

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

11/18/20 (12:12PM)

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.

December 2020

- 5&6 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
- 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
- 19&20 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, a pillow, hand towel and lotion

January 2021

- 9&10 **Reiki I** Sat&Sun 9:30-3:30 12hrs
- 10 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows, pregnant women should avoid chair massage
- 16 **Canine Massage** ONLINE Sat 2:00-6:00 4hrs - bring a friendly dog to massage and a blanket
- 16&17 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
- 23&24 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring sheets, a blanket if you get cold easily, a pillow, hand towel and lotion
- 30 ***Massage for Headaches** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 30 ***TMJ Dysfunction** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement

February 2021

- 6 **Crystal Healing** Sat 9:00-1:00 4hrs
- 6 **Aligning and Clearing the Chakras** Sat 2:00-6:00 4hrs
- 6&7 ***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
- 13&14 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
- 13&14 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
- 20&21 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
- 27 ***Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 27&28 ***Massage in Clinical Environment** Sat&Sun 9:30-5:30 16hrs - bring two sheets and two pillows **NEW CLASS**
- 28 ***Flowing Bodywork** Sun 9:30-5:30 8hrs - bring two flat sheets and a towel

March 2021

- 6&7 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 - 6&7 **Yoga for Therapists** Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement **NEW CLASS**
 - 28 ***Flowing Bodywork** Sun 9:30-5:30 8hrs - bring two flat sheets and a towel
 - 13&14 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
- ***Daylight Saving Time Begins March 14th*****
- 20 ***Enhanced Chest & Shoulder Massage** Sat 9:00-1:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover or wear sports bra, one pillow with pillowcase and oil or lotion
 - 20 ***Enhanced Gluteal Massage with Finishing Strokes** Sat 2:00-6:00 4hrs - bring two sheets and two pillowcases
 - 21 ***Medication and Massage** (formerly Pharmacology for MTs) Sun 9:00-1:00 4hrs - bring a notebook and pen
 - 21 ***Kinesiology Taping** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
 - 27 **Body Rolling** Sat 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
 - 27&28 **Polarity** Sat&Sun 9:00-5:00 16hrs
 - 28 **Feng Shui** Sun 9:00-1:00 4hrs
 - 28 **Guided Imagery** Sun 2:00-6:00 4hrs

April 2021

- 10 **Mind Body Medicine** ONLINE Sat 9:00-1:00 4hrs
- 10 **Spiritual Development** ONLINE Sat 2:00-6:00 4hrs
- 10 **Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 11 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs
- 11 **Avoiding Massage Career Burnout** Sun 9:00-1:00 4hrs - bring two sheets and choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
- 11 **Sanitary Surroundings for Massage Therapy** Sun 2:00-6:00 4hrs - bring a notebook and pen
- 11 **Effective Sciatica Treatment** Sun 2:00-6:00 4hrs - bring two sheets, choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
- 16/17/18 **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)
- 17&18 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 24 **Low Back Pain and Massage** Sat 9:00-1:00pm 4hrs - bring two sheets and one pillowcase
- 24 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice

- 24&25 **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)
 25 **Canine Massage** ONLINE Sun 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
 25 **Reiki III** Sun 9:30-5:30 8hrs - prerequisite Reiki I & II

May 2021

- 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
 1&2 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel
 8&9 **Reiki I** Sat&Sun 9:30-3:30 12hrs
 15&16 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
 16 **Aligning and Clearing the Chakras** Sun 9:00-1:00 4hrs
 16 **Crystal Healing** Sun 2:00-6:00 4hrs
 22 ***TMJ Dysfunction** Sat 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
 22 ***Massage for Headaches** Sat 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
 22&23 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, a pillow, hand towel and lotion
 23 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage

June 2021

- 5&6 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
 5&6 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
 12&13 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 13 **Transforming Grief** Sun 9:30-5:30 8hrs
 19&20 ***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
 19&20 **Thai-Yurvedic Yoga Massage II** Sat&Sun 9:30-5:30 16hrs - prerequisite Thai I - bring a pillow, blanket, mat and thick quilt (total of 2" thickness)
 26 ***Flowing Bodywork** Sat 9:30-5:30 8hrs - bring two flat sheets and a towel
 27 ***Wrist and Arm Pain** Sun 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement

July 2021

- 10 **Reiki III** Sat 9:30-5:30 8hrs - prerequisite Reiki I & II
 10&11 ***Massage in Clinical Environment** Sat&Sun 9:30-5:30 16hrs - bring two sheets and two pillows
 11 ***Enhanced Gluteal Massage with Finishing Strokes** Sun 9:00-1:00 4hrs - bring two sheets and two pillowcases
 11 ***Enhanced Chest & Shoulder Massage** Sun 2:00-6:00 4hrs - bring two sheets, one blanket or beach towel, one small bath towel for chest cover or wear sports bra, one pillow with pillowcase and oil or lotion
 17&18 **Yoga for Therapists** Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
 18 ***Kinesiology Taping** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
 23/24/25 **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)
 24&25 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 31 **Effective Sciatica Treatment** Sat 9:00-1:00 4hrs - bring two sheets, choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
 31 **Avoiding Massage Career Burnout** Sat 2:00-6:00 4hrs - bring two sheets and choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
 31 ***Medication and Massage** (formerly Pharmacology for MTs) Sat 9:00-1:00 4hrs - bring a notebook and pen

August 2021

- 1 **Dynamic Stretching** Sun 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 1 **Sanitary Surroundings for Massage Therapy** Sun 2:00-6:00 4hrs - bring a notebook and pen
 7 **Body Rolling** Sat 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
 7&8 **Polarity** Sat&Sun 9:00-5:00 16hrs
 8 **Avoiding Disease Naturally** Sun 9:00-1:00 4hrs
 14&15 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 21 **Canine Massage** Sat 9:00-1:00 4hrs - bring a friendly dog to massage and a blanket
 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)
 22 **Low Back Pain and Massage** Sun 9:00-1:00pm 4hrs - bring two sheets and one pillowcase
 28&29 ***Intro to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
 28&29 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel

September 2021

- 11&12 **Reiki I** Sat&Sun 9:30-3:30 12hrs
 18&19 ***Trigger Point Therapy** Sat&Sun 9:30-5:30 16hrs - bring two sheets, and wear non-restrictive clothing allowing full range of movement
 18&19 **Table Thai** Sat&Sun 9:30-5:30 16hrs - bring a blanket and a pillow
 19 ***Chair Massage** Sun 9:30-5:30 8hrs - bring a massage chair or two pillows - pregnant women should avoid chair massage
 25&26 **Hands on Hands** Sat&Sun 9:30-5:30 16hrs - bring a sheet, a blanket if you get cold easily, a pillow, hand towel and lotion
 26 ***Massage for Headaches** Sun 9:00-1:00 4hrs - wear non-restrictive clothing allowing full range of movement
 26 ***TMJ Dysfunction** Sun 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement

October 2021

- 2&3 **Reiki II** Sat&Sun 9:30-3:30 12hrs - prerequisite Reiki I
 2 **Transforming Grief** Sat 9:30-5:30 8hrs
 9&10 **Yoga for Therapists** Sat&Sun 9:30-5:30 16hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
 9&10 ***Orthopedic Massage** Sat&Sun 9:30-5:30 16hrs - wear non-restrictive clothing allowing full range of movement
 16&17 **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)
 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 non-restrictive clothing allowing full range of movement
 30 **Sound and Vibration Healing** Sat 2:00-6:00 4hrs - bring a rattle, yoga mat, and a stone or crystal of your choice
 30&31 **Polarity** Sat&Sun 9:00-5:00 16hrs