

## ELECTIVE SCHEDULE

11/13/19 (5:26PM)

**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 |
| Public                              | \$88    | \$176   | \$264    | \$352    | \$440    | \$22.00     |
| Alumni                              | \$70    | \$140   | \$211    | \$281    | \$352    | 20% Disc.   |

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.

### December 2019

- 7 **Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 7&8 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 8 **Effective Sciatica Treatment** Sun 9:00-1:00 4hrs - bring two sheets and choice of oil or lotion
- 8 **Avoiding Massage Career Burnout** Sun 2:00-6:00 4hrs - bring two sheets and choice of oil or lotion
- 14&15 **\*Intro to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
- 15 **Body Rolling** Sun 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement

### January 2020

- 11&12 **\*Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 18 **\*TMJ Dysfunction** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 18 **\*Massage for Headaches** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 19 **\*Pharmacology for MTs** Sun 9:00-1:00 4hrs - bring a notebook and pen \*\*\*NEW ELECTIVE\*\*\*
- 19 **\*Kinesiology Taping** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement 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 and oil or lotion
- 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, one pillow and pillowcase and oil or lotion
- 25&26 **\*Fascia Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, a pillow and wear a two-piece bathing suit (or shorts and sports bra/tank top) for easy exposure to the skin of the torso and limbs

### February 2020

- 1 **Body Rolling** Sat 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 1&2 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 2 **Transforming Grief** Sun 9:30-5:30 8hrs
- 2 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 8 **Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 8&9 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)
- 9 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs
- 9 **Canine Massage** Sun 9:00-1:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 9 **Sound and Vibration Healing** Sun 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 15&16 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 15&16 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 22 **Herbology** Sat 9:30-5:30 8hrs
- 22&23 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, hand towel, lotion and markers or colored pencils
- 23 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs
- 23 **Crystal Healing** Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class
- 28/29/1 **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)
- 29 **Avoiding Massage Career Burnout** Sat 9:00-1:00 4hrs - bring two sheets and choice of oil or lotion
- 29 **Effective Sciatica Treatment** Sat 2:00-6:00 4hrs - bring two sheets and choice of oil or lotion

### March 2020

- 1 **Infant Massage** Sun 9:00-1:00 4hrs - ask for handout for what to bring
- 1 **Mind Body Medicine** Sun 2:00-6:00 4hrs

\*\*\*Daylight Saving Time Begins March 8th\*\*\*

- 7 **Feng Shui** Sat 9:00-1:00 4hrs
- 7 **Spiritual Development** Sat 2:00-6:00 4hrs
- 7&8 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases
- 14&15 **\*Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
- 14&15 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth, bath towel and massage sheets
- 21&22 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 28&29 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 28&29 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillow in cases, bath towel, and oil or lotion

## April 2020

- 4&5 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I  
4&5 **\*Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillows and cases, hand towel, beach towel and unscented oil  
17/18/19 **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)  
18&19 **\*Intro to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement  
25 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II  
25&26 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement

## May 2020

- 2 **\*Flowing Bodywork** Sat 9:30-5:30 8hrs - bring two flat sheets and a towel  
2&3 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)  
9 **Canine Massage** Sat 9:00-1:00 4hrs – students are required to bring a friendly dog to massage and a blanket  
9 **Guided Imagery** Sat 2:00-6:00 4hrs  
9 **\*Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
16 **\*Massage for Headaches** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement  
16 **\*TMJ Dysfunction** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement  
16&17 **\*Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**  
17 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage  
30&31 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel  
31 **\*Positional Release** Sun 9:00-5:00 8hrs - wear non-restrictive clothing allowing full range of movement

