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### *Student Catalog January - December 2026 - 2027*

*39323 Garfield Road, Clinton Township, MI. 48038  
(586) 469 - 3811*

**Visit our Web Site at : [Myomas.com](http://Myomas.com)**

**HEALING HANDS HOLISTIC HEALTH CENTER**  
**SCHOOL OF MASSAGE**

Healing Hands Holistic Health Center School Of Massage is a State licensed educational facility of Myomassology / Bodywork located in Clinton Township, Michigan. The School is dedicated to providing the best massage education possible.

Healing Hands Holistic Health Center School Of Massage prepares ethical and competent Myomassologists, able to respond as an integral part of any total health care program.

Over the past several years the health awareness of the public has grown tremendously. Part of that awareness is the important role professional massage provides. With this in mind the Healings Hands Holistic Health Center School Of Massage educational program was developed to provide this very specialized training and information.

Healing Hands Holistic Health Center School Of Massage provides quality education with a foundation of European and Swedish style massage and builds on that with a number of very effective techniques and new forms of bodywork. Personal instruction and hands on experience provides for the best practical and well - rounded education available.

Healing Hands Holistic Health Center School Of Massage offers a great opportunity for personal growth and development. We prepare the student with a practical trade in Myomassology that they will find personally satisfying. Our program encourages continuing education and advancement in massage and other related health professions.

**HEALING HANDS HOLISTIC HEALTH CENTER**  
**SCHOOL OF MASSAGE**

**ADMINISTRATION**

Dennis Scheffler  
Owner / Instructor / Administrator

**FACULTY**

All of the massage instructors for the Healing Hands Holistic Health Center School Of Massage are certified by the International Myomassethics Federation Inc., NCTMB National Certification or MBlex Certification. Instructors also have attained their Michigan Massage Therapy License.

The selection of workshop leaders is based on their practical experience and expertise in their specialty of training.

**MESSAGE INSTRUCTORS**

Dennis Scheffler NCTMB / I.C.M.T. / LMT  
Scott Schrage LMT  
Jodi Linzner LMT

**TEACHING ASSISTANTS**

Lana Andrusyshyn / Teaching Assistant  
Jennifer Schrage, Jill Mazure / Teaching Assistants  
Heather Williams, Cee Cee Akins / Teaching Assistants  
Michael Hunter, Laura Rowan / Teaching Assistants

**ELECTIVE INSTRUCTORS**

Dennis Scheffler  
Jodi Linzner  
Maria Cejmer  
Scott Schrage  
Laura Rowan  
Nanette Lutz  
Catherine Greene  
Jennifer Schrage

## ENROLLMENT DATES / CLASS HOURS

Enrollment at the Healing Hands Holistic Health Center School Of Massage are three times a year with sessions starting in March, June and December.

Start dates / class hours for the **March 2026** session are:

March 25, 2026 ending March 17, 2027  
Wednesday P.M.  
6:45 P.M. - 11:00 P.M.

March 27, 2026 ending March 26, 2027  
Friday A.M.  
9:45 A.M. - 2:00 P.M.

Start dates / class hours for **June 2026** session are:

June 2, 2026 ending May 18, 2027  
Tuesday A.M.  
9:45 A.M. - 2:00 P.M.

June 2, 2026 ending May 18, 2027  
Tuesday P.M.  
6:45 P.M. - 11:00 P.M.

Start dates / class hours for the **November 2026** session are:

November 9, 2026 ending November 8, 2027  
Monday P.M.  
6:45 P.M. - 11:00 P.M.

November 12, 2026 ending November 11, 2027  
Thursday A.M.  
9:45 A.M. - 2:00 P.M.

## LOCATION / FACILITY

The Healing Hands Holistic Health Center School Of Massage is located at 39323 Garfield Road in Clinton Township, Michigan 48038. Our facility is a spacious classroom setting set up to facilitate smaller class sizes providing a better focused student learning experience. To contact us our office hours are Monday through Saturday 10:00 A.M. to 9:00 P.M. The office can be reached by calling (586) 469 - 3811. You can also find us by visiting our website at [www.myomas.com](http://www.myomas.com)

## ADMISSIONS

Applicants must be 17 years of age and have a high school diploma or equivalent before being accepted into the program. Some exceptions may be taken into consideration and addressed by the Healing Hands Holistic Health Center School Of Massage Administration.

