

**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 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 |
| 2019 | \$96 | \$192 | \$288 | \$384 | \$480 | \$24.00 |
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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.

June 2019

- 1&2 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear sports 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 – bring sheets
- 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 **Body Rolling** Sat 9:30-5:30 8 hrs -bring a yoga mat, wear loose comfortable clothes
- 6&7 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and a towel
- 7 **Transforming Grief** Sun 9:30-5:30 8hrs
- 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 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs – bring a rattle, yoga mat, and a stone or crystal of your choice
- 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, one pillow and pillowcase
- 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
- 27&28 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pen

August 2019

- 2/3/4 **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)
- 3&4 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 10 **Dynamic Stretching** Sat 9:00-5:00 8hrs – bring sheets and wear loose fitting clothing
- 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 - wear 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 notebook, washcloth, bath towel and massage sheets
- 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 **Infant Massage** Sat 2:00-6:00 4hrs - **ask for handout for what to bring**

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- bring sheets
 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 ***Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs -bring two sheets, hand towel, pillowcase, beach towel, three pillows & unscented oil
 2&3 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
 9&10 ***Spa Treatments** 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 a 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