



Class Calendar
Fall-Winter 2025 / Summer 2025

Class Calendar

A Conscious College Community
for Holistic Wellness Education



Dr. Brad Bouté
Executive Director
Shamanic Pathways
Program Director

On-Campus & Online
Degrees - Diplomas - Certificates - Personal Development

Southwest Institute of Healing Arts - 1538 E. Southern Ave. Tempe, Arizona 85282
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We are committed to providing high quality, affordable education for those entering the healing arts field or for those continuing their education. Each class you take can lead to a Certificate of Excellence, Diploma, or Degree. It has been said that the journey of a thousand miles begins with a single step. For over thirty years we have witnessed the transformation that takes place in people when they make the decision to take just one class at Southwest Institute of Healing Arts . . . it often becomes the first step to showing up in a more powerful way in the world.

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Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.

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Aesthetics Programs On-Campus

-Advanced Skincare Practitioner & Cosmetic Laser Technician	Back cover
-Natural Aesthetics Practitioner Diploma	
-Cosmetic Laser Technician Certificate	



“SWIHA's program has been instrumental in strengthening my spiritual awareness and confidence in my intuitive gifts”

-Mecca Elevated

Graduate of the Intuitive Guide Certificate of Excellence program

We Are Here to Support Your Vision

1

People from all over the country are drawn to Southwest Institute of Healing Arts (SWIHA) to fulfill a myriad of dreams and aspirations – what are yours?

Our Admissions team can help you design a course of study to help you achieve your personal goals and dreams. Info@swiha.edu or call 480-994-9244

2

Financial Aid is available:

Where there's a will, there's a way!

We have Federal Financial Aid available to those who qualify, and Do-Your-Dream options available on-campus. Our Financial Aid Department will help you find the financial options that best fit your educational needs.

3

Our Academic Advisors are dedicated to supporting you:

You will be assigned an Academic Advisor to support you through your program 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.

Approvals and Licensing:

- Licensed by the Arizona State Board for Private Postsecondary Education
- SWINA Licensed by the Arizona State Board of Cosmetology & Arizona Radiation Regulatory Agency (ARRA)
- Approved as a Continuing Education Provider by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)
- Approved by Yoga Alliance®
- Recognized by the American Board of Hypnotherapy (ABH)
- NBHWC Approved Training Program
- Approved by the AZ State Authorization Reciprocity Agreement (AZ-SARA)
- Approved by the American Council of Hypnotist Examiners (ACHE)
- Approved by the International Medical & Dental Hypnotherapy Association (IMDHA)



ACCET

Southwest Institute of Healing Arts is an accredited college by the Accrediting Council for Continuing Education & Training, ACCET is listed by the U.S. Department of Education as a nationally recognized accrediting agency.

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 Stafford Loan, Unsubsidized Stafford Loan, and Parent PLUS Loan Programs

Students need to complete their application for financial aid on the following website: studentaid.gov, enroll in a program eligible for financial aid, then meet with Financial Aid. Student must complete the process of funding their program as soon as possible, and no later than the end of Provisional Enrollment **School code number: 035933.**

The following are financial aid eligible programs:

- Associate Degrees On-Campus
- Diplomas - Massage Therapy (1000 & 750 hrs)
- Diploma - Western Herbalism (745 hrs.)
- Diploma - Mind Body Wellness Practitioner (600 hrs.)
- Diploma - Holistic Health & Wellness Coach Online (755 hrs.)
- Diploma - Natural Aesthetics Practitioner (600 hrs.)
- Diploma - Yoga Teacher Training (600, 800 & 1000 hrs.)
- Diploma - Advanced Skin Care Practitioner & Cosmetic Laser Technician (780hrs.)
- Diploma - Integrative Healing Arts Practitioner On-Campus (750 hrs.)
- Diploma - Integrative Healing Arts Practitioner Online (780 hrs.)

For all programs, no-interest Institutional payment plans are available for students with cash balances, and private educational or alternative loans may be available from outside institutions.

Entrepreneurial and Career Support

Our Success Center is an ongoing entrepreneurial support outlet, dedicated to students and graduates of SWIHA's many programs. We support student success by providing up-to-date resources designed to educate, motivate, and inspire professionals, whether they are stepping into a new career or furthering the evolution of their existing career. On-campus or Online, your success is our success! Together, let's begin to manifest the SWIHA motto of **'Touching Lives, Healing Bodies, & Freeing Souls.**

Placement Support:

- Career/Achievement Coaching
- Licensure & Insurance Information
- Resume Development
- Interview Preparation
- Job Opportunities

Entrepreneurial Services:

- Entrepreneurial Coaching
- On-Campus Business Center
- Online Resources to Grow Your Business
- Marketing Assistance

www.OurSuccessCenter.com - learn more about the wide variety of resources available to you.

www.GreatGraduates.com – our online directory of graduates and instructors.



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SWIHA is committed to supporting you as a student and graduate

Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.



Dr. Brad Bouté
Executive Director
480-994-9244 Ext. 124

"No matter where you are in your journey, you can make the steps to move forward toward the life you want to create."

-Dr. Beth Burke

Graduate of the Holistic Health and Wellness Coach Program



Integrative Healing Arts Practitioner

Our online Integrative Healing Arts Practitioner diploma is designed to help you discover your distinctive talents, and give you the tools to create mind-body-spirit healing for yourself and your future clients. The core curriculum of this diploma offers courses in a suite of holistic modalities, transpersonal psychology, and business development.

In this program, you will:

- Learn proven wellness tools from Psychology, Aromatherapy, Hypnotherapy, Philosophy, and Theology.
- Gain foundational knowledge in a variety of modalities and techniques, such as stress management approaches, coaching skills, and how to hold space for those going through times of loss, celebration or life changes.
- Prepare to serve as a Spiritual Coach, Intuitive Coach, Yoga Nidra Facilitator, End of Life Doula and so much more!

Required Classes

Code Course	Clock Hours	Credits
TRANSFORMATIONAL PSYCHOLOGY		
TP 106-OL GRIT for Success	30	2.00
TP 115-OL Congnitive Well-Being & Social Responsibility	25	1.50
TC 630-OL Somatic Psychology: The Neuroscience of Regulation & Trauma	30	1.75
TC 640-OL Somatic Psychology: The Subtle Body	30	1.75
AR 107-OL Aromatherapy of the Spirit & Flower Essences	30	1.50
TP 107-OL GRIT: Student Journey	15	1.00
SUBTOTAL	160	9.50
HOLISTIC ENTREPRENEUR		
HE 101-OL Entrepreneur's Journey 1: Departure	30	2.00
HE 102-OL Entrepreneur's Journey 2: Initiation	30	1.75
HE 103-OL Entrepreneur's Journey 3: Return	30	1.75
HE 201-OL Influencer's Journey	30	1.75
SUBTOTAL	120	7.25

Choose Your Specialization(s)

Option 1

ADVANCED PROFESSIONAL HYPNOTHERAPY (500 HOURS)		
HY 105-OL Foundations of Foundations Level I	30	1.75
HY 205-OL Foundations of Foundations Level II	30	1.50
HY 305-OL Foundations of Foundations Level III	40	1.75
HY 415-OL Advanced Techniques in Hypnotherapy	30	1.25
HY 316-OL Fears, Phobias & Addictions	30	1.25
HY 477-OL Dreams and Metaphors	30	1.25
HY 425-OL Script Writing	30	1.25
HY 585-OL Medical Imagery	30	1.50
HY 353-OL Past-Life Regression	30	1.50
HY 375-OL Advanced Professional Hypnotherapy	10	0.50
SUBTOTAL	290	13.50
ADDITIONAL HYPNOTHERAPY COURSES:		
HY 318-OL Neuro-Linguistic Programming	30	1.25
HY 545-OL Applied Techniques for Post-Traumatic Growth	30	1.25
HY 345-OL Energy Healing & Hypnosis	10	0.50
AR 122-OL Auriculotherapy for Hypnotherapists	40	2.00
SUBTOTAL	110	5.00
FOUNDATIONAL CLIENT RELATIONSHIP: TRANSFORMATIONAL LIFE COACH		
LC 101-OL Foundations of Life Coaching	30	1.75
LC 201-OL Applied Coaching Skills	30	1.50
LC 301-OL Life Coaching Practice & Ethics	40	1.75
SUBTOTAL	100	5.00

Option 2

MODERN SPIRITUALITY (500 HOURS)			
SPIRITUAL CELEBRANT			
SP 152-OL Grounded Spirituality & Modern Mysticism	30	1.50	
SP 156-OL Exploring the Ancestral Web of Belonging	30	1.50	
SP 162-OL Mysticism: Finding Your Personal Path	30	1.50	
RF 171-OL Soul Coaching	30	1.50	
SP 145-OL Energetic Healing for Spiritual Guides	30	1.50	
SP 335-OL The Art of Spiritual Expression	20	1.00	
SP 525-OL Serving through Ceremony	30	1.50	
SP 465-OL Celebrate Your Light - Celebrant & Ordination Prep.	-	-	
SUBTOTAL	200	10.00	
FOUNDATIONAL CLIENT RELATIONSHIP: INTUITIVE COACHING			
SC 101-OL Foundations of Intuitive Coaching	30	1.75	
SC 201-OL Angels, Guides & Ancestors	30	1.50	
SC 301-OL Practical Applications in Intuitive Coaching	40	1.75	
SUBTOTAL	100	5.00	
I AM YOGA NIDRA FACILITATOR			
YO 410-OL Yoga Nidra I: Immersion	30	2.00	
YO 415-OL Yoga Nidra II: Working with Clients	30	2.00	
YO 420-OL Yoga Nidra III: Advanced Application	40	2.00	
SUBTOTAL	100	6.00	

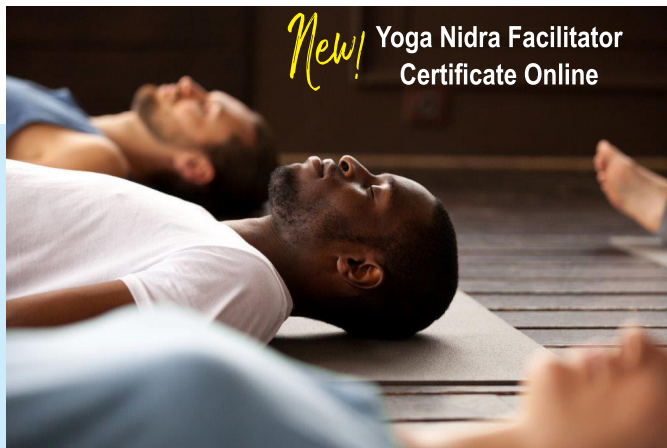
AND Choose One (1) additional specialty to complete:

HEALING BOTANICALS & EARTH CEREMONIES (100 HOURS)			
BE 101-OL Earth Ceremonies	30	1.50	
BE 201-OL Healing Botanicals I	30	1.50	
BE 301-OL Healing Botanicals II	40	2.00	
SUBTOTAL	100	5.00	
OR			
END-OF-LIFE DOULA (100 HOURS)			
DD 101-OL Death, Dying, & the Afterlife	30	1.75	
DD 201-OL Life Review & Processing Grief	30	1.50	
DD 301-OL End of Life Rituals & Ceremonies	40	2.00	
SUBTOTAL	100	5.25	

To speak with an
Admissions Coach
call 480-994-9244
or email us at
Info@swiha.edu

Start Dates:

- 2/03/25
- 3/17/25
- 5/26/25
- 8/11/25



Holistic Health & Wellness Coaching

with a Concentration in Holistic Nutrition

The Holistic Health & Wellness Coaching program is for individuals who are motivated to lead healthier lives, be centered in their wellness, and inspire others to do the same through a career in Health and Wellness Coaching. With the mind-body-spirit connection in mind, this program prepares you to work with clients to support self-directed and person-centered changes that promote a sense of ownership and lasting change.

The core curriculum includes:

- Holistic Nutrition
- Mindful Techniques
- Entrepreneurial Business Development
- And more!

Choose from one of two specialties:

- Mindful Meditation Facilitator
- Whole Foods Culinary Specialist

This program aligns with the standards of the National Board for Health and Wellness Coaching (NBHWC)



For information please email us at info@swiha.edu
For Online Programs the cut off is 10 days prior to start.

Required Classes	Code	Course	Clock Hours	Credit Hours
	TP 106-OL	GRIT for Success	30	2.00
	HC 220-OL	Psychology of Well-being 1	30	2.00
	HC 221-OL	Psychology of Well-being 2	30	2.00
	HC 222-OL	Psychology of Addictions & Disordered Eating	30	2.00
	MM 101-OL	Mindfulness: Introduction and Movement	30	2.00
	TP 107-OL	GRIT: Student Journey	15	1.00
		Subtotal	165	11.00
		HEALTH AND WELLNESS COACHING		
	HC 101-OL	Foundations of Wellness Coaching	30	1.50
HC 201-OL	Professional Wellness Coaching and Ethics	30	1.50	
HC 155-OL	Anatomy of Wellness	30	1.50	
HC 156-OL	Health Conditions	30	1.50	
HC 301-OL	Advanced Wellness Coaching 1	30	1.25	
HC 302-OL	Advanced Wellness Coaching 2	30	1.25	
HC 401-OL	NBHCW Exam Prep	20	1.25	
	Subtotal	200	10.25	
	HOLISTIC NUTRITION			
HN 105-OL	Foundation of Holistic Nutrition	30	2.00	
HN 124-OL	Micro/Macro Nutritional Biochemistry	30	2.00	
HN 235-OL	Nutritional Needs Across the Life Cycle	30	2.00	
HN 351-OL	Microbiome Wellness	30	2.00	
HN 210-OL	Whole Foods Cuisine 1	25	1.25	
HN 222-OL	Raw Food Cuisine 1	25	1.25	
MM 105-OL	Foundations of Mindful Eating	30	2.00	
	Subtotal	200	12.50	
	HOLISTIC ENTREPRENEURSHIP			
HE 101-OL	Entrepreneur's Journey 1: Departure	30	2.00	
HE 102-OL	Entrepreneur's Journey 2: Initiation	30	1.75	
HE 103-OL	Entrepreneur's Journey 3: Return	30	1.75	
HE 201-OL	Influencer's Journey sharing your story	30	1.75	
	Subtotal	120	7.25	

Option 1	WHOLE FOOD CULINARY SPECIALIST			
	HN 223-OL	Advanced Whole Foods & Raw Cuisine	30	1.50
	HN 500-OL	Culinary Applications & Business Perspectives	40	2.50
		Subtotal	70	4.00

Option 2	MINDFUL MEDITATION FACILITATOR			
	MM 301-OL	Mindfulness: Attention and Breath Techniques	30	2.00
	MM 401-OL	Mindful Meditation Facilitator	40	2.00
		Subtotal	70	4.00

To speak with an Admissions Coach call 480-994-9244 or email us at Info@swiha.edu

Start Dates:
2/03/25
4/21/25
7/07/25
9/15/25

Holistic Nutrition Specialist

200 Hours • 11.75 Credits



Whole Foods Culinary Specialist

120 Hours • 5.00 Credits

This 200-hour online Certificate of Excellence teaches students how to make healthier food and lifestyle choices. Students gain a comprehensive understanding of the foundations of whole food nutrition and how it contributes to the prevention of illness and the promotion of optimal health. The old paradigm, known as the Standard American Diet (or S.A.D. diet), is replaced with S.O.U.L Nutrition: Seasonal, Organic, Unprocessed, and Local whole food as the foundation for a new, healthy, sustainable lifestyle. This certificate also includes mindful eating strategies to heal relationship with food, and whole food cooking, including many organic recipes. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
HN 105-OL Nutrition - Foundation of Holistic Nutrition ONLINE	30	2
11/11/2024 - 12/22/2024		
2/3/2025 - 3/9/2025		
4/21/2025 - 5/25/2025		
7/7/2025 - 8/10/2025		
9/15/2025 - 10/19/2025		
HN 124-OL Nutrition - Micro/Macro Nutritional Biochemistry ONLINE	30	2
12/30/2024 - 2/2/2025		
3/17/2025 - 4/20/2025		
5/26/2025 - 6/29/2025		
8/11/2025 - 9/14/2025		
10/20/2025 - 11/23/2025		
HN 210-OL Nutrition - Whole Foods Cuisine 1 ONLINE	25	1.25
12/30/2024 - 2/2/2025		
5/26/2025 - 6/29/2025		
10/20/2025 - 11/23/2025		
HN 222-OL Nutrition - Raw Food Cuisine 1 ONLINE	25	1.25
2/3/2025 - 3/9/2025		
7/7/2025 - 8/10/2025		
12/1/2025 - 1/11/2026		
HN 235-OL Nutritional Needs Across the Life Cycle ONLINE	30	2
11/11/2024 - 12/22/2024		
2/3/2025 - 3/9/2025		
4/21/2025 - 5/25/2025		
7/7/2025 - 8/10/2025		
9/15/2025 - 10/19/2025		
12/1/2025 - 1/11/2026		
HN 351-OL Nutrition - Microbiome Wellness ONLINE	30	2
11/11/2024 - 12/22/2024		
4/21/2025 - 5/25/2025		
9/15/2025 - 10/19/2025		
MM 105-OL Mindfulness: Foundations of Mindful Eating ONLINE	30	2
3/17/2025 - 4/20/2025		
8/11/2025 - 9/14/2025		
TOTAL:	200	11.75

This 120-hour online Certificate of Excellence has been specially designed to teach and inspire those who are passionate about preparing and sharing healthy meals. Students will learn healthy food improvements for today's modern diets, how to customize meal planning, learn simple gluten free food preparation, as well as, how to prepare seasonal food options. Understanding the requirements for a food handler's card in addition to budgeting for small and large groups is included as well. Methodologies and expanded assessment tools will prepare the student in knife skills and preparation of next level recipes. Learn how to conduct food demonstrations while also exploring marketing and food photography. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credit:
HN 210-OL Nutrition - Whole Foods Cuisine 1 ONLINE	25	1.25
12/30/2024 - 2/2/2025		
5/26/2025 - 6/29/2025		
10/20/2025 - 11/23/2025		
HN 222-OL Nutrition - Raw Food Cuisine 1 ONLINE	25	1.25
2/3/2025 - 3/9/2025		
7/7/2025 - 8/10/2025		
12/1/2025 - 1/11/2026		
HN 223-OL Nutrition - Advanced Whole Foods & Raw Cuisine ONLINE	30	1.5
3/17/2025 - 4/20/2025		
8/11/2025 - 9/14/2025		
HN 500-OL Nutrition - Culinary Applications & Business Perspectives ONLINE	40	2.5
11/11/2024 - 12/22/2024		
4/21/2025 - 5/25/2025		
9/15/2025 - 10/19/2025		
TOTAL	120	7

Mindful Meditation Facilitator

100 Hours • 6.00 Credits

This 100-hour online Certificate of Excellence will allow students to explore various meditation techniques, reframe their understanding of meditation, practice mindful meditation, and cultivate the skills necessary to guide others through mindful meditation. Serving as a Mindful Meditation Facilitator offers a unique opportunity to support others in discovering their personal doorway into meditation and, ultimately, into presence. You will learn about deepening your personal meditation practice, holding space through conscious connecting, developing language that invites permission and safety, incorporating guided meditation scripts into client sessions, and following your intuitive intelligence to guide clients through meditation. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
MM 101-OL Mindfulness: Introduction ONLINE	30	2
2/3/2025 - 3/9/2025		
7/7/2025 - 8/10/2025		
8/11/2025 - 9/14/2025		
MM 301-OL Mindfulness: Attention and Breath Techniques ONLINE	30	1.50
3/17/2025 - 4/20/2025		
8/11/2025 - 9/14/2025		
9/15/2025 - 10/19/2025		
MM 401-OL Mindful Meditation Facilitator ONLINE	40	2.25
12/30/24 - 2/2/2025		
4/21/2025 - 5/25/2025		
Total	100	6

Hypnotherapy

100 Hours • 4.75 Credits



This 100-hour online Certificate of Excellence integrates the clinical and therapeutic aspects of hypnosis with its spiritual and metaphysical components. By using guided imagery and harnessing the power of the subconscious mind, powerful healing and transformation can occur, including the alleviation of physical, emotional, and psychological problems. This program features dedicated instructor guidance, instructional videos, and discussion forums that will support your education. Our Certificate of Excellence programs are avocational. These courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
HY 105-OL Foundations of Hypnotherapy Level I ONLINE 2/3/2025 - 3/9/2025 5/26/2025 - 6/29/2025 10/20/2025 - 11/23/2025	30	1.75
HY 205-OL Foundations of Hypnotherapy Level II ONLINE 2/3/2025 - 3/9/2025 3/17/2025 - 4/20/2025 7/7/2025 - 8/10/2025	30	1.5
HY 305-OL Foundations of Hypnotherapy Level III ONLINE 3/17/2025 - 4/20/2025 4/21/2025 - 5/25/2025	40	1.75
TOTAL:	100	4.75

Advanced Professional Hypnotherapy

350 Hours • 17.25 Credits • External Certification

Our online, 350-Hour Advanced Professional Hypnotherapy program includes the full Hypnotherapy 100-Hour program with the addition of advanced techniques such as: fears, phobias, addictions, past-life regression, scriptwriting, dreams and metaphors, foundations of life coaching, and more. In addition to required courses, students will also receive classes in entrepreneurial support and preparation for external certification through the International Medical & Dental Hypnotherapy Association (IMDHA).



Course:	Hours:	Credits:
Hypnotherapy 100-hour Certificate	100	4.75
HE 101-OL Entrepreneurs Journey 1: Departure ONLINE 2/3/2025 - 3/9/2025 4/21/2025 - 5/25/2025 7/7/2025 - 8/10/2025 8/11/2025 - 9/14/2025 9/15/2025 - 10/19/2025	30	2
HY 316-OL Fears Phobias & Addictions ONLINE 4/21/2025 - 5/25/2025 5/26/2025 - 6/29/2025 9/15/2025 - 10/19/2025	30	1.25
HY 353-OL Past-Life Regression ONLINE 3/17/2025 - 4/20/2025 8/11/2025 - 9/14/2025 9/15/2025 - 10/19/2025	30	1.5
HY 375-OL Advanced Professional Hypnotherapy ONLINE 3/17/2025 - 4/20/2025 8/11/2025 - 9/14/2025 9/15/2025 - 10/19/2025	10	0.5
HY 415-OL Advanced Techniques in Hypnotherapy ONLINE 2/3/2025 - 3/9/2025 7/7/2025 - 8/10/2025 8/11/2025 - 9/14/2025	30	1.25
HY 425-OL Script Writing ONLINE 5/26/2025 - 6/29/2025 7/7/2025 - 8/10/2025 10/20/2025 - 11/23/2025	30	1.25
HY 477-OL Dreams & Metaphors ONLINE 4/21/2025 - 5/25/2025 9/15/2025 - 10/19/2025 10/20/2025 - 11/23/2025	30	1.25
HY 585-OL Medical Imagery ONLINE 5/26/2025 - 6/29/2025 10/20/2025 - 11/23/2025 12/1/2025 - 1/11/2026	30	1.5
LC 101-OL Foundations of Life Coaching ONLINE 3/17/2025 - 4/20/2025 4/21/2025 - 5/25/2025 8/11/2025 - 9/14/2025	30	1.75
TOTAL:	350	17.25

Modern Spirituality Celebrant

200 Hours • 10 Credits

This 200-hour online Certificate of Excellence provides space and time for students to explore a grounded, inclusive understanding of spirituality. You are invited to deconstruct limiting beliefs about a hierarchical relationship with the god of your understanding and discover ways to express beliefs that align with your values. As a Spiritual Coach, you can hold space for people as they find their own path that meets their spiritual needs. As a Celebrant, you have the opportunity to serve people through ceremony as they mark the important milestones of their lives: births, weddings, losses, and other major transitions. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
RF 171-OL Soul Coaching ONLINE 2/3/2025 - 3/9/2025 5/26/2025 - 6/29/2025 7/7/2025 - 8/10/2025	30	1.5
SP 145-OL Energetic Healing for Spiritual Guides ONLINE 3/17/2025 - 4/20/2025 7/7/2025 - 8/10/2025	30	1.5
SP 152-OL Grounded Spirituality & Modern Mysticism ONLINE 2/3/2025 - 3/9/2025 3/17/2025 - 4/20/2025 5/26/2025 - 6/29/2025	30	1.5
SP 156-OL Exploring the Ancestral Web of Belonging ONLINE 3/17/2025 - 4/20/2025 4/21/2025 - 5/25/2025 7/7/2025 - 8/10/2025	30	1.5
SP 162-OL Mysticism: Finding Your Personal Path ONLINE 4/21/2025 - 5/25/2025 5/26/2025 - 6/29/2025	30	1.5
SP 335-OL The Art of Spiritual Expression ONLINE 2/3/2025 - 3/9/2025 4/21/2025 - 5/25/2025	20	1
SP 465-OL Celebrate Your Light - Celebrant & Ordination Preparation ONLINE 1/1/2025 - 12/31/2025 2/3/2025 - 2/3/2025	0	0
SP 525-OL Serving through Ceremony ONLINE 3/17/2025 - 4/20/2025 5/26/2025 - 6/29/2025	30	1.5
TOTAL:	200	10.00

Health & Wellness Coach

200 Hours • 10.25 Credits



Life Coaching

100 Hours • 5.00 Credits

This 200-hour online Certificate of excellence is designed for individuals who want to help others improve their overall health and wellness by facilitating tools and habits for supporting these goals long term. At the core of this program is the belief in the mind-body-spirit connection. Students will learn how to structure individual coaching sessions, maintain relationships with clients, support goal setting, and so much more! This program aligns with the standards of the National Board for Health and Wellness Coaching (NBHWC). At the end of this program, students who wish to take the certification exam through the NBHWC will need to complete additional requirements (e.g., completing additional logged sessions and documented work experience), as well as apply through the Medical Examiners Board. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
HC 101-OL HWC - Foundations of Wellness Coaching ONLINE	30	1.5
2/3/2025 - 3/9/2025		
3/17/2025 - 4/20/2025		
7/7/2025 - 8/10/2025		
8/11/2025 - 9/14/2025		
HC 155-OL HWC - Anatomy of Wellness ONLINE	30	1.5
3/17/2025 - 4/20/2025		
4/21/2025 - 5/25/2025		
8/11/2025 - 9/14/2025		
9/15/2025 - 10/19/2025		
HC 156-OL HWC - Health Conditions ONLINE	30	1.5
4/21/2025 - 5/25/2025		
5/26/2025 - 6/29/2025		
9/15/2025 - 10/19/2025		
10/20/2025 - 11/23/2025		
HC 201-OL HWC - Professional Wellness Coaching and Ethics ONLINE	30	1.5
3/17/2025 - 4/20/2025		
4/21/2025 - 5/25/2025		
8/11/2025 - 12/7/2025		
HC 301-OL HWC - Advanced Wellness Coaching 1 ONLINE	30	1.5
5/26/2025 - 6/29/2025		
7/7/2025 - 8/10/2025		
10/20/2025 - 11/23/2025		
HC 302-OL HWC - Advanced Wellness Coaching 2 ONLINE	30	1.5
2/3/2025 - 3/9/2025		
7/7/2025 - 8/10/2025		
8/11/2025 - 9/14/2025		
HC 401-OL HWC -NBHWC Exam Prep ONLINE	20	1.25
5/26/2025 - 6/29/2025		
9/15/2025 - 10/19/2025		
10/20/2025 - 11/23/2025		
TOTAL	200	10.25

This 100-hour online Certificate of Excellence, originally authored by Founder KC Miller and Hypnotherapy Program Director Linda Bennett, is based on the twelve Guiding Principles of Transformational Life Coaching. Life coaching is a process that helps people advance and achieve personal, professional, and spiritual goals using a variety of transformational tools and techniques. We have trained thousands of life coaches over the last thirty years and witnessed students experience the power of helping others find clarity of purpose and a bold new way of expressing themselves in the world. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
LC 101-OL Foundations of Life Coaching ONLINE	30	1.75
5/26/2025 - 6/29/2025		
9/15/2025 - 10/19/2025		
10/20/2025 - 11/23/2025		
LC 201-OL Applied Coaching Skills ONLINE	30	1.5
4/21/2025 - 5/25/2025		
5/26/2025 - 6/29/2025		
9/15/2025 - 10/19/2025		
LC 301-OL Life Coaching Practice & Ethics ONLINE	40	1.75
5/26/2025 - 6/29/2025		
7/7/2025 - 8/10/2025		
10/20/2025 - 11/23/2025		
TOTAL:	100	5.00

Healing Botanicals & Earth Ceremonies Facilitator

100 Hours • 5.00 Credits

This 100-hour online Certificate of Excellence explores the ceremonies that connect us with the Earth and all her inhabitants. Invite in the energy of plants through preparation, intention, and ritual. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
BE 101-OL Earth Ceremonies ONLINE	30	1.50
02/03/2025 - 03/09/2025		
07/07/2025 - 08/10/2025		
BE 201-OL Healing Botanicals I ONLINE	30	1.50
03/17/2025 - 04/20/2025		
08/11/2025 - 09/14/2025		
BE 301-OL Healing Botanicals II ONLINE	40	2.00
04/21/2025 - 05/25/2025		
09/15/2025 - 10/19/2025		
TOTAL:	100	5.00

New! Yoga Nidra
100 Hours • 5.25 Credits



End-of-Life Doula
100 Hours • 5.25 Credits

Yoga Nidra is an ancient technique that enables the body and mind to achieve a state of deep relaxation, aiming to align the conscious mind with the subconscious and unconscious. Essentially, while the body rests as if in sleep, the mind is guided to a state between sleep and wakefulness to receive positive instructions from a facilitator. These instructions are designed to foster mental healing through unconscious visualization, pranic healing through the flow of light and energy within the body, and to enhance willpower and resilience. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



This 100-hour online Certificate of Excellence explores the last great mystery of life – death. No matter how much we deny, fear, or try to avoid the inevitable, death eventually comes to us all. We will discuss spiritual beliefs about life death and the afterlife. During this series of courses, you may confront your own feelings about death and dying and determine what dying well means for you personally. You'll learn to support others through the grieving process and conduct rituals and ceremonies for honoring the end of life. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
DD 101-OL Death Dying & Afterlife ONLINE 2/3/2025 - 3/9/2025 3/17/2025 - 4/20/2025 7/7/2025 - 8/10/2025	30	1.75
DD 201-OL Life Review & Processing Grief 3/17/2025 - 4/20/2025 4/21/2025 - 5/25/2025 8/11/2025 - 9/14/2025	30	1.5
DD 301-OL End of Life Rituals & Ceremonies 4/21/2025 - 5/25/2025 5/26/2025 - 6/29/2025 9/15/2025 - 10/19/2025	40	2
TOTAL	100	5.25

Toe Reading - Soul Coach
Personal Development

Toe Reading -Soul Coaching ONLINE
RF 171-OL Class Hours: 30 Credits: 1.5
In reflexology the toes reveal personality destiny struggle and strength. In this course you will learn to use your observation and assessment of the toes in a way that allows you to communicate at a soul level with your client. Use penetrating soul coaching questions to facilitate deeper self-awareness in such a way as to help shift your client's perception of how they are and how they can be. NO PREREQ Supply fee: \$10
(CEU-NCBTMB)
02/03/2025 - 03/09/2025
05/26/2025 - 06/29/2025
07/07/2025 - 08/10/2025
09/15/2025 - 10/19/2025
12/01/2025 - 01/04/2026
\$600.00



Yoga Nidra I: Immersion ONLINE
YO 410-OL Class Hours: 30.00 Credits: 2.00
Translated as "yogic sleep" Yoga Nidra enables practitioners to reach profoundly deep states of consciousness. 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 subtlest sheath where karmic impressions are held. Supply Fee: \$100.
03/17/2025 - 04/20/2025
05/26/2025 - 06/29/2025
08/11/2025 - 09/14/2025
10/20/2025 - 11/23/2025
\$600.00

Yoga Nidra II: Working with Clients
YO 415-OL Class Hours: 30.00 Credits: 2.00
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. Using exclusive modularized yoga nidra cards quickly and easily shape your own yoga nidra sessions for students clients friends or family regardless of age or physical capability. Pre-Req: YO 410-OL
Text: \$20
04/21/2025 - 05/25/2025
07/07/2025 - 08/10/2025
09/15/2025 - 10/19/2025
\$600.00

Yoga Nidra III: Advanced Applications
YO 420-OL Class Hours: 40.00 Credits: 2.00
Learn how to use Yoga Nidra protocols to aid those seeking emotional integration and solutions for stress PTSD addiction anxiety depression insomnia and other forms of energetic blockages. We will survey the latest scientific research as it relates to Yoga Nidra. Pre-Req: YO 415-OL
05/26/2025 - 06/29/2025
08/11/2025 - 09/14/2025
10/20/2025 - 11/23/2025
\$800.00



ON CAMPUS WELLNESS PROGRAMS

DIPLOMA | On-Campus

750 Classroom Hours
71-75 Calendar Weeks

Integrative Healing Arts Practitioner

Our on-campus Integrative Healing Arts Practitioner (IHAP) diploma is designed to provide a comprehensive education in mind-body-spirit integration while reflecting the changing trends of the wellness and healthcare industry. Develop the skills necessary to launch your career as a holistic entrepreneur while building a sustainable, profitable private practice. After the required core classes, you will have the opportunity to choose a coaching focus as well as a specialty focus (options found below).

Required Classes	Course Code		Clock Hours	Credits	Course Code		Clock Hours	Credits	
	HOLISTIC ENTREPRENEUR COURSES					SELECT A SPECIALTY FOCUS:			
	BC 530	Introduction to Entrepreneurship & Self-Empowerment	15	1.00	Option 1	HOLISTIC NUTRITION & HEALTH AND WELLNESS COACH FOCUS			
	BC 540	Business Development and Entrepreneurial Support	40	2.25		Holistic Nutrition	200	11.50	
	BC 542	Applied Entrepreneurship	45	3.00		Anatomy of Wellness	30	1.50	
	BC 543	Business in Action	20	1.00		Health Conditions	30	1.50	
		Subtotal	120	7.25		NBHCW Exam Prep	20	1.25	
						Electives (Suggested: Urban Farming)	100	Varies	
						Subtotal	380	15.75	
	IHAP Core Courses				Option 2	GROUNDING SPIRITUALITY & END-OF-LIFE DOULA FOCUS			
	TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		Grounding Spirituality & Sacred Ceremonies	100	5.25	
	TC 610	Heart Centered Leadership	20	1.25		End-of-Life Doula	100	5.25	
	TC 120	Coaching the Hero Within	24	1.50		Reiki - (Traditional, Shamanic, or Holy)	100	3.00	
	CC 131	Psychology of Addiction - Understanding the Shadow	32	2.00		Electives (Suggested: Cranial, Aromatherapy or Hypno)	200	Varies	
	TC 150	Building Resiliency and Stress Management	24	1.50		Subtotal	400	13.50	
		Subtotal	130	8.25	Option 3	SPIRITUAL TRANSFORMATION FOCUS			
	SELECT A COACHING FOCUS:					Polarity – Associate Practitioner or Cranial Unwinding	200	9.00	
Option 1	HEALTH AND WELLNESS COACHING					Reiki - (Traditional, Shamanic, or Holy)	100	3.00	
		Foundations of Wellness Coaching	20	1.00		Grounding Spirituality & Sacred Ceremonies or Electives	100	5.25	
		Professional Wellness Coaching and Ethics	40	2.00		Subtotal	400	12.00	
		Advanced Wellness Coaching 1	30	1.50	Option 4	ADVANCED HYPNOTHERAPY FOCUS			
		Advanced Wellness Coaching 2	30	1.50		Hypnotherapy	100	4.75	
		Subtotal	120	6.00		Advanced Professional Hypnotherapy	170	8.75	
Option 2	INTUITIVE GUIDANCE & COACHING					Electives	130	Varies	
		Introduction to Life Coaching	20	1.25		Subtotal	400	13.50	
		Introduction to Intuitive Guidance	12	1.00	Option 5	YOGA FOCUS			
		Angels and Guides	24	1.25		Yoga Teacher Training	200	6.25	
		Intuitive Guidance - Practical Applications	24	1.25		Yoga Nidra	100	4.50	
		Business of Intuitive Guidance	20	1.25		Electives	100	Varies	
		Subtotal	100	6.00		Subtotal	400	10.75	
Option 3	LIFE COACHING								
		Introduction to Life Coaching	20	1.25					
		Life Coaching - Heart Centered Approach Part 1	40	1.75					
		Life Coaching - Heart Centered Approach Part 2	40	2.00					
		Subtotal	100	5.00					



As integrative healing arts practitioners, Saul Morales & Angie Manriquez found their true purpose—together

Start Dates:

1/06/25

5/05/25

9/15/25

ON-CAMPUS PROGRAMS (pg. 11 - 32)

Mind-Body Wellness Practitioner

600 Classroom Hours • 52 Calendar Weeks

This 600-hour on campus diploma program is designed for the aspiring holistic entrepreneur and can be customized with Certificate of Excellence choices that most resonate with your passion, such as: Wellness Coaching, Hypnotherapy, Holistic Nutrition, Yoga, or bodywork modalities. This program will teach students how to use an integrated approach to helping others improve their health and wellness through proven holistic methods, professional coaching practices, and clarity of intention. In addition, business courses are included which instruct students in creating a business plan to put their education to work and their dreams in action.

