

**ELECTIVE SCHEDULE**  
**IRENE'S MYOMASSOLOGY INSTITUTE**  
**26061 Franklin Road Southfield, MI 48033 248-350-1400**

**4/20/20 (1:57PM)**

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. If you are unable to attend a scheduled elective, call the school asap.

For current students, required elective hours are included in tuition. Current students are marked absent if they are not present for an elective class without providing 24-hour notice. In order to receive credit to graduate, current students absent for an elective must pay a make-up fee of \$35 to attend the same class the next time it is offered.

For non-current students, full payment for the class plus any additional charges is required for registration. Non-current students are charged a \$35 no-show fee for missing an elective without 24-hour prior notice.

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.

A student can reschedule an elective up to 24-hours prior to class without incurring any make-up fees or attendance repercussions. A student may not attend any portion of an elective without attending the first day.

**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 **\*Pharmacology for MTs** Sun 9:00-1:00 4hrs – bring a notebook and pen
- 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 **June Twenty Twenty Twenty Public 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
- 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 - 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
- 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
- 12&13 **Herbology** Sat&Sun 9:30-5:30 16hrs

- 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