

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

3/10/21 (3:33PM)

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.

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**
- 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
- 21 *Massage for Headaches Sun 2:00-6:00 4hrs - wear non-restrictive clothing allowing full range of movement
- 27&28 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 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 9:00-5:00 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
- 2 Dynamic Stretching Sun 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 8&9 Reiki I Sat&Sun 9:30-3:30 12hrs
- 8&9 *Hot Rocks Sat&Sun 9:30-5:30 16hrs - bring two flat sheets, a towel and hand towel
- 15 Body Rolling Sat 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 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 *Kinesiology Taping Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
- 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 Low Back Pain and Massage Sat 9:00-1:00pm 4hrs - bring two sheets and one pillowcase
- 12 Effective Sciatica Treatment Sat 2:00-6:00 4hrs - bring two sheets, choice of oil or lotion and wear non-restrictive clothing allowing full range of movement
- 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 **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)
- 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
- 17&18 ***Sports Massage** Sat&Sun 9:30-5:30 16hrs - 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 ***Intro to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and 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 ***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
- 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
- 12 **Crystal Healing** Sun 9:00-1:00 4hrs
- 12 **Aligning and Clearing the Chakras** Sun 2:00-6:00 4hrs
- 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

November 2021

- 6 **Avoiding Disease Naturally** Sat 9:00-1:00 4hrs
 - 6 **Low Back Pain and Massage** Sat 2:00-6:00pm 4hrs - bring two sheets and one pillowcase
 - 6 **Feng Shui** Sat 2:00-6:00 4hrs
- ***Daylight Saving Time Ends November 7th*****
- 7 **Crystal Healing** Sun 9:00-1:00 4hrs
 - 7 **Aligning and Clearing the Chakras** Sun 2:00-6:00 4hrs
 - 7 ***Kinesiology Taping** Sun 9:30-5:30 8hrs - wear non-restrictive clothing allowing full range of movement that exposes shoulders, legs and arms
 - 13 ***Wrist and Arm Pain** Sat 9:30-5:30 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 - 13 **Dynamic Stretching** Sat 9:00-5:00 8hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
 - 14 **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
 - 14 **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
 - 14 ***Medication and Massage** (formerly Pharmacology for MTs) Sun 9:00-1:00 4hrs - bring a notebook and pen
 - 14 **Guided Imagery** Sun 2:00-6:00 4hrs

- 20&21 ***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
- 20&21 **Aromatherapy** Sat&Sun 9:30-5:30 16hrs - bring a notebook, washcloth and hand towel

December 2021

- 4&5 ***Lymphatic Drainage** Sat&Sun 9:30-5:30 16hrs - bring two sheets and wear non-restrictive clothing allowing full range of movement
- 5 **Body Rolling** Sun 9:30-5:30 8hrs - bring a yoga mat, and wear non-restrictive clothing allowing full range of movement
- 11 **Transforming Grief** Sat 9:30-5:30 8hrs
- 11&12 ***Intro to CranioSacral Techniques** Sat&Sun 9:30-5:30 16hrs - bring a blanket and wear non-restrictive clothing allowing full range of movement
- 12 **Canine Massage** Sun 2:00-6:00 4hrs - bring a friendly dog to massage and a blanket
- 18 ***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
- 18 ***Enhanced Gluteal Massage with Finishing Strokes** Sat 2:00-6:00 4hrs - bring two sheets and two pillowcases
- 19 ***Flowing Bodywork** Sun 9:30-5:30 8hrs - bring two flat sheets and a towel