Required Classes	Code	Course	Clock Hours	Credit Hours
	HY 101	Hypnotherapy - Foundations Level I	20	1.25
	HC 101	Foundation Wellness Coaching	20	1.00
	HN 121	Nutrition - Foundations of Transformational Healing and Holistic Nutrition	40	2.50
	BC 542	Applied Entrepreneurship	45	3.00
	BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00
	BC 540	Business Development & Entrepreneurial Support	40	2.25
	MIND-BODY WELLNESS CORE COURSES SUBTOTAL		180	11.00

Option 1	SELECT A FOCUS		
	HEALTH AND WELLNESS COACH FOCUS		
	Health and Wellness Coach	180	9.25
	Electives & Specialties (see options below)	240	Varies
	Subtotal	420	9.25

Option 2	YOGA FOCUS		
	Yoga Teacher Training	200	6.25
	Electives & Specialties (see options below)	220	Varies
	Subtotal	420	6.25

Option 3	SPIRITUAL TRANSFORMATION FOCUS		
	Reiki - (Traditional, Shamanic, or Holy)	100	3.00
	Intuitive Guide	100	4.75
	Electives & Specialties (see options below)	220	Varies
	Subtotal	420	7.75

Specialties	*Please see advisor for list of available elective choices that will complement your chosen focus. Below are optional specialties.		
	AR	Aromatherapy	100 5.50
	APH	Advanced Professional Hypnotherapy	270 13.05
	CRA	Cranial Unwinding	200 8.50
	HN	Holistic Nutrition Specialist	160 9.00
	HWC	Health & Wellness Coach	180 9.25
	HY	Hypnotherapy	80 3.50
	IG	Intuitive Guide	100 4.75
	POLAPP	Polarity - Associate Polarity Practitioner	200 9.00
	RF	Reflexology	120 4.50
	RE	Reiki	100 3.00
	UF	Urban Farming	100 5.50
	YO	Yoga Teacher Training	200 6.25
	YO-N	Yoga Nidra	100 4.50
	YO-BP	Yoga Body Psychology	100 4.50
	TOTAL		600 4.50

Start Dates:
 1/06/25
 5/05/25
 9/15/25

COMPLIMENTARY ONE DAY EVENT

Explore Massage Therapy as a Career

If you are searching for a new career and have questions, join us for a day of exploration.

Have you ever imagined what it would be like to be a therapist in the massage industry? Come and explore the possibilities! This experience is designed to give you a firsthand look at the healing benefits of Massage Therapy, the power of touch, and the importance of professional, safe draping procedures. We will also have the opportunity to explore the abundant employment opportunities available for bodywork practitioners.



Choose one of the following dates:

2/15/25 5/31/25 9/06/25

Event Time: 9am - 5pm

To attend this event you must RSVP at info@swiha.edu

Professional Massage Practitioner

Therapeutic Track

750 Classroom Hours • 48 Calendar Weeks

Ayurvedic Bodywork Track

This 750-hour on campus program is designed for those who are seeking a career as a professional massage therapist. This program exceeds the 700-hour license requirement in Arizona with a focus on developing a therapeutic approach including trigger point, medical massage, and some spa courses. Students will learn the entrepreneurial skills necessary to start their own practice as well. As with all of our massage programs, students will have the unique opportunity to spend supervised time in our Massage Clinic to get hands-on practice with real clients.

The Ayurvedic Bodyworker Program integrates SWIHA's passion for natural, holistic health and the ancient system of Ayurveda with its contemporary counterparts Polarity Therapy and Massage Therapy. Ayurveda meaning "Knowledge of Life" is an ancient natural system of medicine from India which has been practiced for over 3,000 years. Ayurveda is based on an idea that health or disease is an expression of the balance between consciousness and the body - the first truly holistic health model. Combining Ayurveda, Polarity Therapy, and the core of our Therapeutic Massage program creates a highly skilled therapeutic practitioner that can work with a very diverse body of clients. Our Ayurvedic Bodyworkers are uniquely equipped to work as both a Licensed Massage Therapist with existing healthcare providers and spas, as well as have the opportunity to develop a private Ayurvedic Bodyworker practice. Graduates of the Ayurvedic Bodyworker program will be a Licensed Massage Therapist.

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 304	Business Practices for Massage Therapists	20	1.25
MT 540	Comprehensive CPR	5	0.25
BC 301	Ethics for Massage Therapists	8	0.50
MT 520	First Aid	7	0.25
MT 151	Kinesiology - Anatomical Applications	36	2.25
SC 415	Pathology - BW	40	2.50
MT 500	Physiology	60	4.00
PC 100	Polarity - Basic 1	20	1.00
CC 105	Trauma Informed Communication	32	2.00
BC 441	Resiliency and Self-Care for Massage	7	0.50
BC 110	SOAP Notes	6	0.25
MESSAGE CORE COURSES SUBTOTAL		301	18.75
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
TE 220	Deep Tissue Sculpting	24	0.75
MT 400	Myotherapy - 7 Step Release System	40	1.25
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
EV 003	Massage Clinic Orientation	-	-
MT 993 (abc)	Massage Clinic -- Superv. Block I, II, III	69	1.50
MESSAGE HANDS-ON CORE COURSES SUBTOTAL		213	6.50
AR 100	Aromatherapy - Intro	20	1.25
EC 700	Reiki I - Traditional	16	0.50
TE 146	Breast Health - Intro	8	0.25
TE 260	Fibromyalgia Therapy	16	0.50
TE 302	Elder Touch - Medical	16	0.50
TE 340	Lymphatic Massage	16	0.50
TE 402	Medical Massage for Cancer Survivors	16	0.75
TE 225	Rotator Cuff/Shoulder Joint	8	0.25
TE 160	Carpal Tunnel/Thoracic Outlet Release	8	0.25
TE 320	Lower Back Pain Release	8	0.25
TE 380	Neck Release	8	0.25
TE 600	Rock & Unlock	12	0.25
TE 650	Sports Massage - Intro	8	0.25
TE 662	Hydrotherapy / Injury Management	20	0.75
TE 690	Trigger Point	16	0.50
TE 364	Massage Sideline w/Deep Listening	16	0.50
EC 146	SpaLomi Massage	24	0.75
Massage Classes		236	8.50
TOTAL		750	33.75

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 304	Business Practices for Massage Therapists	20	1.25
MT 540	Comprehensive CPR	5	0.25
BC 301	Ethics for Massage Therapists	8	0.50
MT 520	First Aid	7	0.25
MT 151	Kinesiology - Anatomical Applications	36	2.25
SC 415	Pathology - BW	40	2.50
MT 500	Physiology	60	4.00
PC 100	Polarity - Basic 1	20	1.00
PC 400	Polarity Communications, Resonance & Relations 1	32	2.00
BC 441	Resiliency and Self-Care for Massage	7	0.50
BC 110	SOAP Notes	6	0.25
MESSAGE CORE COURSES SUBTOTAL		301	18.75
MESSAGE HANDS-ON CORE COURSES SUBTOTAL		213	6.50
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
TE 220	Deep Tissue Sculpting	24	0.75
MT 400	Myotherapy - 7 Step Release System	40	1.25
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
OE 320	Hand & Wrist Health Maintenance	4	0.25
TE 364	Massage Sideline w/Deep Listening	16	0.50
EV 003	Massage Clinic Orientation	-	-
MT 993 (abc)	Massage Clinic - Superv. Block I, II, III	69	1.50
AYURVEDIC BODYWORK TRACK SUBTOTAL		233	7.25
EC 700	Reiki I - Traditional	16	0.50
EC 711	Reiki II - Traditional	16	0.50
EC 720	Reiki III- Traditional	8	0.25
PC 860	Cranial Unwinding II	24	1.00
PC 870	Cranial Unwinding III	24	1.00
PC 150	Polarity - Basic II (Ayurvedic Element)	48	2.25
PC 200	Polarity APP/Cranial - Practicum	30	1.25
PC 960	Polarity - Session Given	30	0.50
AYURVEDIC BODYWORK TRACK COURSES		216	8.25
TOTAL		750	34.25

Start Dates:

AM	PM
1/21/25	2/24/25
4/07/25	5/12/25
6/23/25	8/04/25
9/15/25	10/20/25

New! **BODYWORK CLASS**

Advanced Neck Release

MT 800 **Class Hours: 5.00** **Credits: 0.25**

Neck work can be extremely effective when a therapist understands how to release residual tension from the Scalenes and intricate attachment points! Full ROM (range of motion) and "positional release" techniques will be taught. Pre-Req: LMT or TE 380

1 day
4/11/2025 - 4/11/2025 F 9am - 2pm
\$100.00

Master Massage Practitioner

Therapeutic Track

1000 Classroom Hours • 62 Calendar Weeks

Ayurvedic Bodywork Track

This 1000-hour on campus diploma program is an extension of the 750-hour program designed to exceed the requirements for massage therapy training in other states. This program contains all of the core competencies required of a classically trained massage therapist, plus additional hours of training in two or more primary specialty areas in which the student is personally drawn to and feels called to develop. Upon completion of this program, graduates will be prepared for a wide array of employment opportunities, or they might choose to begin their own practice. As with all of our massage programs, students will have the unique opportunity to spend supervised time in our Massage Clinic to get hands-on practice with real clients.

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 110	SOAP Notes	6	0.25
MT 500	Physiology	60	4.00
MT 151	Kinesiology - Anatomical Applications	36	2.25
BC 304	Business Practices for Massage Therapists	20	1.25
MT 521	First Aid	7	0.25
MT 540	Comprehensive CPR	5	0.25
PC 100	Polarity - Basic 1	20	1.00
CC 105	Trauma Informed Communication	32	2.00
BC 301	Ethics for Massage Therapists	8	0.50
BC 441	Resiliency and Self Care for Massage Therapist	7	0.50
SC 415	Pathology - BW	40	2.50
MASSAGE CORE COURSES SUBTOTAL		301	18.75
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
MT 400	Myotherapy - 7 Step Release System	40	1.25
TE 220	Deep Tissue Sculpting	24	0.75
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
OE 320	Hand and Wrist Maintenance	4	0.75
EV 003	Massage Clinic Orientation	-	-
MT 993 (abcd)	Massage Clinic Superv. Block I, II, III, IV	92	0.50
MASSAGE CORE HANDS-ON COURSES SUBTOTAL		240	7.25

Required Classes

Code	Course	Clock Hours	Credit Hours
MT 115	Anatomy	60	4.00
BC 110	SOAP Notes	6	0.25
MT 500	Physiology	60	4.00
MT 151	Kinesiology - Anatomical Applications	36	2.25
BC 304	Business Practices for Massage Therapists	20	1.25
MT 520	First Aid	7	0.25
MT 540	Comprehensive CPR	5	0.25
PC 100	Polarity - Basic 1	20	1.00
PC 400	Polarity Communications, Resonance & Relations I	32	2.00
BC 301	Ethics for Massage Therapists	8	0.50
BC 441	Resiliency and Self Care for Massage Therapist	7	0.50
SC 415	Pathology - BW	40	2.50
MASSAGE CORE COURSES SUBTOTAL		301	18.75
MT 200	Swedish Massage	40	1.25
PC 850	Cranial Unwinding I	20	1.00
MT 400	Myotherapy - 7 Step Release System	40	1.25
TE 220	Deep Tissue Sculpting	24	0.75
RF 201	Reflexology - Western Approach for Bodyworkers	20	0.75
OE 320	Hand and Wrist Maintenance	4	0.75
TE 364	Massage Sideline w/Deep Listening	16	0.50
EV 003	Massage Clinic Orientation	-	-
MT 993 (abcd)	Massage Clinic Superv. Block I, II, III, IV	92	0.50
MASSAGE CORE HANDS-ON COURSES SUBTOTAL		256	7.75

Available Options

THERAPEUTIC MASSAGE TRACK			
AR 100	Aromatherapy - Intro	20	1.25
EC 146	Spa/Lomi Massage	24	0.75
EC 700	Reiki I - Traditional	16	0.50
TE 146	Breast Health - Intro	8	0.25
TE 160	Carpal Tunnel/Thoracic Outlet Release	8	0.25
TE 260	Fibromyalgia Therapy	16	0.50
TE 225	Rotator Cuff/Shoulder Joint	8	0.25
TE 302	Elder Touch - Medical	16	0.50
TE 320	Lower Back Pain Release	8	0.25
TE 340	Lymphatic Massage	16	0.50
TE 364	Massage Sideline w/Deep Listening	16	0.50
TE 402	Medical Massage for Cancer Survivors	16	0.75
TE 380	Neck Release	8	0.2
TE 600	Rock & Unlock	12	0.25
TE 650	Sports Massage - Intro	8	0.25
TE 662	Hydrotherapy / Injury Management	20	0.75
TE 690	Trigger Point	16	0.50
THERAPEUTIC TRACK SUBTOTAL		232	8.25
CHOOSE A COMBINATION OF SPECIALTIES TO TOTAL 227 HOURS			
AR	Aromatherapy	80	4.25
CRA	Cranial Unwinding	148	5.50
HN	Holistic Nutrition Specialist	200	11.50
HY	Hypnotherapy	100	4.75
MEDM	Medical Massage	16	1.00
POL-APP	Polarity - Associate Polarity Practitioner	128	5.00
RF	Reflexology	100	3.75
RE	Reiki	84	2.50
YO	Yoga Teacher Training	200	6.25
YO- BP	Yoga - Body Psychology	100	4.50
YO-N	Yoga Nidra	100	4.50
EL 220	Face Lift Acupressure	4	0.25
MT 301	Corporate Chair Introduction	8	0.25
MT 604	Advanced Lymphatic Massage	8	0.25
OE 620	Thai Massage	40	1.25
TE 142	Scar Tissue	8	0.25
SPECIALTIES SUBTOTAL		227	Varies
PROGRAM TOTAL		1000	

Available Options

AYURVEDIC BODYWORK TRACK			
PC 700	Polarity - Reflexology	20	1.00
EC 700	Reiki I - Traditional	16	0.50
EC 711	Reiki II - Traditional	16	0.50
EC 720	Reiki III - Traditional	8	0.25
PC 860	Cranial Unwinding II	24	1.00
PC 870	Cranial Unwinding III	24	1.00
PC 150	Polarity - Basic II (Ayurvedic Elements)	48	2.25
PC 960	Polarity - Clinic	30	0.50
PC 200	Polarity APP/Cranial - Practicum	30	1.25
AYURVEDIC BODYWORK TRACK SUBTOTAL		216	8.25
CHOOSE A COMBINATION OF SPECIALTIES TO TOTAL 227 HOURS			
AR	Aromatherapy	100	5.50
CRA	Cranial Unwinding	70	2.25
HN	Holistic Nutrition Specialist	200	11.50
HY	Hypnotherapy	100	4.75
MEDM	Medical Massage	84	3.00
MYO	Myotherapy	60	1.75
RF	Reflexology	100	3.75
RE	Reiki	84	2.50
YO	Yoga Teacher Training	200	6.25
YO- BP	Yoga Body Psychology	100	4.50
YO-N	Yoga Nidra	100	4.50
EL 220	Face Lift Acupressure	4	0.25
MT 301	Corporate Chair	8	0.25
MT 604	Advanced Lymphatic Massage	8	0.25
MT 605	Neurotouch	20	1.00
OE 620	Thai Massage	40	1.25
OE 640	Thai Foot Massage	20	0.50
RF 202	Reflexology - Pathology & Assessment	20	0.75
RF 203	Reflexology - Emotional Balance & Being	20	0.75
TE 142	Scar Tissue	8	0.25
TE 662	Hydrotherapy/Injury Management	20	0.75
SPECIALTIES SUBTOTAL		227	Varies
PROGRAM TOTAL		1000	

Are you being 'called' to serve?
 Call to speak to one of our Admissions Coaches
 480-994-9244 or visit us at www.swiha.edu

Western Herbalism

745 Classroom Hours • 67 Calendar Weeks

This 745-hour on campus program is a career-oriented course of study which provides students with opportunities to experience every aspect of plant medicine, from seed to sale. By enhancing students' connection with the earth spiritually and energetically and taking a phyto chemical, science-focused perspective, students will learn theories of remedy formulation and learn to make herbal medicines. This course includes such activities as desert hikes; retail, museum, herbarium, and library visits; guest lectures; independent research; guided client analysis; and training in public speaking. Our current graduates are serving as herbal remedy producers, guides for plant exploration hikes, teachers of herbal agriculture, herbal food chefs, retail store owners, cultivators, herbal authors, and much more.

Start Date: 10/01/25

Required Classes

Code	Course	Clock Hours	Credit Hours
SC 250	Botany	45	3.00
BC 540	Business Development & Entrepreneurial Support	40	2.25
HN 121	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50
SC 240	Herbal Sciences	62	4.00
CC 440	Western Herbalism - Applied Ethics	15	1.00
CC 450	Conscious Living and Urban Farming	30	2.00
BC 542	Applied Entrepreneurship	45	3.00
WH 100	Western Herbalism - Breaking Ground: Foundations of American Herbal Studies	30	2.00
WH 210	Western Herbalism - Sect A - Sowing	45	2.50
WH 220	Western Herbalism - Sect B - Germination	45	2.50
WH 230	Western Herbalism - Sect C - Growth	45	2.50
WH 240	Western Herbalism - Sect D - Harvest	45	2.50
WH 275	Western Herbalism - Herbal Flowers	16	1.00
WH 280	Western Herbalism - Herbal Bio Arts Clinic Preparations	45	3.00
WH 305	Western Herbalism - Practicum	60	1.25
WH 377	Western Herbalism - Formulary Practicum	18	0.75
WH 360	Western Herbalism - Internship/Externship Awakening	49	1.00
WH 256	Western Herbalism - The Green Man	12	0.75
WH 365	Western Herbalism - Manufacturing & Remedy Production	14	0.50
WH 265	Western Herbalism - The Herbal Goddess	18	1.00
WH 276	Western Herbalism - Plants and People	10	0.25
WH 291	Western Herbalism - Desert Medicines	8	0.25
WH 250	Western Herbalism - Herbs for Babies & Children	8	0.50
TOTAL		745	40.00



JoAnn Sanchez and Shannon Stapleton prepping for class

Holistic Herbal Remedies

Western Herbalism
100 hours

This certificate offers introductory herbalism training and a well-rounded overview of the essentials of herbalism for your own personal development! You will be introduced to the awe-inspiring world of plants and, most importantly, learn an appreciation for this kingdom and a sense of stewardship for our earth companions. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
WH 100 Western Herbalism - Foundations of American Herbal Studies 10/1/2025 - 00/00/2025 W 5:30pm-8:30pm	30	2
WH 265 Western Herbalism - The Herbal Goddess 1/8/2025 - 2/12/2025 W 5:30pm-8:30pm	18	1
WH 256 Western Herbalism - The Green Man 2/19/2025 - 3/12/2025 W 5:30pm-8:30pm	12	0.75
WH 291 Western Herbalism - Desert Medicine 3/19/2025 - 4/2/2025 W 5:30pm-8:30pm	8	0.25
WH 250 Western Herbalism - Herbs for Babies & Children 4/9/2025 - 4/23/2025 W 5:30pm-8:30pm	8	0.5
WH 365 Western Herbalism - Manufacturing & Remedy Production 4/30/2025 - 5/21/2025 W 5:30pm-9pm	14	0.5
WH 276 Western Herbalism - Plants and People 5/28/2025 - 6/18/2025 W 5:30pm-8pm	10	0.25
TOTAL	100	5.25



Aromatherapy

100 Hours • 5.50-6.25 Credits

In this 100-hour on campus Certificate of Excellence, students will learn how to work with essential oils (which can often be used in combination with other holistic therapies, such as massage or energy work) for the purpose of improving physical, psychological, and emotional well-being. "Essential oils" refer to liquids extracted and distilled—most frequently by steam or water—from the leaves, stems, flowers, bark, roots, or other elements of a plant. Students will enjoy studying the properties of various essential oils, including the differences between true and synthetic substances, methods of extraction, appropriate applications, and how to correctly blend selected oils for desired outcomes. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
AR 100 Aromatherapy - Intro	20	1.25
1/3/2025 - 1/5/2025	F 6pm-10 pm Sa/Su 9am-6pm	
5/16/2025 - 5/18/2025	F 6pm-10 pm Sa/Su 9am-6pm	
8/14/2025 - 9/11/2025	Th 9am-1pm	
9/12/2025 - 9/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
AR 101 Aromatherapy-Advanced	32	2
3/1/2025 - 4/6/2025	Sa/Su 9am-6pm	
10/11/2025 - 11/16/2025	Sa/Su 9am-6pm	
AR 106 Aromatherapy for the Spirit	20	1.25
2/7/2025 - 2/9/2025	F 6pm-10 pm Sa/Su 9am-6pm	
8/8/2025 - 8/10/2025	F 6pm-10 pm Sa/Su 9am-6pm	
AR 110 Aromatherapy - Pharmacology	8	0.5
2/28/2025 - 4/4/2025	F 6pm-10pm	
10/10/2025 - 11/14/2025	F 6pm-10pm	

CHOOSE 20 HOURS OF ELECTIVES

AR 109 Aromatherapy - Ginger Compress	4	0.25
3/15/2025 - 3/15/2025	Sa 2pm-6pm	
7/19/2025 - 7/19/2025	Sa 2pm-6pm	
11/1/2025 - 11/1/2025	Sa 2pm-6pm	
AR 114 Aromatherapy - Mens Health	4	0.25
4/11/2025 - 4/11/2025	F 6pm-10pm	
8/15/2025 - 8/15/2025	Fri 6pm-10pm	
AR 115 Aromatherapy - Foot Chakra Reflexology for Bodyworkers	8	0.25
1/12/2025 - 1/12/2025	Su 9am-6pm	
6/22/2025 - 6/22/2025	Su 9am-6pm	
AR 117 Aromatherapy - Pet Care	4	0.25
6/8/2025 - 6/8/2025	Su 9am-1pm	
AR 118 Aromatherapy - Wellness for Women	8	0.25
4/12/2025 - 4/12/2025	Sa 9am-6pm	
8/16/2025 - 8/16/2025	Sa 9am-6pm	
AR 120 Aromatherapy - Therapeutic Touch	8	0.25
11/9/2024 - 11/9/2024	Sa 9am-6pm	
1/11/2025 - 1/11/2025	Sa 9am-6pm	
6/21/2025 - 6/21/2025	Sa 9am-6pm	
11/8/2025 - 11/8/2025	Sa 9am-6pm	
AR 125 Aromatherapy - Essential Oil Hydrating Wrap	8	0.25
1/18/2025 - 1/18/2025	Sa 9am-6pm	
6/7/2025 - 6/7/2025	Sa 9am-6pm	
AR 132 Flower Essences	16	1
10/4/2025 - 10/5/2025	Sa/Su 9am-6pm	
AR 300 Aromatherapy - Toning & Detox	4	0.25
11/2/2024 - 11/2/2024	Sa 9a-1pm	
3/15/2025 - 3/15/2025	Sa 9a-1pm	
7/19/2025 - 7/19/2025	Sa 9a-1pm	
11/1/2025 - 11/1/2025	Sa 9a-1pm	
AR 425 Aromatherapy - Massage with Oils	16	0.5
7/12/2025 - 7/13/2025	Sa/Su 9am-6pm	
TOTAL	100	5.5-6.25

Cranial Unwinding

200 Hours • 8.50 Credits

Cranial Unwinding is a hands-on technique designed to teach practitioners how to use subtle palpatory skills to read the story of the body, identify places where issues are held, and follow the natural priorities for healing as directed by the physiology of the client. 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, students receive a Certificate of Excellence acknowledging that they have met a basic competency in classical, contemporary, and esoteric craniosacral techniques. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
PC 850 Cranial Unwinding I	20	1
1/23/2025 - 2/20/2025	Th 9am-1pm	
4/4/2025 - 4/6/2025	F 6pm-10 pm Sa/Su 9am-6pm	
4/10/2025 - 5/8/2025	Th 9am-1pm	
6/20/2025 - 6/22/2025	F 6pm-10 pm Sa/Su 9am-6pm	
6/26/2025 - 7/31/2025	Th 9am-1pm	
9/12/2025 - 9/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
9/18/2025 - 10/16/2025	Th 9am-1pm	
PC 860 Cranial Unwinding II	24	1
5/30/2025 - 6/1/2025	F-Su 9am-6pm	
10/17/2025 - 10/19/2025	F-Su 9am-6pm	
11/15/2024 - 11/17/2024	F-Su 9am-6pm	
PC 870 Cranial Unwinding III	24	1
1/17/2025 - 1/19/2025	F-Su 9am-6pm	
8/8/2025 - 8/10/2025	F-Su 9am-6pm	
PC 880 Cranial Unwinding IV	24	1
3/7/2025 - 3/9/2025	F-Su 9am-6pm	
9/5/2025 - 9/7/2025	F-Su 9am-6pm	
PC 855 Cranial Anatomy - Listening Skills	16	0.75
11/23/2024 - 11/24/2024	Sa/Su 9am-6pm	
6/14/2025 - 6/15/2025	Sa/Su 9am-6pm	
10/25/2025 - 10/26/2025	Sa/Su 9am-6pm	
PC 961 Cranial Unwinding - Clinic	30	0.5
12/7/2024 - 12/15/2024	Sa 9am-6pm Su 9am-5pm	
4/5/2025 - 4/13/2025	Sa 9am-6pm Su 9am-5pm	
7/26/2025 - 8/3/2025	Sa 9am-6pm Su 9am-5pm	
12/6/2025 - 12/14/2025	Sa 9am-6pm Su 9am-5pm	
PC 400 Polarity - Communications Resonance & Relations I	32	2
11/2/2024 - 11/10/2024	Sa/Su 9am-6pm	
2/1/2025 - 2/9/2025	Sa/Su 9am-6pm	
4/10/2025 - 5/29/2025	Th 9am-1pm	
9/6/2025 - 9/14/2025	Sa/Su 9am-6pm	
12/11/2025 - 2/12/2026	Th 9am-1pm	
PC 200 Polarity APP/Cranial - Practicum	30	1.25
3/15/2025 - 3/23/2025	Sa/Su 9am-5:30pm	
6/21/2025 - 6/29/2025	Sa/Su 9am-5:30pm	
11/8/2025 - 11/16/2025	Sa/Su 9am-5:30pm	
TOTAL	200	8.5

Holistic Nutrition Specialist

200 Hours • 11.50 Credits

This 200-hour on-campus Certificate of Excellence teaches students how to make healthier food and lifestyle choices; students gain a comprehensive understanding of the foundations of whole food nutrition and how it contributes to the prevention of illness and the promotion of optimal health. The old paradigm, known as the Standard American Diet (or S.A.D. diet), is replaced with S.O.U.L Nutrition: Seasonal, Organic, Unprocessed, and Local whole food as the foundation for a new, healthy, sustainable lifestyle. Students will also learn weight release strategies, and whole food cooking, including many organic recipes. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credit:
HN 121 Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.5
1/21/2025 - 3/25/2025 Tu 6pm-10pm		
HN 122 Nutrition - Understanding Micronutrients and Macronutrients for Optimum Health	40	2.5
1/6/2025 - 3/17/2025 M 6pm-10pm		
4/1/2025 - 6/3/2025 Tu 6pm-10pm		
HN 155 Nutrition - Comparative Dietary Systems	20	1.25
1/8/2025 - 2/5/2025 W 6pm-10pm		
6/10/2025 - 7/15/2025 Tu 6pm-10pm		
HN 222 Nutrition - Raw Food Cuisine	20	1
11/13/2024 - 12/18/2024 W 6pm-10pm		
10/21/2025 - 11/18/2025 Tu 6pm-10pm		
HN 250 Nutrition - Nutritional Assessment & Coaching	30	2
3/24/2025 - 5/12/2025 M 6pm-9:45pm		
12/2/2025 - 2/3/2026 Tu 6pm-9:45pm		
MF 105 Foundations of Mindful Eating	30	1.75
2/12/2025 - 4/2/2025 W 6pm-9:45pm		
7/22/2025 - 9/9/2025 Tu 6pm-9:45pm		
NC 200 Nutrition - Whole Food S.O.U.L. Food	20	0.5
9/16/2025 - 10/14/2025 Tu 6pm-10pm		
TOTAL:	200	11.50

Health & Wellness Coach

200 Hours • 10.25 Credits

This 200-hour on-campus Certificate of excellence is designed for individuals who want to help others improve their overall health and wellness by teaching tools and habits for maintaining these goals long term. At the core of this program is the belief in the mind-body-spirit connection. Students will learn how to structure individual coaching sessions, maintaining relationships with clients, how to support goal setting, the basics of health and wellness, and so much more! This program aligns with the standards of the National Board for Health and Wellness Coaching (NBHWC). At the end of this program, students who wish to take the certification exam through the NBHWC will need to complete additional requirements (e.g., completing additional logged sessions and documented work experience), as well as apply through the Medical Examiners Board. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
HC 101 HWC - Foundations of Wellness Coaching	20	1.00
1/17/2025 - 1/19/2025 F 6pm-10 pm Sa/Su 9am-6pm		
5/16/2025 - 5/18/2025 F 6pm-10 pm Sa/Su 9am-6pm		
9/19/2025 - 9/21/2025 F 6pm-10 pm Sa/Su 9am-6pm		
HC 155 HWC - Anatomy of Wellness	30	1.5
5/28/2025 - 7/23/2025 W 6pm-9:45pm		
10/1/2025 - 11/19/2025 W 6pm-9:45pm		
HC 156 HWC - Health Conditions	30	1.5
12/4/2024 - 2/5/2025 W 6pm-9:45pm		
7/30/2025 - 9/17/2025 W 6pm-9:45pm		
12/3/2025 - 2/4/2026 W 6pm-9:45pm		
HC 201 HWC - Professional Wellness Coaching & Ethics	40	2
1/23/2025 - 2/25/2025 Tu/Th 6pm-10pm		
5/22/2025 - 6/26/2025 T/Th 6pm-10pm		
9/25/2025 - 10/28/2025 T/Th 6pm-10pm		
HC 301 HWC - Advanced Wellness Coaching 1	30	1.5
12/10/2024 - 1/16/2025 Tu/Th 6pm-9:45pm		
4/8/2025 - 5/1/2025 T/Th 6pm-9:45pm		
8/14/2025 - 9/9/2025 T/Th 6pm-9:45pm		
HC 302 HWC - Advanced Wellness Coaching 2	30	1.5
2/27/2025 - 3/25/2025 Tu/Th 6pm-9:45pm		
7/8/2025 - 7/31/2025 T/Th 6pm-9:45pm		
10/30/2025 - 12/2/2025 T/Th 6pm-9:45pm		
HC 401 HWC - NBHWC Exam Prep	20	1.25
1/21/2025 - 2/4/2025 Tu/Th 6pm-10pm		
9/24/2025 - 10/22/2025 W 6pm-10pm		
TOTAL	200	10.25

Life Coaching

100 Hours • 5.00 Credits

Life coaching is a process that helps people advanced and achieve personal, professional, and spiritual goals using a variety of transformational tools and techniques. Originally authored by KC Miller and Linda Bennett, our 100-hour Certificate of Excellence Life Coaching program is based on twelve Guiding Principles of Transformational Life Coaching, including the belief that deep within each of us is a sense of inherent knowing. We have trained thousands of life coaches over the last fifteen years and witnessed students experience the power of helping others find clarity of purpose and a bold new way of expressing themselves in the world. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
LC 111 Introduction to Life Coaching	20	1.25
1/17/2025 - 1/19/2025 F 6pm-10 pm Sa/Su 9am-6pm		
5/16/2025 - 5/18/2025 F 6pm-10 pm Sa/Su 9am-6pm		
9/19/2025 - 9/21/2025 F 6pm-10 pm Sa/Su 9am-6pm		
LC 121 Life Coaching – Heart Centered Approach Part I	40	1.75
1/23/2025 - 2/25/2025 T/Th 6pm-10pm		
5/22/2025 - 6/26/2025 T/Th 6pm-10pm		
9/25/2025 - 10/28/2025 T/Th 6pm-10pm		
LC 131 Life Coaching – Heart Centered Approach Part II	40	2
2/27/2025 - 4/3/2025 T/Th 6pm-9:45pm		
7/8/2025 - 8/12/2025 T/Th 6pm-9:45pm		
10/30/2025 - 12/11/2025 T/Th 6pm-9:45pm		
TOTAL	200	10.25

Hypnotherapy

100 Hours • 4.75 Credits

Advanced Professional Hypnotherapy

350 Hours • 17.25 Credits • External Certification

This 100-hour on campus Certificate of Excellence integrates the clinical and therapeutic aspects of hypnosis with its spiritual and metaphysical components. By using guided imagery and harnessing the power of the subconscious mind, powerful healing and transformation can occur, including the alleviation of physical, emotional, and psychological problems. This program features dedicated instructor guidance, instructional videos, and discussion forums that will support your education. Our Certificate of Excellence programs are avocational. These courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
HY 101 Hypnotherapy - Foundations Level I	20	1.25
1/10/2025 - 1/12/2025	F 6pm-10 pm Sa/Su 9am-6pm	
3/18/2025 - 4/1/2025	Tu/Th 6pm-10pm	
9/5/2025 - 9/7/2025	F 6pm-10 pm Sa/Su 9am-6pm	
HY 201 Hypnotherapy - Foundations Level II	40	2.5
1/31/2025 - 2/16/2025	F 6pm-10 pm Sa/Su 9am-6pm	
4/8/2025 - 5/8/2025	Tu/Th 6pm-10pm	
9/26/2025 - 10/12/2025	F 6pm-10 pm Sa/Su 9am-6pm	
HY 301 Hypnotherapy - Foundations Level III Clinic	40	1
11/15/2024 - 11/24/2024	F 6pm-10 pm Sa/Su 9am-6pm	
2/28/2025 - 3/16/2025	F 6pm-10 pm Sa/Su 9am-6pm	
5/13/2025 - 6/12/2025	T/Th 6pm-10pm	
10/24/2025 - 11/9/2025	F 6pm-10 pm Sa/Su 9am-6pm	
TOTAL:	100	4.75

This 350-hour on campus Certificate of Excellence is an extension of the 100-hour Hypnotherapy Certificate with the addition of advanced techniques such as: fears, phobias, addictions, past-life regression, scriptwriting, subconscious intervention, dreams and metaphors, foundations of wellness coaching, and more. Students will take courses that provide training to be a Hypnotherapist. By completing the requirements of this program, graduates will have the opportunity to apply for an external certification through the American Council of Hypnotist Examiners (ACHE) and/or the International Medical & Dental Hypnotherapy Association (IMDHA).

Course:	Hours:	Credits:
Hypnotherapy 100-hour Certificate	100	4.75
HY 101 Hypnotherapy - Foundations Level I	20	1.25
HY 201 Hypnotherapy - Foundations Level II	40	2.5
HY 301 Hypnotherapy - Foundations Level III Clinic	40	1
BC 540 Business Development & Entrepreneurial Support	40	2.25
1/6/2025 - 3/17/2025	M 6pm-10pm	
3/24/2025 - 6/2/2025	M 6pm-10pm	
8/11/2025 - 10/20/2025	M 6pm-10pm	
HC 101 HWC - Foundations of Wellness Coaching	20	1
1/17/2025 - 1/19/2025	F 6pm-10 pm Sa/Su 9am-6pm	
5/16/2025 - 5/18/2025	F 6pm-10 pm Sa/Su 9am-6pm	
9/19/2025 - 9/21/2025	F 6pm-10 pm Sa/Su 9am-6pm	
HY 107 Hypnotherapy - Hypnosis & Storytelling	8	0.5
6/17/2025 - 6/24/2025	Tu 6pm-10pm	
HY 315 Hypnotherapy - Fears Phobias & Addictions	15	1
4/5/2025 - 4/6/2025	Sa/Su 9am-5:30pm	
9/2/2025 - 9/23/2025	Tu 6pm-9:45pm	
HY 340 EFT Introduction / EFT Level I	8	0.25
11/9/2024 - 11/9/2024	Sa 9am-6pm	
2/22/2025 - 2/22/2025	Sa 9am-6pm	
11/8/2025 - 11/8/2025	Sa 9am-6pm	
HY 350 Hypnotherapy - Past Life Regression	20	1
1/17/2025 - 1/25/2025	F 6pm-10 pm Sa/Su 9am-6pm	
8/15/2025 - 8/17/2025	F 6pm-10 pm Sa/Su 9am-6pm	
HY 370 P\$Hypnotherapy - Clinical Certification Prep	8	0.5
3/4/2025 - 3/11/2025	Tu 6pm-10pm	
8/12/2025 - 8/19/2025	Tu 6pm-10pm	
HY 402 Hypnotherapy - Advanced Techniques	24	0.75
1/17/2025 - 1/25/2025	F 6pm-10pm Sa 9am-6pm	
7/18/2025 - 7/26/2025	Fri 6pm-10pm Sa 9am-6pm	
HY 420 Hypnotherapy - Script Writing	15	1
1/30/2025 - 2/20/2025	Th 6-9:45pm	
8/7/2025 - 8/28/2025	Th 6-9:45pm	
HY 450 Hypnotherapy - Spirit Releasement	12	0.5
12/6/2024 - 12/7/2024	F 6pm-10pm Sa 9am-6pm	
6/27/2025 - 6/28/2025	Fri 6pm-10pm Sa 9am-6pm	
12/5/2025 - 12/6/2025	Fri 6pm-10pm Sa 9am-6pm	
HY 476 Hypnotherapy - Dreams & Metaphors	20	1
1/21/2025 - 2/18/2025	Tu 6pm-10pm	
7/8/2025 - 8/5/2025	Tu 6pm-10pm	
HY 520 Hypnotherapy - Subconscious Intervention	20	1
2/7/2025 - 2/9/2025	F 6pm-10 pm Sa/Su 9am-6pm	
8/1/2025 - 8/3/2025	F 6pm-10 pm Sa/Su 9am-6pm	
HY 581 Hypnotherapy - Medical Imagery	20	1
6/26/2025 - 7/31/2025	Th 6pm-10pm	
TC 610 Heart Centered Leadership	20	1.25
2/19/2025 - 3/19/2025	W 6pm-10pm	
6/18/2025 - 7/23/2025	W 6pm-10pm	
9/10/2025 - 10/8/2025	W 6pm-10pm	
TOTAL:	350	17.25



Linda Bennett

Hypnotherapy Program Director

Linda has over 30 years of experience in the industry as a certified Clinical Hypnotherapist, Board Certified Hypnotherapy Instructor, and Certifying Examiner.
 2023 – IMDHA Life Fellow in Hypnotherapy for contributions in the field of Hypnotherapy.
 2022 – NATH Life Time Achievement Award.
 2022 & 2017 – IMDHA Chapter of the year award.
 2014 – International Medical & Dental Hypnosis Association Educator of the Year.
 2011 – National Association of Transpersonal Hypnotherapists Outstanding Clinic Contribution Award

The International Medical & Dental Hypnotherapy Association (MDHA) awarded Linda Bennett the Lifetime Achievement Award in 2023 and awards it to Sherry Gilbert in 2024.



To speak with an Admissions Coach
 call 480-994-9244 | Info@swiha.edu

End-of-Life Doula

100 Hours • 5.25 Credits

This 100-hour Certificate of Excellence explores the last great mystery of life – death. No matter how much we deny, fear, or try to avoid the inevitable, death eventually comes to us all. We will discuss spiritual beliefs about life death and the afterlife. During this series of courses, you may confront your own feelings about death and dying and determine what dying well means for you personally. You'll learn to support others through the grieving process and conduct rituals and ceremonies for honoring the end of life. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
DD 101 Death Dying & Afterlife	30	1.75
10/07/2025 - 12/02/2025 T 6pm-9:45pm		
DD 201 Life Review & Processing Grief	30	1.5
12/09/2025 - 02/10/2026 T 6pm-9:45pm		
DD 301 End of Life Rituals & Ceremonies	40	2
2/11/2025 - 4/15/2025 Tu 6pm-10pm		
TOTAL	100	5.25

Medical Massage

100 Hours • 3.50 Credits

Traditional massage therapy is used as a means of treating painful ailments, decompressing tired or overworked muscles, reducing stress, rehabilitating sports injuries, and promoting general health. Medical Massage Therapy goes a step further by helping clients cope with the stress, anxiety, fatigue, pain, and sleeping difficulties. The medical community widely embraces this alternative form of therapy for its mind-body healing benefits and how it addresses the psychological self. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credits:
CB 400 Mother Touch	8	0.25
1/24/2025 - 1/31/2025 F 9am-1pm		
5/10/2025 - 5/10/2025 Sa 9am-6pm		
10/18/2025 - 10/18/2025 Sa 9am-6pm		
TE 340 Lymphatic Massage	16	0.5
2/9/2025 - 2/9/2025 Su 9am-6pm		
8/3/2025 - 8/3/2025 Su 9am-6pm		
MT 604 Lymphatic Massage - Advanced	8	0.25
8/4/2024 - 8/4/2024 Su 9am-6pm		
2/9/2025 - 2/9/2025 Su 9am-6pm		
TE 142 Scar Tissue Massage	8	0.25
3/16/2025 - 3/16/2025 Su 9am-6pm		
7/27/2025 - 7/27/2025 Su 9am-6pm		
10/26/2025 - 10/26/2025 Su 9am-6pm		
TE 146 Breast Health - Intro	8	0.5
1/23/2025 - 1/30/2025 Th 9am-1pm		
4/29/2025 - 5/6/2025 Tu 6pm-10pm		
11/5/2025 - 11/12/2025 W 9am-1pm		
TE 260 Fibromyalgia Therapy	16	0.5
11/2/2024 - 11/3/2024 Sa/Su 9am-6pm		
2/25/2025 - 3/18/2025 Tu 6pm-10pm		
5/7/2025 - 5/28/2025 W 9am-1pm		
TE 740 TMJ Release	4	0.25
3/24/2024 - 3/24/2024 Su 9am-1pm		
7/14/2024 - 7/14/2024 Su 9am-1pm		
TE 302 Elder Touch - Medical	16	0.5
4/7/2025 - 4/28/2025 M 9am-1pm		
6/4/2025 - 6/25/2025 W 6pm-10pm		
12/8/2025 - 1/12/2026 M 9am-1pm		
TE 402 Medical Massage for Cancer Survivors	16	0.75
2/6/2025 - 2/27/2025 Th 9am-1pm		
4/14/2025 - 5/5/2025 M 6pm-10pm		
8/20/2025 - 9/10/2025 W 9am-1pm		
TOTAL	100	3.75

Myotherapy

Therapeutic Massage Techniques

100 Hours • 3.00 Credits

This 100-hour on campus Certificate of Excellence is based on the deeply therapeutic work developed and documented by KC Miller, Founder and Director of SWIHA. This technique is taught as a framework that helps to create release and rehabilitation for the physical and emotional body by learning to move the skeleton to release trapped muscles and emotions. Some of the various benefits of Myotherapy include: improved chronic pain and dysfunction, treatment of carpal tunnel syndrome, ease of neck, back and shoulder pain, release trapped emotions, and so much more. Mastering the skills of Myotherapy, as taught at SWIHA, gives you boundless opportunities for success as a massage therapist. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
MT 400 Myotherapy - 7 Step Release System	40	1.25
11/19/2024 - 2/11/2025 Tu 6pm-10pm		
6/24/2025 - 9/2/2025 Tu 9am-1pm		
8/5/2025 - 10/7/2025 T 6pm-10pm		
TE 160 Carpal Tunnel/Thoracic Outlet Release	8	0.25
3/9/2025 - 3/9/2025 Su 9am-6pm		
5/12/2025 - 5/19/2025 M 9am-1pm		
TE 225 Rotator Cuff/Shoulder Joint	8	0.25
3/12/2025 - 3/19/2025 W 9am-1pm		
5/12/2025 - 5/19/2025 M 6pm-10pm		
9/18/2025 - 9/25/2025 Th 9am-1pm		
TE 320 Lower Back Pain Release	8	0.25
3/26/2025 - 4/2/2025 W 9am-1pm		
6/2/2025 - 6/9/2025 M 6pm-10pm		
11/2/2025 - 11/2/2025 Su 9am-6pm		
TE 364 Massage Sideline w/Deep Listening	16	0.5
3/4/2025 - 3/25/2025 T 9am-1pm		
7/7/2025 - 7/28/2025 M 6pm-10pm		
10/28/2025 - 11/18/2025 Tu 9am-1pm		
TE 380 Neck Release	8	0.25
3/8/2025 - 3/8/2025 Sa 9am-6pm		
6/5/2025 - 6/12/2025 Th 9am-1pm		
TE 600 Rock & Unlock	12	0.25
5/14/2025 - 5/28/2025 W 6pm-10pm		
6/4/2025 - 6/18/2025 W 9am-1pm		
Total	100	3.00

Polarity

Associate Polarity Practitioner

200 Hours • 9.00 Credits

Polarity

Polarity Advanced Courses

Polarity addresses the interrelatedness of the mind, body and spirit and the energy fields and currents of the body. "Life Force Energy" expresses itself not only through our physical body, it also is expressed through our thoughts, feelings, relationships, and everyday experiences. Polarity serves as a key to "unlock" the life force energy through four distinct areas of technique: touch (acupressure or point-specific focusing), stretching and exercise, nutrition and healthy eating, and mental-emotional processing. Students will learn how to integrate effective hands-on techniques, facilitate dialogue with clients, nutritional guidance, and a series of self-help tools resulting in the wellness of both the practitioner and those they serve. There are many benefits of Polarity therapy such as: relief of stress and anxiety, improved sleep, immunity, flow and balance of energy through the body, increase of circulation and so much more. This practice is growing popularity as more health care professionals are successfully incorporating this therapy into their work with clients. Polarity can be a standalone practice or used to empower other modalities as well. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
PC 100 Polarity - Basic I	20	1
12/5/2024 - 1/16/2025	Th 9am-1pm	
2/14/2025 - 2/16/2025	F 6pm-10 pm Sa/Su 9am-6pm	
2/27/2025 - 3/27/2025	Th 9am-1pm	
4/25/2025 - 4/27/2025	F 6pm-10 pm Sa/Su 9am-6pm	
5/15/2025 - 6/12/2025	Th 9am-1pm	
7/25/2025 - 7/27/2025	F 6pm-10 pm Sa/Su 9am-6pm	
8/7/2025 - 9/4/2025	Th 9am-1pm	
PC 150 Polarity - Basic II (Ayurvedic Elements)	48	2.25
2/21/2025 - 3/2/2025	F-Su 9am-6pm	
7/11/2025 - 7/20/2025	F-Su 9am-6pm	
9/19/2025 - 9/28/2025	F-Su 9am-6pm	
PC 400 Polarity - Communications Resonance & Relations I	32	2
2/1/2025 - 2/9/2025	Sa/Su 9am-6pm	
4/10/2025 - 5/29/2025	Th 9am-1pm	
9/6/2025 - 9/14/2025	Sa/Su 9am-6pm	
PC 700 Polarity - Reflexology for Bodyworkers	20	1
12/6/2024 - 12/8/2024	F 6pm-10 pm Sa/Su 9am-6pm	
4/11/2025 - 4/13/2025	F 6pm-10 pm Sa/Su 9am-6pm	
8/22/2025 - 8/24/2025	F 6pm-10 pm Sa/Su 9am-6pm	
12/5/2025 - 12/7/2025	F 6pm-10 pm Sa/Su 9am-6pm	
PC 850 Cranial Unwinding I	20	1
1/23/2025 - 2/20/2025	Th 9am-1pm	
4/4/2025 - 4/6/2025	F 6pm-10 pm Sa/Su 9am-6pm	
4/10/2025 - 5/8/2025	Th 9am-1pm	
6/20/2025 - 6/22/2025	F 6pm-10 pm Sa/Su 9am-6pm	
6/26/2025 - 7/31/2025	Th 9am-1pm	
9/12/2025 - 9/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
9/18/2025 - 10/16/2025	Th 9am-1pm	
PC 200 Polarity APP/Cranial - Practicum	30	1.25
3/15/2025 - 3/23/2025	Sa/Su 9am-5:30pm	
6/21/2025 - 6/29/2025	Sa/Su 9am-5:30pm	
11/8/2025 - 11/16/2025	Sa/Su 9am-5:30pm	
PC 960 Polarity - Clinic	30	0.5
12/7/2024 - 12/15/2024	Sa 9am-6pm Su 9am-5pm	
4/5/2025 - 4/13/2025	Sa 9am-6pm Su 9am-5pm	
7/26/2025 - 8/3/2025	Sa 9am-6pm Su 9am-5pm	
TOTAL:	200	9.0

Advanced Recommended Classes:

Please refer to class descriptions and prerequisite requirements on pages 48 & 49 before registering for these classes.

PC 999 Polarity - Autonomic Nervous System

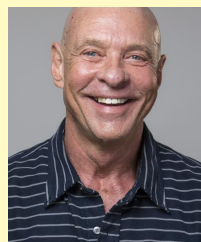
Class Hours: 24 Credits: 0.75

04/25/2025 - 04/27/2025 F-Su 9am-6pm

PC 110 Polarity - Trance Counseling

Class Hours: 24 Credits: 1

08/15/2025 - 08/17/2025 F-Su 9am-6pm



James Arena

RPP, CPE, Senior Instructor

James Arena has been practicing Polarity Therapy since 1979. He began his search for alternative and deeper healing when challenged with his own health issues and found Polarity Therapy to be the most effective method of self healing. James has been featured on several health talk radio programs nationwide and his special and unique approach to this healing art spans to over 44 years of service.

PC 998 Polarity - Spinal Balancing

Class Hours: 24 Credits: 0.75

01/03/2025 - 01/05/2025 F-Su 9am-6pm

08/01/2025 - 08/03/2025 F-Su 9am-6pm

PC 942 Polarity – Dr. Stone’s Energy Exercises & Mystic Philosophy

Class Hours: 16 Credits: 0.25

5/17/2025 - 5/18/2025 Sa/Su 9am-6pm

PC 987 Polarity - 5 & 6 Point Star

Class Hours: 32 Credits: 1

06/05/2025 - 06/08/2025 Th-Su 9am-6pm

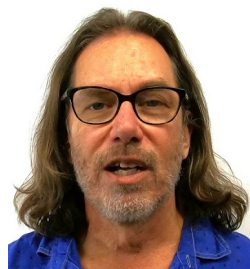


Jennifer Sanders

Program Coordinator

Jennifer Sanders is a Master Polarity and Integrative Cranial Sacral Unwinding instructor, Registered Polarity Practitioner, and holds a degree in Mind/Body Transformational Psychology. Jennifer is a passionate and innovative educator who has dedicated her work to transforming the consciousness and quality of life, for both students and

clients. She trains and mentors teachers and practitioners from all over the world in the application and studies of the Healing Arts. In her private practice she specializes in Polarity Therapy, ICSU, Life Coaching, Sound Healing and Aromatherapy to facilitate potent and transformative healing for clients from all walks of life and backgrounds.



Gary Strauss

Program Director

Gary B. Strauss, MS, RPP, PWE is a Master Practitioner and world-famous Polarity Therapy and CranioSacral Unwinding Instructor. Students who experience Gary's unique perspective on healing, energy and "holding space" claim to have profound and inspirational experiences. He has helped

thousands of people find greater health and well-being through his work and mentoring. His educational programs have uplifted many students to greater levels of skill, self-awareness, empowerment and deep understanding of the Principles of Life Energy.

Reiki

Traditional or Transformational

100 Hours
3.00 Credits

Reiki is one of the more widely-known forms of energy healing. Considered a complete system of holistic healing and personal development, Reiki is an ancient Japanese practice using "Universal Life Energy" or "Spirit-directed Energy" for self-healing, the healing of others, developing higher consciousness, and fulfilling a spiritual purpose. At SWIHA, we have found that just as there are different learning styles, there are different healing styles. We are committed to offering a variety of ways for you to connect with your healing gifts. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Traditional Reiki is a journey of self-discovery, personal healing, and becoming a vessel of healing for others. Traditional Reiki is taught based on the techniques and protocols handed down for generations from Madame Takata's lineage. It begins in Reiki I, with a focus on the history of Reiki, energy anatomy, self-healing protocol, and becoming attuned to the traditional Reiki symbols. Reiki II deepens the understanding and uses for the Traditional Reiki symbols and broadens the practice of Reiki from self-healing, to facilitating healing in others. Reiki III brings the practitioner to the mastership level with attunement to the Reiki Master symbol. While reflecting on the Reiki journey to this point, and being firmly grounded in the present, the practitioner envisions where this practice will lead themselves in the future as a Reiki Master.

Shamanic Reiki takes Master Usui's original teachings and holding of Reiki with the ancient practices and energies of indigenous traditions across the globe. It seeks to connect the practitioner to their true self; going within to face their personal shadows so they might become hollow bone, an open conduit for Reiki energy that honors the 7 directions and the Wheel of Life.

Holy Reiki acknowledges the healing power of Christ and calls upon the name of the 'most high' to create current-day healing. Holy Reiki is bible-based and Christ-centered. Holy Reiki honors and respects all traditions, denominations, beliefs, and walks of faith. This approach is for those who follow the teaching of Christ and wish to draw from the healing principles of hands-on healing as taught in the Bible, as well as evident-based Reiki protocols used in hospice and the medical communities.

TRADITIONAL

Reiki - Traditional

Course:	Hours:	Credit:
EC 700 Reiki I - Traditional	16	0.5
1/4/2025 - 1/5/2025	Sa/Su 9am-6pm	
4/26/2025 - 4/27/2025	Sa/Su 9am-6pm	
5/30/2025 - 6/20/2025	F 9am-1pm	
9/27/2025 - 9/28/2025	Sa/Su 9am-6pm	
EC 711 Reiki II - Traditional	16	0.5
2/1/2025 - 2/2/2025	Sa/Su 9am-6pm	
6/7/2025 - 6/8/2025	Sa/Su 9am-6pm	
10/18/2025 - 10/19/2025	Sa/Su 9am-6pm	
EC 720 Reiki III - Advanced	8	0.25
11/9/2024 - 11/9/2024	Sa 9am-6pm	
3/15/2025 - 3/15/2025	Sa 9am-6pm	
8/16/2025 - 8/16/2025	Sa 9am-6pm	
EC 798 Reiki Clinic	8	0.25
12/8/2024 - 12/8/2024	Su 9am-6pm	
6/14/2025 - 6/14/2025	Sa 9am-6pm	
6/15/2025 - 6/15/2025	Su 9am-6pm	
EC 766 Reiki Master/Teacher Initiation	20	0.5
12/13/2024 - 12/15/2024	F 6pm-10 pm Sa/Su 9am-6pm	
1/10/2025 - 1/12/2025	F 6pm-10 pm Sa/Su 9am-6pm	
6/27/2025 - 6/29/2025	F 6pm-10 pm Sa/Su 9am-6pm	
Total Core classes for Traditional Reiki	68	2.00
Choose 32 Hours of Electives	32	1.00
TOTAL:	100	3.0

TRANSFORMATIONAL

Reiki - Holy

Course:	Hours:	Credit:
EC 812 Reiki: Holy Reiki I & II - Discovery & Deepening	20	0.75
11/22/2024 - 11/24/2024	F 6pm-10 pm Sa/Su 9am-6pm	
4/4/2025 - 4/6/2025	F 6pm-10 pm Sa/Su 9am-6pm	
10/17/2025 - 10/19/2025	F 6pm-10 pm Sa/Su 9am-6pm	
EC 813 Reiki: Holy Reiki III - Heaven's Gate	20	0.5
12/13/2024 - 12/15/2024	F 6pm-10 pm Sa/Su 9am-6pm	
5/16/2025 - 5/18/2025	F 6pm-10 pm Sa/Su 9am-6pm	
11/14/2025 - 11/16/2025	F 6pm-10 pm Sa/Su 9am-6pm	
EC 798 Reiki Clinic	8	0.25
12/8/2024 - 12/8/2024	Su 9am-6pm	
6/14/2025 - 6/14/2025	Sa 9am-6pm	
6/15/2025 - 6/15/2025	Su 9am-6pm	
EC 767 Reiki - Holy - Master/Teacher Initiation	20	0.5
1/10/2025 - 1/12/2025	F 6pm-10 pm Sa/Su 9am-6pm	
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
Total Core classes for Holy Reiki	68	2.00
Choose 32 Hours of Electives	32	1.00
TOTAL:	100	3.0

Reiki - Shamanic

Course:	Hours:	Credit:
EC 775 Shamanic Reiki I & II	20	0.75
2/28/2025 - 3/2/2025	F 6pm-10 pm Sa/Su 9am-6pm	
8/22/2025 - 8/24/2025	F 6pm-10 pm Sa/Su 9am-6pm	
EC 776 Shamanic Reiki III & Beyond	20	0.5
3/28/2025 - 3/30/2025	F 6pm-10 pm Sa/Su 9am-6pm	
9/12/2025 - 9/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
EC 798 Reiki Clinic	8	0.25
12/8/2024 - 12/8/2024	Su 9am-6pm	
6/14/2025 - 6/14/2025	Sa 9am-6pm	
6/15/2025 - 6/15/2025	Su 9am-6pm	
EC 766 Reiki Master/Teacher Initiation	20	0.5
12/13/2024 - 12/15/2024	F 6pm-10 pm Sa/Su 9am-6pm	
1/10/2025 - 1/12/2025	F 6pm-10 pm Sa/Su 9am-6pm	
6/27/2025 - 6/29/2025	F 6pm-10 pm Sa/Su 9am-6pm	
Total Shamanic Reiki	68	2.00
Choose 32 Hours of Electives	32	1.00
TOTAL:	100	3.0

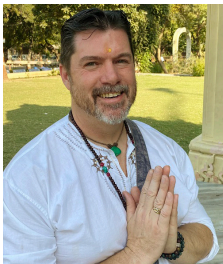


Meet Our Reiki Program Directors



Dr. Brad Bouté
Shamanic Pathways Program Director

Brad has been serving in higher education for 24 years and has been practicing ancestral forms of connecting with the Great Mystery for many more. He has been a leader and facilitator of individual and group work for more than 10 years, working to help men and women connect with their true selves through integrity, accountability, and their connection with spirit. Through studying and mentoring with several medicine people, spiritual leaders, and exploring his personal connection with all our relatives, Brad has deepened his relationship with the Earth, and those upon it. He is honored to hold space for others, as they find their way to a balanced connection with themselves, others, the Earth Below, the Sky Above, and all the Great Mystery has to share.



Scott Taylor
Traditional Reiki Program Director

Scott has been an instructor at SWIHA since 2016 which is coincidentally the year in which he also became an ordained minister through SWIHA and the Universal Brotherhood. Scott's great passion is teaching and he is a champion for the concepts and structure of Traditional Reiki. Scott's spiritual background is that of a seeker, which allows him to teach this traditional platform from a space of inclusiveness while respecting the time honored ideals of this sacred healing tradition. Scott feels that "Reiki is a journey of self discovery and healing, and as we heal ourselves, others are naturally drawn to us so that we may assist them in their own healing journey."



Mary Ritter
Holy Reiki Program Director

Mary is a spiritual seeker, teacher, holistic practitioner, and founder of Holy Reiki International, a Christ-centered movement. She has served in heart-centered leadership roles in the higher education sector for over 25 years. Mary's passion is to inspire and equip learners with the tools to transform their lives through hands-on prayer in motion. Holy Reiki is grounded and developed from Biblical principles which are as applicable to today's generation as they were thousands of years ago. With a passion for inclusion, Mary sees every soul as a divine being with a God-given desire for connection, community, and communion with the Great I Am. Previous Biblical understanding is not required. Seekers drawn to Holy Reiki have a natural mystical curiosity and sense of connection with Spirit. Mary is honored to hold sacred space and come alongside her students in order for them to experience revealed ancient principles to live a more empowered, whole, and connected life.

Reiki Electives

Electives

Select 32 hours from the following:

Course:	Hours:	Credit:
EC 731 Reiki & Beyond - Sound & Vibration 3/22/2025 - 3/23/2025 Sa/Su 9am-6pm 7/12/2025 - 7/13/2025 Sa/Su 9am-6pm 10/25/2025 - 10/26/2025 Sa/Su 9am-6pm	16	0.5
EC 741 Reiki - Angels, Guides, and Masters 11/10/2024 - 11/10/2024 Su 9am-6pm 3/16/2025 - 3/16/2025 Su 9am-6pm 11/9/2025 - 11/9/2025 Su 9am-6pm	8	0.25
EC 750 Reiki Symbolism & Geometric Grid 11/23/2024 - 11/24/2024 Sa/Su 9am-6pm 4/12/2025 - 4/13/2025 Sa/Su 9am-6pm 11/22/2025 - 11/23/2025 Sa/Su 9am-6pm	16	0.5
AR 120 Aromatherapy - Therapeutic Touch 11/9/2024 - 11/9/2024 Sa 9am-6pm 1/11/2025 - 1/11/2025 Sa 9am-6pm 6/21/2025 - 6/21/2025 Sa 9am-6pm	8	0.25
EC 791 Reiki for Prosperity 1/5/2025 - 1/5/2025 Su 9am-6pm 5/11/2025 - 5/11/2025 Su 9am-6pm 10/5/2025 - 10/5/2025 Su 9am-6pm	8	0.25

New! BODYWORK CLASSES



MT 610 Zen Shiatsu – Simple Full Body Form (16 Hrs) - \$320

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. Pre-Req: MT 200 Swedish or Licensed BW

08/23/25 - 08/24/25 Sa/Sun 9am-6pm

MT 615 Zen Shiatsu - Meridian Therapy (16 Hrs) - \$320

Learn to give short therapies with the use of specific acupressure points for targeted medical conditions and emotions using Shiatsu, a Japanese modality, based on Chinese Medical Theory and Western Psychology. Learn the 12 meridian pathways by using brushing, compressions and stretches to facilitate release and rebalancing of the body. Apply the therapy to fully clothed clients. Can be effectively used in combination with other modalities such as reflexology, massage, myotherapy, or thai bodywork. Pre-Req: MT 200 Swedish or Licensed BW

10/11/25 - 10/12/25 Sa/Sun 9am-6pm

MT 620 Zen Shiatsu – Balancing: 5 Element TCM Theory (16 Hrs) - \$320

Students will study the basic principles of Taoism, TCM, Yin/Yang Theory, Five Element Theory, the Three Treasures (Jing, Qi, & Shen), basic Tai Chi Qigong, and Five Element Meditation / Visualization. Pre-Req: MT 200 Swedish or Licensed BW

11/15/25 - 11/16/25 Sa/Sun 9am-6pm

Reflexology

120 Hours • 4.00-4.50 Credits

Also known as zone therapy, Reflexology is based on the principle that an image of the body is represented on the face, ears, hands and feet. Reflexologists apply pressure to these areas with specific thumb and finger techniques. By pressing or stimulating a specific zone, the flow of energy, blood, nutrients and nerve reflexes are restored and balanced. In more detail, students will learn the practical applications and benefits of zone therapy, as well as comprehensive training that include pathology and assessment, emotional healing, polarity, aromatherapy, Thai massage, toe reading and more. You will study a chart of ten zones, and learn to manipulate areas of the face, ears, hands and feet to heal organs and other systems of the body. Massage Therapists and Polarity Practitioners are often drawn to Reflexology to enhance their professional healing practices. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course	Hours	Credits
EL 146 Auriculotherapy	20	1
7/18/2025 - 8/15/2025	F 9am-1pm	
12/12/2025 - 12/14/2025	F 6pm-10 pm Sa/Su 9am-6pm	
RF 201 Reflexology - A Western Approach for Bodyworkers	20	0.75
2/7/2025 - 3/7/2025	F 9am-1pm	
3/21/2025 - 3/23/2025	F 6pm-10 pm Sa/Su 9am-6pm	
6/13/2025 - 6/15/2025	F 6pm-10 pm Sa/Su 9am-6pm	
9/5/2025 - 10/3/2025	F 9am-1pm	
RF 202 Reflexology - Assessment Skills for Bodyworkers	20	0.75
11/15/2024 - 11/17/2024	F 6pm-10 pm Sa/Su 9am-6pm	
3/14/2025 - 4/11/2025	F 9am-1pm	
11/7/2025 - 11/9/2025	F 6pm-10 pm Sa/Su 9am-6pm	
RF 203 Reflexology - Emotional Balance & Being for Bodyworkers	20	0.75
12/6/2024 - 12/8/2024	F 6pm-10 pm Sa/Su 9am-6pm	
4/25/2025 - 5/30/2025	F 9am-1pm	
11/21/2025 - 11/23/2025	F 6pm-10 pm Sa/Su 9am-6pm	

CHOOSE 40 HOURS OF ELECTIVES

AR 115 Aromatherapy - Foot Chakra Reflexology for Bodyworkers	8	0.25
1/12/2025 - 1/12/2025	Su 9am-6pm	
6/22/2025 - 6/22/2025	Su 9am-6pm	
EC 106 Energetic Acupressure - Intro	16	0.5
11/23/2024 - 11/24/2024	Sa/Su 9am-6pm	
2/1/2025 - 2/2/2025	Sa/Su 9am-6pm	
8/2/2025 - 8/3/2025	Sa/Su 9am-6pm	
EL 220 Face-Lift Acupressure	4	0.25
11/22/2024 - 11/22/2024	F 6pm-10pm	
1/31/2025 - 1/31/2025	F 6pm-10pm	
8/1/2025 - 8/1/2025	F 6pm-10pm	
OE 640 Thai Massage - Foot Massage	20	0.5
2/28/2025 - 3/2/2025	F 6pm-10 pm Sa/Su 9am-6pm	
6/6/2025 - 6/8/2025	F 6pm-10 pm Sa/Su 9am-6pm	
10/3/2025 - 10/5/2025	F 6pm-10 pm Sa/Su 9am-6pm	
PC 700 Polarity - Reflexology for Bodyworkers	20	1
9/20/2024 - 9/22/2024	F 6pm-10 pm Sa/Su 9am-6pm	
12/6/2024 - 12/8/2024	F 6pm-10 pm Sa/Su 9am-6pm	
4/11/2025 - 4/13/2025	F 6pm-10 pm Sa/Su 9am-6pm	
RF 151 Toe Reading I – Reflexology Assessment & Introduction to Dialogue	20	0.5
6/6/2025 - 7/11/2025	F 9am-1pm	
9/26/2025 - 9/28/2025	F 6pm-10 pm Sa/Su 9am-6pm	
RF 162 Toe Reading II - Soul Coaching - Facilitated Dialogue	20	0.5
11/14/2025 - 11/16/2025	F 6pm-10 pm Sa/Su 9am-6pm	
RF 218 East Indian Head Acupressure	8	0.25
11/10/2024 - 11/10/2024	Su 9am-6pm	
4/13/2025 - 4/13/2025	Su 9am-6pm	
7/13/2025 - 7/13/2025	Su 9am-6pm	
RF 575 Reflexology - Hand for Bodyworkers	4	0.25
12/14/2024 - 12/14/2024	Sa 9a-1pm	
4/12/2025 - 4/12/2025	Sa 9a-1pm	
7/12/2025 - 7/12/2025	Sa 9a-1pm	
TOTAL	120	4-4.5

Toe Reading ~ Soul Coach

40 Hours

Toe Reading I – Reflexology Assessment & Introduction to Dialogue

RF 151 Class Hours: 20 Credits: 0.5
 It is well documented that everything that happens in your life, the story and the emotions, are stored as cell memory. Toe Reading is based on the theory that the body holographically records the stories of our lives in the tissues of the toes. The position and shape of the toes say a lot about their owner and the energy in one's body. Using active listening, powerful-soul-searching questions, along with deep-insight practitioners help people create change in their lives by examining their 'stories.' A trained Toe Reader humbly listens to the client, quietly makes observations, feels the energy in the toes, makes inquiries and presents metaphorical connections. Level 1 is an Introduction to the Ayurveda elements found in the toes, their meaning, and how to give a basic Toe Reading to another. Coaching language and potent questions are introduced. (CEU-NCBTMB) 5 weeks
 06/06/2025 - 07/11/2025 F 9am-1pm
 09/26/2025 - 09/28/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

CEU

Toe Reading II - Soul Coaching - Facilitated Dialogue

RF 162 Class Hours: 20 Credits: 0.5
 11/14/2025 - 11/16/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

New! BODYWORK CLASSES



Integrated Structural Bodywork - Low Back Pelvis and Legs

MT 810 Class Hours: 16 Credits: 0.5
 Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of low back pelvis and lower legs helping all these structures work symbiotically. Req: LMT or Approved only students
 1 weekend
 7/12/2025 - 7/13/2025 Sa/Su 9am-6pm
 \$320.00

Integrated Structural Bodywork - Torso Shoulders and Arms

MT 820 Class Hours: 16 Credits: 0.5
 Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of Torso Shoulders and Arms helping all these structures work symbiotically. Pre-Req: LMT or Approved only students
 1 weekend
 8/09/2025 - 8/10/2025 Sa/Su 9am-6pm
 \$320.00

Integrated Structural Bodywork - Cranium Neck and Jaw

MT 830 Class Hours: 16 Credits: 0.5
 Integrative structural bodywork focuses on restoring somatic alignment. Students learn to assess and treat the multi layered structures: energy body fascia musculature and bones. This class teaches techniques for alignment of Cranium Neck and Jaw helping all these structures work symbiotically. Pre-Req: LMT or Approved only students
 1 weekend
 9/20/2025 - 9/21/2025 Sa/Su 9am-6pm
 \$320.00

Shamanic Principles and Pathways

100 Hours • 5.00 Credits

No matter the culture, across the world and throughout history, our indigenous ancestors have shared common and consistent ways of relating with the world around them. Through the Shamanic Principles and Pathways Certificate of Excellence, students begin exploring some of these common themes and learning how to integrate them into their own life and practice. Students are invited to begin connecting with their own ancestry to explore their unique indigenous heritage, so they better understand and respect these first people's cultures and how they influenced physical and spiritual healing throughout history. Students are introduced to a variety of ceremonies, with a focus on the interconnectedness of all our relations through the wheel of life, the making of shamanic tools, shamanic journeying, spirit guides, self-healing, and an integrated understanding of the upper, middle, and lower worlds. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
EC 775 Shamanic Reiki I & II	20	0.75
2/28/2025 - 3/2/2025 F 6pm-10 pm Sa/Su 9am-6pm		
8/22/2025 - 8/24/2025 F 6pm-10 pm Sa/Su 9am-6pm		
EC 776 Shamanic Reiki III & Beyond	20	0.5
3/28/2025 - 3/30/2025 F 6pm-10 pm Sa/Su 9am-6pm		
9/12/2025 - 9/14/2025 F 6pm-10 pm Sa/Su 9am-6pm		
EC 777 Shamanic Wheel of Life	20	0.5
6/27/2025 - 6/29/2025 F 6pm-10 pm Sa/Su 9am-6pm		
11/15/2024 - 11/17/2024 F 6pm-10 pm Sa/Su 9am-6pm		
EC 778 Shamanic Pathways	40	1.25
1/24/2025 - 2/9/2025 F 6pm-10 pm Sa/Su 9am-6pm		
7/18/2025 - 8/3/2025 F 6pm-10 pm Sa/Su 9am-6pm		
Shamanic & Pathways	100	3.00



Larry and Brad stand in gratitude for our ancestors, all our relations, and especially for each of you who come to share in ceremony throughout these classes. We honor our direct teachers for their wisdom, experience, and give-away as they have supported our connected journey over the last 30 years.

