>
<td>- prerequisite Aromatherapy</td>
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