Applications are available from the School upon request. Applications are to be filled out and sent in to the School with the following information and requirements:

- A. Name, address, and phone number
- B. Date of birth
- C. Social Security / Drivers License Number
- D. Who referred the applicant
- E. Previous education
- F. Choice of class A.M. / P.M.
- G. \$25.00 registration fee, signature, date.

## REGISTRATION

Registration for classes can be submitted at anytime. The deadline for registration is two weeks prior to the starting dates of class. Classes tend to fill quickly, it is highly recommended that applicants register as early as possible to secure a seat in the class of their choice

## ACCEPTANCE

Upon the School receiving an applicants completed registration form and fee, acceptance will be determined. Applicants not accepted will have their registration fee returned to them. (Applicants are accepted without regards to race, religion and/or sex).

## PREREQUISITES

It is very helpful for the student to have a basic understanding of human anatomy and physiology, though it is not a requirement.

## STUDENT CONDUCT

Students are to act in a mature and professional manner while in attendance of the basic and/or elective classes. (Also see page 12 under Dismissal).

## HOLIDAYS AND VACATIONS

Classes will not be held on the following holidays: **Memorial day, Independence day, Labor Day, Thanksgiving or Good Friday.** There are no classes during the weeks of **Christmas and New Years.**

## TUITION

An advance deposit of \$25.00 for registration is due with the application. Weekly tuition is payable every week, every two weeks or once a month. Weekly tuition is also due whether the student is present for class or not. If a student does not make his/her weekly tuition payments on time, and by the fourth week, payment is not made in full, you will be dismissed from the program The student is expected to perform a make-up class session for the time missed. In the event the student requires a seperately scheduled make-up session, there will be an additional \$15.00 charge. Transcripts, certificates, or diplomas shall not be issued to a student until all financial obligations to the Healing Hands Holistic Health Center School Of Massage are met.

## FEES:

Registration Fee	\$25.00 due with application
Application Fee	\$500.00 (after deadline \$525.00) due upon first day of class
Weekly	\$70.00 total \$3500.00 payable every week, two week, or monthly intervals.
Electives	\$2800.00 approximate elective fees
Total tuition	\$6825.00 approximate total fee*

## EQUIPMENT

During the basic and elective class hours massage tables and massage oils are provided for student use in the classroom.

\* Other expences may be acquired by purchases made for the course. These purchases may include, though are not limited to such items as towels, sheets, anatomy flash cards, workbooks, massage equipment, massage oils, etc.

## **REFUNDS**

Registration fee of \$25.00 is retained by the school if the applicant is denied enrollment. Elective class fees are nonrefundable after the students attendance in the first day of class. For individuals who pay a partial tuition or their full tuition at the start of the course, shall be refunded if the applicant is rejected by the school before enrollment. Tuition and fees paid by the applicant shall be refunded if requested within three business days after signing a contract with the school. This policy shall adhere to the policies of applicable state, federal and accrediting agencies. All refunds as described in this paragraph shall be returned within 30 days.

## **VETERANS BENEFITS POLICY**

The eligible VA veteran must provide to the HHHHC School of Massage a certificate of eligibility for entitlement to educational assistance under chapter 31 or 33. HHHHC School Of Massage will not impose any penalty, including the assessment of late fees, the denial of access to classes, libraries, or other institutional facilities, or the requirement that a covered individual borrow additional funds, on any covered individual because of the individual's inability to meet his or her financial obligations to the institution due to the delayed disbursement funding from VA under chapter 31 or 33 as stated in 38 USC 3679(e) .

## **VETERANS REFUND POLICY**

If a student eligible for VA veteran education and training benefits fails to enter a course or withdraws, or is discontinued therefrom at any time prior to completion, the amount charged will be an approximate pro-rata portion of the total charges that the length of the completed portion of the course bears to its total length.

## **ELECTIVE DEPOSITS**

Upon signing up for an elective class, the student is required to put a 60% deposit on the class ONE week prior to class date (or before).

## **STANDARDS OF PROGRESS**

The Myomassology student is evaluated (every 7 weeks) at the completion of every test.

