

ELECTIVE SCHEDULE

**11/1/11
(11:10am
)**

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 Hours	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 2012

- 7 ***Addressing TMJ Pain** Saturday 9:00-1:00 4 Hours - wear loose fitting clothing
- 7 ***Massage for Headaches** Saturday 2:00-6:00 4 Hours
- 7&8 ***Intro to Myofascial Release** Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts
- 8 ***Wrist and Arm Pain** Sunday 9:30-5:30 8 Hours -bring a sheet and towel to class
- 14&15 **Table Thai I** Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow
- 14&15 ****Polishing Your Skills** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite 35 hands-on classes or previous training
- 21 **Canine Massage** Saturday 2:00-6:00 4 Hours -students are required to bring a friendly dog to massage and a blanket
- 21&22 ***Essential Torso Techniques** Saturday&Sunday 9:30-5:30 16 Hours -bring two sheets, a small bath towel and 2 pillowcases
- 28 ***Kahi Loa I** Saturday 9:30-5:30 8 Hours -wear light weight clothing
- 28&29 ***Sports Massage I** Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes

February 2012

- 4&5 ***Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage
- 4&5 ***Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours - bring a blanket and wear loose fitting clothes
- 11 ***Addressing Plantar Fasciitis** Saturday 9:00-1:00 4 Hours
- 11&12 **Foot Reflexology** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
- 12 **Spa Treatments** Sunday 9:00-5:00 8 Hours - bring a sheet and three bath towels
- 12 ***Chair Massage** Sunday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair
- massage
- 17/18/19 **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)
- 18&19 **Reiki I** Saturday&Sunday 9:30-3:30 12 Hours
- 18&19 **Yoga for Therapist** Saturday&Sunday 9:00-5:00 16 Hours -bring a yoga mat, wear loose comfortable clothes
- 25&26 ***Trigger Point Therapy** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, sports bra and shorts or light weight, loose fitting clothes
- 25&26 **Shiatsu I** Saturday&Sunday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt

March 2012

- 3&4 ***Thai Herbal Ball Massage** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Thai or Table Thai -bring 2 dark flat sheets and blanket (herbs can stain)
- 3&4 **Hands on Hands** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
- 4 **Ayurvedic Medicine** Sunday 9:00-1:00 4 Hours
- 4 **Holistic Care of Children** Sunday 2:00-6:00 4 Hours
- 10 ***Flowing Bodywork** Saturday 9:30-5:30 8 Hours -bring two flat sheets and beach towel for massage
- ***Daylight Saving Time Begins March 11h***
- 10&11 **Elder Massage** Saturday&Sunday 9:00-5:00 16 Hours -bring 4 sheets, 1 hand towel and 1 bath towel
- 10&11 **Herbology** Saturday&Sunday 9:30-5:30 16 Hours
- 11 ***Wrist and Arm Pain** Sunday 9:30-5:30 8 Hours -bring a sheet and towel to class
- 17 **Therapeutic Touch** Saturday 9:00-5:00 8 Hours
- 17&18 **Table Shiatsu** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, pillow, and 2 pillowcases
- 17&18 ***Lymphatic Drainage** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet and towel for massage
- 18 **Body Rolling** Sunday 9:30-5:30 8 Hours -wear comfortable exercise clothes to work on the floor
- 24 **Crystal Healing** Saturday 9:00-1:00 4 Hours -bring a quilt or beach towel to class
- 24 **Aligning Chakras** Saturday 2:00-6:00 4 Hours
- 24&25 **Aromatherapy** Saturday&Sunday 9:30-5:30 16 Hours
- 25 **Stretching** Sunday 9:00-5:00 8 Hours -additional charge \$35 for required text

31 **Feng Shui** Saturday 9:00-5:00 8 Hours
31&1 ***Orthopedic Massage** Saturday&Sunday 9:30-5:30 16 Hours - bring a sheet, wear sport bra and shorts

April 2012

1 **Mind Body Medicine** Sunday 9:00-5:00 8 Hours
13 **Exploring Auras** Friday Night 6:30-10:30 4 Hours
14 **Canine Massage** Saturday 9:00-1:00 4 Hours -students are required to bring a friendly dog to massage and a blanket
14 **Massage as Meditation** Saturday 2:00-6:00 4 Hours -bring a sheet, towel and blanket for massage
14&15 **Table Thai I** Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow
14&15 ***Intro to Myofascial Release** Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts
21&22 ***Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage
21&22 ****Polishing Your Skills** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite 35 hands-on classes or previous training
22 **Avoiding Disease Naturally** Sunday 2:00-6:00 4 Hours
28 **Changing Woman** Saturday 9:30-5:30 8 Hours
28&29 ***Sports Massage I** Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes
28&29 ***Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours - bring a blanket and wear loose fitting clothes
29 **Spa Treatments** Sunday 9:00-5:00 8 Hours - bring a sheet and three bath towels

May 2012

5&6 **Table Thai II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Table Thai I -bring a blanket and pillow
5&6 **Touch for Health** Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$35.95 for required text
5&6 **Shiatsu I** Saturday&Sunday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt
12 ***Massage for Headaches** Saturday 9:00-1:00 4 Hours
12 ***Addressing TMJ Pain** Saturday 2:00-6:00 4 Hours - wear loose fitting clothing
12 **Advanced Food Science** Saturday 9:00-5:00 8 Hours -additional charge \$20.00 for required text
19&20 **Polarity I** Saturday&Sunday 9:00-5:00 16 Hours
19&20 ***Sports Massage II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Sports I - wear exercise or loose fitting clothes
19&20 ***Equine Massage** Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$20 for stable **ask for what to bring information from the desk**
20 ***Chair Massage** Sunday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair massage

June 2012

2 **Spiritual Development** Saturday 9:00-5:00 8 Hours
2&3 ***Trigger Point Therapy** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, sports bra and shorts or light weight, loose fitting clothes
2&3 **Reiki I** Saturday&Sunday 9:30-3:30 12 Hours
9/10/11 **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)
9&10 **Hands on Hands** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
9&10 **Herbology** Saturday&Sunday 9:30-5:30 16 Hours
16 **Guided Imagery** Saturday 9:00-1:00 4 Hours
16 ***Wrist and Arm Pain** Saturday 9:30-5:30 8 Hours -bring a sheet and towel to class
16 **Spa Treatments** Saturday 9:00-5:00 8 Hours - bring a sheet and three bath towels
22&29 **Foot Reflexology** Friday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
23&24 ***Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage
23&24 **Side Lying Massage** Saturday&Sunday 9:30-5:30 16 Hours **-ask for what to bring information from the desk**
30 ***Addressing Plantar Fasciitis** Saturday 9:00-1:00 4 Hours
30&1 **Reiki II** Saturday&Sunday 9:30-3:30 12 Hours -prerequisite Reiki I

July 2012

1 ***Positional Release** Sunday 9:00-5:00 8 Hours
7 **Spa Treatments** Saturday 9:00-5:00 8 Hours - bring a sheet and three bath towels
7&8 **Table Thai I** Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow
14&15 ***Sports Massage I** Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes
14&15 ***Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours - bring a blanket and wear loose fitting clothes
21 **Reiki III** Saturday 9:30-5:30 8 Hours -prerequisite Reiki I & II
21&22 **Elder Massage** Saturday&Sunday 9:00-5:00 16 Hours -bring 4 sheets, 1 hand towel and 1 bath towel
21&22 **Table Shiatsu** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, pillow, and 2 pillowcases
22 ***Flowing Bodywork** Sunday 9:30-5:30 8 Hours -bring two flat sheets and beach towel for massage
28&29 ***Essential Torso Techniques** Saturday&Sunday 9:30-5:30 16 Hours -bring two sheets, a small bath towel and 2 pillowcases
28&29 **Aromatherapy** Saturday&Sunday 9:30-5:30 16 Hours
29 ***Kahi Loa I** Sunday 9:30-5:30 8 Hours -wear light weight clothing

August 2012

4&5 ***Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage
4&5 ***Lymphatic Drainage** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet and towel for massage
4&5 **Yoga for Therapist** Saturday&Sunday 9:00-5:00 16 Hours -bring a yoga mat, wear loose comfortable clothes
11 ***Addressing TMJ Pain** Saturday 9:00-1:00 4 Hours - wear loose fitting clothing
11 **Canine Massage** Saturday 9:00-1:00 4 Hours -students are required to bring a friendly dog to massage and a blanket
11 ***Massage for Headaches** Saturday 2:00-6:00 4 Hours
17&24 ****Polishing Your Skills** Friday 9:30-5:30 16 Hours -prerequisite 35 hands-on classes or previous training
18&19 ***Orthopedic Massage** Saturday&Sunday 9:30-5:30 16 Hours - bring a sheet, wear sport bra and shorts

- 18&19 **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)
- 25 **Massage as Meditation** Saturday 2:00-6:00 4 Hours -bring a sheet, towel and blanket for massage
- 25&26 ***Intro to Myofascial Release** Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts
- 26 ***Chair Massage** Sunday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair massage

September 2012

- 8&9 ***Thai Herbal Ball Massage** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Thai or Table Thai -bring 2 dark flat sheets and blanket (herbs can stain)
- 8&9 **Shiatsu I** Saturday&Sunday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt
- 8&9 **Development of a Healer** Saturday&Sunday 9:00-5:00 16 Hours
- 9 **Holistic Care of Children** Sunday 9:00-1:00 4 Hours
- 9 **Ayurvedic Medicine** Sunday 2:00-6:00 4 Hours
- 15 **Body Rolling** Saturday 9:30-5:30 8 Hours ~wear comfortable exercise clothes to work on the floor
- 15&16 **Foot Reflexology** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
- 16 **Spa Treatments** Sunday 9:00-5:00 8 Hours - bring a sheet and three bath towels
- 16 ***Wrist and Arm Pain** Sunday 9:30-5:30 8 Hours -bring a sheet and towel to class
- 22&23 ***Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours - bring a blanket and wear loose fitting clothes
- 22&23 **Reiki I** Saturday&Sunday 9:30-3:30 12 Hours
- 23 **Stretching** Sunday 9:00-5:00 8 Hours -additional charge \$35 for required text
- 28/29/30 **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)
- 29 **Therapeutic Touch** Saturday 9:00-5:00 8 Hours
- 29&30 **Hands on Hands** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
- 30 **Feng Shui** Sunday 9:00-5:00 8 Hours

October 2012

- 5 **Exploring Auras** Friday Night 6:30-10:30 4 Hours
- 6 **Changing Woman** Saturday 9:30-5:30 8 Hours
- 6&7 **Table Thai I** Saturday&Sunday 9:30-5:30 16 Hours -bring a blanket and pillow
- 6&7 ***Trigger Point Therapy** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, sports bra and shorts or light weight, loose fitting clothes
- 7 **Avoiding Disease Naturally** Sunday 9:00-1:00 4 Hours
- 13&14 ***Myofascial Release Part II** Saturday&Sunday 9:00-5:00 16 Hours -prerequisite MFR -wear 2 piece bathing suit or sport bra and shorts
- 13&14 ***Sports Massage I** Saturday&Sunday 9:30-5:30 16 Hours -wear exercise or loose fitting clothes
- 13&14 ***Equine Massage** Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$20 for stable ask for what to bring information from the desk
- 14 **Mind Body Medicine** Sunday 9:00-5:00 8 Hours
- 21 **Aligning Chakras** Sunday 9:00-1:00 4 Hours
- 21 **Crystal Healing** Sunday 2:00-6:00 4 Hours -bring a quilt or beach towel to class
- 21 **Canine Massage** Sunday 9:00-1:00 4 Hours -students are required to bring a friendly dog to massage and a blanket
- 26&2 **Side Lying Massage** Friday 9:30-5:30 16 Hours -ask for what to bring information from the desk
- 27&28 ***Hot Rocks** Saturday&Sunday 9:30-5:30 16 Hours -bring two flat sheets and beach towel for massage
- 27&28 **Table Shiatsu** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet, pillow, and 2 pillowcases
- 27&28 **Aromatherapy** Saturday&Sunday 9:30-5:30 16 Hours

