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Application is included in the back of the catalog

► PHILOSOPHY

It is the intent of the Sedona School of Massage to provide a comprehensive education in massage therapy that speaks to the whole person. We view massage as a tremendous vehicle by which one can become more fully embodied, awake and aware. In this full immersion, awareness oriented program, the students have the opportunity to develop the knowledge and skills necessary to become excellent therapists, while becoming more fully present in their own lives.

In today's market, massage has become an important part of the healthcare delivery system. Millions of people are turning to more natural, drug-free means of discovering greater health and well-being. We have found the potential of massage to be much more than relaxation, having systemic effects and influencing the body/mind on all levels. At the Sedona School of Massage we focus on some of the most effective and profoundly transforming bodies of work known in the field today: Structural Integration, Cranial Sacral Therapy and Polarity Therapy. This is a program that is well grounded in linear information and excellent technique. We believe that anyone can learn anything if it captures their interest, and we have found the study of anatomy, physiology and kinesiology to be very rewarding.

We are also aware that to be in the business of touching people it is essential that the therapist be in touch with her or himself. Bodywork can be quite evocative and many therapists find themselves challenged beyond what they feel they are capable of dealing with in a skillful way. We explore these issues within the class and provide a space in which to cultivate skills for working with self and other. Throughout the program we integrate simple awareness practices, communication exercises and work with language. These practices, along with being touched everyday, are a powerful formula for opening the body and opening the being who lives inside the body.

So, in the spirit of inquiry, please join us as we look deeply into anatomy and physiology, kinesiology, massage and human potential.

“free the body... and free the being who
lives inside the body”

“Life cannot be made to conform to a system, it cannot be forced into a framework, however nobly conceived; and a mind that has merely been trained in factual knowledge is incapable of meeting life with its variety, subtly, its depth and great heights”
~J. Krishnamurti

THE OBJECTIVES OF THE SEDONA SCHOOL OF MASSAGE ARE:

- ▶ to provide an environment that is conducive to learning and personal growth;
- ▶ to provide students with the education and training necessary to become competent, sensitive and ethical massage therapists;
- ▶ to provide students with a thorough working knowledge of the anatomy and physiology of the human body and the theory, techniques and practice of therapeutic massage modalities;
- ▶ to provide an environment that helps cultivate greater self awareness in students and the skills necessary for working in the therapeutic relationship.

The Sedona School of Massage is Conditionally Licensed by the Arizona State Board of Private Postsecondary Education. Upon completion of the program, students are prepared and eligible to sit for the National Certification Exam.

► MESSAGE THERAPY CERTIFICATION PROGRAM

This four-month, 600 hour program is divided into three areas of study: Massage, Conjunctive Studies and Additional Requirements.

Class time is Monday through Friday, with Conjunctive Studies in session from 9:00 am to 11:00 am, and Massage in session from 12:00 pm to 4:00 pm. Supervised Clinic practicum will be scheduled for after class in the afternoons and Sat. mornings.

Please be aware that the course offerings and hours listed below are estimates based on the current program at the time of this printing and are subject to change.

MASSAGE 322 HOURS

(40 hours of pathology and 25 hours of kinesiology are included in the following classes)

Swedish Massage | 40 hours

In this modality, students will learn the basic theory and strokes of Swedish Massage, which promote relaxation and the free flow of fluids through the circulatory system. We will also be focusing on basic body mechanics, body draping and learning to communicate and touch in a safe way.

Myofascial Techniques | 40 hours

This class will be an introduction to working with the myofascial system. We will cultivate the skills for greater presence and sensitivity in working with and affecting the connective tissue or fascia of the body.

Shiatsu | 30 hours

This Japanese form of bodywork is rooted in traditional Chinese medicine and works with balancing the vital flow of energy (Ki) in the body. Through the application of pressure on specific energy points (Tsubos) along the meridians of the body's, we can influence and improve the body's energetic state. Students will become familiar with basic oriental theory, the 12 meridians, the five elements and many of the Tsubos that promote healing by reinstating the free flow of energy.

Polarity | 60 hours

Polarity Therapy is a healing art developed by Dr. Randolph Stone, which works with balancing the flow of life energy in the human body. This work includes an exploration into the five element and seven chakra theories, what Dr. Stone referred to as our "wireless anatomy." Within the class, the students will learn basic theory and techniques for working with this life pulse, as well as a look into

the polarity diet, yoga postures, awareness practices and communication skills.

Structural Bodywork | 92 hours

In this portion of the program, students will learn the ten sessions of Structural Integration. These are very specific techniques for working with all of the body's musculature and their fascial components, freeing up areas of chronic holding and congestion and facilitating greater function, vitality and freedom in the body/mind. The art of body reading will be taught and the student's understanding of kinesiology will deepen throughout this class.

Introduction to Cranial Sacral Therapy | 40 hours

This course is a hands on, gentle touch approach to the deepest level of the physiology of the human being. We work with the membranes and fluid that surround and protect the brain and spinal cord. We will cultivate the skills of deep listening through touch and awareness. Through this type of contact the cranial sacral system is a largely self-corrective mechanism that can affect any number of sensory, motor or neurological situations.

Integrative Massage | 20 hours

Within this class, students will have the opportunity to integrate all of the skills gained throughout the program. We will be focusing on the interconnectedness of the cranial sacral system, the myofascial system and the energy systems of the body. There will be time for working creatively with each other and receiving individual feedback from instructors.

CONJUNCTIVE STUDIES 156 HOURS

Anatomy and Physiology | 50 hours

Within this class, we will look into the basic structure and function of all the major systems of the body. We will be looking holistically, seeing the interconnectedness of all the systems and focusing on what the implications are as they apply to bodywork. We have found this course to be very empowering. We live in these bodies and the more knowledgeable we are in regard to how the body works, the better equipped we are to make choices that support health.

Kinesiology | 50 hours

Kinesiology is the study of muscles. In this class, students will learn the origin, insertion and action of all the major muscles of the body. Within the massage portion of the program, the students' understanding of the musculature will deepen as they learn techniques for working very specifically with these muscles.

Hydrotherapy | 10 hours

In this portion of the program, students will learn the theories and have the opportunity to practice hydrotherapy treatments that can easily be integrated into

their massage practice. The therapeutic use of water has been dated back to ancient times and is practiced today by health care practitioners in many fields.

The remainder of the Conjunctive Studies courses consists of working with communication skills, ethics, awareness and movement, along with an introduction to homeopathy and herbalogy and nutrition. First aid, CPR and AIDS/HIV education will also be included in this portion of the program.

Communication Skills and Ethics | 18 hours

Business and Law | 10 hours

Cardiopulmonary Resuscitation, First Aid and AIDS/HIV | 10 hours

Introduction to Homeopathy | 4 hours

Introduction to Herbalogy and Nutrition | 4 hours

ADDITIONAL REQUIREMENTS 172 HOURS

Orientation | 18 hours

The first three days of class will be orientation. This will be an opportunity for students to begin to get comfortable with themselves and each other. We will be introducing basic body mechanics, awareness practices, movement, personal hygiene and simple exercises to get students used to touching and being touched in a safe way.

Clinical Practicum | 50 hours

During the course of the program, students will be required to do 20 supervised practice massages. The supervised student clinic will be set up for afternoons after class and Saturday mornings. Students will also be required to give one instructor massage before graduating. This will serve as an opportunity for feedback and a personal tutorial.

Personal Journal | 24 hours

Students will be required to keep a personal journal during the months they are in school. We have found journaling to be an effective tool for self-reflection and gaining greater self-awareness. There will be instruction in journal writing, and students will be required to write a brief summary of what was gained from the experience.

Review and Graduation | 30 hours

REQUIREMENTS FOR GRADUATION

To be eligible for graduation, a student must have:

- 1) 90% attendance, with work for missed days made up;
- 2) a cumulative grade of C or better on written exams;
- 3) completion of CPR, First Aid and AIDS/HIV education offered by the school, or proof of current certification;
- 4) completion of massage practicum;
- 5) tuition paid in full.

