

## IPSB Booklist

CLASS	BUY BOOK AT IPSB	BUY BOOK ONLINE	Recommended /Other Supplies
Anatomy For Bodyworkers	-Musculoskeletal Anatomy: Layer By Layer \$27 -Anatomy Notebook \$15	-A Massage Therapist's Guide to Pathology \$57 -Basic Clinical Massage Therapy- Integrating Anatomy and Treatment (Clay & Pounds) \$60	Any current level college anatomy text book
Aromatherapy I			-2 Blankets -1 Large bucket, 3 Large trash bags -100% pure Essential oils (orange, rosemary, lavender, ylang ylang) -2 or 4oz plastic flip top bottle
Aromatherapy - Immune & Chakra Systems	-Essential Oil Kit \$26 (Pay for kit at time of enrollment and pick up from instructor on first day of class)		-Aromatherapy Workbook by Lavabre
Asian Healing Arts II	-Asian Healing Arts Handbook \$11	-The Web That Has No Weaver \$26	-Staying Healthy With the Seasons \$16
Barefoot Shiatsu			
Basic Lomilomi Massage	-Lomilomi Manual (Pay at enrollment and receive in class) \$26		
Chi Nei Tsang I	-Chi-Nei-Tsang \$20 -CNT DVD \$35		
Chi Nei Tsang II	-Chi-Nei-Tsang \$20 -CNT DVD \$35		
Communication I - Client Centered Techniques		-The Fourfold Way \$18	
Communication II - Dreamwork		-Owning Your Own Shadow \$13	Blank Notebook
Communication II - Illuminating the Chakras			
Communication II - Mindfulness and Meditation		-Present Moment, Wonderful Moment \$16	Blank Notebook
Communication III Dialogue Methods Intro	-Dialogue Methods Handbook \$7 -Reading Packet \$3		
Contemporary Methods of Massage and Bodywork-A	Contemporary Methods Student Handbook \$21	-Staying Healthy with the Seasons \$16 -Job's Body \$39 -Deep tissue Sculpting \$28 (limited)	-Physical Examination of the Spine and Extremities -The Web That Has No Weaver
Contemporary Methods of Massage and Bodywork -B	-Contemporary Methods Student Handbook \$21 -Body Epiphany \$22 -Sensory Repatterning CD \$16		
CranioSacral Therapy I		Craniosacral Therapy and the Energetic Body by Roger Gilchris \$14	
CranioSacral Therapy II	-CST II Handbook \$25		
CranioSacral Therapy III	-CST III Handook \$49		
CranioSacral Therapy IV- Pediatrics	-CST IV Handbook \$20		
Creating a Professional Practice	-Creating a Professional Practice Handbook \$21	-Business Mastery \$29	

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Department Of Success		-Business Mastery \$29	
Dynamics of Personal Learning Intro			
Dynamics Of Personal Learning A			4"x4"x4" Plasticized clay in Brick red and a Sketch pad 8 ½ x11
English I- Composition		-A Writers Reference \$60	
Essentials of Massage and Bodywork	-Trail Guide to the Body \$51 -Student Handbook \$20 -Bodymind \$15 -Essentials Handbook \$21		-The Book of Massage -Tai Chi-the Supreme Ultimate
Essentials of Oriental Theory	-The Web That Has No Weaver \$26		-Taoist Ways to Transform Stress into Vitality \$12 -Student Manual on the Fundamentals of Traditional Oriental Medicine \$50
Hot Stone Integrated			4-6 light colored hand towels
Hydrotherapy & Self-Care		Modern Hydrotherapy for the Massage Therapist by Marybetts Sinclair \$49	
Introduction to Research			San Diego City or County library card with online account.
Jin Shin Acutouch - Common Ailments	-Jin Shin Acutouch for Others \$53		
Jin Shin Acutouch - Healing the Spirit	-Jin Shin Acutouch for Others \$53		
Jin Shin Acutouch - Organ Foundations	-Jin Shin Acutouch for Others \$53		
Jin Shin Acutouch - Self Help	-Jin Shin Acutouch: Self Care \$25		
Jin Shin Acutouch - Concentration	-Jin Shin Acutouch for Others \$53		-Staying Healthy with the Seasons -Trad Acupuncture Law of 5 Elements -Bodymind Energetics -The Touch of Healing
Life Sciences - Kinesiology	-Handout \$5 (in class)		
Life Sciences- Pathology		-A Massage Therapists Guide to Pathology \$57	
Massage for People with Cancer		-Medicine Hands- Massage Therapy for People with Cancer \$28	
Mathematics for Bodyworkers		Contemporary Mathematics for Business and Consumers \$117	
The Moving Soma- Somatic Expressive Arts		-Returning to Health with Dance, Movement and Imagery \$22	
Nei Gong Gee Liao - Healing Energy Hands	-Qi Gong Chinese Health Exercises \$21		-Chinese Qi Gong Outgoing Qi Therapy
NIA			-The Nia Technique: the High-Powered Energizing Workout that gives you a New Body and a New Life \$20
NMT Intro	-Intro to NMT \$22	-Job's Body \$39	