## **GRADING**

Students must have a 75% grade score or higher to pass written tests and graduate. Students that score below 75% on a written test have a one time opportunity to retake the test and achieve a passing grade. Any tests retaken after a second attempt will have a fee of \$10.00 to retake a test for a passing grade. There are 6 written tests that must have a grade of 75% or higher to meet the test requirements of the course. The tests are as follows:

**Skeletal  
Posterior Muscle  
Reflexology  
Anterior Muscle  
Basic  
Therapeutic**

The grading scale for the written tests are as follows:

<b>100% - 95%</b>	<b>A</b>
<b>94% - 85%</b>	<b>B</b>
<b>84% - 75%</b>	<b>C</b>
<b>74% and below is failing</b>	

Students that desire additional help may choose to form study groups with fellow classmates or tutoring services are available. Please see your instructor for further information on tutoring services.

## **ATTENDANCE**

**Regular attendance of the weekly sessions is mandatory.** In the event of an absence it is important that the student call the School to acknowledge their absence in class for that day or evening. If attendance of a student receiving VA benefits falls below 85% the student will be dismissed from the program. Students whose absences result from authorized mitigating circumstances as determined by the school Administrator will not be dismissed. Students Who have been dismissed from the school for unsatisfactory attendance may be re-admitted at the discretion of the Administrator.

**Students are allowed two excused absences** throughout the duration of the **weekly course**, in which there is no make up class required, due to possible emergencies or illness.

**Students unable to attend a scheduled elective must call the school.** Cancellations of elective classes must be made immediately or at the soonest possible moment **by calling 586-469-3811.**

## PROGRAM DESCRIPTION

The Healing Hands Holistic Health Center School Of Massage 625 clock hour Myomassology diploma is attained by supervised clock hours accumulated from the total 1008 clock hour State licensed Myomassology Program. These hours are accumulated as follows:

- 200** clock hours of basic Myomassology training consisting of massage theory, massage history, basic massage strokes, massage benefits and methods. (4 hours of weekly classes for 50 weeks)
- 425** clock hours of classroom training consisting of 16 hours (27 weekends for the year) in studies and methods which are:
  - 125** clock hours instruction of Anatomy / Physiology in structure , function , terms and definitions.
  - 60** clock hours instruction of clinical pathology and recognition of various conditions indicated and contraindicated to massage practices.
  - 180** clock hours instruction of elective / workshops on which the students selects from a complete total of 408 clock hours of specialized elective workshops. (see pages 14 thru 22 for an overview of the elective / workshops).
  - 10** clock hours instruction of massage ethics and professionalism.
  - 50** clock hours of supervised massage / bodywork clinicals. The school does operate a clinic during student internships and does charge a fee for student massages. These hours are supervised student massage contact hours.

Students must pass the 6 required written tests with a 75% grade or higher.

Upon completion of all course work totaling to 625 contact hours this allows the student to receive their Myomassology diploma.

The students progress in achieving this total is tracked on computer and kept in a student file. Students can review their files upon request to the administrative office. In the event a student does not complete all of the hours, though has passed all of the written exams, they shall receive a letter stating the total hours that they have completed. Once the uncompleted hours are fulfilled the student will receive their diploma.

In addition to class time students are expected to accomplish homework assignments. This time is not counted in the classroom hours.

Reading assignments in the Human Body In Health And Illness

A verbal presentation and type written report on a chosen system or organ of anatomy (A list of organs and systems is provided)

Anatomy coloring book assignments

Three minimum practice sessions per week and record these on the practice sheet provided.

Maintaining a journal of practice sessions and completion of a type written summary on their experiences.

## **PROGRAM COMPLETION**

The Myomassology program is structured to be completed in one year. It is encouraged that the student finish the 625 hour program on time. If a student fails to complete all the hours by the end of the 50 week program, they will have one additional year to complete the total hours. If the 625 hour program is not completed by the second year, the student will be dropped from our records and be required to start the program from the beginning again.

## **CREDIT ACCEPTANCE**

Acceptance of previous credits are allowable only from other state licensed schools of massage and bodywork therapy. A maximum of only 150 contact hours of training shall be accepted from another state licensed school of massage and bodywork therapy based upon review of the students previous records and at the discretion of the administration at the Healing Hands Holistic Health Center School Of Massage. It is the responsibility of the enrolling student to bring this to the attention of the administration during the students registration. The student must also provide a student record and a letter from the administration of the previously attended state licensed school validating proof of the students attendance in their program.

## **STUDENT PLACEMENT ASSISTANCE**

The Healing Hands Holistic Health Center School Of Massage currently has a job board that will have postings of local employers that are looking for graduates that have completed and received their diplomas. ( Note: Most of our students through their own social contacts have found successful placements by word of mouth and referrals from their friends and family. )

## **WITHDRAWAL**

A student who for any reason finds it necessary to withdraw from the 625 hour course at the Healing Hands Holistic Health Center School Of Massage must do so in writing to the administration. Failure to do so may result in forfeiture of a large portion of the set tuition or show the student as still enrolled in the program and obligated to continuing financial commitment.

## **DISMISSAL**

Dismissal may result from any of the following reasons:

1. Unexplained absence from 3 consecutive or 4 total class sessions.
2. Continuous conduct deemed disruptive and/or disrespectful to any fellow student or staff members.
3. Being unable to maintain satisfactory performance in the practical sessions and written tests over the time of three testing periods. (remember tutoring services are available upon request).

## **RE-ENTRANCE CONDITIONS:**

Students may reapply for the next session. Acceptance will be based upon discretion of the administration upon student withdrawal or dismissal. Each student re-entering the course will be addressed on an individual basis.

## **STUDENT GRIEVANCE POLICY**

A grievance policy for complaints filed by students against a proprietary school licensed under the Proprietary Schools Act, Act 148, 395.102c "Written policy for complaints filed by students" allows students to file a complaint with the department for any violation of this act or rules promulgated under this act at [www.michigan.gov/pss](http://www.michigan.gov/pss)

## **ELECTIVE / WORKSHOP DESCRIPTIONS**

Listed are the variety of elective workshops that are available at the H.H.H.H.C. School Of Massage. The elective / workshop name, contact hours, instructor and brief description are included. Cost for each elective / workshops can be found on pages 23 and 24. Students enrolled in the 625 hour Myomassology program will be required to complete 180 contact hours by choosing classes of their interest from the 408 total elective / workshop contact hours available. For more detailed elective information please call 586-469-3811 or for elective / workshop dates go to [www.myomas.com](http://www.myomas.com) and see our elective calendar schedule.

### **INSTANT EMOTIONAL HEALING 8HRS**

Instructor: Dennis Scheffler  
Instant Emotional Healing Is a self help tool incorporating acupressure points, polarity and tapping techniques to address emotional imbalances.

### **HAND AND WRIST 8HRS**

Instructor: Dennis Scheffler  
This class provides techniques for the practitioner and the client to support healthy hand and wrist awareness.

### **YOGA 8HRS**

Instructor: Jennifer Schrage  
This class provides the hatha yoga approach to balance body, mind and spirit to help develop both strength and flexibility.

### **SPORTS MASSAGE 1 16HRS**

Instructor: Dennis Scheffler  
This elective provides pre event sports massage training and techniques for athlete preparation at the site of the sports event.

### **INTRO TO TRADITIONAL CHINESE MEDICAL APPROACHES 16HRS**

Instructor: Dennis Scheffler  
This elective introduces the philosophies and traditions used by TCM practitioners. Great for massage students desiring to learn about eastern therapies.

### **TRIGGER POINT (LOWER BODY) 16HRS**

Instructor: Dennis Scheffler  
Identifying trigger points and how to release key trigger points in the musculature of the lower body to help with pain management.

### **ASIAN HOT STONE MASSAGE 8HRS**

Instructor: Dennis Scheffler  
Instruction, use and precautions on providing the proper service of hot stone massage within the massage setting.

### **FACE READING IN CHINESE MEDICINE 8 HRS**

Instructor: Dennis Scheffler  
Similar to reflexology the face, in Chinese medicine, reveals much about our inner - outer self and our energetic balance. Blends well with the TCM elective.

### **CHAKRA BASIC'S 8HRS**

Instructor: Catherine Greene  
Insight into the basic function, energy principles and understanding of the ayurvedic Chakra system.

### **G-JO ACUPRESSURE 16 HRS**

Instructor: Dennis Scheffler  
The G-Jo acupressure workshop helps the body-mind connection restore balance to the flow of the life energy that causes health and addresses discomfort called imbalance.

**THERAPEUTIC STICK MASSAGE** **16HRS**  
Instructor: Maria Cejemer  
This elective introduces the student to using various types of therapeutic sticks covering safety, theory, sanitation and techniques for working with massage clients.

**TABLE THAI** **16HRS**  
Instructor: Scott Schrage  
Learn how to incorporate the ancient healing art of Thai Bodywork into your massage practice with Table Thai. Utilizing the Thai techniques of movement, rhythm, compression and stretching allows for substantial leverage, enabling the practitioner to use the smallest effort to achieve the largest effect. All while keeping your client on the table and fully clothed. Whether you're looking to add a few techniques into your current routine or discover a whole new way to work with your clients this class is for you.

**REIKI 1-2** **20 HRS**  
Instructor: Dennis Scheffler  
This elective introduces Reiki which is a Japanese technique for stress reduction and relaxation that also promotes self-healing. Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.

**SELF-DEFENSE BASICS** **4 HRS**  
Instructors: Dennis Scheffler and Laura Rowan  
This class is designed to give basic instruction to individuals who wish to gain an insight into self-defense and personal safety.

**TAI CHI (2 HR CLASSES)** **2HRS**  
Instructor: Dennis Scheffler  
This workshop will teach the tai chi short form that is a widely practiced Chinese martial art and is not only great exercise but is an extremely effective moving meditation.

**UNDERSTANDING APPLIED KINESIOLOGY** **8 HRS**  
Instructor: Dennis Scheffler  
This class provides a technique in alternative medicine claimed to be able to assess illness by testing muscles for strength and weakness. Also introduces the Emotion Code that incorporates muscle testing in its protocol.

**SOMATIC STRETCHING** **6HRS**  
Instructor: Dennis Scheffler  
In somatic stretching the topics covered are why stretching is important, stretching before a sports event, proper forms of stretching, stretching do's and don'ts and a variety of assisted stretches.

**INTRO TO CHINESE HERBALS** **8 HRS**  
Instructor: Dennis Scheffler  
There are over three hundred Chinese herbs that are commonly being used today that have a history that goes back at least 2,000 years. This elective investigates Chinese herbal theory, history of herbs, types of herbs, preparation of herbs, patent herbs, extracts and capsules.

**CHAIR MASSAGE** **16HRS**  
Instructor: Dennis Scheffler  
In this elective the instruction will be on how to effectively massage a client while sitting in a massage chair. The client remains fully clothed and no oils are used while their shoulders, neck, upper back, head, and arms are massaged.

**TRIGGER POINT ( UPPER BODY )** **16 HRS**  
Instructor: Dennis Scheffler  
Identifying trigger points and how to release key trigger points in the musculature of the upper body to help with pain management.

**ADVANCED REIKI****8 HRS**

Instructor: Dennis Scheffler

Advanced Reiki also known as ART, provides additional healing and meditation techniques for those who have completed Reiki I and II. It is designed to increase your Reiki energy and improve your Reiki skills. It is a very powerful class, and will take your skills to a new level.

**MICRO COSMIC ORBIT****2HRS**

Instructor: Catherine Greene

The Micro Cosmic Orbit is a Taoist Qigong meditation technique. It is based on observing the natural flow of energy in the body during respiration. The meditation involves consciously raising the focus of awareness up the Governor Vessel meridian at the back of the spine during inhalation, and returning the focus of awareness down the Conception vessel meridian at the front of the spine during exhalation.

**PRE-NATAL & INFANT****16 HRS**

Instructor: Jodi Linzner

This workshop is designed to present techniques for the practitioner in support of pregnant clients. Providing massage before and after child birth. Techniques are presented during the infant massage sequence providing wonderful methods of massage for the newborn baby.

**POLARITY THERAPY****16 HRS**

Instructor: Dennis Scheffler

Polarity Therapy is a comprehensive health system involving energy-based bodywork, diet, exercise and self-awareness. Scientifically, it works with the Human Energy Field, electromagnetic patterns expressed in mental, emotional and physical experience. This elective studies the perspective to all these subjects as applied to Polarity Therapy.