Certification Presentation

Each student will be presented a certificate upon completion of the program.

▶ **ADVANCED CERTIFICATION PROGRAMS**

AWARENESS ORIENTED STRUCTURAL BODYWORK 250 HOURS

Deepen your understanding and effectiveness as a massage therapist. This awareness oriented training is designed to help one experience greater clarity and well being, while improving the structure and the function of the body/mind. This program has been developed as both a professional skills training and a journey in personal growth.

The objective of the course is to prepare therapists in the theory, techniques and practice of the ten sessions of Structural Integration. Join us as we look deeply into anatomy and physiology, kinesiology, touch and human potential.

Upon successful completion of the class-work and supervised clinic practicum, a certificate in Structural Integration will be granted.

CERTIFICATE REQUIREMENTS

- 1) 100% attendance
- 2) classroom participation
- 3) completion of clinic practicum
- 4) tuition paid in full

Prerequisites

500 hours of massage therapy training or similar study/experience.

Dates: To be announced

Tuition: \$2,000.00

Books & Supplies: \$150.00

ADVANCED STRUCTURAL POLARITY THERAPY 60 HOURS

“The cerebral spinal fluid is the liquid medium for life energy radiation, expansion and contraction. Where this is present, there is life and healing with normal function. Where this primary and essential life force is not active in the body, when the energy currents are out of balance or there is obstruction, we experience physical, mental and emotional symptoms of discomfort, spasm, stagnation, pain and sickness. Shorts in energy circuits in the body must be found and reestablished.”

–Dr. Randolph Stone

TOPICS COVERED

An in-depth understanding and experience of Dr. Randolph Stone’s Polarity Therapy:

- ▶ a comprehensive exploration into Polarity’s relation to the cranial sacral and myofascial matrix and Polarity’s effect on the parasympathetic, sympathetic and central nervous systems;
- ▶ an examination and utilization of Polarity body reading and mapping;
- ▶ Polarity techniques that effectively free and balance the flow of the cranial sacral fluids throughout the entire body;
- ▶ Polarity awareness practices and therapeutic communication skills;
- ▶ Polarity yoga supporting self empowerment toward health and balance;
- ▶ Polarity techniques to help integrate the mental, emotional and physical aspects of our being.

Upon successful completion of the class-work and supervised clinic practicum, a certificate in Advanced Structural Polarity will be granted.

CERTIFICATE REQUIREMENTS

- 1) 100% attendance
- 2) completion of supervised practicum
- 3) tuition paid in full

Prerequisites

500 hours of massage therapy training or similar study/experience.

Dates: Spring and Fall

Tuition: \$600.00

Books & Supplies: \$100.00

► TUITION & FINANCING

MASSAGE THERAPY CERTIFICATION PROGRAM

Application Fee:\$50.00

Tuition: \$5,500.00

Text Books & Study Guides: \$350.00

Upon acceptance into the program, a \$500.00 deposit will be required to reserve your space in the program. This amount will be deducted from the tuition cost. Tuition is due in full by the first day of class, unless a payment plan has been prearranged with the staff. This plan will consist of four monthly payments, due on the first day of each month until tuition is paid in full.

Text books and study guides will be provided to students and the cost will be added to their tuition payment record.

ADDITIONAL EXPENSES

Massage tables are provided by the school for in-class use and for on-campus practice after class. Although not mandatory, students may wish to allot an additional \$350.00 to \$600.00 for the purchase of a massage table. We recommend waiting until you arrive at school to gain a sense of exactly what size table will work best for you.

Students are required to provide their own linens for class. We recommend you bring two sets of twin sheets, two bath towels, and one pillow. Students are also required to purchase a foot tub, a hot water bottle and massage oils.

Lodging, meals and personal expenses are not included in the cost of the tuition.

FINANCIAL AID

The Sedona School of Massage does not provide financial aid. We do, however, accept MasterCard and Visa credit cards.

Advanced Certification Programs

Please see individual program descriptions under Courses of Study.

► PROGRAM DATES

THERAPEUTIC MASSAGE CERTIFICATION PROGRAM

Fall 2004 Dates:

September 15, 2004 - January 28, 2005

Holidays:

November 25 - 26 (Thanksgiving)

December 20 - 31 (Christmas)

Spring 2005 Dates:

March 2, 2005 - July 1, 2005

Holidays:

May 30 (Memorial Day)

Fall 2005 Dates:

September 14, 2005 - January 27, 2006

Holidays:

November 24 - 25 (Thanksgiving)

December 19 - 30 (Christmas)

Advanced Certification Programs

Please see individual program descriptions under Courses of Study.

„Truth is found in the depth of our listening.
Perceptual skills are the ground of this work.
Presence, contact, grounding and the quality of the space
you hold are essential for success.”

-Franklin Sills

► **ADMISSION REQUIREMENTS**

MESSAGE THERAPY CERTIFICATION PROGRAM

For admission in the 600 hour Massage Therapy Certification Program, an applicant must be at least 18 years of age (may be waived through a personal interview) and provide the following:

- 1) a completed application (available in the back of this catalog);
 - 2) a \$50.00 application fee made payable to the Sedona School of Massage;
 - 3) a copy of a high school, GED or college transcript;
 - 4) a brief, biographical sketch telling us who you are and why you are interested in attending massage school;
 - 5) a recent photograph of yourself;
 - 6) an interview by phone or in person with an administrative staff member
-

STATEMENT OF NON-DISCRIMINATION

The Sedona School of Massage does not discriminate on the basis of sexual orientation, race, ethnicity, place of origin, sex, religion, age or physical disability.

Advanced Certification Programs

Please see individual program descriptions under Courses of Study.

► ADMINISTRATIVE POLICIES

Advanced Placement

Applicants applying for advanced placement will be considered on an individual basis. The administration will take into account official transcripts from other training facilities and work experience.

Attendance and Records

Instructors will take attendance in all classes. Students are required to meet with instructors to make up any missed class. If a student misses more than 10% of a class that is not made up, they will receive an Incomplete for that class and the hours will be reflected on their transcript.

Conditions for Dismissal

A student may be dismissed for any of the following reasons:

- 1) failure to fulfill academic standards;
- 2) default on tuition payments.;
- 3) attending school under the influence of alcohol or drugs;
- 4) demonstrating an attitude or behavior inappropriate for a professional in the health care field;
- 5) behavior that is harmful to other students, staff or the reputation of the school.

Grading Procedures

Student progress is evaluated through written exams and practical observations. Students must maintain a C, average or better in Anatomy and Physiology and Kinesiology. All other classes are graded on a Pass/Fail, basis.

Leave of Absence

A leave of absence will be considered on an individual basis. If a leave of absence is granted by the administration, all work missed must be made up on a schedule approved by the staff.

Make-Up Procedure

Students are required to make up any classes missed due to absence. It is the student's responsibility to meet with the instructor in regard to makeup work. If the student fails to make the work up, they will receive an Incomplete grade and the hours missed will be reflected on their transcripts.

Re-Enrollment

Re-enrollment is totally at the discretion of the staff of the school. After a personal interview with an administrator and careful consideration a decision will be made.

Refund Policies

These policies apply to all certification programs offered at Sedona School of Massage.

1) If an applicant is not accepted by the Sedona School of Massage a full refund will be made;

2) The applicant may cancel this contract and receive a full refund of all monies paid to date, if cancellation is made in writing to the Director of the school, and mailed/delivered to the Institution at the address stated herein within three (3) business days after the date of the signature. The refund will be made no later than 30 days after the school receives a written notice of cancellation.

3) If a student cancels or is dismissed prior to the completion of 50% of the program of study, the student will receive a prorated refund of any money paid over the percentage of the program completed. Notice of cancellation must be presented in writing, and such notice will represent the last day of actual attendance. A refund will be made no later than 30 days from the date of the written cancellation;

4) No refunds will be made after 50% completion of the program;

5) Textbooks are not refundable unless an applicant cancels within three business days of signing an enrollment agreement, and if there are no markings in the textbooks.

