The School with Great Energy

Award-winning
Nationally Accredited
Diplomas - Degrees
Online or On campus classes

1100 E. Apache Blvd. Tempe AZ 85281 - www.swiha.edu
LEARN TO TOUCH LIVES, HEAL BODIES, AND FREE SOULS
Our AOS in Holistic Health Care with a concentration in Transformational Psychology is now available fully online! We see time and time again that students of this program go through an amazing healing and transformation as they learn to assist others in doing the same. Entrepreneurship is a major focus of the program; learn to start your own business. Graduates from this program may also work in rewarding careers at elder care and mental health facilities, hospitals, hospices, and establishments that require training in individual empowerment, growth and trauma, developmental stages, chemical dependency, religious belief systems, and/or ethical communication.

Our online curriculum allows you to be very flexible with when you complete your coursework, and can fit into most any lifestyle. Full-time students may complete this program in as little as twenty-four months, earning 60 credits. This program is fully accredited and eligible for financial aid assistance to those students who qualify.

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**REQUIRED AOS & MIND BODY CORE COURSES**

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<td>EC 101-OL Energy Anatomy, Part 1 ONLINE</td>
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<td>EC 102-OL Energy Anatomy, Part 2 ONLINE</td>
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**REQUIRED TRANSFORMATIONAL PSYCHOLOGY & SPIRITUAL STUDIES CORE COURSES**

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<td>30</td>
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<tr>
<td>SP 150-OL Comparative Religion/Unity &amp; Tolerances ONLINE</td>
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<td>SP 430-OL Death, Dying and Hospice ONLINE</td>
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<td>CC 140-OL Developmental Psychology - Awaken the Heroes Within ONLINE</td>
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<td>SP 275-OL Prayer Therapy ONLINE</td>
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<td>CC 130-OL Psychology of Addiction - Understanding the Shadow ONLINE</td>
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<td>NC 125-OL Support Group Facilitation ONLINE</td>
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<td>MBWP Mind Body Wellness Practitioner ONLINE</td>
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* DESCRIBES COURSES THAT ALSO SATISFY MBWP-OL REQUIREMENTS

**What People Are Saying!**

“My instructor is supportive, inspiring, heart-centered, bright, compassionate, responsive leader and mentor. I truly cannot say enough fabulous things about this remarkable woman and her abilities to establish rich, meaningful, and intimate connections with all of us students via the computer.”

Christine McKenna
Mind-Body Wellness Practitioner Program ONLINE

“I was very happy with SWIHA. I definitely recommend the school and am proud to be a student here.”

Kristine Golos
Life Coaching Program ONLINE

**BUSINESS DEVELOPMENT AND ENTREPRENEURIAL SUPPORT**

Learn HOW to accomplish your dreams and goals through high performance and personal coaching techniques, as well as honest feedback and accountability. Group support and recognition are key components in this experience.

*Designed for students who have completed 90% or more of their program and are ready to start or grow a business.

**ONLINE PROGRAM START DATES**

<table>
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<tr>
<th>August 2011</th>
<th>October 24 2011</th>
<th>January 17 2012</th>
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Tuition for the Online classes is the same as the On-campus classes, even though students report having much more one-on-one time with their online instructors. Many students report our Online classes really give them time for deep introspection and reflection.
Southwest Institute of Healing Arts classes are available Worldwide!

The same high quality and caring instructors who teach at our Tempe campus are now available to you on the Internet. Our dedicated teachers are committed to helping you earn your Continuing Education credits, or work toward obtaining your diploma, degree or certifications online with an emphasis on Spirit, service and transformation.

LIFE COACHING PROGRAM ONLINE

Learn to bring out the very best in yourself and others… ~ Become a Life Coach, ONLINE! ~

Life Coaching is an ongoing partnership in which clients have a unique opportunity to:
- deepen their awareness
- improve their performance
- overcome their obstacles
- enhance their quality of life

If you feel inclined to help others, contact an advisor about our online Life Coaching Program and how to sign up!

HYMNTHHERAPY PROGRAM ONLINE

Are you fascinated by the inner workings of the subconscious mind? If so, discover the powers of Hypnotherapy!

SWIHA offers two levels of Transpersonal Hypnotherapy training:
- 100-hour Transpersonal Hypnotherapy program online
- 300-hour Clinical Hypnotherapist program on campus

In just a few short months, you could launch a new career that positively impacts people’s lives!

HOMEOPATHY PROGRAM ONLINE

Learn about the second most common form of alternative medicine in the Americas today, Homeopathy, and get certified, online!

Homeopathy is a form of alternative medicine that is holistic and scientifically based.

Our Certificate of Excellence Specialty program prepares individuals for independent professional practice of homeopathic medicine, a holistic therapeutic system using naturally occurring substances in highly diluted forms to mimic symptoms of illness and trigger autoimmune responses.

SELECT ONE OF THE FOLLOWING TWO SPECIALTY OPTIONS:

HYMNTHHERAPY

HY 315-OL Hypno - Fears, Phobias & Addictions ONLINE 15 1.00
HY 350-OL Past-Life Regression ONLINE 20 1.00
HY 420-OL Hypnotherapy - Script Writing ONLINE 15 1.00
HY 401-OL Hypnotherapy - Advanced Techniques ONLINE 25 1.00
EL 725-OL NLP - Neuro Linguistic Program ONLINE 20 .50

NUTRITION

NC 340-OL Nutrition - Supplements Introduction ONLINE 15 1.00
NC 140-OL Nutrition - Therapies ONLINE 15 1.00
NC 331-OL Nutrition - Weight Management ONLINE 30 1.50
NC 200-OL Nutrition - Whole Food Cooking ONLINE 20 0.50
NC 250-OL Nutrition - Whole Food Cuisine and Recipes ONLINE 15 0.50
Develop your body, mind, and soul, as well as your marketability and profitability with SWIHA’s program choices...

**Online Division**

**Associates of Occupational Studies in Holistic Healthcare**

Concentration in Transformational Psychology ONLINE ............................................. 2
Mind Body Wellness 600 ONLINE ........................................................................ 3
Life Coaching, Hypnotherapy, Homeopathy ONLINE ............................................. 3

**Associates of Occupational Studies Degree in Holistic Healthcare**

The Associate Degree in Holistic Health Care offers you a 60 credit college degree. There is a vast array of concentrations to choose from to complete your degree, as well as a long list of specialties. Financial aid available to those who qualify.

Choose one of the following concentrations to complete your degree:

Concentration in Professional Massage Therapy ................................................. 8
Concentration in Advanced Bodywork ................................................................. 9
Concentration in Spa Management & Leadership ............................................... 9
Concentration in Western Herbalism ................................................................. 10
Concentration in Transformational Psychology .................................................. 11

**Diploma Programs**

Diploma programs allow you to meet or exceed national requirements and standards for massage, herbalism and yoga practitioners or teachers. Financial aid available for programs of 600 hours or more to those who qualify.

- Master Massage Practitioner ........................................................................... 12
- Professional Massage Practitioner ................................................................. 13
- Advanced Bodyworker Practitioner ............................................................... 13
- Yoga Teacher Training ..................................................................................... 14
- Yoga Teacher Training 600 and 760 Level ......................................................... 15
- Western Herbalism ........................................................................................... 16
- Mind Body Wellness Practitioner ..................................................................... 17

**Certificates of Excellence + Primary Specialties + Continuing Education**

**Certificates of Excellence** are designed to either enhance professional status or allow you to concentrate on an area of study for your own personal growth and development. Certificates showing completion of 100 to 200 hours of specialization in a field are awarded. Certificates of Excellence are not necessarily designed to be stand-alone programs and may not prepare a student for gainful employment if taken independently of a diploma or degree program. **Primary Specialties** are taken as focus areas within the degree or diploma programs.

- Life Coaching ...................................................................................................... 18
- Hypnotherapy ...................................................................................................... 19
- Aromatherapy ..................................................................................................... 20
- Cranial Unwinding ............................................................................................ 20
- Holistic Nutrition ................................................................................................ 21
- Medical Massage ................................................................................................ 22
- Myofascial .......................................................................................................... 22
- Myotherapy ........................................................................................................ 23
- Polarity APP .................................................................................................... 24
- Polarity RPP (includes APP) ............................................................................. 24
- Reflexology ........................................................................................................ 25
- Reiki (Transformational or Traditional) ............................................................. 26
- Spa Treatment ................................................................................................... 27
- Special Touch ..................................................................................................... 27
- Spiritual Studies .................................................................................................. 28
- Tui Na ................................................................................................................ 29
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- Tuition Guide ..................................................................................................... 55
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Our Mission Statement

Our mission is to help individuals discover their gifts and graces, and ultimately take them out into the world in a loving and profitable way.

Our Admissions Representatives are here to help you Do Your Dream: People from all over the country are drawn to SWIHA to fulfill myriad dreams and aspirations – what are yours? Our Admissions team can help you design a course of study to help you achieve your personal goals. Schedule your tour today!

Financial Aid is available: We have Federal Financial Aid available to those who qualify, as well as our Community Service Tuition Concession program and Work-Study options. Our Financial Aid Department will help you find the financial options available to you.

Licensing and Accreditation: SWIHA is licensed by the State of Arizona and accredited by the Accrediting Council for Continuing Education and Training (ACCET) as a private college for holistic health care career training and continuing education. SWIHA is committed to educational excellence and providing on-going entrepreneurial support for holistic health care practitioners in private practice and to those establishing or growing a business.

Our Student Services Advisors are dedicated to supporting you: You will be assigned a Student Services Advisor to support you through your course of study if you are in a diploma or degree program. Your advisor can help you audit your progress and answer questions about different specialties. It is your overall responsibility to ensure you meet the required hours or credits in order to graduate. The entire Student Services team is available to assist with printing transcripts, processing tuition payments, continuing education registration and more.

Our location is convenient and easy to get to: SWIHA is located on Apache Boulevard, east of Rural Road, and just west of the Dorsey/Apache Light Rail stop in Tempe, Arizona. There is a large parking lot at both buildings, with overflow parking next door.

Our school store has lots of great healing products: Healing Pages (SWIHA’s bookstore), has textbooks, oils, clothing, yoga supplies and more to supplement your learning. Bring your list of classes and we can help you find the reading materials and products you need. Open seven days a week, except holidays.

We are honored to be an Award-Winning college

“Top 50 Arizona Companies to Watch - 2008” – Arizona Small Business Association


Southwest Institute of Healing Arts has been the recipient of the Preferred School for Holistic Health Education for 2011 by Natural Awakening magazine.

It’s not about winning the Awards, it’s about doing the work it takes to win them, regardless of whether we win or not.
Whether you want to get hired or start your own business, your gifts and talents are what will bring about your professional success. Our Success Center has far-reaching resources and the wealth of knowledge necessary to connect you with truly amazing opportunities you may not have considered or discovered otherwise.

All graduates of Southwest Institute of Healing Arts (SWIHA) receive our life-long commitment of job placement assistance, entrepreneurial and career coaching, resume assistance, full licensing support for massage and aesthetics, and much more. We take great pride in everyone who chooses SWIHA, and we strive to do whatever possible to assist you in achieving success, as you define it!

**JOB PLACEMENT ASSISTANCE!**
- Job listings
- Résumé development
- Job fairs and events
- Volunteer opportunities
- Paid contract events
- Portfolio assistance

**START YOUR OWN BUSINESS!**
- Marketing material development
- Room rentals and equipment sales
- Information on insurance and licensing

**GET CONNECTED!**
Join and learn from our vast community of successful entrepreneurs and healers.
We have created three amazing websites dedicated to supporting our graduates.

- [www.GreatTherapists.com](http://www.GreatTherapists.com)
  - Directory of SWIHA/SWINA trained practitioners
- [www.Connections.swiha.edu](http://www.Connections.swiha.edu)
  - Alumni Networking Site
- [www.BeALifeCoach.com](http://www.BeALifeCoach.com)
  - Directory of SWIHA trained Life Coaches

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**Important Facts About Financial Aid**

SWIHA offers the availability of Financial Aid for the following types of Federal Student Aid to students who qualify.

- Federal Pell Grant
- Federal FSEOG Grant
- Federal Direct Loans, including the Subsidized Stafford Loan, Unsubsidized Stafford Loan, and PLUS Loan Programs

Students need to complete their application for financial aid on the following website: [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov), enroll in a program eligible for financial aid, then meet with Financial Aid. Students must complete their financial aid file.

FAFSA on the web will require our school code number: 035933.

The following are financial aid eligible programs:

- Associate Degrees on-campus or online
- Diplomas – MT 1000, MT 750 and BW 600
- Diploma - Western Herbalism (700 hrs.)
- Diploma - Mind Body Wellness Practitioner (600 hrs.) on-campus or online
- Diploma - Natural Aesthetics Practitioner (600 hrs.)
- Diploma - Yoga Teacher Training 600 & 760
- Diploma - Advance Skin Care Practitioner & Laser Technician (780 hrs.)

Educational alternative loans or a cash payment plan directly from the school may be available for courses and programs not listed above.

**We are approved by the State of Arizona Department of Veterans Services for GI bill benefits**
Earn your Professional Massage Practitioner Diploma in as little as 7.5 months!

Attend morning and afternoon classes with NO WEEKENDS REQUIRED

*New afternoon certificate times available*
Specialize in Reflexology or Myotherapy

See page 13 for more information on the Professional Massage Practitioner Diploma Program (traditionally 11 months full time)

Begin your new career August 29, 2011 ~ Contact an Admissions Advisor today 480-994-9244

---

**Earn a Masters Degree in Oriental Medicine**

**At Phoenix Institute of Herbal Medicine & Acupuncture**

SWIHA Graduates may now transfer their credits into Phoenix Institute of Herbal Medicine & Acupuncture (PIHMA)

Acupuncture & Oriental medicine are the fastest growing professions in the field of integrative holistic treatments.

The following SWIHA Associate Degree Program Concentrations are eligible for transfer into PIHMA’s Master’s Degree Program:

- Advanced Bodyworker Practitioner
- Professional Massage Practitioner
- Spa Management & Leadership
- Western Herbalism

For more information call SWIHA Admissions (480) 994-9244

www.swiha.edu

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**Visit our Student Clinic & Healing Arts Center**

$5 off First Time Clients

Call 480-966-4425
1100 E. Apache Blvd, Tempe AZ 85281
visit us at www.swiha.edu

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$33 Experience our Signature Facial

1460 E. Southern Ave. Tempe AZ 85282
Call 480-393-1415

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Financial Aid Page 7
Go beyond the Hippocratic Oath of “First, Do No Harm” ~ Strive to “Do More Good”

Earn a degree as a Holistic Health Care Practitioner in as little as 18 months!

Choose a concentration that best expresses your ‘gifts’.

At Southwest Institute of Healing Arts we use the term Holistic based on our commitment to the health and wellness of the whole person - Mind, Body and Spirit. As part of this degree program, graduates develop expertise in Massage, Advanced Bodywork, Mind-Body Transformational Psychology, Natural Aesthetics, Spa Management or Western Herbalism.

• Focus on prevention and education to improve the health of your clients and community.
• Treat the physical body with nutrition, massage, body work and Mind-Body technologies.
• Promote emotional and spiritual well-being through psychology, hypnotherapy, life coaching, spiritual studies and yoga.
• Activate the body’s own extraordinary resources to repair and rebuild.
• Discern the truth about healthy eating in a world of contradictory information.
• Gain entrepreneurial support and grow your own business!

Federal Financial aid is available to those students who qualify.

* Required Prerequisite for unclothed bodywork classes
Combine your college degree with healing touch training. You can choose our 750-hour Massage Practitioner or 600-hour Bodywork programs as concentrations in your Associates Degree. Increased interest in alternative medicine and holistic healing will translate into new openings for those skilled in massage therapy and bodywork. The major distinctions between bodywork and massage are that bodywork techniques are done while the client is fully clothed, and the massage program trains you towards the required formal licensure. Learn to discover how to treat body, mind and spirit!

**AOS GENERAL EDUCATION REQUIREMENTS**

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**DRYBODY CORE COURSES**

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<td>SC 455 Exercise Wellness</td>
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**CHOOSE A COMBINATION OF SPECIALTIES & ELECTIVES TO TOTAL 60 CREDITS**

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<td>Reiki</td>
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<td>Spa Management</td>
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<td>Tu Na</td>
<td>200</td>
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<tr>
<td>Yoga Teacher Training</td>
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<td>Zen Shiatsu</td>
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*Not eligible for Massage Licensure in the State of Arizona

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**AOS & SPA MANAGEMENT CORE COURSES**

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<th>Course:</th>
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<td>SM 150 Ayurveda - Introduction</td>
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<tr>
<td>BC 511 Business Development &amp; Entrepreneurial Support</td>
<td>48</td>
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<tr>
<td>SM 130 Spa Management - Customer Service &amp; The Spa Industry</td>
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<tr>
<td>SM 212 Spa Management - Feng Shui</td>
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<tr>
<td>SM 211 Spa Management - Fundamentals of Spa Design</td>
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<tr>
<td>SM 120 Spa Management - Human Resources &amp; Leadership</td>
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<td>SM 105 Spa Management - Intro to Retail Management &amp; Marketing</td>
<td>30</td>
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<td>SM 222 Spa Management - Spa Finance</td>
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<td>SM 260 Spa Management - Spa Internship</td>
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**CHOOSE ONE SPECIALTY AND ELECTIVES TO TOTAL 60 CREDITS**

<table>
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<tr>
<th>Course:</th>
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<th>Credits:</th>
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<td>BW 600 Advanced Bodyworker Practitioner</td>
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<tr>
<td>CO Cosmetology</td>
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<tr>
<td>NA Natural Aesthetics Practitioner</td>
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<tr>
<td>MT 750 Professional Massage Practitioner</td>
<td>750</td>
<td>25.00</td>
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</table>

Spa Management is now available as a Certificate of Excellence Call an Admissions Advisor to make an appointment 480-994-9244
Act as an environmental steward in your community by educating clients to live a more sustainable lifestyle using renewable, non-toxic, affordable and accessible options. Empower clients to take responsibility for their own health, and provide health care options that avoid the overuse of costly medications and invasive procedures. These programs prepare practitioners to provide natural alternatives as the first line of defense for acute and chronic disease, in addition to promoting general good health and well-being.

Reconnect with the natural world and cultivate a passion for the earth and all it naturally provides. Western Herbalism draws from herbal traditions based on generations of wisdom in the treatment and prevention of illness. Holistic Nutrition provides an in-depth understanding of the physical, psychological, behavioral and educational aspects of human nutrition, and the relationship between nutrition and wellness.

The Holistic Health Care AOS Degree with an emphasis on Western Herbalism and Holistic Nutrition includes life coaching skills, whole food cooking, exercise and stress management education, as well as entrepreneurial support.

### AOS GENERAL EDUCATION REQUIREMENTS

<table>
<thead>
<tr>
<th>Course:</th>
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<td>BC 250 Statistical Research Project</td>
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### AOS & WESTERN HERBALISM CORE COURSES

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<td>BC 511 Business Development Entrepreneurial Support</td>
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<td>WH 100 Western Herbalism - Foundations of American Herbal Studies</td>
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### HERBAL ELECTIVES - CHOOSE 41 HOURS

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<td>WH 250 Western Herbalism - Herbal Specialties Babies &amp; Children</td>
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<td>WH 365 Western Herbalism - Manufacturing &amp; Remedy Production</td>
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<td>WH 256 Western Herbalism - The Green Man</td>
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<td>WH 150 Western Herbalism - Herbal Specialties in Clinical Herbalism</td>
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“Each flower is a soul opening out to nature.”

- Gerald De Nerval
Design your own destiny. Experience an amazing transformation yourself, and then learn to assist others to do the same. In addition to General Education classes, you will complete a core of introductory Mind-Body classes: Life Coaching, Hypnotherapy, Intuitive Studies, Holistic Nutrition and Ayurveda, to help you discover your healing gifts and how you will choose to express them. Additional areas to explore include Aromatherapy, Chinese Shamanistic Philosophy, Cranial Unwinding, Hypnotherapy, Life Coaching, Reflexology or Reiki. This degree program is a unique journey into personal transformation. You will emerge a whole, healthy and self-realized individual, ready to serve others in the world. “Let me be an instrument, not an ego, in the peace and healing of others.”

60 Credit Hours - Offered full-time or part-time

Is your heart telling you there is a greater purpose? If you feel a higher calling. . . Call us today 480-994-9244
If you have a genuine desire to provide compassionate, unconditional touch while enhancing the lives and health of yourself and others, you can find great satisfaction in the art and science of massage therapy. The demand for highly qualified massage therapists grows as more people are seeking to improve their health and are educated about the benefits of massage therapy. Our program is designed to develop exceptional massage therapists, and offers you the opportunity to specialize in areas of interest. The State of Arizona currently requires 700 hours to receive a license to practice massage therapy. Financial aid is available to those who are qualified.

### Master Massage Practitioner
1000 Classroom Hours  
14 months full-time or 29 months part-time

#### MASSAGE CORE REQUIREMENTS

<table>
<thead>
<tr>
<th>Course</th>
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<td>MT 115 Anatomy *</td>
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<tr>
<td>CC 100 Communication Skills for Practitioners I</td>
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<td>BC 301 Ethics for Massage Therapists</td>
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<td>MT 521 First Aid</td>
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<td>MT 151 Kinesiology</td>
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#### MASSAGE HANDS ON CORE COURSES

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<tr>
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<tbody>
<tr>
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<td>TE 220 Deep Tissue Sculpting</td>
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<td>MT 400 Myotherapy - 7 Step Release</td>
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<tr>
<td>TE 560 Reflexology - Introduction</td>
<td>8</td>
<td>0.25</td>
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<tr>
<td>MT 200 Swedish Massage *</td>
<td>40</td>
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<td>MT 999 Massage Clinic - Supervised MT 1000</td>
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#### CHOOSE A COMBINATION OF SPECIALTIES & ELECTIVES TO TOTAL 1000 HOURS

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<td>HN</td>
<td>Holistic Nutrition Specialist</td>
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<td>HY</td>
<td>Hypnotherapy</td>
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<td>MM</td>
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<td>Myotherapy</td>
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<td>POL-APP</td>
<td>Polarity - Associate Polarity Practitioner</td>
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<td>RF</td>
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<tr>
<td>RE</td>
<td>Reiki</td>
<td>100</td>
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<td>SPAM</td>
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<tr>
<td>YO</td>
<td>Yoga Teacher Training</td>
<td>200</td>
</tr>
<tr>
<td>ZEN</td>
<td>Zen Shiatsu</td>
<td>200</td>
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</tbody>
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If Reflexology Specialty is taken as part of the MT1000 program, TE560 Reflexology – Introduction is no longer required for the MT1000 Diploma

The following classes are not eligible to be used for clinic hours in the MT-1000 hour programs:
- OS 920 Asian Therapy Clinic
- EC 785 Reiki Clinic Transformational
- EC 799 Reiki Clinic Traditional
- RF 103 Reflexology Clinic
- PC 930 Polarity - Sessions given for Associate Polarity Practitioner
- PC 931 Polarity - Sessions given for Registered Polarity Practitioner
- HY 300 Hypnotherapy III

* Required prerequisite for unclothed bodywork classes

### Master Massage Practitioner - with a Specialty in Natural Aesthetics
1000 Classroom Hours  
14 Months full-time or 29 Months part-time

#### MASSAGE CORE REQUIREMENTS

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MT 115 Anatomy *</td>
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<tr>
<td>MT 530 CPR Certification</td>
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<tr>
<td>BC 301 Ethics for Massage Therapists</td>
<td>8</td>
<td>0.50</td>
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<tr>
<td>MT 521 First Aid</td>
<td>8</td>
<td>0.25</td>
</tr>
<tr>
<td>MT 151 Kinesiology</td>
<td>36</td>
<td>2.25</td>
</tr>
<tr>
<td>MT 950 Massage Clinic - Supervised MT 1000</td>
<td>50</td>
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<td>SC 415 Pathology - BW</td>
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<td>MT 500 Physiology</td>
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<td>4.00</td>
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<tr>
<td>BC 110 SOAP Notes</td>
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<td>0.25</td>
</tr>
<tr>
<td>MT 200 Swedish Massage *</td>
<td>40</td>
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</table>

- **Fast Track option available for Professional Massage Practitioner 750 hour program**  
  See page 7 for details

### Massage Start Dates:
- **Morning**
  - 8/29/11 **
  - 10/24/11
  - 1/25/12
- **Evening**
  - 7/25/11
  - 9/21/11

**Track requirements:  
**

#### TRACK 1: DEEP THERAPY TRACK

- TE 220 Deep Tissue Sculpting | 24 | 0.75 |
| MT 400 Myotherapy - 7 Step Release | 40 | 1.25 |
| TE 560 Reflexology - Introduction | 8 | 0.25 |
| TE 690 Trigger Point | 16 | 0.50 |
| Electives | 8 | Varies |

#### TRACK 2: LIGHTER THERAPY TRACK

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<td>TE 340 Lymphatic Massage</td>
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<td>EL 112 Myofacial Energetic Massage</td>
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<td>TE 700 Swedish Sedona</td>
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#### NATURAL AESTHETICS COURSES

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<td>NA 510 Natural Aesthetics - Green Block</td>
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<td>NA 505 Natural Aesthetics - Red Block</td>
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<td>NA 932 Natural Aesthetics - Clinic I</td>
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<td>NA 152 Natural Aesthetics - Clinic II</td>
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</table>
If you are drawn to the healing arts, but feel massage therapy isn’t your calling, consider one of SWIHA’s Advanced Bodywork Practitioner specialties. **Bodywork is a hands-on healing technique performed on a client who is fully clothed.** In the state of Arizona, bodyworkers practicing clothed modalities such as Reflexology, Zen Shiatsu or Polarity do not have to be licensed as a Massage Therapists.

There are 191 required hours in the Advanced Bodywork Diploma Program that serve as the science core. In addition at least one clothed bodywork modality must be selected. The remaining hours can be filled with another specialty or a wide variety of electives.

### ADVANCED BODYWORKER CORE COURSES

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**CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES TO TOTAL 600 HOURS**

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<td>Holistic Nutrition Specialist</td>
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<td>HY</td>
<td>Hypnotherapy</td>
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<td>Yoga Teacher Training</td>
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### MASSAGE CORE COURSES

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### MASSAGE HANDS ON CORE COURSES

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<tr>
<td>PC 850</td>
<td>Cranial Unwinding I</td>
<td>20</td>
</tr>
<tr>
<td>TE 220</td>
<td>Deep Tissue Sculpting</td>
<td>24</td>
</tr>
<tr>
<td>MT 750</td>
<td>Massage Clinic – Supervised MT 750</td>
<td>75</td>
</tr>
<tr>
<td>MT 400</td>
<td>Myotherapy - 7 Step Release</td>
<td>40</td>
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<tr>
<td>TE 560</td>
<td>Reflexology - Introduction</td>
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<tr>
<td>MT 200</td>
<td>Swedish Massage *</td>
<td>40</td>
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</table>

**CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES TO TOTAL 750 HOURS**

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
<th>Hours</th>
<th>Credit</th>
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<tbody>
<tr>
<td>AR</td>
<td>Aromatherapy</td>
<td>100</td>
<td>5.50</td>
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<tr>
<td>CRA</td>
<td>Cranial Unwinding</td>
<td>200</td>
<td>8.50</td>
</tr>
<tr>
<td>HN</td>
<td>Holistic Nutrition Specialist</td>
<td>200</td>
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</tr>
<tr>
<td>HY</td>
<td>Hypnotherapy</td>
<td>100</td>
<td>4.75</td>
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<tr>
<td>MM</td>
<td>Medical Massage</td>
<td>100</td>
<td>3.75</td>
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<tr>
<td>MYO</td>
<td>Myofascial</td>
<td>100</td>
<td>3.00</td>
</tr>
<tr>
<td>TMI</td>
<td>Myotherapy</td>
<td>200</td>
<td>6.25</td>
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<tr>
<td>POL-APP</td>
<td>Polarity - Associate Polarity Practitioner</td>
<td>200</td>
<td>9.00</td>
</tr>
<tr>
<td>RF</td>
<td>Reflexology</td>
<td>200</td>
<td>7-7.25</td>
</tr>
<tr>
<td>RE</td>
<td>Reiki</td>
<td>100</td>
<td>2.75</td>
</tr>
<tr>
<td>SPAM</td>
<td>Spa Management</td>
<td>200</td>
<td>10.75</td>
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<tr>
<td>ST</td>
<td>Spa Treatments</td>
<td>200</td>
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<tr>
<td>SPT</td>
<td>Special Touch</td>
<td>100</td>
<td>3.00</td>
</tr>
<tr>
<td>TUI NA</td>
<td>Tui Na</td>
<td>200</td>
<td>10.00</td>
</tr>
<tr>
<td>YO</td>
<td>Yoga Teacher Training</td>
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<tr>
<td>ZEN</td>
<td>Zen Shiatsu</td>
<td>200</td>
<td>7.00</td>
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The following classes are not eligible to be used for clinic hours in the Professional Massage Practitioner Program:

<table>
<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>OS 920</td>
<td>Asian Therapy Clinic</td>
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<tr>
<td>EC 795</td>
<td>Reiki Clinic Transformational</td>
</tr>
<tr>
<td>EC 799</td>
<td>Reiki Clinic Traditional</td>
</tr>
<tr>
<td>RF 103</td>
<td>Reflexology Clinic</td>
</tr>
<tr>
<td>PC 930</td>
<td>Polarity - Sessions given for Associate Polarity Practitioner</td>
</tr>
<tr>
<td>PC 970</td>
<td>Polarity - Sessions given for Registered Polarity Practitioner</td>
</tr>
<tr>
<td>HY 300</td>
<td>Hypnotherapy III</td>
</tr>
</tbody>
</table>

* Required Prerequisite for unclothed bodywork classes
The Yoga Teacher Training (YTT) programs offered at SWIHA are designed to support those who wish to deepen their personal spiritual connection while mastering the principles and practice of yoga. Blending the highest intentions of Eastern & Western philosophy and practice, our life-changing and career-elevating programs guide students through a deep exploration of the roots, practice, and development of yoga as a path to self-realization.