We especially stand in gratitude for the original caretakers of these lands the Hohokam, Mogollon, Patayan, Maricopa, Pima, Tohono O'odham, Hopi, and Dine and all those who continue to teach us how to be in right relationship with this world we share. Please join us on this path of connection and leave behind the myth of separateness.

Intuitive Guide

100 Hours • 4.75 Credits

When we are in need of clarity, connection, and compassion, we often look for someone to guide us in our process. While angels are typically thought of as heavenly beings, there are also Earth-bound angels who are "human messengers" committed to being of service to those in need. They are believed to deliver messages from the Divine, and with them come miracles, mystery, and unexplained synchronicities. To serve as a "Guide" or "Intuitive Messenger" is to choose to be an earthly extension to the Divine and a voice for the angelic realm. There are many ways to communicate with angels, and this program is designed to awaken you to your mission on Earth and increase your trust in your connection to divine guidance. If you have ever been drawn toward angels, the ascended Masters, or intuitive card readings, this may be your opportunity to hone your abilities as a holistic practitioner or spiritual teacher, to listen to heavenly messages, and to support your clients on their own personal life journeys. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.



Course:	Hours:	Credits:
LC 111 Introduction to Life Coaching	20	1.25
01/17/2025 - 01/19/2025 F 6pm-10 pm Sa/Su 9am-6pm		
05/16/2025 - 05/18/2025 F 6pm-10 pm Sa/Su 9am-6pm		
IG 111 Introduction to Intuitive Guidance	12	1
03/07/2025 - 03/08/2025 Fri 6pm-10pm Sa 9am-6pm		
09/12/2025 - 09/13/2025 Fri 6pm-10pm Sa 9am-6pm		
IG 211 Angels and Guides	24	1.25
03/21/2025 - 04/05/2025 F 6pm-10pm Sa 9am-6pm		
10/03/2025 - 10/11/2025 Fri 6pm-10pm Sa 9am-6pm		
IG 311 Intuitive Guidance – Practical Applications	24	1.25
11/8/2024 - 11/16/2024 Fri 6pm-10pm Sa 9am-6pm		
4/25/2025 - 5/10/2025 Fri 6pm-10pm Sa 9am-6pm		
IG 401 Business of Intuitive Guidance	20	1.25
1/3/2025 - 1/5/2025 F 6pm-10 pm Sa/Su 9am-6pm		
5/30/2025 - 6/1/2025 F 6pm-10 pm Sa/Su 9am-6pm		
TOTAL:	100	6.00

To speak with an Admissions Coach
call 480-994-9244 | Info@swiha.edu

Urban Farming

100 Hours • 5.50 Credits

Urban Farming has become a growing part of U.S. food economy as it helps reduce the miles food needs to travel, and helps others gain access to healthy food they may otherwise have not been able to afford. Around 15% of the world's food is now grown in urban areas. Whether you are interested in growing food for earning income or producing healthier food all on your own, this certificate will help you get your hands dirty. Spread what you learn throughout your community and increase the number of people taking back control over their food production, moving our communities closer to real sustainability. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement. Urban Farming only runs once a year.



Course:	Hours:	Credit:
UF 100 Urban Farming - Field-to-Fork 2/13/2025 - 4/17/2025 Th 6pm-10pm	40	2.00
UF 101 Urban Farming - Seed to Sale 4/24/2025 - 6/12/2025 Th 6-9:45pm	30	1.5
CC 450 Conscious Living & Urban Farming 10/23/2025 - 12/18/2025 Th 6-9:45pm	30	2.00
Total Hours	100	5.50



Joel Hamilton
LMT, RMT, CHT, CYT

Joel Hamilton is the Associate Dean of Campus Education and Urban Farming Program Director. He is a graduate from SWIHA's Associates of Occupational Studies Degree in Holistic Healthcare, with a specialization in Massage, including sub-specializations in Reiki, Special Touch, Myofascial Massage, Myotherapy, and Aromatherapy. He has completed 200 Hours of Yoga Teacher Training, 100 hours of Hypnotherapy and our Life Coaching program. He passionately explains, "It is my life's goal to teach people that the planet does not belong to us, but that we belong to the planet". It is his passion to help others make that connection in their hearts, minds and feel it in their souls so that our planet can remain safe for generations to come.

Grounded Spirituality & Sacred Ceremonies

100 Hours • 5.50 Credits

As we lose ourselves in the service of others we discover our purpose-filled life. This certificate begins with the process of "Spiritual Deconstruction" where individuals "pulls apart" their past programming, evaluating and questioning what they have experienced or have been taught by their ancestors and heritage. Emphasis is given to consciously understanding their beliefs, biases and any spiritual battle wounds or trauma they may have experienced. Rather than a foundation of "original sin", the foundational setting is "original grace", care given to creating a safe, shame-free environment on which to build a deep relationship with "Great Mystery"! Sacred Ceremonies and spiritual leadership are explored and practiced, including establishing personal 'Code of Ethics'. The spiritual Seekers from the certificate will have the option of ordination. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

GS 110 Grounded Spirituality - Personal Accountability (20hrs)

In an era of transition, astrologically, politically, and spiritually, the world seems to be re-evaluating, realigning, and refocusing on what is most important to them. The safe spiritual space created in this course will support you in examining the past practices and beliefs that may no longer serve you, and consciously choose ones that do! This weekend intensive is a time of deconstruction, reconstruction and transformation! Once you get clear on your foundational beliefs and values, you will be prepared to help others do the same as a Spiritual Guide and Celebrant. Text: TBD
4/25/2025 - 4/27/2025 F 6pm-10pm Sa/Su 9am-6pm

GS 120 Mysticism: Finding Your Personal Path (30hrs)

Be in deep relationship with "Great Mystery" and begin to fully step into your spiritual gifts. Many mystical practices will be explored including contemplation and meditation upon the divine, spiritual downloads and insights, channeling and intercession, energetic healing and various forms of prayer. Exploring 12 Universal Laws will be a part of this course and optional field trips to local sacred sites will be offered. Text: TBD
4/29/2025 - 6/17/2025 Tue 6-9:45pm

GS 130 The Art of Spiritual Expression (20hrs)

As we experience the Divine in the world around us, as well as gain clarity as to how we are to serve in the world, we will seek to communicate what we've learned with our communities. This expression could take the forms: a sermon delivered from a pulpit, a sacred text study, an inspirational podcast, art, music, community projects, volunteerism or many other spirit-directed forms. In other words, students will discover how following that "small voice within" can become a way to living a purpose-filled life.
7/8/2025 - 8/5/2025 Tue 6-9:45pm

GS 140 Serving through Sacred Ceremony & Ordination Prep (30hrs)

Service is a spiritual path and can be the commemoration of a special occasion, as well as a daily practice. In this course, students will clarify who and how they will step into their own spiritual leadership as they explore the many forms of service in their community. Students will be invited to design and rehearse a special ceremony. During this course students will have the option of preparing for Ordination. Text: TBD
8/12/2025 - 9/30/2025 Tue 6-9:45pm
Total Hours 100 5.50

Are you being 'called' to serve?
Call to speak to one of our Admissions Coaches
480-994-9244 or visit us at www.swiha.edu

CERTIFICATE/SPECIALTY On-Campus

Yoga Teacher Training

200 Hours
8 Months or
4 Months Fast Track

SWIHA is a Registered Yoga School (RYS) through the internationally recognized Yoga Alliance; as a graduate of our YTT program, you are eligible to register with Yoga Alliance and carry the official designation of Registered Yoga Teacher (RYT). SWIHA's Unity Yoga Teacher Training provides academic structure and educational freedom while incorporating a living yoga approach. Earn your 200-hour teacher training certificate independently, or explore yoga as part of one of our diplomas programs, where you can combine yoga with Massage Therapy, Holistic Nutrition, Health and Wellness Coach, or Aromatherapy. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Yoga Module I - UNITY Yoga Foundations

YO 111 Class Hours: 60 Credits: 2
Ground your yoga practice in the wisdom of past Masters. Expand your yoga practice with the understanding of personal experience. This foundational class serves as an exploration of yoga as a path of unity. An exploration of yoga as a path of unity with a focus on asana breathing ancient wisdom through modern voices history yoga anatomy and more. Embrace the full potential that is your birthright and rediscover the teacher within. For Students Paying PER Module - Enrollment and payment into YO 119 YTT Practicum is required with Yoga Module I to obtain your complimentary studio membership receive credit for observations and to be eligible to teach practicums. Supply \$35 Text: \$137
9 Weeks
01/28/2025 - 03/25/2025 Tue/Thurs 6PM -9:30PM
5 Weeks
02/10/2025 - 03/13/2025 Mon-Thurs 10AM-1PM
9 Weeks
05/05/2025 - 07/09/2025 Mon/Wed 6PM -9:30PM
5 Weeks
08/18/2025 - 09/22/2025 Mon-Thurs 10AM-1PM
\$1200.00

Yoga Module II - UNITY Yoga Teaching Foundations

YO 112 Class Hours: 60 Credits: 2
Learn the practices techniques and methods that are the informed Yoga Teachers 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. PRERQ: YO 111 Texts from YO 111
9 weeks
12/11/2024 - 02/24/2025 M/W 6pm-9:30pm
5 Weeks
03/17/2025 - 04/17/2025 Mon-Thurs 10AM-1PM
9 Weeks
03/27/2025 - 05/22/2025 Tue/Thurs 6PM -9:30PM
07/14/2025 - 09/10/2025 Mon/Wed 6PM -9:30PM
5 Weeks
09/23/2025 - 10/27/2025 Mon-Thurs 10AM-1PM
\$1200.00

Yoga Module III - UNITY Yoga Deepening the Path

YO 113 Class Hours: 60 Credits: 2
Enter a new awareness of your practice as a student and a teacher through direct experience of the Teacher. There is emphasis on refining the ability to teach from your inner understanding using established methods and techniques to discover your own unique teaching style. Supply \$70 Texts from YO 111 PRERQ: YO 112
9 Weeks
02/26/2025 - 04/23/2025 M/W 6pm-9:30pm
5 Weeks
04/21/2025 - 05/22/2025 Mon-Thurs 10AM-1PM
9 Weeks
05/27/2025 - 07/31/2025 Tue/Thurs 6PM -9:30PM
09/15/2025 - 11/10/2025 Mon/Wed 6PM -9:30PM
5 Weeks
10/28/2025 - 12/08/2025 Mon-Thurs 10AM-1PM
\$1200.00

Yoga - YTT 200 Practicum

YO 119 Class Hours: 20 Credits: 0.25
An applied experience of the skills learned in YO 111, YO 112, and YO 113. Students will observe practices to build their awareness of teaching methods and student alignment in asana. Students will also teach public classes with feedback from a faculty coach. Students may begin the observation portion of practicum after the successful completion of YO 111; most students will begin their teaching experiences concurrently with or following YO 113 AUC.
01/28/2025 - 07/31/2025
02/10/2025 - 05/22/2025
05/05/2025 - 11/10/2025
08/18/2025 - 12/08/2025
\$400.00



Laura Mckinzie
Senior Lead Yoga Instructor
Fast Track



Will Zecco
Lead Yoga Instructor
YTT 200hrs Nights

DIPLOMA On-Campus

Yoga Advanced Teacher Training

600 Hours
64 Weeks

The Advanced 600-hour Yoga Teacher Training program builds upon our Yoga Alliance approved 200-Hour YTT program. Whether students have completed our 200-hour YTT or completed a Yoga Alliance approved 200-hour program elsewhere, they are welcome to enroll in one of our advanced programs. In the 600-hour YTT program, students will complete 10 additional yoga-specific advanced courses, and 130 hours of yoga-specific electives. The goal of this diploma program is for aspiring yoga teachers to deepen and strengthen their yoga teaching ability, as well as chose a specialization that will widen employment options and expand how they are prepared to serve in the world.

Code	Course	Clock Hours	Credits
YO 111	Yoga Module I – UNITY Yoga Foundations	60	2.00
YO 112	Yoga Module II - UNITY Yoga Teaching Foundations	60	2.00
YO 113	Yoga Module III - UNITY Yoga Deepening the Teaching Path	60	2.00
YO 119	Yoga - UNITY Yoga Practicum	20	0.25
	YTT 200 SUBTOTAL	200	6.25
ADV. YOGA TEACHER TRAINING CORE COURSES			
YO 450	Yoga - Yogic Energy Anatomy & Chakras	30	1.00
YO 451	Applied Yoga Anatomy	30	1.50
YO 560	Yoga Philosophy & Meditation	30	1.00
YO 455	Business of Yoga	30	1.00
YO 456	Therapeutic Postures 1 (Yin)	20	1.00
YO 457	Therapeutic Postures 2 (Restorative)	20	1.00
YO 434	Postures of Consciousness	20	1.00
YO 540	Trauma Informed Communication for Yoga Teachers	30	0.50
YO 435	Advanced Practicum	30	0.50
	ADV. YOGA TEACHER TRAINING CORE SUBTOTAL	240	10.00

Code	Course	Clock Hours	Credits
YOGA STUDIO CORE COURSES			
YO 442	Modified Poses, Props & Principles	30	0.75
YO 441	Advanced Sequencing	30	1.00
	YOGA STUDIO CORE SUBTOTAL	60	1.75
CHOOSE 130 HOURS YOGA ELECTIVES			
YO-N	Yoga Nidra	100	4.50
YO-BP	Yoga Body Psychology	100	4.50
YO 132	Intro to Sacred Sound	20	0.75
EC 132	Sound Healing for Practitioners	20	0.75
YO 506	Transformational Yoga Coaching	40	1.75
YO 536	Transformational Yoga Coaching II - Thai Bodywork	20	1.00
YO 453	Foundations of Ayurveda	20	1.25
YO 466	Yoga -Advanced YIN	20	1.00

YTT students receive a complimentary membership to the Yoga Studio as a part of their educational experience while attending the Yoga Teacher Training Programs.

Integrative Yoga Therapy

1000 Hours • 75 Weeks

For those seeking to dive deep into an all-encompassing yoga career, our 1000-hour Integrative Yoga Therapy diploma program is the choice for you. This program builds upon our 200-hour Yoga Teacher Training program, with the addition of classes that will support you in offering Yoga Therapy modalities to future clients as a Yoga Therapist. Some Yoga Therapy courses include Polarity, Yoga Nidra, Integral Breath Therapy, Transformational Yoga Coaching, Sound Healing, and so much more!

UNITY YOGA TEACHER TRAINING COURSES

Code	Course	Clock Hours	Credits
YO 111	Yoga Module I – UNITY Yoga Foundations	60	2.00
YO 112	Yoga Module II - UNITY Yoga Teaching Foundations	60	2.00
YO 113	Yoga Module III - UNITY Yoga Deepening the Teaching Path	60	2.00
YO 119	Yoga - UNITY Yoga Practicum	20	0.25
	YTT 200	200	6.25

ADVANCED YOGA TEACHER TRAINING CORE COURSES

YO 451	Applied Yoga Anatomy	30	1.50
YO 455	Business of Yoga	30	1.00
YO 434	Posture of Consciousness	20	1.00
YO 456	Therapeutic Postures 1 (YIN)	20	1.00
YO 457	Therapeutic Postures 2 (RESTORATIVE)	20	1.00
YO 450	Yogic Energy Anatomy & Chakras	30	1.00
YO 560	Yoga - Philosophy & Meditation	30	1.00
	ADVANCED YOGA CORE	SUBTOTAL	180
			7.50

YOGA THERAPY CORE COURSES

PC 100	Polarity - Basic I	20	1.00
YO 540	Trauma Informed Communication for Yoga Teachers	30	2.00
YO 438	I Am Yoga Principles of Meditation in Motion	40	1.00
YO-N	Yoga Nidra	100	4.50
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	1.00
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	1.00
YO-BP	Yoga Body Psychology	100	4.50
YO 701	Integral Breath Therapy	40	1.75
YO 702	Integral Breath Therapy II	20	0.25
YO 454	Physiology and Health Conditions for Yoga Therapists	30	2.00
YO 506	Transformational Yoga Coaching	40	1.75
YO 537	Transformational Yoga Coaching II - Yogic Bodywork	20	1.75
EC 132	Sound Healing for Practitioners	20	0.75
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00
YO 453	Foundation of Ayurveda	20	1.25
YO 462	Putting it All Together & Yoga Therapy Assessment	20	0.25
YO 463	Yoga - Advanced Yoga Therapy Supervised Practicum	50	0.25
	YOGA THERAPY CORE	SUBTOTAL	620
			25.75
	INTEGRATIVE YOGA THERAPY TOTAL	1000	39.50

In partnership with the Amrit Yoga Institute, our students will have the chance to be sponsored by Amrit to join the International Association of Yoga Therapy (IAYT). This partnership provides the opportunity for students to start the path of becoming recognized as a C-IAYT.

Those interested in becoming a Certified Yoga Therapist (C-IAYT) through the International Association of Yoga Therapy (IAYT) have three options:

- Start from the beginning in one of our upcoming 200-Hour Yoga Teacher training and pursue some of your Advanced coursework at the same time.

- If you have taken your 200 hours of YTT training from SWIHA, you can transfer those hours towards the 1000-Hr Yoga Therapy program.

- Transfer your 200-hour training from another Yoga Alliance-approved program and begin your advanced yoga studies as soon as your schedule aligns.



DIPLOMA
On-Campus

Advanced Yoga Teacher & Healing Arts Practitioner

800 Hours
67 Weeks

The Advanced 800-hour Yoga Teacher Training program builds upon 600-Hour Advanced YTT program. The goal of this diploma program is for you to deepen and strengthen your yoga teaching ability, as well as choose additional specialization that will widen your employment options and expand the way you are prepared to serve in the world.

UNITY YOGA TEACHER TRAINING COURSES

Code	Course	Clock Hours	Credits
YO 111	Yoga Module I – UNITY Yoga Foundations	60	2.00
YO 112	Yoga Module II - UNITY Yoga Teaching Foundations	60	2.00
YO 113	Yoga Module III - UNITY Yoga Deepening the Teaching Path	60	2.00
YO 119	Yoga - UNITY Yoga Practicum	20	0.25
	YTT 200	200	6.25

ADVANCED YOGA TEACHER TRAINING CORE COURSES

YO 540	Trauma Informed Communications for Yoga Teachers	30	2.00
YO 450	Yogic Energy Anatomy & Chakras	30	1.00
YO 451	Applied Yoga Anatomy	30	1.50
YO 560	Yoga - Philosophy & Meditation	30	1.00
YO 455	Business of Yoga	30	1.00
YO 456	Therapeutic Postures 1 (YIN)	20	1.00
YO 457	Therapeutic Postures 2 (RESTORATIVE)	20	1.00
YO 434	Posture of Consciousness	20	1.00
YO 435	Advanced Practicum	30	0.50
	ADVANCED YOGA TEACHER CORE	SUBTOTAL	240
			8.50

YOGA STUDIO COURSES

YO 442	Modified Poses, Props, & Principles	30	0.75
YO 441	Advanced Sequencing	30	1.00
	SUBTOTAL	60	1.75

CHOOSE 300 HRS OF YOGA SPECIALTY OR ELECTIVES

YO-N	Yoga Nidra	100	4.50
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	0.50
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	0.50
YO-BP	Yoga Body Psychology	100	4.50
YO 466	Yoga - Advanced YIN	20	0.75
YO 132	Intro to Sacred Sound & Meditation	20	0.75
EC 132	Sound Healing for Practitioners	20	0.75
YO 506	Transformational Yoga Coaching	40	1.75
YO 537	Transformational Yoga Coaching II - Yogic Bodywork	20	0.50
YO 453	Foundations of Ayurveda	20	1.25
	YOGA ELECTIVES	SUBTOTAL	300
		TOTAL	800
			VARIES

Yoga Body Psychology

100 Hours • 4.50 Credits

Life is energy. It is meant to flow through us, each time leaving us broader, richer and evolving us for having known it. When we experience more intensity than we can handle, we shut this process down and create blocks in the body. The Amrit Method of Yoga Body Psychology is designed to not only treat visible physical symptoms but is aimed at addressing the invisible mental and emotional blocks that contribute to them. Using gravity-supported, static poses held by the facilitator, or with the use of the wall or props, you will learn how to surface and release blockages held in body zones such as legs, buttocks, hamstrings, heart, and shoulders. This rejuvenating and releasing experience enhances your understanding of the energetic aspects of yoga and how to use it for yourself and others as one of the most profound healing modalities you will ever encounter. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Yoga - Body Psychology I

YO 421 **Class Hours: 20** **Credits: 1**
 This course of advanced Yoga study delves into the Amrit method of body psychology including emotional blocks how they are created and how to release them using yoga-based coaching and facilitation techniques. Students will learn how body poses help reveal blocked areas of the body and help release alignment patterns tensions and accelerate healing through addressing the underlying mental emotional and physical patterns that are resulting in physical symptoms. Students will learn the first of four support yoga sequences and will learn the energetic diffusion technique as well as the body scanning technique and body mind connections. You will learn how to conduct a body scan and discover through experience the theory of body-mind connections. Supply Fee for manual: \$35 PRE-REQ - 200 hour yoga teacher training Polarity APP or MT 750 - AUC ONLY
 1 Weekend
 10/31/2025 - 11/02/2025 F 6pm-10pm Sa/Su 9am-6pm
 \$400.00

Yoga - Body Psychology II

YO 422 **Class Hours: 20** **Credits: 1**
 During this weekend you will practice giving your first complete individualized yoga body psychology session. In addition you will learn and practice leading a yoga body psychology focused class. You will discover how the first chakra relates to ego development and what poses address this. We will explore the theory and practice of a second body psychology sequence for hips and pelvis. After weekend two there will be a supervised practicum to review and practice the techniques you have learned. PRE-REQ: YO 421 AUC ONLY
 1 Weekend
 11/01/2024 - 11/03/2024 F 6pm-10pm Sa/Su 9am-6pm
 11/14/2025 - 11/16/2025 F 6pm-10pm Sa/Su 9am-6pm
 \$400.00

Yoga - Body Psychology III

YO 423 **Class Hours: 20** **Credits: 1**
 This module is designed to deepen the students understanding of yoga body psychology after having completed an initial practicum covering material in the first two weekends. Here you will begin to focus on the subtleties of yoga body psychology including a new diagnostic tool called Ayurvedic Psychology a new facilitation technique known as Focusing and an overview of the journey of psychological development through the chakras. New yoga body psychology sequences for lower and upper body as well as arms neck shoulders and upper spine will be introduced and practiced along with additional instruction and practice on leading yoga body psychology classes. PRE-REQ: YO 421 YO 422 AUC ONLY
 1 Weekend
 11/15/2024 - 11/17/2024 F 6pm-10pm Sa/Su 9am-6pm
 11/21/2025 - 11/23/2025 F 6pm-10pm Sa/Su 9am-6pm
 \$400.00

Yoga - Body Psychology IV

YO 424 **Class Hours: 20** **Credits: 1**
 This module is designed to pull all the pieces of Yoga Body Psychology together - leaving the student with the ability to not only lead a yoga body psychology class but also an individual session based on a client's individual needs. In addition students will be learning about the most common conditions they may encounter in a yoga body psychology practice and pointers on how to skillfully address them with the tools they've gained. Students will learn a final new facilitation technique as well as a model for understanding the ingredients required for total emotional integration to occur. In this class we will also be covering logistical marketing and other professional issues related to Yoga Body Psychology. PRE-REQ - YO 421-YO 423 AUC ONLY
 1 Weekend
 11/22/2024 - 11/24/2024 F 6pm-10pm Sa/Su 9am-6pm
 12/05/2025 - 12/07/2025 F 6pm-10pm Sa/Su 9am-6pm
 \$400.00

Yoga - Body Psychology V

YO 425 **Class Hours: 20** **Credits: 0.5**
 This module is designed to practically implement all elements and tools of Yoga Body Psychology together - leaving the student with the ability to successfully conduct an intake and choose a protocol of yoga poses combined with introspective facilitation techniques and integration techniques most appropriate for the individual client's needs. This module has two components: One eight hour day which includes: Visual demonstration oversight and practice in partners between sessions 2 and 3 to practice techniques learned. Two 7 hour Sundays after the completion of session 4 where students will receive and give Yoga Therapy sessions to each other or offer public appointments. PREREQ. YO 421- YO 424 AUC ONLY
 1 Weekend
 12/06/2024 - 12/08/2024 F 6pm-10pm Sa/Su 9am-6pm
 12/12/2025 - 12/14/2025 F 6pm-10pm Sa/Su 9am-6pm
 \$400.00



Rhonda Vroman C-IAYT, RYT-500, MBA | Program Director of Yoga Therapy 1000hr

Rhonda's experiences of connecting with peaceful presence allowed her to show up more easefully during the latter part of a 25-year career leading teams in high pressure corporate settings. Her ongoing exploration of the energetic aspects of yoga on and off the mat drew her to the lineage of Swami Kripalu and the teachings of Amrit and Kamini Desai over a decade ago and she continues to study and immerse in these teachings. She is passionate about introducing this practice to support the healing journey and guide students to offer the modality. Certified as a Yoga Therapist (C-IAYT), E-RYT 500 and Integral Breath Therapy, her training also includes Engineering and MBA degrees, Spiritual Direction and practices inviting body/mind/heart/soul connection. Her passion is helping clients and students access inner knowing where wisdom is revealed; namely, rediscovering connection to Source. In this place we find the answers we seek externally are already within. She is honored to be offering the I AM Yoga Therapy™/ Yoga Body Psychology at SWIHA.

Yoga Nidra

100 Hours • 4.50 Credits

Yoga Nidra, also known as “yogic sleep,” is an ancient practice that guides the conscious mind into a meditative state to create harmony between the subconscious and unconscious. Practicing Yoga Nidra creates a relaxed yet aware state which helps eliminate the root causes of negativity and stress. The perspective gained through Yoga Nidra helps reduce tension-related disorders, including hypertension, depression, insomnia, asthma, anxiety, chronic pain, digestive disorders, and others. Learn to teach Yoga Nidra, and help others transform their lives to find wholeness and personal well-being. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Yoga - Nidra I YO 401

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

Supplies \$42 - AUC

1 Weekend

03/14/2025 - 03/16/2025

F 6pm-10pm Sa/Su 9am-6pm

08/08/2025 - 08/10/2025

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Nidra II YO 402

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 subtlest sheath where karmic impressions are held. PRERQ YO 401* AUC only For Students Paying PER Module – Enrollment and payment into YO 409 Yoga Nidra Practicum is required with Yoga Nidra II.

1 Weekend

03/21/2025 - 03/23/2025

F 6pm-10pm Sa/Su 9am-6pm

08/15/2025 - 08/17/2025

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Nidra III YO 403

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. Supply Fee: \$43 PREREQ: YO 402 AUC only

1 Weekend

04/04/2025 - 04/06/2025

F 6pm-10pm Sa/Su 9am-6pm

09/05/2025 - 09/07/2025

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Nidra IV YO 404

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. PRERQ 403 AUC only

1 Weekend

04/11/2025 - 04/13/2025

F 6pm-10pm Sa/Su 9am-6pm

09/12/2025 - 09/14/2025

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Yoga Nidra Practicum

YO 409

Class Hours: 20

Credits: 0.5

An applied experience of the skills and techniques learned in YO 401 YO 402 YO 403 and YO 404. Students will facilitate Yoga Nidra sessions in both individual and group settings and will begin their teaching experiences concurrently with or following YO 402. AUC

1 Weekend

05/16/2025 - 05/18/2025

F 6pm-10pm Sa/Su 9am-6pm

10/24/2025 - 10/26/2025

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Advanced Yoga Nidra 40 Hours

Yoga Nidra V – Advanced Techniques Part I

YO 405

Class Hours: 20

Credits: 1

This course of advanced Yoga Nidra study builds on and deepens Yoga Nidra practice as an ancient esoteric and mystical practice through study of source texts and yogic scriptures. We will delve more deeply into the koshas (sheaths) and how Yoga Nidra is of benefit to each one. You will learn how the Wisdom Body is the key to breaking internal patterns (samskaras) and you will experience new techniques for yourself and for your students to strengthen the power of the Wisdom Body. The new advanced Yoga Nidra card deck includes new body rotation sequences awareness of space inside and outside the body listening with the body chakra and kosha experiences and prana/mother divine yoga nidra. PRE-REQ: YO 401-404 SUPPLY: \$70 AUC

1 Weekend

10/03/2025 - 10/05/2025

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga Nidra VI – Advanced Techniques Part II

YO 406

Class Hours: 20

Credits: 1

This weekend we will study the Yoga Sutras and how it points to the true spiritual depth of Yoga Nidra. You will learn how to use Yoga Nidra protocols to aid those seeking emotional integration and solutions for trauma PTSD and other forms of energetic blockages. We will survey the latest scientific research as it relates to Yoga Nidra and the treatment of PTSD. Finally you will learn how to best bring Yoga Nidra to kids. With a new unique yoga nidra deck specially designed for kids we will show you which techniques are appropriate to various age groups and needs at various stages of childhood development. PREREQ: YO 401-405 SUPPLY: \$25 AUC

1 Weekend

10/10/2025 - 10/12/2025

F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Kamini Desai

Ph.D., E-RYT | Lead Instructor

Yoga Alliance Approved Teacher Kamini Desai is a nationally renowned teacher, welcomed in over ten countries around the world, and a recognized expert in the field of Yoga Nidra. For more than 20 years, Kamini has worked to combine Western psychology, medicine, and Eastern philosophy to create an exciting body of teaching in Yoga Nidra. Trained at the Kripalu Center for Yoga and Health, Kamini earned degrees in Anthropology and Psychology from Smith College and La Salle University. She was also a former President and Program Director of the Amrit Yoga Institute, as well as a developer of their core curriculum.



Yoga Class Descriptions

Yoga - Advanced Practicum (800 hour)

YO 435 **Class Hours: 30.00** **Credits: 0.50**

A capstone experience for advanced students in the 800 hour Advanced Yoga Teacher & Healing Arts Practitioner program. This practicum will focus on the design marketing and execution of a public class. Students will also be expected to observe and assist teachers in order to build the skills developed in the advanced program. Students eligible to begin Advanced Practicum will meet with their academic advisor to review and begin course requirements. AUC
10/04/2024 - 06/18/2025

\$600.00

Yoga - Advanced Sequencing

YO 441 **Class Hours: 30.00** **Credits: 0.75**

Advanced Sequencing and Teaching methods: This course is designed to introduce advanced sequencing and teaching strategies including creating effective sequences with a focus on the wise progression from posture to posture including an energetic awareness of each posture. The goal is to empower yoga instructors in how to create a sequence that follows the effort and ease of the practice how to choose a theme and integrating music into a yoga studio class. Clear communication skills and teacher confidence will be emphasized with ample opportunity for practical application. Text: \$25

8 Weeks

01/08/2025 - 02/26/2025 W 6-9:45pm

\$600.00

Yoga - Advanced YIN

YO 466 **Class Hours: 20.00** **Credits: 0.75**

This weekend training will build upon the techniques learned in YO 456 Therapeutic Postures I (Yin) and is designed for those looking to refine their teaching and explore a deeper understanding of the more subtle dimensions of Yin Yoga. In this training we will uncover the emotional body through the lens of Taoist Five Element Meridian Theory. The Fascial Trains of the Body and their correlation to the Meridians will be introduced as well as mindfulness and the Yin quality of Mind. Advanced Yin Sequencing will be practiced with the opportunity to guide a full hour Yin Practice. TEXT: \$25

1 Weekend

02/21/2025 - 02/23/2025 F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Advanced Yoga Therapy Supervised Practicum

YO 463 **Class Hours: 50.00** **Credits: 0.25**

This course offers students direct experiences both in a studio setting and working one-on-one with clients. The studio setting includes offering three Yoga Therapy based classes or a workshop series demonstrating mastery of a combination of Yoga Body Psychology Yoga Nidra and Integral Breath Therapy. The direct client experience focuses on a series of supervised Yoga Therapy sessions demonstrating competency in client assessment formulations of Yoga session plan creating a safe and therapeutic space for clients and executing a wise and transformative yoga body session using the tools and various client protocols taught throughout the program. Specifically the case studies will include Yoga Body Psychology Integral Breath Therapy and Yoga Nidra sessions plus one-on-one individual exchanges. Supply Fee: \$30 Pre-Req: YO 401-405 YO 421-425 YO 438 YO 701-702.

8 Weeks

06/16/2025 - 08/06/2025

9 Weeks

12/09/2024 - 02/05/2025 Mondays & 1 Weekend

\$1000.00

Yoga - Applied Yoga Anatomy

YO 451 **Class Hours: 30.00** **Credits: 1.50**

Understanding anatomy and how to apply that knowledge to an asana practice can profoundly change your approach to yoga deepen your practice and help your students avoid and recover from injuries. The perfection of verbal cueing for proper alignment and safety is the focus of this advanced class. Students will gain confidence by observing bodies fine tuning verbal assisting skills and understanding the underlying structure of many important yoga poses. Learn to shift your understanding from the body as parts and pieces to the body as an integrated whole. Text: \$70

8 Weeks

04/14/2025 - 06/09/2025 Mon 6-9:45pm

\$600.00



Rhonda Vroman

C-IAYT, RYT-500, MBA | Lead Instructor

Yoga - Integral Breath Therapy

YO 701 **Class Hours: 40** **Credits: 1.75**

Integral Breath Therapy (IBT) is a revolutionary body-based modality that uses the breath to explore heal and integrate the multidimensional aspects of the human psyche bridging the gap between the conscious and unconscious mind. Facilitators learn how to use the power of this energy therapy to induce a natural trance state to bring dynamic awakenings to their clients and access underlying unresolved issues at the core. By going underneath the "story" or repetitive dramas in life belief systems are revealed along with the reason for their existence. It is an ideal tool for working with somatic issues addictions recovery respiratory problems depression anxiety grief and loss PTSD anger management relationship difficulties weight and body issues chronic tension and fatigue personal growth and more. Supplies: \$40

2 Weekends

05/30/2025 - 06/08/2025 F 6pm-10pm Sa/Su 9am-6pm

\$800.00

Yoga - Integral Breath Therapy II

YO 702 **Class Hours: 20** **Credits: 0.25**

In this practicum you do not lead the client but rather accompany them on their healing journey. You will facilitate sessions to expand explore release and heal on a physical psychological and emotional level. Upon completion this method easily integrates into an existing clinical or therapy practice educational environment or coaching format.

1 Weekend

06/20/2025 - 06/22/2025 F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Yoga - Trauma Informed Communications for Yoga Teachers

YO 540 **Class Hours: 30.00** **Credits: 2.00**

Trauma-Informed communication integrates an understanding of the need for an individual's physical and emotional safety choice and control and personal empowerment. The focus of this class is to gain a deep understanding and implementation of neutral sensitive and non-triggering engagement whether leading a yoga class or working one on one with individuals. Using the latest research on the impact of trauma on physical emotional and mental health of individuals this class offers mindful dialogue regulation techniques restorative sequencing and trauma sensitive cueing.