**AROMATOUCH TECHNIQUE****8HRS**

Instructor: Kristin JD Wilson

AromaTouch works with specific essential oils to balance and center the individual. It uses light and fluid movement that allows for positive overall stimulation of the entire body.

**LYMPHATIC REFLEXOLOGY****8HRS**

Instructor: Catherine Greene

The study of Reflexology along with Lymphatic therapy is combined in this workshop to enhance the benefits of both modalities as they are involve self-care techniques and benefits.

**SHIATSU****16HRS**

Instructor: Dennis Scheffler

Shiatsu is a Japanese form of bodywork. The word shiatsu means "finger pressure", and shiatsu is sometimes described as a finger pressure massage. In this elective it is examined how shiatsu is based on the holistic system of traditional Chinese medicine, where illness is thought to result from imbalances in the natural flow of energy, or chi through the body.

**INTRO TO CRANIAL****16 HRS**

Instructor: Dennis Scheffler

This elective involves assessing and addressing the movement of the cerebrospinal fluid (CSF), which can be restricted by trauma to the body, such as through falls, accidents, and general nervous tension. Learning how to gently work with the spine, the skull and its cranial sutures, diaphragms, and fascia, the restrictions of nerve passages are energetically eased, so the movement of CSF through the spinal cord can be optimized, and misaligned bones are said to be restored to their proper position.

**MYOFASCIAL****16HRS**

Instructor: Dennis Scheffler

Myofascial Release is a very effective hands-on technique that provides sustained pressure into myofascial restrictions to eliminate pain and restore motion. Myofascial release aims to access these areas of blockage and tension to release them, thereby freeing up the muscle and allowing it to move more easily and effectively.

**AROMATHERAPY****8HRS**

Instructor: Dennis Scheffler

Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being. In this workshop aromatherapy theory, history, essential oils, carrier oils, cautions and storage will be covered along with blending and uses of essential oils.

**MEDITATION/ HANDS ON HEALING****6HRS**

Instructor: Catherine Greene

This elective integrates the centering of meditation and the dynamics of energetic hands on healing. Meditation is presented as the focus and intention of the combined modalities to connect with purpose and meaning.

**FIBROMYALGIA****16HRS**

Instructor: Dennis Scheffler

The study in this workshop will address fibromyalgia history, symptoms, possible causes, managing and how massage has become a very complementary tool for those suffering with fibromyalgia. Recommended study for all massage practitioners.

**SPORTS MASSAGE 2****16 HRS**

Instructor: Dennis Scheffler

This elective provides post event sports massage training and techniques for the athlete after completion of their sports event. This type of sports massage is also provided at the site of the sports event.

**INTRO TO MAGNETICS****8HRS**

Instructor: Dennis Scheffler

Study of this therapy introduces the use of magnetic fields which have a beneficial effect on health. This workshop examines how magnets near or on an injury site, encourages muscle relaxation and increased blood flow, while reducing inflammation.

**MEDITATION (4 CLASSES ) 2 HRS EACH****8HRS**

Instructor: Catherine Greene

Learning Meditation is not a technique but a way of life. Meditation means 'a cessation of the thought process' . It describes a state of consciousness, when the mind is free of scattered thoughts and various patterns . The focus of this elective is to provide skills that the participant can practice daily to calm the activity of the mind and develop a deeper inner balance.

**ADVANCED FOREARM TECHNIQUES****16HRS**

Instructor: Maria Cejemer

Advanced Forearm Techniques is a unique massage protocol that teaches the massage student to use techniques other than continually just their hands. This workshop also focuses on proper body mechanics for the practitioner. It uses long continuous, flowing strokes, combined with very compassionate touch relaxing the entire individual. It works gently yet deeply into the muscles

**REIKI MASTERS****16 HRS**

Instructor: Dennis Scheffler

In Reiki Masters training the student will receive additional Reiki energy understanding, symbols and techniques that will add value to their all ready acquired Reiki abilities. The student will also learn how to treat them self by giving their self and others healing attunements and treating others in person and at a distance will all be noticeably improved.

**ANGEL AWARENESS****8HRS**

Instructor: Dennis Scheffler

This class introduces the student into the spiritual world of the unseen and opens insights about angel awareness in our daily lives. Documented experiences are investigated. Paralleling angel awareness is our dream states.

