

ELECTIVE SCHEDULE

1/24/20 (10:50AM)

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.

February 2020

- 1 ***TMJ Dysfunction** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 1 ***Massage for Headaches** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 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 ***Pharmacology for MTs** Sun 2:00-6:00 4hrs – bring a notebook and pen ***NEW ELECTIVE***
- 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
- 23 ***Kinesiology Taping** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 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&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 **Spiritual Development** Sat 2:00-6:00 4hrs
- 21&22 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- 28&29 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 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 Twenty** *Celebration Commemorating Irene's 100th 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
18&19 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth, bath towel and massage sheets
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
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 - preq 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
22&23 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - 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
12&13 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - 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