The program is organized in three sequential modules, plus an internship. Each module offers a deeper and wider base of yogic knowledge and experience, offering one of the most comprehensive teaching programs available.

Topics covered include:
Asana (posture), dynamic alignment, pranayama (breathing exercises), meditation, Sanskrit, yogic diet and Ayurveda, history of yoga, therapeutic applications of yoga, ancient yogic texts, chanting and more.

Yoga students have full access to the Yoga Studio as a part of their educational experience while attending the Yoga Teacher Training Programs.

Visit our Yoga Studio at 1420 E. Southern Ave. Tempe AZ • 480-838-3379 or go to www.MySpiritofYoga.com

For more information about our Yoga Teacher programs call to meet with one of our Admissions Representatives 480-994-9244
Yoga Teacher Training – Transformational Yoga Psychology 600

**600 Classroom Hours - 50 weeks**

The 600-hour Yoga Teacher Training builds upon the 200-Hour Yoga Alliance Approved program. Whether you have completed the SWIHA Yoga Teacher Training (YTT) 200 Hour program, or you have completed a program somewhere else, we invite you to join us for our Advanced Yoga Teacher Training. Our 600 hour program consists of 300 hours of Advanced Yoga training, including 79 hours of electives. An additional 100 hours of training allows students the opportunity to choose area of therapeutic specialization: Yoga Nidra, Polarity, Aromatherapy, Hypnotherapy or Reiki.

Your starting points will be with Yoga Anatomy and Advanced Yoga Foundations, followed by Advanced Yoga Strategies. Upon completion for these three required courses and your chosen electives you will complete an Advanced YTT Practicum, supervised by a Master Yoga Instructor.

### YOGA CORE COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YO 101 Yoga - Module I - Foundations</td>
<td>54</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 102 Yoga - Module II - Deepening Your Practice</td>
<td>54</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 103 Yoga - Module III - The Teaching Path</td>
<td>52</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 109 Yoga - Practicum</td>
<td>20</td>
<td>0.25</td>
</tr>
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</table>

### ADVANCED YOGA CORE COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YO 201 Yoga Anatomy: Bones, Muscles &amp; Movements</td>
<td>20</td>
<td>1.00</td>
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<tr>
<td>YO 251 YOGA - ADVANCED YOGA FOUNDATIONS</td>
<td>72</td>
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<tr>
<td>PHIL</td>
<td>Applied Yoga Philosophy</td>
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<tr>
<td>PATHS OF YOGA</td>
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<td></td>
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<tr>
<td>YO 252 YOGA - ADVANCED YOGA STRATEGIES</td>
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<tr>
<td>YO 309 Yoga - YTT Advanced Practicum</td>
<td>31</td>
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### CHOOSE ONE PRIMARY SPECIALITY PLUS ELECTIVES TO TOTAL 600 HOURS

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Hours</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>AR Aromatherapy</td>
<td>100</td>
<td>5.50</td>
</tr>
<tr>
<td>LC P$ Life Coaching</td>
<td>100</td>
<td>5.00</td>
</tr>
<tr>
<td>HY Hypnotherapy</td>
<td>100</td>
<td>4.75</td>
</tr>
<tr>
<td>RF Reiki</td>
<td>100</td>
<td>2.75</td>
</tr>
<tr>
<td>YO-N P$ Yoga Nidra</td>
<td>100</td>
<td>4.50</td>
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</table>

### HIGHLY RECOMMENDED ELECTIVES

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YO 401 P$ Yoga - Yoga Nidra I</td>
<td>20</td>
<td>1.00</td>
</tr>
<tr>
<td>YO 402 P$ Yoga - Yoga Nidra II</td>
<td>20</td>
<td>1.00</td>
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<tr>
<td>YO 501 P$ Yoga - Phoenix Rising I</td>
<td>32</td>
<td>1.50</td>
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<tr>
<td>YO 502 P$ Yoga - Phoenix Rising II</td>
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<tr>
<td>SM 150 Ayurveda - Introduction</td>
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<tr>
<td>RF 150 Toe Reading - Reflexology Assessment I</td>
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<tr>
<td>OE 640 Thai Massage - Foot Massage</td>
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Yoga Teacher Training / Yoga Therapist

**760 Classroom Hours - 63 Weeks**

The 760-hour Yoga Teacher/Yoga Therapist Diploma Program builds upon the 600-hour Yoga Teacher Training, with 200 hours allocated to developing either one or two Therapeutic modalities to serve clients one-on-one. Associate Polarity Practitioner, Phoenix Rising Yoga Therapy Training or Yoga Nidra are highly recommended specializations. The 760 hour Yoga program is also designed to align with other therapeutic specializations such as: Aromatherapy, Hypnotherapy, Reiki, Life Coaching, Holistic Nutrition, Thai Massage, or Reflexology. Students in the 760 hour program will become well versed in safety and entrepreneurship through First Aid and CPR Certification and business development courses.

### YOGA CORE COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YO 101 Yoga - Module I - Foundations</td>
<td>54</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 102 Yoga - Module II - Deepening Your Practice</td>
<td>54</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 103 Yoga - Module III - The Teaching Path</td>
<td>52</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 109 Yoga - Practicum</td>
<td>20</td>
<td>0.25</td>
</tr>
</tbody>
</table>

### ADVANCED YOGA CORE COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>YO 201 Yoga - Module I - Foundations</td>
<td>54</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 251 Yoga - Module II - Deepening Your Practice</td>
<td>54</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 252 Yoga - Module III - The Teaching Path</td>
<td>52</td>
<td>2.00</td>
</tr>
<tr>
<td>YO 109 Yoga - Practicum</td>
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<td>0.25</td>
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### CHOOSE ONE PRIMARY SPECIALITY PLUS ELECTIVES TO TOTAL 760 HOURS

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Hours</th>
<th>Credit</th>
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<tr>
<td>AR Aromatherapy</td>
<td>100</td>
<td>5.00</td>
</tr>
<tr>
<td>CRA Cranial Unwinding</td>
<td>200</td>
<td>8.50</td>
</tr>
<tr>
<td>HY Holistic Nutrition Specialist</td>
<td>200</td>
<td>12.00</td>
</tr>
<tr>
<td>HY Hypnotherapy</td>
<td>100</td>
<td>4.75</td>
</tr>
<tr>
<td>LC Life Coaching</td>
<td>100</td>
<td>5.00</td>
</tr>
<tr>
<td>POL APP Polarity - Assoc. Polarity Practitioner</td>
<td>200</td>
<td>9.00</td>
</tr>
<tr>
<td>RE Reiki</td>
<td>100</td>
<td>2.75</td>
</tr>
<tr>
<td>RF Reflexology</td>
<td>200</td>
<td>7.25</td>
</tr>
<tr>
<td>TUINA Tui Na</td>
<td>200</td>
<td>10.00</td>
</tr>
<tr>
<td>YO-N Yoga Nidra</td>
<td>100</td>
<td>4.50</td>
</tr>
</tbody>
</table>

Financial aid is available to those who qualify.
The Western Herbalism diploma program offered at Southwest Institute of Healing Arts is a special 700-hour career-oriented curriculum designed to give students opportunities to experience every aspect of plant medicine, from seed to sale. This program is designed to enhance the student’s connection with the earth and plants from a spiritual and energetic point of view, as well as from the phytochemical science-focused perspective. Healing with holistic plant medicines is far from a new practice; however it is regaining popularity as more health-care practitioners are recognizing the need for natural nurturing. Both plant and human science courses solidify the foundation for the herbal studies expertise, and entrepreneurial classes will prepare the student for future successes.

**WESTERN HERBALISM CORE COURSES**

<table>
<thead>
<tr>
<th>Course:</th>
<th>Hours</th>
<th>Credits</th>
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<tbody>
<tr>
<td>SC 250 Botany</td>
<td>45</td>
<td>3.00</td>
</tr>
<tr>
<td>BC 511 Business Development &amp;</td>
<td>48</td>
<td>1.25</td>
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<tr>
<td>Entrepreneurial Support</td>
<td></td>
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<tr>
<td>SC 300 Herbal Bio - Arts</td>
<td>45</td>
<td>3.00</td>
</tr>
<tr>
<td>BC 550 PS Life Coaching - Intro</td>
<td>20</td>
<td>1.25</td>
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<tr>
<td>NC 110 Nutrition - Holistic Foundations I</td>
<td>45</td>
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<tr>
<td>SC 425 Pathology - WH</td>
<td>40</td>
<td>2.50</td>
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<tr>
<td>MT 500 Physiology</td>
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<td>4.00</td>
</tr>
<tr>
<td>BC 401 Public Speaking</td>
<td>15</td>
<td>1.00</td>
</tr>
<tr>
<td>WH 300 Western Herbalism - Externship - Flight</td>
<td>30</td>
<td>2.00</td>
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<tr>
<td>WH 100 Western Herbalism -</td>
<td></td>
<td></td>
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<tr>
<td>Foundations of American Herbal Studies</td>
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<tr>
<td>WH 275 Western Herbalism - Herbal Flowers</td>
<td>16</td>
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<td>WH 350 Western Herbalism - Master Project</td>
<td>40</td>
<td>1.00</td>
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<tr>
<td>WH 210 Western Herbalism - Sect A - Sowing</td>
<td>45</td>
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<tr>
<td>WH 220 Western Herbalism - Sect B - Germination</td>
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<td>2.50</td>
</tr>
<tr>
<td>WH 230 Western Herbalism - Sect C - Growth</td>
<td>45</td>
<td>2.50</td>
</tr>
<tr>
<td>WH 240 Western Herbalism - Sect D - Harvest</td>
<td>45</td>
<td>2.50</td>
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<tr>
<td>BC 410 Writing for Publication</td>
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**HERBAL ELECTIVES CHOOSE 41 HOURS**

<table>
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<tbody>
<tr>
<td>AR 100 Aromatherapy - Introduction</td>
<td>20</td>
<td>1.25</td>
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<tr>
<td>SC 210 Homeopathic Remedies - Introduction</td>
<td>24</td>
<td>1.25</td>
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<tr>
<td>WH 376 Western Herbalism - Formulary Practicum</td>
<td>15</td>
<td>0.75</td>
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<tr>
<td>WH 250 Western Herbalism - Herbal Specialties Babies &amp; Children</td>
<td>8</td>
<td>0.50</td>
</tr>
<tr>
<td>WH 150 Western Herbalism - Herbal Specialties in Clinical Herbalism</td>
<td>10</td>
<td>0.50</td>
</tr>
<tr>
<td>WH 365 Western Herbalism - Manufacturing &amp; Remedy Production</td>
<td>14</td>
<td>0.50</td>
</tr>
<tr>
<td>WH 256 Western Herbalism - The Green Man</td>
<td>12</td>
<td>0.75</td>
</tr>
<tr>
<td>WH 265 Western Herbalism - The Herbal Goddess</td>
<td>18</td>
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</tbody>
</table>

**JoAnn Sanchez** is a community herbalist with more than 25 years of experience. She holds a Bachelor of Science degree in plant studies and also has graduate training in botany. She is the author, director, and primary instructor for the Herbalism program, as well as owner of Botanica, where she does custom compounding and serves as a mentor for new practitioners. Since 1998, JoAnn has been a faculty member at the Southwest College of Naturopathic Medicine in the Department of Botanical Medicine, teaching courses and supervising cultivation projects. JoAnn is recognized as a professional member of the American Herbalist Guild.

This program was created and is taught by JoAnn Sanchez, whom received the highest honor from the Arizona Private School Association:

**2009 - 2010 Teacher of the Year!**

JoAnn has created one of the top Herbalism programs in the country. We are so blessed to be able to offer such a high-caliber education to you.
MBWP 600 Diploma Program

600 Classroom Hours – 12 months full-time or 18 months part-time

The Mind-Body Wellness Practitioner uses an integrated approach to assist in the peace and healing of others using proven holistic methods, professional coaching practices and clarity of intention.

This 600-hour program is licensed by the Arizona State Board of Private Post-Secondary Education as a vocational program and is recognized by our national accrediting agency and the US Department of Education. It is an eligible program for Financial Aid funds for those who qualify.

The core of the program is solid Entrepreneurial Training, including classes on Public Speaking and Writing for Publication. If you would like more intensive degree program see our Associates of Occupational Studies Degree with a Concentration in Mind Body Wellness Psychology on pages 2 or 11.

### MIND BODY WELLNESS & ENTREPRENEURIAL CORE COURSES

<table>
<thead>
<tr>
<th>Core:</th>
<th>Hours:</th>
<th>Credits:</th>
</tr>
</thead>
<tbody>
<tr>
<td>HY 100 Hypnotherapy - Level I</td>
<td>20</td>
<td>1.25</td>
</tr>
<tr>
<td>BC 550 PS Life Coaching - An Introduction</td>
<td>20</td>
<td>1.25</td>
</tr>
<tr>
<td>NC 110 Nutrition - Holistic Foundations I</td>
<td>45</td>
<td>3.00</td>
</tr>
<tr>
<td>BC 401 Public Speaking</td>
<td>15</td>
<td>1.00</td>
</tr>
<tr>
<td>BC 410 Writing for Publication</td>
<td>15</td>
<td>1.00</td>
</tr>
<tr>
<td>BC 511 Business Development &amp;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entrepreneurial Support</td>
<td>48</td>
<td>1.25</td>
</tr>
</tbody>
</table>

**CHOOSE ONE OPTION FROM THE FOLLOWING FOUR CHOICES:**

**OPTION #1: HOLISTIC NUTRITION, LIFE COACHING, HYPNOTHERAPY**

| HN Holistic Nutrition Specialist          | 155    | 9.00     |
| LC Life Coaching                          | 80     | 3.75     |
| HY Hypnotherapy                           | 80     | 3.50     |

**CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 100 HOURS**

| AR Aromatherapy ****OR****                | 100    | 5.50     |
| RE Reiki                                 | 100    | 2.75     |
| Electives                                | 22     | VARIES   |

**OPTION #2: SPIRITUAL STUDIES**

| SP Spiritual Studies                     | 300    | 20.00    |

**CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 80 or 100 HOURS**

| AR Aromatherapy                          | 100    | 5.50     |
| LC Life Coaching                         | 80     | 3.75     |
| HY Hypnotherapy                          | 100    | 4.75     |
| RE Reiki                                 | 100    | 2.75     |
| Electives                                | 37-57  | VARIES   |

**OPTION #3: YOGA TEACHER TRAINING**

| YO Yoga Teacher Training                 | 200    | 6.75     |

**CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 200 HOURS**

| AR Aromatherapy                          | 100    | 5.50     |
| CRA Cranial Unwinding                    | 200    | 8.50     |
| HN Holistic Nutrition Specialist         | 155    | 9.00     |
| HY Hypnotherapy                          | 80     | 3.50     |
| LC Life Coaching                         | 80     | 3.75     |
| POL-APP Polarity - Associate Polarity Practitioner | 200 | 9.00 |
| RF Reflexology                           | 200    | 7–7.25   |
| RE Reiki                                 | 100    | 2.75     |
| TUINA Tui Na                             | 200    | 10.75    |
| Electives                                | 137    | VARIES   |

**OPTION#4: POLARITY**

| POL-APP Polarity - Associate Polarity Practitioner | 200 | 9.00 |

**CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY TO EQUAL 200 HOURS**

| AR Aromatherapy                          | 100    | 5.50     |
| CRA Cranial Unwinding                    | 200    | 8.50     |
| HN Holistic Nutrition Specialist         | 155    | 9.00     |
| HY Hypnotherapy                          | 80     | 3.50     |
| LC Life Coaching                         | 80     | 3.75     |
| RF Reflexology                           | 200    | 7–7.25   |
| RE Reiki                                 | 100    | 2.75     |
| TUINA Tui Na                             | 200    | 10.75    |
| Electives                                | 37     | VARIES   |

*Financial aid is available to those who qualify.*
Life Coaching is an exciting profession that can provide many opportunities to help people discover and achieve their dreams. Life Coaches support and encourage, without passing judgment or holding anything back. You will coach the public and have the opportunity, while in training, to begin building your own coaching business.

**CLASSES ON CAMPUS**

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BC 550 P$ Life Coaching - Foundation</td>
<td>20</td>
<td>1.25</td>
</tr>
<tr>
<td>9/9/11 - 9/11/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm</td>
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<td></td>
</tr>
<tr>
<td>1/13/12 - 1/15/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm</td>
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</tr>
<tr>
<td>3/16/12 - 3/18/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm</td>
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**Life Coaching Elective:**

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**TOTAL:** 100 5.0

**CLASSES ONLINE**

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**Life Coaching - Foundation**

**September 9, 2011 or January 13, 2012**

Call today to register for the next introductory weekend 480-994-9244

Are you committed to serving?

www.BeALifeCoach.com
Hypnotherapy
100 Classroom Hours Certificate
You can begin a private practice after completing the 100-Hour Hypnotherapy Certificate Program.

Imagine the opportunity to have a new career positively impacting people’s lives – in just a few short months.

We teach Transpersonal Hypnotherapy, which is the bridge between the mind, body and spirit. Our program embraces the clinical aspects of hypnosis, with many therapeutic interventions, that fully embrace the spiritual and metaphysical side of hypnosis.

Hypnotherapy 100 Classroom Hours Certificate
You can begin a private practice after completing the 100-Hour Hypnotherapy Certificate Program.

Clinical Hypnotherapy
300 Classroom Hours
External Certification

Many students choose to take the extra steps for becoming a Certified Clinical Hypnotherapist by completing the requirements of The American Council of Hypnotist Examiners, the largest, oldest and most respected hypnotherapy certification organization in the United States. It is still the only major hypnotherapist certifying organization in the United States that requires its approved schools to be state-licensed, which of course, SWIHA is. This is an external certification.

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HY 200 Hypnotherapy - Foundations Level II

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TOTAL: 100 4.75

Choose 42 hours of electives:
The following are highly suggested courses

EL 725 Neuro Linguistic Programming (NLP) 20 0.5
HY 450 Spirit Releasement 12 0.75
HY 580 Hypnotherapy - Medical Imagery 15 0.75
SP 440 Spiritual Coaching 30 2
NC 120 Stress Management 15 1
HY 340 EFT 8 0.50

TOTAL: 300

Call today to register for the next introductory course

September 23 or November 8, 2011

See Pages 38-39

www.BeAHypnotherapist.com

See Pages 38-39
### Aromatherapy

**100 Classroom Hours – 5.50 Credits**

Learn the actions and appropriate applications of essential oils, fragrances and scents. Learn the various methods of extraction, the differences between true and synthetic substances and how to blend and determine correct selections for desired outcomes.

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**TOTAL:** 100 5.5

### Cranial Unwinding

**200 Classroom Hours - 8.50 Credits**

Cranial Unwinding teaches the practitioner how to use subtle palpatory skills to read the story of the body, identify places where issues are held and then follow the natural priorities for healing as directed by the patient’s own physiology.

Learn to maintain healthy boundaries, honor the client’s innate healing process, and create a relationship that is non-invasive and client-centered. Upon completion, you will receive a certificate acknowledging you have met a basic competency in classical, contemporary and esoteric craniosacral techniques.

Students are required to receive Cranial sessions outside of their curriculum, which can incur an extra cost.

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**TOTAL:** 200 8.5
The Holistic Nutrition Specialist program covers the basics of human nutrition, dietary therapies, obesity and eating disorders, and a survey of contemporary dietary practices including alternative theories for body detoxification. This certificate prepares you to assist individuals with healthy eating practices, including recommendations for weight management and preventive health.

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<td>2/8/12 - 3/7/12 W 6:00 pm - 9:00 pm</td>
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<td>5/12/12 - 6/16/12 Sa 6:00 pm - 9:00 pm</td>
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<td>7/11/12 - 8/8/12 W 6:00 pm - 9:00 pm</td>
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<td>10/2/12 - 10/30/12 T 6:00 pm - 9:00 pm</td>
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</tbody>
</table>

**TOTAL:** 200 12

**Classes See Pages 42-43**

**Whole Food Cuisine (WFC) and Elective Class Requirements:**

1. You must wear closed toed shoes! No exceptions. Do not wear high heels! Students who are barefoot or wearing flip flops will be turned away.
2. Pull your hair back in clips, a rubber band, or hair ties if it is longer than ear or mid neck length
3. Bring 3 clean dish towels + 1 wash cloth size towel
4. Bring an apron to every class
5. Bring 1 chef knife or Japanese vegetable knife and 1 paring knife; it is recommend that you buy a knife guard for each knife to travel safely with it.
6. Consider having your name engraved on the knife blades or handles.
7. Bring a copy of The Garden of Eating for WFCI; bring a copy of The Garden of Eating and The Ice Dream Cookbook for WFCII; also bring pencil or pen and paper. Books are available in SWIHA's bookstore and at Changing Hands Books in Tempe.

**Note:** You will be responsible for laundering your own apron and towels each week and keeping track of your knife. Consider buying a tote. Please plan to arrive 10 minutes early to take your stations so class can start promptly.
Today massage therapy is being used as a means of treating painful ailments, decompressing tired and overworked muscles, reducing stress, rehabilitating sports injuries and promoting general health. This is done by manipulating the soft tissue of the body including fascia and skin, muscles, and lymphatic system of the body in order to improve circulation and remove waste products from the muscles and their supporting systems.

Massage therapy may help cancer patients cope with the stress, anxiety, fatigue, pain, and sleeping difficulties associated with a cancer diagnosis. The medical community widely embraces this alternative form of cancer therapy for its mind-body healing benefits. Unlike conventional medicine, massage therapy addresses the psychological self, not just the body.

Medical Massage is “result-oriented, and the treatment is specifically directed to resolve conditions that have been diagnosed and prescribed by a physician. The therapist may use a variety of modalities or procedures during the treatment, but will focus that treatment only on the areas of the body related to the diagnosis and prescription." The MMPA further believes that “all forms of massage therapy can be therapeutic when applied by a skillful and knowledgeable therapist; therefore, medical massage is not limited to any particular specific technique.”

Course: Hours: Credits:
TE 140 Breast Health 8 0.25
8/6/11 - 8/8/11 Sa 9:00 am - 6:00 pm
11/20/11 - 11/20/11 Su 9:00 am - 6:00 pm
TE 302 Elder Touch (Expanded) 16 0.5
11/5/11 – 11/6/11 Sa Su 9:00 am - 6:00 pm
TE 260 Fibromyalgia Therapy 16 0.5
7/23/11 - 7/24/11 Sa Su 9:00 am - 6:00 pm
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm
TE 340 Lymphatic Massage 16 0.5
7/12/11 - 8/2/11 T 6:00 pm - 10:00 pm
11/16/11 - 12/14/11 W 6:00 pm - 10:00 pm
2/17/12 - 3/9/12 F 8:30 am - 12:30 pm
TE 402 Medical Massage for Cancer Survivors 16 0.75
7/16/11 - 7/17/11 Sa Su 9:00 am - 6:00 pm
12/3/11 - 12/4/11 Sa Su 9:00 am - 6:00 pm
EL 126 Myofascial Energetic Massage: Tissue 12 0.25
Talk - Master Touch Skills
8/27/11 - 8/28/11 Sa Su 9:00 am - 4:00 pm
12/10/11 - 12/11/11 Sa Su 9:00 am - 4:00 pm
5/19/12 - 5/20/12 Sa Su 9:00 am - 4:00 pm
OE 320 Hand & Wrist Health Maintenance 4 0.25
7/10/11 - 7/10/11 Sa Su 9:00 am - 1:00 pm
9/30/11 - 9/30/11 F 6:00 pm - 10:00 pm
3/3/12 - 3/3/12 Sa 9:00 am - 1:00 pm
TE 700 Swedish Sedona 40 1.25
7/29/11 - 8/7/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
12/1/11 - 2/16/12 Sa Su 9:00 am - 6:00 pm
2/10/12 - 2/19/12 Sa Su 9:00 am - 6:00 pm
4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm
5/14/12 - 7/23/12 M 6:30 am - 12:30 pm

Myofascial Energetic Massage
Course: Hours: Credits:
EL 112 Myofascial Energetic Massage - Head & Neck 8 0.25
7/10/11 - 7/11/11 Sa Su 9:00 am - 6:00 pm
2/11/12 - 2/12/12 Sa Su 9:00 am - 6:00 pm
6/9/12 - 6/9/12 Sa Su 9:00 am - 6:00 pm
10/13/12 - 10/13/12 Sa Su 9:00 am - 6:00 pm
EL 120 Myofascial Energetic Massage - Shoulders, Thoracic Cage, Arm & - Lower Spine, Pelvis & Legs 8 0.25
7/19/11 - 7/20/11 Sa Su 9:00 am - 6:00 pm
10/22/11 - 10/22/11 Sa Su 9:00 am - 6:00 pm
3/10/12 - 3/10/12 Sa Su 9:00 am - 6:00 pm
7/14/12 - 7/14/12 Sa Su 9:00 am - 6:00 pm
EL 126 Myofascial Energetic Massage: Tissue 12 0.25
Talk - Master Touch Skills
8/27/11 - 8/28/11 Sa Su 9:00 am - 4:00 pm
12/10/11 - 12/11/11 Sa Su 9:00 am - 4:00 pm
5/19/12 - 5/20/12 Sa Su 9:00 am - 4:00 pm

Choose one of the following:
TE 420 Medical Conditions - Deep Approach 16 1
9/21/11 - 10/12/11 W 6:00 pm - 10:00 pm
1/8/12 - 1/12/12 F 8:30 am - 12:30 pm
2/28/12 - 3/2/12 T 6:00 pm - 10:00 pm
*OR*
TE 421 Medical Conditions - Fragile Tissue 16 1
1/4/12 - 1/12/12 W 6:00 pm - 10:00 pm
3/16/12 - 4/13/12 F 8:30 am - 12:30 pm
5/8/12 - 5/29/12 T 6:00 pm - 10:00 pm

Total: 100 3.75
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<td>TE 121 Myotherapy - Mastery</td>
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<td>11/21/11 - 12/7/11 M 1:00 pm - 5:00 pm</td>
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<tr>
<td>TE 160 Carpal Tunnel/Thoracic Outlet Release</td>
<td>8</td>
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<td>5/4/12 - 5/11/12 F 8:30 am - 12:30 pm</td>
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<tr>
<td>TE 320 Lower Back Pain Release</td>
<td>8</td>
<td>0.25</td>
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<td>TE 380 Neck Release I</td>
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<td>TE 590 Removing the Armor</td>
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<td>TE 225 Rotator Cuff/Shoulder Joint</td>
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<td>8/3/12 - 8/10/12 F 8:30 am - 12:30 pm</td>
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<td>TE 600 Rock &amp; Unlock</td>
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<td>TE 650 Sports Massage - Intro</td>
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<td>EL 720 Thumbless Therapy “SM”</td>
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<td>TE 690 Trigger Point I - Intro</td>
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<td>TE 340 Lymphatic Massage</td>
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<td>TE 662 Injury Management / Hydrotherapy</td>
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<td>Choose one of the following courses:</td>
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<td>TE 700 Swedish Sedona</td>
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<td>8/23/12 - 10/25/12 Th 6:00 pm - 10:00 pm</td>
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Total: 200 6.25

This program is one of the original programs offered by SWIHA and has been time-tested for its depth of content. It is designed for those practitioners that are drawn to a deeply therapeutic and rehabilitative approach to massage. This is our most traditional therapeutic program. This program is designed for those therapists that seek employment with chiropractors and physicians or want their private practice to be focused on therapeutic massage.

The healing power of touch

**Myotherapy**

May be used as a Certificate of Excellence or within a Diploma or Degree Program

200 Classroom Hours – 6.00 Credits

This program is one of the original programs offered by SWIHA and has been time-tested for its depth of content. It is designed for those practitioners that are drawn to a deeply therapeutic and rehabilitative approach to massage. This is our most traditional therapeutic program. This program is designed for those therapists that seek employment with chiropractors and physicians or want their private practice to be focused on therapeutic massage.

Choose one of the following courses:

- **TE 700 Swedish Sedona**
  - 7/29/11 - 8/7/11 F 6:00 pm - 10:00 pm
  - 12/1/11 - 2/16/12 T Th 6:00 pm - 10:00 pm
  - 1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm
  - 2/10/12 - 2/19/12 F 6:00 pm - 10:00 pm
  - 4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm
  - 5/14/12 - 7/23/12 M 8:30 am - 12:30 pm
  - 8/23/12 - 10/25/12 Th 6:00 pm - 10:00 pm

Total: 200 6.25

The healing power of touch
### Associate Polarity Practitioner

200 Classroom Hours – 9.00 Credits

The Associate Polarity Practitioner (APP) specialty fulfills the eligibility requirements for certification status of Associate Polarity Practitioner by the American Polarity Therapy Association. This program is designed for students who want to integrate effective hands-on techniques with counseling skills, nutritional guidance and a series of self-help tools resulting in high level wellness of both practitioner and client. After completion of this program, application may be made to APTA for national certification.

To meet American Polarity Therapy Association requirements, the student must receive 5 Polarity sessions from a Polarity RPP.

<table>
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<tr>
<th>Course:</th>
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<tr>
<td>PC 850 Cranial Unwinding I</td>
<td>20</td>
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<tr>
<td>PC 150 Polarity - Basic II</td>
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<td>PC 400 Polarity - Communications, Resonance &amp; Relations I</td>
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<tr>
<td>PC 700 Polarity - Reflexology</td>
<td>20</td>
<td>1</td>
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<tr>
<td>PC 200 Polarity APP/Cranial - Practicum</td>
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<tr>
<td>PC 900 Polarity – Sessions Given</td>
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**TOTAL:** 200 9

### Registered Polarity Practitioner

700 Classroom Hours – 31.25 Credits

The Registered Polarity Practitioner (RPP) specialty fulfills the eligibility requirements for certification status of RPP by the American Polarity Therapy Association. This program is for students who wish to take the next step in their professional development. The program is designed to deepen the students understanding and awareness of the relationship of energy to the body, mind, emotions, and spirit. Upon completion of this program, application may be made to APTA for national certification.

To meet American Polarity Therapy Association requirements, the student must receive 10 Polarity sessions from a Polarity RPP outside of classroom time.

<table>
<thead>
<tr>
<th>Course:</th>
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<td>Polarity APP Certificate</td>
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<tr>
<td>MT 115 Anatomy</td>
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<td>SC 415 Pathology - BW</td>
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<td>PC 860 Cranial Unwinding II</td>
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<tr>
<td>PC 870 Cranial Unwinding III</td>
<td>24</td>
<td>1</td>
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<tr>
<td>PC 999 Polarity - Autonomic Nervous System</td>
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<td>PC 800 Polarity - Business and Ethics</td>
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<td>PC 993 Polarity - Communications, Resonance &amp; Relations II</td>
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<td>PC 997 Polarity - Energetic Nutrition</td>
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<td>PC 986 Polarity - Five &amp; Six Point Star</td>
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<td>PC 998 Polarity - Practicum</td>
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<td>PC 999 Polarity – Advanced Supervision &amp; Clinical Development</td>
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<td>PC 970 Polarity – RPP Sessions Given</td>
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**TOTAL:** 700 31.25

**Polarity Elective:**

- PC 955 Polarity – Mystic Bible & Polar Exercises | 12 | 1 |

**TOTAL:** 700 31.25

Registered Polarity Practitioner (RPP)

To meet American Polarity Therapy Association requirements, the student must receive 10 Polarity sessions from a Polarity RPP. The financial commitment of these five sessions can be as much as $1000.

### Notes

- May be used as a Certificate of Excellence or within a Diploma or Degree Program
- The Associate Polarity Practitioner (APP) specialty fulfills the eligibility requirements for certification status of Associate Polarity Practitioner by the American Polarity Therapy Association. This program is designed for students who want to integrate effective hands-on techniques with counseling skills, nutritional guidance and a series of self-help tools resulting in high level wellness of both practitioner and client. After completion of this program, application may be made to APTA for national certification.
- To meet American Polarity Therapy Association requirements, the student must receive 5 Polarity sessions from a Polarity RPP. The financial commitment of these five sessions can be as much as $500.
SWIHA’s comprehensive 200-hour Reflexology program is one of the most thorough and eclectic in the country; it prepares students to sit for the ARCB certification. Classes address the physical and clinical application of reflexology, as well as the emotional and medical intuitive realms. The program is often referred to as Transformational Reflexology. This program is designed for the practitioner who wants to own his or her own business, as well as the therapist who wants a specialization for use in a physician’s office or wellness center. Reflexology is the third most requested massage modality, next to Swedish and Deep Tissue.

May be used as a Certificate of Excellence or within a Diploma or Degree Program

### Course: Reflexology - A Western Approach
- **RF 100**
  - Hours: 28
  - Credits: 1
  - Dates: 9/21/11 - 11/2/11
    - W 6:00 pm - 10:00 pm
  - Dates: 10/12/11 - 1/14/12
    - M W 1:00 pm - 5:00 pm
  - Dates: 1/8/12 - 2/17/12
    - F 9:00 am - 1:00 pm
  - Dates: 4/11/12 - 5/23/12
    - W 6:00 pm - 10:00 pm

### Course: Reflexology - Pathology & Assessment
- **RF 101**
  - Hours: 24
  - Credits: 1
  - Dates: 8/26/11 - 10/7/11
    - F 9:00 am - 1:00 pm
  - Dates: 11/9/11 - 12/7/11
    - M W 1:00 pm - 5:00 pm
  - Dates: 2/24/12 - 3/30/12
    - F 9:00 am - 1:00 pm
  - Dates: 5/30/12 - 7/11/12
    - F 6:00 pm - 10:00 pm

### Course: Reflexology - Balance & Being
- **RF 102**
  - Hours: 20
  - Credits: 0.75
  - Dates: 7/13/11 - 8/10/11
    - W 6:00 pm - 10:00 pm
  - Dates: 10/14/11 - 11/11/11
    - F 9:00 am - 1:00 pm
  - Dates: 1/6/12 - 2/17/12
    - M W 1:00 pm - 5:00 pm
  - Dates: 4/13/12 - 5/11/12
    - F 9:00 am - 1:00 pm

### Course: Reflexology - Clinic
- **RF 103**
  - Hours: 16
  - Credits: 0.25
  - Dates: 8/17/11 - 9/7/11
    - W 6:00 pm - 10:00 pm
  - Dates: 11/9/11 - 12/16/11
    - F 9:00 am - 1:00 pm
  - Dates: 1/2/12 - 1/18/12
    - M W 1:00 pm - 5:00 pm
  - Dates: 4/13/12 - 5/11/12
    - F 9:00 am - 1:00 pm

### Course: Reflexology - Emotional
- **RF 105**
  - Hours: 16
  - Credits: 0.5
  - Dates: 8/27/11 - 8/28/11
    - Sa Su 9:00 am - 6:00 pm
  - Dates: 2/18/12 - 2/19/12
    - Sa Su 9:00 am - 6:00 pm
  - Dates: 4/20/12 - 4/22/12
    - Sa Su 9:00 am - 6:00 pm

### Course: Reflexology - Hand
- **RF 575**
  - Hours: 4
  - Credits: 0.25
  - Dates: 9/11/11 - 9/11/11
    - Sa 9:00 am - 1:00 pm
  - Dates: 11/29/11 - 11/29/11
    - T 1:00 pm - 5:00 pm
  - Dates: 5/12/12 - 5/12/12
    - Sa 9:00 am - 1:00 pm

### Course: Reflexology - Face
- **RF 120**
  - Hours: 4
  - Credits: 0.25
  - Dates: 9/11/11 - 9/11/11
    - Su 2:00 pm - 6:00 pm
  - Dates: 2/11/12 - 2/12/12
    - Sa Su 9:00 am - 6:00 pm

Choose 20 hours from the following:

### Course: Thai Massage - Foot Massage
- **OE 640**
  - Hours: 20
  - Credits: 0.5
  - Dates: 8/19/11 - 8/21/11
    - F 6:00 pm - 10:00 pm
  - Dates: 12/9/11 - 12/11/11
    - F 6:00 pm - 10:00 pm
  - Dates: 3/13/12 - 3/27/12
    - T Th 8:30 am - 12:30 pm

### Course: Aromatherapy - Foot Chakra Reflexology
- **AR 115**
  - Hours: 8
  - Credits: 0.25
  - Dates: 9/10/11 - 9/10/11
    - Sa 9:00 am - 6:00 pm
  - Dates: 3/3/12 - 3/3/12
    - Sa 9:00 am - 6:00 pm
  - Dates: 3/7/12 - 3/14/12
    - W 1:00 pm - 5:00 pm

### Course: Aromatherapy - Color
- **AR 104**
  - Hours: 8
  - Credits: 0.25
  - Dates: 10/29/11 - 10/29/11
    - Sa Su 9:00 am - 6:00 pm
  - Dates: 2/22/12 - 2/22/12
    - W 1:00 pm - 5:00 pm

### Course: Reflexology - Sole Points
- **RF 145**
  - Hours: 16
  - Credits: 0.5
  - Dates: 8/13/11 - 8/14/11
    - Sa Su 9:00 am - 6:00 pm
  - Dates: 11/12/11 - 11/13/11
    - Sa Su 9:00 am - 6:00 pm
  - Dates: 1/17/12 - 1/26/12
    - T Th 1:00 pm - 5:00 pm

Southwest Institute of Healing Arts (P00141) is approved as a provider of continuing education by the American Reflexology Certification Board.
Reiki, pronounced (ray-key), is one of the more widely known forms of energy healing and is considered a complete system of holistic healing and personal development. It is an ancient Japanese practice using ‘Universal Life Energy’ or ‘God-directed Energy’ for self-healing, healing or relaxing others, developing higher consciousness and fulfilling a spiritual purpose. Traditional Reiki is taught based on the traditions handed down for generations.

### Traditional

**100 Classroom Hours – 2.75 Credits**

As the consciousness of the planet has evolved, so has the way Reiki can be taught, bringing elements from Native American and World Ceremonies into the student’s awareness from the beginning of their training. Transformational Reiki includes sounding, chanting and accelerated revelation of the sacred symbols.

<table>
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<td>EC 700</td>
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<td>EC 710</td>
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<tr>
<td>EC 720</td>
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<td>EC 730</td>
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<td>EC 765</td>
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</table>

TOTAL: 100 2.75

May be used as a Certificate of Excellence or within a Diploma or Degree Program

### Transformational

**100 Classroom Hours – 2.75 Credits**

As the consciousness of the planet has evolved, so has the way Reiki can be taught, bringing elements from Native American and World Ceremonies into the student’s awareness from the beginning of their training. Transformational Reiki includes sounding, chanting and accelerated revelation of the sacred symbols.

<table>
<thead>
<tr>
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<td>EC 733</td>
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<td>EC 745</td>
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<tr>
<td>EC 795</td>
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TOTAL: 100 2.75
The International Spa Association’s 2010 study reported in 2009 there was over 143 million visits to spas in the United States alone. “Spa Treatments” refer to a variety of modalities that promote relaxation, pampering, wellness and detoxification.

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credits</th>
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<tbody>
<tr>
<td>AR 100 Aromatherapy - Intro</td>
<td>20</td>
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<tr>
<td>AR 300 Aromatherapy - Toning &amp; DeTox</td>
<td>4</td>
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<tr>
<td>RF 215 East Indian Head Massage - Basic</td>
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<td>ST 400 P$ LaStone Therapy</td>
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<td>TE 340 Lymphatic Massage</td>
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<td>ST 700 Swedish Sedona</td>
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<td>ST 200 Spa Technologies</td>
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<td>ST 355 Sugar Polish &amp; Salt Glow Massage</td>
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<td>CB 400 Mother Touch</td>
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<td>CB 401 Mother Touch - Advanced</td>
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<tr>
<td>EC 700 Reiki I - Traditional</td>
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SUBTOTAL: 100 Classroom Hours – 3.0 Credits

SWIHA students are offered the unique opportunity to specialize in the techniques of massage with a ‘special touch’ to those populations of massage clients whom require light massage touch techniques. Emphasis is placed on the therapeutic and relaxation values as well as the necessary specialization of the medical needs of these clients. This massage specialization is designed to combine the physical, emotional and spiritual healing of clients such as those with fibromyalgia, arthritis, nerve and muscle damage or may be pregnant or elderly. Students who complete this program receive a Certificate of Excellence.

Primary Specialty in Special Touch was designed to be a part of the massage therapy diploma programs or as a part of the Associates of Occupational Studies in Holistic Healthcare. Emphasis is placed on the therapeutic and relaxation values of the protocol, as well as the medical ramification of working on special population clients.
Our Spiritual Studies program is designed for those individuals who are being ‘called’ to a place of spiritual leadership, whether that is as an ordained minister or spiritual healer. Our non-denominational, non-rhetoric based path of study emphasizes discovering your heart-felt path, as well as developing your spirit-given gifts. The question our students are encouraged to continually ask is...

Course:        Hours:        Credits:  
**SP 400 Sacred Agreements - Setting Your Spiritual Intention**  
7/23/11 - 7/24/11  Sa Su 9:00 am - 5:30 pm  15 1  
2/18/12 - 2/19/12  Sa Su 9:00 am - 5:30 pm  
5/19/12 - 5/20/12  Sa Su 9:00 am - 5:30 pm  
**SP 150 Comparative Religion / Unity & Tolerances**  
1/19/12 - 3/8/12  Th 6:00 pm - 9:45 pm  30 2  
6/5/12 - 7/24/12  T 6:00 pm - 9:45 pm  
**SP 420 Ministerial Duties**  
9/8/11 - 10/27/11  Th 6:00 pm - 9:45 pm  30 2  
3/13/12 - 5/1/12  T 6:00 pm - 9:45 pm  
**SP 275 Prayer Therapy**  
12/8/11 - 1/12/12  Th 6:00 pm - 9:45 pm  15 1  
5/8/12 - 5/29/12  T 6:00 pm - 9:45 pm  
**SP 430 Death, Dying & Hospice**  
8/16/11 - 9/6/11  T 6:00 pm - 9:45 pm  15 1  
6/7/12 - 6/28/12  Th 6:00 pm - 9:45 pm  
**SP 425 Speaking Truth - Homiletics**  
9/13/11 - 10/4/11  T 6:00 pm - 9:45 pm  15 1  
7/5/12 - 7/26/12  Th 6:00 pm - 9:45 pm  
**SP 410 Ceremonies & Sacred Space**  
7/19/11 - 8/9/11  T 6:00 pm - 9:45 pm  15 1  
9/25/12 - 10/16/12  Th 6:00 pm - 9:45 pm  
**SP 435 Developing Your Spiritual Gifts**  
10/1/11 - 10/2/11  Sa Su 9:00 am - 5:30 pm  15 1  
3/15/12 - 4/5/12  Th 6:00 pm - 9:45 pm  
7/31/12 - 8/21/12  T 6:00 pm - 9:45 pm  
**SP 440 Spiritual Coaching**  
7/14/11 - 9/11/11  Th 6:00 pm - 9:45 pm  30 2  
1/17/12 - 3/6/12  T 6:00 pm - 9:45 pm  
6/16/12 - 6/24/12  Sa Su 9:00 am - 5:30 pm  
**SP 450 Meditation & Mindfulness**  
10/1/11 - 10/2/11  Th 6:00 pm - 9:00 pm  15 1  
8/6/12 - 8/30/12  T 6:00 pm - 9:00 pm  
**SP 160 Mysticism**  
4/12/12 - 5/3/12  Th 6:00 pm - 9:45 pm  15 1  
8/28/12 - 9/18/12  T 6:00 pm - 9:45 pm  
**SP 455 Mindfulness as a Living Practice**  
10/8/11 - 10/9/11  Sa Su 9:00 am - 5:30 pm  15 1  
1/7/12 - 1/8/12  Sa Su 9:00 am - 5:30 pm  
**SP 460 Celebrate Your Light - Completion Project**  
10/30/11 - 10/31/11  Su 9:00 am - 1:00 pm  15 1  
3/10/12 - 3/10/12  Sa 9:00 am - 1:00 pm  
10/27/12 - 10/27/12  Sa 9:00 am - 1:00 pm  
Choose one of the following:  
**SP 445 Universal Law - Practical Applications**  
11/15/11 - 1/10/12  T 6:00 pm - 9:00 pm  21 1  
9/6/12 - 10/18/12  Th 6:00 pm - 9:00 pm  
*OR*  
**SP 409 Introduction to Embodied Kabbalah**  
11/15/11 - 12/13/11  T 6:00 pm - 10:00 pm  21 1  
9/6/12 - 10/4/12  Th 6:00 pm - 10:00 pm  
**Spiritual Studies Electives – choose 54 hours:**  
**BC 550 PS Life Coaching - Foundation**  
20 1.25  
**RF 150 Toe Reading – Reflexology Assessment I - Elemental**  
16 0.5  
**AR 120 Aromatherapy - Therapeutic Touch**  
8 0.25  
**HY 351 Hypnotherapy - Past Life Introduction**  
4 0.25  
**HY 450 Spirit Releasement**  
12 0.5  
**EC 700 Reiki I - Traditional**  
16 0.5  
**EC 715 Reiki I & II - Transformational**  
24 0.75  
**SP 310 Ceremonies (Native American) Medicine Wheel**  
15 1  
**PC 955 Polarity - Mystic Bible & Polar Energetic Exercises**  
12 1  
TOTAL:  300 20

“O Great Spirit, how may I be of service?”
### Tui Na

May be used as a Certificate of Excellence or within a Diploma or Degree Program

**200 Classroom Hours – 10.50 Credits**

Tui Na seeks to establish a more harmonious flow of Qi through the system of channels and collaterals allowing the body to naturally heal itself. Utilizing the traditional Chinese medical theory of Qi and its flow through the meridians.

Tui Na is designed to prevent problems, not just correct them. By keeping the body’s energy in balance, physical, mental and emotional well-being is maintained.

One of Tui Na’s advantages over simple massage is its ability to focus on specific problems, especially chronic pain associated with the muscles, joints, and skeletal system. Tui Na does not simply work with the physical aspects of the body, it works with the energy of the body at a deeper level.

#### Course: Hours: Credits:

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<thead>
<tr>
<th>Course</th>
<th>Hours</th>
<th>Credits</th>
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<tbody>
<tr>
<td>OS 200 Asian Theory I</td>
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<td>OS 210 Asian Theory II</td>
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<td>OS 252 Tui Na - Point Location</td>
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<td>OS 240 Tui Na - Technique &amp; Bodywork</td>
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<td>5/3/12 - 6/5/12</td>
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<td>OS 260 Tui Na - Clinic</td>
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<td>7/15/11 - 7/24/11</td>
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<td><strong>TOTAL:</strong></td>
<td><strong>200</strong></td>
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### Zen Shiatsu

**200 Classroom Hours - 7.00 Credits**

Zen Shiatsu massage uses firm yet sensitive finger stimulation of pressure points and gentle stretches applied through clothing with no oil. A healing system that balances the flow of life force or chi in the meridian channels and internal organs to promote physical, structural, mental, emotional, and spiritual health.

#### Course: Hours: Credits:

<table>
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<tr>
<th>Course</th>
<th>Hours</th>
<th>Credits</th>
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<td>OS 740 Chi Gung - Meridian Exercises</td>
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**Mandatory Clinic Orientation for OS 920 students:**

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<th>Time</th>
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<tbody>
<tr>
<td>11/10/11</td>
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<tr>
<td>3/16/12</td>
<td>F 6:00 pm – 6:45 pm</td>
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</tbody>
</table>

Visit our

**Student Clinic & Healing Arts Center**

We invite members of the community to come to our Healing Arts Center and experience a massage session tailored to your individual needs. We also offer a variety of spa services at an even more attractive price. Let the relaxation and rejuvenation begin!

$5 off First Time Clients

Call our Student Clinic 480-966-4425 or visit us at www.swiha.edu
Alternative Lifestyles & Diversity - Embodying Compassion ONLINE
CC 115-OL Class Hours: 30 Credits: 2
Texts: $34
8 Weeks
10/10/11 - 12/4/11
$420.00

Aromatherapy - Intro ONLINE
AR 100-OL Class Hours: 20 Credits: 1.25
In the online version of this course, you will still get to experience mixing oils, creating your own scents, and receive feedback from your faculty member on the formulas you used to reach target scents. CONTRAINDICATED FOR PREGNANCY
Supplies: $50 Text: $49 NCBTMB (AZ-CEU) 5 Weeks
9/12/11 - 10/16/11
$320.00

Aromatherapy - 5 Element Acupressure For Emotional Healing
AR 410 Class Hours: 20 Credits: 0.75
Restore emotional/mental balance with essential oil massage, including back and foot emotional reflex areas and 5 Element acupressure points. Gain an understanding of Chinese 5 Element emotional patterns and the essential oils used to balance them. Text: $25. Supplies: $45 BW NCBTMB (AZ-CEU)
1 Weekend
10/14/11 - 10/16/11
F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
11/8/11 - 11/12/11
F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
1/27/12 - 1/29/12
F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
4/20/12 - 4/22/12
F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$325.00

Aromatherapy - Advanced
AR 101 Class Hours: 32 Credits: 2
This advanced course builds upon the fundamentals instilled in the introductory course to expand and deepen the student’s knowledge and practice. As an in-depth study of the applications of essential oils, the course teaches students a range of treatment forms and application methods to enhance and maintain physical, emotional, and spiritual health. Learn to skillfully integrate essential oils into a variety of therapeutic applications, as well develop a thorough understanding of contraindication. Combining customer blends is emphasized.
PREREQ: AR 100. CONTRAINDICATED FOR PREGNANCY
Text: Same as AR 100 Supplies: $60. NCBTMB (AZ-CEU) 5 Weeks
5/12/12 - 6/9/12
Sa Su 9:00 am - 6:00 pm
5 Weeks
11/10/11 - 1/19/12
Th 6:00 pm - 10:00 pm
2/15/12 - 4/4/12
W 6:00 pm - 10:00 pm
8/22/12 - 10/10/12
W 6:00 pm - 10:00 pm
$508.00
Aromatherapy - Essential Oil Hydrating Wrap
AR 125 Class Hours: 8 Credits: 0.25
This Aromatherapy treatment starts with dry brushing. Essential oils penetrate into tissues while the client is wrapped and relaxed. Students will learn the benefits of essential oils and household products that can be used for hydrating wraps. Supplies: $15 BW NCBTMB (AZ-CEU)
1 Day
11/20/11 - 11/20/11 Su 9:00 am - 6:00 pm
$127.00 Instructor Jaeger

Aromatherapy - Foot Chakra Reflexology
AR 115 Class Hours: 8 Credits: 0.25
This course trains students to skillfully integrate essential oils into foot reflexology treatment. Reflexology is a form of alternative therapy that utilizes pressure points to foster physical healing and, when combined with the benefits of aromatherapy, can be a powerful tool for opening the chakras, facilitating emotional release, and enhancing the client's receptivity to healing. Supplies $10. (AZ-CEU)
1 Day
9/10/11 - 9/10/11 Sa 9:00 am - 6:00 pm
3/3/12 - 3/3/12 Sa 9:00 am - 6:00 pm
2 weeks
3/7/12 - 3/14/12 W 1:00 pm - 5:00 pm
$122.00

Aromatherapy - Ginger Compress
AR 111 Class Hours: 5 Credits: 0.25
This course details the ancient healing use of ginger root as a powerful therapeutic treatment. Using fresh ginger and essential oils, learn to release holding patterns, open energy flow and renew the nervous system. Excellent class for aromatherapists, bodyworkers and spa therapists. Supplies $15. (AZ-CEU)
1 Day
7/17/11 - 7/17/11 Su 9:00 am - 3:00 pm
1/15/12 - 1/15/12 Su 9:00 am - 3:00 pm
$85.00

Aromatherapy - Massage with Oils
AR 425 Class Hours: 16 Credits: 0.5
Experience the connection of body, mind and spirit, using true essential oils. Learn how oils affect the nervous system, enhancing their role in wellness. Students will learn how to blend oils and massage this intricate system. Supplies: $30. BW NCBTMB (AZ-CEU)
1 Weekend
8/20/11 - 8/21/11 Sa Su 9:00 am - 6:00 pm
8 Weeks
8/9/11 - 8/30/11 T 6:00 pm - 10:00 pm
1/4/12 - 1/25/12 W 6:00 pm - 10:00 pm
3/16/12 - 4/13/12 F 8:30 am - 12:30 pm
$254.00

Aromatherapy - Pharmacology
AR 110 Class Hours: 8 Credits: 0.5
This course aims to cultivate responsible aromatherapy practitioners by grounding students with a basic understanding of organic chemistry as related to the use of essential oils. Students will review the classification of essential plant oils, and learn their interactions, side effects and contraindications. PREREQ: Aromatherapy - Intro. NCBTMB (AZ-CEU)
1 Day
11/19/11 - 11/19/11 Sa 9:00 am - 6:00 pm
5/5/12 - 5/5/12 Sa 9:00 am - 6:00 pm
$112.00

Aromatherapy - Spirit of the Stones
AR 150 Class Hours: 20 Credits: 0.5
Experience a powerful, non-invasive healing modality combining Hot Rock Therapy, Aromatherapy, Massage and Spinal releases. Learn an integrated protocol to bring structural, physiological and/or emotional healing to the body (particularly beneficial for migraines, scioliosis, chronic infections, boosting of the immune system, etc). This is an intensive weekend covering the healing properties of thermotherapy, aromatherapy and massage techniques. Please bring sheets, lotion, two hand towels and one bath towel. Essential oils will be provided. PREREQ MT 200 Swedish Massage Supplies: $30. (AZ-CEU)
1 Weekend
9/30/11 - 10/2/11 F 6:00 pm - 10:00 pm
2/10/12 - 2/12/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$310.00

Aromatherapy - Therapeutic Touch
AR 120 Class Hours: 8 Credits: 0.25
Bringing together the science of aromatherapy with the physical and spiritual benefits of Therapeutic Touch, this introductory course trains students to interact with the body's energy field and enhance healing by skillfully incorporating essential oils into treatment. Supplies: $15. NCBTMB (AZ-CEU)
1 Day
7/23/11 - 7/23/11 Sa 9:00 am - 6:00 pm
10/29/11 - 10/29/11 Sa 9:00 am - 6:00 pm
3/18/12 - 3/18/12 Sa Su 9:00 am - 6:00 pm
$127.00

Aromatherapy - Toning & DeTox
AR 300 Class Hours: 4 Credits: 0.25
This course applies aromatherapy practice to toning and detoxification treatments. Learn the properties and uses of essential oils and clays that tone skin and detoxify the body. Among other ailments, students will learn to treat cellulite, as well as how to incorporate responsible diet and exercise practices into treatment. Bring two sheets, six hand towels, one large towel. Supplies: $10. NCBTMB (AZ-CEU)
1 Day
11/12/11 - 11/12/11 Sa 9:00 am - 1:00 pm
1/22/12 - 1/22/12 Su 9:00 am - 1:00 pm
6/10/12 - 6/10/12 Su 9:00 am - 1:00 pm
$66.00

Aromatherapy - Wellness for Women
AR 112 Class Hours: 5 Credits: 0.25
Study specific uses and applications of individual products that can be used for hydrating wraps. Supplies $30. BW NCBTMB (AZ-CEU)
1 Day
9/11/11 - 9/11/11 Su 9:00 am - 3:00 pm
1/14/12 - 1/14/12 Sa 9:00 am - 3:00 pm
$85.00

Aromatherapy for the Spirit
AR 106 Class Hours: 20 Credits: 1.25
This class is designed for all Energy Workers, Life Coaches, Hypnotherapists, Toe Readers as well as anyone who would like to infuse the power of essential oils in their sacred work. Together we will explore the use of oils for protection, empowerment, and release. Use for your environment, yourself as a facilitator and for your client's spiritual and emotional needs. This is a very detailed class that will include hands on use of essential oils in a variety of applications. Supply Fee: $30 Text: Aromatherapy for the Soul by Valerie Ann Worwood
Text: $20 (AZ-CEU)
1 Weekend
12/9/11 - 12/11/11 F 6:00 pm - 10:00 pm
2/24/12 - 2/26/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$310.00

Aromatherapy for the Spirit ONLINE
AR 106-OL Class Hours: 20 Credits: 1.25
Supply Fee: $30 Text: $20
5 Weeks
7/25/11 - 8/28/11
9/8/11 - 10/16/11
10/17/11 - 11/20/11
$310.00

Asian Therapy I
OS 200 Class Hours: 40 Credits: 2.5
Students will study the basic principles and theories of Chinese Medicine, Five Elements, etiology, qi, blood, body fluids, Jing, Jing and Shen, external pathogenic factors, internal and miscellaneous causes of disease. Text: $22 NCBTMB (AZ-CEU)
5 Weeks
7/12/11 - 8/11/11 T Th 6:00 pm - 10:00 pm
1/13/12 - 2/12/12 T Th 8:30 am - 12:30 pm
$560.00 Instructor Salazar

Asian Therapy II
OS 210 Class Hours: 60 Credits: 4
Students will study the etiology, physiology, functions and basic clinical patterns with disharmonies associated with qi blood and the zang-fu organs: heart, liver, lungs, spleen, kidneys, pericardium, stomach, small intestine, large intestine, gallbladder and the triple burner. Text: $22
8 Weeks
8/30/11 - 10/18/11 T Th 6:00 pm - 10:00 pm
2/7/12 - 3/2/12 T Th 8:30 am - 12:30 pm
$840.00 Instructor Salazar

