

# 2026 Spring Class Schedule



Touching Lives, Touching Hearts

classrooms in:

Escondido, Laguna Hills, Kearny Mesa

(760) 746-9364    (949) 305-2722

(858) 505-1100

[www.hhs.edu](http://www.hhs.edu)

# Our Mission

At Healing Hands School of Holistic Health, we believe that certified Massage Therapists and Holistic Health Practitioners should have a variety of bodywork modalities at their disposal. This is why we offer a solid background in circulatory and sports massage, traditional oriental healing techniques, anatomy and deep tissue manipulation. We also believe therapists should have an understanding of the structure and function of the body and have the opportunity to fine-tune their craft with many hours of practical experience. We strive to bring our students a comprehensive and well-rounded approach to Holistic Health. We pride ourselves in presenting a solid education at an affordable price. We are dedicated to enabling our students to realize their potential as professional healers and to providing them with an environment where they can feel secure in their learning and growth process. Since 1992, we have trained over 7,000 Technicians, Therapists and Practitioners in San Diego and Orange Counties.

## Circulatory Massage Course

**100 hours**

This course is ideal if you're thinking about a career in massage. Circulatory Massage provides a baseline for all future training and it's perfect for learning how to give professional-style massages. This class includes lectures, group discussions, and supervised hands-on practice for full-body Swedish-style massage. Special focus is given to the body's anatomy, massage strokes, and the body mechanics used by professionals. We invite you to become a part of the fulfilling world of massage.

Please contact the office observe part of a class that is currently in session.

## Massage Therapist Program

**600 hours**

Required courses:

- 100-hour Circulatory Massage
- 100-hour Anatomy for Bodyworkers
- 50-hour Professional Practices
- 50-hour Clinical Practicum for the Massage Therapist

Choose 3 out of 4 courses:

- 100 hour Advanced Circulatory & Sports Massage
- 100 hour Deep Tissue Manipulations
- 100 hour Shiatsu Massage
- 100 hour Tui Na: Acupressure Massage

# Holistic Health Practitioner Program

## 1,000 hours

Our Holistic Health Practitioners Program encompasses the Massage Therapist Program and 400 hours of bodywork electives. Our wide variety of electives provides the health practitioner with an integrated array of health tools and practices. Check this semester's schedule to find the classes just right for you—

### Eastern Modalities

- Chakra Balancing
- Clinical Acupressure
- Dynamic Cupping
- Energetic Bodywork
- Lomi Lomi Hawaiian Massage
- Reflexology
- Reiki I
- Reiki II
- Thai Massage
- Traditional Oriental Clinical

Techniques

### Professional / Self Development

- Community Service
- Holistic Living Retreat
- Homeopathic 1st Aid
- Meditation & Healing

### Western Modalities

- 10 Sessions of Structural Integration (Prerequisite necessary)
- Chair Massage
- CranioSacral Therapy I & II
- Face Massage
- Hot Stone Massage
- Hydrotherapy
- Lymphatic Drainage
- Myofascial Release
- NeuroMuscular Therapy
- Passive Joint Movement
- Pre-Natal Massage
- Principles of Structural Integration
- Spa Techniques
- Therapeutic Stretching
- Triggerpoint Therapy

### Upon Completion of the Program:

Career Opportunities may include but are not limited to:

- Luxury Spa
- Massage Spa
- Mobile Massage
- Acupuncture Massage
- Chiropractors office
- Physical Therapist office
- Gyms
- Wellness Center
- Self-Employment

### Join our Community Groups!

Like our Healing Hands Business page on Facebook, and join our Healing Hands Alumni & Friends group for ongoing community support. This group is a great place for Career Opportunities, and connecting with Alumni.

### Youtube Library Available!

Curious about our courses? You can view, review and access our hands-on videos in our Youtube Library! Leave us a Review!

**Google Review, Facebook Review, Yelp review**, are all areas where someone can review their experiences at Healing Hands School.

### Sign up for a Student Clinic Massage!

Try out our student clinic and find out for yourself how amazing our students are at becoming Certified Massage Therapists and Holistic Health Practitioners!

# 2026 Spring Online Class Schedule

## Massage Therapy Courses Online

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### **Anatomy for Bodyworkers**

**100 hours**

Register by March 23

Monday 9a - 3p, Friday 6p - 10p

April 6 - June 19

Notes: No class May 25<sup>th</sup> or May 29<sup>th</sup>. Online Course. ABMP Exam Coach required

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### **Professional Practices**

**50 hours**

Register by June 5

Friday 6p - 10p, Monday 9a - 3p

June 22 - July 24

Notes: ABMP Exam Coach required.

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# 2026 Spring Laguna Hills Class Schedule

## Circulatory Massage Courses in Laguna Hills

### **Circulatory Massage Daytime**

**100 hours**

Register by March 24

Tuesday & Thursday 9a - 3p

April 7 - June 2

Notes: Last class ends at 1pm

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### **Circulatory Massage Evening**

**100 hours**

Register by March 24

Tuesday & Thursday 6p - 10p

April 7 - June 30

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## Massage Therapy Courses in Laguna Hills

### **Deep Tissue Manipulations**

**100 hours**

Register by March 18

Wednesday & Friday 9a - 3p

April 1 - May 27

Notes: Last class ends at 1pm

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### **Tui Na: Acupressure Massage**

**100 hours**

Register by April 15

Saturdays 9a - 4p & Thursday 6p - 10p

April 29 - June 27

Notes: Last day of class ends at 5pm

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## Holistic Health Practitioner Courses in Laguna Hills

### **Energetic Bodywork**

**30 hours**

Register by March 27

Saturday & Sunday 9:30a - 5p

April 11 - April 19

Notes: Materials fee: \$30

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### **Holistic Living Retreat**

**20 hours**

Register by April 10

Saturday 9a - 7p, Sunday 6a - 4p

April 25 - April 26

Notes: Materials \$50. Get flyer from the office, kids are free!

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**Lymphatic Drainage**

**60 hours**

Register by April 20

Sunday 9:30a - 5p

May 3 - June 21

Notes: Materials fee: \$10

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# April 2026 Laguna Hills Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> Deep Tissue Manipulations 9:00 am - 3:00	<b>2</b>	<b>3</b> Deep Tissue Manipulations 9:00 am - 3:00	<b>4</b>
<b>5</b>	<b>6</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>7</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>8</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>9</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>10</b> Deep Tissue Manipulations 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>11</b> Energetic Bodywork 9:30 am - 5:00 pm
<b>12</b> Energetic Bodywork 9:30 am - 5:00 pm	<b>13</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>14</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>15</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>16</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>17</b> Deep Tissue Manipulations 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>18</b> Energetic Bodywork 9:30 am - 5:00 pm
<b>19</b> Energetic Bodywork 9:30 am - 5:00 pm	<b>20</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>21</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>22</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>23</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>24</b> Deep Tissue Manipulations 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>25</b> Holistic Living Retreat 9:00 am - 7:00 pm
<b>26</b> Holistic Living Retreat 6:00 am - 4:00 pm	<b>27</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>28</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>29</b> Deep Tissue Manipulations 9:00 am - 3:00 pm  Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	<b>30</b> Circulatory Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>1</b>	<b>2</b>

# May 2026 Laguna Hills Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b> Deep Tissue Manipulations 9:00 am - 3:00 Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>2</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
<b>3</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>4</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>5</b> Circulatory Massage 9:00 am - 3:00 pm	<b>6</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>7</b> Circulatory Massage 9:00 am - 3:00 pm	<b>8</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>9</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
		Circulatory Massage 6:00 pm - 10:00 pm	Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	Circulatory Massage 6:00 pm - 10:00 pm	Anatomy for Bodyworkers 6:00 pm - 10:00 pm	
<b>10</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>11</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>12</b> Circulatory Massage 9:00 am - 3:00 pm	<b>13</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>14</b> Circulatory Massage 9:00 am - 3:00 pm	<b>15</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>16</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
		Circulatory Massage 6:00 pm - 10:00 pm	Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	Circulatory Massage 6:00 pm - 10:00 pm	Anatomy for Bodyworkers 6:00 pm - 10:00 pm	
<b>17</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>18</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>19</b> Circulatory Massage 9:00 am - 3:00 pm	<b>20</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>21</b> Circulatory Massage 9:00 am - 3:00 pm	<b>22</b> Deep Tissue Manipulations 9:00 am - 3:00 pm	<b>23</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
		Circulatory Massage 6:00 pm - 10:00 pm	Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	Circulatory Massage 6:00 pm - 10:00 pm	Anatomy for Bodyworkers 6:00 pm - 10:00 pm	
<b>24</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>25</b>	<b>26</b> Circulatory Massage 9:00 am - 3:00 pm	<b>27</b> Deep Tissue Manipulations 9:00 am - 1:00 pm	<b>28</b> Circulatory Massage 9:00 am - 3:00 pm	<b>29</b>	<b>30</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
		Circulatory Massage 6:00 pm - 10:00 pm	Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	Circulatory Massage 6:00 pm - 10:00 pm		
<b>31</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

# June 2026 Laguna Hills Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>31</b>	<b>1</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>2</b> Circulatory Massage 9:00 am - 1:00 pm Circulatory Massage 6:00 pm - 10:00 pm	<b>3</b> Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	<b>4</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>5</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>6</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
<b>7</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>8</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>9</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>10</b> Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	<b>11</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>12</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>13</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
<b>14</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>15</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>16</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>17</b> Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	<b>18</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>19</b> Anatomy for Bodyworkers 6:00 pm - 10:00	<b>20</b> Tui Na: Acupressure Massage 9:00 am - 4:00 pm
<b>21</b> Lymphatic Drainage 9:30 am - 5:00 pm	<b>22</b> Professional Practices 9:00 am - 3:00 pm	<b>23</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>24</b> Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	<b>25</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>26</b> Professional Practices 6:00 pm - 10:00 pm	<b>27</b> Tui Na: Acupressure Massage 9:00 am - 5:00 pm
<b>28</b>	<b>29</b> Professional Practices 9:00 am - 3:00 pm	<b>30</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

# 2026 Spring Escondido Class Schedule

## Circulatory Massage Courses in Escondido

### **Circulatory Massage Evening**

**100 hours**

Register by March 19

Monday & Thursday 6p - 10p

April 2 - June 30

### **Circulatory Massage Daytime**

**100 hours**

Register by April 8

Wednesday & Friday 8a - 2p

April 22 - June 17

Notes: Last class ends at 12pm

## Massage Therapy Courses in Escondido

### **Shiatsu Massage**

**100 hours**

Register by April 2

Tuesday & Thursday 9a - 3p

April 14 - June 9

Notes: Last class ends at 1pm

### **Tui Na: Acupressure Massage**

**100 hours**

Register by May 11

Sunday 9a - 3p, Wednesday 6p - 10p

May 24 - July 29

## Holistic Health Practitioner Courses in Escondido

### **12 Sessions of Structural Integration (Prerequisite necessary)**

**120 hours**

Register by March 1

Saturday 9a - 5p, Tuesday 6p - 10p

March 14 - May 30

Notes: Materials fee: \$80

### **Community Service: Special Populations**

**30 hours**

Register by March 30

Sunday 9a - 3p

April 12 - May 17

Notes: No class 4/26

**Holistic Living Retreat**

**20 hours**

Register by April 10

Saturday 9a - 7p, Sunday 6a - 4p

April 25 - April 26

Notes: Materials \$50. Get flyer from the office, kids are free!

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**Pre-Natal Massage**

**30 hours**

Register by May 22

Saturday 9a - 3p

June 6 - July 11

Notes: No class 7/4

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# April 2026 Escondido Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>3</b>	<b>4</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>5</b>	<b>6</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>7</b> 12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>8</b>	<b>9</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>10</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>11</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>12</b> Community Service: Special Populations 9:00 am - 3:00 pm	<b>13</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>14</b> Shiatsu Massage 9:00 am - 3:00 pm  12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>15</b>	<b>16</b> Shiatsu Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>17</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>18</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>19</b> Community Service: Special Populations 9:00 am - 3:00 pm	<b>20</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>21</b> Shiatsu Massage 9:00 am - 3:00 pm  12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>22</b> Circulatory Massage 8:00 am - 2:00 pm	<b>23</b> Shiatsu Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>24</b> Circulatory Massage 8:00 am - 2:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>25</b> Holistic Living Retreat 9:00 am - 7:00 pm
<b>26</b> Holistic Living Retreat 6:00 am - 4:00 pm	<b>27</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>28</b> Shiatsu Massage 9:00 am - 3:00 pm  12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>29</b> Circulatory Massage 8:00 am - 2:00 pm	<b>30</b> Shiatsu Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>1</b>	<b>2</b>

# May 2026 Escondido Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b> Circulatory Massage 8:00 am - 2:00 pm Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>2</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>3</b> Community Service: Special Populations 9:00 am - 3:00 pm	<b>4</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>5</b> Shiatsu Massage 9:00 am - 3:00 pm  12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>6</b> Circulatory Massage 8:00 am - 2:00 pm	<b>7</b> Shiatsu Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>8</b> Circulatory Massage 8:00 am - 2:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>9</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>10</b> Community Service: Special Populations 9:00 am - 3:00 pm	<b>11</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>12</b> Shiatsu Massage 9:00 am - 3:00 pm  12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>13</b> Circulatory Massage 8:00 am - 2:00 pm	<b>14</b> Shiatsu Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>15</b> Circulatory Massage 8:00 am - 2:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>16</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>17</b> Community Service: Special Populations 9:00 am - 3:00 pm	<b>18</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>19</b> Shiatsu Massage 9:00 am - 3:00 pm  12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>20</b> Circulatory Massage 8:00 am - 2:00 pm	<b>21</b> Shiatsu Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>22</b> Circulatory Massage 8:00 am - 2:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>23</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>24</b> Tui Na: Acupressure Massage 9:00 am - 3:00 pm	<b>25</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>26</b> Shiatsu Massage 9:00 am - 3:00 pm  12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	<b>27</b> Circulatory Massage 8:00 am - 2:00 pm  Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	<b>28</b> Shiatsu Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>29</b> Circulatory Massage 8:00 am - 2:00 pm	<b>30</b> 12 Sessions of Structural Integration (Prerequisite necessary) 9:00 am - 5:00 pm
<b>31</b> Tui Na: Acupressure Massage 9:00 am - 3:00 pm	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

# June 2026 Escondido Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>31</b>	<b>1</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>2</b> Shiatsu Massage 9:00 am - 3:00 pm	<b>3</b> Circulatory Massage 8:00 am - 2:00 pm	<b>4</b> Shiatsu Massage 9:00 am - 3:00 pm	<b>5</b> Circulatory Massage 8:00 am - 2:00 pm	<b>6</b> Pre-Natal Massage 9:00 am - 3:00 pm
	Circulatory Massage 6:00 pm - 10:00 pm	12 Sessions of Structural Integration (Prerequisite necessary) 6:00 pm - 10:00 pm	Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	Circulatory Massage 6:00 pm - 10:00 pm	Anatomy for Bodyworkers 6:00 pm - 10:00 pm	
<b>7</b> Tui Na: Acupressure Massage 9:00 am - 3:00 pm	<b>8</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>9</b> Shiatsu Massage 9:00 am - 1:00 pm	<b>10</b> Circulatory Massage 8:00 am - 2:00 pm	<b>11</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>12</b> Circulatory Massage 8:00 am - 2:00 pm	<b>13</b> Pre-Natal Massage 9:00 am - 3:00 pm
			Circulatory Massage 6:00 pm - 10:00 pm			
<b>14</b> Tui Na: Acupressure Massage 9:00 am - 3:00 pm	<b>15</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm	<b>16</b>	<b>17</b> Circulatory Massage 8:00 am - 12:00 pm	<b>18</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>19</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>20</b> Pre-Natal Massage 9:00 am - 3:00 pm
			Circulatory Massage 6:00 pm - 10:00 pm			
<b>21</b> Tui Na: Acupressure Massage 9:00 am - 3:00 pm	<b>22</b> Professional Practices 9:00 am - 3:00 pm	<b>23</b>	<b>24</b> Tui Na: Acupressure Massage 6:00 pm - 10:00 pm	<b>25</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>26</b> Professional Practices 6:00 pm - 10:00 pm	<b>27</b> Pre-Natal Massage 9:00 am - 3:00 pm
<b>28</b> Tui Na: Acupressure Massage 9:00 am - 3:00 pm	<b>29</b> Professional Practices 9:00 am - 3:00 pm	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