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NMT -Abdomen and Spine -Lower Girdle -Neck & TMJ	-NMT Handbook \$34 -Orthopedic Assessment in Massage Therapy \$42		
Nutrition - Integrated Diet & Herbs		-Healing with Whole Foods \$38 -The Way of Herbs \$16	-The New Age Herbalist
Nutrition - Eastern		-Healing with Whole Foods \$38	
Partner Yoga			-Bring yoga Supplies -Wear Comfortable Clothes
Passive Joint / Deep Tissue Blends		-Deep Tissue Sculpting \$26	
Physiology & Pathology A	-Notes (\$3)	-A Massage Therapist's Guide to Pathology \$57 -Memmler's Structure and Function of the Human Body \$48	
Physiology & Pathology B	-Notes (\$6)	-A Massage Therapists Guide To Pathology \$57 -Memmler's Structure and Function of the Human Body \$48	
Pregnancy Massage Intro			-Pre and perinatal Massage Therapy \$26  -4 Fluffy Pillows
Principles of Structural Integration	-A Dynamic Relation to Gravity Vol.1: Elements of Structural Integration \$33		
Professional Seminar		-Review for Therapeutic Massage and Bodywork Certification \$42	
Qi Gong		-Eight Simple Exercises for Health: The Eight Pieces of Brocade \$20	
Reflexology	Reflexology Handbook \$5		
Reiki I & II	Reiki Manual \$10		
Seated Massage	-Seated Massage Handbook \$8		Inform administrative services if you have a chair or not (Chair is not required)
Seitai Shiatsu- Specialization	-In Search Of New Medical Treatments \$7	-The Web That Has No Weaver \$26	
Structural Integration- Specialization	-A Dynamic Relation To Gravity Vol. 2: The Ten Sessions of Structural Integration \$49	-Rolfing \$26	
Thai Foot Massage	- Thai Herbal Massage \$17 (Books Sold in Class not at IPSB)		-3 Large Bath Towels -4 Hand Towels -1 Foot Tub/Bowl
Thai Herbal Massage	- Thai Herbal Massage \$17 (Books Sold in Class not at IPSB)		-2 Dark Bath Towels -3 Dark Hand Towels -Dark Comfortable Clothes
Table Thai	- Table Thai Massage \$17 (Books Sold in Class not at IPSB)		-Wear comfortable clothes, no jeans or shorts
Theory of Sen	-Thailand Massage -A Traditional Medical Technique \$40	-Thai Workbook \$20	

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Traditional Thailand Massage Intro	-Thailand Massage- A Traditional Medical Technique \$40		
Traditional Thailand Massage Concentration	-Thailand Massage -A Traditional Medical Technique \$40		-Bring Yoga Mat to Class
Tui Na-Concentration	-Tui Na Structural Disorders and Treatment \$23 -Student Manual on the Fundamentals of Traditional Oriental Medicine \$50	-Web that Has no Weaver \$26	
Tui Na for Common Ailments	-Student Manual on the Fundamentals of Traditional Oriental Medicine \$50		
Tui Na Hand Techniques	-Tui Na Therapy: Hand Techniques \$24		
The Way of the Healer			The Four Fold Way \$22
Zen Shaitsu - 1			-The Art of Zen Shiatsu DVD