November 2012

- 3 ***Positional Release** Saturday 9:00-5:00 8 Hours
- 3 ***Flowing Bodywork** Saturday 9:30-5:30 8 Hours -bring two flat sheets and beach towel for massage
- 3&4 ***Lymphatic Drainage** Saturday&Sunday 9:30-5:30 16 Hours -bring a sheet and towel for massage
- 4 **Spa Treatments** Sunday 9:00-5:00 8 Hours - bring a sheet and three bath towels
- 4 **Advanced Food Science** Sunday 9:00-5:00 8 Hours -additional charge \$20.00 for required text
- 9&16 **Shiatsu I** Friday 9:30-5:30 16 Hours -bring a mat, pillow, blanket and thick quilt
- 10 ***Addressing Plantar Fasciitis** Saturday 9:00-1:00 4 Hours
- 10&11 **Touch for Health** Saturday&Sunday 9:30-5:30 16 Hours -additional charge \$35.95 for required text
- 10&11 **Reiki I** Saturday&Sunday 9:30-3:30 12 Hours
- 11 ***Chair Massage** Sunday 9:30-5:30 8 Hours -bring a massage chair or two pillows -pregnant women should avoid chair massage
- 17&18 ***Introduction to CranioSacral Techniques** Saturday&Sunday 9:30-5:30 16 Hours - bring a blanket and wear loose fitting clothes
- 17&18 ***Sports Massage II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Sports I - wear exercise or loose fitting clothes
- 17&18 **Elder Massage** Saturday&Sunday 9:00-5:00 16 Hours -bring 4 sheets, 1 hand towel and 1 bath towel

December 2012

- 1 ***Massage for Headaches** Saturday 9:00-1:00 4 Hours
- 1 **Aromatherapy Blending** Saturday 9:30-5:30 8 Hours -prerequisite Aromatherapy
- 1 **Massage as Meditation** Saturday 2:00-6:00 4 Hours -bring a sheet, towel and blanket for massage
- 1&2 **Foot Reflexology** Saturday&Sunday 9:30-5:30 16 Hours -bring hand towel, sheet, colored pencils or markers
- 1&2 **Reiki II** Saturday&Sunday 9:30-3:30 12 Hours -prerequisite Reiki I
- 2 ***Wrist and Arm Pain** Sunday 9:30-5:30 8 Hours -bring a sheet and towel to class
- 8 **Spiritual Development** Saturday 9:00-5:00 8 Hours
- 8&9 ***Orthopedic Massage** Saturday&Sunday 9:30-5:30 16 Hours - bring a sheet, wear sport bra and shorts

8&9 **Shiatsu II** Saturday&Sunday 9:30-5:30 16 Hours -prerequisite Shiatsu I -bring a mat, pillow, blanket and thick quilt
9 **Reiki III** Sunday 9:30-5:30 8 Hours -prerequisite Reiki I & II
15&16 ***Intro to Myofascial Release** Saturday&Sunday 9:00-5:00 16 Hours -wear 2 piece bathing suit or sport bra and shorts
15&16 **Herbology** Saturday&Sunday 9:30-5:30 16 Hours