

**ELECTIVE SCHEDULE**

**12/15/10  
(9:16AM)**

**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 a minimum of 12 hands-on classes or prior massage training. Material fees must be paid upon enrollment. Required books must be purchased prior to class. **Bring a sheet and towel for bodywork classes!**

**Required elective hours are included in tuition for all full time students.** There is a \$10.00 administrative fee charged per class for canceling or changing any elective. A student may not attend any portion of an elective, without attending the first day. If a student is absent for an elective without providing five day prior notice, a \$25.00 administrative fee is charged for classes up to 16 hours, and a \$50.00 administrative fee for classes over 16 hours.

Class Fees for Non-current Students						
	4 Hours	8 Hours	12 Hours	16	20 Hours	\$ Per Hour
2011	\$78	\$156	\$234	\$312	\$390	\$19.50
2012	\$82	\$164	\$246	\$328	\$410	\$20.50

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 a student is absent without five day prior notice, the above administrative fees apply.

**January 2011**

- 8 \*Wrist, Arm and Neck Pain Saturday 9:30-5:30 8 Hours -bring a sheet and towel to class
- 8&9 Reiki I Saturday&Sunday 9:30-3:30 12 Hours
- 9 \*Massage for Headaches Sunday 9:00-1:00 4 Hours
- 9 \*TMJ Dysfunction Sunday 2:00-6:00 4 Hours -bring a sheet and pillow
- 15 Spa Treatments Saturday 9:00-5:00 8 Hours - bring a sheet and three bath towels
- 15&16 \*\*Polishing Your Skills Saturday&Sunday 9:30-5:30 16 Hours -prerequisite 35 hands-on classes or previous training
- 22 \*Kahi Loa I Saturday 9:30-5:30 8 Hours -wear light weight clothing
- 22&23 \*Sports Massage I Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes
- 23 Canine Massage Sunday 2:00-6:00 4 Hours -students are required to bring a friendly dog to massage and a blanket
- 29&30 Essential Torso Techniques Saturday&Sunday 9:30-5:30 16 Hours -bring two sheets, a small bath towel and 2 pillowcases
- 29&30 Table Thai I Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow

**February 2011**

- 5 \*Addressing Plantar Fasciitis Saturday 2:00-6:00 4 Hours
- 5&6 \*Hot Rocks Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage
- 5&6 Shiatsu I Saturday&Sunday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt
- 12 Aligning Chakras Saturday 9:00-1:00 4 Hours
- 12 Crystal Healing Saturday 2:00-6:00 4 Hours -bring a quilt or beach towel to class
- 12&13 \*Orthopedic Massage Saturday&Sunday 9:00-5:00 16 Hours - bring a sheet, wear sport bra and shorts
- 13 \*Chair Massage Sunday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair massage
- 19&20 Foot Reflexology Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
- 19&20 Yoga for Therapist Saturday&Sunday 9:00-5:00 16 Hours -bring a yoga mat, wear loose comfortable clothes
- 19&20 Herbology Saturday&Sunday 9:30-5:30 16 Hours
- 25/26/27 Thai-Yurvedic I Friday 7:00-11:00 Saturday&Sunday 9:30-5:30 20 Hours -bring a pillow, blanket, mat and thick quilt (for a total of 2" thickness)
- 26&27 \*Trigger Point Therapy Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, sports bra and shorts or light weight, loose fitting clothes
- 26&27 \*Intro to Myofascial Release Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts

**March 2011**

- 4 Exploring Auras Friday Night 6:30-10:30 4 Hours
- 5&6 Table Shiatsu Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, pillow, and 2 pillowcases
- 5&6 Elder Massage Saturday&Sunday 9:00-5:00 16 Hours -bring 4 sheets, 1 hand towel and 1 bath towel
- 5&6 Aromatherapy Saturday&Sunday 9:30-5:30 16 Hours
- 12 Stretching Saturday 9:00-5:00 8 Hours -additional charge \$35 for required text
- 12 Therapeutic Touch Saturday 9:00-5:00 8 Hours
- \*\*\*Daylight Saving Time Begins March 13<sup>h</sup>\*\*\*
- 13 Ayurvedic Medicine Sunday 9:00-1:00 4 Hours
- 13 Holistic Care of Children Sunday 2:00-6:00 4 Hours
- 13 \*Wrist, Arm and Neck Pain Sunday 9:30-5:30 8 Hours -bring a sheet and towel to class
- 13 Body Rolling Sunday 9:30-5:30 8 Hours -wear comfortable exercise clothes to work on the floor
- 19&20 \*Introduction to CranioSacral Techniques Saturday&Sunday 9:30-5:30 16 Hours
- 19&20 Polarity I Saturday&Sunday 9:00-5:00 16 Hours
- 26 Feng Shui Saturday 9:00-5:00 8 Hours
- 26&27 Table Thai I Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow
- 26&27 \*Lymphatic Drainage Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet and towel for massage
- 27 Spa Treatments Sunday 9:00-5:00 8 Hours - bring a sheet and three bath towels

**April 2011**

- 9 Canine Massage Saturday 9:00-1:00 4 Hours -students are required to bring a friendly dog to massage and a blanket
- 9 Avoiding Disease Naturally Saturday 2:00-6:00 4 Hours
- 9&10 \*\*Polishing Your Skills Saturday&Sunday 9:30-5:30 16 Hours -prerequisite 35 hands-on classes or previous training
- 9&10 Reiki I Saturday&Sunday 9:30-3:30 12 Hours
- 10 Mind Body Medicine Sunday 9:00-5:00 8 Hours
- 16 Advanced Food Science Saturday 9:00-5:00 8 Hours -additional charge \$20.00 for required text **\*\*NEW CLASS\*\***
- 16&17 \*Sports Massage I Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes
- 16&17 Touch for Health Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$35.95 for required text
- 29&6 Hands on Hands Friday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
- 30 Massage as Meditation Saturday 2:00-6:00 4 Hours -bring a sheet, towel and blanket for massage
- 30 \*Chair Massage Saturday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair massage
- 30&1 \*Intro to Myofascial Release Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts
- 30&1 \*Equine Massage Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$20 for stable ask for what to bring information from the desk

## May 2011

- 1 **Spa Treatments** Sunday 9:00-5:00 8 Hours - bring a sheet and three bath towels  
7 **\*TMJ Dysfunction** Saturday 9:00-1:00 4 Hours -bring a sheet and pillow  
7 **\*Massage for Headaches** Saturday 2:00-6:00 4 Hours  
7 **\*Flowing Bodywork** Saturday 9:30-5:30 8 Hours -bring two flat sheets and beach towel for massage  
8 **\*Positional Release** Sunday 9:00-5:00 8 Hours  
13&20 **Foot Reflexology** Friday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers  
14&15 **\*Sports Massage II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Sports I - wear exercise or loose fitting clothes  
14&15 **Shiatsu I** Saturday&Sunday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt  
14&15 **Herbology** Saturday&Sunday 9:30-5:30 16 Hours  
21 **Spiritual Development** Saturday 9:00-5:00 8 Hours  
21&22 **\*Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage  
21&22 **\*Prenatal Massage** Saturday&Sunday 9:30-5:30 16 Hours -ask for what to bring information from the desk

## June 2011

- 4&5 **Table Thai I** Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow  
5 **\*Wrist, Arm and Neck Pain** Sunday 9:30-5:30 8 Hours -bring a sheet and towel to class  
11&12 **\*Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours  
11&12 **Reiki II** Saturday&Sunday 9:30-3:30 12 Hours -prerequisite Reiki I  
18 **Reiki III** Saturday 9:30-5:30 8 Hours -prerequisite Reiki I & II  
18&19 **\*Trigger Point Therapy** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, sports bra and shorts or light weight, loose fitting clothes  
19 **\*Kahi Loa I** Sunday 9:30-5:30 8 Hours -wear light weight clothing  
24/25/26 **Thai-Yurvedic I** Friday 7:00-11:00 Saturday&Sunday 9:30-5:30 20 Hours -bring a pillow, blanket, mat and thick quilt(for a total of 2"thickness)  
25 **Changing Woman** Saturday 9:30-5:30 8 Hours  
25&26 **Side Lying Massage** Saturday&Sunday 9:30-5:30 16 Hours -ask for what to bring information from the desk

## July 2011

- 9&10 **\*Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage  
9&10 **Essential Torso Techniques** Saturday&Sunday 9:30-5:30 16 Hours -bring two sheets, a small bath towel and 2 pillowcases  
16&17 **Reiki I** Saturday&Sunday 9:30-3:30 12 Hours  
16&17 **Thai-Yurvedic II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Thai-Yurvedic I -bring a pillow, blanket, mat and thick quilt (for a total of 2"thickness)  
23&24 **Table Shiatsu** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, pillow, and 2 pillowcases  
23&24 **Elder Massage** Saturday&Sunday 9:00-5:00 16 Hours -bring 4 sheets, 1 hand towel and 1 bath towel  
23&24 **\*Orthopedic Massage** Saturday&Sunday 9:00-5:00 16 Hours - bring a sheet, wear sport bra and shorts  
30&31 **Table Thai II** Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow -prerequisite Table Thai I  
30&31 **\*Sports Massage I** Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes  
30&31 **Aromatherapy** Saturday&Sunday 9:30-5:30 16 Hours

## August 2011

- 6&7 **Yoga for Therapist** Saturday&Sunday 9:00-5:00 16 Hours -bring a yoga mat, wear loose comfortable clothes  
6&7 **\*\*Polishing Your Skills** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite 35 hands-on classes or previous training  
7 **Crystal Healing** Sunday 9:00-1:00 4 Hours -bring a quilt or beach towel to class  
7 **Aligning Chakras** Sunday 2:00-6:00 4 Hours  
13&14 **Herbology** Saturday&Sunday 9:30-5:30 16 Hours  
14 **Spa Treatments** Sunday 9:00-5:00 8 Hours - bring a sheet and three bath towels  
20 **\*Chair Massage** Saturday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair massage  
20&21 **Hands on Hands** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers  
21 **\*Flowing Bodywork** Sunday 9:30-5:30 8 Hours -bring two flat sheets and beach towel for massage  
27 **\*Addressing Plantar Fasciitis** Saturday 9:00-1:00 4 Hours  
27 **Massage as Meditation** Saturday 2:00-6:00 4 Hours -bring a sheet, towel and blanket for massage  
27&28 **\*Intro to Myofascial Release** Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts  
28 **\*Massage for Headaches** Sunday 9:00-1:00 4 Hours  
28 **\*TMJ Dysfunction** Sunday 2:00-6:00 4 Hours -bring a sheet and pillow

## September 2011

- 10&11 **Foot Reflexology** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers  
10&11 **\*Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours  
11 **\*Wrist, Arm and Neck Pain** Sunday 9:30-5:30 8 Hours -bring a sheet and towel to class  
17 **Infant Massage** Saturday 9:30-5:30 8 Hours -ask for what to bring information from the desk  
17&18 **\*Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage  
18 **Ayurvedic Medicine** Sunday 9:00-1:00 4 Hours  
18 **Holistic Care of Children** Sunday 2:00-6:00 4 Hours  
24 **Therapeutic Touch** Saturday 9:00-5:00 8 Hours  
24 **Body Rolling** Saturday 9:30-5:30 8 Hours ~wear comfortable exercise clothes to work on the floor  
24&25 **Development of a Healer** Saturday&Sunday 9:00-5:00 16 Hours  
25 **Stretching** Sunday 9:00-5:00 8 Hours -additional charge \$35 for required text  
25 **Feng Shui** Sunday 9:00-5:00 8 Hours  
30&7 **Shiatsu I** Friday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt

## October 2011

- 1 **Advanced Food Science** Saturday 9:00-5:00 8 Hours -additional charge \$20.00 for required text **\*\*NEW CLASS\*\***  
1&2 **Table Thai I** Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow  
1&2 **\*Trigger Point Therapy** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, sports bra and shorts or light weight, loose fitting clothes  
1&2 **\*Equine Massage** Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$20 for stable ask for what to bring information from the desk  
8 **Avoiding Disease Naturally** Saturday 9:00-1:00 4 Hours  
8&9 **Elder Massage** Saturday&Sunday 9:00-5:00 16 Hours -bring 4 sheets, 1 hand towel and 1 bath towel  
8&9 **\*Intro to Myofascial Release** Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts  
9 **Mind Body Medicine** Sunday 9:00-5:00 8 Hours  
14/15/16 **Thai-Yurvedic I** Friday 7:00-11:00 Saturday&Sunday 9:30-5:30 20 Hours -bring a pillow, blanket, mat and thick quilt (for a total of 2" thickness)  
15&16 **Table Shiatsu** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, pillow, and 2 pillowcases  
15&16 **Aromatherapy** Saturday&Sunday 9:30-5:30 16 Hours  
22 **Holistic Palooza** ~ Complimentary Holistic Health Fair ~ Mark Your Calendars ~ Tell Your Friends ~ Details To Be Revealed  
23 **\*Massage for Headaches** Sunday 9:00-1:00 4 Hours  
23 **Canine Massage** Sunday 9:00-1:00 4 Hours -students are required to bring a friendly dog to massage and a blanket  
23 **Changing Woman** Sunday 9:30-5:30 8 Hours  
23 **Guided Imagery** Sunday 2:00-6:00 4 Hours  
29&30 **Reiki I** Saturday&Sunday 9:30-3:30 12 Hours  
29&30 **\*Sports Massage I** Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes

**November 2011**

- 4&11 **Side Lying Massage** Friday 9:30-5:30 16 Hours -ask for what to bring information from the desk  
5&6 **Touch for Health** Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$35.95 for required text  
5&6 **Polarity I** Saturday&Sunday 9:00-5:00 16 Hours  
5&6 **Shiatsu I** Saturday&Sunday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt  
12 **Spa Treatments** Saturday 9:00-5:00 8 Hours - bring a sheet and three bath towels  
12&13 **\*Lymphatic Drainage** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet and towel for massage  
12&13 **Herbology** Saturday&Sunday 9:30-5:30 16 Hours  
13 **\*Chair Massage** Sunday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair massage  
18 **Exploring Auras** Friday Night 6:30-10:30 4 Hours  
19 **\*Wrist, Arm and Neck Pain** Saturday 9:30-5:30 8 Hours -bring a sheet and towel to class  
19&20 **Reiki II** Saturday&Sunday 9:30-3:30 12 Hours -prerequisite Reiki I  
19&20 **Shiatsu II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Shiatsu I -bring a mat, pillow, blanket and thick quilt  
20 **\*Positional Release** Sunday 9:00-5:00 8 Hours

**December 2011**

- 3 **Massage as Meditation** Saturday 2:00-6:00 4 Hours -bring a sheet, towel and blanket for massage  
3&4 **\*Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage  
3&4 **Foot Reflexology** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers  
4 **Aromatherapy Blending** Sunday 9:30-5:30 8 Hours -prerequisite Aromatherapy  
10 **Spiritual Development** Saturday 9:00-5:00 8 Hours  
10&11 **Hands on Hands** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers  
10&11 **\*Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours  
10&11 **Polarity II** Saturday&Sunday 9:00-5:00 16 Hours -prerequisite Polarity I  
17 **\*Flowing Bodywork** Saturday 9:30-5:30 8 Hours -bring two flat sheets and beach towel for massage  
17&18 **\*Sports Massage II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Sports I - wear exercise or loose fitting clothes  
17&18 **\*Myofascial Release Part II** Saturday&Sunday 9:00-5:00 16 Hours -prerequisite MFR -wear 2 piece bathing suit or sport bra and shorts  
18 **Reiki III** Sunday 9:30-5:30 8 Hours -prerequisite Reiki I & II