Asian Therapy Clinic
OS 920 Class Hours: 20 Credits: 0.25
Gain practical experience working on the public in a supervised setting. Practice interview and assessment skills and your Asian modalities with feedback. May be taken after two Shiatsu classes, one Jin Shin Jyutsu® Physio-Philosophy Seminar, or any Asian Therapy Bodywork style.
3 Weeks
11/22/11 - 12/6/11 T Th 5:00 pm - 10:00 pm
4 Weeks
4/10/12 - 5/12/12 T 5:00 pm - 10:00 pm
$280.00

Aura
EC 300 Class Hours: 16 Credits: 0.5
Our bodies are surrounded by a subtle energy field called the aura. By learning to read the aura, we can evaluate the physical, emotional, mental and spiritual needs of our clients. Learn new techniques to cleanse and clear the aura too. NCBTMB (AZ-CEU)
1 Weekend
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm
$224.00 Instructor Acer

Learn to touch lives, heal bodies and free souls.
Auriculotherapy
EL 140  Class Hours:  8 Credits: 0.25
Auriculotherapy is a therapeutic intervention in which stimulation of the ear is utilized to alleviate health conditions in other parts of the body. Originally based upon the ancient Chinese practice of acupuncture and sometimes referred to as “ear reflexology” in layman’s terms. Recommended supplies $32 NCBTMB (AZ-CEU)
1 Day
11/5/11 - 11/5/11  Sa 9:00 am - 6:00 pm
4/28/12 - 4/28/12  Sa 9:00 am - 6:00 pm
11/3/12 - 11/3/12  Sa 9:00 am - 6:00 pm
1 Day
11/5/11 - 11/5/11  Sa 9:00 am - 6:00 pm
$122.00

Auriculotherapy - Advanced
EL 145  Class Hours:  8 Credits: 0.25
Master points, emotional points and specific protocols are taught, including addiction relief. PREREQ: EL 140 Auriculotherapy NCBTMB (AZ-CEU)
1 Day
11/6/11 - 11/6/11  Su 9:00 am - 6:00 pm
4/29/12 - 4/29/12  Su 9:00 am - 6:00 pm
11/4/12 - 11/4/12  Su 9:00 am - 6:00 pm
$112.00

Auriculotherapy ONLINE
EL 142-OL  Class Hours: 16 Credits: 0.5
This class includes both Auriculotherapy - Intro and Advanced. Required Kit Fee $40 NCBTMB (AZ-CEU)
4 Weeks
8/1/11 - 8/28/11
9/6/11 - 10/2/11
11/28/11 - 1/1/12
1/17/12 - 2/12/12
2/13/12 - 3/18/12
$224.00

Ayurveda - Intro
SM 150  Class Hours: 30 Credits: 2
Ayurveda means “The Science of Life.” It is an ancient system of healing that focuses on the complete person. Ayurveda defines wellness not as “the absence of defined disease,” but rather as when all bodily tissues, organs, systems and functions are acting together in a healthy way, and are able to maintain wellness, in spite of potential illness-causing influences. This course will provide an overview of the basic principles of Ayurveda and how they may be used to maintain wellbeing. Text: $22 NCBTMB (AZ-CEU)
8 Weeks
7/20/11 - 9/11/11  W 6:00 pm - 9:45 pm
9/12/11 - 10/11/11  W 6:00 pm - 9:45 pm
1/30/12 - 3/10/12  M 6:00 pm - 9:45 pm
5/8/12 - 6/26/12  Th 6:00 pm - 9:45 pm
8/2/12 - 9/20/12  Th 6:00 pm - 9:45 pm
$420.00

Ayurveda - Intro ONLINE
SM 150-OL  Class Hours: 30 Credits: 2
Text: $22
8 Weeks
5/7/12 - 7/1/12
$420.00

Ayurveda Marma - Vital Energy Point Therapy
ST 204  Class Hours:  16 Credits: 0.5
Marma therapy is designed to stimulate specific vital, invisible junction points between mind and matter. These points are the bridge between the physical and astral bodies. These vital energy points, when stimulated, send messages to internal organs and vital functions, which regulate the flow of information, nutrients and waste products throughout the body. The Marma points may become damaged through stress and improper nutrition, and unblocking the points through stimulation restores health. This class will instruct students in a balancing, regenerating therapy which is good for all body/mind types (doshas). Student must bring: two sheets, two to three hand towels. Supplies: $5. NA NRC must be paid 3 weeks in advance. NON-REFUNDABLE. CLASS SIZE LIMITED TO 16
1 Weekend
10/22/11 - 10/23/11  Sa Su 9:00 am - 6:00 pm
3/31/12 - 4/1/12  Sa Su 9:00 am - 6:00 pm
$229.00

Ayurvedic Abyanga Massage
ST 210  Class Hours:  16 Credits: 0.5
The Abyanga is an oil massage to calm the nervous system. Based on Ayurvedic theory and practice. Bring two sheets, six hand towels, two large towels, squirt bottles. Supplies: $15. NA NRC must be paid 3 weeks in advance. NON-REFUNDABLE. CLASS SIZE LIMITED TO 18 STUDENTS. NCBTMB BW (AZ-CEU)
1 Weekend
10/8/11 - 10/9/11  Sa Su 9:00 am - 6:00 pm
3/17/12 - 3/18/12  Sa Su 9:00 am - 6:00 pm
$239.00

“ In all things of nature there is something of the marvelous.” –Aristotle
Ayurvedic Herbal Body Treatment
ST 205 Class Hours: 16 Credits: 0.5
Treatment includes a botanical body mask, exfoliation, dry brush massage, aromatherapy, marma face massage and hot towel wrap. Must bring: two sheets, four bath towels, two hand towels, two washcloths, wool or cotton blanket. (Best if bath towels are a taupe or dark color) Bring if available: bolster, thermal blanket, dry brush. Supplies: $25. NA NRC must be paid 3 weeks in advance. NON-REFUNDABLE. CLASS SIZE LIMITED TO 18 STUDENTS. BW (AZ-CEU)
1 Weekend
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm $249.00
3/24/12 - 3/25/12 Sa Su 9:00 am - 6:00 pm

Ayurvedic Shirodhara
ST 253 Class Hours: 6 Credits: 0.25
Shirodhara includes a thin, gentle stream of warm herbal oil to the “third eye.” The herb infused oil is massaged into the hair and scalp. Must bring: two sheets, three bath towels, two hand towels, bucket or large bowl. (Best if towels are a taupe or dark color) Bring if available: bolster, wool or cotton blanket. Supplies: $20. NA PRERQ: ST 205 AYURVEDIC HERBAL BODY TREATMENT OR ST 210 AYURVEDIC ABHYANGA MASSAGE. NON-REFUNDABLE must be paid 3 weeks in advance. CLASS SIZE LIMITED TO 16. NCBTMB BW (AZ-CEU)
1 Day
10/17/11 - 10/17/11 M 9:00 am - 4:00 pm $104.00
3/19/12 - 3/19/12 M 9:00 am - 4:00 pm

Baby Touch
OB 410 Class Hours: 12 Credits: 0.25
Massage Therapists and Doulas are taught how to teach caregivers to massage their own babies. Learn the infant protocol, including age appropriate variations and teaching others. Role-playing and actual hands-on experience with mothers and infants. Bring a life-sized baby doll to learn and practice techniques. Invite a parent and infant to classes Saturday and Sunday afternoons. Text: $17 NCBTMB (AZ-CEU)
1 Weekend
9/24/11 - 9/25/11 Sa Su 9:00 am - 4:00 pm $168.00 Instructor Johnson
1/7/12 - 1/8/12 Sa Su 9:00 am - 4:00 pm

Barefoot Shiatsu
OE 130 Class Hours: 10 Credits: 0.25
Effortlessly use your feet, knees, elbows and dynamic stretches to effectively treat the whole body. A good introduction to Shiatsu. Bring a sheet PRERQ: MT 200 Swedish Massage BW (AZ-CEU)
1 Weekend
6/29/12 - 6/30/12 F 6:00 pm - 9:00 pm $140.00
Sa 9:00 am - 5:00 pm

Basic Finance
BC 200 Class Hours: 16 Credits: 1
This course is designed as a guide to personal money management. We will cover such topics as creating a personal budget, developing a savings plan, and dealing with past and future credit, including repayment of student loans. Banking skills, car buying, financial planning, real estate and investment are surveyed in this class using practical math applications. Basic math skills are reviewed and applied into real-world situations. ‘Prosperity consciousness’ is fully explored, as well as wealth building strategies.
4 Weeks
7/11/11 - 8/1/11 M 6:00 pm - 10:00 pm $224.00
11/7/11 - 11/28/11 M 6:00 pm - 10:00 pm
2/8/12 - 2/29/12 W 6:00 pm - 10:00 pm

Basic Finance ONLINE
BC 200-OL Class Hours: 16 Credits: 1
4 Weeks
9/10/12 - 10/7/12 $224.00

Botany
SC 250 Class Hours: 45 Credits: 3
This course grounds the aspiring herbalist in the basics of plant biology, from the classification and properties of plants to the cultivation and application of herbs and oils. In addition to rigorous lessons, students receive the benefit of regular hands-on labs which fosters experiential learning by allowing them to apply their training immediately. Text: $52 Material fee: $10. NCBTMB (AZ-CEU)
12 Weeks
1/30/12 - 4/16/12 M 6:00 pm - 9:45 pm $640.00

Brazilian Waxing Workshop
NA 525 P Class Hours: 4 Credits: 0.25
This four hour hands-on workshop is designed for the service provider who would like to offer professional Brazilian waxing services. Students learn how to perform Brazilian waxes and relevant topics, including client comfort and how to effectively handle common issues associated with sensitive area waxing. Brazilian waxing is a highly-requested service and its clientele are some of the most loyal customers, making this class a must-have for any aestheticians. The class is designed for aestheticians with waxing experience who want to expand their scope of services or aestheticians who currently provide Brazilian waxing and want to advance their skills. This is an accelerated workshop; if you have little to no waxing experience, this is not the class for you. Only licensed service providers who are eligible to perform body waxing under their state licensing requirements may enroll in this class. Students currently enrolled in SWINA’s Natural Aesthetics Practitioner Program are able to receive hours for their participation. Fees must be paid in full prior to the day of class. Waxing supplies provided in class important: Students must provide their own model. Models must arrive at 12:00pm the day of the class. Registration & class location: Southwest Institute of Natural Aesthetics 1460 E. Southern Ave. Tempe, AZ 85282 480.393.1415
1 Day
7/23/11 - 7/23/11 Sa 10:00 am - 2:00 pm $125.00
8/27/11 - 8/27/11 Sa 10:00 am - 2:00 pm
11/19/11 - 11/19/11 Sa 10:00 am - 2:00 pm

Business Development & Entrepreneurial Support
BC 511 Class Hours: 48 Credits: 1.25
This course is designed for the student who has completed 90% or more of their program and is ready to start or grow a business. Students are coached through the stages of entrepreneurship. Each phase of business development is discussed with emphases on exploring ALL the holdbacks a student may have to accomplishing their dreams and goals. High performance and personal coaching techniques are used, as well as honest feedback and accountability. Group support and recognition are key components in this experience. NCBTMB (AZ-CEU)
12 Weeks
9/6/11 - 12/6/11 T 6:00 pm - 10:00 pm $672.00
10/13/11 - 1/19/12 Th 6:00 pm - 10:00 pm
11/16/11 - 2/22/12 W 6:00 pm - 10:00 pm
1/30/12 - 4/16/12 M 6:00 pm - 10:00 pm
2/7/12 - 5/8/12 T 8:30 am - 12:30 pm
2/21/12 - 5/8/12 T 6:00 pm - 10:00 pm

Business Practices for Massage Therapists
BC 302 Class Hours: 12 Credits: 0.75
Designed to teach appointment scheduling, client retention, community involvement, government regulation and licensing, time management, rate structuring, advertising, professionalism and employee/ independent and sub-contractor, and corporations. Meets Arizona CEU requirements.
3 Weeks
9/1/11 - 9/15/11 Th 6:00 pm - 10:00 pm $168.00
10/4/11 - 10/18/11 T 8:30 am - 12:30 pm
12/23/12 - 2/6/12 M 6:00 pm - 10:00 pm
2/22/12 - 3/7/12 W 8:30 am - 12:30 pm

Canine Massage
EL 600 Class Hours: 4 Credits: 0.25
A brief study of the structure and function of the canine. Learn to treat healthy animals for the benefit of relaxation and calming. You may bring a dog to work on. CLASS SIZE LIMITED TO 20. Material fee: $10.
1 Day
9/17/11 - 9/17/11 Sa 9:00 am - 1:00 pm $66.00 Instructor Bordelon
1/3/12 - 1/3/12 Sa 9:00 am - 1:00 pm

Carpal Tunnel/Thoracic Outlet Release
TE 160 Class Hours: 8 Credits: 0.25
Release and rehabilitation of residual tension syndromes including carpal tunnel and thoracic outlet. Learn techniques to address the root of the disorder, in addition to symptom control. PRERQ: MT 200 Swedish Massage, MT 400 Myotherapy or Therapeutic equivalent. NCBTMB BW (AZ-CEU)
2 Weeks
8/5/11 - 8/12/11 F 8:30 am - 12:30 pm $112.00
1/11/11 - 1/18/11 T 6:00 pm - 10:00 pm
6/4/12 - 5/11/12 F 8:30 am - 12:30 pm

Learn to be an ‘Instrument of Spirit’ in all things you do.

Class Descriptions 33
Castor Oil Cleansing Therapy
HH 320 Class Hours:  8  Credits: 0.25
Known as the “Palma Christi” (the Palm of Christ), castor oil has been used for centuries for its amazing healing qualities. Promoted by Edgar Cayce, externally-applied castor oil has hundreds of physical, emotional, and spiritual therapeutic uses, including activating the immune system, balancing the parasympathetic and sympathetic nervous systems, treating constipation, fibrocystic breast disease, skin conditions, migraines, smoking cessation, neck and back pain, injuries and more. We suggest students wear old clothes and bring: two each (old): sheets, bath towels, washcloths; bolster, heating pad or hot water bottle, massage oil/ lotion. Supplies: $25 (includes wool flannel and castor oil). BW (AZ-CEU)
1 Day
9/11/11 - 9/11/11 Su 9:00 am - 6:00 pm $137.00

Celebrate Your Light - Completion Project
SP 460 Class Hours:  15  Credits: 1
The Spiritual Studies program culminates with a thesis and/or completion of your community service project presentation. This class meets for four hours to clarify and identify the final Spiritual Studies project. Remainder of hours are to be individually scheduled with a mentor and are due 60 days after attending the first four hours of class.
1 Day
10/30/11 - 10/30/11 Su 9:00 am - 1:00 pm
3/10/12 - 3/10/12 Sa 9:00 am - 1:00 pm
$180.00

Ceremonies & Sacred Space
SP 410 Class Hours:  15  Credits: 1
Learn the elements of ritual and the tools for creating your own ceremonies, then weave these together to create transformational and cherished experiences. The class covers creating group harmony and sacred space, touchingshenes, uniting consciousness, invocations and the setting of intentions. Students will design and present a group ceremony at the end of class.
4 Weeks
7/19/11 - 8/9/11 T 6:00 pm - 9:45 pm
5/10/12 - 5/31/12 Th 6:00 pm - 9:45 pm
$210.00

Ceremonies (Native American) Medicine Wheel
SP 310 Class Hours:  15  Credits: 1
At the heart of all Native understanding is the concept of the Four Directions and the Medicine Wheel. We will begin to examine and learn to honor this core teaching by the construction of a simple wheel and a deep honoring of its meaning in ancestral teaching. Within that construct, students will learn the deeper meanings of the Four Directions, of their assistance in our life process, and the strength that have the opportunity to create “ritual action” of their own. Active enrollment or Audit for Credit only.
1 Weekend
8/13/11 - 8/14/11 Sa Su 9:00 am - 5:30 pm
$210.00  Instructor: Principle

Chakras - Intro
EC 400 Class Hours:  16  Credits: 1
Experience each of the seven energy centers of your body. Learn each chakra and how these centers affect our lives on many levels – physically, energetically, spiritually. NCBTMB (AZ-CEU)
1 Weekend
8/20/11 - 8/21/11 Sa Su 9:00 am - 6:00 pm
$224.00  Instructor: Acer

Chi Gung - Meridian Exercises
OS 740 Class Hours:  12  Credits: 0.25
You will learn to perform Chi Gung forms and Chi Gung Meridian exercises and how to use them with your clients to relieve pain and foster health. There are modifications for wheelchair clients also. Wear loose clothing, soothing comfortable clothing for stretching and movement. Sheets suggested for covering futons. Material fee: $10 (AZ-CEU)
3 Weeks
10/10/11 - 10/24/11 M 6:00 pm - 10:00 pm
3/15/12 - 3/29/12 Th 6:00 pm - 10:00 pm
$178.00

Chinese Astrology
OE 212 Class Hours:  16  Credits: 1
Assessment and prevention of health problems using ancient Chinese Philosophy and Astrology. Clues to the origin of your client's health issues, and how to lessen/circumvent with appropriate prevention. Past causes, present conditions and future trends of health revealed. Simple, dynamic, powerful! LEC
1 Weekend
6/30/12 - 7/1/12 Sa Su 10:00 am - 7:00 pm
$224.00

Chinese Dowser
OE 117 Class Hours:  4  Credits: 0.25
A divination method to receive information from divine source or intuition when the rational mind does not suffice. Unlike most western dowsing, it does not use any instrument such as a pendulum, sticks, etc. It uses visualization, Chinese astrological stars and timing.
1 Day
9/15/11 - 9/15/11 Th 6:00 pm - 10:00 pm
2/14/12 - 2/14/12 Sa 2:00 pm - 6:00 pm
$56.00  Instructor: Seigneur

Chinese Enneagrams
OS 720 Class Hours:  8  Credits: 0.5
Our personal interactions can guide us to become wiser, happier, and more whole. Use analyses of the face, speech and body language to gain insight into personalities and relationships. Cast a revealing light on your past relationships and improve your future ones.
1 Day
12/31/11 - 12/31/11 Sa 10:00 am - 7:00 pm
$112.00  Instructor: Seigneur

Chinese Enneagrams
OS 722 Class Hours:  16  Credits: 1
Expanded version of OS 720.
1 Weekend
9/15/11 - 9/16/11 Sa Su 10:00 am - 7:00 pm
$224.00

Chinese Face Reading
OE 202 Class Hours:  16  Credits: 1
A useful and entertaining journey to understanding oneself and others, changes in relationships, patterns, untapped talents and one’s personal and professional inclinations. NCBTMB
1 Weekend
6/2/12 - 6/3/12 Sa Su 10:00 am - 7:00 pm
$224.00

Communications Skills for Practitioners I
CC 100 Class Hours:  15  Credits: 1
The body-mind-emotion connection is very real. There will be times in a massage practice when supporting a client through an emotional release is the most healing option possible. This class is designed to teach a therapist how to allow clients to experience their emotions without going beyond the scope of massage therapy and getting into “counseling”. Learn to “hold space”, create dialogue to support, not traumatize, and make the emotional release a therapeutic part of the overall therapy experience. (Formerly Integrating Emotional Release, Counseling Skills for Bodyworkers and Communication Skills for Bodyworkers.) Text: $50 Material fee: $10 NCBTMB (AZ-CEU)
4 Weeks
9/22/11 - 10/13/11 Th 6:00 pm - 9:45 pm
10/25/11 - 11/15/11 T 8:30 am - 12:15 pm
2/15/12 - 3/7/12 W 6:00 pm - 9:45 pm
3/19/12 - 4/12/12 M 8:30 am - 12:15 pm
$220.00

Communications Skills for Practitioners II
CC 101 Class Hours:  15  Credits: 0.75
Take the Body/Mind/Emotion experience of Communication Skills I to the next level. This class will teach you how to recognize the holding patterns of the body. Enhance your communication skills using more theory, exercises and hands-on bodywork. These skills will assist you to hold your client through an emotional release in a safe, professional, therapeutic environment while staying within your scope of services. PRERQ: CC 100 Communication Skills for Practitioners I. LEC NCBTMB (AZ-CEU)
4 Weeks
7/20/11 - 8/10/11 W 8:30 am - 12:15 pm
10/20/11 - 11/10/11 Th 6:00 pm - 9:45 pm
11/22/11 - 12/13/11 T 8:30 am - 12:15 pm
3/14/12 - 4/14/12 W 6:00 pm - 9:45 pm
$210.00

Comparative Religion / Unity & Tolerances
SP 150 Class Hours:  30  Credits: 2
Comparing the six great world religions and more! Answering the great questions of life from the perspective of nature religion, shamanism, mystery and ancient religions, Judaism, Christianity, Islam, Hinduism, Buddhism, Shinto and New Age perspectives. World views; articles of faith; living a spiritual life; ritual and ceremony; symbology, mysticism, and philosophy will be reviewed. Text: $16
8 Weeks
1/19/12 - 3/8/12 Th 6:00 pm - 9:45 pm
6/5/12 - 7/24/12 T 6:00 pm - 9:45 pm
$420.00

Comparative Religion - Unity & Tolerances
SP 150-OL Class Hours:30 Credits: 2
8 Weeks
5/7/12 - 7/1/12
$420.00

Corporate Chair Intro
MT 300 Class Hours:  4  Credits: 0.25
Learn a 15-minute Chair Massage including pressure points and stretches. Learn to market Chair Massage to enhance your practice tool PRERQ: MT 200 or Licensed NCBTMB (AZ-CEU)
1 Day
9/22/11 - 9/22/11 Th 6:00 pm - 10:00 pm
11/3/11 - 11/3/11 Sa 8:30 am - 12:30 pm
2/7/12 - 2/7/12 T 6:00 pm - 10:00 pm
3/6/12 - 3/6/12 Th 8:30 am - 12:30 pm
$56.00

34 Class Descriptions
Cranial Unwinding I
PC 850 Class Hours: 20 Credits: 1
The Craniosacral Rhythm of the body is the round of the body's pulse, learning to palpate and balance them is like discovering the ebb and flow of the ocean. By contacting the tissue in this way, areas of the body which have become devitalized or overcharged have an opportunity to reconnect with the primary healing core energy of the body. Craniosacral work is taught from a Polarity perspective, focusing on energy connections. NCBTMB BW (AZ-CEU)
1 Weekend
10/7/11 - 10/9/11  F  6:00 pm - 10:00 pm
Sa 9:00 am - 6:00 pm
3 Weeks
11/29/11 - 12/13/11  T  9:00 am - 4:00 pm
3 Weeks
11/14/11 - 12/12/11  M  6:00 pm - 10:00 pm
1/4/12 - 2/1/12  W  8:30 am - 12:30 pm
$280.00

Cranial Unwinding II
PC 860 Class Hours: 24 Credits: 1
Students gain a deeper appreciation of cranial and the palpatory art of unwinding. Class focuses on physical and energetic techniques for still point induction, strain and counterstrain, direction of energy, and introduction to the facial bones. PRERQ. PC 850 Cranial Unwinding I. Text. $35 NCBTMB BW (AZ-CEU)
1 Weekend
11/18/11 - 11/20/11  F  Sa Su 9:00 am - 6:00 pm
6/1/12 - 6/3/12  F  Sa Su 9:00 am - 6:00 pm
11/30/12 - 12/2/12  F  Sa Su 9:00 am - 6:00 pm
6 Weeks
8/16/11 - 9/20/11  T  6:00 pm - 10:00 pm
$336.00

Cranial Unwinding III
PC 870 Class Hours: 24 Credits: 1
Previously learned techniques are integrated with the work of the cranial vault and facial bones. Verbal, emotional and psychological processing is the focus of the class. PRERQ. PC 850 BW NCBTMB (AZ-CEU)
1 Weekend
7/22/11 - 7/24/11  F  Sa Su 9:00 am - 6:00 pm
1/20/12 - 1/22/12  F  Sa Su 9:00 am - 6:00 pm
$336.00

Cranial Unwinding IV
PC 880 Class Hours: 24 Credits: 1
An in-depth exploration of the art of full body unwinding in an intimate setting with a small number of advanced students provides for a personalized experience of the art of Craniosacral Unwinding. PRERQ. PC 850 Cranial Unwinding I (AZ-CEU)
1 Weekend
9/9/11 - 9/11/11  F  Sa Su 9:00 am - 6:00 pm
3/23/12 - 3/25/12  F  Sa Su 9:00 am - 6:00 pm
9/7/11 - 9/9/12  F  Sa Su 9:00 am - 6:00 pm
$336.00

Cranial Anatomy - Listening Skills
PC 855 Class Hours: 16 Credits: 0.75
The fundamentals of cranial anatomy taken to a deeper level through listening skills. PRERQ. PC 850 Cranial Unwinding I (AZ-CEU)
1 Weekend
12/10/11 - 12/11/11  Sa Su 9:00 am - 6:00 pm
6/16/12 - 6/17/12  Sa Su 9:00 am - 6:00 pm
$224.00

Cranial Unwinding for Infants and Children
PC 885 Class Hours: 16 Credits: 0.5
Come explore the cranial sacral system from its beginnings. The health and breadth of life is profoundly connected to the cranium, spine, and pelvis from conception through birth and infancy. This class will be an integration of cranial techniques applied to the emerging infant's system. Learn protocols, techniques, anatomy, indications and contraindications for working with newborns, infants, and children. Invite a parent and baby for class Saturday and Sunday afternoons. Bring to Class: Notebook, paper & pen, life-size baby doll. PRERQ. PC 850; Recommended PRERQ. PC 860 (AZ-CEU)
1 Weekend
8/13/11 - 8/14/11  Sa Su 9:00 am - 6:00 pm
6/11/12 - 6/12/12  Sa Su 9:00 am - 6:00 pm
$224.00

Creative Expression I
EC 475 Class Hours: 24 Credits: 1.25
Life is a creative and expressive journey. Engaging in creative expression has the power to reveal, heal and transform. Many of our challenges can be better understood and resolved through utilizing the wisdom of our imagry. This class will introduce you to the elements of design from a holistic perspective. The techniques presented will foster creativity, intuition, and healing. Methods presented can also be used to enhance many other wellness modalities. You don't need any artistic abilities to enjoy the benefits of creative expression. Supply Fee: $15
1 Weekend
9/16/11 - 9/18/11  F  Sa Su 9:00 am - 6:00 pm
$351.00

Crystal Healing
EC 420 Class Hours: 16 Credits: 0.5
Have you ever found a stone that you had to bring home? Are you drawn to help facilitate people in their healing process? Find out how to combine your love of crystals and stones with a basic foundation of knowledge that will enhance your natural gifts. From Azurite to Zincite to Crystal Layouts, it's you, connecting with Mother Earth. Material fee. $10. (AZ-CEU)
1 Weekend
9/24/11 - 9/25/11  Sa Su 9:00 am - 6:00 pm
$234.00

Deep Tissue Sculpting
TE 220 Class Hours: 24 Credits: 0.75
Deep tissue sculpting affects the deeper structures of the muscular-skeletal system, the skin and more superficial fascia through deep, slow compressions and strokes. PRERQ. MT 200 SWEDISH OR MT 400 MYOTHERAPY. NCBTMB BW (AZ-CEU)
6 Weeks
9/20/11 - 10/25/11  T  6:00 pm - 10:00 pm
10/20/11 - 11/11/11  Th 8:30 am - 12:30 pm
2/13/12 - 3/19/12  M  6:00 pm - 10:00 pm
3/21/12 - 4/25/12  W  8:30 am - 12:30 pm
$336.00

Dermplaning Advanced Exfoliation
NA 535PS Class Hours: 4 Credits: 0.25
This four hour class is designed for the service provider who would like to offer a progressive exfoliation treatment without the cost of micro-dermabrasion machines. This class will cover such topics as skin histology, indications and contraindications of dermaplaning as well as safety. Techniques and skill development is a focus in this class. Students will learn how to perform dermaplaning with skill and confidence. Registration & class location: Southwest Institute of Natural Aesthetics1460 E. Southern Ave. Tempe, AZ 85282 480.393.1415.
1 Day
8/8/11 - 8/9/11  M  10:00 am - 2:00 pm
8/22/11 - 8/23/11  M  5:00 pm - 9:00 pm
10/3/11 - 10/3/11  M  10:00 am - 2:00 pm
12/12/11 - 12/12/11  M  10:00 am - 2:00 pm
$125.00

Developing a Written Business Plan
BC 500 Class Hours: 15 Credits: 1
Self-employment is the All-American Dream, and a dream without a plan remains just that. This class is specifically designed to help all Holistic Health Care practitioners design their business plan and take it step by step through to implementation. Facing fears and obstacles will be a major focus. Class will operate in a coaching and support group format. Material fee: $15 LEC (AZ-CEU)
4 Weeks
7/11/11 - 8/1/11  M  6:00 pm - 9:45 pm
9/21/11 - 10/12/11  W  6:00 pm - 9:45 pm
$225.00

Class Descriptions
35

Education is a progressive discovery of our own ignorance.  
— Will Durant
Developing Your Spiritual Gifts
SP 435 Class Hours: 15 Credits: 1
There are over 30 documented spiritual gifts in the writings of the great masters. Over a five-week period the individual gifts will be studied, with the focus on identifying, cultivating and claiming your unique spiritual gifts.
1 Weekend
10/1/11 - 10/2/11 Sa Su 9:00 am - 5:30 pm
4 Weeks
3/15/12 - 4/5/12 Th 6:00 pm - 9:45 pm
7/31/12 - 8/21/12 T 6:00 pm - 9:45 pm
$210.00

Developmental Psychology - Awakening the Heroes Within
CC 140 Class Hours: 30 Credits: 2
Recognize the developmental stages and archetypes of your client’s growth and discover where emotional or physical injuries may have occurred.
Text: $19  LEC
8 Weeks
7/20/11 - 9/7/11 W 6:00 pm - 9:45 pm
7/20/11 - 9/7/11 W 1:00 pm - 4:45 pm
2/8/12 - 3/28/12 W 6:00 pm - 9:45 pm
$420.00

Developmental Psychology - Awakening the Heroes Within ONLINE
CC 140-OL Class Hours: 30 Credits: 2
8 Weeks
11/12/12 - 1/20/13 Sa 9:00 am - 6:00 pm
11/12/11 - 11/12/11 Sa 9:00 am - 6:00 pm
9/18/11 - 9/18/11 Sa 9:00 am - 6:00 pm
1 Day
7/17/11 - 7/17/11 Su 9:00 am - 6:00 pm
9/13/11 - 9/13/11 Su 9:00 am - 6:00 pm
2/26/12 - 2/26/12 Su 9:00 am - 6:00 pm
$112.00

East Indian Head Massage - Basic
RF 215 Class Hours: 8 Credits: 0.25
East Indian Head Massage involves working with a firm gentle rhythm to help unknotted blockages and relieve uncomfortable build-up of tension in the upper body. Learn a specific method of deep kneading and probing of the neck and shoulder muscles as well as the scalp using squeezing, rubbing, gentle tapping and prodding. Powerful pressure points will be taught that create circulation of the vital fluids to the brain, thus creating tension release and headache relief. The protocol will be taught for adaptation to a corporate chair routine or for use in advanced stress release. Please bring a towel. CONTRAINDEDICATED FOR PREGNANCY
Prereq: RF 215 East Indian Head Massage - Basic.
Text: $17 NCBTMB (AZ-CEU)
1 Day
9/23/11 - 9/23/11 F 6:00 pm - 10:00 pm
1/7/12 - 1/7/12 Sa 9:00 am - 1:00 pm
$64.00 Instructor Salomon

East Indian Head Massage - Advanced
RF 216 Class Hours: 8 Credits: 0.25
Expand and deepen your awareness of the world’s oldest known healing modality. Learn advanced protocols to deeply relax, as well as uplift on both a physical and spiritual level. In addition, natural Indian face-lift methods will be taught as well as self-massage techniques. CONTRAINDEDICATED FOR PREGNANCY
Prereq: RF 215 East Indian Head Massage - Basic.
Text: $17 NCBTMB (AZ-CEU)
1 Day
7/17/11 - 7/17/11 Su 9:00 am - 6:00 pm
9/13/11 - 9/13/11 Su 9:00 am - 6:00 pm
11/13/11 - 11/13/11 Su 9:00 am - 6:00 pm
2/26/12 - 2/26/12 Su 9:00 am - 6:00 pm
$112.00

Elder Touch
TE 300 Class Hours: 8 Credits: 0.25
Learn how to work responsibly with geriatric clients and patients. Contraindications explored in depth. A safe and effective protocol is taught to use with the elderly, those with chronic illness or in frail health.
Material fee: $10 NCBTMB BW (AZ-CEU)
1 Day
8/7/11 - 8/7/11 Sa 9:00 am - 6:00 pm
$122.00 Instructor McLaughlin

Elder Touch (Expanded)
TE 302 Class Hours: 16 Credits: 0.5
Material fee: $10 NCBTMB BW (AZ-CEU)
1 Weekend
11/5/11 - 11/6/11 Sa Su 9:00 am - 6:00 pm
$224.00

Energetic Acupressure - Overview of Asian Therapies
EC 105 Class Hours: 16 Credits: 0.5
Learn to feel, move and balance energy in the body through the use of many Asian Bodywork Techniques and principles including acupressure, sound vibration, Zen Shiatsu, External Chi Gung Healing, Anna and Standing Chi Gung Set. All Clothied.
Text: $20 NCBTMB BW (AZ-CEU)
4 Weeks
9/21/11 - 10/12/11 W 6:00 pm - 10:00 pm
1/6/12 - 1/27/12 F 8:30 am - 12:30 pm
2/28/12 - 3/20/12 T 6:00 pm - 10:00 pm
$224.00

Energy Anatomy
EC 100 Class Hours: 68 Credits: 4.5
Bring the study of energy out of the esoteric realm of quantum physics and into the palms of the students’ hands. Overview of what energy is in the Asian energy systems, the chakra and Ayurvedic systems. Experience hands-on techniques with each of these systems as well as the latest in scientific validation of energy field work.
Supplies: $25. (provided by Instructor) Text: $50. (Bookstore)
17 Weeks
11/30/11 - 4/4/12 W 6:00 pm - 10:00 pm
2/21/12 - 6/12/12 T 6:00 pm - 10:00 pm
5/8/12 - 8/28/12 T 6:00 pm - 10:00 pm
$977.00

Energy Anatomy Part 1 ONLINE
EC 101-OL Class Hours: 32 Credits: 2.25
8 Weeks
9/10/12 - 11/4/12
$501.00

Energy Anatomy Part 2 ONLINE
EC 102-OL Class Hours: 36 Credits: 2.25
9 Weeks
11/12/12 - 1/27/13
$504.00

EFT Introduction / EFT Level I
HY 340 Class Hours: 8 Credits: 0.25
Open to everyone.
Text: $17 NCBTMB (AZ-CEU)
1 Day
9/17/11 - 9/17/11 Sa 9:00 am - 6:00 pm
11/12/11 - 11/12/11 Sa 9:00 am - 6:00 pm
2/25/12 - 2/25/12 Sa 9:00 am - 6:00 pm
$117.00
English Composition
BC 101 Class Hours: 15 Credits: 1
This course is designed to help a student develop an increased competence in lively, informative and carefully structured writing. Competence in research techniques, documentation, critical thinking, and reading will also be increased. Student may transfer credits in for completing this course from another accredited institution, or may choose to test out of this course. Text: $31.
4 Weeks
9/21/11 - 10/12/11 W 6:00 pm - 9:45 pm
11/7/11 - 11/28/11 M 6:00 pm - 9:45 pm
6/4/12 - 6/25/12 M 6:00 pm - 9:45 pm
$210.00

English Composition ONLINE
BC 101-OL Class Hours: 15 Credits: 1
4 Weeks
8/6/12 - 9/2/12
$210.00

Entrepreneurial Support
BC 510 Class Hours: 40 Credits: 1.25
This course is designed for the student who has completed 90% or more of their program and is ready to start or grow a business. Based on the book, The E Myth - Why Most Small Businesses Don't Work and What to Do About It, students are coached through the stages of entrepreneurship. Each phase of business development is discussed with emphases on exploring ALL the holdbacks a student may have to accomplishing their dreams and goals. High performance and personal coaching techniques are used, as well as honest feedback and accountability. Group support and recognition are key components in this experience. (AZ-CEU)
10 Weeks
7/20/11 - 9/21/11 W 6:00 pm - 10:00 pm
9/12/11 - 11/14/11 M 6:00 pm - 10:00 pm
$560.00

Ethics for Massage Therapists
BC 301 Class Hours: 8 Credits: 0.5
Refresh and renew your understanding of professional ethics and boundaries for body workers. Update your continuing education credits. NCBTMB (AZ-CEU)
2 Weeks
8/18/11 - 8/25/11 Th 6:00 pm - 10:00 pm
9/20/11 - 9/27/11 T 8:30 am - 12:30 pm
1/2/12 - 1/9/12 M 6:00 pm - 10:00 pm
2/8/12 - 2/15/12 W 8:30 am - 12:30 pm
$112.00

Exercise Wellness
SC 455 Class Hours: 30 Credits: 2
Develop a personal practice to achieve your own optimal wellness and the awareness of self, while learning to assist others in achieving their own wellness. You will plan, prepare and practice a personal self-care plan. This will include an exercise of choice, optimal food choices and participation in restorative and regenerative practices to meet the physical, emotional and energetic demands of a healthcare provider. NCBTMB (AZ-CEU)
8 Weeks
7/27/11 - 9/14/11 W 6:00 pm - 9:45 pm
9/21/11 - 11/9/11 W 6:00 pm - 9:45 pm
1/30/12 - 3/19/12 M 6:00 pm - 9:45 pm
$420.00

Face-Lift Acupuncture
EL 220 Class Hours: 4 Credits: 0.25
Defy the aging process – without going under the knife. Learn acupuncture techniques used by Hollywood celebrities, including facial exercises giving your face a more youthful appearance. NCBTMB (AZ-CEU)
1 Day
11/19/11 - 11/19/11 Sa 9:00 am - 1:00 pm
$56.00  Instructor Jackson

Fibromyalgia Therapy
TE 268 Class Hours: 16 Credits: 0.5
The pathology and pain of this syndrome is explored in depth. Study the trigger points involved with fibromyalgia and how meridian therapy can create significant relief. Lymphatic body brushing will be taught as well. Material fee: $10 NCBTMB BW (AZ-CEU)
1 Weekend
7/23/11 - 7/24/11 Sa Su 9:00 am - 6:00 pm
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm
$254.00

First Aid
MT 521 Class Hours: 8 Credits: 0.25
First Aid Certification. Payment in full at time of registration, non-refundable. Supplies $10. LATE STUDENTS WILL NOT BE ADMITTED. NA NCBTMB (AZ-CEU)
2 Weeks
8/11/11 - 8/8/11 M 8:30 am - 12:30 pm
8/30/11 - 9/6/11 T 6:00 pm - 10:00 pm
10/5/11 - 10/12/11 W 6:00 pm - 10:00 pm
10/11/11 - 10/18/11 T 8:30 am - 12:30 pm
12/5/11 - 12/12/11 M 8:30 am - 12:30 pm
3/22/12 - 3/29/12 Th 8:30 am - 12:30 pm
$122.00  Instructor Smith

Flower Essences
AR 132 Class Hours: 16 Credits: 1
Flower essences are subtle liquid extracts, generally taken in oral form, which are used to address profound issues of emotional well-being, soul development and mind-body health. This course supplements traditional aromatherapy study by immersing students in the history, use, and effects of flower essences, as well as training them in the precise application of flower essence for enhancing specific emotions and attitudes. Learn to integrate flower essences into your holistic practice, and treat a variety of ailments. Please bring 3-ring binder. Supplies $35. NCBTMB (AZ-CEU)
1 Weekend
10/11/11 - 10/12/11 Sa Su 9:00 am - 6:00 pm
1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm
$259.00

Flower Essences ONLINE
AR 133-OL Class Hours: 16 Credits: 1
Required Kit $35. NCBTMB
4 Weeks
9/6/11 - 10/2/11
10/10/11 - 11/6/11
1/9/12 - 2/5/12
2/13/12 - 3/18/12
$244.00

Hand & Wrist Health Maintenance
OE 320 Class Hours: 4 Credits: 0.25
Injury prevention is the key to longevity in your bodywork career. This class shows exercises, stretches and bodywork techniques to help you relieve pain, prevent injury and maintain your hand and wrist health. NCBTMB (AZ-CEU)
1 Day
9/30/11 - 9/30/11 F 6:00 pm - 10:00 pm
3/3/12 - 3/3/12 Sa 9:00 am - 1:00 pm
$56.00

Homeopathic Remedies - Introduction
SC 118-OL Class Hours: 24 Credits: 1.5
Homeopathy is a form of alternative medicine that is holistic, scientifically based, safe to use, inexpensive and curative of chronic disease. The principles upon which it is based have been utilized in healing for thousands of years. Homeopathic remedies work through activating the body's own powers of self-regulation and self-healing. Homeopathic medicine is the second most common form of alternative medicine in the world today and the most common form of alternative medicine in North and South America. Text: $12
6 Weeks
7/27/11 - 8/31/11 W 6:00 pm - 10:00 pm
8/8/12 - 9/12/12 W 6:00 pm - 10:00 pm
$336.00

Homeopathic Remedies - Women
SC 119-OL Class Hours: 24 Credits: 1.5
This course explores women's health issues and emphasizes and incorporates mind-body-spirit. Prayer, intention, and breath are the foundation of Lomi Lomi. The techniques taught help the body to open so that Mana (vital force) can flow more easily thus restoring greater health. PRERQ MT 200 NCBTMB AZ-CEU
10 Weeks
1/5/12 - 3/8/12 Th 6:30 am - 12:30 pm
4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm
$560.00

Herbal Bio-Arts
SC 300 Class Hours: 45 Credits: 3
Herbal bio-arts provides each Western Herbalism student the opportunity to begin building confidence for real world application of botanical education with development and practice of client intake, interview and formulary skillzwhile putting their educational program pieces into a cohesive philosophy for practicing. Material fee $10. PRERQ WH 100, WH 210, WH 220, WH 230 (AZ-CEU)
6 Weeks
6/26/12 - 8/2/12 T Th 6:00 pm - 9:45 pm
$640.00  Instructor Brereton

Hawaiian Lomi Massage
EC 145 Class Hours: 40 Credits: 1.25
Hawaiian Lomi Massage is an art that recognizes and incorporates mind-body-spirit. Prayer, intention, and breath are the foundation of Lomi Lomi. The techniques taught help the body to open so that Mana (vital force) can flow more easily thus restoring greater health. PRERQ MT 200 NCBTMB AZ-CEU
10 Weeks
1/5/12 - 3/8/12 Th 6:30 am - 12:30 pm
4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm
$560.00

Homeopathic Remedies - Introduction ONLINE
SC 210 Class Hours: 24 Credits: 1.5
Text: $12
6 Weeks
7/18/11 - 8/28/11
10/10/11 - 11/20/11
11/21/11 - 1/15/12
1/12/12 - 2/12/12
$336.00

Homeopathic Remedies - Women & Children ONLINE
SC 211-OL Class Hours: 24 Credits: 1.5
Students will discuss and understand the philosophy of the vital force, the difference and importance between a weak and strong vital force and how potency, the vital force and the center of gravity fit together. Students will understand and interpret the terminology used within the repertory and the theory of potency, safeness of prescribing potencies Students will learn to select appropriate remedies utilizing the repertory and the Materia Medica. PRERQ SC 210 or SC 210-OL
6 Weeks
11/21/11 - 1/15/12
$336.00

Class Descriptions  37
Homeopathic Remedies - Common Ailments ONLINE
SC 212-OL  Class Hours:  24  Credits:  1.5
The Organon and its importance will be covered in this class. The fundamental laws of healing, discerning problems with complex homeopathy through researching the three different laws of homeopathy will prepare the to an understanding of the varying types of homeopathy and the reasons and philosophy behind the different of types of homeopathy. PREREQ SC 210 or SC 210-OL 6 Weeks
1/17/12 - 2/26/12 $336.00

Homeopathic Remedies - Clinic 1 ONLINE
SC 220-OL Class Hours:  8  Credits:  0.25
Students will demonstrate knowledge of taking a case and asking appropriate questions. Through case studies students will apply knowledge of covered topics of first aid. Students will demonstrate knowledge of correct limits when prescribing. Conditions to cover: bruises and soft muscle trauma, shock, accidents, fractures, strains, sprains, head injuries, sun stroke, heat exhaustion, burns, food poisoning, diarrhea, hemorrhage/bleeding, bites and stings, allergic reactions, and puncture wounds. PREREQ SC 210 or SC 210-OL 4 Weeks
10/17/11 - 11/13/11 $112.00

Homeopathic Remedies - Clinical 2 ONLINE
SC 221-OL Class Hours:  10  Credits:  0.25
Students will demonstrate knowledge of taking a case and asking appropriate questions. Students will demonstrate through case and apply knowledge of covered topics of first aid and acute care conditions. Students will demonstrate knowledge of correct limits when prescribing. Conditions to cover: vaginitis, urinary tract infections, pregnancy, labor and delivery, children. PREREQ SC 210 or SC 210-OL 5 Weeks
11/21/11 - 1/8/12 $140.00

Homeopathic Remedies - Clinical 3 ONLINE
SC 222-OL Class Hours:  10  Credits:  0.25
Students will demonstrate knowledge of taking a case and asking appropriate questions. Students will demonstrate through case and apply knowledge of covered topics of first aid and acute care conditions. Students will demonstrate knowledge of correct limits when prescribing. Conditions to cover: headaches, allergies, colds and flu, sore throats, tonsillitis, gastrointestinal problems and PTSD, grief. PREREQ SC 210 or SC 210-OL 5 Weeks
1/17/12 - 2/19/12 $140.00

Hypnotherapy - Foundations Level I
HY 100  Class Hours:  20  Credits:  1.25
Course is designed to give students an introduction to the subject of hypnosis. The history, theory and evolution of this most interesting subject is explored in-depth, and students observe and practice introductory hypnosis techniques. Course is a blend of lecture, demos, discussion and practice of hypnosis technique. Text: $41
1 Weekend
9/23/11 - 9/25/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
3 Weeks
11/8/11 - 11/12/11 T Th 6:00 pm - 10:00 pm
4/5/12 - 4/19/12 T Th 6:00 pm - 10:00 pm $280.00

Hypnotherapy - Foundations Level I ONLINE
HY 100-OL Class Hours:  20  Credits:  1.25
Text + Media $67
5 Weeks
8/8/11 - 9/11/11
10/24/11 - 11/27/11
1/17/12 - 2/19/12 $280.00

Hypnotherapy - Foundations Level II
HY 200  Class Hours:  40  Credits:  2.5
Course offers a natural continuation of Hypnotherapy I. Advanced topics will be reviewed as the student receives more in-depth information on the subject. As students’ information and theory base increase, so will their competence as a hypnotherapist. 8 hours of professional boundaries and ethics will be given as part of the class. Text: $39
2 Weekends
9/30/11 - 10/16/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
2/24/12 - 3/25/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
5 Weeks
7/26/11 - 8/25/11 T Th 6:00 pm - 10:00 pm
11/29/11 - 1/12/12 T Th 6:00 pm - 10:00 pm $560.00  Instructor Bennett

Hypnotherapy - Foundations Level II ONLINE
HY 200-OL Class Hours:  40  Credits:  2.5
Texts + Media $65. PREREQ: HY 100 or HY 100-OL
"Course times are for student record purposes only - students do not have to adhere to the specified schedule"
10 Weeks
9/12/11 - 11/27/11
11/28/11 - 2/19/12 $560.00

Hypnotherapy - Foundations Level III Clinical
HY 300  Class Hours:  40  Credits:  2.5
Hypnotherapy III is designed as a capstone experience preparing students to begin the practice of Hypnotherapy. Emphasis is on the student clinic experience preparing students to begin the practice of Hypnotherapy. It is highly recommended that Hypnotherapy students have completed HY 200. Required text: Medial Hypnotherapy by Tim Simmerman $36
5 Weeks
11/21/11 - 12/18/11
4/13/12 - 5/6/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
3/3/12 - 3/4/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm $560.00

Hypnotherapy - Foundations Level III ONLINE
HY 300-OL Class Hours:  40  Credits:  2.5
Text: $69. PREREQ: HY 200 or HY 200-OL
10 Weeks
7/25/11 - 10/16/11
9/26/11 - 11/11/11
11/12/11 - 2/19/12 $560.00

Hypnotherapy - Advanced Techniques
HY 400  Class Hours:  20  Credits:  0.75
Students will participate in a supervised clinic that will focus on advanced techniques of weight loss and smoking abatement, fears and phobias. The format is a practicum where students work with clients in a clinical setting. PREREQ HY 300 1 Weekend
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
3/21/12 - 3/4/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm $280.00

Hypnotherapy - Advanced Techniques ONLINE
HY 401-OL  Class Hours:  25  Credits:  1 Media $10. PREREQ HY 300 or HY 300-OL
6 Weeks
9/12/11 - 10/23/11
10/24/11 - 12/4/11
1/23/12 - 3/4/12
2/6/12 - 3/25/12 $350.00

Hypnotherapy - Fears, Phobias & Addictions
HY 315  Class Hours:  15  Credits:  1
Fears, phobias and habits extensively and counter productively impact our general population. As a hypnotherapist you will explore the theory, techniques and practices that will provide a practical and positive direction in determining the underlying cause & the emotional history of patients’ paralyzing and damaging fears and phobias. Diagnostic and pragmatic trance state techniques will be emphasized throughout the course. PREREQ: HY 200 Hypnotherapy II or HY 200-OL Workbook: $18
1 Weekend
11/19/11 - 11/20/11 Sa Su 9:00 am - 6:00 pm
4 Weeks
2/23/12 - 3/15/12 Th 6:00 pm - 9:45 pm $210.00

Hypnotherapy - Fears, Phobias & Addictions ONLINE
HY 315-OL  Class Hours:  15  Credits:  1
PREREQ: HY 200 Hypnotherapy II or HY 200-OL
4 Weeks
9/19/11 - 10/23/11
10/17/11 - 11/13/11
11/21/11 - 12/18/11 $210.00

Hypnotherapy - Medical Imagery
HY 590  Class Hours:  15  Credits:  0.75
Explore the art of "Medical Imagery" and hypnosis to activate a client's inner resources and enhance the healing process. Learn how to harness the power of a person's mind by tapping into the beliefs residing in the subconscious domain. You will learn healing imagery for specific health problems ranging from mild discomfort to serious and chronic illnesses. Anyone in the healing arts can utilize this complementary modality to enhance general health, well-being and gain a comprehensive understanding of the mind-body interrelationships. It is highly recommended that Hypnotherapy students have completed HY 200. Required text: Medical Hypnotherapy by Tim Simmerman $36
Recommended texts:Rituals of Healing by J. Achterberg, B. Dossey, and L. Kolkmeier, Human Body by DK
1 Weekend
9/24/11 - 9/25/11 Sa Su 9:00 am - 5:30 pm
3/10/12 - 3/11/12 Sa Su 9:00 am - 5:30 pm $210.00

38 Class Descriptions
Hypnotherapy - Script Writing
HY 420 Class Hours: 15 Credits: 1
The choice of words you say to a client while they are in an altered state is the most important part of the hypnotherapy process. Learn to write your own scripts and how to choose effective pre-written scripts. Learn to write suggestions for the unconscious mind, the five golden rules for writing your hypno-guides, what you never say and what you always say. PREREQ: HY 200 Hypnotherapy II 1 Weekend
3/31/12 - 4/1/12 Sa Su 9:00 am - 5:30 pm
10/13/11 - 10/14/11 Th 6:00 pm - 9:45 pm
$210.00

Hypnotherapy - Script Writing ONLINE
HY 420-OL Class Hours: 15 Credits: 1
The choice of words you say to a client while they are in an altered state is the most important part of the hypnotherapy process. Learn to write your own scripts and how to choose effective pre-written scripts. Learn to write suggestions for the unconscious mind, the five golden rules for writing your hypno-guides, what you never say and what you always say. PREREQ: HY 200 Hypnotherapy II Media $18.
4 Weekends
8/8/11 - 8/9/11
8/10/11 - 8/11/11
8/31/11 - 9/1/11
9/2/11 - 9/3/11
$210.00
LaStone - Energetic Stones
LS 300 P Class Hours: 27 Credits: 0.75
Advance your Energy sessions and take your clients ‘beyond balanced’. Enhance therapeutic and spiritual benefits when blending the healing energies of Reiki or other forms of ‘energy work’ with the therapeutic principles of LaStone Therapy. Your clients, feeling cradled by Mother Earth with her warm stones and refreshed with the cool stones, will move into a deeper state of consciousness that lasts longer than traditional energy sessions. The blending of crystals and toning in an “Energetic Stone” session will take your clients on a journey of self-healing that their souls will remember for a lifetime. PREREQ: suggested background in Energy work and Chakra understanding. CLASS SIZE LIMITED TO 14 STUDENTS. Payment in full at time of registration. Non-refundable. Text: $35 AUC only P$ NCBTMB BW (AZ-CEU)
1 Week
10/24/11 - 10/26/11 M T W 8:30 am - 6:30 pm
$516.00

Life Coaching - Foundation
BC 550 P Class Hours: 20 Credits: 1.25
Life Coaching is an ongoing partnership that helps people produce fulfilling results in their personal, professional and spiritual lives. Through the process of coaching, clients deepen their learning, improve their performance and enhance their quality of life. This Foundation course introduces the common philosophies and objectives of client-centered coaching. This highly experiential foundation class details multiple assessment tools tailored to the client’s individual needs. PS Text: $20.
1 Weekend
9/9/11 - 9/11/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
1/13/12 - 1/15/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
3/16/12 - 3/18/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00

Life Coaching - Foundation ONLINE
BC 550-OL Class Hours: 20 Credits: 1.25
PS Text + Media: $26
5 Weeks
8/8/11 - 9/11/11
10/10/11 - 11/13/11
1/12/12 - 2/5/12
$360.00

Life Coaching - Core Strategies, Techniques & Implementation
BC 560 P Class Hours: 80 Credits: 3.75
In this course, a coach is taught to use interactive processes and how to develop client-centered strategies and solutions, which move the client toward the rapid attainment of their goals. Participants will develop the ability to establish client/Coach contracts, and define the nature, limitations and boundaries of the coaching relationships. Successful mastering of Coaching Core Competencies must be completed in addition to classroom time and ten required one-on-one sessions completed outside of class time. PS: Text: $75 PRERO BC 550
4 Weekends
10/7/11 - 1/9/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
2/10/12 - 5/13/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
11 Weeks
7/18/11 - 9/26/11 M W 6:00 pm - 10:00 pm
1/18/12 - 3/28/12 M W 6:00 pm - 10:00 pm
20 Weeks
10/13/11 - 3/15/12 Th 6:00 pm - 10:00 pm
$1,440.00

Learn to be an Instrument, Not an Ego, in the Peace & Healing of Others.

Life Coaching - Core Strategies, Techniques & Implementation, Part 1 ONLINE
BC 561-OL Class Hours: 40 Credits: 2
** STUDENTS MUST ALSO REGISTER AND PAY FOR BC 562-OL WHEN REGISTERING FOR THIS COURSE** PS. PREREQ: BC 550 or BC 550-OL. Book and 2 DVDs should have been acquired from BC 561-OL (Life Coaching - Core Strategies, Techniques & Implementation, Part 2 ONLINE) as well. 10 Weeks
9/12/11 - 11/27/11
11/14/11 - 2/5/12
$720.00

Life Coaching - Core Strategies, Techniques & Implementation, Part 2 ONLINE
BC 562-OL Class Hours: 40 Credits: 1.75
PS. PREREQ: BC 550 or BC 550-OL, BC 561-OL. Book and 2 DVDs should have been acquired from BC 561-OL (Life Coaching - Core Strategies, Techniques & Implementation, Part 1 ONLINE) enrollment. 10 Weeks
7/25/11 - 10/12/11
8/22/11 - 11/6/11
9/26/11 - 12/11/11
$720.00

Life Coaching - Advanced Coaching Skills
BC 580 Class Hours: 20 Credits: 1.25
This class gives you more skills to add to your tool box to help you become ‘fully expressed’ as a Life Coach. Learn how valuable skills to take your clients ‘beyond balanced’ and even to a higher level of life and set your practice apart from the rest of the coaches, bringing more added value to your sessions, repeat clients and referrals. Learn how to put new exciting coaching skills into action: Metaphoric Coaching, 12 Keys to Successful Coaching, and learn how to walk and coach at the same time. PREREQ: BC 560 Life Coaching Core or Instructor permission.
5 Weeks
10/5/11 - 11/21/11 W 6:00 pm - 10:00 pm
4/4/12 - 5/2/12 W 6:00 pm - 10:00 pm
$280.00 Instructor Seaman

Lower Back Pain Release
TE 320 Class Hours: 8 Credits: 0.25
Releasing the psoas muscles is the key to relieving lower back pain. A deep focused approach to releasing muscles, including low back and hip stresses. PRERO Q MT 200 Swedish Massage or MT 400 Myotherapy. NCBTMB BW (AZ-CEU)
2 Weeks
10/4/11 - 11/11/11 T 6:00 pm - 10:00 pm
7/20/12 - 7/27/12 F 8:30 am - 12:30 pm
$112.00

Lymphatic Massage
TE 340 Class Hours: 16 Credits: 0.5
Lymphatic drainage massage promotes balance of the body’s internal chemistry, purifies and rejuvenates tissues, helps normalize the functions of organs and promotes function of the immune system. Bring two sheets and one pillow case. NCBTMB BW (AZ-CEU)
4 Weeks
1/16/11 - 12/14/11 W 6:00 pm - 10:00 pm
2/17/12 - 3/9/12 F 8:30 am - 12:30 pm
$224.00

Lymphatic Massage Progression
TE 345 Class Hours: 16 Credits: 1
Advanced version of lymphatic massage designed to refine basic lymph drainage skills and promote a better understanding of the lymphatic system. Technique incorporates frontal and posterior protocols. PREROQ: TE 340 Lymphatic Massage (AZ-CEU)
1 Weekend
10/29/11 - 11/10/11 Sa Su 9:00 am - 6:00 pm
$224.00 Instructor Gabriel

Mastery Skills for Health Care Practitioners
CC 302 Class Hours: 30 Credits: 2
This class is healing and therapeutic in itself, as it brings our consciousness to the potential shadow areas of all healing relationships. The study of ethical issues provide insights in understanding the client’s psychospiritual process, as well as your own. Expand your ethical consciousness through writing a personal Code of Ethics; this is an exercise in self-reflection and clarification of values. All dimensions of ethics are explored including truthfulness, confidentiality, informed consent, reporting and clear sexual boundaries. This class provides navigational tools for dealing with the deep and often confusing interactions between client and holistic care practitioner. The goal of this class is to come from a strong centered place of service and not from that of a wounded healer. Texts: $31 NCBTMB (AZ-CEU)
8 Weeks
9/12/11 - 10/11/11 M 6:00 pm - 9:45 pm
11/8/11 - 1/10/12 T 6:00 pm - 9:45 pm
3/26/12 - 5/14/12 M 6:00 pm - 9:45 pm
$420.00

Mastery Skills for Health Care Practitioners ONLINE
CC 302-OL Class Hours: 30 Credits: 2
Texts: $68 (AZ-CEU)
8 Weeks
7/18/11 - 9/11/11
10/10/11 - 12/4/11
11/7/11 - 1/15/12
1/2/12 - 2/26/12
$420.00

Medical Conditions - Deep Approach
TE 420 Class Hours: 16 Credits: 1
Using a new interpretation of SOAP notes developed by Tracy Walton called a decision tree, learn in-depth ways to chart and work with the Integumentary, Myofascial, Muscular and Circulatory systems through massage. 4 Weeks
9/21/11 - 10/12/11 W 6:00 pm - 10:00 pm
1/8/12 - 1/27/12 F 8:30 am - 12:30 pm
2/28/12 - 3/20/12 T 6:00 pm - 10:00 pm
$224.00

Medical Conditions - Fragile Tissue
TE 421 Class Hours: 16 Credits: 1
Using a new interpretation of SOAP notes developed by Tracy Walton called a decision tree, learn in-depth ways to chart and work with the Lymphatic, Nervous, Endocrine and Digestive systems through massage. 4 Weeks
1/4/12 - 1/25/12 W 6:00 pm - 10:00 pm
3/16/12 - 4/13/12 F 8:30 am - 12:30 pm
$224.00

Medical Massage for Cancer Survivors
TE 402 Class Hours: 16 Credits: 0.75
Gain a solid introduction to the general pathology of cancer, and massage techniques for serving clients who have had cancer. As study of the medical benefits of massage increases, the practice of massage for cancer survivors is now being explored. Learn how to ‘do no harm’ as you work with light touch therapies for these under served clients. PREROQ MT 200 Swedish Massage. BW NCBTMB (AZ-CEU)
1 Weekend
7/16/11 - 7/17/11 Sa Su 9:00 am - 6:00 pm
12/3/11 - 12/4/11 Sa Su 9:00 am - 6:00 pm
$224.00
Ministerial Duties
SP 420  Class Hours: 30  Credits: 2
This course covers weddings, christenings, funerals, counseling, issues of domestic violence, grief, suicide and the minister's role as counselor and spiritual advisor. Some cultural aspects of religious practices in death and dying are covered. Suggested book is Illuminata, by Marianne Williamson. Material fee: $10.
8 Weeks
9/8/11 - 10/27/11 Th 6:00 pm - 9:45 pm
3/13/12 - 5/1/12 T 6:00 pm - 9:45 pm
$430.00  Instructor Brown

Mother Touch
CB 400  Class Hours: 8  Credits: 0.25
A course designed for students to learn to give the pregnant client a safe, gentle, yet highly effective Therapeutic Massage. Learn how pregnancy changes the body, when Pregnancy Massage is appropriate or contraindicated, techniques for producing total relaxation of muscles while peacefully stimulating blood circulation, lymphatic drainage and endocrinological balance. Please contact instructor for supplies list. PREREQ: MT 200 Swedish NCBTMB  BW (AZ-CEU)
1 Day
10/11/11 - 10/11/11 Sa 9:00 am - 6:00 pm
$112.00  Instructor Venezia

Mother Touch - Advanced
CB 401  Class Hours: 8  Credits: 0.25
Learn to meet more of the pregnant client's expanding needs. Curriculum includes aromatherapy, safe for pregnancy, guided imagery and visualization for optimum maternal and fetal well-being, pre-birth parenting and fetal awareness, charting, labor massage techniques, postpartum renewal and more. Invite a pregnant friend to join you for the last 2 hours of class. PREREQ: CB 400 Mother Touch  BW NCBTMB (AZ-CEU)
1 Day
10/21/11 - 10/22/11 Su 9:00 am - 6:00 pm
$112.00  Instructor Venezia

Moxibustion
OE 380  Class Hours: 8  Credits: 0.25
A powerful addition to any bodywork style. Moxibustion is often as affective as acupuncture. Learn to burn moxa on or above the skin at acupuncture points to warm the Qi and blood in meridian channels for health maintenance and treatment of disorders. Supplies: $35.
2 Weeks
10/19/11 - 10/26/11 W 6:00 pm - 10:00 pm
4/12/12 - 4/19/12 Th 6:00 pm - 10:00 pm
$131.00

Myofascial Energetic Massage
EL 112  Class Hours: 20  Credits: 0.5
This technique activates the neuro-net matrix within the connective tissue to initiate release in constrictions. Learn six techniques that can be used anywhere on the body plus three techniques specific to spine. Learn listening touch, shift, skin echo-wave, subcu slide/glide, unlatch and torque, Myofascial Unwinding, squeeze and lift trigger point. Bring sheets and lotion. BW NCBTMB (AZ-CEU)
1 Week
9/23/11 - 9/25/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
5 Weeks
7/21/11 - 8/18/11 Th 6:00 pm - 10:00 pm
12/2/12 - 2/9/12 Th 6:00 pm - 10:00 pm
$290.00

Myofascial Energetic Massage: Advanced - Head & Hips
EL 118  Class Hours: 8  Credits: 0.25
Learn to unravel the mysteries of releasing connective tissue constrictions of the head and neck. Within the neuro-net matrix of the muscle connective tissue called myofascia lays patterns of tension that put pressure on blood vessels and nerves. Develop and refine more techniques to aid people with headaches, sinus pressure, neck pain, TMJ pain, and upper back pain. Bring sheets and lotion. BW NCBTMB (AZ-CEU)
1 Day
10/8/11 - 10/8/11 Sa 9:00 am - 6:00 pm
2/11/12 - 2/11/12 Sa 9:00 am - 6:00 pm
$112.00

Myofascial Energetic Massage: Advanced - Lower Spine, Pelvis & Legs
EL 122  Class Hours: 8  Credits: 0.25
Learn to help people untangle the issues in the tissues of their lower back and hips. Chronic tension in walking patterns, stored holding patterns of survival in the hips and legs cause distress in daily living. Understand the dynamics of sciatica, lower back strain, hamstring pulls, hip and knee pain. Bring sheets and lotion. BW NCBTMB (AZ-CEU)
1 Day
8/13/11 - 8/13/11 Sa 9:00 am - 6:00 pm
11/12/11 - 11/12/11 Sa 9:00 am - 6:00 pm
4/14/12 - 4/14/12 Sa 9:00 am - 6:00 pm
$112.00

Myofascial Energetic Massage: Advanced - Shoulders, Thoracic Cage, Arm & Hand
EL 120  Class Hours: 8  Credits: 0.25
Learn to unwrap the rigidity from tension and pressure. You can unburden the shoulders from the pain and pressure of muscle connection tissue constrictions. The heart, lungs, liver, stomach and kidneys will be affected with this release work. Get fine-tuned to work with people with thoracic outlet pain, rotator cuff pain, shoulder, upper and middle back pain, carpal tunnel pain, chest tension pressure related to Asthma and arm pain and pain due to scoliosis and kyphosis. Bring sheets and lotion. BW NCBTMB (AZ-CEU)
1 Day
10/22/11 - 10/22/11 Sa 9:00 am - 6:00 pm
3/10/12 - 3/10/12 Sa 9:00 am - 6:00 pm
$112.00

Myofascial Energetic Massage: Tissue Talk - Master Touch Skills
EL 126  Class Hours: 12  Credits: 0.25
Learn to hone your massage touch to be effective with each stroke. Be the Master massage therapist who knows what each tissue needs and when to use what stroke for optimal effect. Be able to read each tissue for tissue stories and learn the language of the tissues. Update your palpation and intuitive skills at your fingertips. BW NCBTMB (AZ-CEU)
1 Weekend
8/27/11 - 8/28/11 Sa 9:00 am - 4:00 pm
12/10/11 - 12/11/11 Sa 9:00 am - 4:00 pm
5/19/12 - 5/20/12 Sa 9:00 am - 4:00 pm
$168.00

Myotherapy - Seven Step Release System
MT 400  Class Hours: 40  Credits: 1.25
A deep therapy approach to incorporating assisted stretches and skeletal articulations. Learn to find the holding pattern in a person's body and use very specific steps designed by KC Miller to release tight, tie-up muscles. Text: $15 BW NCBTMB (AZ-CEU)
5 Weeks
10/3/11 - 11/2/11 M W 1:00 pm - 5:00 pm
10 Weeks
8/17/11 - 10/19/11 W 8:30 am - 12:30 pm
11/15/11 - 1/31/12 T 6:00 pm - 10:00 pm
1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm
$560.00

Come discover your Gifts and Graces the first Friday of each month at 6pm.
Myotherapy - Seven Step Progression
TE 362 Class Hours: 16 Credits: 0.5
This class is a progression of the basic Seven Step Myotherapy skills in preparation for Myo Mastery. Included is a deeper understanding of theory, trigger points, rotations, and lateral recurrent/sideline work. Attention given to individual student needs to ensure competency. PREREQ: MT 400
4 Weeks
9/19/11 - 10/10/11 M 6:00 pm - 10:00 pm
2 Weeks
11/7/11 - 11/19/11 M W 1:00 pm - 5:00 pm
$224.00 Instructor Verdugo

Neuro Linguistic Programming (NLP)
ONLINE
EL 725-OL Class Hours: 20 Credits: 0.5
5 Weeks
8/8/11 - 9/11/11
9/6/11 - 10/16/11
10/17/11 - 11/20/11
$280.00

Neuromuscular Techniques Featuring Communicative Balancing
EL 735 Class Hours: 12 Credits: 0.25
The essence of this course is communicative balancing of the whole body. Keep your clients coming back and get more referrals by learning a comprehensive protocol for low back, hip, sciatic nerve pain and a therapeutic application for treatment for the upper thoracic, neck and head using reciprocal and active isolated stretching - in concert with the parasympathetic nervous system. Learn a more balanced and efficient approach to restore circulation, resulting in a revitalizing affected areas. Please have available shorts for stretching purposes. Bring one set of sheets, two hand towels. A lesson in communicative balancing: the newest technique that will never get old! (AZ-CEU)
1 Weekend
11/5/11 - 11/6/11
Sa 9:00 am - 6:00 pm
Su 9:00 am - 1:00 pm
$168.00 Instructor Schaeffer

Nutrition - Adding Spice to Your Life
NC 165 Class Hours: 4 Credits: 0.25
1/2/12 - 2/6/12 M 6:00 pm - 10:00 pm
Nutrition - Holistic Foundation II
NC 166 Class Hours: 4 Credits: 0.25
Tired of the same old recipes? Looking for ways to add pizzazz to your daily meals? Chef Rachel will help you expand your recipe repertoire with more exciting and enticing recipes that highlight the flavors and fragrances of herbs and spices from around the world. Hands-on, Wheat-free, gluten-free, dairy free, sugar-free recipes; several will include fish, fowl, or meat. Supply fee: $15/person
Bring a chef's knife in a protective case/carrying bag, 3 dish towels, 1 washcloth or small rag, paper, pen or pencil, paring knife if you have one, and apron. Please plan to arrive 10 minutes early to take your stations so we can start promptly.
1 Day
9/24/11 - 9/24/11 Sa 11:00 am - 3:00 pm
$71.00 Instructor Albert

Nutrition - Holistic Foundation I
NC 110 Class Hours: 45 Credits: 3
The essentials of basic human nutrition including digestion, absorption, functions and food sources of carbohydrates, proteins and fats; vitamins, minerals and accessory nutrients. Course is for anyone wanting to learn more about nutrition.
1 Day
9/10/11 - 9/11/11
Tu 9:00 am - 4:15 pm
Th 9:00 am - 4:45 pm
W 10:00 am - 2:00 pm
$480.00

Herbals and spices add more than rich tastes and inviting aromas to recipes. They also add valuable vitamins, minerals, and antioxidants to your daily diet. Tired of the same old spices? Baffled about which ones to use singly or in combination? Wonder what to pair them with? Does it seem like a guessing game? Chef Rachel will demystify the process of choosing herbs and spices and using them so they enhance without overpowering your favorite foods. Learn how to select and store the highest quality seasonings, how to combine them, which ones go best with which foods and how to know when they're ready for the compost pile. Rachel will walk you through the preparation of half a dozen family-friendly recipes, from appetizers to dessert, and send you home with a printed packet to guide you at home.
1 Calendar Month prior to start date. Supply fee $15 Bring a chef's knife in a protective case/carrying bag, 3 dish towels, 1 washcloth or small rag, paper, pen or pencil, paring knife if you have one, and apron. Please plan to arrive 10 minutes early to take your stations so we can start promptly.
1 Day
9/24/11 - 9/24/11 Sa 11:00 am - 3:00 pm
$71.00 Instructor Albert

Nutrition - Cooking & Baking with Coconut Flour
NC 171 Class Hours: 4 Credits: 0.25
Learn how to cook and bake with hottest new flour on the market. Coconut flour contains more fiber than any other kind of flour. It's hypo-allergenic. It's as high in protein as wheat, but gluten free and it contains fewer carbs than other flours. Chef Rachel will show you how to make both sweet and savory recipes using this unusual product. Wheat-free, gluten-free, mostly dairy free. Mix of demo and hands on.
Supply fee: $15/person
1 Day
8/20/11 - 8/20/11 Sa 11:00 am - 3:00 pm
$71.00 Instructor Albert
Nutrition - Gluten-Free Low Sugar Baking  
NC 170 Class Hours: 4 Credits: 0.25  
Wheat-free, gluten-free, dairy-free? You can still enjoy delicious breads and desserts. Learn how to make and use gluten-free flour blends, healthy fats and oils, and higher quality sweeteners in to make healthier baked goods. You will learn how to make both sweet and savory recipes from focaccia and pizza to muffins, brownies, and banana bread. Recipes will contain eggs. Mix of demo and hands on. Wheat-free, gluten-free, dairy-free, mostly vegetarian (some of the pizza recipes may include meat). NON-REFUNDABLE ONE CALENDAR MONTH PRIOR TO START DATE.  
Supply fee: $15 per person. Bring a chef’s knife in a protective case/carrying bag, 3 dish towels, 1 washcloth or small rag, paper, pen or pencil, paring knife if you have one, and apron. Please plan to arrive 10 minutes early to take your stations so we can start promptly.  
1 Day  
11/5/11 - 11/5/11 Sa 11:00 am - 3:00 pm  
$71.00 Instructor Albert  

Nutrition - Supplements Intro  
NC 340 Class Hours: 15 Credits: 1  
With the wide range of contradictory information on dietary supplements and herbs, consumers are unsure of what to take/not to take. A representative sample of vitamins, minerals and botanical medicines are explored in detail. Text $25.  
4 Weeks  
10/13/11 - 11/3/11 Th 6:00 pm - 9:45 pm  
5/8/12 - 5/29/12 T 6:00 pm - 9:45 pm  
$210.00  

Nutrition - Supplements Intro ONLINE  
NC 340-OL Class Hours: 15 Credits: 1  
This course explores nutritional therapy as a way to heal the body. It focuses on food as medicine to obtain and maintain a state of health. Text 25.  
4 Weeks  
11/10/11 - 12/8/11 Th 6:00 pm - 9:45 pm  
6/5/12 - 6/26/12 T 6:00 pm - 9:45 pm  
$210.00  

Nutrition - Therapies  
NC 140 Class Hours: 15 Credits: 1  
This course explores nutritional therapy as a way to heal the body. It focuses on food as medicine to obtain and maintain a state of health. Text 25.  
4 Weeks  
10/3/11 - 10/30/11 Th 6:00 pm - 9:45 pm  
11/12/11 - 12/18/11 T 6:00 pm - 9:45 pm  
1/10/12 - 2/28/12 $120.00  

Nutrition - Therapies ONLINE  
NC 140-OL Class Hours: 15 Credits: 1  
Texts $25.  
4 Weeks  
8/28/11 - 9/25/11  
10/3/11 - 10/30/11  
11/12/11 - 11/28/11  
1/30/12 - 2/28/12 $120.00  

Nutrition - Weight Management Strategies  
NC 330 Class Hours: 30 Credits: 2  
Strategies for implementing healthy and effective long-range weight reduction plans, balanced in a healthy lifestyle to allow the maintenance of ideal weight. Text: $40.  
8 Weeks  
2/9/12 - 3/29/12 T 6:00 pm - 9:45 pm  
8/7/12 - 9/25/12 T 6:00 pm - 9:45 pm $420.00  

Nutrition - Weight Management Strategies ONLINE  
NC 331-OL Class Hours: 30 Credits: 1.5  
Text: $40.  
8 Weeks  
8/8/11 - 10/2/11  
9/6/11 - 11/6/11  
10/17/11 - 12/11/11 $420.00  

Nutrition - Whole Food Cooking  
NC 200 Class Hours: 20 Credits: 0.5  
You will develop healthy shopping habits and culinary skills; learn how to eat a produce-dominated diet; find out where to buy and how to prepare high quality vegetables, fruits, animal products, nuts, seeds, and oils, herbs, spices, and natural sweeteners using as much local, seasonal, pastured-raised, and organic food as possible. Some classes will include the preparation of whole grains and beans; however, these foods will make up a minimal part of the course relative to fresh produce and protein rich foods. Course covers basic kitchen equipment, kitchen organization, meal planning and prep tips, and recipe modification. Each 4-hour class features a mix of demonstration, lecture, and hands-on, and includes the preparation of an entire meal. Space is limited. Recipes and menus will be gluten-free with optional dairy-products in some classes. NON-REFUNDABLE ONE CALENDAR MONTH PRIOR TO START DATE. Supplies $60. Text: $35, Material fee: $10  
5 Weekends  
2/11/12 - 3/10/12 Sa 11:00 am - 3:00 pm  
W 6:00 pm - 10:00 pm  
$350.00  

Nutrition - Whole Food Cuisine  
NC 200-OL Class Hours: 20 Credits: 0.5  
NA Text + Media $56.  
5 Weekends  
7/18/11 - 8/21/11  
10/10/11 - 11/20/11  
11/7/11 - 12/11/11  
12/18/11 - 1/29/12 $280.00  

Nutrition - Whole Food Cuisine ONLINE  
NC 200-OL Class Hours: 20 Credits: 0.5  
AWaken your inner chef and enhance your appreciation of the nourishing power of natural foods. You’ll develop greater ease, confidence, and efficiency in the kitchen; expand your recipe repertoire; learn how to expertly replace highly refined and commonly allergenic with more healthful alternatives; and make healthier and more economical alternatives to store bought soups, broths, salad dressings, and desserts. You’ll also learn how to cook with Japanese and American sea vegetables. Space is limited. Gluten-free with optional dairy-products in some classes. NON-REFUNDABLE ONE CALENDAR MONTH PRIOR TO START DATE. Supplies $60, Text $25.  
5 Weekends  
10/1/11 - 10/29/11 Sa 11:00 am - 2:00 pm  
5/12/12 - 6/16/12 Sa 6:00 pm - 9:00 pm  
5 Weeks  
8/30/11 - 9/27/11 T 6:00 pm - 9:00 pm  
9/11/11 - 9/29/11 Th 6:00 pm - 9:00 pm  
2/8/12 - 3/7/12 W 6:00 pm - 9:00 pm $270.00  

Nutrition - Whole Food Cuisine II ONLINE  
NC 250-OL Class Hours: 15 Credits: 0.5  
Text + Media $55  
5 Weekends  
10/3/11 - 11/6/11  
11/7/11 - 12/11/11  
1/3/12 - 3/4/12  
3/5/12 - 4/8/12 $210.00  

MIND-BODY WELLNESS CONFERENCE 2011  
Come learn from the renowned Dr. Allen Chips and other Holistic professionals.  
Saturday, July 30 and Sunday, July 31  
Call Student Services to register 480-994-9244  
Class Descriptions 43
Optimum Health & Sustainability

HH 500 Class Hours: 15 Credits: 1
Learn how the art and science of sustainability can affect health and well-being individually and globally. Discussed topics will include toxicity and healthy solutions for the air we breathe, the food we eat and the water we drink. Discover how to avoid harmful practices and begin to create a more healthy and sustainable environment. NCBTMB Text $8

4 Weeks
11/7/11 - 11/28/11 M 6:00 pm - 9:45 pm
4/11/12 - 5/2/12 W 6:00 pm - 9:45 pm
$210.00

Optimum Health & Sustainability ONLINE

HH 500-OL Class Hours: 15 Credits: 1
NCBTMB
4 Weeks
7/9/12 - 8/5/12
$210.00

Pathology - BW

SC 415 Class Hours: 40 Credits: 2.5
Study a wide variety of medical conditions contra-indicated for massage if appropriate, precautions to be taken to administer massage safely.
Prepares students to work on clients with medical conditions, chronic illness and disease. LEC Text: $59.95 (AZ-CEU)

10 Weeks
8/11/11 - 10/13/11 Th 8:30 am - 12:30 pm
2/8/10 - 2/1/12 M W 6:00 pm - 10:00 pm
1/2/12 - 3/12/12 M 8:30 am - 12:30 pm
$560.00

Pathology - WH

SC 425 Class Hours: 40 Credits: 2.5
The classic study of the causes, nature and effects of diseases in the human body. Prepares students to work with clients with medical conditions, chronic illness and disease. PRERQ MT 500 LEC Text: $75 (AZ-CEU)

10 Weeks
5/23/12 - 8/1/12 W 6:00 pm - 10:00 pm
$560.00

Physiology

MT 500 Class Hours: 60 Credits: 4
This dynamic class brings the body's systems to life! Learn the branch of the biological sciences dealing with the processes and functions of the human organism. Understand how and why the body functions the way it does! Text: $62. (AZ-CEU)

15 Weeks
9/26/11 - 1/23/12 M 6:00 pm - 10:00 pm
8 Weeks
9/19/11 - 11/7/11 M W 6:00 pm - 10:00 pm
10/21/11 - 12/14/11 M W 8:30 am - 12:30 pm
2/14/12 - 4/3/12 T Th 6:00 pm - 10:00 pm
3/20/12 - 5/8/12 T Th 8:30 am - 12:30 pm
$840.00

Polarity - Basic I

PC 100 Class Hours: 20 Credits: 1
Experience the exciting new paradigm of energy healing. The Polarity model interprets the body's imbalances as the final "print-out" of physical and emotional choices made long ago. Polarity serves as the key to unlocking them. Utilizing hands-on contacts and gentle communication techniques, this work embodies a full holistic health care system, and can be used to empower other modalities as well. NCBTMB BW (AZ-CEU)

1 Weekend
7/22/11 - 7/24/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
10/14/11 - 10/16/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
1/6/12 - 1/8/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
3 Weeks
8/9/11 - 8/23/11 T 9:00 am - 4:00 pm
T 9:00 am - 5:00 pm
$280.00

Polarity - Basic II

PC 150 Class Hours: 48 Credits: 2.25
Ether, Air, Fire, Water, Earth - the ancients saw our bodies as streams of energy with different qualities. Connect physical symptoms with their emotional origins and introduce music, sound, color and food as resources for balancing the entire body. Supplies: $25 Material fee: $15 PRERQ: PC 100 Polarity Basic I. NCBTMB BW (AZ-CEU)

2 Workshops
8/19/11 - 8/28/11 F Sa Su 9:00 am - 6:00 pm
11/4/11 - 11/13/11 F Sa Su 9:00 am - 6:00 pm
2/3/12 - 2/12/12 F Sa Su 9:00 am - 6:00 pm
7 Weeks
10/4/11 - 11/15/11 T 9:00 am - 4:00 pm
$712.00

Polarity - Communications, Resonance & Relations I

PC 400 Class Hours: 32 Credits: 2
Verbal skills allowing you to guide your client to resolution can be learned here. This course teaches you to pace your clients, follow their journeys where it needs to go and integrate body-based healing with life healing. A profound accomplishment to all deep bodywork. PRERQ: PC 100 Polarity I or PC 850 Cranial Unwinding. NCBTMB BW (AZ-CEU)

1 Weekend
9/15/11 - 9/18/11 Th 8:30 am - 5:30 pm
12/8/11 - 12/11/11 Th 8:30 am - 5:30 pm
3/15/12 - 3/18/12 Th 8:30 am - 5:30 pm
$484.00

Polarity - Reflexology

PC 700 Class Hours: 20 Credits: 1
Explore foot, hand and ear Reflexology from an energy perspective. In addition to learning the reflex points, students will be hooking up currents of energy and using breath and sound for more complete healing. NCBTMB BW (AZ-CEU)

1 Weekend
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm
Sa 9:00 am - 6:00 pm
12/21/11 - 12/24/11 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
3/9/12 - 3/11/12 F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
3 Weeks
9/6/11 - 9/20/11 T 9:00 am - 4:00 pm
T 9:00 am - 5:00 pm
2/6/12 - 2/20/12 M W 1:00 pm - 5:00 pm
$280.00

Polarity APP/Cranial - Practicum

PC 200 Class Hours: 30 Credits: 1.25
During the clinic, five sessions will be given and evaluated with an eye towards understanding therapist/client dynamics and each student's particular strengths and weaknesses as a practitioner. Sessions count toward the required 30 documented sessions given. Case studies will be shared, and business and ethical issues will be discussed. The skills needed for a successful practice will be identified and developed. Students must have completed the majority of Polarity or Cranial classes plus Polarity Communications I.

2 Weeks
10/29/11 - 11/6/11 Sa Su 9:00 am - 5:30 pm
5/5/12 - 5/13/12 Sa Su 9:00 am - 5:30 pm
$420.00

Polarity - Business and Ethics

PC 800 Class Hours: 30 Credits: 2
Managing the financial aspects of your Polarity practice and understanding professional ethics are the cornerstones of a balanced and successful practice. This class is to empower, prepare and motivate you to be successful financially, emotionally and spiritually. It will strengthen your business and boundary skills, honoring your work in life. NCBTMB
4 Weeks
6/25/12 - 7/16/12 M 9:00 am - 5:30 pm
$420.00 Instructor Strauss

Polarity - Cleanse and Exercise

PC 940 Class Hours: 37 Credits: 2
A workshop for students to review and master the skills learned in Communications I. New ways of speaking directly to the cause of the client's distress will be explored. These include pattern interruption, metaphors and future pacing. Each student will receive a direct coaching in evaluating their own patterns of communicators and will have fun with the challenge of breaking those patterns. Text: $13 NCBTMB BW (AZ-CEU)

1 Weekend
11/10/11 - 11/13/11 Th 8:30 am - 5:30 pm
11/15/11 - 11/18/11 Th 8:30 am - 5:30 pm
$448.00

Polarity - Energetic Nutrition

PC 997 Class Hours: 24 Credits: 1.5
Learn to recognize the elemental qualities in the world of food. Take eating histories and energetically analyze the mind to honor people's relationships and patterns with food. Integrate the esoteric, energetic, traditional and scientific understanding of nutrition. Class provides experience and awareness to guide clients toward a more balanced and holistic relationship with food, as well as body work protocols for Lymphatic Movement and Fire Spiral and digestive process protocols in conjunction with nutrition process work. (AZ-CEU)

1 Weekend
4/13/12 - 4/15/12 F Sa Su 9:00 am - 6:00 pm
$336.00

Polarity - Five & Six Point Star

PC 986 Class Hours: 24 Credits: 0.75
The 5 Point Star is an image of the body's shaping relationship as outlined in Randolph Stone's work, so as to allow the structure to permit proper expression of both our involuntary being and our expression of both our involuntary being and our evolutionary being; one triangle is facing up, and the other facing down. Dr. Stone said "As above, so below". In this class you'll learn to integrate these fields through particular energetic point location as outlined in Randolph Stone's work, so as to allow the structure to permit proper expression to flow in and out of the being. NCBTMB BW (AZ-CEU)

1 Weekend
7/6/12 - 7/8/12 F Sa Su 9:00 am - 6:00 pm
$336.00
### Polarity - Mystic Bible & Polar Energetic Exercises

**PC 955**  
Class Hours: 12  
Credits: 1  
Dr. Randolph Stone, the father of Polarity Therapy, was a Mystic in his own right. He had a disciplined practice of meditation and a lifestyle of a modern day ascetic. He saw many internal images of an alternative reality that inspired him to create Polarity and search deeper into the realm of what true spirituality is. In this study group we will read and study Dr. Stone’s Mystic Bible that relates to his sacred and fulfilling life’s mission here. Polar Energetic exercises are easy stretches to release energy blocks.  
1 Weekend  
3/17/12 - 3/18/12 Sa Su 9:00 am - 5:00 pm  
$168.00

### Polarity - Practicum

**PC 988**  
Class Hours: 61  
Credits: 2  
Bring all your Polarity training into focus by working with clients, evaluating your process and resource in relationship to the client. Various days in conjunction with program. NCBTMB 5 Weeks  
7/21/11 - 10/13/11  
T W Th 9:00 am - 9:00 pm  
$854.00  
Instructor Strauss

### Polarity - Trance Counseling

**PC 110**  
Class Hours: 24  
Credits: 1  
We often imagine life as nothing but a series of things that happen “to” us. It is hard to see just how it is we live in self-generated realities which continue to keep us from realizing there could be a “new way”, where we take responsibility for creating the life we live. Tapping deeply into the work of Milton Erickson, M.D., Stephen Wolinsky, Ph.D., and Carl Rogers, we’ll take a journey into our “intra-personal feedback loops” that rule our lives unconsciously keeping us from new possibilities.  
P$ BW (AZ-CEU)  
1 Weekend  
1/13/12 - 1/15/12  
F Sa Su 9:00 am - 6:00 pm  
$336.00

### Polarity - Advanced Elements

**PC 570**  
Class Hours: 32  
Credits: 1  
Gain a deeper relationship with the elements. Explore the physical anatomy of Dr. Stone’s oval fields; learn how energy is shaped by our experiences of human behavior and culture. Discover the implications of trauma and abuse and clinical applications of Polarity Therapy to assist clients facing specific physical conditions. (AZ-CEU)  
1 Weekend  
9/22/11 - 9/25/11  
Th 8:30 am - 5:30 pm  
F Sa Su 9:00 am - 6:00 pm  
$448.00

### Polarity - Advanced Supervision & Clinical Development

**PC 995**  
Class Hours: 26  
Credits: 1.5  
Explore advanced concepts/applications of Polarity/Cranial energy approaches to clients presenting issues. Learn how to use your training to work with a diverse array of clients’ conditions from the acute to the chronic, including spinal compression, hypertension, depression, injury, trauma and chronic diseases. Empower the depth and dimensions of your practice and benefit from the insights of Gary’s 30+ years of private practice. NCBTMB TBD  
$364.00  
Instructor Strauss

### Polarity - Autonomic Nervous System

**PC 999**  
Class Hours: 24  
Credits: 0.75  
Autonomic nervous system is the interface between the mind and body. Advance your skills, learn different techniques to release holding patterns in the spine, brachial plexus, perineum and coccyx, while bringing the balance of the parasympathetic/sympathetic nervous system. BW (AZ-CEU)  
1 Weekend  
3/2/12 - 3/4/12  
F Sa Su 9:00 am - 6:00 pm  
$336.00

### Postural Analysis

**TE 625**  
Class Hours: 8  
Credits: 0.25  
Deduce the underlying cause and nature of your client’s pain/tension. Learn how to assess postural distortions and how to link these indicators of muscular tension, injury, and skeletal pathology together to identify pain patterns. Learn how to analyze client’s posture with visual assessment techniques and tools, range of motion testing, gait assessment, palpation, rocking, reflexive anatomy, and muscle testing. Discover the most common problematic patterns and how to create a treatment plan for an optimal therapeutic outcome. Text: $20. Also required: MT 115 Anatomy Text. NCBTMB (AZ-CEU)  
1 Day  
9/10/11 - 9/11/11  
Sa 9:00 am - 6:00 pm  
$120.00  
Instructor Lunara

### Posture for Massage Therapists

**TE 512**  
Class Hours: 5  
Credits: 0.25  
Position yourself properly when massaging your clients to provide the most effective results and care for your body. (AZ-CEU)  
1 Day  
9/11/11 - 9/12/11  
Sa 9:00 am - 3:00 pm  
2/14/12 - 2/14/12  
Sa 9:00 am - 3:00 pm  
$70.00

### Practice Development Portfolio

**BC 430**  
Class Hours: 15  
Credits: 1  
This is a required class in most of our programs. This class requires you create 10 business pieces. Some of these pieces are completed in other classes to apply towards your final version of your portfolio. Please check your schedule to make sure this class is scheduled towards the end of your program, this will ensure your full understanding of the project. You have 60 days from the date of your scheduled class to turn in your portfolio. Extra support and clarification to help you complete this project is available every Tuesday from 4-7PM during Personal Development Study Hall. Material fee: $10 LECNCTMB (AZ-CEU)  
1 Day  
9/14/11 - 9/14/11  
W 6:00 pm - 10:00 pm  
10/7/11 - 10/7/11  
F 8:30 am - 12:30 pm  
11/8/11 - 11/8/11  
T 6:00 pm - 10:00 pm  
11/18/11 - 11/18/11  
F 8:30 am - 12:30 pm  
1/23/12 - 1/23/12  
M 6:00 pm - 10:00 pm  
$220.00

### Prayer Therapy

**SP 275**  
Class Hours: 15  
Credits: 1  
Develop proficiency in praying with clients and sharing prayer in healing and therapy sessions. Designed to help students discover their inner connection to the voice of the Divine and allowing Spirit to pray through them. Learn various styles and techniques of prayer and university medical studies on the power of prayer in healing. Text: $72  
4 Weeks  
12/8/11 - 1/12/12  
Th 6:00 pm - 9:45 pm  
5/8/12 - 5/29/12  
T 6:00 pm - 9:45 pm  
$210.00

### Psychology of Addiction - Understanding the Shadow

**CC 130**  
Class Hours: 30  
Credits: 2  
Course examines addictions of all types from chocolate to morphine. Designed to educate the student with truthful information about addictive behaviors and provide healthy alternatives to managing stress, the most common source of addiction. This is a great opportunity to explore personal behaviors and increase self-realization in terms of choices and outcomes leading to addictions or recovery. LEC Text: $18  
8 Weeks  
9/21/11 - 11/9/11  
W 6:00 pm - 9:45 pm  
1/30/12 - 3/19/12  
M 6:00 pm - 9:45 pm  
4/11/12 - 5/30/12  
W 6:00 pm - 9:45 pm  
$420.00

### Psychology of Addiction - Understanding the Shadow ONLINE

**CC 130-OL**  
Class Hours: 30  
Credits: 2  
8 Weeks  
10/11/11 - 12/4/11  
$420.00

### Psychology Theories - Honoring the Masters

**CC 250**  
Class Hours: 30  
Credits: 2  
This course presents an overview of the cognitive, psychosexual, psychosocial, behaviorist, social-learning and sociocultural theories, highlighting how these theories often contradict each other. It profiles the work of Piaget, Freud, Erickson, Skinner, Maslow and Rogers. Text: $72 or eText: $30 (code for text will be provided by instructor at first class session)  
8 Weeks  
11/30/11 - 2/12/12  
W 6:00 pm - 9:45 pm  
3/26/12 - 5/14/12  
M 6:00 pm - 9:45 pm  
$420.00

### Psychology Theories - Honoring the Masters ONLINE

**CC 250-OL**  
Class Hours: 30  
Credits: 2  
Text: $72 or eText: $30 (code for text will be provided by instructor at first class session)  
8 Weeks  
8/8/11 - 10/2/11  
$420.00

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Honoryourbody-itisyourrepresentationinthisuniverse!
Shift your perception of the world and others will never perceive you the same!
Reiki Symbolism & Geometric Transformational
EC 750 Class Hours: 16 Credits: 0.5
Symbols can be a key to accessing the hidden wisdom of the universe. A means of releasing sources of energy from the unconscious, symbols facilitate the connection between the self and higher universal consciousness. This advanced course provides information for taking Reiki to its highest level of practice, as well as preparing one for teaching. PREREQ: EC 715 or EC 710 (AZ-CEU)
1 Weekend
11/19/11 - 11/20/11 Sa Su 9:00 am - 6:00 pm $224.00
1/21/12 - 1/22/12 Sa Su 9:00 am - 6:00 pm

Reiki Symbols & Sound - Transformational
EC 755 Class Hours: 16 Credits: 0.5
Access the power of Reiki using traditional and nontraditional symbols, sounds, toning, and chanting. Learn about Reiki ceremony through the use of sacred tools, instruments and demonstrations. Learn to use your voice, your intention, and your intuitive creativity to facilitate powerful vibrational Reiki sessions. PREREQ: EC 715 or EC 710 (AZ-CEU)
1 Weekend
8/6/11 - 8/7/11 Sa Su 9:00 am - 6:00 pm $224.00
1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm
4/14/12 - 4/15/12 Sa Su 9:00 am - 6:00 pm

Reiki Clinical
EC 799 Class Hours: 16 Credits: 0.25
Reiki program clinic hours - PREREQ EC 700 & EC 710 or EC 715
1 Weekend
9/10/11 - 9/11/11 Sa Su 9:00 am - 6:00 pm $224.00
11/14/12 - 11/15/12 Sa Su 9:00 am - 6:00 pm
4/28/12 - 4/29/12 Sa Su 9:00 am - 6:00 pm

Reiki Clinical - Transformational
EC 799 Class Hours: 16 Credits: 0.25
Transformational Reiki program clinic hours - PREREQ EC 700 & EC 710 or EC 715
1 Weekend
7/30/11 - 7/31/11 Sa Su 9:00 am - 6:00 pm $224.00
11/12/11 - 11/13/11 Sa Su 9:00 am - 6:00 pm
3/10/12 - 3/11/12 Sa Su 9:00 am - 6:00 pm

Reiki Master/Teacher Initiation
EC 765 Class Hours: 20 Credits: 0.5
Become a Reiki Master Teacher, fully initiated, with all the Master Symbols, qualified and competent to teach Reiki to others. Some may choose not to teach, but rather to use the Master Teacher initiation for personal empowerment. PREREQ: EC 720 Reiki III or EC 725 Reiki III - Advanced Transformational.
Text: $20 (AZ-CEU)/BCC 410
1 Weekend
8/29/11 - 8/28/11 F 6:00 pm - 10:00 pm $280.00
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm
6/12/12 - 6/13/12 Sa Su 9:00 am - 6:00 pm

Removing the Armor
TE 590 Class Hours: 12 Credits: 0.25
Learn a basic protocol for clients who are very tight and tied-up, seemingly impossible to release. Discover important triggers to be used to release tight muscles. Understand the power and importance of breathing in releasing armor. Learn a facilitated dialogue. NCBTMB BW (AZ-CEU)
1 Weekend
10/7/11 - 10/8/11 F 6:00 pm - 10:00 pm $180.00
3 Weeks
8/10/11 - 8/24/11 W 6:00 pm - 10:00 pm
1/3/12 - 1/17/12 T 6:00 pm - 10:00 pm
3/13/12 - 3/27/12 T 1:00 pm - 5:00 pm

Sacred Agreements - Setting Your Spiritual Intention
SP 400 Class Hours: 15 Credits: 1
Have you ever wanted to have greater understanding of your life purpose? This can be a complex and fascinating process of exploration, culminating in a rewarding and life-changing awareness. The Sacred Agreements class is your opportunity to deeply examine your mission in life and become more self-aware for yourself. Investigate various archetypal principles, and develop a greater understanding of self. Bring: Paper/pen/notebook.
1 Week
7/23/11 - 7/24/11 Sa Su 9:00 am - 5:30 pm $210.00
2/18/12 - 2/19/12 Sa Su 9:00 am - 5:30 pm
5/19/12 - 5/20/12 Sa Su 9:00 am - 5:30 pm

Sacred Mudras & More
EC 733 Class Hours: 8 Credits: 0.25
Mudra is a Sanskrit word that means “sealing in the energy.” Through the ages, specific energy techniques have evolved to help us access the power to heal and transform. The use of Mudra in the healing process is one way to create a more conscious body/mind connection. When practiced regularly, techniques that focus attention on balancing the flow of Prana (Life Energy) begin to prepare the way for transformation in ourselves and for others. This class is designed to introduce students to the art and tradition of Mudra as a form of investigating physical and mental focus and deeper spiritual awareness. Subjects covered include a basic understanding of how Prana flows, and its connection to the five elements, the chakras, and specific gestures of the hands (hasta mudras). Students will also work together in groups and pairs while learning these techniques, and have an opportunity to facilitate a partner, as well as create their own personal Sacred Mudra meditation practice.
1 Day
10/22/11 - 10/23/11 Sa Su 9:00 am - 6:00 pm
2/11/12 - 2/12/12 Sa Su 9:00 am - 6:00 pm $112.00

Holistic Health Care - theoriginalwaytoGoGreen'

Class Descriptions 47
Seated Shiatsu
OE 150 Class Hours: 6 Credits: 0.25
A powerful, easy-to-do chair massage utilizing Zen Shiatsu techniques and energy work. Material fee $10 NCBTMB (AZ-CEU)
1 Day
10/9/11 - 10/9/11 Su 9:00 am - 4:00 pm
7/22/12 - 7/22/12 Su 9:00 am - 4:00 pm
$94.00

Self Help for Pain & Injury
OE 225 Class Hours: 4 Credits: 0.25 Various techniques that come from Traditional Chinese Medicine are used today in Chinese hospitals to heal many challenges to health. Subjects include effective ways of dealing with problems such as sprains, sciatica, carpal tunnel, neck stiffness, slipped disc, headaches, tendinitis, whiplash and other common discomforts. 1 Day
7/21/11 - 7/21/11 Th 6:00 pm - 10:00 pm
$56.00 Instructor Seigneur

Seminar & Presentation
BC 402 Class Hours: 15 Credits: 1 Designed to teach students how to make a formal presentation, how to plan and deliver a seminar or workshop. Emphasis on using presentations and workshops as marketing strategies, as well as a profitable part of a private practice. LEC 4 Weeks
8/9/11 - 8/29/11 M 6:00 pm - 9:45 pm
10/10/11 - 10/31/11 M 6:00 pm - 9:45 pm
1/11/12 - 2/1/12 W 6:00 pm - 9:45 pm
4/23/12 - 5/14/12 M 6:00 pm - 9:45 pm
$210.00

SOAP Notes
BC 110 Class Hours: 6 Credits: 0.25 Students learn to professionally document their therapeutic process. Samples of intake forms, accident forms, medical history and case study. By documenting every session with a client in SOAP fashion a therapist protects themselves against client complaint or lawsuit and can effectively communicate with other healthcare professionals or insurance personnel. (AZ-CEU)
2 Weeks
8/3/11 - 8/10/11 W 8:30 am - 11:30 am
9/1/11 - 9/8/11 Th 6:00 pm - 9:00 pm
10/6/11 - 10/13/11 Th 8:30 am - 11:30 am
12/7/11 - 12/14/11 W 8:30 am - 11:30 am
$84.00

Spa Management - Introduction to the Spa Industry & Operations
SM 100 Class Hours: 20 Credits: 1.25 This course will offer the student and overview of the general operations and administrative procedures for the spa environment. Also included will be an overview of the evolution of the spa industry from ancient civilizations to new frontiers of the spas of today. An overview of current trends, both nationally and internationally will be reviewed. Additionally the student will develop an understanding of the unique complexities required in managing and operating in the lucrative and complex industry. Other topics will include licensing, legal and ethical issues and the development of standard operating procedures. Text: $16 NCBTMB (AZ-CEU)
5 Weeks
11/28/11 - 1/9/12 M 6:00 pm - 10:00 pm
$280.00

Spa Management - Customer Service & The Spa Industry
SM 130 Class Hours: 20 Credits: 1.25 In this course students will learn various techniques for effectively and successfully dealing with spa customers. This course will also focus on the key for capturing and retaining a profitable customer base, and out-performing the competition. Also included will be the definition of quality customer service, cost of service and its link to profitability. NCBTMB (AZ-CEU)
5 Weeks
10/24/11 - 11/21/11 M 6:00 pm - 10:00 pm
10/8/12 - 11/5/12 M 6:00 pm - 10:00 pm
$280.00

Spa Management - Fundamentals of spa Design
SM 211 Class Hours: 15 Credits: 0.75 Uniquely developed to meet the demands of the burgeoning spa market, this course addresses the multitude of details involved in the concept, design and construction processes for spa projects. Gone are the days when the Spa was a bare utilitarian swimming pool or perhaps a fitness center with rows of equipment designed by the Spanish Inquisition. As spa treatments and facilities around the world become more plentiful, one becomes harder to distinguish from another. Only the unique cultural, historical, and natural contexts of a spa site, unique design, and programs can differentiate the spa experience. Review the ultimate in today’s Spa’s from all over Europe, all over the US, and from selected locations in India, Thailand, Japan and other countries. This course will explore many of the fundamental aspects of spa design, including rationale, functionality, construction issues and more. NCBTMB (AZ-CEU)
4 Weeks
8/6/12 - 8/27/12 M 6:00 pm - 9:45 pm
$210.00

Spa Management - Feng Shui Design & Feng Shui
SM 212 Class Hours: 15 Credits: 0.5 What is Feng Shui? Explore the key terms and discover the principles of Feng Shui and how they can be utilized in your workspace and your life. Discover the principles of Feng Shui and how they stand how to research and identify a competitive spa supply, and assess the strengths and weaknesses. Students will also learn about challenges related to the competitive supply, and define existing demand segments, growth trends and new demand sources. They will evaluate comparable operations, calculate fair share analysis and market penetration, create a profit and loss statement, and develop capital budget and calculate return on investment. Text: $58 NCBTMB (AZ-CEU)
4 Weeks
9/10/12 - 10/11/12 M 6:00 pm - 9:45 pm
$210.00

Spa Management - Fundamentals of Spa Finance
SM 240 Class Hours: 45 Credits: 3 This innovative course will equip would-be spa owners and managers with the financial tools needed to make good business decisions. The course will teach students to identify the site and location characteristics for a successful spa, understand how to research and identify a competitive spa supply, and assess the strengths and weaknesses. Students will also learn about challenges related to the competitive supply, and define existing demand segments, growth trends and new demand sources. They will evaluate comparable operations, calculate fair share analysis and market penetration, create a profit and loss statement, and develop capital budget and calculate return on investment. Text: $58 NCBTMB (AZ-CEU)
1 Day
9/12/11 - 9/12/11 M 6:00 pm - 10:00 pm
$330.00

Spa Technologies
ST 100 Class Hours: 28 Credits: 1 Learn to deliver the highest quality spa treatments while learning the history and philosophy of spa medicine. Experience the latest wet treatments (muds, scrubs and wraps) while learning how they complement each other, in addition to other bodywork modalities. Please bring two sheets, three pillowcases, ten hand towels and one bath towel (thin/used towels due to soiling and absorption). CLASS SIZE LIMITED TO 16. Supplies: $100. NCBTMB BW (AZ-CEU)
2 Weekends
7/30/11 - 8/7/11 Sa Su 9:00 am - 5:00 pm
1/7/12 - 1/15/12 Sa Su 9:00 am - 5:00 pm
5/5/12 - 5/13/12 Sa Su 9:00 am - 5:00 pm
$492.00

48 Class Descriptions
Speaking Truth - Homiletics
SP 425 Class Hours: 15 Credits: 1
This course teaches the branch of practical theo-
logy in presenting homilies and lessons. Learn the
elements of a good lesson and talk. Practice
how to speak and listen from the heart. Prepare
and give your “first” sermon, a creative message
of inspiration.
4 Weeks
9/13/11 - 10/4/11 T 6:00 pm - 9:45 pm
7/5/12 - 7/26/12 Th 6:00 pm - 9:45 pm
$210.00

Spirit Releasement
HY 450 Class Hours: 12 Credits: 0.5
All the time of death a soul may become disorient-
et and not follow the normal pathways of moving
into the Light. In such a case the soul may become
attached to a living person, creating a variety of
difficulties and symptoms for the host. You will
learn a holistic and compassionate approach to
freeing those who have become so attached, and
thereby freeing the clients who have been affected
by them.
1 Weekend
11/18/11 - 11/19/11 F 6:00 pm - 10:00 pm
Sa 9:00 am - 6:00 pm
4/27/12 - 4/28/12 F 6:00 pm - 10:00 pm
Sa 9:00 am - 6:00 pm
$168.00 Instructor Bennett

Spiritual Coaching
SP 440 Class Hours: 30 Credits: 2
Learn to facilitate a person's healing and spiritual
growth through being a loving “witness” to their
process and learning to “hold space” for them to
experience their own awareness changes.
Facilitated dialogue will be taught, so as to bring out
their spiritual process, without leading or trauma-
tizing them. Establishing healthy, non-judgmental
client/practitioner relationships is the emphasis of
this class. PREREQ: BC 550 Life Coaching - Intro
OR previously attended courses within the Spiritual
Studies program.
8 Weeks
1/17/12 - 3/6/12 T 6:00 pm - 9:45 pm
10/25/12 - 12/20/12 Th 6:00 pm - 9:45 pm
$420.00

Sports Massage - Intro
TE 650 Class Hours: 8 Credits: 0.25
Fast-paced class designed to teach you the ba-
sics of on-site sports massage. Warm-up and cool
down techniques are taught, plus PNI stretching.
NCBTMB BW (AZ-CEU)
2 Weeks
9/9/11 - 9/13/11 T 6:00 pm - 10:00 pm
2/3/12 - 2/10/12 F 8:30 am - 12:30 pm
1 Week
2/7/12 - 2/9/12 T Th 1:00 pm - 5:00 pm
$112.00

Star Teacher Training - Part I - Diversity
EL 571 Class Hours: 4 Credits: 0.25
Based on D. Howard Gardner’s Seven Intelligenc-
es work, many different learning styles are ex-
plored. This is a highly interactive class designed
to create awareness around the importance of di-
versity in teaching techniques.
1 Day
8/20/11 - 8/20/11 Sa 9:00 am - 1:00 pm
$56.00 Instructor McLaughlin

Star Teacher Training - Part II -
Developing a Successful Lesson Plan
EL 572 Class Hours: 4 Credits: 0.25
Based on Dr. Madelyn Hunter’s landmark study
on the factors needed to create successful lesson
plans, this class is designed to help teachers plan
and prepare an effective lesson plan.
1 Day
8/20/11 - 8/20/11 Sa 2:00 pm - 6:00 pm
$56.00 Instructor McLaughlin

Statistical Research Project
BC 250 Class Hours: 16 Credits: 1
Research is the basis for change. For many peo-
ple, they must have things "proven" to him/her in
order for them to change their minds or habits.
This class is designed to teach you to set a hypothesis,
format a research project, conduct the research
with control groups and field studies, gather and
document the data, and ultimately publish the re-
results.
4 Weeks
8/8/11 - 8/29/11 M 6:00 pm - 10:00 pm
12/1/11 - 1/19/11 M 6:00 pm - 10:00 pm
3/7/12 - 3/28/12 W 6:00 pm - 10:00 pm
$224.00

Stress Management
NC 120 Class Hours: 15 Credits: 1
Designed to teach students to understand the ele-
ments and effects of stress physically, emotionally,
mentally and spiritually. Students will learn stress
management and life style skills to avoid negative
effects of stress and how to present the materials
to others. Emphasis will be on coping skills and de-
veloping a new perspective on stress. NO
PREREQ. NCBTMB (AZ-CEU)
4 Weeks
8/8/11 - 8/29/11 M 6:00 pm - 9:45 pm
12/1/11 - 1/19/11 M 6:00 pm - 9:45 pm
1/11/12 - 2/21/12 W 6:00 pm - 9:45 pm
2 Weeks
8/29/11 - 9/12/11 M W 1:00 pm - 4:45 pm
$210.00

Stress Management ONLINE
NC 120-OL Class Hours: 15 Credits: 1
4 Weeks
7/9/12 - 8/5/12 $120.00

Stretching Your Client with Advanced
Draping Techniques
TE 511 Class Hours: 5 Credits: 0.25
Learn the effectiveness of adding stretching to your
massage practice. Overview, physiology and ben-
efits of stretching your client while on the massage
table, with advanced draping techniques, contrain-
dications, in-class practice and stretching Q and A.
PREREQ MT 200 or Licensed (AZ-CEU)
1 Day
11/19/11 - 11/19/11 Sa 9:00 am - 3:00 pm
$70.00 Instructor Duskey

Support Group Facilitation
NC 125 Class Hours: 15 Credits: 1
Students learn how to present material to oth-
ers – one-on-one or in a workshop setting. Top-
ics covered: group dynamic skills, support group
techniques and how to use this program as an en-
treprenurial business opportunity. NO PREREQ.
4 Weeks
7/11/11 - 8/11/11 M 6:00 pm - 9:45 pm
11/7/11 - 11/28/11 M 6:00 pm - 9:45 pm
6/14/12 - 7/25/12 M 6:00 pm - 9:45 pm
$210.00

Swedish Massage
MT 200 Class Hours: 40 Credits: 1.25
Learn how to give a relaxing professional mas-
sage. Includes proper draping and centering
techniques. This is the framework onto which you
can add many other modalities or use as a complete
massage in itself. Text: $17. BW (AZ-CEU)
5 Weeks
7/26/11 - 8/25/11 T Th 6:00 pm - 10:00 pm
8/30/11 - 9/29/11 T Th 8:30 am - 12:30 pm
9/21/11 - 10/24/11 M W 6:00 pm - 10:00 pm
10/24/11 - 11/28/11 M W 8:30 am - 12:30 pm
12/6/11 - 1/19/12 T Th 6:00 pm - 10:00 pm
$560.00

Swedish Sedona
TE 700 Class Hours: 40 Credits: 1.25
Learn to use movement and body weight to pro-
duce a flowing yet deep massage, new concepts
for connecting and expanding the range of your
stretching. PREREQ: MT 200 Swedish or MT 400
Myotherapy. Text: $18. BW NCBTMB (AZ-CEU)
2 Weekends
7/29/11 - 8/7/11 F 6:00 pm - 10:00 pm
Sa 6:00 am - 6:00 pm
2/10/12 - 2/19/12 F 6:00 pm - 10:00 pm
Sa 6:00 am - 6:00 pm
10 Weeks
12/11/12 - 1/21/12 Th 6:00 pm - 10:00 pm
1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm
$560.00

Taoist Healing with Food - Five Elements
Nutrition
OE 280 Class Hours: 8 Credits: 0.5
This method adapts many recipes, Western, Asian
and others, in order to maintain or restore health
in the body. It offers a missing link between vari-
ous nutritional theories. The different tastes dif-
ferentiated by our taste buds guide the nutrients
internally to specific organs and nourish them to
health and proper function. Energy levels of foods
are tailored to one’s overall energy needs. Cura-
tive values of commonly available foods studied
for cures within ancient Chinese medicine.
1 Day
9/18/11 - 9/18/11 Su 10:00 am - 7:00 pm
$112.00 Instructor Seigneur

Taoist Philosophy: The Way to Unstress
& Succeed
SP 250 Class Hours: 8 Credits: 0.5
This peaceful path seeks to cure illness profoundly
not by masking symptoms but by restoring bal-
ance in the body and by mastering our spiritual
evolution. We are spiritual beings having a physi-
ical experience; our physical problems relate to
lessons intended to bring us back on the path of
our evolution. Find out how to identify the spe-
cific mind body spirit connections, solve the cor-
responding problems and even avoid the hard way
of these lessons.
1 Day
7/17/11 - 7/17/11 Su 10:00 am - 7:00 pm
4/22/12 - 4/22/12 Su 10:00 am - 7:00 pm
$112.00 Instructor Seigneur

Learn to be an
Instrument of Spirit
in all things you do.

Class Descriptions 49
Trigger Point I - Intro
TE 690 Class Hours: 16 Credits: 0.5
Introduction to Trigger Point Therapy, its history, and pain relieving techniques. Emphasis is on locating and releasing the most common trigger points, using compression with the thumb or elbow. Text: $20 NCBTMB (AZ-CEU)
4 Weeks
9/9/11 - 9/30/11
F 8:30 am - 12:30 pm
1/15/11 - 12/6/11
T 6:00 pm - 10:00 pm
2 Weeks
1/10/12 - 1/19/12
T Th 1:00 pm - 5:00 pm
$224.00

Tui Na - Asian Assessment
OS 225 Class Hours: 20 Credits: 0.5
Study the causes of illnesses according to Traditional Chinese Medicine through sorting diagnostic information using the four examinations, and the eight principles. Tongue and pulse diagnosis will be used to collect the signs and symptoms of the patients. Students will apply the diagnostic methods to differentiate syndromes. PRERQ OS 200 Asian Theory I or OS 210 Asian Theory II
Text $22: same as OS 200 or 210
3 Weeks
10/20/11 - 11/13/11
T Th 6:00 pm - 10:00 pm
3/29/12 - 4/12/12
T Th 8:30 am - 12:30 pm
$280.00 Instructor Salazar

Tui Na - Clinic
OS 260 Class Hours: 20 Credits: 0.5
Gain practical experience working on the public in a supervised setting. Practice interview and assessment skills and your Asian modalities with feedback. May be taken after two Shiatsu classes, or any Asian Therapy Bodywork style.
3 Weeks
1/17/12 - 1/31/12
T Th 6:00 pm - 10:00 pm
6/7/12 - 6/21/12
T Th 8:30 am - 12:30 pm
$280.00 Instructor Salazar

Tui Na - Point Location
OS 252 Class Hours: 20 Credits: 1 Students will learn the 12 Meridians of the Chinese medical system, palpation skills of the major acupoints, and examine energy flow. Text: $20
3 Weeks
11/8/11 - 11/22/11
T Th 6:00 pm - 10:00 pm
4/17/12 - 5/4/12
T Th 8:30 am - 12:30 pm
$280.00 Instructor Salazar

Tui Na - Technique & Bodywork
OS 240 Class Hours: 40 Credits: 1.5
Learn the principles of acupuncture and soft tissue manipulation to clear unwanted accumulations, regulate the energy flows and promote self-healing. Encourage the function of all vital organs to promote optimum health. PRERQ OS 252
Text: $20
5 Weeks
11/29/11 - 1/12/12
T Th 6:00 pm - 10:00 pm
5/3/12 - 6/5/12
T Th 8:30 am - 12:30 pm
$560.00 Instructor Salazar

Universal Law - Practical Applications
SP 445 Class Hours: 21 Credits: 1 This class looks into the hermetic teachings which describe the inner and outer working of alchemical laws. The course will take each law and show application in your everyday life. Text: The Kyballon $18
7 Weeks
11/15/11 - 1/10/12
T 6:00 pm - 9:00 pm
9/6/12 - 10/18/12
Th 6:00 pm - 9:00 pm
$294.00

Education is an ornament in prosperity and a refuge in adversity.

~Aristotle

50 Class Descriptions
Western Herbalism - Foundations of American Herbal Studies

WH 100 Class Hours: 30 Credits: 2
Course provides the basic tools of herbalism in a hands-on setting. Classes include a medicine making session and desert day field trip. Students learn herbal preparation methods, gain exposure to contemporary healing herbs and acquire knowledge to make intelligent choices in selection of medicinal herbs. This overview serves as groundwork for future studies in Western Herbalism. Text: $40 Supplies: $40. Date clarification from instructor.
10 Weeks
10/5/11 - 12/14/11 Th 5:30 pm - 8:30 pm
(+1) Sa 10:30 am - 1:30 pm
10/10/11 - 12/19/11 Th 5:30 pm - 8:30 pm
(+1) Sa 10:30 am - 1:30 pm
10 Weeks
10/4/11 - 12/13/11 T 1:00 pm - 4:00 pm
$460.00 Instructor Sanchez

Western Herbalism - Section A: Seed Sowing
WH 210 Class Hours: 45 Credits: 2.5
History of botanical medicine, ethnobotany, cultivation, wildcrafting, taxonomy, herbarium and native plant identification. PREREQ WH 100 Supplies: $75 Text: $108. Date clarification from instructor.
7 Weeks
1/19/12 - 3/1/12 T Th 5:30 pm - 8:30 pm
(+2) Sa 10:00 am - 4:00 pm
$705.00 Instructor Sanchez

Western Herbalism - Section B: Germination
WH 220 Class Hours: 45 Credits: 2.5
Materia medica, pharmacognosy, pharmacy, delivery systems, and medicine making. PREREQ WH 210 Supplies: $75. Date clarification from instructor.
7 Weeks
3/6/12 - 5/1/12 T Th 5:30 pm - 8:30 pm
(+2) Sa 10:00 am - 4:00 pm
$705.00 Instructor Sanchez

Western Herbalism - Section C: Growth & Evolution
WH 230 Class Hours: 45 Credits: 2.5
A manufacturer's study, product reviews, diagnostic applications, code of ethics, and clinical issues. PREREQ WH 220 Supplies: $75. Date clarification from instructor.
8 Weeks
5/3/12 - 6/21/12 T Th 5:30 pm - 8:30 pm
$705.00 Instructor Sanchez

Western Herbalism - Section D: Harvest & Reap
WH 240 Class Hours: 45 Credits: 2.5
Materia medica, body systems study and intro to student clinic. PREREQ WH 230 Supplies: $75. Date clarification from instructor.
13 Weeks
8/18/11 - 11/13/11 Th 5:30 pm - 8:30 pm
(+1) Sa 12:00 - 6:00 pm
(+1) Su 9:30 am - 3:30 pm
8/16/12 - 11/11/12 Th 5:30 pm - 8:30 pm
(+1) Sa 12:00 - 6:00 pm
(+1) Su 9:30 am - 3:30 pm
$705.00 Instructor Sanchez

Western Herbalism -Externship: Flight
WH 300 Class Hours: 60 Credits: 1.25
Protocol generation, custom formulation, research application, education, presentation, retail training. Hours may vary — clarification from instructor. PREREQ WH 230 Supplies: $30.
16 Weeks
8/23/11 - 12/18/11 T 3:30 pm - 6:30 pm
(+1) Sa 10:00 am - 4:00 pm
8/28/12 - 12/18/12 T 3:30 pm - 6:30 pm
(+1) Sa 10:00 am - 4:00 pm
$870.00 Instructor Sanchez

Western Herbalism - Formulary Practicum
WH 376 Class Hours: 15 Credits: 0.75
This course is for advanced students interested in clinical herbalism. Compounding theories are studied followed by hands-on dispensary and formulary practicum. PREREQ WH 240 Supplies: $50.
3 Weeks
12/1/11 - 12/15/11 Th 11:00 am - 4:00 pm
11/29/12 - 12/13/12 Th 11:00 am - 4:00 pm
$260.00 Instructor Sanchez

Western Herbalism - Herbal Flowers
WH 275 Class Hours: 16 Credits: 1
Flower medicines for herbalists. Supply fee $60
4 Weeks
2/23/12 - 3/15/12 Th 12:00 pm - 4:00 pm
$284.00 Instructor Sanchez

Western Herbalism - Herbs for Babies & Children
WH 250 Class Hours: 8 Credits: 0.5
Explore the use of herbs and natural remedies for acute and chronic conditions for babies and young children. NO PREREQ. Supplies: $40.
2 Weeks
3/26/12 - 4/4/12 W 6:00 pm - 10:00 pm
$137.00 Instructor Sanchez

Western Herbalism - Manufacturing & Remedy Production
WH 365 Class Hours: 14 Credits: 0.5
The professional preparation of botanicals is the focus of this two part series. Lecture information and contemporary applications of historical medicine-making leads to a field trip of observation. Supplies: $35. PREREQ WH 100
3 Weeks
5/2/12 - 5/16/12 W 10:30 am - 4:00 pm
W 1:00 pm - 4:00 pm
$175.00 Instructor Sanchez

Western Herbalism - Master Project
WH 350 Class Hours: 40 Credits: 1
Supervised hands-on experiential herbalism in one of four arenas: cultivation, clinical, retail or independent application. Completion varies with individual projects. Instructor will clarify schedule. PREREQ WH 100 Materials fee: $25
1/17/12 + 9/11/12 T 5:30 pm - 8:00 pm
$585.00 Instructor Sanchez

Western Herbalism - The Green Man
WH 256 Class Hours: 12 Credits: 0.75
Western Herbalism applications for men’s health. Supplies $30
3 Weeks
4/11/12 - 4/25/12 W 6:00 pm - 10:00 pm
$198.00

Western Herbalism - The Herbal Goddess
WH 265 Class Hours: 18 Credits: 1
Explore the use of herbs and natural remedies to nourish and balance a woman throughout her cycles of life. NO PREREQ. Supplies: $50
6 Weeks
2/1/12 - 3/7/12 W 6:00 pm - 9:00 pm
$302.00 Instructor Sanchez

Writing for Publication

BC 410 Class Hours: 15 Credits: 1
Students have an opportunity to write a personal or business mission statement, copy for brochure or ad, press release and an article ready for publication. Emphasis on getting projects actually published. Self-directed option is available for course. Material fee: $10 LEC NCBTMB (AZ-CEU)
4 Weeks
8/8/11 - 8/29/11 M 6:00 pm - 9:45 pm
9/13/11 - 10/4/11 T 6:00 pm - 9:45 pm
10/19/11 - 11/9/11 W 6:00 pm - 9:45 pm
12/5/11 - 1/9/12 M 6:00 pm - 9:45 pm
$220.00

Writing for Publication ONLINE
BC 410-OL Class Hours: 15 Credits: 1
8/8/11 - 10/2/11
10/17/11 - 11/13/11
11/21/11 - 12/18/11
2/6/12 - 3/11/12
$220.00

TIP-TOE your way to the INTERNATIONAL TOE READING CONFERENCE January 2012
Watch www.BeAToeReader.com for details
Yoga - Module I - Foundations
YO 101 Class Hours: 54 Credits: 2
Ground your yoga practice in the wisdom of past Masters. Expand your yoga practice with the understanding of personal experience. A thorough exploration of yoga as a path of unity covering Asana, Lifestyle and Philosophy, Meditation, History, Yoga Anatomy and more. Embrace the full potential that is your birthright and rediscover the teacher within. Text: $69 Material fee: $15
10 Weeks
9/7/11 - 11/21/11 M W 9:00 am - 12:00 pm
10/11/11 - 12/13/11 T Th 6:30 pm - 9:30 pm
$771.00 Instructor Burnette

Yoga - Module II - Deepening Your Practice Both as Student & Teacher
YO 102 Class Hours: 54 Credits: 2
Learn the practices, techniques and methods that are the informed Yoga Teacher’s tools of healing and inspiration. Hands-on experience combined with practical classroom application increases your confidence and abilities. Understand the physical and energy bodies in a way that promotes Self-Realization while cultivating your intention as a teacher. Text: $35. Material fee: $15 PRERQ: YO 101 Yoga - Module I - Foundations
10 Weeks
7/25/11 - 10/10/11 M W 6:30 pm - 9:30 pm
1/18/12 - 4/2/12 M W 9:00 am - 12:00 pm
9 Weeks
7/12/11 - 9/6/11 T 6:00 pm - 10:00 pm
T Th 6:00 pm - 9:00 pm
10/12/11 - 12/12/11 M W 6:30 pm - 9:30 pm
3/20/12 - 5/15/12 T 6:00 pm - 10:00 pm
T Th 6:00 pm - 9:00 pm
$743.00 Instructor Burnette

200 Hour Level | Yoga Teacher Training

Yoga - Module III - The Teaching Path
YO 103 Class Hours: 52 Credits: 2
Enter a new awareness of your practice as a student and a teacher through direct experience of the Yoga Lifestyle. Emphasis on refining the ability to teach from your inner understanding using established methods and techniques to discover your own unique teaching style. Topics include: Class sequencing, modifications for special population, yoga as therapy, spiritual anatomy and the business of teaching yoga. Material fee: $15 PRERQ: YO 101 Yoga - Module I and YO 102 Yoga - Module II
10 Weeks
2/15/12 - 4/25/12 M W 9:00 am - 12:00 pm
5 Weeks
8/3/11 - 8/31/11 M T W Th 9:00 am - 12:00 pm
9 Weeks
7/12/11 - 9/6/11 T 6:00 pm - 10:00 pm
T Th 6:00 pm - 9:00 pm
10/12/11 - 12/12/11 M W 6:30 pm - 9:30 pm
3/20/12 - 5/15/12 T 6:00 pm - 10:00 pm
T Th 6:00 pm - 9:00 pm
$743.00 Instructor Burnette

See page 15 for more details on the 600 and 760 Yoga Teacher Training Programs.
Kamini Desai is nationally renowned teacher and recognized expert in the field of Yoga Nidra. For the last 20 years, she has created an exciting body of teachings in Yoga Nidra combining western psychology, medicine and eastern philosophy. Trained at Kripalu Center for Yoga and Health with degrees in Anthropology and Psychology from Smith College and La Salle University. A former President and Program Director of the Amrit Yoga Institute. This training is now offered in Florida, Washington, Colorado, at the Omega Institute and now in Arizona at Southwest Institute of Healing Arts.

Yoga - Nidra I
YO 401 P$  Class Hours: 20  Credits: 1
This theoretical and experiential foundation class is designed to introduce you to yoga nidra as a little known limb of the yogic arts. Literally translated as “yogic sleep,” yoga nidra enables practitioners to reach profoundly deep states of consciousness through a powerful series of interchangeable techniques performed lying down. Explore the original intent of yoga, the three states of consciousness and yoga nidra as a tool for accessing the fourth state. P$ Text: $25 NCBTMB
1 Weekend
7/29/11 - 7/31/11  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Yoga - Nidra II
YO 402 P$  Class Hours: 20  Credits: 1
Learn how yoga nidra takes you to subtle realms where karmic patterns that are solid and difficult to change in the waking state are more fluid and easy to shift in the meditative sleep state. Learn about the aura, the koshas, and how yoga nidra is designed to take you to the subllest sheath where karmic impressions are held. P$  PRERQ YO 401 NCBTMB
1 Weekend
8/5/11 - 8/7/11  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
1/20/12 - 1/22/12  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Yoga - Nidra III
YO 403 P$  Class Hours: 20  Credits: 1
Explore studies on the proven effects of yoga nidra. Learn the secrets of each of the yoga nidra practices, their benefits, precautions and areas of proven efficacy from both the eastern and western perspective. You will learn how yoga nidra techniques can stand alone or add a deeper dimension to yoga classes, alternative health, medical, and therapeutic settings—both one-on-one and in a group. Using exclusive modularized yoga nidra cards learn the secrets of quickly and easily shaping your own yoga nidra sessions for students, clients, friends or family regardless of age or physical capability. P$ PRERQ 402.
1 Weekend
8/5/11 - 8/7/11  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Yoga - Nidra IV
YO 404 P$  Class Hours: 20  Credits: 1
In this course we will survey some of the most powerful applications of yoga nidra in the realm of stress, health, habits and addictions, pain management and depression. You will learn about the latest research on relaxation training in these areas as well as learn how to create customized yoga nidra sessions for these populations. P$  PRERQ 403
1 Weekend
2/17/12 - 2/19/12  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Yoga - Yoga Nidra I
YO 401 P$  Class Hours: 20  Credits: 1
This theoretical and experiential foundation class is designed to introduce you to yoga nidra as a little known limb of the yogic arts. Literally translated as “yogic sleep,” yoga nidra enables practitioners to reach profoundly deep states of consciousness through a powerful series of interchangeable techniques performed lying down. Explore the original intent of yoga, the three states of consciousness and yoga nidra as a tool for accessing the fourth state. P$ Text: $25 NCBTMB
1 Weekend
7/29/11 - 7/31/11  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Yoga - Yoga Nidra II
YO 402 P$  Class Hours: 20  Credits: 1
Learn how yoga nidra takes you to subtle realms where karmic patterns that are solid and difficult to change in the waking state are more fluid and easy to shift in the meditative sleep state. Learn about the aura, the koshas, and how yoga nidra is designed to take you to the subllest sheath where karmic impressions are held. P$  PRERQ YO 401 NCBTMB
1 Weekend
8/5/11 - 8/7/11  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
1/20/12 - 1/22/12  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Yoga - Yoga Nidra III
YO 403 P$  Class Hours: 20  Credits: 1
Explore studies on the proven effects of yoga nidra. Learn the secrets of each of the yoga nidra practices, their benefits, precautions and areas of proven efficacy from both the eastern and western perspective. You will learn how yoga nidra techniques can stand alone or add a deeper dimension to yoga classes, alternative health, medical, and therapeutic settings—both one-on-one and in a group. Using exclusive modularized yoga nidra cards learn the secrets of quickly and easily shaping your own yoga nidra sessions for students, clients, friends or family regardless of age or physical capability. P$ PRERQ 402.
1 Weekend
8/5/11 - 8/7/11  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Yoga - Yoga Nidra IV
YO 404 P$  Class Hours: 20  Credits: 1
In this course we will survey some of the most powerful applications of yoga nidra in the realm of stress, health, habits and addictions, pain management and depression. You will learn about the latest research on relaxation training in these areas as well as learn how to create customized yoga nidra sessions for these populations. P$  PRERQ 403
1 Weekend
2/17/12 - 2/19/12  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$360.00  Instructor Desai

Kamini Desai is a nationally renowned teacher and recognized expert in the field of Yoga Nidra. For the last 20 years, she has created an exciting body of teachings in Yoga Nidra combining western psychology, medicine and eastern philosophy. Trained at Kripalu Center for Yoga and Health with degrees in Anthropology and Psychology from Smith College and La Salle University. A former President and Program Director of the Amrit Yoga Institute. This training is now offered in Florida, Washington, Colorado, at the Omega Institute and now in Arizona at Southwest Institute of Healing Arts.

How may we serve and support YOU today?
Our mission is to help people discover their Gifts and Graces and learn to serve in the world in a loving way.

As part of our training, we offer Specialty Clinics to the public.
• Sessions take place in a classroom setting and are supervised by an instructor.
• Sessions generally last one hour.
• These sessions are separate from our spa massage clinic.

For clinic dates, times and to book an appointment go to www.swiha.edu and choose Our Clinics tab for Specialty Clinics or email specialtyclinics@swiha.edu • 480-393-1411

1100 E. Apache Blvd. Tempe AZ 85281 • www.swiha.edu
Zen Shiatsu - Clinical Assessment
OS 320  Class Hours:  40  Credits:  1.25
Study assessment skills, Masunaga’s assessment points, navel pulls, the 4 examinations, body-reading, pulse assessment, Asian medical astrology, 5 element theory, building a practice and record keeping. Hands-on experience provided. Open to any Asian program student who has completed one semester of a primary Asian modality. Text: Book from OS 310  BW  (AZ-CEU)
2 Weekends
3/9/12 - 3/18/12  F 6:00 pm - 10:00 pm
Sa Su 8:30 am - 5:30 pm
2 Weekends
11/8/11 - 11/19/11  T Th 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
$560.00

Zen Shiatsu - Form
OS 300  Class Hours:  36  Credits:  1
Learn Shiatsu massage using thumb, palm, finger, forearm, knee and elbows, range of motion, meridian stretches, healing, with energy work, use your body effortlessly, feel imbalances in the body and promote deep relaxation; includes self-shiatsu. Text: Book for OS 310 is optional. Material fee: $10.  NO PRERQ BW  (AZ-CEU)
2 Weekends
9/30/11 - 10/9/11  F 6:00 pm - 10:00 pm
Sa Su 9:00 am - 6:00 pm
5 Weeks
1/17/12 - 2/14/12  T Th 6:00 pm - 10:00 pm
$514.00

Zen Shiatsu - Meridian Therapy
OS 310  Class Hours:  40  Credits:  1.25
Feel and locate traditional meridians and imbalances, balance them, balance kyo and jitsu meridians in various Shiatsu positions, diagnostic points, tonification, sedation points, exercises to strengthen each meridian. Material fee: $10. Recommended PRERQ: OS 300 Zen Shiatsu Form BW  (AZ-CEU)
2 Weekends
2/17/12 - 2/26/12  F 6:00 pm - 10:00 pm
Sa Su 8:30 am - 5:30 pm
5 Weeks
9/29/11 - 11/1/11  T Th 6:00 pm - 10:00 pm
$570.00

Yoga - Phoenix Rising I
YO 501 P$  Class Hours:  32  Credits:  1.5
In Level 1, you will be introduced to the principles and practice of Phoenix Rising Yoga Therapy. Much of the learning is experiential, including how to apply techniques for assisting clients in yoga therapy postures. You will also gain an understanding of each posture’s metaphysical significance and how it is used to support the transformation process. Precautions, physical benefits, counter postures, variations, preparation, and transitions are also covered. You will learn how to guide clients in a body scan to determine areas of tension and freedom and general guidelines for yoga therapy sessions. P$
1 Weekend
9/22/11 - 9/25/11  Th F Sa Su 8:30 am - 5:30 pm
$595.00  Instructor Cobb

Yoga - Phoenix Rising II
YO 502 P$  Class Hours:  42  Credits:  1.75
You will learn different approaches to dialogue used to enhance mind-body consciousness and how to deepen the yoga therapy experience by increasing awareness. You will also be taught an integrative process for helping clients open to transformational opportunities through attunement to their own inner guidance and how to use the yoga therapy session as a vehicle for working with the transformation process. P$
1 Weekend
9/27/11 - 10/2/11  W Th F Sa Su 8:30 am - 5:30 pm
$795.00  Instructor Cobb

“A holistic healing art. Using age-old yogic approaches to foster a deeper internal experience, we are able to know ourselves more fully. Out of this knowing, we are more easily moved to embrace the opportunity for change, growth and enhanced well-being in body, feelings, thought and spirit.”
~ Michael Lee, Founder, Phoenix Rising Yoga Therapy

Yoga - Phoenix Rising I
YO 501 P$  Class Hours:  32  Credits:  1.5
In Level 1, you will be introduced to the principles and practice of Phoenix Rising Yoga Therapy. Much of the learning is experiential, including how to apply techniques for assisting clients in yoga therapy postures. You will also gain an understanding of each posture’s metaphysical significance and how it is used to support the transformation process. Precautions, physical benefits, counter postures, variations, preparation, and transitions are also covered. You will learn how to guide clients in a body scan to determine areas of tension and freedom and general guidelines for yoga therapy sessions. P$
1 Weekend
9/22/11 - 9/25/11  Th F Sa Su 8:30 am - 5:30 pm
$595.00  Instructor Cobb

Yoga - Phoenix Rising II
YO 502 P$  Class Hours:  42  Credits:  1.75
You will learn different approaches to dialogue used to enhance mind-body consciousness and how to deepen the yoga therapy experience by increasing awareness. You will also be taught an integrative process for helping clients open to transformational opportunities through attunement to their own inner guidance and how to use the yoga therapy session as a vehicle for working with the transformation process. P$
1 Weekend
9/27/11 - 10/2/11  W Th F Sa Su 8:30 am - 5:30 pm
$795.00  Instructor Cobb

To register go to www.SWIHA.edu or call student service 480-994-9244

Holistic Health Gathering
A Body - Mind - Spirit Celebration
Sunday, October 23, 2011
Noon - 6:00 pm

- Alternative solutions to health care
- Mini-sessions from local practitioners
- Health check-ups and screenings
- Opportunity to network with health professionals
- Silent auction, proceeds will go to a local charity
- OPEN TO THE PUBLIC - NO CHARGE!

Held at
Southwest Institute of Healing Arts
1100 E. Apache Blvd. Tempe AZ 85281
www.swiha.edu or www.aznetnews.com

To Become a Vendor Call 480-393-1420
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Standard priced classes may be audited at no charge for no credit on a space available basis. Space available is defined as adequate physical space in the classroom and a student ratio which does not require the addition of an assistant solely due to auditing students.
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**Classes at a Glance**

**Be our Guest**

Attend the first 4 hours of almost any of our classes ~

To learn more call Student Services at 480-994-9244
### September

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### To Register for classes visit us at [www.swiha.edu](http://www.swiha.edu)
Natural Aesthetics Practitioner Diploma
600 Classroom Hours – 24 Credit Program

Our 600 hours Natural Aesthetics program teaches state-of-the-art skincare and anti-aging techniques, including over 20 different facial protocols. Students also become proficient in a wide variety of spa treatments and cosmetic applications, including makeup application, as well as tinting, waxing, microdermabrasion, microcurrent, and chemical peels. Students also master their techniques and develop their professional interpersonal skills in a real spa setting with clients. Our program teaches skills that far surpass industry standards, focusing on a holistic approach to skincare health and well-being. Students graduate with the tools needed to become licensed aestheticians and flourish in all aspects of the beauty and skincare industries.

Start Dates:
Day Program, 30 Weeks: 7/26/11, 9/20/11, 11/15/11
1/31/12, 4/3/12, 5/29/12, 7/31/12, 9/25/12, 11/27/12
Night Program, 50 Weeks:
10/18/11, 2/28/12, 6/26/12, 10/23/12

Courses:
Natural Aesthetics Core

- NA 500 White Block: Foundations & Theory 224 11
- NA 505 Red Block: Makeup & Waxing 64 3
- NA 510 Green Block: Holistic Theory & Business 64 3
- NA 515 Blue Block: Spa Technologies 64 3
- NA 932 Clinic I - Practical Application 32 0.75
- NA 152 Clinic II - Practical Application 152 3.25

Total: 600 24

Natural Aesthetics Master Educator Diploma
600 Classroom Hours – 24.75 Credit Program

The Master Educator Program at SWINA is a comprehensive aesthetics program designed to facilitate the development of educators within the aesthetics field and enable its graduates to excel in the role of education provider. This program combines the life coaching certification with an advanced core curriculum in theory classes; students also partake in individualized instruction coordinating around key lesson plans and gain experience in applying these skills in real classroom and clinic settings. Upon completion, students will be qualified to sit for the Arizona State Board of Cosmetology’s instructor examination.

Start Date: 9/19/11

Courses:
Master Educator Core

- NA 550 Foundations for Career Education Instructors 100 5
- NA 555 Education Theory & Professional Development 100 5
- NA 560 Classroom Experience & Skillset Integration 100 2.75
- NA 565 Advanced Education Methods & Practical Application 200 7
- Life Coaching Specialty
  - BC 550 P$ Life Coaching - Foundation 20 1.25
  - Or BC 560-OL Life Coaching Core—Strategies, Techniques & Implementation 80 3.75

Total: 600 24.75
Advanced Skincare Practitioner and Laser Technician Diploma
780 Classroom Hours – 31 Credit Program

May be used as a specialty within select Associates Degree Programs

Our Advanced Skincare Practitioner and Laser Technician Program combines our natural aesthetics and laser programs.

Start Dates:
Day Program, 35 Weeks: 7/26/11, 9/20/11, 11/15/11
1/31/12, 4/3/12, 5/29/12, 7/31/12, 9/25/12, 11/27/12

Night Program, 55 Weeks: 10/18/11, 2/28/12, 6/26/12, 10/23/12

Courses:          Hours:  Credits:
Natural Aesthetics Core
NA 500  White Block: Foundations & Theory  224  11
NA 505  Red Block: Makeup & Waxing 64  3
NA 510  Green Block: Holistic Theory & Business 64  3
NA 515  Blue Block: Spa Technologies 64  3
NA 932  Clinic I - Practical Application 32 0.75
NA 152  Clinic II - Practical Application 152 3.25

Laser Technician Certification
NAL 180

Total: 780 31

Laser Technician Certificate
180 Classroom Hours – 7 Credit Program

May be used as a specialty within select Associates Degree Programs or qualifying Diploma Programs

SWINA teaches the most current and in-demand laser and spa technologies, and our Laser Technician training far surpasses the current certification standards set forth by the Arizona Radiation Regulatory Agency. We prepare our graduates for the opportunities to work for five-star resorts, med spas, doctors’ offices, and much more. Our comprehensive Dual Diploma Program enables graduates to experience aesthetics training on an entirely new level.

Start Dates:
Day Program, 15 Weeks: 10/19/11, 2/29/12, 6/27/12, 10/24/12

Night Program, 15 Weeks: 8/23/11, 1/3/12, 5/1/12, 8/28/12

Courses:          Hours:  Credits:
Laser Technician Certification
NAL 180  180  7

Core Proficiencies Include:
- Intense Pulse Light Photo Facial Rejuvenation
- Fractional Ablative Pixel Skin Resurfacing
- In-Motion Technology Laser Hair Reduction
- Radiofrequency Skin Tightening
- Advanced Consultation & Analysis Procedures

Dr. Laree Hooker – Medical Director
Dr. Hooker, NMD, is a graduate of Southwest College of Naturopathic Medicine and specializes in Laser Skin Resurfacing, IPL, Skin Rejuvenation, Laser Collagen Stimulation, and Injectables. Voted one of 2009’s Best Doctors by “Phoenix Magazine,” Dr. Hooker was the Medical Director of a well-known Med Spa for over six years and has frequently taught continuing education courses at SWIHA. She brings a powerful enthusiasm and much sought-after expertise to our educational team, teaching our Laser Certification Program, overseeing public treatments in our student laser clinic, and managing our laser curriculum.

Please Note: Per Arizona regulations, applicants for the 180 hour Laser Technician Program must be a licensed aesthetician, cosmetologist OR currently enrolled in the SWINA aesthetics program.

1460 E. Southern Ave. Tempe, AZ 85282
Call us at 480-393-1415 or visit us online at www.NaturalBeautyAZ.com
GIFTS & GRACES

Join us the First Friday of each month at 6:00pm for an extraordinary evening featuring a dynamic motivational presentation with a unique monthly theme of self-discovery and healing.

- July 1, 2011
- August 5, 2011
- September 2, 2011
- October 7, 2011
- November 4, 2011
- December 2, 2011
- January 6, 2012
- February 3, 2012

Healing is more than just one dimensional. True healing takes place on many levels – body, mind, and spirit.

Step into your light and join us at the next Gifts & Graces.

Southwest Institute of Healing Arts is a spirit-directed private college.

Our mission is to help you discover your unique gifts and graces and fully support you as you take them out into the world in a loving and profitable way.

Complimentary Sessions offered after each event include:
Life Coaching, Toe Reading, Energy work Cranial Sacral, and Reflexology.

Call us today at 480.994.9244 to RSVP.

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