## HOMEOPATHIC REMEDIES

8 HRS

Instructor: Nanette Lutz

In this workshop homeopathy, or homeopathic remedies, are a philosophy and practice based on the idea that the body has the ability to heal itself. Homeopathy is based on the idea that "like cures like." In theory, homeopathy enhances the body's normal healing and self-regulatory processes.

## CRYSTAL BASICS

8HRS

Instructor: Jennifer Schrage

Discover the power of crystal work. Learn the uses, care, and properties of crystals, how they affect the subtle body and how they can be used in massage and energy work sessions. You even get your own set of crystals to take home!

## ALTERNATIVE NUTRITION BASICS

8 HRS

Instructor: Nanette Carpenter Lutz

This class on alternative nutrition basics comes down to understanding the roles that specific nutrients play in a healthy diet and lifestyle.

## CHRISTMAS MEDITATION/ CELEBRATION

2 HRS

Instructor: Catherine Greene

This is a meditation that is practiced here at the Healing Hands holistic Health Center School Of Massage that is significant to the Christmas holiday and honors its celebration. Very wonderful moment to spend in consciousness of peace and goodwill to all mankind.

## SPA BASICS

8HRS

Instructor: Jodi Linzner

Learn the basics of working at a Salon / Spa, including treatment therapies such as peppermint scalp massage, hand waxing, foot scrubs and hot towel and cold stone facial massage.

## ELECTIVE / WORKSHOPS COSTS

Listed below are the elective /workshops offered at the HHHHC School Of Massage and their cost. Students enrolled in the 625 hour Myomassology program will be required to complete 180 contact hours by choosing classes of their interest from the 408 total elective / workshop contact hours available. For more detailed elective information please call 586-469-3811 or for elective / workshop dates go to [www.myomas.com](http://www.myomas.com) and see our elective calendar schedule and get our elective schedule download.

INSTANT EMOTIONAL HEALING	\$100.00
HAND AND WRIST	\$125.00
YOGA ( 8 ) (1HR CLASSES)	\$110.00
SPORTS MASSAGE 1	\$215.00
INTRO TO TRADITIONAL CHINESE MED. APPROACH.	\$185.00
TRIGGER POINT (LOWER BODY)	\$185.00
ASIAN HOT STONE MASSAGE	\$215.00
FACE READING IN CHINESE MEDICINE	\$125.00
CHAKRA BASIC'S	\$225.00
G-JO ACUPRESSURE	\$205.00
TABLE THAI	\$200.00
REIKI 1-2	\$275.00
SELF-DEFENSE BASICS	\$50.00
TAI CHI (2 HR CLASSES)	\$20.00
UNDERSTANDING APPLIED KINESIOLOGY	\$125.00
SOMATIC STRETCHING	\$105.00
INTRO TO CHINESE HERBALS	\$115.00
CHAIR MASSAGE	\$195.00
TRIGGER POINT ( UPPER BODY )	\$200.00
ADVANCED REIKI	\$125.00
MICRO COSMIC ORBIT	\$50.00
PRENATAL AND INFANT MASSAGE	\$225.00
POLARITY	\$185.00
AROMATOUCH TECHNIQUE	\$175.00
LYMPHATIC REFLEXOLOGY & SELF MASSAGE	\$150.00
SHIATSU	\$185.00
INTRO TO CRANIAL	\$215.00
MYOFASCIAL	\$185.00
AROMATHERAPY	\$215.00
MEDITATION/ HANDS ON HEALING	\$150.00
FIBROMYALGIA	\$185.00

## ELECTIVE / WORKSHOPS COSTS

SPORTS MASSAGE 2	\$215.00
INTRO TO MAGNETICS	\$125.00
MEDITATION (4 CLASSES ) 2 HRS EACH CLASS	\$125.00
ADVANCED FOREARM TECHNIQUES	\$175.00
REIKI MASTERS	\$525.00
ANGEL AWARENESS	\$105.00
HOMEOPATHIC REMEDIES	\$125.00
THERAPEUTIC STICK TECHNIQUES	\$175.00
ALTERNATIVE NUTRITION BASICS	\$150.00
CRYSTAL BASICS	\$150.00
CHRISTMAS MEDITATION/ CELEBRATION	\$30.00
SPA BASICS	\$175.00