# 2026 Spring San Diego Class Schedule

## Circulatory Massage Courses in San Diego

### **Circulatory Massage Daytime**

**100 hours**

Register by March 19

Tuesday & Thursday 8a - 2p

April 2 - May 28

Notes: Last class ends at 12pm

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### **Circulatory Massage Evening**

**100 hours**

Register by March 18

Mondays & Wednesdays 6p - 10p

April 1 – May 20

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## Massage Therapy Courses in San Diego

### **Advanced Circulatory & Sports Massage**

**100 hours**

Register by March 18

Wednesday & Friday 9a - 3p

April 1 - May 20

Notes: Event Included May 16th

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### **Deep Tissue Manipulations**

**100 hours**

Register by April 17

Saturdays 9a – 3p & Tuesdays 6p - 10p

May 2 - July 11

Notes: No Class Saturday 7/4

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## Holistic Health Practitioner Courses in Escondido

### **Homeopathic 1<sup>st</sup> Aid**

**20 hours**

Register by March 20

Saturdays 10a – 5p

April 4 – April 18

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### **Spa Techniques**

**20 hours**

Register by March 30

Sunday 10a – 4p & Thursdays 6 – 10p

April 12 – April 23

Notes: Materials: \$75

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**Holistic Living Retreat**

**20 hours**

Register by April 10

Saturday 9a - 7p, Sunday 6a - 4p

April 25 - April 26

Notes: Materials \$50. Get flyer from the office, kids are free!

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**Lomi Lomi Hawaiian Massage**

**60 hours**

Register by June 1

Sundays 9a – 3p & Thursdays 6 – 10p

June 14 - July 23

Notes: Materials: \$25

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# April 2026 San Diego Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm	<b>2</b> Circulatory Massage 8:00 am - 2:00 pm	<b>3</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm	<b>4</b> Homeopathic 1st Aid 10:00 am - 5:00 pm
<b>5</b>	<b>6</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>7</b> Circulatory Massage 8:00 am - 2:00 pm	<b>8</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>9</b> Circulatory Massage 8:00 am - 2:00 pm	<b>10</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>11</b> Homeopathic 1st Aid 10:00 am - 5:00 pm
<b>12</b> Spa Techniques 10:00 am - 4:00 pm	<b>13</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>14</b> Circulatory Massage 8:00 am - 2:00 pm	<b>15</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>16</b> Circulatory Massage 8:00 am - 2:00 pm  Spa Techniques 6:00 pm - 10:00 pm	<b>17</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>18</b> Homeopathic 1st Aid 10:00 am - 4:00 pm
<b>19</b> Spa Techniques 10:00 am - 4:00	<b>20</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>21</b> Circulatory Massage 8:00 am - 2:00 pm	<b>22</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>23</b> Circulatory Massage 8:00 am - 2:00 pm  Spa Techniques 6:00 pm - 10:00 pm	<b>24</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>25</b> Holistic Living Retreat 9:00 am - 7:00 pm
<b>26</b> Holistic Living Retreat 6:00 am - 4:00 pm	<b>27</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>28</b> Circulatory Massage 8:00 am - 2:00 pm	<b>29</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>30</b> Circulatory Massage 8:00 am - 2:00 pm	<b>1</b>	<b>2</b>

# May 2026 San Diego Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>2</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>3</b> CranioSacral Therapy 60 9:00 am - 4:00 pm	<b>4</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>5</b> Circulatory Massage 8:00 am - 2:00 pm  Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>6</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>7</b> Circulatory Massage 8:00 am - 2:00 pm  CranioSacral Therapy 60 6:00 pm - 9:00 pm	<b>8</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>9</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>10</b> CranioSacral Therapy 60 9:00 am - 4:00 pm	<b>11</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>12</b> Circulatory Massage 8:00 am - 2:00 pm  Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>13</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>14</b> Circulatory Massage 8:00 am - 2:00 pm  CranioSacral Therapy 60 6:00 pm - 9:00 pm	<b>15</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>16</b> Advanced Circulatory & Sports Massage 7:00 am - 5:00 pm  Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>17</b> CranioSacral Therapy 60 9:00 am - 4:00 pm	<b>18</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>19</b> Circulatory Massage 8:00 am - 2:00 pm  Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>20</b> Advanced Circulatory & Sports Massage 9:00 am - 3:00 pm  Circulatory Massage 6:00 pm - 10:00 pm	<b>21</b> Circulatory Massage 8:00 am - 2:00 pm  CranioSacral Therapy 60 6:00 pm - 9:00 pm	<b>22</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>23</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>24</b> CranioSacral Therapy 60 9:00 am - 4:00 pm	<b>25</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>26</b> Circulatory Massage 8:00 am - 2:00 pm  Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>27</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>28</b> Circulatory Massage 8:00 am - 12:00 pm  CranioSacral Therapy 60 6:00 pm - 9:00 pm	<b>29</b>	<b>30</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>31</b> CranioSacral Therapy 60 9:00 am - 4:00 pm	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

# June 2026 San Diego Class Schedule

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>31</b>	<b>1</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm Circulatory Massage 6:00 pm - 10:00 pm	<b>2</b> Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>3</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>4</b> CranioSacral Therapy 60 6:00 pm - 9:00 pm	<b>5</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>6</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>7</b> CranioSacral Therapy 60 9:00 am - 4:00 pm	<b>8</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm Circulatory Massage 6:00 pm - 10:00 pm	<b>9</b> Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>10</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>11</b> CranioSacral Therapy 60 6:00 pm - 9:00 pm	<b>12</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>13</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>14</b> Lomi Lomi Hawaiian Massage 9:00 am - 3:00 pm	<b>15</b> Anatomy for Bodyworkers 9:00 am - 3:00 pm Circulatory Massage 6:00 pm - 10:00 pm	<b>16</b> Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>17</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>18</b> Lomi Lomi Hawaiian Massage 6:00 pm - 10:00 pm	<b>19</b> Anatomy for Bodyworkers 6:00 pm - 10:00 pm	<b>20</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>21</b> Lomi Lomi Hawaiian Massage 9:00 am - 3:00 pm	<b>22</b> Professional Practices 9:00 am - 3:00 pm Circulatory Massage 6:00 pm - 10:00 pm	<b>23</b> Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>24</b> Circulatory Massage 6:00 pm - 10:00 pm	<b>25</b> Lomi Lomi Hawaiian Massage 6:00 pm - 10:00 pm	<b>26</b> Professional Practices 6:00 pm - 10:00 pm	<b>27</b> Deep Tissue Manipulations 9:00 am - 3:00 pm
<b>28</b> Lomi Lomi Hawaiian Massage 9:00 am - 3:00 pm	<b>29</b> Professional Practices 9:00 am - 3:00 pm Circulatory Massage 6:00 pm - 10:00 pm	<b>30</b> Deep Tissue Manipulations 6:00 pm - 10:00 pm	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

# Why Choose Healing Hands School of Holistic Health?

Massage therapy is one of the few professions that allows you to truly make a difference in your own life and the lives of others every day. By enrolling in Healing Hands School of Holistic Health, you can be part of this exciting health career; providing massage to help others overcome chronic pain, recover from injuries and illness, reduce stress, and participate in proactive healthcare and wellness.

## Flexibility

### Program choices:

We can help you design your program to meet your individual needs: You can enroll in either the Massage Therapy or Holistic Health Practitioner program and attend classes on a full-time or part-time basis. Or, if you are not ready to commit to a full program, we encourage you to continue your Holistic Health education by taking individual classes a-la-carte.

### Subject Choices:

Healing Hands offers over 1800 hours of classes and elective courses. This allows the student of holistic health to specialize in the bodywork styles and modalities that fit your individual interest. Some of Healing Hands classes may draw upon systems of healing that go back hundreds of years to the lineage of acupressure; other courses focus on cutting-edge science as it relates to sports medicine as seen in our work with the elite athletes at LA and San Diego Marathons; we offer classes in energetic and therapeutic healing for our elder population. Healing Hands staff and instructors are here to advise and help you create the perfect combination of modalities, so that you are fully prepared to work in your chosen field of holistic health.

### Scheduling Choices:

We present courses daily, nightly and on weekends to help meet your scheduling needs. Please meet with an admissions advisor if you have specific scheduling questions or concerns.

### Instructor Expertise

We are very proud of our instructors. All our instructors work in the field of massage and/or holistic health. As a Nationally Accredited and State Certified School, our staff is examined and is found to be exemplary in their fields, highly professional, and current on all aspects of massage and Holistic health. The faculty of an accredited institution is required to be of the highest caliber. The National Accrediting agency found Healing Hands faculty far “Exceeds Expectations” by citing the instructors years of experience, the low staff turnover rate, the staff’s professionalism both in the classroom and during interviews, the continuity of communication and the school’s overall integrity. Review our teachers in the Annual Catalog or find us online at: [www.hhs.edu](http://www.hhs.edu)

### Job Placement

Our Job Placement Average for Healing Hands graduates annually is above 75%! Since 1992, Healing Hands has provided heartfelt, holistic education. We have seen 10,000 graduates go on to fulfilling, rewarding jobs in Massage Therapy and Holistic Health. Our graduates are our best advertising. Chiropractors, Spa’s, and clinics contact our office several times a week seeking our graduates. Career placement assistance and advising is open to all Healing Hands graduates. Please check the Career Opportunity folder, sign up for emails, or call our office for assistance!

## Student Satisfaction

We are proud to have open communication between staff and students and strive to maintain a learning environment of mutual cooperation. We actively seek input from students, faculty, employers and leaders in our field. We are dedicated to providing an educational environment where the student is secure in their learning and growth process.

## Payment Choices:

We have a variety of ways to pay for a class or program. Refer to the Healing Hands Payment Plans given on the next section.

# Healing Hands School Payment Options

## Individual Course:

If you decide to optimize your education by taking a course individually, please contact the office for a payment plan. Your last payment will be due 2 weeks before the end of the course.

## Program Payment Plans:

Tuition for the **Massage Therapy program is \$9,600**. Tuition for the **Holistic Health Practitioner program is \$16,000**. Student Tuition Recovery Fund (STRF) is charged by the State of California and is currently \$0 for MT or \$0 for HHP programs.

To qualify for the Massage Therapy or Holistic Health Practitioner payment plan, you start with \$250 On-Time Deposit (OTD) plus your first monthly payment plus STRF which is due by the registration date of the first course in which you enroll **(two weeks before you start class)**.

<b>Massage Therapy - 600 hours</b>	<b>Monthly pymt + \$250 OTD + STRF = (1st payment)</b>	<b>Monthly Payments</b>	<b>Hours of class time per quarter</b>
Part-time	\$920 (15 months)	\$670	100 hours (1 class)
Full-time	\$1,320 (9 months)	\$1,070	200 hours (2 classes)
Accelerated Full-time	\$1,630 (8 month payment plan, 7 month program)	\$1,380	300 hours (3 classes)
<b>HHP - 1000 hours</b>	<b>Monthly pymt + \$250 On-time (1st payment)</b>	<b>Monthly Payments</b>	<b>Hours of class time per quarter</b>
Part-time	\$920 (24 months)	\$670	120 hours or less
Full-time	\$1,320 (15 months)	\$1,070	200 hours or less
Accelerated Full-time	\$1,630 (12 months)	\$1,320	250 hours or less

Your consecutive monthly payments are timed so that your payments and classes will finish at approximately the same time. Your \$250 On-time deposit is refundable as long as you graduate on time. 'Hours of class time per quarter' is subject to Administrative approval.

There is a discount for a program paid in full. For Massage Therapy the paid in full tuition is \$9,000. For the Holistic Health Practitioner the paid in full tuition is \$15,000. Plus the STRF fee's.

### **Length of Program if you utilize Federal Student Aid:**

Massage Therapist Program: 9 months

Holistic Health Practitioner Program: 15 months

### **What is Student Tuition Recovery Fund?**

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution. More information can be found in our Annual Catalogue and Enrollment Agreement.

## **Financial Aid**

There are a variety of ways for Healing Hands students to pay for their tuition. When considering your financial obligations, it's important to consider the full price you are committing to pay. Healing Hands is able to provide the most comprehensive, most affordable Massage Therapy and Holistic Health programs in San Diego and Orange counties. Check our tuition!

### **Federal Student Aid:**

Healing Hands School is certified to participate in the Title IV Federal Financial Aid Program. Please call us or go to the FASFA Website at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Depending on what you qualify for this assistance includes the Pell Grant and a federal student loan program. If approved, your repayments will be made directly to the student loan program after you graduate. School Code: 041417

### **Veterans Benefits® :**

Healing Hands is approved by the Bureau for Private Postsecondary Education, under SAA, to process Veterans Benefits including Title IX and Post 911®. Please use facility code # 25-1481-05 for VA forms.

### **School Certification Information — Healing Hands School of Holistic Health:**

- National Accreditation: Institutionally Accredited by Accrediting Bureau of Health Education Schools [ABHES]  
Phone: (703) 917-9503 Address: 7777 Leesburg Pike, Suite 314 N. Falls Church, VA 22043
- Federal Recognition: Recognized by U.S. Department of Education to process Title IV Benefits (Federal Student Aid)  
OPE ID # 04141700
- California State Approval – BPPE

- Healing Hands School of Holistic Health has met the standards of approval by the Bureau for Private Postsecondary Education to operate in the State of California. Approval to operate means Healing Hands School is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of California Code of Regulations.
- The Bureau establishes educational standards for instructional quality and institutional stability for private postsecondary schools in California. The Bureau responds to student complaints and oversees a fund designed to help reimburse a student's tuition if a school closes unexpectedly. Any questions students may have regarding this catalog that have not been satisfactorily answered by HSHH may be directed to the Bureau for Private Postsecondary Education at: 1747 N. Market Blvd., Suite 225, Sacramento, CA 95837, [www.bppe.ca.gov](http://www.bppe.ca.gov), toll-free telephone number (888) 370-7589 or by fax (916) 263-1897.
- BPPE School code # 3703991
- California Massage Therapy Council: Programs approved by the California Massage Therapy Council for voluntary State Certification.
  - Escondido CAMTC School Code: SCH0131
  - Laguna Hills CAMTC School Code: SCH0131-S1
  - San Diego CAMTC School Code: SCH0131-S2

## Class Descriptions

### **12 Sessions of Structural Integration**

In this class we will learn a modified version of the structural integration series. Originally developed by Ida Rolf to be a ten session series, this class takes that framework and expands it into a twelve session series based on the work of Ida Rolf, Ed Maupin and Tom Meyers. Students will learn postural analysis and session planning based on individual postural compensation patterns within the framework of the twelve sessions, going from differentiation to integration and beyond. This introduction to structural integration is composed around the idea that the body is one holistic system, and the balance of that system is predicated on the alignment of the three and two half diaphragms of the body.

Principles of Structural Integration is the prerequisite for this course

### **Advanced Circulatory & Sports Massage**

Advanced Circulatory Massage introduces students to new ways of using their thumbs, fingers and palms as well as tools such as elbows and knuckles, taking Circulatory Massage to new healing heights. The Sports Massage portion of the class teaches techniques to treat a variety of clients ranging from the moderately active to the serious, competitive athlete. Also presented are deep, invigorating Massage techniques to enhance the performance of athletes at athletic events or prior to weight training.

Special focus is given to cross-fiber techniques that release old adhesions and scar tissue thereby promoting better performance and faster healing. This class equips the student with a whole new range of Massage techniques that enhance their body-work and its impact on their clients.

# **Anatomy For Bodyworkers**

This course takes a deeper look into the fascinating world of the human body. The instructor presents a detailed exploration of its many systems including: Muscular, Circulatory, Skeletal, Immune, etc. Students learn how these systems serve the whole body while performing their individual functions. Through a greater understanding of the body's systems and how they interact, the student becomes aware of the many ways it responds to and benefits from massage therapies. Anatomy for Body-workers greatly increases the student's knowledge of anatomical terms and concepts, and improves their ability to communicate with the medical community, such as Chiropractors, Physical Therapists, Osteopaths, and Fitness Managers. Note: This class is required for therapists and Practitioners. Please note: This course is required for the Massage Therapy Program and the Holistic Health Practitioner Program

## **Circulatory Massage Daytime**

The most commonly requested massage in the Spa, a Swedish massage involves lubricating the skin with massage oil and performing a variety of strokes to increase circulation and smooth muscle knots. Through lecture, group discussion, and supervised hands-on practice this course teaches students how to give a full- body Swedish-style massage. Techniques learned include gliding (Effleurage), kneading (Petrissage), and cross- fiber friction (Fanning). Special focus is given to the body's anatomy, and proper body mechanics used by professionals. In addition students will learn "draping" techniques for assuring their client's privacy. By the end of this course the student will be able to deliver a full-body Swedish massage that promotes relaxation, lowers blood pressure, detoxifies the system, relieves pain and facilitates many other health benefits. Please note: This course is required for the Massage Therapy Program and the Holistic Health Practitioner Program

## **Circulatory Massage Evening**

The most commonly requested massage in the Spa, a Swedish massage involves lubricating the skin with massage oil and performing a variety of strokes to increase circulation and smooth muscle knots. Through lecture, group discussion, and supervised hands-on practice this course teaches students how to give a full- body Swedish-style massage. Techniques learned include gliding (Effleurage), kneading (Petrissage), and cross- fiber friction (Fanning). Special focus is given to the body's anatomy, and proper body mechanics used by professionals. In addition students will learn "draping" techniques for assuring their client's privacy. By the end of this course the student will be able to deliver a full-body Swedish massage that promotes relaxation, lowers blood pressure, detoxifies the system, relieves pain and facilitates many other health benefits. Please note: This course is required for the Massage Therapy Program and the Holistic Health Practitioner Program

## **Community Service: Special Population Groups**

Working in the massage therapy industry, we will often come across many clients who have special needs, disabilities, impairments, or diseases. In massage therapy, these people are referred to as Special Populations. Often there is no heads up from the time the client books their treatment with you, until the time you first meet them to begin your session, that they do in fact have a disability, impairment, or disease. What accommodations can we as massage therapists make to serve these unique populations? What is the best way to proceed if you client is geriatric, obese, or even in a wheelchair?

Through lecture, discussion, and hands on practice, you will learn a verity of Soft Tissue Techniques, client positioning, and ethical boundaries to observe when working with Special Population clients. Some of the people with disabilities, impairments and diseases we will learn to work with, and how to adapt to, include people with: obesity, muscular dystrophy, Parkinson's disease, neuropathy, nerve damage, fibromatosis, scar tissue and skin grafts, uses wheelchair, children, geriatric, celebrities, people with autism, people with mental illness and more.

## **Deep Tissue Manipulation**

In this course students will discover the Deep Tissue techniques of Muscle Sculpting and Structural Organization as pioneered by Ida Rolf. Students learn how to manipulate "fascia" (the collagen web-like network that permeates the entire body) to create more balance (as it relates to gravity) and ease of movement in the body. This work requires client participation, and special emphasis is given to the mind-body connection. Students are taught effective communication skills to facilitate the emotional awareness associated with this kind of deep bodywork. Benefits of Deep Tissue include dramatic improvement in their client's posture, flexibility, range of motion, and energy level, while at the same time providing relief from tension, aches, pains and stiffness.

## **Energetic Bodywork**

In this introductory class, we go over a wide variety of techniques that include different styles of Breathwork, a brief discussion of the chakra system and meditation. It will include a variety of breathing techniques and exercises the students can use to complement their massage practice once integrated into their well-being. The chakra system and meditation will be briefly discussed in a traditional and non-traditional sense allowing the student to decide for themselves how they may fit them into their healing practice. Learning about energy, intention, grounding, clearing methods & how to also work with crystals to complement your massage.

## **Holistic Living Retreat**

A holistic approach to life, health and healing means seeing the body and mind as an integrated whole. This two-day holistic living retreat reminds the student that living a balanced and health-conscious life can foster a powerful state of well-being. By modeling a more holistic approach to life, students help their clients re-discover their own innate power and ability for self-healing. This retreat gives students the opportunity to unwind, rejuvenate and reconnect with nature and a community of like-minded Healers. Students will sleep under the stars, and enjoy nutritious, simple meals and a variety of fun activities like yoga, T'ai Chi, breath therapy, and meditation. This popular, Spring-time retreat takes place in a beautiful, natural setting located in the heart of an undeveloped canyon complete with fresh- water creek. With no modern conveniences to distract them, students are immersed in outdoor, holistic living. All Healing

Hands students and graduates are invited to attend and experience two days of personal growth, learning, healing and love.

## **Homeopathic 1st Aid**

Homeopathy, or homeopathic medicine, is a philosophy and practice based on the idea that the body has the ability to heal itself. Founded in Germany during the late 1700s, Homeopathy has been widely practiced throughout India and Europe for centuries. This course educates the student about safe and effective Homeopathic remedies they can use to deal with the shock and trauma of many medical emergencies. They'll learn how to stimulate their client's innate healing

abilities, and develop a tool-kit of Homeopathic remedies to address emergencies requiring first aid. Homeopathy is an information-packed course that will enable the student to treat nosebleeds, bruises, cuts, abrasions, sports injuries, muscle aches, cramps, fevers, insect bites, sunburn, food poisoning and other common medical emergencies.

## **Lomi Lomi Hawaiian Massage**

Lomi Ka'ala Hoku or Lomi Lomi massage, is an energetic healing modality based on the ancient Hawaiian concept of working with the life force of an individual to promote health and well-being. Lomi Ka'ala Hoku translates to "Massage Journey to the Stars" which reflects the intention of this massage, which is to calm the mind in order to heal the body. In this course students learn how to give the traditional, full-body Lomi Lomi massage as well as advanced strokes. They also practice releasing all prejudice and ego so they can come from a place of total acceptance of their client's uniqueness, and where they are in their life's journey. The energy work behind this style of bodywork comes from ancient Hawaiian teachings of personal empowerment, and was taught in the Hawaiian Temple for generations. Known as "Temple bodywork" Lomi Lomi is the most common form of "Hawaiian Massage" being done outside The Hawaiian Islands.

## **Lymphatic Drainage**

Within each of us is a silent healing partner, the Lymph System, which works in conjunction with the Immune System to keep us healthy, vibrant and strong. Without it our bodies would swell up like balloons, swamping our cells with stagnant, toxic fluid. The Lymph System's impact on the body is so far reaching that we often don't realize that our minor aches and pains, low energy or susceptibility to colds and flu's may be due to its dysfunction. In this class students will discuss the anatomy of the System, contraindications for lymphatic massage, and specific techniques for draining lymph fluid from the legs, arms, torso and face. A great addition to any Practitioner's "tool kit", by learning how to stimulate the Lymph System through massage, students can significantly increase their client's Immune System function and ultimately, their health and well-being.

## **Pre-Natal Massage**

Studies indicate that massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health. This class focuses on how to work with the rapidly changing female body during the nine months of pregnancy. In this course students will be given guidelines for positioning the pregnant client, and learn how to address contraindicated areas. Through lecture, demonstration and lots of hands-on practice, the student will gain the knowledge to facilitate a completely safe and deeply therapeutic pregnancy massage.

## **Principles of Structural Integration**

This course introduces students to the teachings of Ida P. Rolf, which uses touch to provoke awareness and balance in the human frame. Students will learn how human adaptation of gravity can be a negative or positive force, and how to apply geometry to balance structure and improve posture. They will gain a clear understanding of the role connective tissue plays in our bodies and how introducing client movement can achieve longer lasting results. This course teaches students how to touch our clients' awareness, not just their bodies, and to use these principals to design tailor-made sessions for many common ailments.

Principles of Structural Integration is the prerequisite for 12 Sessions of Structural Integration

## **Professional Practices**

Professional Practices gives students the skills they need to pass a licensing state exam [MBLEx], and supports the professional decisions graduates will make upon entering the field. Students should be prepared to talk about test anxiety, testing skills, learning habits and tools, and develop a rigorous study habit in preparation for the exam. Professional Practices will include benefits and contraindications of massage, ethics, boundaries and laws, compassionate but firm communication skills. Business practices will include: Career development, simple budgeting and financing skills, business operations, records and security.

This course includes clinical terminology for a review of Anatomy, Kinesiology and Pathology. The ABMP Exam Coach is required for homework. Students are highly encouraged to plan on paying for and taking the MBLEx at the end of this course. Please note: This course is required for the Massage Therapy Program and the Holistic Health Practitioner Program

## **Shiatsu**

Shiatsu is form of therapeutic bodywork that comes from Japan, and is based on the Chinese Five Element Theory. The intent of Shiatsu is to enhance overall health, increase blood and lymph circulation, heal injuries and balance the energies of the body, mind, and Spirit. Treatments are given on a mat with the client fully clothed and without the use of oil. In this course students learn about the energy channels (meridians) that flow through the body and examine how the body's organs correlate to the Five Elements. Through demonstration and guided, hands-on practice they will learn how to access "Acu-points" along these meridians and practice applying finger pressure, palm pressure, stretches, and other Massage techniques balance the "life-force energy" or (Chi) these meridians carry. By the end of the course, students will be empowered to give a full body Shiatsu massage to facilitate healing are restore vitality for their clients.

## **Spa Techniques**

Spa Techniques is a course that introduces the student to a variety of commonly offered spa treatments that promote optimal health while helping the client unwind. Through lecture, discussion and hands-on practice, students learn about a variety of treatments to detoxify and exfoliate the body. Treatments explored in the course include body-wraps infused with herbal preparations, seaweed or essential oils. In addition students learn how to deliver salt scrubs and understand the benefits. A must-take course for any massage practitioner considering work in a Spa environment, Spa Techniques adds new dimensions to your collection of body-work modalities.

## **Tui Na: Acupressure Massage**

Tui Na, is a massage modality based on Traditional Chinese Medicine. It involves stimulation of acupressure points to directly affect the flow and balance of "chi", (life energy) through "meridians" or channels in the body. In this course students learn manipulation techniques to move chi through ill and injured areas of the body where blockages tend to occur. They will practice specific treatments to address chronic pain, common illnesses, and disorders of the spine and joints, such as, Sciatica and rotator cuff problems. Through demonstration and hands-on practice students will master both oscillating techniques to increase energy, as well as the traditional presses and pulls characteristic of Tui Na.