8 Weeks

06/25/2025 - 08/20/2025 Wed 6-9:45pm

\$600.00

Yoga - Foundations of Ayurveda

YO 453 **Class Hours: 20.00** **Credits: 1.25**

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 to integrate and apply these potent healing techniques. Students will learn classic Ayurveda diagnostic tools Dasha specific nutritional support and self-healing techniques to return the Body/Mind/Spirit to its full vital expression. Text: \$30

5 Weeks

03/10/2025 - 04/07/2025 M 6-10:00pm

11/03/2025 - 12/08/2025 Mon 6-10:00pm

\$400.00

Yoga Class Descriptions

Yoga - I AM Yoga®: Principles of Meditation in Motion®

YO 438 **Class Hours: 40.00** **Credits: 1.00**

This course uses lectures designed to increase your understanding of the ancient Eastern teachings of yoga along with practices which reveal a direct experience of your new understanding. I AM Yoga®: Principles of Meditation in Motion® recognizes that the body is the manifestation of the interplay between consciousness and energy. Through conscious cultivation of the vital healing force in the body the mind enters a state of meditation even while the body is in motion. I AM Yoga®: Principles of Meditation in Motion® combines all 8 Limbs of Yoga into one practice where Hatha Yoga (Physical practices) and Raja Yoga (Meditation practices) happen simultaneously. These practices connect you to your inner healer as a powerful medium for the purification and balancing of the body and the mind. You will learn to respond to life's circumstances appropriately instead of reacting fearfully. Pre-Req: YTT 200 & YO 434 Supply: \$25
2 Weekends
04/25/2025 - 05/04/2025 F 6pm-10pm Sa/Su 9am-6pm
\$800.00

Yoga - Intro to Sacred Sound & Meditation - Singing Bowls & the Gong

YO 132 **Class Hours: 20.00** **Credits: 0.75**

Friday night is dedicated to learning to make a singing bowl sing and how to use it with a yoga hypnotherapy or spiritual coaching session. Saturday and Sunday you will learn to play the Gong intuitively in one weekend ~ Discover your own 'Song of the Gong.' Master the gong from beginner to advanced techniques with basic foundational and knowledge on the history and use of the gong in your yoga practice hypnotherapy mediation or spiritual healing and coaching. No experience or pre-requisite required. Experience and harness the power of sound healing and transformation. Text: \$25. NO GUEST PASSES ALLOWED.
1 Weekend
03/07/2025 - 03/09/2025 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - Modified Poses Props & Principles

YO 442 **Class Hours: 30.00** **Credits: 1.00**

The objective of this class is to offer the proper use of props and modifications as an added skill for the Yoga teacher's tool box allowing them to offer their gifts to a wider audience of students. This course will provide a firm foundation in the use of props for a variety of postures including the use of blocks blankets extenders and yoga chairs. It will also offer guidance in creating classes and sequences for special populations such as seniors prenatal as well as crafting classes the focus on beginner intermediate and advanced students. This class will result in a thorough understanding of how to safely and effectively incorporate props in asana - Safety First - the Essence of Touch - the Transference of Healing Energy. Text: \$69
8 Weeks
04/30/2025 - 06/18/2025 W 6-9:45pm
\$600.00

Yoga - Philosophy & Meditation

YO 560 **Class Hours: 30.00** **Credits: 1.00**

Yogic teachings embody the wisdom of "The Light is One yet the paths are many." In this course you will explore four paths of yoga: Karma Bhakti Jnana and Raja. Through "Svadyaya" the Sanskrit word meaning "Spiritual Study" and meditation you will explore the practical applications both on and off the mat. You are invited to unlock the ancient yogic teachings and learn how to offer them to yourself and others. Readings from sacred poetry yogic texts and other resources will give you the tools to incorporate these philosophies into your yoga classes in the form of themes cues and techniques as well as deepening your personal wisdom. Supply Fee: \$20 Text: \$38
8 Weeks
03/05/2025 - 04/23/2025 W 6-9:45pm
\$600.00

Yoga - Physiology & Health Conditions for Yoga Therapists

YO 454 **Class Hours: 30.00** **Credits: 2.00**

This course examines the basic fundamentals of anatomy and physiology as well as common pathologies. You'll explore the struggles that frustrate people living with these conditions as well as yoga therapy tools for supporting them through those struggles. Conditions covered include diabetes metabolic syndrome cardiovascular disease hypertension cancer immune conditions arthritis inflammation adrenal fatigue osteoporosis and thyroid conditions. Text: 25
8 Weeks
04/30/2025 - 06/18/2025 Wed 6-9:45pm
\$600.00

Yoga - Posture of Consciousness

YO 434 **Class Hours: 20.00** **Credits: 1.00**

This course is a unique study series designed to deepen your personal understanding of yoga and refine your ability to articulate and convey these teachings with simplicity and precision to the classes and clients you later plan to work with. In this study series we will look further into the key elements of I AM Yoga® to better understand their spiritual practical and modern applications in our personal practice and eventually the classes we plan to lead. Throughout we will explore the teachings of Gurudev Shri Amritji Swami Kripalu and select passages from Patanjali's Yoga Sutras and The Bhagavad Gita as our road-map to enhance our understanding of yoga's rich depths history and continued relevance in our practice lives and today's modern world. Pre-Req: YO 112 Supply: \$55
1 Weekend
01/31/2025 - 02/02/2025 F 6pm-10pm Sa/Su 9am-6pm
09/26/2025 - 09/28/2025 F 6pm-10pm Sa/Su 9am-6pm
\$400.00

Yoga - Putting It All Together & Yoga Therapy Assessment

YO 462 **Class Hours: 20.00** **Credits: 0.25**

In this Capstone course for the Yoga Therapy 1000 hour program students will develop test and refine a comprehensive intake form conduct intakes write up and present client protocol. Students will also complete two fully integrated sessions combining various modalities from their program and prepare a summary of their experience which may be presented. Graduation Supply Fee: \$50
Pre-Req: YO 463
3 Weeks
02/10/2025 - 02/24/2025 Mon/Wed 6-10PM
08/11/2025 - 08/25/2025 Mon/Wed 6-10 PM
\$400.00

Yoga - Therapeutic Postures I (YIN)

YO 456 **Class Hours: 20.00** **Credits: 1.00**

A slow methodical practice Yin yoga allows the body to help itself heal by putting the tissues under a moderate level of stress encouraging fluids in the muscles to safely regenerate into the tissue. This weekend-long Yin training will bring Taoist principles together into a practice that believes in the power of Yin and Yang. Poses are held anywhere from three to twelve minutes depending on certain conditions. Students in this course are taught alternative poses for various body types with and without the use of props to gain the tools needed from the very beginning. Sequencing is taught in order to facilitate the effect of the pose by the desire to get certain or all meridians flowing. Anatomy and physiology of tendons fascia and ligaments will be addressed and students will discover how the poses affect posture when muscles and tendons are shortened lengthened or tightened. Adjustments are also an integral part of this course to deepen or lessen a pose to gain maximum benefit. Text: \$23
5 Weeks
12/09/2024 - 01/27/2025 M 6pm-10:00pm
08/18/2025 - 09/22/2025 Mon 6-10:00pm
\$400.00

Yoga - Therapeutic Postures II (RESTORATIVE)

YO 457 **Class Hours: 20.00** **Credits: 1.00**

This workshop weekend can be liken to a mini-retreat. Learn how to deeply relax and restore vital energy necessary to living a whole and balanced life. Research has shown that deep relaxation affects us on a genetic level and can have profound and lasting benefits. Deep relaxation boosts the immune system and relieves fatigue anxiety and insomnia without the use of medication. Learn a series of asanas to facilitate deep relaxation through the use of yoga props including blankets straps pillows eye bags wedges and block. Supply fee: \$33 Text: \$33
5 Weeks
02/03/2025 - 03/03/2025 F 6pm-10pm Sa/Su 9am-6pm
09/29/2025 - 10/27/2025 Mon 6-10:00pm
\$400.00

Yoga - Business of Yoga

YO 455 **Class Hours: 30.00** **Credits: 1.00**

Yoga is an avenue of employment and entrepreneurship. Both options will be thoroughly explored with emphasis given to building a professional resume and teaching portfolio as well as understanding Professional Liability national memberships and local trends. Text: \$15 Supply Fee: \$50 THIS CLASS WILL BE HELD AT SWIHA
8 Weeks
04/14/2025 - 06/09/2025 M 6-9:45pm
12/15/2025 - 02/16/2026 Mon 6-9:45pm
\$600.00

Yoga Class Descriptions

Yoga - Transformational Yoga Coaching YO 506

Class Hours: 40.00

Credits: 1.75

This class is specially designed to teach you the step-by-step process of working one-on-one with people using yoga as a transformational tool. Within the practice of hatha yoga there is a hidden language of metaphors symbolism and ancient wisdom all of which can be considered 'spiritually encoded.' By tapping into the mystical messages of the asana and learning the skill of artful sensitive inquiry the body becomes a spiritual tuning rod for revelation and divine guidance. As part of the class we will journey to a nearby mountain to experience the resonance of nature and its 'divinely destined' messages. The second weekend includes the opportunity to breakthrough any wall you may experience in your life metaphorically by utilizing a large 'yoga wall' as part of your Transformational Yoga Coaching experience. The outcome of the two weekends is YOU will have the tools to expand what you offer as a yoga teacher and serve as a facilitator of healing to those called to work with you. This class is held at SWIHA; First Sunday of the class is held at Userly Mountain Regional Park at 7:30 am. The second Sunday afternoon will be held at Spirit of Yoga. Note the class is two weekends with one weekend break in between. Supply fee: \$30
2 Weekends
01/10/2025 - 01/19/2025 F 6pm-10pm Sa/Su 9am-6pm
\$800.00

Yoga - Transformational Yoga Coaching II: Yogic Bodywork YO 537

Class Hours: 20.00

Credits: 0.50

Take metaphors coaching and yoga therapy to the mat. Learn correct body mechanics a full body acupressure session completed with facilitated dialogue. Ancient and Shamanic myths are un-packed and wrapped into therapeutic transformational sessions. Supplies: \$20
5 Weeks
08/27/2025 - 09/24/2025 Wed 6-10 pm
\$400.00

Yoga - Yogic Energy Anatomy & Chakras YO 450

Class Hours: 30.00

Credits: 1.00

Yoga works with the energies in the body working toward restoration and systemic balance. The main life-force energy in yoga prana flows through seven major energetic centers known as the chakras. The seven chakras point to physical emotional and spiritual properties. This class is an overview of the body's energy centers their function and the accumulation of physical/mental impurities that affect the functioning of the body/mind experience. This course will include a practical understanding of pranayama techniques (breath work) mudra and kriya as well as meditative practices including the use of mantra as powerful tools toward spiritual and emotional cleansing. PREREQ: YTT 200 Text: \$30
8 Weeks
06/16/2025 - 08/11/2025 Mon 6-9:45pm
\$600.00

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Join us for our annual conference for personal and professional development. It's an action packed, goal focused day that culminates with your participation as a firewalker! Come for:

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- * Developing a Growth Mindset
- * Breaking Limiting Belief
- * Nervous System Recalibration with Breathwork & Somatic Repatterning
- * And so much more



Be inspired by your goals compel yourself into action and develop systems for long term sustainability and achievement in the new year. For the individuals seeking personal empowerment towards living their best life organizations building powerful and aligned teams and anyone who is willing to break through the mental & emotional barriers keeping them from beginning the journey towards what they desire most in their life and career this event is for you! This conference is a 1-day all-inclusive event to move you from vision to manifested reality. What you can expect:
- Personal Empowerment - Developing a Growth Mindset - Breaking Limiting Belief - Nervous System Recalibration with Breathwork & Somatic Repatterning - And so much more



Class Descriptions

Class Descriptions Important Key Abbreviations:

- **CEU-NCBTMB** = AZ CEU's are subject to pending approval by the AZ Massage Board; however, it is generally accepted that NCBTMB approved courses are eligible.
- **LEC** = Lecture class; bring paper, pen.
- **NA** = This class cannot be audited.
- **AUC** = Class can only be audited for credit (Pay half tuition for the class)
- **NRC** = This class is non-refundable.
- **PRERQ** = Prerequisite class required.
- **NO PRERQ** = Introductory class; no prerequisite required.
- **P\$** = Premium priced class.
- Material, Supply, and Text fees apply to date of print and are subject to change.
- All supply fees are non-refundable 14 days before class starts.
- Students auditing a class must pay supply fee, and purchase updated texts
- Low enrollment classes subject to cancelation.

All unclothed Massage Bodywork Classes require the Prerequisite MT200 Swedish Massage or a current or lapsed Massage License.

BW = Bodywork class that requires students to bring the following supplies:

- 2 sheets
- Face cradle cover
- Pillow case (for breast drape)
- Hand towel
- Bath towel
- Lotion/Oil
- Blanket (if desired to keep warm)
- Hand sanitizer

CEU

NCBTMB School Code: 032462
NCBTMB Provider Code: 450425-07
FAFSA Financial Aid School Code: 035933

A

Advanced Professional Hypnotherapy ONLINE HY 375-OL Class Hours: 10.00 Credits: 0.50

Show your clients that you have taken the time to further your education to better serve them with advanced hypnotherapy tools; stand out from other Hypnotherapists: Certified Master Hypnotherapists are considered to be at the top of their profession. The review and test can be administered at your convenience any time after you have completed your first 100 hours (HY105-OL HY205-OL & HY305-OL).

03/17/2025 - 04/20/2025
08/11/2025 - 09/14/2025
09/15/2025 - 10/19/2025
\$200.00

Online

Advanced Techniques in Hypnotherapy ONLINE HY 415-OL Class Hours: 30.00 Credits: 1.25

Students will focus on advanced techniques of working with children and couples learning parts therapy active imagination and trans-dialogue. Students will also develop a full program and presentation for group hypnosis. Group hypnosis is an excellent way to market and build your private practice. PREREQ: HY 301 or HY 305-OL

02/03/2025 - 03/09/2025
07/07/2025 - 08/10/2025
08/11/2025 - 09/14/2025
\$600.00

Online

Anatomy MT 115 Class Hours: 60.00 Credits: 4.00

This course utilizes the latest research in whole brain learning so that the basics of the skeleton muscular system and articulations may be mastered. The fundamentals of anatomy are brought to life by the use of music guided imagery rhythm dramatization games and song. This course will provide the road map to your training in massage and other bodywork. Materials Fee: \$15 Texts: \$85 8 weeks

01/22/2025 - 03/12/2025 M/W 9am-1pm
02/24/2025 - 04/14/2025 M/W 6pm-10pm
04/07/2025 - 05/28/2025 M/W 9am-1pm
05/12/2025 - 07/09/2025 M/W 6pm-10pm
06/23/2025 - 08/18/2025 M/W 9am-1pm
08/04/2025 - 09/24/2025 M/W 6pm-10pm
09/15/2025 - 11/03/2025 M/W 9am-1pm
\$1200.00

Applied Coaching Skills ONLINE LC 201-OL Class Hours: 30.00 Credits: 1.50

In this course coaches explore various theories about behavior change and motivation. These include Motivational Interviewing the Transtheoretical Model of Behavior Change and Self-Determination Theory. Students will then apply those theories using several coaching tools with practice clients. Text: \$20 PREREQ: LC 101-OL

11/11/2024 - 12/22/2024
05/26/2025 - 06/29/2025
09/15/2025 - 10/19/2025
\$600.00

Online

Angels and Guides IG 211 Class Hours: 24.00 Credits: 1.25

You will examine your readiness to meet your primary and secondary Spirit Guides practice meditations for guidance and protection and learn to live in alignment with Divine guidance and flow. The emphasis of these two weekends is to understand the full spectrum of Angels and the Angelic Realm explore the characteristics of Archangels and examine historical and contemporary Guardian Angels. You will discover the range of Ascended Masters and Guides healing Divinities and Deities and Saints and the archetypes they represent. You will also consider and explore Power Animals as Intuitive Messengers and discover your personal Power Animals and metaphors. Text: \$17 PRE-REQ: IG 111 2 weekends

03/21/2025 - 04/05/2025
10/03/2025 - 10/11/2025
\$480.00

F 6pm-10pm Sa 9am-6pm
Fri 6pm-10pm Sa 9am-6pm

Angels Guides & Ancestors ONLINE SC 201-OL Class Hours: 30.00 Credits: 1.50

The Intuitive Coach helps clients connect with their angels guides and ancestors. You will explore the characteristics of angels and the angelic realm ascended masters guides divinities deities saints power animals intuitive messengers and archetypes. You'll also practice using various divination tools to tap into a client's intuition and as a starting point for coaching conversations. Text: \$19 PREREQ: SC 101-OL

11/11/2024 - 12/22/2024
12/30/2024 - 02/02/2025
04/21/2025 - 05/25/2025
05/26/2025 - 06/29/2025
09/15/2025 - 10/19/2025
\$600.00

Online

Applied Entrepreneurship BC 542 Class Hours: 45.00 Credits: 3.00

This course explores the connections between Social Media Public Speaking and Writing as key elements all successful entrepreneurs have in common. It doesn't matter if your business plan is global or local; having a social media presence is critical to reaching your clients and growing your business. This class explores how to create the kind of effective social media strategy you will need to thrive. You will also experience online webinars and how they might expand and supplement your ability to reach clients. Along the way you will discover your own creativity and expand your writing skills as they apply to furthering your businesses. Giving effective presentations whether they are online in a lecture hall or in an elevator is the final powerful tool for reaching your potential clients and helping them to transform and meet their full potential. The class offers tips and tools on effective presentation skills and gives you a chance to practice them by presenting in a variety of formats throughout the class. Students should be at least 90% complete with their program before taking. Pre-Req: BC 540

12 weeks
11/20/2024 - 02/26/2025
03/26/2025 - 06/11/2025
06/18/2025 - 09/10/2025
10/29/2025 - 02/04/2026
\$900.00

W 6pm-9:45pm
W 6pm-9:45pm
W 6pm-9:45pm
W 6pm-9:45pm

Applied Techniques for Post-Traumatic Growth ONLINE**HY 545-OL** **Class Hours: 30.00** **Credits: 1.25**

This course is about simple and effective ways to address safe recovery from PTSD. We will explore natural strategies and holistic methods to address and manage PTSD symptoms as well as develop techniques for growing and thriving. Text: \$37 PREREQ: HY 301 or HY 305-OL

03/17/2025 - 04/20/2025
 08/11/2025 - 09/14/2025
 \$600.00

**Aromatherapy - Essential Oil Hydrating Wrap****AR 125** **Class Hours: 8.00** **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. Bring sheets bath towel and 3 hand towels PRERQ MT 200 or licensed or instructor approval. Supplies: \$20 BW (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

1 day
 01/18/2025 - 01/18/2025 Sa 9am-6pm
 06/07/2025 - 06/07/2025 Sa 9am-6pm
 \$160.00

**Aromatherapy - Foot Chakra Reflexology for Bodyworkers****AR 115** **Class Hours: 8.00** **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 clients receptivity to healing. Supplies \$20. (CEU-NCBTMB)

1 day
 01/12/2025 - 01/12/2025 Su 9am-6pm
 06/22/2025 - 06/22/2025 Su 9am-6pm
 \$160.00

**Aromatherapy - Ginger Compress****AR 109** **Class Hours: 4.00** **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. This is an excellent class for Aromatherapists Bodyworkers and Spa Therapists. Bring sheets bath towel and 3 hand towels (heating pad recommended) Supplies \$20. NOTE: Registration for this course closes the Thursday before course start. (CEU-NCBTMB)

1 day
 03/15/2025 - 03/15/2025 Sa 2pm-6pm
 07/19/2025 - 07/19/2025 Sa 2pm-6pm
 11/01/2025 - 11/01/2025 Sa 2pm-6pm
 \$80.00

**Aromatherapy - Intro****AR 100** **Class Hours: 20.00** **Credits: 1.25**

This excellent introductory course begins training students in the practice of extracting distilling and utilizing essential plant oils in order to harness their renowned psychological and physical benefits. Learn both historical and modern day uses of this 1000 year old alternative therapy the properties and methods of extraction and the differences between true and synthetic oils. Students will discover how to connect with oils for their own healing and that of their clients as well as practice blending oils and creating scents to complement massage therapy and other natural therapies. CONTRAINDICATED FOR PREGNANCY Supplies: \$124 (includes all supplies needed). (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

1 weekend
 01/03/2025 - 01/05/2025 F 6pm-10 pm Sa/Su 9am-6pm
 05/16/2025 - 05/18/2025 F 6pm-10 pm Sa/Su 9am-6pm
 5 weeks
 08/14/2025 - 09/11/2025 Th 9am-1pm
 09/12/2025 - 09/14/2025 Th 9am-1pm
 \$400.00

**Aromatherapy - Massage with Oils****AR 425** **Class Hours: 16.00** **Credits: 0.50**

Experience the connection of body mind and spirit using true essential oils. Learn how oils affect the parasympathetic and sympathetic nervous systems enhancing their role in wellness. Students will learn how to blend oils and massage this intricate system. PRE-REQ MT 200 instructor approval or must be a licensed massage therapist. Supplies: \$35. BW (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

1 weekend
 07/12/2025 - 07/13/2025 Sa/Su 9am-6pm
 \$320.00

**Aromatherapy - Mens Health****AR 114** **Class Hours: 4.00** **Credits: 0.25**

Receive specialized training on how to use essential oils to support Men's health and well-being. Also learn signature blending tips for creating a more masculine scent for products. Supply Fee \$20. NOTE: Registration for this course closes the Thursday before course start. (CEU-NCBTMB)

1 day
 04/11/2025 - 04/11/2025 F 6pm-10pm
 08/15/2025 - 08/15/2025 Fri 6pm-10pm
 \$80.00

**Aromatherapy - Pet Care****AR 117** **Class Hours: 4.00** **Credits: 0.25**

Not all pets tolerate essential oils well and the ones who do need special care in safety dosage and application. When applied properly oils can support pets physically and emotionally. Topics range from separation anxiety to flea control and first aid. Supply fee \$10. (No pets allowed in class.) NOTE: Registration for this course closes the Thursday before course start.

1 day
 06/08/2025 - 06/08/2025 Su 9am-1pm
 \$80.00

Aromatherapy - Pharmacology**AR 110** **Class Hours: 8.00** **Credits: 0.50**

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. PRERQ: AR100 (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

2 days
 02/28/2025 - 04/04/2025 F 6pm-10pm
 10/10/2025 - 11/14/2025 F 6pm-10pm
 \$160.00

**Aromatherapy - Therapeutic Touch****AR 120** **Class Hours: 8.00** **Credits: 0.25**

Bringing together the science of aromatherapy with the physical and spiritual benefits of a therapeutic touch this introductory course trains students to interact with the body's physical and energetic fields and enhance healing by skillfully incorporating essential oils into treatment. Supplies: \$20. NOTE: Registration for this course closes the Thursday before course start.

1 day
 11/09/2024 - 11/09/2024 Sa 9am-6pm
 01/11/2025 - 01/11/2025 Sa 9am-6pm
 06/21/2025 - 06/21/2025 Sa 9am-6pm
 11/08/2025 - 11/08/2025 Sa 9am-6pm
 \$160.00

Aromatherapy - Toning & Detox**AR 300** **Class Hours: 4.00** **Credits: 0.25**

This course applies aromatherapy practice to toning and detoxification treatments. Learn the properties and uses of essential oils and ways 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. This is a detailed aromatherapy lecture class. Supplies: \$20. (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

1 day
 11/02/2024 - 11/02/2024 Sa 9a-1pm
 03/15/2025 - 03/15/2025 Sa 9a-1pm
 07/19/2025 - 07/19/2025 Sa 9a-1pm
 11/01/2025 - 11/01/2025 Sa 9a-1pm
 \$80.00

**Aromatherapy - Wellness for Women****AR 118** **Class Hours: 8.00** **Credits: 0.25**

Study specific uses and applications of individual oils and blends for women's health issues including imbalances during hormone cycles such as PMS and menopausal symptoms stress management heart and bone health. This is a great class for Aromatherapy students and practitioners and holistic health care professionals specializing in women's wellness. Supplies \$20. (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

1 day
 04/12/2025 - 04/12/2025 Sa 9am-6pm
 08/16/2025 - 08/16/2025 Sa 9am-6pm
 \$160.00



Aromatherapy for the Spirit

AR 106 **Class Hours: 20.00** **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 clients 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: \$75 Text:\$20 NOTE: Registration for this course closes the Thursday before course start.
 1 weekend
 02/07/2025 - 02/09/2025 F 6pm-10 pm Sa/Su 9am-6pm
 08/08/2025 - 08/10/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Aromatherapy of the Spirit & Flower Essences ONLINE

AR 107-OL **Class Hours: 30.00** **Credits: 1.50**
 Essential oils and flower essences can add an important layer to work with clients. However full-strength essential oils can be triggering for clients during hypnotherapy sessions and overstimulating to some people during rituals and ceremonies. In this course you'll learn how to safely use both essential oils and flower essences for protection empowerment emotional well-being 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. Text: \$20 Kit: \$70
 12/30/2024 - 02/02/2025
 02/03/2025 - 03/09/2025
 03/17/2025 - 04/20/2025
 05/26/2025 - 06/29/2025
 07/07/2025 - 08/10/2025
 08/11/2025 - 09/14/2025
 \$600.00



Aromatherapy-Advanced

AR 101 **Class Hours: 32.00** **Credits: 2.00**
 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. Pre-Req: AR 100. CONTRAINDICATED FOR PREGNANCY (CEU-NCBTMB) Text: Same as AR 100 Supplies: \$135 NOTE: Registration closes the Thursday before course start.
 2 weekends
 03/01/2025 - 04/06/2025 Sa/Su 9am-6pm
 10/11/2025 - 11/16/2025 Sa/Su 9am-6pm
 \$640.00



Auriculotherapy

EL 146 **Class Hours: 20.00** **Credits: 1.00**
 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. Course includes exploring master points emotional points and specific protocols are taught including addiction relief. Supplies: Students must bring two hand towels for use during class. Supplies: \$50 (CEU-NCBTMB)
 5 weeks
 07/18/2025 - 08/15/2025 F 9am-1pm
 12/12/2025 - 12/14/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00



Auriculotherapy for Hypnotherapists ONLINE

AR 122-OL **Class Hours: 40.00** **Credits: 2.00**
 Based on the ancient Chinese practice of acupuncture Auriculotherapy is sometimes referred to as "ear reflexology." It is a therapeutic intervention in which the ear is stimulated to alleviate emotional imbalances and health conditions in other parts of the body. Specific protocols include The Master Change Protocol weight management smoking abatement prosperity programming and Dimensionality Protocol. Special attention will be given to how hypnotherapists can use this modality with clients safely and ethically. Text: \$20, Kit \$20. PREREQ: AR 107-OL
 03/17/2025 - 04/20/2025
 08/11/2025 - 09/14/2025
 \$800.00



Baby Craniosacral Therapy

CB 420 **Class Hours: 12.00** **Credits: 0.25**
 Baby Craniosacral Therapy (BCST) is designed to teach Craniosacral Unwinding practitioners as well as massage therapists and birth doulas to release the fascia (connective tissue) of the infant or toddler's body. Recognizing the monumental process of the soul coming into human form BCST has been proven to help with nursing and sleep issues colic gas and reflux teething conditions of the nervous system babies who favor turning their heads to one side and other structural conditions birth issues and traumas. By assessing and deeply listening to what is being communicated practitioners can assist a baby in acclimating and fully inhabiting their body. Infant and toddlers rest fully clothed on a massage table or in the caregiver's lap. The touch is very gentle and the conversation with the caregiver is flowing and empowering. Most children find the sessions to be deeply relaxing and will often sleep more deeply and for longer stretches after a BCST session. Pre-Req: PC 850
 1 weekend
 04/26/2025 - 04/27/2025 Sa/Su 9am-4pm
 10/04/2025 - 10/05/2025 Sa/Su 9am-4pm
 \$240.00

Baby Touch

CB 410 **Class Hours: 12.00** **Credits: 0.25**
 Massage Therapists and Birth Doulas are taught how to teach parents and 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 caregivers and infants. Please bring a life-sized baby doll to learn and practice techniques. Invite a parent and infant to class on Saturday & Sunday afternoons. Pre-Req: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)
 1 weekend
 05/03/2025 - 05/04/2025 Sa/Su 9am-4pm
 09/13/2025 - 09/14/2025 Sa/Su 9am-4pm
 \$240.00



Botany

SC 250 **Class Hours: 45.00** **Credits: 3.00**
 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. Texts: \$56 Material fee: \$16.
 3 weekends
 01/25/2025 - 03/23/2025 Sa/Su 9am-5:30pm
 \$900.00

Breast Health - Intro

TE 146 **Class Hours: 8.00** **Credits: 0.50**
 Breast health is a part of every woman's wellness as well as a way to release the stress held in the pectoral and rhomboid muscles. You will receive an overview of the lymphatic system specific to the breast as well as demonstrate and practice lymphatic brushing and a lymphatic breast flush protocol. You will deepen your understanding of pectoral anatomy and how to best work with the underlying muscles that create neck back and upper chest relief to provide easy breathing and the release of muscular tension. Additional topics covered include techniques for working with breast implants and scar tissue. Aromatherapy recommendations are included. You will discuss how to prepare for possible emotional releases that may be experienced when working directly over the heart chakra. Bring two sheets lotion bolster two small towels. PRE-REQ: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB) Supply Fee: \$10
 2 weeks
 01/23/2025 - 01/30/2025 Th 9am-1pm
 04/29/2025 - 05/06/2025 Tu 6pm-10pm
 11/05/2025 - 11/12/2025 W 9am-1pm
 \$160.00



Building Resiliency & Stress Management

TC 150 **Class Hours: 24.00** **Credits: 1.50**
 In this course you will explore the nature of optimism and pessimism in resiliency and its application to various populations. You will learn the adversity evaluation and the dis-entanglement of emotions model and develop skills and strategies to prevent destructive behavior such as 'thinking traps' and cognitive distortion (catastrophizing). You will understand the elements and effects of stress physically emotionally mentally and spiritually with skills to avoid the negative effects of stress and how to present the materials to others. You will experiment with breathing and focusing techniques and its applications for your private practice. Text: \$18
 6 weeks
 01/08/2025 - 02/12/2025 W 6pm-10pm
 03/10/2025 - 04/14/2025 M 6pm-10pm
 07/30/2025 - 09/03/2025 W 6pm-10pm
 \$480.00

Business Development & Entrepreneurial Support

BC 540 **Class Hours: 40.00** **Credits: 2.25**

This course is designed for the student who has completed 75% or more of their program and is ready to start or grow their holistic practice. This course is focused on the implementation of effective marketing and action steps to create a plan of how each individual will "show up" in their desired market. 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. Supply Fee: \$32 Text: \$20 (CEU-NCBTMB)

10 weeks
01/06/2025 - 03/17/2025 M 6pm-10pm
03/24/2025 - 06/02/2025 M 6pm-10pm
08/11/2025 - 10/20/2025 M 6pm-10pm
\$800.00



Business in Action

BC 543 **Class Hours: 20.00** **Credits: 1.00**

Unlock your potential with this transformative course that equips individuals with the tools to overcome blocks breakthrough limiting beliefs and successfully launch a thriving professional practice. Drawing upon the knowledge gained in prior SWIHA business courses (BC 540 and BC 542) participants will embark on a guided step-by-step journey implementing SWIHA's Signature Business-in-box. By fostering a powerful internal shift from practitioner to thriving professional this course empowers individuals to turn their dreams into vibrant realities. Pre-Req: BC 540 & BC 542.

5 weeks
02/06/2025 - 03/06/2025 Th 6pm-10pm
05/13/2025 - 06/10/2025 T 6pm-10pm
09/17/2025 - 10/15/2025 W 6pm-10pm
\$400.00

Business of Intuitive Guidance

IG 401 **Class Hours: 20.00** **Credits: 1.25**

Learn the business of Intuitive Guidance! This course offers you the essential business elements to form your practice as a holistic practitioner. You learn how to move from inception into action and success with prosperity consciousness. Pre-Req: IG 301

1 weekend
01/03/2025 - 01/05/2025 F 6pm-10 pm Sa/Su 9am-6pm
05/30/2025 - 06/01/2025 F 6pm-10 pm Sa/Su 9am-6pm
12/12/2025 - 12/14/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

Business Practices for Massage Therapists

BC 304 **Class Hours: 20.00** **Credits: 1.25**

This course delves into professionalism & best practices. Whether you plan to work for yourself or as an employee or contractor it will help you develop SMART Goals as well as highlight your Strengths Challenges Opportunities Tendencies and Trends. You will develop your own professional Code of Ethics and practice navigating ethical dilemmas. Upon completion you'll have a finished resume cover letter and many other tools to help you reach your professional goals in the field of massage therapy. FOR MASSAGE PROGRAM STUDENTS ONLY. NOT FOR CEU.