## June 2020

- 6 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs  
6 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice  
6&7 **Polarity** Sat&Sun 9:00-5:00 16hrs  
7 **Body Rolling** Sun 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement  
12/13/14 **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)  
13 **Crystal Healing** Sat 9:00-1:00 4hrs - bring a quilt or beach towel to class  
13 **Aligning and Clearing the Chakras** Sat 2:00-6:00 4hrs  
13&14 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)  
14 **Dynamic Stretching** Sun 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
20 **Mark Your Calendar! Six Twenty Twenty** *Celebration Commemorating Irene's 100<sup>th</sup> Birthday* Stay Tuned for Details!  
21 **Effective Sciatica Treatment** Sun 9:00-1:00 4hrs - bring two sheets and choice of oil or lotion  
21 **Avoiding Massage Career Burnout** Sun 2:00-6:00 4hrs - bring two sheets and choice of oil or lotion  
21 **Transforming Grief** Sun 9:30-5:30 8hrs  
27&28 **\*Fascia Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, a pillow and wear a two-piece bathing suit (or shorts and sports bra/tank top) for easy exposure to the skin of the torso and limbs  
27&28 **Reiki I** Sat&Sun 9:30-3:30 12hrs  
27&28 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, hand towel, lotion and markers or colored pencils

## July 2020

- 11&12 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases  
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&19 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow  
19 **\*Kinesiology Taping** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms  
25&26 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement  
25&26 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillow in cases, bath towel, and oil or lotion

## August 2020

- 1&2 **\*Intro to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement  
2 **\*Enhanced Gluteal Massage & Finishing Strokes** Sun 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one pillow and two pillowcases and oil or lotion  
2 **\*Enhanced Chest & Shoulder Massage** Sun 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest, one pillow and pillowcase and oil or lotion  
8&9 **\*Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement  
15&16 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
15&16 **Thai-Yurvedic Yoga Massage II** Sat&Sun 9:30-5:30 16hrs - req Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)  
22 **Canine Massage** Sat 2:00-6:00 4hrs – students are required to bring a friendly dog to massage and a blanket  
22&23 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel  
29&30 **\*Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement  
29&30 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, hand towel, lotion and markers or colored pencils

## September 2020

- 12 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs  
12 **Feng Shui** Sat 2:00-6:00 4hrs  
12 **Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement  
13 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs  
13 **Crystal Healing** Sun 2:00-6:00 4hrs - bring a quilt or beach towel to class  
13 **Herbology** Sun 9:30-5:30 8hrs  
19&20 **Reiki I** Sat&Sun 9:30-3:30 12hrs  
19&20 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)  
20 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage  
25/26/27 **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)  
26 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs - bring two sheets and choice of oil or lotion  
26 **Avoiding Massage Career Burnout** Sat 2:00-6:00 4hrs - bring two sheets and choice of oil or lotion  
27 **Transforming Grief** Sun 9:30-5:30 8hrs

**October 2020**

- 3 **Infant Massage** Sat 9:00-1:00 4hrs - **ask for handout for what to bring**
- 3 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 3&4 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth, bath towel and massage sheets
- 4 **Mind Body Medicine** Sun 9:00-1:00 4hrs
- 4 **Spiritual Development** Sun 2:00-6:00 4hrs
- 10 **\*Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 10&11 **Polarity** Sat&Sun 9:00-5:00 16hrs
- 11 **Body Rolling** Sun 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 17&18 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 17&18 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 24&25 **\*Pregnancy/Labor Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillows and cases, hand towel, beach towel and unscented oil
- 25 **\*TMJ Dysfunction** Sun 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 25 **\*Massage for Headaches** Sun 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 31/1 **Table Shiatsu** Sat&Sun 9:30-5:30 16hrs - bring a sheet, pillow and two pillowcases

**\*\*\*Daylight Saving Time Ends November 1st\*\*\*****November 2020**

- 7 **Canine Massage** Sat 2:00-6:00 4hrs – students are required to bring a friendly dog to massage and a blanket
- 7&8 **\*Fascia Therapy** Sat&Sun 9:00-5:00 16hrs - bring a sheet, a pillow and wear a two-piece bathing suit (or shorts and sports bra/tank top) for easy exposure to the skin of the torso and limbs
- 8 **Guided Imagery** Sun 2:00-6:00 4hrs
- 13/14/15 **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)
- 14&15 **\*Spa Treatments** Sat&Sun 9:30-5:30 16hrs - **ask for handout for what to bring**
- 21&22 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 21&22 **Foot Reflexology** Sat&Sun 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)

**December 2020**

- 5&6 **\*Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 5&6 **Side Lying Massage** Sat&Sun 9:30-5:30 16hrs - bring two sheets, three pillow in cases, bath towel, and oil or lotion
- 12&13 **\*Intro to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
- 19&20 **\*Hot Rocks** Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel