

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

**6/19/20 (11:36AM)**

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**

- 26/27/28 **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)
- 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**

- 10&17 **Polarity 2** Fridays 9:00-5:00 16hrs
- 11 **Body Rolling** Sat 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 11&12 **\*Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
- 12 **\*Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
- 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
- 24&31 **Foot Reflexology 2** Fridays 9:30-5:30 16hrs - bring a sheet, towel, clean feet and markers or colored pencils (lotion, pillow, blanket if desired)
- 25 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
- 25&26 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 25&26 **\*Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement

**August 2020**

- 1 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
- 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
- 9 **\*Massage for Headaches** Sun 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 9 **\*TMJ Dysfunction** Sun 2:00-6:00 4hrs - 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 - preq Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
- 22 **Canine Massage** ONLINE Sat 2:00-6:00 4hrs - students are required to bring a friendly dog to massage and a blanket
- 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&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
- 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 **Dynamic Stretching** Sun 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement

**October 2020**

- 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
- 3&4 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 4 **Mind Body Medicine** Sun 9:00-1:00 4hrs
- 4 **Spiritual Development** Sun 2:00-6:00 4hrs
- 10 **Transforming Grief** Sat 9:30-5:30 8hrs
- 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 **\*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 **\*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

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

**November 2020**

- 7 **Canine Massage** ONLINE 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)
- 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
- 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