5 weeks
02/24/2025 - 03/24/2025 M 9am-1pm
03/25/2025 - 04/22/2025 T 6pm-10pm
10/20/2025 - 11/17/2025 M 9am-1pm
10/21/2025 - 11/18/2025 T 6pm-10pm
\$400.00



Canine Massage

EL 600 **Class Hours: 4.00** **Credits: 0.25**

Learn to massage healthy dogs for the benefit of relaxation and calming. Discover the difference between 'just petting' an animal and applying a step-by-step canine massage protocol with a wide variety of strokes including a 'walk & work' routine. Review the contraindications of canine massage and learn how to give a 'therapeutic touch' treatment focusing on the animal's chakra areas. Bring a real dog or a stuffed dog of your own along with a sheet mat or blanket for them. Dogs must be obedience trained; aggressive dogs will be asked to leave the class to ensure a safe space for everyone. CLASS SIZE WILL BE LIMITED TO 12 PEOPLE. (CEU-NCBTMB)

1 day
11/02/2024 - 11/02/2024 Sa 9a-1pm
02/22/2025 - 02/22/2025 Sa 9a-1pm
06/07/2025 - 06/07/2025 Sa 9a-1pm
\$80.00



Carpal Tunnel/Thoracic Outlet Release

TE 160 **Class Hours: 8.00** **Credits: 0.25**

This course teaches the 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. PRE-REQ: MT 200 SWEDISH OR LICENSED BW (Please bring required BW supplies plus 2 standard sized pillows) (CEU-NCBTMB)

1 day
03/09/2025 - 03/09/2025 Su 9am-6pm
05/12/2025 - 05/19/2025 M 9am-1pm
\$160.00



Celebrate Your Light - Celebrant & Ordination Preparation ONLINE

SP 465-OL **Class Hours: 0.00** **Credits: 0.00**

Students of the Spiritual Studies program have the option of becoming officially ordained as a Minister or Celebrant. Ordination culminates with a biosketch and a service project. PREREQ: Completion of Online in-program Spiritual Studies Concentration (200 course hours). Fee: \$150 Supply for stole \$50 total \$200

11/11/2024 - 11/11/2024
01/01/2025 - 12/31/2025
02/03/2025 - 02/03/2025
04/21/2025 - 05/25/2025
07/07/2025 - 08/10/2025
\$0.00



Coaching the Hero Within

TC 120 **Class Hours: 24.00** **Credits: 1.50**

Learn to recognize the developmental stages and archetypes of clients' growth. You will explore areas of human development from infancy to late adulthood through a transpersonal lens by exploring in-depth the eight steps of the hero's journey. Text: \$22

6 weeks
11/04/2024 - 12/16/2024 M 6pm-10pm
03/05/2025 - 04/09/2025 W 6pm-10pm
07/28/2025 - 09/08/2025 M 6pm-10pm
\$480.00

Cognitive Well-Being & Social Responsibility ONLINE

TP 115-OL **Class Hours: 25.00** **Credits: 1.50**

We are living in a unique era. We have access to information at our fingertips yet not all of that information is accurate. How do we differentiate between known fact possibility bias manipulation propaganda misinformation and intentional disinformation? How do we become the spiritual and social leaders that we would've wanted for ourselves? This course uses the tools of critical thinking ethical decision-making and compassion to find a balance between individual rights and social responsibilities. Text: \$18

11/11/2024 - 12/22/2024
03/17/2025 - 04/20/2025
04/21/2025 - 05/25/2025
05/26/2025 - 06/29/2025
08/11/2025 - 09/14/2025
\$500.00



Comprehensive CPR

MT 540 **Class Hours: 5.00** **Credits: 0.25**

Learn these life-saving techniques which are recommended for everybody! CPR e-card will be ordered upon successful completion of the class. Payment in full at time of registration. LATE STUDENTS WILL NOT BE ADMITTED. Supplies: \$26 includes textbook. Textbook required at the beginning of class. (AZ-CEU eligible.) Not eligible for NCBTMB CE. NON-REFUNDABLE NA

1 day
12/11/2024 - 12/11/2024 W 9am-2pm
01/26/2025 - 01/26/2025 Su 9am-2pm
02/22/2025 - 02/22/2025 Sa 9am-2pm
04/05/2025 - 04/05/2025 Sa 9am-2pm
05/05/2025 - 05/05/2025 M 9am-2pm
07/20/2025 - 07/20/2025 Su 9am-2pm
\$100.00

Conscious Living & Urban Farming

CC 450 **Class Hours: 30.00** **Credits: 2.00**

Learn the foundations of how to plan implement and maintain your own garden through the lens of sustainability practices. With the growing concern and impact of global warming students will learn how to impact the health and well-being of individuals and the world. Discussed topics will include toxicity and healthy solutions for the air we breathe the food we eat and the water we drink. A sustainable approach is used to learn all the basics as well as water harvesting seed saving tool usage and harvesting the food that has been grown. Text: \$38 Supplies: \$35

8 weeks
10/23/2025 - 12/18/2025 Th 6-9:45pm
\$600.00

Corporate Chair

MT 301 **Class Hours: 8.00** **Credits: 0.25**
 Expand your Chair Massage knowledge & integrate trigger point work stretches and the use of tools into your work. Explore ways to market Chair Massage & enhance your practice too! Bring a face cradle cover or pillow case and a hand towel. PRERQ: MT 200 or Licensed (CEU-NCBTMB)
 1 day
 03/15/2025 - 03/15/2025 Sa 9am-6pm
 05/09/2025 - 05/16/2025 Fri 9am-1pm.
 10/04/2025 - 10/04/2025 Sa 9am-6pm
 \$160.00

CEU**Cranial Anatomy - Listening Skills**

PC 855 **Class Hours: 16.00** **Credits: 0.75**
 This class entails the fundamentals of cranial anatomy taken to a deeper level through listening skills. Learn the anatomy and palpation skills to potentize the Craniosacral System for total health. PRE-REQ: PC 850 AUC
 1 weekend
 11/23/2024 - 11/24/2024 Sa/Su 9am-6pm
 06/14/2025 - 06/15/2025 Sa/Su 9am-6pm
 10/25/2025 - 10/26/2025 Sa/Su 9am-6pm
 \$320.00

Cranial Unwinding - Clinic

PC 961 **Class Hours: 30.00** **Credits: 0.50**
 Polarity and Cranial Clinic provides students the opportunity to practice their skills in a supervised setting. Students will provide sessions to the public with support from the Polarity/Cranial Instructor. Case supervision and consultation will be held between sessions in order for student to fully integrate their experience of providing Polarity or Cranial sessions to the public. PRE-REQ: PC 850 + PC 200 + PC 400 AUC
 2 weekends
 12/07/2024 - 12/15/2024 Sa 9am-6pm Su 9am-5pm
 04/05/2025 - 04/13/2025 Sa 9am-6pm Su 9am-5pm
 07/26/2025 - 08/03/2025 Sa 9am-6pm Su 9am-5pm
 \$600.00

Cranial Unwinding I

PC 850 **Class Hours: 20.00** **Credits: 1.00**
 The craniosacral rhythms are at the core 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. BW (CEU-NCBTMB)
 5 weeks
 01/23/2025 - 02/20/2025 Th 9am-1pm
 04/10/2025 - 05/08/2025 Th 9am-1pm
 06/26/2025 - 07/31/2025 Th 9am-1pm
 1 weekend
 04/04/2025 - 04/06/2025 F 6pm-10 pm Sa/Su 9am-6pm
 06/20/2025 - 06/22/2025 F 6pm-10 pm Sa/Su 9am-6pm
 09/12/2025 - 09/14/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

CEU**Cranial Unwinding II**

PC 860 **Class Hours: 24.00** **Credits: 1.00**
 Students gain a deeper appreciation of the cranial bones and the palpatory art of unwinding. Class focuses on physical and energetic techniques for still point induction strain and counter strain direction of energy and introduction to the facial bones. PRERQ: PC 850 Cranial Unwinding I. BW (CEU-NCBTMB) AUC
 1 weekend
 11/15/2024 - 11/17/2024 F-Su 9am-6pm
 05/30/2025 - 06/01/2025 F-Su 9am-6pm
 10/17/2025 - 10/19/2025 F-Su 9am-6pm
 \$480.00

CEU**Cranial Unwinding III**

PC 870 **Class Hours: 24.00** **Credits: 1.00**
 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. Class objectives include: understanding scope of practice cycle of energy process review of Craniosacral Anatomy experience energy process related to client's presenting issue perform sessions to tune into CSS understand Arcing learn to dialogue with an energy cyst explore Compression and more. PRE-REQ: PC 850 (CEU-NCBTMB) AUC
 1 weekend
 01/17/2025 - 01/19/2025 F-Su 9am-6pm
 08/08/2025 - 08/10/2025 F-Su 9am-6pm
 \$480.00

CEU**Cranial Unwinding IV**

PC 880 **Class Hours: 24.00** **Credits: 1.00**
 This class entails deepening exploration of advanced unwinding Techniques from different Schools of Cranial. Vector Axis Alignment Point of Balanced Tension and Strain Counterstrain are explored in the context of unwinding trauma/injury and restoring Craniosacral and body alignment/function. PRE-REQ: PC 850 (CEU-NCBTMB) AUC
 1 weekend
 03/07/2025 - 03/09/2025 F-Su 9am-6pm
 09/05/2025 - 09/07/2025 F-Su 9am-6pm
 \$480.00

CEU**D****Death Dying & Afterlife**

DD 101 **Class Hours: 30.00** **Credits: 1.75**
 The last great mystery of human life is death. And no matter how much we deny fear or try to avoid the inevitable; death eventually comes to us all. We will discuss the integrative approaches of palliative and hospice care as well as spiritual beliefs about life death and the afterlife. During this process you may confront your own feelings about death and dying and determine what "dying well" means for you personally. Supply Fee: \$25 Text: \$38
 8 weeks
 10/07/2025 - 12/02/2025 T 6pm-9:45pm
 \$600.00

Death Dying & the Afterlife ONLINE

DD 101-OL **Class Hours: 30.00** **Credits: 1.75**
 The last great mystery of human life is death. And no matter how much we deny fear or try to avoid the inevitable; death eventually comes to us all. We will discuss the integrative approaches of palliative and hospice care as well as spiritual beliefs about life death and the afterlife. During this process you may confront your own feelings about death and dying and determine what "dying well" means for you personally. Text: \$57
 02/03/2025 - 03/09/2025
 03/17/2025 - 04/20/2025
 07/07/2025 - 08/10/2025
 \$600.00

*Online***Deep Tissue Sculpting**

TE 220 **Class Hours: 24.00** **Credits: 0.75**
 Deep tissue sculpting affects the deeper structures of the musculoskeletal system the skin and more superficial fascia through deep slow compressions and strokes. Students will learn the philosophy and physiological effects of Deep Tissue Sculpting set up and ergonomics for the massage therapist as well as demonstrate various protocols. Supply Fee: \$13 Pre-Req: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
 6 weeks
 01/21/2025 - 02/25/2025 Tu 9am-1pm
 03/26/2025 - 04/30/2025 W 6pm-10pm
 09/16/2025 - 10/21/2025 Tu 9am-1pm
 \$480.00

CEU**Dreams & Metaphors ONLINE**

HY 477-OL **Class Hours: 30.00** **Credits: 1.25**
 Dreams and Metaphors are powerful tools for understanding who we are and what we are about. This course explores the depths of our subconscious mind through the work of hypnosis and the art of the metaphor. Students will explore techniques developed by Milton Erickson as well as contributions by Fritz Pearls Carl Jung and others. Students will learn to use metaphors dreams and storytelling as a vehicle for assisting clients in clarifying their ability to imagine what they want and transform into the art of manifestation. Text: \$20. PREREQ: HY 301 or HY 305-OL
 11/11/2024 - 12/22/2024
 04/21/2025 - 05/25/2025
 09/15/2025 - 10/19/2025
 \$600.00

*Online***E****Earth Ceremonies ONLINE**

BE 101-OL **Class Hours: 30.00** **Credits: 1.50**
 This class teaches the student modern-day applications of herbs in sacred earth rituals just as they have been used in healing cleansing and blessing ceremonies around the world for centuries. Students will explore connections between plant life and the seasons of the earth in relation to the sun. Supply Fee: \$10 Text & kit: \$114
 02/03/2025 - 03/09/2025
 07/07/2025 - 08/10/2025
 \$600.00

Online

East Indian Head Acupressure**RF 218** **Class Hours: 8.00** **Credits: 0.25**

This class honors the holograms of the head utilizing the marma points - the places on the head where two or more types of tissue meet such as muscles veins ligaments bones or joints. The marma points are much more than a causal connection of tissue and fluids; they are intersections of the vital life force and prana or breath. According to Ayurveda theory marma points are where consciousness meets matter and where deep silence resides in the body. The protocol taught is part science and part the art of 'holding space' for deep relaxation and transformation. The protocol will be taught for adaptation to a corporate chair routine or for use in therapeutic massage of reflexology session. Please bring a towel. **SUPPLIES: \$5 (CEU-NCBTMB)**

1 day
 11/10/2024 - 11/10/2024 Su 9am-6pm
 04/13/2025 - 04/13/2025 Su 9am-6pm
 07/13/2025 - 07/13/2025 Su 9am-6pm
 \$160.00

CEU**EFT Introduction / EFT Level I****HY 340** **Class Hours: 8.00** **Credits: 0.25**

Open to everyone EFT Introduction/EFT Level I is a basic course designed to familiarize the students with the concept and basic protocol of Emotional Freedom Techniques. EFT utilizes fingertip tapping on specific meridian points while holding awareness of a physical or emotional pain or problem. This course covers the history philosophy and components of the EFT process the basic protocol and its application assessment and testing tools to determine progress as well as case histories and how to treat self others and stubborn cases.

1 day
 11/09/2024 - 11/09/2024 Sa 9am-6pm
 02/22/2025 - 02/22/2025 Sa 9am-6pm
 11/08/2025 - 11/08/2025 Sa 9am-6pm
 \$160.00

Elder Touch - Medical**TE 302** **Class Hours: 16.00** **Credits: 0.50**

Experience 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. **PRERQ: MT 200 SWEDISH BW (CEU-NCBTMB)**

4 weeks
 04/07/2025 - 04/28/2025 M 9am-1pm
 06/04/2025 - 06/25/2025 W 6pm-10pm
 12/08/2025 - 01/12/2026 M 9am-1pm
 \$320.00

CEU**End of Life Rituals & Ceremonies****DD 301** **Class Hours: 40.00** **Credits: 2.00**

End-of-life ceremonies and rituals provide an opportunity to cultivate meaning honor the transition between life and death remember and release. Doulas have the opportunity to incorporate ceremony and ritual into the entire dying process. Students will explore ways to personalize end-of-life ceremonies to align with the client s values purpose and personality. **Pre-Req: DD 101**

10 weeks
 02/11/2025 - 04/15/2025 Tu 6pm-10pm
 \$800.00

End of Life Rituals & Ceremonies ONLINE**DD 301-OL** **Class Hours: 40.00** **Credits: 2.00**

End-of-life ceremonies and rituals provide an opportunity to cultivate meaning honor the transition between life and death remember and release. Doulas have the opportunity to incorporate ceremony and ritual into the entire dying process. Students will explore ways to personalize end-of-life ceremonies to align with the client s values purpose and personality. **PRERQ: DD 101-OL**

11/11/2024 - 12/22/2024
 04/21/2025 - 05/25/2025
 05/26/2025 - 06/29/2025
 \$800.00

*Online***Energetic Acupressure - Intro****EC 106** **Class Hours: 16.00** **Credits: 0.50**

The healthy body is one in which energy flows freely especially along energetic pathways known as meridians. In this introductory acupressure class three major meridians flows will be taught also with strategic potent points for physical and emotional release and relaxation. Various reflexology holograms will be included in the protocol. This is a fully clothed hands-on modality and can easily be complementary to other bodywork. **No PRE-REQ. Bring sheets to class. BW (CEU-NCBTMB)**

1 weekend
 11/23/2024 - 11/24/2024 Sa/Su 9am-6pm
 02/01/2025 - 02/02/2025 Sa/Su 9am-6pm
 08/02/2025 - 08/03/2025 Sa/Su 9am-6pm
 \$320.00

CEU**Energetic Healing for Spiritual Guides ONLINE****SP 145-OL** **Class Hours: 30.00** **Credits: 1.50**

Spiritual energy flows through and between everything that is. In this course students will explore ways to receive and utilize renewable energy from Source rather than mining the last drops of energy from limited sources. Students will learn how to keep the energy flowing through the body with daily routines and tools like sound vibration crystals and light waves. **PRERQ: SP 162-OL**

12/30/2024 - 02/02/2025
 03/17/2025 - 04/20/2025
 07/07/2025 - 08/10/2025
 08/11/2025 - 09/14/2025
 \$600.00

*Online***Energy Healing & Hypnosis ONLINE****HY 345-OL** **Class Hours: 10.00** **Credits: 0.50**

During hypnotherapy clients are in an altered state of consciousness. In this state energy has an intense direct effect on the experience. In this course you'll learn how to intentionally direct the energy through mindset sound vibrations aromatherapy and other tools. You'll also learn some homework exercises you can teach clients to use between sessions. **PRERQ: HY 301 or HY 305-OL**

03/17/2025 - 04/20/2025
 08/11/2025 - 09/14/2025
 09/15/2025 - 10/19/2025
 \$200.00

*Online***Entrepreneurs Journey 1: Departure ONLINE****HE 101-OL** **Class Hours: 30.00** **Credits: 2.00**

This course invites you to depart on your own "Hero's Journey" - inviting you as a Healing Arts Professional or Health & Wellness Coach to step out on the path of becoming a Holistic Entrepreneur. You will examine and potentially reframe your mindset around your relationship to money business and making a difference in the world! You will have the opportunity to develop a mentoring relationship with your instructor who will also serve as your success coach. In this first of four courses in the Holistic Entrepreneurial Suite you will be coached through the first four stages of entrepreneurship. **Text: \$40**

11/11/2024 - 12/22/2024
 02/03/2025 - 03/09/2025
 04/21/2025 - 05/25/2025
 07/07/2025 - 08/10/2025
 08/11/2025 - 09/14/2025
 09/15/2025 - 10/19/2025
 \$600.00

*Online***Entrepreneurs Journey 2: Initiation ONLINE****HE 102-OL** **Class Hours: 30.00** **Credits: 1.75**

In this course you'll continue on the Entrepreneur's Journey by facing such challenges as registering your business name designing your website financial management and making tough decisions. **Text: (same text as HE 101-OL)**

12/30/2024 - 02/02/2025
 02/03/2025 - 03/09/2025
 03/17/2025 - 04/20/2025
 05/26/2025 - 06/29/2025
 07/07/2025 - 08/10/2025
 08/11/2025 - 09/14/2025
 \$600.00

*Online***Entrepreneurs Journey 3: Return ONLINE****HE 103-OL** **Class Hours: 30.00** **Credits: 1.75**

In this course you will be coached through the last four stages of the Entrepreneur's Journey - The Return. You'll begin to see yourself as both a Coach/ Practitioner and as a Holistic Entrepreneur seeing ways that those two identities can integrate within your values and daily actions. By the end of the class you will have published your website shared your gifts with the world in a loving and profitable way and be prepared to answer the call to your next journey. **Text: (same text as HE 101-OL)**

11/11/2024 - 12/22/2024
 02/03/2025 - 03/09/2025
 04/21/2025 - 05/25/2025
 07/07/2025 - 08/10/2025
 09/15/2025 - 10/19/2025
 \$600.00

*Online***Ethics for Massage Therapists****BC 301** **Class Hours: 8.00** **Credits: 0.50**

Refresh and renew your understanding of professional ethics and boundaries for body workers. Define ethical practices write your own business code of ethics review different laws and how they affect a therapist and understand the importance of proper draping. **(CEU-NCBTMB)**

2 weeks
 02/26/2025 - 03/05/2025 W 9am-1pm
 03/31/2025 - 04/07/2025 M 6pm-10pm
 10/22/2025 - 10/29/2025 W 9am-1pm
 \$160.00

CEU**38 Class Descriptions**

Exploring the Ancestral Web of Belonging ONLINE**SP 156-OL** **Class Hours: 30.00** **Credits: 1.50**

If we go back far enough our family trees become interconnected webs of belonging. Students will examine this web with vulnerability and grace finding forgiveness for ancestors both near and distant who were doing the best that they could in the moment. Students will explore ways to honor the past welcome belonging in the present and envision an integrated community of the future.

Text: Same as SP 152-OL + \$49 PREREQ: SP 152-OL

03/17/2025 - 04/20/2025

04/21/2025 - 05/25/2025

07/07/2025 - 08/10/2025

09/15/2025 - 10/19/2025

\$600.00

Online

**Face-Lift Acupressure****EL 220** **Class Hours: 4.00** **Credits: 0.25**

Discover the 15 minute acupressure face lift techniques that can be used to slow down or reverse the aging process we all experience. By using face lift points associated with the facial meridians one can gain immediate results that will help rejuvenate the muscles around the eyes and diminish wrinkles. Through supportive lifestyle practices such as proper diet and nutrition positive thoughts and emotional well-being good breathing and sleeping habits use of vitamin and mineral supplements exercise and a skin care program one can also learn how these habits will help maintain a youthful look. (CEU-NCBTMB)

1 day

11/22/2024 - 11/22/2024

F 6pm-10pm

01/31/2025 - 01/31/2025

F 6pm-10pm

08/01/2025 - 08/01/2025

F 6pm-10pm

\$80.00

CEU

Fears Phobias & Addictions ONLINE**HY 316-OL** **Class Hours: 30.00** **Credits: 1.25**

Fears phobias and habits extensively and counterproductively 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 and the emotional history of clients paralyzing and damaging fears and phobias. Assessment tools and pragmatic trance state techniques will be emphasized throughout the course. PREREQ: HY 301 or HY 305-OL

11/11/2024 - 12/22/2024

04/21/2025 - 05/25/2025

05/26/2025 - 06/29/2025

09/15/2025 - 10/19/2025

\$600.00

Online

Fibromyalgia Therapy**TE 260** **Class Hours: 16.00** **Credits: 0.50**

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. PREREQ: MT 200 SWED-ISH OR LICENSED BW (CEU-NCBTMB)

4 weeks

11/02/2024 - 11/03/2024

Sa/Su 9am-6pm

02/25/2025 - 03/18/2025

Tu 6pm-10pm

05/07/2025 - 05/28/2025

W 9am-1pm

\$320.00

CEU

First Aid**MT 520** **Class Hours: 7.00** **Credits: 0.25**

First Aid Certification. Payment in full is required at time of registration. Supplies \$10. LATE STUDENTS WILL NOT BE ADMITTED. **AZ CEU is only eligible for 4 hours of CE credit.** NA NON REFUNDABLE

1 day

01/25/2025 - 01/25/2025

Sa 9am-5pm

02/15/2025 - 02/15/2025

Sa 9am-5pm

05/10/2025 - 05/10/2025

Sa 9am-5pm

2 weeks

04/02/2025 - 04/03/2025

W/Th 9am-12:30pm

\$140.00

Flower Essences**AR 132** **Class Hours: 16.00** **Credits: 1.00**

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. NOTE: Registration for this course closes the Thursday before course start.

1 weekend

10/04/2025 - 10/05/2025

Sa/Su 9am-6pm

\$320.00

Foundations of Hypnotherapy Level I ONLINE**HY 105-OL** **Class Hours: 30.00** **Credits: 1.75**

This is course is an introduction to the subject of hypnosis. The history theory and evolution of this most interesting subject is explored in-depth and you will observe and practice introductory hypnosis techniques. Text: \$30. Supply fee: \$10

12/30/2024 - 02/02/2025

02/03/2025 - 03/09/2025

05/26/2025 - 06/29/2025

10/20/2025 - 11/23/2025

\$600.00

Online

Foundations of Hypnotherapy Level II ONLINE**HY 205-OL** **Class Hours: 30.00** **Credits: 1.50**

This course offers a natural continuation of Hypnotherapy I. Advanced topics will be reviewed as students receive more in-depth information on the subject. As students information and theory base increase so will their competence as a hypnotherapist. Text: \$28. Supply fee: \$10 PREREQ: HY 101 or HY 105-OL

02/03/2025 - 03/09/2025

03/17/2025 - 04/20/2025

07/07/2025 - 08/10/2025

12/01/2025 - 01/04/2026

\$600.00

Online

Foundations of Hypnotherapy Level III ONLINE**HY 305-OL** **Class Hours: 40.00** **Credits: 1.75**

This course is a capstone experience preparing students to begin the practice of Hypnotherapy. Emphasis is on skill development and competence in specific areas of hypnosis. The topics of professional boundaries ethics marketing and business development will also be discussed. Text: \$40 PREREQ: HY 201 or HY 205-OL

03/17/2025 - 04/20/2025

04/21/2025 - 05/25/2025

08/11/2025 - 09/14/2025

\$800.00

Online

Foundations of Intuitive Coaching ONLINE**SC 101-OL** **Class Hours: 30.00** **Credits: 1.50**

The foundation of spiritual coaching is the intuition that arises when coach and client connect energetically with each other and with Source. In this course you will begin to access and develop your intuition determine your divine communication style(s) and explore the channels of divine communication. Text: \$18

11/11/2024 - 12/22/2024

03/17/2025 - 04/20/2025

04/21/2025 - 05/25/2025

08/11/2025 - 09/14/2025

09/15/2025 - 10/19/2025

\$600.00

Online

Foundations of Life Coaching ONLINE**LC 101-OL** **Class Hours: 30.00** **Credits: 1.75**

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 foundational course introduces the common philosophies and objectives of client-centered coaching. This highly experiential class details multiple assessment tools tailored to the client's individual needs. Text: \$43

03/17/2025 - 04/20/2025

04/21/2025 - 05/25/2025

08/11/2025 - 09/14/2025

\$600.00

Online

Foundations of Mindful Eating**MF 105** **Class Hours: 30.00** **Credits: 1.75**

This introductory mindfulness course builds awareness and the ability to discern the difference between the nine kinds of hunger that are felt in the body. In addition to foundational concepts of mindful eating you will use the regulation tool of tapping (also known as EFT) for reframing limiting beliefs that arise along with those nine hungers. You'll also practice varied ways to satisfy those nine hungers through eating and other behaviors. Pre-Req: HN 121 Text \$17

8 weeks

02/12/2025 - 04/02/2025

W 6pm-9:45pm

07/22/2025 - 09/09/2025

Tu 6pm-9:45pm

\$600.00

Shift your perception
of the world and others will never
perceive you the same!

**GRIT for Success ONLINE****TP 106-OL** **Class Hours: 30.00** **Credits: 2.00**

What is it that makes some people keep going no matter how many times they fall down? GRIT is the combination of perseverance passion tenacity resilience growth mindset courage conscientiousness endurance conviction and commitment. GRIT keeps someone working toward their long-term goals no matter how many obstacles they encounter. And GRIT can be developed. In this class you will recognize and cultivate those habits and beliefs that will help you complete your education at SWIHA as well as share your gifts and graces with the world in a loving and profitable way. Text: \$19. NO PRERQ.

02/03/2025 - 03/09/2025
 03/17/2025 - 04/20/2025
 04/21/2025 - 05/25/2025
 05/26/2025 - 06/29/2025
 07/07/2025 - 08/10/2025
 08/11/2025 - 09/14/2025
 09/15/2025 - 10/19/2025
 \$600.00

*Online***GRIT: Student Journey ONLINE****TP 107-OL** **Class Hours: 15.00** **Credits: 1.00**

The SWIHA Student Journey follows a predictable pattern for most students. Knowing the pattern of the Heros Journey normalizes it. It's easier to endure dips in the journey when you know most people share your experience. This course provides an opportunity to exhale together regroup and revisit the concepts of GRIT: Growth Mindset Resilience Integration and Tenacity. What does GRIT mean for you at this stage in your journey and how can you apply it in your Health & Wellness Coaching practice? Text: \$18 (Same as HE 201-OL) PRE-REQ: TP 105-OL or TP 106-OL

12/30/2024 - 02/02/2025
 04/21/2025 - 05/25/2025
 05/26/2025 - 06/29/2025
 08/11/2025 - 09/14/2025
 \$300.00

*Online***Grounded Spirituality & Modern Mysticism ONLINE****SP 152-OL** **Class Hours: 30.00** **Credits: 1.50**

We are in an era of transformation - astrologically politically and spiritually. Everyone in the world seems to be re-evaluating realigning and refocusing on what is most important to them. The safe spiritual space created in this course will support you as in subsequent classes you begin to question the practices and beliefs of organized religion that may no longer serve you and your bigger-than-self purpose. The course structure focuses each week on the classical elements: earth water air fire and ether. This course invites you to reconnect with the spirituality of nature as a way to explore the nature of your personal spirituality. Text: \$20

02/03/2025 - 03/09/2025
 03/17/2025 - 04/20/2025
 05/26/2025 - 06/29/2025
 08/11/2025 - 09/14/2025
 10/20/2025 - 11/23/2025
 \$600.00

*Online***Grounded Spirituality - Personal Accountability****GS 110** **Class Hours: 20.00** **Credits: 1.25**

In an era of transition astrologically politically and spiritually the world seems to be re-evaluating realigning and refocusing on what is most important to them. The safe spiritual space created in this course will support you in examining the past practices and beliefs that may no longer serve you and consciously choose ones that do! This weekend intensive is a time of deconstruction reconstruction and transformation! Once you get clear on your foundational beliefs and values you will be prepared to help others do the same as a Spiritual Guide and Celebrant. Text: TBD

1 weekend
 04/25/2025 - 04/27/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

**Hand & Wrist Health Maintenance****OE 320** **Class Hours: 4.00** **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. Pre-Req: MT 200 SWEDISH OR LICENSED. (CEU-NCBTMB)

1 day
 11/23/2024 - 11/23/2024 Sa 9a-1pm
 02/01/2025 - 02/01/2025 Sa 9a-1pm
 06/14/2025 - 06/14/2025 Sa 9a-1pm
 \$80.00

*CEU***Healing Botanicals I ONLINE****BE 201-OL** **Class Hours: 30.00** **Credits: 1.50**

Rediscover the kinship we humans have with the Flora of the planet. You will learn how to connect with plants on a spiritual level. You will explore basic herbal remedies that can be used in personal rituals. PREREQ: BE 101-OL
 03/17/2025 - 04/20/2025
 08/11/2025 - 09/14/2025
 \$600.00

*Online***Healing Botanicals II ONLINE****BE 301-OL** **Class Hours: 40.00** **Credits: 2.00**

In this course you will continue to explore the application of herbal remedies in spiritual rituals and ceremonies as well as the cultivation harvest and invitation of traditional plants. PREREQ: BE 201-OL
 11/11/2024 - 12/22/2024
 04/21/2025 - 05/25/2025
 09/15/2025 - 10/19/2025
 \$800.00

*Online***Heart Centered Leadership****TC 610** **Class Hours: 20.00** **Credits: 1.25**

In a world that can feel disconnected and disjointed at times Heart-Centered Leaders are called to stand strong as they lead from the soul and not their wounds. Students will explore and embody the notion of leading from the heart through their personal work surrounding shame resilience and courage. Learn to rise above personal professional and cultural issues as you find your voice of truth and authenticity. PREREQ HC 101 Supplies: \$15 Text: \$28
 5 weeks

02/19/2025 - 03/19/2025 W 6pm-10pm
 06/11/2025 - 07/16/2025 W 6pm-10pm
 09/10/2025 - 10/08/2025 W 6pm-10pm
 \$400.00

HWC - Advanced Wellness Coaching 1**HC 301** **Class Hours: 30.00** **Credits: 1.50**

In this course you will experience coaching groups of people. You'll examine the group mindset process and motivation. You'll practice establishing trust and relationship within the group conducting activities creating group accountability without shame listening and sharing and holding space for difficult conversations. You'll explore the stages of group dynamics options for continuing support and ways to celebrate completion. In order to practice these skills you'll hold space for a support group on a topic of your choosing relevant to your experience and qualifications. Pre-Req: HC 201 Text: \$18 Supply Fee: \$30
 5 weeks

12/10/2024 - 01/16/2025 Tu/Th 6pm-9:45pm
 04/08/2025 - 05/01/2025 T/Th 6pm-9:45pm
 08/14/2025 - 09/09/2025 T/Th 6pm-9:45pm
 12/16/2025 - 01/22/2026 T/Th 6pm-9:45pm
 \$600.00

HWC - Advanced Wellness Coaching 1 ONLINE**HC 301-OL** **Class Hours: 30.00** **Credits: 1.50**

In this course you will experience coaching groups of people. You'll examine the group mindset process and motivation. You'll practice establishing trust and relationship within the group conducting activities creating group accountability without shame listening and sharing and holding space for difficult conversations. You'll explore the stages of group dynamics options for continuing support and ways to celebrate completion. In order to practice these skills you'll hold space for a support group on a topic of your choosing relevant to your experience and qualifications. Book: \$16 Pre-req: HC 201-OL Course has synchronous hours

12/30/2024 - 02/02/2025
 05/26/2025 - 06/29/2025
 07/07/2025 - 08/10/2025
 10/20/2025 - 11/23/2025
 12/01/2025 - 01/11/2026
 \$600.00

*Online***HWC - Advanced Wellness Coaching 2****HC 302** **Class Hours: 30.00** **Credits: 1.50**

In this course you'll learn advanced coaching skills and techniques including motivational interviewing. Together with your classmates you'll discuss issues that arise as you coach volunteer clients. You'll support each other through the decision-making process that occurs during each unique health and wellness coaching session. Text: Same as HC 201. Supply Fee: \$26 Pre-Req: HC 201
 5 weeks

11/05/2024 - 12/05/2024 Tu/Th 6pm-9:45pm
 02/27/2025 - 03/25/2025 Tu/Th 6pm-9:45pm
 07/08/2025 - 07/31/2025 T/Th 6pm-9:45pm
 10/30/2025 - 12/02/2025 T/Th 6pm-9:45pm
 \$600.00

HWC - Advanced Wellness Coaching 2 ONLINE**HC 302-OL Class Hours: 30.00 Credits: 1.50**

In this course you'll learn advanced coaching skills and techniques including motivational interviewing. Together with your classmates you'll discuss issues that arise as you coach volunteer clients. You'll support each other through the decision-making process that occurs during each unique health and wellness coaching session. Supervision Fee: \$37.50 Text: (same texts as HC 101) Pre-req: HC 301-OL Course has synchronous hours

02/03/2025 - 03/09/2025

07/07/2025 - 08/10/2025

08/11/2025 - 09/14/2025

\$600.00

*Online***HWC - Anatomy of Wellness****HC 155 Class Hours: 30.00 Credits: 1.50**

In this course you will review the normal structure and function of the human body as a living organism the relationship of its parts and how these systems interact with mind body and spirit. While exploring how the body works to maintain homeostasis you will explore the stages of change for smoking cessation alcohol consumption healthy weight and exercise. PREREQ: HC 101. Text: \$18

8 weeks

05/28/2025 - 07/23/2025

W 6pm-9:45pm

10/01/2025 - 11/19/2025

W 6pm-9:45pm

\$600.00

HWC - Anatomy of Wellness ONLINE**HC 155-OL Class Hours: 30.00 Credits: 1.50**

In this health and wellness coaching course you will apply the stages of change to client-directed behavior changes that are recommended by public health initiatives such as smoking cessation moderating alcohol consumption healthy nutrition and exercise. Supervision Fee: \$37.50 Text: \$19 (same texts as HC 101 & HC 201) Pre-req HC 101-OL Course has synchronous hours

03/17/2025 - 04/20/2025

04/21/2025 - 05/25/2025

08/11/2025 - 09/14/2025

09/15/2025 - 10/19/2025

\$600.00

*Online***HWC - Foundations of Wellness Coaching****HC 101 Class Hours: 20.00 Credits: 1.00**

Health & wellness coaches partner with clients seeking to enhance their well-being by effecting lasting changes aligned with their values. This foundational course focuses on developing the coach-client relationship necessary for client-centered wellness coaching. Supply Fee: \$20

1 weekend

01/17/2025 - 01/19/2025

F 6pm-10 pm Sa/Su 9am-6pm

05/16/2025 - 05/18/2025

F 6pm-10 pm Sa/Su 9am-6pm

09/19/2025 - 09/21/2025

F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

HWC - Foundations of Wellness Coaching ONLINE**HC 101-OL Class Hours: 30.00 Credits: 1.50**

Health & wellness coaches partner with clients seeking to enhance their well-being by effecting lasting changes aligned with their values. This foundational course focuses on developing the coach-client relationship necessary for client-centered wellness coaching. Text: \$159 Course has synchronous hours

02/03/2025 - 03/09/2025

03/17/2025 - 04/20/2025

07/07/2025 - 08/10/2025

08/11/2025 - 09/14/2025

\$600.00

*Online***HWC - Health Conditions****HC 156 Class Hours: 30.00 Credits: 1.50**

This course examines common pathologies and the diet and lifestyle changes that are often prescribed to manage those conditions. You'll explore the struggles that frustrate people living with these conditions as well as tools for supporting them through those struggles. Conditions covered include diabetes metabolic syndrome cardiovascular disease hypertension cancer immune conditions arthritis inflammation adrenal fatigue osteoporosis and thyroid conditions. PRE-REQ: HC 101 201 301 and 302. Book: N/A

8 weeks

12/04/2024 - 02/05/2025

W 6pm-9:45pm

07/30/2025 - 09/17/2025

W 6pm-9:45pm

12/03/2025 - 02/04/2026

W 6pm-9:45pm

\$600.00

HWC - Health Conditions ONLINE**HC 156-OL Class Hours: 30.00 Credits: 1.50**

In this course you will apply the stages of change for physician-directed behavior changes. These lifestyle behavior changes are prescribed to help manage the symptoms of diagnoses such as diabetes metabolic syndrome cardiovascular disease hypertension cancer immune conditions and arthritis. You'll explore the struggles that frustrate people living with these conditions as well as tools for supporting them through those struggles. PRE-REQ: HC 101-OL Supervision Fee: \$37.50 Text: (same texts as HC 101) Course has synchronous hours

11/11/2024 - 12/22/2024

04/21/2025 - 05/25/2025

05/26/2025 - 06/29/2025

09/15/2025 - 10/19/2025

10/20/2025 - 11/23/2025

\$600.00

*Online***HWC - NBHWC Exam Prep****HC 401 Class Hours: 20.00 Credits: 1.25**

While preparing for the NBHWC Exam you will also harness their GRIT for test taking. The test content review includes Health & Wellness Coaching Structure Ethics/Legal and Coaching Process. Test-taking GRIT includes mindset emotional regulation during testing transfer of knowledge to new contexts and specific strategies for maximizing your score. Supply Fee: \$150.00 Pre-Req: HWC 200

3 weeks

01/21/2025 - 02/04/2025

Tu/Th 6pm-10pm

5 weeks

09/24/2025 - 10/22/2025

W 6pm-10pm

\$400.00

HWC - Professional Wellness Coaching & Ethics**HC 201 Class Hours: 40.00 Credits: 2.00**

This course builds on the foundation of wellness coaching in order to incorporate wellbeing assessments specific behavior change models and the ethics of health & wellness coaching. You'll learn about the importance of communicating with the health care team and how to be part of the research process for establishing codes for medical billing. You will practice with tools for tracking behavior change and the moving goal posts that clients experience during a health crisis. Text: \$91 Supply Fee: \$30 Pre-Req: HC 101

5 weeks

01/23/2025 - 02/25/2025

Tu/Th 6pm-10pm

05/22/2025 - 06/26/2025

T/Th 6pm-10pm

6 weeks

09/25/2025 - 10/28/2025

T/Th 6pm-10pm

\$800.00

HWC - Professional Wellness Coaching and Ethics ONLINE**HC 201-OL Class Hours: 30.00 Credits: 1.50**

This course builds on the foundation of wellness coaching in order to incorporate wellbeing assessments specific behavior change models and the ethics of health & wellness coaching. You'll learn about the importance of communicating with the health care team and how to be part of the research process for establishing codes for medical billing. You'll practice with tools for tracking behavior change and the moving goal posts that clients experience during a health crisis. Supervision Fee: \$37.50 Text: \$19 (same texts as HC 101 + one new text) Pre-req: HC 101-OL Course has synchronous hours

11/11/2024 - 12/22/2024

03/17/2025 - 04/20/2025

04/21/2025 - 05/25/2025

08/11/2025 - 12/07/2025

09/15/2025 - 10/19/2025

\$600.00

*Online***HWC -NBHWC Exam Prep ONLINE****HC 401-OL Class Hours: 20.00 Credits: 1.25**

In this health and wellness coaching course you will dig into the requirements for the NBHWC credentialing exam. While preparing for the NBHWC Exam you will also harness their GRIT for test-taking. The test content review includes Health & Wellness Coaching Structure Ethics/Legal and Coaching Process. Test-taking GRIT includes mindset emotional regulation during testing transfer of knowledge to new contexts and specific strategies for maximizing your score. Text: (same texts as HC 101 & HC 201) Pre-req-HWC 200 Course has synchronous hours (one hour/week)

11/11/2024 - 12/22/2024

12/30/2024 - 02/02/2025

05/26/2025 - 06/29/2025

09/15/2025 - 10/19/2025

10/20/2025 - 11/23/2025

\$400.00

Online

Are you being 'called' to serve?

