

~ Holistic Health Practitioner Program ~

Communication II

The second phase of the Communication course series explores the important communication that takes place within the subconscious mind in order to increase one's perceptiveness and sensitivity as a bodyworker. Choose one of the following:

• Illuminating the Chakras

Course# COMM2/305I | 15 hours / 1.25 units | \$218.75

Summer 2010

Sep 3 - Sep 5 Fri 6:30-9:30p, Sat 9am-6pm
Sun 9am-1pm

Barbara Clark Prerequisite: None

A shamanic journey to awaken your chakras through movement, meditation, mudras, touch, breath, sound, and music. Restore your vitality and learn how to do so for others.

Note: Wear comfortable clothes.

Department of Success

Course# DS308 | 15 hours / 1.5 units | \$262.50

Summer 2010

Jul 26 - Aug 23 Mon 9am-12p

Shari Grayson Prerequisite: Creating a Professional Practice

In this advanced business course, students will develop business skills and techniques preparatory to completing the HHP program and actively moving into the profession. Building on concepts learned in the Creating a Professional Practice course, the student is guided in the development and demonstration of key skills important for success: developing and using a network, business presentation skills, and creating a transition plan.

Recommended Book: Business Mastery (4th edition) \$29.

~ Movement ~

Neuromuscular Repatterning

Course# EL205B | 15 hours / 1.25 units | \$218.75

Summer 2010

Jun 30 - Jul 28 Wed 6-9pm

John Economos Prerequisite: None

Through movement, visualization and hands-on techniques, you will learn Neuromuscular Repatterning for functional problems that can be the underlying cause of chronic physical stress.

~ Bodywork Electives / Continuing Education ~

Asian Healing Arts

Chi Nei Tsang I

Course# EL204CNTI | 15 hours / 1.25 units | \$ 218.75*

Summer 2010

Jul 10 & 11 Sat & Sun 9am-5:30pm

Osi Livni Prerequisite: None

This class focuses on harmonizing the energy (Qi flow) in the entire body by clearing physical and emotional symptoms associated with imbalances of the internal organs. Students will learn CNT self-healing tools, as well as hands-on methods to share with others. They will explore navel evaluation and the practice of Qi-Gong. Students will learn to incorporate healing sound vibrations with special acupressure points around the navel and deep internal organ stimulation.

Book: CNT Manual \$15, CNT DVD \$35 by Osi Livni.

Jin Shin Acutouch - Common Ailments

Course# EL204CA | 15 hours / 1.25 units | \$218.75*

Summer 2010

Aug 27 - Aug 29 Fri 6-9pm

Barbara Clark Prerequisite: None

The ancient Japanese healing art of Jin Shin Acutouch activates the vital life force of the energy anatomy on many levels of the body. This course focuses on the energetic forces of the Wei Qi or protective life force of the structure of the body. The purpose of this course is to provide the students with the foundation of Jin Shin Acutouch treatments for common ailments, such as breathing problems, headaches, dizziness, eye problems, hip and back pain, neck pain, etc. The students will learn to assess for treatment utilizing the four pillars of examination and pulse reading, and will be able to perform practical applications.

Book: Jin Shin Acutouch for Others by Barbara Clark \$45.

Tui Na for Sports Injuries

Course# EL204TS | 15 hours / 1.25 units | \$218.75*

Summer 2010

Sep 4 & 5 Sat & Sun 9am-5:30pm

Skip Kanester Prerequisite: None

Learn the application of traditional Tuina treatments that are used for treating injuries sustained during sports competition. These protocols are used in China at the Beijing olympic training center and include treatments for acute injuries to the shoulder, wrist and knee.

Clinical Methods

Deep Tissue for Common Ailments- Pectoral Girdle

Course# EL204O | 15 hours / 1.25 units | \$218.75*

Summer 2010

Jul 18 - Jul 25 Sun 9am-5:30pm

Janis Johnson Prerequisite: Contemporary Methods A

This class will focus on more extensive use of the elbow as a tool and intrinsic musculature of the pectoral girdle. It will also cover basic neuro and lymphatic anatomy for the advanced deep tissue practitioner.

Deep Tissue for Common Ailments- Pelvic Girdle

Course# EL204AP | 15 hours / 1.25 units | \$218.75*

Summer 2010

Aug 22 - Aug 29 Sun 9am-5:30pm

Janis Johnson Prerequisite: Contemporary Methods A

This class will focus on extensive use of the elbow as a tool, intrinsic musculature and advanced session design for common ailments in the pelvic girdle and legs. It will also cover basic neuro and lymphatic anatomy for the advanced deep tissue practitioner.

Integrative Somatic Methods

Passive Joint/Deep Tissue Blends

Course# EL304H | 30 hours / 2.5 units | \$437.50*

Summer 2010

Jul 19 - Jul 28 Mon & Wed 9am-5:30pm

Marjeanne Estes Prerequisite: Contemporary Methods B

Explore techniques that simultaneously combine deep tissue and passive joint movements to induce profoundly nurturing neuro-muscular integration. This is elegant and effective myofascial therapy. The course also emphasizes development of body mechanics and active/receptive balance as a practitioner.

Book: Deep Tissue Sculpting \$24 Info: This course is required for Somato Emotional Integration certificate.

~ Bodywork Concentrations ~

Clinical Methods

Neuromuscular Therapy - Abdomen & Spine

Course# NMT322A | 15 hours / 1.25 units | \$218.75*

Summer 2010

Aug 14 & 15 Sat & Sun 9am-5:30pm

Jack Baker Prerequisite: NMT-Introduction

Learn how pain patterns in the spine and abdomen affect the alignment along the primary axis. Focus on core structures to affect balance in the whole body.

Books: Orthopedic Assessment in Massage Therapy \$42; NMT Handbook \$35 (covers all four NMT modules) Homework: Read before class: NMT Handbook, Abdomen & Spine section. Info: This class is one part of the four-part NMT Concentration. Pickup handouts at time of enrollment and read before class.

Neuromuscular Therapy- Lower Girdle

Course# NMT322L | 15 hours / 1.25 units | \$218.75*

Summer 2010

Aug 7 & 8 Sat & Sun 9am-5:30pm

Jack Baker Prerequisite: NMT-Introduction

Assessment and remediation for problems of the major joints of the lower limbs, including the hip, knee and ankle, as well as injuries to the feet.

Books: NMT Handbook \$35 (covers all four NMT modules); Orthopedic Assessment in Massage Therapy \$39 Homework: Read before first day of class: NMT Handbook, Lower Girdle section. Info: This class is one part of the four-part NMT Concentration.

Neuromuscular Therapy - Upper Girdle

Course# NMT322U | 15 hours / 1.25 units | \$218.75*

Summer 2010

Jul 24 & 25 Sat & Sun 9am-5:30pm

Jack Baker Prerequisite: NMT-Introduction

This course covers dysfunctional patterns of the shoulder girdle, which includes working with the spine, brachial plexus, frozen shoulder, Carpal Tunnel Syndrome, and various Trigger Point pain patterns in the arms.

Books: NMT Handbook \$35 (covers all four NMT modules); Functional Assessment in Massage Therapy (3rd edition) \$35 Info: This class is one part of the four-part NMT Concentration.