6) If any course offered by the Sedona School of Massage is cancelled for any reason, all monies collected will be fully refunded.

Withdrawal

Students withdrawing from the program are required to meet with a staff member and sign a statement documenting the date of withdrawal.

► STUDENT SERVICES

Confidentiality of Student Records

All records at the Sedona School of Massage are confidential and are accessible only to students, administrative staff and teachers. Students have access to their files during office hours. The school will not release any information in regard to a student without written permission from that student.

Counseling

Staff members are available to counsel, assist and advise students. There is no charge for this service.

Job Opportunities

The Sedona School of Massage does not guarantee job placement as a result of completion of the program. However, we do keep a job opportunity bulletin board that is continually updated and available to students.

Library

The Sedona School of Massage has a small library that is available to students for reference. It consists of books on anatomy and physiology, kinesiology, hydrotherapy, a variety of massage modalities and personal growth.

Licensing

The Sedona School of Massage is Conditionally Licensed by the Arizona State Board of Private Postsecondary Education. Upon completion of the program, students are prepared and eligible to sit for the National Certification Exam. Over 26 states that require licensing use this test as their state licensing exam. In Arizona, massage is governed by the State of Arizona Board of Massage Therapy. Students are encouraged to find out the requirements necessary for the state they wish to practice in. Please contact the school with any questions.

Student Grievance Procedure

The instructors and staff at the Sedona School of Massage are open to feedback. We provide feedback forms for all instructors and all classes. If a student is having a problem with a faculty member they are encouraged to deal directly with that person. If they are not able to resolve the issue they are encouraged to advise the administrative staff. At that time a documented meeting will be facilitated with the Director, student and faculty member, within one week of the student notifying the administrative staff. If more meetings are necessary they will be documented in the students file and held within one week of the prior meetings. If the student complaint cannot be resolved after exhausting the Institution's grievance procedure, the student may file a complaint with the Arizona State Board for Private Postsecondary Education. The student must contact the State Board for further details and the student has three years in which to file a complaint. The State Board address is: 1400 W. Washington, Room 260, Phoenix, AZ 85007, telephone: (602) 542-5709, website: <http://azppse.state.az.us>.

► STAFF MEMBERS

Nancy Matthews, NCTMB

Nancy is the founder and director of the Sedona School of Massage. She received her certifications in Massage and Hydrotherapy and Structural Integration at the Florida School of Massage in Gainesville, Florida, where she worked as an administrator and teacher for nine years. In 1996, she came to Arizona where she was co-owner/director of the Arizona School of Integrated Studies until 2001.

Nancy teaches the Communication Skills, Introduction to Homeopathy and Structural Integration classes, and she also teaches part of the Anatomy and Physiology course. Her teaching is dynamic, weaving together the art and science of bodywork. Her life's journey has been one of inquiry, a looking into the very nature of our beingness and human potential.

Bob Brill

Bob is a native New Yorker transplanted to Sedona in 1986. He is a graduate of Ithaca College, The Swedish Institute of Massage and holder of an Advanced Certification from the Rolf Institute of Structural Integration. In professional bodywork practice since 1977, Bob is currently pioneering a healing art he calls "Somatic Satsang" culled from decades of Rolfing work, spiritual inquiry and investigation into the nature of personal reality. His sessions combine Rolfing with Cranial Sacral Therapy, Visceral Manipulation, autonomic balancing and Rolf Movement Education. He is an avid collector of New Age music, Japanese woodblock prints, Woodstock-era rock and roll and classic foreign film.

Frederica Hall, NCBTMB, RPP

Frederica's interest in the body began as a young woman in art school and the performing arts. In 1980, her journey led her to study with Ambica of the Mt. Madonna Healing Center in California where she studied Ayurveda Massage and yoga. In 1996, she became certified in Massage and Hydrotherapy, Advanced Sports Massage and Structural Integration at the Arizona School of Integrative Studies. She then attended the New Mexico Academy of Healing Arts where she earned her certification in Polarity and Cranial Sacral Therapy. She is nationally certified and is a registered Polarity practitioner who shares all that she offers with love and respect for each one on this miraculous journey.

Cate Miller, BA, LMT, NCTMB

Cate has been a therapist and teacher in the massage profession since 1982 and a teacher at the Florida School of Massage in Gainesville, FL since 1986. Her specialty combines Neuromuscular Therapy with communication and perceptual awareness skills. She encourages her students to excel in both technical and intuitive aspects of bodywork. Cate lives on a 20 acre ranch where she facilitates groups and individuals to develop leadership and teamwork skills through the Challenge of Excellence ropes course. She travels throughout the United States offering advanced training workshops for massage therapists.

Delisa Myles, MFA

Delisa Myles holds a Masters of Fine Art in dance, performance and choreography from the University of Colorado. She is currently on the performing arts faculty at Prescott College, where she has been central in developing the dance curriculum over the past ten years. She completed a 200 hour Yoga Teacher Training in 2002 in which she focused on creating connections between yoga and dance. For Delisa, dance is a pathway for developing awareness of the expressive capacities of the integrated body, mind and spirit. She has a special interest in bringing together intergenerational groups of people. Her recent choreography, Mothership:

Dances of the fluid feminine, involved seven woman between the ages of 25 and 83, in a collaborative dance and photography project performed throughout AZ., and was funded by the AZ. Commission on the Arts.

Deban Piper, LMT

Deban received her training at the Florida School of Massage in Gainesville, FL. She is certified as a massage teacher and has taught at the Southwest School of Massage in Durango, CO and at the Arizona School of Integrative Studies in Clarkdale, AZ. She currently enjoys a thriving private practice in Gallup, NM. Her work is an eclectic combination of Connective Tissue Therapy, Cranial Sacral Therapy, Neuromuscular Therapy and Hydrotherapy. With a deep respect and appreciation of the body/mind innate healing capacities, Deban's presence and skills combine to facilitate her clients in their healing journey. Humor, compassion and interest informs her work and life.

Kavi Quintero, LMT

Kavi is a licensed therapist in New York and studied at the Ohashi Institute. He was also trained at the Florida School of Massage in Gainesville, Florida and at the Essence Training Institute in Frankfurt, Germany. Through many years of personal inner work and the study of the inner sciences and Eastern and Western Body Therapies, Kavi has developed a very powerful and personal form of healing which he calls consciousness therapy. This is a synthesis of psychology, meditation and body and energy field work. His profound effects stem from the perception and understanding of the human system as a complex, multidimensional phenomena.

Andrea McShane Radoccia

Andrea has been doing integrative massage and therapeutic bodywork in the Verde Valley for twenty years. She is a certified Kinesionics Practitioner and is certified in Structural Integration. She began her training in an apprenticeship program in massage, and went on to obtain continuing education from Yavapai College, Mueller College of Holistic Studies and the Arizona School of Integrative Studies, among others.

During seven years of studying Kung Fu martial arts, Andrea developed a deep sense of connected movement, which she brings to massage and also to her dancing. She is the Director of Blue Dragon Belly Dance, a local troupe which performs American Tribal Style Belly Dance with an emphasis on the sacred roots of this dance form.

With her partner of thirty years, Andrea lives "off the grid" and tends extensive gardens of native plants, medicinal herbs and food crops. Her healing room is in the garden and her love and respectful awareness of the cycles of Nature are reflected in her approach to healing and body work.

Leslee Vogal

Leslee's commitment to holistic and transformational healing has a history that began in the 1980's, and has continued to the present day through a successful practice as a Clinical Herbalist in Sedona. She received a Masters in Clinical Psychology in 1989, a Reiki Master's distinction in 1991 and a Clinical Herbalist distinction from the New Mexico Herb Institute in 1992. In 1996, she opened Nature's Spirit Herbals, a full service herb and nutritional supplement store. Her journey has also led to a passionate study of the art of Jin Shin Jyutsu, which she completed in 1998. She is also the founder of the Institute of Higher Healing, an educational organization designed to promote alternative healing modalities of the 21st century.