Call to speak to one of our Admissions Coaches

480-994-9244 or visit us at www.swiha.edu

Hydrotherapy for Injury Management

TE 662 **Class Hours: 20.00** **Credits: 0.75**
Learn the history physiology and applications of hydrotherapy in treating various types of basic injuries. General first aid & bandaging will also be demonstrated. This is great information for practitioners working with sports and rehabilitative therapies as well as broadening your practice. Required: You will need to bring: 2 sets Linens (twin sheet set) pillow case hand towels lotion cream or oil (student's preference) and bath towel. Bring a pen or pencil and paper. Supplies: \$25 Minimum 10 Enrollment to run. PRERQ: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)
5 weeks
03/06/2025 - 04/03/2025 Th 9am-1pm
05/02/2025 - 05/04/2025 F 6pm-10 pm Sa/Su 9am-6pm
10/30/2025 - 12/04/2025 Th 9am-1pm
\$400.00

CEU

Hypnotherapy - Advanced Techniques

HY 402 **Class Hours: 24.00** **Credits: 0.75**
Students will focus on advanced techniques of working with children and couples learning parts therapy active imagination and trans-dialogue. Students will also develop a full program and presentation for group hypnosis. Group hypnosis is an excellent way to market and build your private practice. * Must have 8 students to run.*Supplies: \$32 PRERQ: HY 301 or HY 301-OL.
2 weekends
01/17/2025 - 01/25/2025 F 6pm-10pm Sa 9am-6pm
07/18/2025 - 07/26/2025 Fri 6pm-10pm Sa 9am-6pm
\$480.00

Hypnotherapy - Clinical Certification Prep

HY 370 P\$ **Class Hours: 8.00** **Credits: 0.50**
Show your clients that you have taken the time to further your education to better serve them with advanced hypnotherapy tools; stand out from other Hypnotherapists: Certified Clinical Hypnotherapists are considered to be at the top of their profession. The review and test can be administered at your convenience any time after you have completed your first 100 hours (HY101-OL HY201-OL & HY301-OL). The official transcripts can be mailed with the application form to A.C.H.E. upon completion of 300 applicable course hours. There is a \$175 outside fee to be registered with A.C.H.E. The Clinical Preparation class is not to be used as an elective.
2 weeks
03/04/2025 - 03/11/2025 Tu 6pm-10pm
08/12/2025 - 08/19/2025 Tu 6pm-10pm
\$160.00

Hypnotherapy - Dreams & Metaphors

HY 476 **Class Hours: 20.00** **Credits: 1.00**
Dreams and Metaphors are powerful tools for understanding who we are and what we are about. This course explores the depths of our subconscious mind through the work of hypnosis and the art of the metaphor. Students will explore techniques developed by Milton Erickson as well as contributions by Fritz Pearls Carl Jung and others. Students will learn to use metaphors dreams and storytelling as a vehicle for assisting clients in clarifying their ability to imagine what they want and transform into the art of manifestation. PRE-REQ: HY 301 or HY 301-OL. Supplies: \$58
5 weeks
01/21/2025 - 02/18/2025 Tu 6pm-10pm
07/08/2025 - 08/05/2025 Tu 6pm-10pm
\$400.00

Hypnotherapy - Fears Phobias & Addictions

HY 315 **Class Hours: 15.00** **Credits: 1.00**
Fears phobias and habits extensively and counterproductively 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 and the emotional history of clients paralyzing and damaging fears and phobias. Diagnostic and pragmatic trance state techniques will be emphasized throughout the course. Supplies: \$30 PRE-REQ: HY 301 or HY 301-OL
1 weekend
04/05/2025 - 04/06/2025 Sa/Su 9am-5:30pm
4 weeks
09/02/2025 - 09/23/2025 Tu 6pm-9:45pm
\$300.00

Hypnotherapy - Foundations Level I

HY 101 **Class Hours: 20.00** **Credits: 1.25**
This course is designed to give students an introduction to the subject of hypnosis. The history theory and evolution of this most interesting subject are explored in-depth and students observe and practice introductory hypnosis techniques. The course is a blend of lecture demos discussion and practice of hypnosis technique. Supplies: \$28 Text: \$30
1 weekend
01/10/2025 - 01/12/2025 F 6pm-10 pm Sa/Su 9am-6pm
3 weeks
03/18/2025 - 04/01/2025 Tu/Th 6pm-10pm
1 weekend
09/05/2025 - 09/07/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

Hypnotherapy - Foundations Level II

HY 201 **Class Hours: 40.00** **Credits: 2.50**
This course offers a natural continuation of Hypnotherapy I. Advanced topics will be reviewed as students receive more in-depth information on the subject. As students information and theory base increase so will their competence as a hypnotherapist. Eight hours of Professional Boundaries and Ethics will be given as part of the class. Supply Fee: \$47 Text: \$28 Pre-Req: HY 101 or HY 101-OL
2 weekends
01/31/2025 - 02/16/2025 F 6pm-10 pm Sa/Su 9am-6pm
5 weeks
04/08/2025 - 05/08/2025 Tu/Th 6pm-10pm
2 weekends
09/26/2025 - 10/12/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$800.00

Hypnotherapy - Foundations Level III Clinic

HY 301 **Class Hours: 40.00** **Credits: 1.00**
Hypnotherapy III is designed as a capstone experience preparing students to begin the practice of Hypnotherapy. Emphasis is on the student clinic where students will hypnotize volunteer clients under the supervision of the instructor in the student clinic. This course enhances skill development and competence. Text: \$40 PRERQ: HY 201 or HY 201-OL. THIS COURSE IS NOT ELIGIBLE FOR AUDIT.
2 weekends
11/15/2024 - 11/24/2024 F 6pm-10 pm Sa/Su 9am-6pm
02/28/2025 - 03/16/2025 F 6pm-10 pm Sa/Su 9am-6pm
5 weeks
05/13/2025 - 06/12/2025 T/Th 6pm-10pm
2 weekends
10/24/2025 - 11/09/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$800.00

Hypnotherapy - Hypnosis & Storytelling

HY 107 **Class Hours: 8.00** **Credits: 0.50**
Discover how to use traditional stories sacred tales and mythology in hypnosis sessions. Review current and historic applications for using stories as medicine. Distinguish those traditional stories that parallel client issues utilize story metaphor referenced during intake. Explore the benefits of narrative therapy by reframing life events into a story metaphor to make transformative change. PRE-REQ: HY 301.
2 weeks
06/17/2025 - 06/24/2025 Tu 6pm-10pm
\$160.00

Hypnotherapy - Medical Imagery

HY 581 **Class Hours: 20.00** **Credits: 1.00**
Medical hypnosis has quietly opened the door of mainstream medicine and is beginning to show what it has to offer. Its now perceived as a treatment with the capacity to support a wide range of physical emotional and psychological concerns in the healthcare setting. In this course students will learn to use the application of hypnosis to assist clients in learning to manage pain as well as considering natural healing abilities and pursuing health and wellness from within. Students will explore practical applications of hypnosis for common ailments as well as creating scripts and metaphors to address these conditions. Text \$20. PRE-REQ: HY 301
5 weeks
06/26/2025 - 07/31/2025 Th 6pm-10pm
\$400.00

To speak with an Admissions Coach
call 480-994-9244 | Info@swiha.edu

For Online Programs the cut off is 10 days prior to start.

Hypnotherapy - Past Life Introduction**HY 351** **Class Hours: 4.00** **Credits: 0.25**

Objective is to introduce the student in the area of past life/ regression including benefits and challenges with this approach to healing. This class provides the opportunity to have past life experience. Class objectives include: discuss history of regression therapy philosophical theories and general principles explore use of stories and metaphors in past life regression and experience group regression sessions. NO PRE-REQ - this is the first 4 hours of HY 350. NO GUEST PASSES ALLOWED.

1 day
 01/03/2025 - 01/03/2025 F 6pm-10pm
 08/15/2025 - 08/15/2025 Fri 6pm-10pm
 \$80.00

Hypnotherapy - Past Life Regression**HY 350** **Class Hours: 20.00** **Credits: 1.00**

Explore the concepts and techniques of accessing past life experiences leading to personal change and growth. Past life regression is applied to healing past traumas changing karma accessing creativity and changing relationship contracts. The answers to many questions are found within ourselves and our past histories. Minimum 10 Enrollment to run. PRE-REQ: First Half of HY 301 or HY 301-OL. AUC only

1 weekend
 01/03/2025 - 01/05/2025 F 6pm-10 pm Sa/Su 9am-6pm
 08/15/2025 - 08/17/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Hypnotherapy - Script Writing**HY 420** **Class Hours: 15.00** **Credits: 1.00**

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. PRERQ: HY 301

5 weeks
 01/30/2025 - 02/20/2025 Th 6-9:45pm
 4 weeks
 08/07/2025 - 08/28/2025 Th 6-9:45pm
 \$300.00

Hypnotherapy - Spirit Releasement**HY 450** **Class Hours: 12.00** **Credits: 0.50**

At the time of death a soul may become disoriented and not follow the normal pathway 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. AUC only Supply fee: \$15

1 weekend
 12/06/2024 - 12/07/2024 F 6pm-10pm Sa 9am-6pm
 06/27/2025 - 06/28/2025 Fri 6pm-10pm Sa 9am-6pm
 \$240.00

Hypnotherapy - Subconscious Intervention**HY 520** **Class Hours: 20.00** **Credits: 1.00**

This workshop examines the impact of the subconscious mind on the body and evaluates the role of kinesiology on hypnosis. Cause and effect relationships and underlying cause revealed through muscle testing techniques. Successful techniques for addressing difficult habits will also be addressed. This workshop requires a minimum of 10 students to run. PRE-REQ: HY 301 or HY 301-OL AUC only Supply fee: \$15

1 weekend
 02/07/2025 - 02/09/2025 F 6pm-10 pm Sa/Su 9am-6pm
 08/01/2025 - 08/03/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Introduction to Intuitive Guidance**IG 111** **Class Hours: 12.00** **Credits: 1.00**

In this course you will begin to access and develop your intuition determine your divine communication style(s) and explore the channels of divine communication. You will establish divine dialogues explore superconscious guidance create sacred reading space and begin to explore angel reading protocols. Text: \$17

1 weekend
 03/07/2025 - 03/08/2025 Fri 6pm-10pm Sa 9am-6pm
 09/12/2025 - 09/13/2025 Fri 6pm-10pm Sa 9am-6pm
 \$240.00

Influencers Journey ONLINE**HE 201-OL** **Class Hours: 30.00** **Credits: 1.75**

This course invites you to begin the hero's journey from Holistic Entrepreneur to Influencer. First you will embody the growth mindset of an influencer by giving a voice to your purpose. Then as you embark on the journey to influence you will call upon your resilience integrity and tenacity in order to integrate the behaviors of an influencer into your daily life. You will plan research draft revise edit publish speak network and inspire. By communicating about Health & Wellness you will start to bring potential clients to your coaching practice. Text: \$13 (same as TP 107) PRERQ: HE 103-OL. STUDENTS MUST COMPLETE HE 103-OL BEFORE TAKING THIS COURSE.

12/30/2024 - 02/02/2025
 03/17/2025 - 04/20/2025
 05/26/2025 - 06/29/2025
 07/07/2025 - 08/10/2025
 10/20/2025 - 11/23/2025
 \$600.00

**Introduction to Holistic Entrepreneurship & Self-Empowerment****BC 530** **Class Hours: 15.00** **Credits: 1.00**

This course is designed to introduce you to your journey as a holistic entrepreneur and embark on the discovery of your next best self. Gain clarity. Provide direction. Create structure. Take action. Maintain the tools necessary to discipline yourself and consistently move forward without the loss of motivation or be held back by excuses and self-defeating behaviors. This course emphasizes a focus on YOU first and then you will apply the same concepts learned when it is time to create your practice in BC 540 - Business Development & Entrepreneurial Support.

4 weeks
 01/06/2025 - 02/03/2025 M 6pm-9:45pm
 05/05/2025 - 06/02/2025 M 6pm-9:45pm
 09/15/2025 - 10/06/2025 M 6pm-9:45pm
 \$300.00

Introduction to Life Coaching**LC 111** **Class Hours: 20.00** **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 understanding of themselves discover how to access answers from within enhance their quality of life and increase their personal happiness. The Foundational Core class teaches a client-centered heart-centered coaching approach based on SWIHA's time tested 12 Guiding Principles of Transformation. This highly experiential foundation class is about getting clear on your personal purpose and passion and making the decision to help others do the same. Supplies: \$20

1 weekend
 01/17/2025 - 01/19/2025 F 6pm-10 pm Sa/Su 9am-6pm
 05/16/2025 - 05/18/2025 F 6pm-10 pm Sa/Su 9am-6pm
 09/19/2025 - 09/21/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Intuitive Guidance – Practical Applications**IG 311** **Class Hours: 24.00** **Credits: 1.25**

In this course you will discover the many ways to work directly with your Spiritual Guides and put into practice the concepts of this course and of previous courses. PRERQ IG 211

2 weekends
 11/08/2024 - 11/16/2024 F 6pm-10pm Sa 9am-6pm
 04/25/2025 - 05/10/2025 F 6pm-10pm Sa 9am-6pm
 11/14/2025 - 11/22/2025 Fri 6pm-10pm Sa 9am-6pm
 \$480.00

**Kinesiology - Anatomical Applications****MT 151** **Class Hours: 36.00** **Credits: 2.25**

In this class you'll learn to understand how muscles move physiologically. You will identify the major muscles of movement and describe movement with anatomical language. You'll discover how to apply your knowledge through class activities and a final project. PRERQ: MT 115 Anatomy. All books from (MT 115) Anatomy required plus another text: \$57. (CEU-NCBTMB)

5 weeks
 01/22/2025 - 02/19/2025 M/W 9am-1pm
 02/24/2025 - 03/24/2025 M/W 6pm-10pm
 09/15/2025 - 10/13/2025 M/W 9am-1pm
 6 weeks
 10/20/2025 - 11/17/2025 M/W 6pm-10pm
 \$720.00





Life Coaching Practice & Ethics ONLINE

LC 301-OL **Class Hours: 40.00** **Credits: 1.75**

In this course coaches learn and practice interactive client-centered strategies and processes which move the client toward the attainment of their goals. Participants will also negotiate Client/Coach contracts defining the nature expectations and boundaries of the coaching relationship. Text: \$31 PREREQ: LC 101-OL

12/30/2024 - 02/02/2025
05/26/2025 - 06/29/2025
07/07/2025 - 08/10/2025
10/20/2025 - 11/23/2025
\$800.00



Life Coaching – Heart Centered Approach Part I

LC 121 **Class Hours: 40.00** **Credits: 1.75**

Seeing transformational change for your clients comes from knowing how to ask deep compelling questions in a safe non-threatening way. In this class you will gain skills and practice at drawing out a person's wisdom to maximize their potential in all aspects of life. You will learn the importance of spending quality time with clients to establish goals lineup priorities monitor progress and figure out solutions to set-backs. Become skilled at getting clients to look inward and identify most important choices or take best decisions. This Course introduces tools models and application using Brene Brown's models or concepts; tough-minded conversation; living the Four Agreements; value centered decision making -- all with a trauma-informed lens. A Heart-Centered approach involves self-clarification self-healing self-improvement and self-empowerment! Help clients get clear on who they are encourage them to discover and claim their gifts strategize how to get out of their own way and game plan forward so as to lead others to do the same. Pre-Req: BC 550 or HC 101 Supply Fee: \$30 Text: \$91

6 weeks
01/23/2025 - 02/25/2025 T/Th 6pm-10pm
05/22/2025 - 06/26/2025 T/Th 6pm-10pm
09/25/2025 - 10/28/2025 T/Th 6pm-10pm
\$800.00

Life Coaching – Heart Centered Approach Part II

LC 131 **Class Hours: 40.00** **Credits: 2.00**

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 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. Pre-Req: LC 121 Supply Fee: \$30 Text: \$16

6 weeks
11/05/2024 - 12/17/2024 Tu/Th 6pm-9:45pm
02/27/2025 - 04/03/2025 T/Th 6pm-9:45pm
07/08/2025 - 08/12/2025 T/Th 6pm-9:45pm
10/30/2025 - 12/11/2025 T/Th 6pm-9:45pm
\$800.00

Life Review & Processing Grief

DD 201 **Class Hours: 30.00** **Credits: 1.50**

End-of-Life Doulas offer non-medical holistic support during the dying process. This class focuses on holding space and providing tools for the grieving process for the entire family including the individual who is dying. Special attention will also be paid to the doula's grieving process and self-care. Pre-Req: DD 101

Text: \$20
8 weeks
12/09/2025 - 02/10/2026 T 6pm-9:45pm
\$600.00

Life Review & Processing Grief ONLINE

DD 201-OL **Class Hours: 30.00** **Credits: 1.50**

End-of-Life Doulas offer non-medical holistic support during the dying process. This class focuses on holding space and providing tools for the grieving process for the entire family including the individual who is dying. Special attention will also be paid to the doula's grieving process and self-care. Text: all books from DD 101-OL. PREREQ: DD 101-OL

03/17/2025 - 04/20/2025
04/21/2025 - 05/25/2025
08/11/2025 - 09/14/2025
\$600.00



Lower Back Pain Release

TE 320 **Class Hours: 8.00** **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 stretches. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 week
03/26/2025 - 04/02/2025 W 9am-1pm
2 weeks
06/02/2025 - 06/09/2025 M 6pm-10pm
1 day
11/02/2025 - 11/02/2025 Su 9am-6pm
\$160.00



Lymphatic Massage

TE 340 **Class Hours: 16.00** **Credits: 0.50**

Lymphatic drainage massage promotes balance of the body's internal chemistry purifies and regenerates tissues helps normalize the functions of organs and promotes function of the immune system. Bring two sheets and one pillowcase. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 weekend
12/14/2024 - 12/15/2024 Sa/Su 9am-6pm
03/29/2025 - 03/30/2025 Sa/Su 9am-6pm
08/16/2025 - 08/17/2025 Sa/Su 9am-6pm
4 weeks
10/02/2025 - 10/23/2025 Th 9am-1pm
\$320.00



Lymphatic Massage - Advanced

MT 604 **Class Hours: 8.00** **Credits: 0.25**

Add to your knowledge of Lymphatic Massage with techniques for the face neck and posterior portion of the body. Additional hand positions and techniques will also be explored in this empowering class! PRERQ: TE 340 (CEU-NCBTMB)

1 day
02/09/2025 - 02/09/2025 Su 9am-6pm
08/03/2025 - 08/03/2025 Su 9am-6pm
\$160.00



Massage Clinic - Supervised Block I

MT 993a **Class Hours: 23.00** **Credits: 0.50**

The Massage Clinic for the MT 750 program is a supervised experience where students can practice their learned massage techniques in a controlled and supervised environment. The massage clinic experience is divided in three sections of 23 hours each for a cumulative total of 69 hours to meet MT 750 clinic requirements. First of three blocks. PRE-REQ: MT 200 SWEDISH & MT 115 ANATOMY OR LICENSED BW

11/18/2024 - 02/23/2025
01/20/2025 - 04/06/2025
\$460.00

Massage Clinic - Supervised Block II

MT 993b **Class Hours: 23.00** **Credits: 0.50**

The Massage Clinic for the MT 750 program is a supervised experience where students can practice their learned massage techniques in a controlled and supervised environment. The massage clinic experience is divided in three sections of 23 hours each for a cumulative total of 69 hours to meet MT 750 clinic requirements. First of three blocks. PRE-REQ: MT 200 SWEDISH & MT 115 ANATOMY OR LICENSED BW

11/18/2024 - 02/23/2025
01/20/2025 - 04/06/2025
02/24/2025 - 05/11/2025
04/07/2025 - 06/22/2025
\$460.00

Massage Clinic - Supervised Block III

MT 993c **Class Hours: 23.00** **Credits: 0.50**

The Massage Clinic for the MT 750 program is a supervised experience where students can practice their learned massage techniques in a controlled and supervised environment. The massage clinic experience is divided in three sections of 23 hours each for a cumulative total of 69 hours to meet MT 750 clinic requirements. First of three blocks. PRE-REQ: MT 200 SWEDISH & MT 115 ANATOMY OR LICENSED BW

11/18/2024 - 02/23/2025
01/20/2025 - 04/06/2025
02/24/2025 - 05/11/2025
04/07/2025 - 06/22/2025
05/12/2025 - 08/03/2025
06/23/2025 - 09/14/2025
\$460.00

Massage Clinic - Supervised Block IV**MT 993d** **Class Hours: 23.00** **Credits: 0.50**

The Massage Clinic for the MT 750 program is a supervised experience where students can practice their learned massage techniques in a controlled and supervised environment. The massage clinic experience is divided in three sections of 23 hours each for a cumulative total of 69 hours to meet MT 750 clinic requirements. First of three blocks. PRE-REQ: MT 200 SWEDISH & MT 115 ANATOMY OR LICENSED BW

11/18/2024 - 02/23/2025
 01/20/2025 - 04/06/2025
 04/07/2025 - 06/22/2025
 05/12/2025 - 08/03/2025
 06/23/2025 - 09/14/2025
 08/04/2025 - 10/19/2025
 09/15/2025 - 12/07/2025
 \$460.00

Massage Clinic Supervised 2nd block**MT 995b** **Class Hours: 25.00** **Credits: 0.50**

Massage Clinic Supervised for MT 750. 3 sections of 25 hours to be completed for MT 750 clinic requirements. Second of three blocks. PRERQ: MT 200 SWEDISH AND MT 115 ANATOMY OR LICENSED BW

12/07/2024 - 03/01/2025
 \$500.00

Massage Sideline w/Deep Listening**TE 364** **Class Hours: 16.00** **Credits: 0.50**

Learn to listen and feel what the client's body needs using "Deep Listening" skills and how to understand the "levels of touch" required for release and rehabilitation. This class teaches how to work on clients using the lateral recumbent/sideline position. This technique allows for access to the musculoskeletal system in a unique way offering the opportunity to work the body in a different plane of gravity and provides greater access to holding patterns. You will learn to use sideline position during a therapy session to allow for more area-specific therapy to be accomplished and provide deep release to client's holding patterns of stress and injury. Correct bolstering and draping techniques are an essential focus of this class. Prerequisite MT200 or licensed. BW (please bring required BW supplies plus 2 standard sized pillows) (CEU-NCBTMB)

4 weeks
 03/04/2025 - 03/25/2025 T 9am-1pm
 07/07/2025 - 07/28/2025 M 6pm-10pm
 10/28/2025 - 11/18/2025 Tu 9am-1pm
 1 weekend
 11/15/2025 - 11/16/2025 Sa/Su 9am-6pm
 \$320.00

CEU**Medical Imagery ONLINE****HY 585-OL** **Class Hours: 30.00** **Credits: 1.50**

Medical hypnosis has quietly opened the door of mainstream medicine and is beginning to show what it has to offer. It is now perceived as a treatment with the capacity to support a wide range of physical emotional and psychological concerns in the healthcare setting. In this course students will learn to use the application of hypnosis to assist clients in learning to manage pain as well as considering natural healing abilities and pursuing health and wellness from within. Students will explore practical applications of hypnosis for common ailments as well as create scripts and metaphors to address these conditions. Text: \$20. PREREQ: HY 301 or HY 305-OL

12/30/2024 - 02/02/2025
 05/26/2025 - 06/29/2025
 10/20/2025 - 11/23/2025
 12/01/2025 - 01/11/2026
 \$600.00

Online**Medical Massage for Cancer Survivors****TE 402** **Class Hours: 16.00** **Credits: 0.75**

Gain a solid introduction to the general pathology of cancer and massage techniques for serving clients who have had cancer. As the study of 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 underserved clients. PRE-REQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

4 weeks
 02/06/2025 - 02/27/2025 Th 9am-1pm
 04/14/2025 - 05/05/2025 M 6pm-10pm
 08/20/2025 - 09/10/2025 W 9am-1pm
 12/02/2025 - 01/06/2026 T 6pm-10pm
 \$320.00

CEU**Mindful Meditation Facilitator ONLINE****MM 401-OL** **Class Hours: 40.00** **Credits: 2.00**

In this course you will practice facilitating mindfulness with a volunteer client. You will learn part of the protocol each week and guide your client using tools provided to understand what mindfulness is its benefits and how they can begin to incorporate it into their daily lives. Text: \$20 Pre-req MF 201-OL MF 301-OL

11/11/2024 - 12/22/2024
 12/30/2024 - 02/02/2025
 04/21/2025 - 05/25/2025
 05/26/2025 - 06/29/2025
 08/11/2025 - 09/14/2025
 09/15/2025 - 10/19/2025
 10/20/2025 - 11/23/2025
 \$800.00

Online**Mindful Meditation Techniques ONLINE****MM 301-OL** **Class Hours: 30.00** **Credits: 2.00**

In this course you will experience the transition of the mindfulness practice into formal meditation. The path to wellness includes an appreciation for silence stillness and space. This course integrates the momentary life pauses discussed in other courses into a meditation practice. Text: \$20 Pre-req: MF 101-OL

11/11/2024 - 12/22/2024
 03/17/2025 - 04/20/2025
 04/21/2025 - 05/25/2025
 07/07/2025 - 08/10/2025
 08/11/2025 - 09/14/2025
 09/15/2025 - 10/19/2025
 \$600.00

Online**Mindfulness: Foundations of Mindful Eating ONLINE****MM 105-OL** **Class Hours: 30.00** **Credits: 2.00**

This introductory mindfulness course builds awareness and the ability to discern the difference between the nine kinds of hunger that are felt in the body. In addition to foundational concepts of mindful eating you will use the regulation tool of tapping (also known as EFT - Emotional Freedom Technique) for reframing limiting beliefs that arise along with those nine hungers. You'll also practice varied ways to satisfy those nine hungers through eating and other behaviors. Text: \$33

03/17/2025 - 04/20/2025
 08/11/2025 - 09/14/2025
 \$600.00

Online**Mindfulness: Introduction ONLINE****MM 101-OL** **Class Hours: 30.00** **Credits: 2.00**

In this introductory Mindfulness course you will review the foundational concepts of mindfulness and experience the effects of focusing the attention on the breath and movement. You will explore the conversation that occurs between the body mind and spirit learning to listen to the body on a cellular level. You'll also experience the power of creating space between emotional awareness and behavioral response. Text: \$20

02/03/2025 - 03/09/2025
 03/17/2025 - 04/20/2025
 05/26/2025 - 06/29/2025
 07/07/2025 - 08/10/2025
 08/11/2025 - 09/14/2025
 10/20/2025 - 11/23/2025
 \$600.00

Online**Mother Touch****CB 400** **Class Hours: 8.00** **Credits: 0.25**

A course designed for students to learn how to give a pregnant client a safe gentle yet highly effective Therapeutic Massage. Learn how pregnancy changes the body when Pregnancy Massage is appropriate or contraindicated and techniques for producing total relaxation of muscles while peacefully stimulating blood circulation lymphatic drainage and endocrinological balance. Please bring unscented lotion or oil clean sheets & pillowcases for daily hands-on exchanges (1 set for Mother Touch Basic & 2 sets for Advanced 3 bed pillows (2 standard & 1 king) body pillow & wedge pillow (optional) 1 large bath towel or king pillowcase for breast drape. PRE-REQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

2 weeks
 01/24/2025 - 01/31/2025 F 9am-1pm
 05/10/2025 - 05/10/2025 Sa 9am-6pm
 10/18/2025 - 10/18/2025 Sa 9am-6pm
 \$160.00

CEU

Mother Touch - Advanced**CB 401** **Class Hours: 8.00** **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 BW (CEU-NCBTMB)

1 day
 11/17/2024 - 11/17/2024 Su 9am-6pm
 11/16/2025 - 11/16/2025 Su 9am-6pm



\$160.00

Myotherapy - 7 Step Release System**MT 400** **Class Hours: 40.00** **Credits: 1.25**

A deep therapy approach to incorporating assisted stretches and skeletal articulations. Learn to find the holding patterns in a person's body and use very specific steps to release tight tied up muscles. Designed by KC Miller this class is the Flagship Therapy of SWIHA. Supplies: \$15 Pre-Req: MT 200 Swedish or Licensed BW (CEU-NCBTMB)

10 weeks
 11/19/2024 - 02/11/2025 Tu 6pm-10pm
 06/24/2025 - 09/02/2025 Tu 9am-1pm
 08/05/2025 - 10/07/2025 T 6pm-10pm



\$800.00

Mysticism: Finding Your Personal Path**GS 120** **Class Hours: 30.00** **Credits: 1.50**

Be in deep relationship with "Great Mystery" and begin to fully step into your spiritual gifts. Many mystical practices will be explored including contemplation and meditation upon the divine spiritual downloads and insights channeling and intercession energetic healing and various forms of prayer. Exploring 12 Universal Laws will be a part of this course and optional field trips to local sacred sites will be offered. Text: TBD

8 weeks
 04/29/2025 - 06/17/2025 T 6pm-9:45pm

\$600.00

Mysticism: Finding Your Personal Path ONLINE**SP 162-OL** **Class Hours: 30.00** **Credits: 1.50**

This course provides practical tools for navigating the journey of finding a personal path and for guiding others along their journey of spiritual discovery. Many of us have been searching for spiritual truth outside of our own reality. We feel separate - cast out of the garden through migration colonialism slavery and the modern economy. However each of us can connect with our ancestors all life on Earth each other and the god of our understanding in a way that feels authentic to our culture. Students are invited to connect with their unique spiritual calling while discovering their authentic path toward a new garden. Text: Same as SP 156-OL PREREQ: SP 156-OL

12/30/2024 - 02/02/2025
 04/21/2025 - 05/25/2025
 05/26/2025 - 06/29/2025
 08/11/2025 - 09/14/2025



\$600.00

Myotherapy - Mastery**TE 121** **Class Hours: 20** **Credits: 0.75**

Myotherapy Mastery reviews all of the concepts learned in Myotherapy Seven Step Release System and then students learn to take the Myotherapy Platforms to the next level. Myotherapy Mastery focuses on the body's holograms zone therapy and employs many traditional Thai massage moves and brings them onto the massage table. Myotherapy Mastery enhances student awareness of body mechanics and explores prone supine and sideline protocols. Pre-Req MT 400 BW (CEU-NCBTMB)

1 weekend
 6/27/2025 - 6/29/2025 F 6pm-10 pm Sa/Su 9am-6pm



\$400.00

**Neuro Touch - Neuromuscular Re-education Techniques****MT 605** **Class Hours: 20.00** **Credits: 1.00**

Neuro Muscular techniques and theory are explored in this class as well as a deep dive into the effects of working with the anterior and posterior vagal nerves specific to Stanley Rosenberg's techniques and theories. Work will start in the thorax in this introductory class. More to explore in the near future! PREREQ: MT 200 SWEDISH OR LICENSED. (CEU-NCBTMB)

1 weekend
 02/21/2025 - 02/23/2025 F 6pm-10 pm Sa/Su 9am-6pm
 07/11/2025 - 07/13/2025 F 6pm-10 pm Sa/Su 9am-6pm
 10/17/2025 - 10/19/2025 F 6pm-10 pm Sa/Su 9am-6pm



\$400.00

Neuro-Linguistic Programming ONLINE**HY 318-OL** **Class Hours: 30.00** **Credits: 1.25**

Neuro-Linguistic Programming (NLP) is the art and science of working directly with the subconscious mind to bring about reliable and predictable results with consistency. NLP is a result-oriented short-term permanent way of creating change in behaviors and perceptions. NLP uses language to create empowering productive and positive behaviors on a repeatable basis. This is a highly interactive introductory class; you will learn NLP for yourself and to help others. Text: \$25. PREREQ: HY 301 or HY 305-OL

02/03/2025 - 03/09/2025
 07/07/2025 - 08/10/2025
 12/01/2025 - 01/11/2026



\$600.00

Nutrition - Advanced Whole Foods & Raw Cuisine ONLINE**HN 223-OL** **Class Hours: 30.00** **Credits: 1.50**

In this 2nd level class students will explore kitchen techniques tools and methods to expand beyond the basics in creating meals using the knowledge of Whole Food and Raw food cuisine. Students will learn how to customize meal plans adjust foods to support health concerns allergens and modern diets for all ages. Simplify the stigma with food prep and planning seasonal food options as well as adjusting recipes for medium to large groups. Create full meal recipes challenges with busy schedules ingredients and substitutions as well as eating on a budget. Students will learn next level skills methods and philosophies for creating healthy food choices in a safe kitchen. PREREQ: HN 210-OL and HN 222-OL.

03/17/2025 - 04/20/2025
 08/11/2025 - 09/14/2025



\$600.00

Nutrition - Comparative Dietary Systems**HN 155** **Class Hours: 20.00** **Credits: 1.25**

This course introduces you to the most common dietary systems followed throughout the world. Ayurveda vegetarianism veganism Paleolithic raw foods and other dietary systems will be discussed. Students will examine multiple strategies for weight management with a focus on emotional and behavioral factors. Several popular diets will be discussed and critiqued. The obsession for physical perfection will be discussed along with risk factors and pros/cons of many weight management strategies. PREREQ: HN 121 Supply fee: \$10

5 weeks
 01/08/2025 - 02/05/2025 W 6pm-10pm
 06/10/2025 - 07/15/2025 Tu 6pm-10pm

\$400.00

Nutrition - Culinary Applications & Business Perspectives ONLINE**HN 500-OL** **Class Hours: 40.00** **Credits: 2.50**

Creating a culinary-based business is more than the preparation of food. In this course you'll learn about the various opportunities in the culinary field and how to market your business. You'll explore the management of food costs balancing your food values with that of your client meal planning from start to finish food photography cost analysis and storage and transportation decisions. Text: N/A PRE-REQ: HN 223-OL

04/21/2025 - 05/25/2025
 09/15/2025 - 10/19/2025



\$800.00

Nutrition - Foundation of Holistic Nutrition ONLINE**HN 105-OL** **Class Hours: 30.00** **Credits: 2.00**

This course will familiarize you with the history of the science of nutrition and the art of nourishment. You'll explore the relationship between food production the environment and the consumer as well as the relationship between food culture and community. In preparation for the rest of the nutrition concentration you'll examine the differences between scientific studies and sensational headlines and how both contribute to our food values and beliefs. Text: \$18 Course has synchronous hours

02/03/2025 - 03/09/2025
 04/21/2025 - 05/25/2025
 07/07/2025 - 08/10/2025
 09/15/2025 - 10/19/2025



\$600.00

Neck Release**TE 380** **Class Hours: 8.00** **Credits: 0.25**

Learn very specific techniques for releasing neck muscle tension and increasing range of motion including clearing core energy blockages between the xiphoid process and the navel. PREREQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 day
 03/08/2025 - 03/08/2025 Sa 9am-6pm
 2 weeks
 06/05/2025 - 06/12/2025 Th 9am-1pm



\$160.00

**Nutrition - Foundations of Transformational Healing & Holistic Nutrition
HN 121** **Class Hours: 40.00** **Credits: 2.50**

This course will familiarize you with the Fundamentals of Holistic Nutrition by examining its historical background and recent resurgence. You will learn about how the views of nutrition and holistic lifestyles have evolved over time. The Standard American Diet (SAD) and subsequent increase in degenerative diseases will be studied as well as food industry practices that impact your health. You will be introduced to the science behind the principles of holistic nutrition and gain exposure to the broader field of holistic health and wellbeing. Text: \$92 10 weeks

01/21/2025 - 03/25/2025 Tu 6pm-10pm
\$800.00

Nutrition - Micro/Macro Nutritional Biochemistry ONLINE

HN 124-OL **Class Hours: 30.00** **Credits: 2.00**

In this course you will learn the basic biochemistry of nutrition. You will explore the concepts of digestion absorption assimilation calories and energy. You will acquire a functional understanding of the importance of various phytonutrients carbohydrates proteins lipids vitamins minerals and water whole food sources and the consequences of excesses and deficiencies. Book: N/A Pre-req: HN 105-OL Course has synchronous hours

12/30/2024 - 02/02/2025
03/17/2025 - 04/20/2025
05/26/2025 - 06/29/2025
08/11/2025 - 09/14/2025
10/20/2025 - 11/23/2025
\$600.00

Online

Nutrition - Microbiome Wellness ONLINE

HN 351-OL **Class Hours: 30.00** **Credits: 2.00**

The microorganisms or microbiome in the human body outnumber what we think of as human cells 10 to 1. Our health and wellness is influenced by the health and wellness of this tiny community that weighs only 1-3% of the body's mass. In this course you will explore the relationship between the microbiome (gut bacteria) and the rest of the body as well as the whole foods needed to nourish both. Text: \$17 Supply/Microbiome Test Fee: \$300 Pre-req: HN 105-OL Course has synchronous hours

11/11/2024 - 12/22/2024
04/21/2025 - 05/25/2025
09/15/2025 - 10/19/2025
\$600.00

Online

Nutrition - Nutritional Assessment & Coaching

HN 250 **Class Hours: 30.00** **Credits: 2.00**

This course provides students with the opportunity to apply their knowledge of holistic nutrition through assessing and coaching multiple clients with differing health objectives. Students will examine the dynamic client/coach relationship and acquire strategies to overcome challenges with clients. Customized assessment tools will be used to develop appropriate holistic nutritional plans. Students will have the ability to impart positive change in clients seeking optimal health. Text: \$30 PRERQ: HN 121 HN 122 MF 105

8 weeks
03/24/2025 - 05/12/2025 M 6pm-9:45pm
12/02/2025 - 02/03/2026 Tu 6pm-9:45pm
\$600.00

Nutrition - Raw Food Cuisine 1 ONLINE

HN 222-OL **Class Hours: 25.00** **Credits: 1.25**

This course covers the increasingly popular Raw Food Diet that consists of eating raw or low-cooked unprocessed mainly organic foods. Topics include digestive enzymes bacteria and microorganisms that live in food. Variations of the Raw Foods Diet will be examined along with the history philosophy and common beliefs. Students will learn how raw foods can incorporate into the foundation of any healthy diet as well as how to use raw foods for detoxification and healing. Each week students prepare gluten-free dairy-free and soy-free raw foods.

02/03/2025 - 03/09/2025
07/07/2025 - 08/10/2025
\$500.00

Online



Specialty Clinics

For Cranial, Hypno, Yoga Nidra, and Polarity clinic dates, times and to book an appointment:

Call: 480-994-9244 or visit our website: www.swiha.edu

Online

Nutrition - Raw Food Cuisine

HN 222 **Class Hours: 20.00** **Credits: 1.00**

This course covers the increasingly popular Raw Food Diet that consists of eating raw or low-cooked unprocessed mainly organic foods. Topics include digestive enzymes bacteria and micro-organisms which live in food. Variations of the Raw Foods Diet will be examined along with the history philosophy and common beliefs. Students will learn how raw foods can incorporate into the foundation of any health diet as well as how to use raw foods for detoxification and healing. Each class students prepare gluten free dairy free and soy free raw foods. Age restricted to 18 and over. 1) Closed toe shoes are required. No high heels. No exceptions. Students out of compliance will be turned away 2) Hair must be pulled back with clips up to chin length or a rubber band if hair is longer than your chin. 3) Bring 2 clean dish towels Supplies: \$75 Space is limited.

5 weeks
11/13/2024 - 12/18/2024 W 6pm-10pm
10/21/2025 - 11/18/2025 Tu 6pm-10pm
\$400.00

Nutrition - Understanding Micronutrients Macronutrients and Supplements for Optimum Health

HN 122 **Class Hours: 40.00** **Credits: 2.50**

This course will provide you with a proficiency in the fundamentals of nutrition. We will explore macronutrients and micronutrients and the role they play in our bodies. You will acquire a functional understanding of the importance of various nutrients the consequences of excesses and deficiencies good food sources for the specific nutrients discussed as well as what you can do to achieve optimal health and well-being. You will examine carbohydrates proteins lipids vitamins and minerals. PREREQ: HN 121. Text: Same books as HN 121.

10 weeks
01/06/2025 - 03/17/2025 M 6pm-10pm
04/01/2025 - 06/03/2025 Tu 6pm-10pm
\$800.00

Nutrition - Whole Food S.O.U.L. Food

NC 200 **Class Hours: 20.00** **Credits: 0.50**

Discover S.O.U.L. foods (Seasonal Organic Unprocessed Local) and simple ways to create delicious whole food nutritious meals. You will develop healthy shopping habits and some basic culinary skills; learn how to eat a balanced diet utilizing paleo raw vegan and vegetarian choices; find out where to buy and how to prepare high quality vegetables fruits animal products nuts seeds friendly fats and oils herbs spices and natural sweeteners using local seasonal pasture-raised and organic foods. This 5-week course covers basic kitchen equipment organization meal planning prep tips recipe information and working with clients. Each 4 hour class includes the preparation of an entire meal. Recipes and menus will be gluten free dairy free and soy free. Space is limited.

. Age restricted to 18 and over. 1) Closed toe shoes are required. No high heels. No exceptions. Students out of compliance will be turned away 2) Hair must be pulled back with clips up to chin length or a rubber band if longer than your chin. 3) Bring 2 clean dish towels 4) Bring 1 chef knife or Japanese vegetable knife. Supplies: \$75
5 weeks
09/16/2025 - 10/14/2025 Tu 6pm-10pm
\$400.00

Nutrition - Whole Foods Cuisine 1 ONLINE

HN 210-OL **Class Hours: 25.00** **Credits: 1.25**

Discover S.O.U.L. foods (Seasonal Organic Unprocessed Local) and simple ways to create delicious whole food nutritious meals. You will practice some basic culinary skills and learn how to balance the flavors to make healthy eating enjoyable as well. These basic skills are the foundation for intuitive creative mindful cooking. Text: \$38 Course has synchronous hours.

12/30/2024 - 02/02/2025
05/26/2025 - 06/29/2025
10/20/2025 - 11/23/2025
\$500.00

Online

Nutritional Needs Across the Life Cycle ONLINE

HN 235-OL **Class Hours: 30.00** **Credits: 2.00**

This class identifies the changing nutritional needs of humans throughout the life cycle from gestation to death. We'll examine the maternal and fetal needs during pregnancy the nutritional needs of growing children and their microbiome diverging needs by gender during adolescence and adulthood and the unique nutritional needs of elders and those at the end of life. Text: N/A Pre-req: HN 105-OL

11/11/2024 - 12/22/2024
02/03/2025 - 03/09/2025
04/21/2025 - 05/25/2025
07/07/2025 - 08/10/2025
09/15/2025 - 10/19/2025
12/01/2025 - 01/11/2026
\$600.00

Online

Polarity - Trance Counseling**PC 110** **Class Hours: 24.00** **Credits: 1.00**

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 well take a journey into our interpersonal feedback loops that rules our lives unconsciously keeping us from new possibilities. BW AUC
1 weekend
08/15/2025 - 08/17/2025 F-Su 9am-6pm
\$480.00

Polarity APP/Cranial - Practicum**PC 200** **Class Hours: 30.00** **Credits: 1.25**

The tools and techniques needed to give a therapeutic polarity and/or cranial session are reviewed and developed. Peer supervision and community collaboration is fostered. Two therapeutic sessions on outside clients will be given and two will be observed and evaluated with an eye towards understanding therapist/client dynamics and each student's particular strengths and weaknesses as a practitioner. Case studies will be shared and business and ethical issues will be discussed. Students must have completed the majority of Polarity or Cranial classes plus Polarity Communications I. PRERQ: PC 150 or PC 860 & PC 400 AUC
2 weekends
03/15/2025 - 03/23/2025 Sa/Su 9am-5:30pm
06/21/2025 - 06/29/2025 Sa/Su 9am-5:30pm
11/08/2025 - 11/16/2025 Sa/Su 9am-5:30pm
\$600.00

Polarity – Dr. Stones Energy Exercises & Mystic Philosophy**PC 942** **Class Hours: 16.00** **Credits: 0.25**

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. AUC Supplies: \$33
1 weekend
05/17/2025 - 05/18/2025 Sa/Su 9am-6pm
\$320.00

Practical Applications in Intuitive Coaching ONLINE**SC 301-OL** **Class Hours: 40.00** **Credits: 1.50**

In this course spiritual coaches learn and practice client-centered strategies and processes which move the client toward the attainment of their goals. Participants will also negotiate Client/Coach contracts defining the nature expectations and boundaries of the spiritual coaching relationship. Text: \$43 PREREQ: SC 201-OL
12/30/2024 - 02/02/2025
02/03/2025 - 03/09/2025
05/26/2025 - 06/29/2025
07/07/2025 - 08/10/2025
10/20/2025 - 11/23/2025
\$800.00

*Online***Psychology of Addiction - Understanding the Shadow****CC 131** **Class Hours: 32.00** **Credits: 2.00**

This 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 additions or recovery. LEC Supply Fee: \$18
8 weeks
01/06/2025 - 03/03/2025 M 6pm-10pm
04/16/2025 - 06/04/2025 W 6pm-10pm
09/15/2025 - 11/03/2025 M 6pm-10pm
\$640.00

Psychology of Addictions & Disordered Eating ONLINE**HC 222-OL** **Class Hours: 30.00** **Credits: 2.00**

In this course you will examine addictions of all types the neuroscience of addiction and current models for releasing addictions. Specifically you'll learn the language to use with all your clients so that those recovering from disordered eating and addictions feel safe when the coaching conversation comes close to their particular compulsive behavior. Text: \$17
11/11/2024 - 12/22/2024
02/03/2025 - 03/09/2025
04/21/2025 - 05/25/2025
07/07/2025 - 08/10/2025
\$600.00

*Online***Psychology of Wellbeing 1 ONLINE****HC 220-OL** **Class Hours: 30.00** **Credits: 2.00**

This course explores the neuroscience of emotional and physical regulation. Through the framework of positive psychology you'll examine emotional intelligence resilience and the amazing potential of the human experience. You'll investigate thinking errors and the cognitive behavior triangle as a way to capture and change unhealthy thoughts and behaviors. Special attention will be given to the neuroscience of healing from trauma. Text: \$20
12/30/2024 - 02/02/2025
05/26/2025 - 06/29/2025
10/20/2025 - 11/23/2025
\$600.00

*Online***Psychology of Wellbeing 2 ONLINE****HC 221-OL** **Class Hours: 30.00** **Credits: 2.00**

This course builds upon Psychology of Wellbeing 1. Developmental psychology positive psychology and the polyvagal theory provide the backdrop for understanding growth integration and wellbeing throughout the lifecycle. Special attention will be given to the neuroscience of healing from trauma. Text: \$18 Pre-req: HC 220-OL
12/30/2024 - 02/02/2025
02/03/2025 - 03/09/2025
07/07/2025 - 08/10/2025
10/20/2025 - 11/23/2025
\$600.00

Online**Reflexology - A Western Approach for Bodyworkers****RF 201** **Class Hours: 20.00** **Credits: 0.75**

Reflexology is science-based on the principle that there are reflex areas in the feet hands and ears corresponding to all the glands organs parts and systems of the body. This course explores the various theories that have led to development of modern western reflexology. Concentration is on basic foot protocols and hand techniques used for the purpose of relaxation and stress reduction applicable to any bodyworker. BW Bring sheets towels and hand sanitizer. (CEU-NCBTMB)
5 weeks
02/07/2025 - 03/07/2025 F 9am-1pm
1 weekend
03/21/2025 - 03/23/2025 F 6pm-10 pm Sa/Su 9am-6pm
06/13/2025 - 06/15/2025 F 6pm-10 pm Sa/Su 9am-6pm
5 weeks
09/05/2025 - 10/03/2025 F 9am-1pm
1 weekend
10/17/2025 - 10/19/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

*CEU***Reflexology - Assessment Skills for Bodyworkers****RF 202** **Class Hours: 20.00** **Credits: 0.75**

This course covers a system-by-system review of the ten bodily systems as related to the microcosm theory in Reflexology. Pathology and symptomology are reviewed in-depth. Client history taking SOAP notes and Treatment Plans are taught and applicable to any bodyworker. PRE-REQ: RF 201 Bring sheets towels and hand sanitizer. BW (CEU-NCBTMB)
11/15/2024 - 11/17/2024 F 6pm-10 pm Sa/Su 9am-6pm
5 weeks
03/14/2025 - 04/11/2025 F 9am-1pm
1 weekend
11/07/2025 - 11/09/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

*CEU***Reflexology - Emotional Balance & Being for Bodyworkers****RF 203** **Class Hours: 20.00** **Credits: 0.75**

It has long been documented that our life stories and traumas are held in specific areas of the body and in certain organs. What's where is taught on an intellectual and kinesthetic level and how facilitated dialogue can assist in a mindful way to release what has been held. This course also focuses on Western and Eastern theories as they relate to the balance of body mind and spirit as well as zone theory. Each class includes a hands-on component for the feet or acupressure points of the feet hands and body points including therapeutic meridian brushing. This is taught as a clothed modality although it can be adapted by massage therapists and bodyworkers. No prerequisites. BW Bring sheets & towels. (CEU-NCBTMB)
1 weekend
12/06/2024 - 12/08/2024 F 6pm-10 pm Sa/Su 9am-6pm
5 weeks
04/25/2025 - 05/30/2025 F 9am-1pm
1 weekend
11/21/2025 - 11/23/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

CEU

Reflexology - Hand for Bodyworkers

RF 575 **Class Hours: 4.00** **Credits: 0.25**
 The hands represent the NOW - current reality. Learn to identify the reflex points of the hands and an effective relaxation treatment as well as self-care and first aid points. BW (CEU-NCBTMB)
 1 day
 12/14/2024 - 12/14/2024 Sa 9a-1pm
 04/12/2025 - 04/12/2025 Sa 9a-1pm
 07/12/2025 - 07/12/2025 Sa 9a-1pm
 \$80.00

**Reiki & Beyond - Sound & Vibration**

EC 731 **Class Hours: 16.00** **Credits: 0.50**
 This one weekend only class will allow you to expand your Reiki practice utilizing vibrational therapy methods including sound movement crystals color and aromatherapy. You are encouraged but not required to bring any personal crystals oils oracle decks or small instruments that you would like to use in class to enhance your sound and vibrational practice. PRERQ: EC 711 or EC 775 or EC 811
 1 weekend
 03/22/2025 - 03/23/2025 Sa/Su 9am-6pm
 07/12/2025 - 07/13/2025 Sa/Su 9am-6pm
 10/25/2025 - 10/26/2025 Sa/Su 9am-6pm
 \$320.00

Reiki - Angels Guides and Masters

EC 741 **Class Hours: 8.00** **Credits: 0.25**
 As you grow in your Reiki practice you will realize you are not alone especially if you are open to the guidance of those on other dimensions. Come explore the many guides that are available to serve you as a Reiki Practitioner if you call upon them. Learn to invite help and guidance from Angels Ascended Masters Saints and other celestial guides. PRE-REQ: EC 711 or EC 775 or EC 811
 1 day
 11/10/2024 - 11/10/2024 Su 9am-6pm
 03/16/2025 - 03/16/2025 Su 9am-6pm
 11/09/2025 - 11/09/2025 Su 9am-6pm
 \$160.00

Reiki - Holy - Master/Teacher Initiation

EC 767 **Class Hours: 20.00** **Credits: 0.50**
 For those who have taken Holy Reiki I II & III and are called to teach Reiki to others based on Christian biblical principles with a Christ-centered focus this class prepares you to teach the Reiki protocols. It offers you the competencies and the confidence to attune others to the Holy Reiki symbols. You may choose not to teach rather to use the Master Teacher initiation for personal empowerment and a way to deepen your spiritual walk. BW PRERQ: EC 813 and EC 798
 1 weekend
 01/10/2025 - 01/12/2025 F 6pm-10 pm Sa/Su 9am-6pm
 12/12/2025 - 12/14/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Reiki Clinic

EC 798 **Class Hours: 8.00** **Credits: 0.25**
 Reiki program students will be providing sessions multiple sessions using intake forms and feedback forms and discussing the business aspects of Reiki. Please come to class prepared with: sheets and a blanket. BW - Pre-Req: EC 700 & EC 711 or EC 775 or EC 812.
 1 day
 12/07/2024 - 12/07/2024 Sa 9am-6pm
 12/08/2024 - 12/08/2024 Su 9am-6pm
 06/14/2025 - 06/14/2025 Sa 9am-6pm
 06/15/2025 - 06/15/2025 Su 9am-6pm
 \$160.00

Reiki for Prosperity

EC 791 **Class Hours: 8.00** **Credits: 0.25**
 Reiki is the science of energy. Money and abundance are directly linked to our energy as well as that of our ancestors. Learn to identify the thought seeds that create samskaras (emotional wounds) contributing to slow and dense energy associated with your personal finances. With the use of a pendulum you will learn to identify the precise generational patterns to clear heal recalibrate and repair the energetic field by using sacred Reiki symbols and empowered ancient chants. In addition the practice of Ho'oponopono a Hawaiian practice of reconciliation and forgiveness will be taught as a mental/emotional cleansing process. You will have the opportunity to consciously encode your mental spiritual and energetic bodies with new vibrational frequencies of abundance health prosperity and true wealth. Leave being Prosperity Ready! Supplies: \$20 PRE-REQ: EC 711 or EC 775 or EC 811
 1 day
 01/05/2025 - 01/05/2025 Su 9am-6pm
 05/11/2025 - 05/11/2025 Su 9am-6pm
 10/05/2025 - 10/05/2025 Su 9am-6pm
 \$160.00

50 Class Descriptions**Reiki I - Traditional**

EC 700 **Class Hours: 16.00** **Credits: 0.50**
 Reiki is a complete system of holistic healing and personal development. This spiritually directed life force energy can be used to heal yourself and others solve problems achieve goals develop higher consciousness fulfill your spiritual purpose. BW (CEU-NCBTMB) NOTE: \$50 FEE for AUN
 1 weekend
 01/04/2025 - 01/05/2025 Sa/Su 9am-6pm
 04/26/2025 - 04/27/2025 Sa/Su 9am-6pm
 4 weeks
 05/30/2025 - 06/20/2025 F 9am-1pm
 1 weekend
 09/27/2025 - 09/28/2025 Sa/Su 9am-6pm
 \$320.00

**Reiki II - Traditional**

EC 711 **Class Hours: 16.00** **Credits: 0.50**
 Learn the symbols of Reiki with their function and meaning. Traditional Reiki symbols Attunements and techniques for long distance healing presented. Learn to share the healing properties of the symbols during a Reiki exchange. BW Pre-Req: EC 700 \$50 FEE for AUN
 1 weekend
 02/01/2025 - 02/02/2025 Sa/Su 9am-6pm
 06/07/2025 - 06/08/2025 Sa/Su 9am-6pm
 10/18/2025 - 10/19/2025 Sa/Su 9am-6pm
 \$320.00

Reiki III - Advanced

EC 720 **Class Hours: 8.00** **Credits: 0.25**
 Move the Universal Life Force connection into healing not only the physical but the emotional and spiritual. You will receive an attunement with the Reiki Master symbols. Advanced application discussion will be held. This class prepares you to continue to the next level of Reiki Master. BW PRERQ: EC 711. \$50 FEE for AUN
 1 day
 11/09/2024 - 11/09/2024 Sa 9am-6pm
 03/15/2025 - 03/15/2025 Sa 9am-6pm
 08/16/2025 - 08/16/2025 Sa 9am-6pm
 11/08/2025 - 11/08/2025 Sa 9am-6pm
 \$160.00

Reiki Master/Teacher Initiation

EC 766 **Class Hours: 20.00** **Credits: 0.50**
 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. BW Pre-Req: EC 720 EC 776 or EC 813 and EC 798. Text: \$35
 1 weekend
 12/13/2024 - 12/15/2024 F 6pm-10 pm Sa/Su 9am-6pm
 01/10/2025 - 01/12/2025 F 6pm-10 pm Sa/Su 9am-6pm
 06/27/2025 - 06/29/2025 F 6pm-10 pm Sa/Su 9am-6pm
 12/12/2025 - 12/14/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Reiki Symbolism & Geometric Grid

EC 750 **Class Hours: 16.00** **Credits: 0.50**
 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. You are encouraged to bring any personal crystals stones oils religious icons sacred text flowers etc that will be used in class for altar building. Bring sheets and a blanket for on-table work. Supplies \$25.00. Pre-Req: EC 711 or EC 775 or EC 811
 1 weekend
 11/23/2024 - 11/24/2024 Sa/Su 9am-6pm
 04/12/2025 - 04/13/2025 Sa/Su 9am-6pm
 11/22/2025 - 11/23/2025 Sa/Su 9am-6pm
 \$320.00

Reiki: Holy Reiki I & II - Discovery & Deepening

EC 812 **Class Hours: 20.00** **Credits: 0.75**
 Holy Reiki is a complete system of holistic healing and personal development. Holy Reiki acknowledges the healing power of Christ and calls upon the name of the 'most high' to create current day healing. Holy Reiki is bible-based and Christ-centered. This divinely directed life force energy can be used to heal yourself and others solve problems achieve goals develop higher consciousness and fulfill your spiritual purpose.
 1 weekend
 11/22/2024 - 11/24/2024 F 6pm-10 pm Sa/Su 9am-6pm
 04/04/2025 - 04/06/2025 F 6pm-10 pm Sa/Su 9am-6pm
 10/17/2025 - 10/19/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

Reiki: Holy Reiki III - Heaven's Gate**EC 813** **Class Hours: 20.00** **Credits: 0.50**

Designed to deepen your spiritual gifting through Reiki this course teaches you to put on the whole Armor of God through Reiki as well as the science behind Reiki. We will explore the relationship between the Holy Spirit and guided intuition. This course includes attunements as well as a sacred ceremony to prepare you to step into your personal empowerment as a Reiki Master. PRE-REQ: EC 812. \$50 FEE for AUN

1 weekend	
12/13/2024 - 12/15/2024	F 6pm-10 pm Sa/Su 9am-6pm
05/16/2025 - 05/18/2025	F 6pm-10 pm Sa/Su 9am-6pm
11/14/2025 - 11/16/2025	F 6pm-10 pm Sa/Su 9am-6pm
\$400.00	

Removing the Armor**TE 590** **Class Hours: 12.00** **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 breathing has in releasing armor. Learn a facilitated dialogue. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 weekend	
04/26/2025 - 04/27/2025	Sa/Su 9am-4pm
09/20/2025 - 09/21/2025	Sa/Su 9am-4pm
\$240.00	

CEU**Resiliency and Self-Care for Massage Therapists****BC 441** **Class Hours: 7.00** **Credits: 0.50**

This important class will help new massage therapy students explore the many possibilities of Self-Care and gain an understanding of resiliency and its importance in their career as a massage therapist. Students will experience the power of visualization and learn ways to anchor in their vision to build resiliency throughout their program. Learn how to cultivate a mindset of resiliency to nurture an internal environment of sustainability and personal growth. Self-Care options including breath tai chi yoga Yoga Nidra and an intro to tapping for stress relief will be explored. FOR MASSAGE PROGRAM STUDENTS ONLY. NOT A CEU CLASS.

2 weeks	
01/06/2025 - 01/13/2025	M 9am-12:30pm
03/17/2025 - 03/24/2025	M 9am-12:30pm
04/21/2025 - 04/28/2025	M 6pm-9:30pm
06/04/2025 - 06/11/2025	W 9am-12:30pm
07/14/2025 - 07/21/2025	M 6pm-9:30pm
08/20/2025 - 08/27/2025	W 9am-12:30pm
09/29/2025 - 10/06/2025	M 6pm-9:30pm
\$140.00	

Rock & Unlock**TE 600** **Class Hours: 12.00** **Credits: 0.25**

Influenced by Milton Trager's work this class has been designed by KC Miller to teach students how by rocking the body you can unlock tight chronic holding patterns. Sometimes deep trigger point work is contraindicated - ideal for working with whiplash geriatric or pregnancy clients or people with deep control issues. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

3 weeks	
05/14/2025 - 05/28/2025	W 6pm-10pm
06/04/2025 - 06/18/2025	W 9am-1pm
\$240.00	

CEU**Rotator Cuff/Shoulder Joint****TE 225** **Class Hours: 8.00** **Credits: 0.25**

Clients with poor posture chronic shoulder/neck pain tension injuries sports injuries accidents and whiplash will benefit from this focused therapy! A great supplement to both chair and table therapies. Bring sheets bath towel a couple of hand towels and two pillows. PRERQ: MT 200 SWEDISH OR LICENSED BW (Please bring required BW supplies plus 2 standard sized pillows) (CEU-NCBTMB)

2 weeks	
03/12/2025 - 03/19/2025	W 9am-1pm
05/12/2025 - 05/19/2025	M 6pm-10pm
09/18/2025 - 09/25/2025	Th 9am-1pm
1 day	
11/01/2025 - 11/01/2025	Sa 9am-6pm
\$160.00	

CEU**S****Scar Tissue Massage****TE 142** **Class Hours: 8.00** **Credits: 0.25**

Explore the physiology and psychological aspects of scar tissue. Experience ways to effectively work with scar tissue and improve lymphatic flow skin texture and flexibility of the affected areas of the body. This class will also include a brief explanation of working with healing oils and aroma therapy that is effective for scar tissue work. BW PRERQ: SWEDISH OR LICENSED. Supply fee: \$20.00 (CEU-NCBTMB)

1 day	
03/16/2025 - 03/16/2025	Su 9am-6pm
07/27/2025 - 07/27/2025	Su 9am-6pm
10/26/2025 - 10/26/2025	Su 9am-6pm
\$160.00	

CEU**Script Writing ONLINE****HY 425-OL** **Class Hours: 30.00** **Credits: 1.25**

For many hypnotherapists the act of writing a completely new script arises organically out of the skill of improvising with clients. In this course you'll simulate that process making the various steps conscious and intentional. Begin by improvising with a volunteer client and continue by outlining and field testing scripts. Finally identify the needs of your audience and learn to revise your scripts with their needs in mind before publishing. PRERQ: HY 305-OL

12/30/2024 - 02/02/2025	
05/26/2025 - 06/29/2025	
07/07/2025 - 08/10/2025	
10/20/2025 - 11/23/2025	
\$600.00	

Online**Serving through Ceremony ONLINE****SP 525-OL** **Class Hours: 30.00** **Credits: 1.50**

Service is a spiritual path and can be the commemoration of a special occasion as well as a daily practice. In this course students will clarify who and how they serve as they explore the many forms of service in their community. Students will be invited to design and rehearse a special ceremony. Text: (same as SP 156)

PRERQ: SP 162-OL	
12/30/2024 - 02/02/2025	
03/17/2025 - 04/20/2025	
05/26/2025 - 06/29/2025	
09/15/2025 - 10/19/2025	
10/20/2025 - 11/23/2025	
\$600.00	

Online**Serving through Sacred Ceremony & Ordination Prep****GS 140** **Class Hours: 30.00** **Credits: 1.50**

Service is a spiritual path and can be the commemoration of a special occasion as well as a daily practice. In this course students will clarify who and how they will step into their own spiritual leadership as they explore the many forms of service in their community. Students will be invited to design and rehearse a special ceremony. During this course students will have the option of preparing for Ordination. Text: TBD

8 weeks	
08/12/2025 - 09/30/2025	T 6pm-9:45pm
\$600.00	

Shamanic Pathways**EC 778** **Class Hours: 40.00** **Credits: 1.25**

Shamanic Pathways explores tools and practices found in many cultures across the world. Over this two-weekend course students will have an opportunity to create a drum or rattle and other tools used in ceremony. You will also look more deeply into yourself through creating and using a mask and practicing shamanic journeying connecting with totems power animals and spirit guides. Finally students will begin exploring how to apply these tools to their personal and professional practices. (This class requires 12 students minimum to run.) Supplies: \$200

2 weekends	
01/24/2025 - 02/09/2025	F 6pm-10 pm Sa/Su 9am-6pm
07/18/2025 - 08/03/2025	F 6pm-10 pm Sa/Su 9am-6pm
\$800.00	

Shamanic Wheel of Life**EC 777** **Class Hours: 20.00** **Credits: 0.50**

Throughout history all over the world and spanning nearly every culture that's existed are examples of the Wheel of Life or Medicine Wheel. Join us in a journey that explores your relationship to the Wheel of life through your personal heritage. Define your entry point on the wheel and begin creating your personal wheel through ceremony and journeying. Learn to apply the metaphors of the Wheel of Life to your personal and professional practices. Text: \$24

1 weekend	
11/15/2024 - 11/17/2024	F 6pm-10 pm Sa/Su 9am-6pm
06/27/2025 - 06/29/2025	F 6pm-10 pm Sa/Su 9am-6pm
\$400.00	

Shift your perception
of the world and others will never
perceive you the same!

Shamanic Reiki I & II**EC 775 Class Hours: 20.00 Credits: 0.75**

The word 'Shaman' means 'spiritual healer' or 'one who sees in the dark.' Shamans access the Spirit realm for the purpose of individual and communal growth and healing and of retrieving authentic power energy and wisdom. Shamanic Reiki I & II is a ceremonial journey to align you with divine 'Source' and activate the Healer within by honoring your ancestral roots connecting and communicating with non-physical helpers and Guides and the use of Shamanic visioning for self-revelation and for calling upon the essential forces of nature. In the first weekend healers will learn Reiki history as it connects to their own path the time-tested Reiki principles and a self-healing protocol. Students will receive Reiki Level I & II Attunements; the traditional Reiki healing protocol will be taught with the focus being on self-healing and self-empowerment. Students will be invited to participate in a variety of Shamanic ceremonies designed to unveil unhealed parts of themselves and will have the opportunity 'clear the wounded imprint' learning to create a healthy world of integrity and ethics that are essential with stepping into the role of a Practitioner.

1 weekend

02/28/2025 - 03/02/2025 F 6pm-10 pm Sa/Su 9am-6pm

08/22/2025 - 08/24/2025 F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

Shamanic Reiki III & Beyond**EC 776 Class Hours: 20.00 Credits: 0.50**

This shamanic-based class honors the understanding that "we are spiritual beings having a human experience" -- and that our reality is mirroring back internal conditions and beliefs therefore it becomes vital to practice Shamanic Reiki with clear and loving intentions. The second weekend of training is designed to help new Reiki practitioners further understand 'life force energy' and how to work with others in a healing session and from a distance. Additional sacred symbols are revealed; students will receive their Reiki Level III Attunements. Integrated ceremonial journeys will be offered to tap into our 'Greater Wisdom' and into the 'Worlds' seen and unseen to discover the unity that exists within all healing techniques and all beings and energies in the Circle of Life; the ancient chakra healing system will be incorporated in the healing session exchanges. PREREQ: EC 775

1 weekend

03/28/2025 - 03/30/2025 F 6pm-10 pm Sa/Su 9am-6pm

09/12/2025 - 09/14/2025 F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

SOAP Notes**BC 110 Class Hours: 6.00 Credits: 0.25**

Students learn to professionally document their therapeutic process. Intake forms are designed for future business. Case studies are practiced. By documenting every session with a client in SOAP fashion a therapist protects themselves against client complaint or lawsuit can effectively communicate with other healthcare professionals or insurance personnel and gives a much better and more professional service to their clients. (CEU-NCBTMB)

2 weeks

12/11/2024 - 12/18/2024 W 9am-12pm

03/19/2025 - 03/26/2025 W 9am-12pm

04/16/2025 - 04/23/2025 W 6pm-9pm

06/02/2025 - 06/09/2025 M 9am-12pm

07/16/2025 - 07/23/2025 W 6pm-9pm

08/25/2025 - 09/08/2025 M 9am-12pm

10/01/2025 - 10/08/2025 W 6pm-9pm

\$120.00

CEU**Somatic Psychology: The Neuroscience of Regulation & Trauma****TC 630 Class Hours: 30.00 Credits: 2.00**

Whether you or your client has experienced a little "t" trauma or a big "T" trauma our nervous systems are constantly seeking regulation and safety and sometimes the neurobiology of the body can interfere with healing. The first step of healing from trauma starts with learning how to regulate the nervous system and emotional expression. By understanding how the nervous system works and compensates for trauma a whole world of healing opens up. Students will learn about trauma regulation techniques and the ethics of working with those healing from trauma. Text: \$24

8 Weeks

01/08/2025 - 02/26/2025 W 6-9:45pm

05/28/2025 - 07/23/2025 W 6pm-9:45pm

10/01/2025 - 11/19/2025 Wed 6-9:45pm

\$600.00

Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.

Somatic Psychology: The Neuroscience of Regulation & Trauma**TC 630-OL Class Hours: 30.00 Credits: 1.75**

Whether you or your client has experienced a little "t" trauma or a big "T" trauma our nervous systems are constantly seeking regulation and safety. The first step of healing from trauma starts with learning how to regulate the nervous system and emotional expression. By understanding how the nervous system works and compensates for trauma a whole world of healing opens up. Students will learn about trauma regulation techniques and the ethics of working with those healing from trauma. Text: \$37

12/30/2024 - 02/02/2025

02/03/2025 - 03/09/2025

03/17/2025 - 04/20/2025

05/26/2025 - 06/29/2025

07/07/2025 - 08/10/2025

08/11/2025 - 09/14/2025

10/20/2025 - 11/23/2025

12/01/2025 - 01/11/2026

\$600.00

Online**Somatic Psychology: The Subtle Body ONLINE****TC 640-OL Class Hours: 30.00 Credits: 1.75**

Often people tend to think of spiritual connection outside the body; however the more we learn to embody ourselves the more deeply we connect to Spirit. In this course students will learn the sacred and ancient ways of the subtle energetic body how to connect with it and how to use this work as a vessel to the soul and the Divine. