

Weekday P.M. Schedule Sample Dates TBD

Classes are Tuesday, Wednesday, and Thursday, 5:30pm-9:30pm.

Classes are every week.

* Clinical hours are part of alternating weeks to further your learning and increase experience.

1st month	Introduction to Massage (Basic Strokes and Body Mechanics) General Relaxation (Swedish Massage) and General Business General Pathology and Musculo-Skeletal Dysfunction
2nd month	Continuing Relaxation Massage, Bones and Muscles Positional Release, Muscle Energy, and Trigger Point, Bones and Muscles
3rd month	Deep Tissue, Bones and Muscles, Stretching and Muscle Lengthening Stretching and Muscle Lengthening, Advanced Positions
4th month	Body Systems and Integration, Bones and Muscles Anatomy and Physiology 1, Bones and Muscles
5th month *	Anatomy & Physiology 1, Bones and Muscles Functional Normalization, Anatomy Physiology General Pathology, General Nutrition
6th month *	Anatomy & Physiology 2, Bones and Muscles Sports Massage, Biomechanical Activation and Mobilization, Fascial release, Therapeutic Work
7th month *	Kinesiology & Movement Assessment General Business, Regulations, and Policies Spa Massage / Business / Marketing, Reflexology, Hand and Foot Treatments Body Treatments and Spa Services
8th Month *	Essential Oils and Other Topical Applications Infant, Pregnancy, and Special Needs Massage General Nutrition
9th month *	Beginning Wholistic Evolution, Preparing for MBLEx
10 month	Chair, On-site, and Event Massage, Marketing, Beginning of Wholistic Evolution, MBLEx Preparation
11 month	Wholistic (The evolution of each part back into the whole), Evolution and test Preparation ,Finish

Weekends Schedule Sample dates TBD

Classes are Saturday and Sunday 8:30am - 5:30pm

Classes are every OTHER weekend .

* Clinical hours are part of weekends, after lunch Saturdays and Sundays to further your learning and increase experience.

1st month	Introduction to Massage (Basic Strokes and Body Mechanics) General Relaxation (Swedish Massage) and General Business General Pathology and Musculo-Skeletal Dysfunction
2nd month	Bones and Muscles Positional Release, Muscle Energy, and Trigger Point, Deep Tissue, Stretching and Muscle Lengthening , Advanced Positions
3rd month	Bones and Muscles, Body Systems and System Integration, General relax review and intergration
4th month	Anatomy and Physiology 1, Bones and Muscles
5th month *	Anatomy & Physiology 1, Bones and Muscles Functional Normalization, Anatomy Physiology General Pathology, Fascial release, Therapeutic Work
6th month *	Continue Anatomy & Physiology 2, Bones and Muscles Sports Massage, Biomechanical Activation and Mobilization,
7th month *	Kinesiology & Movement Assessment General Business, Regulations, and Policies Spa Massage / Business / Marketing, Reflexology, Hand and Foot Treatments
8th month *	Essential Oils and Other Topical Applications Infant, Pregnancy, and Special Needs Massage review Therapeutic Massage
9th month *	Chair, On-site, and Event Massage, Marketing,, Body Treatments and Spa services
10 month *	Nutrition for therapists, review Bones, Muscles, Landmarks , General Relaxation Massage.
11 month *	Wholistic Evolution, The evolution of each part back into the whole and test Preparation .
12 month	Wholistic Evolution, The evolution of each part back into the whole and test Preparation .
Last weekend of class	Final review and Testing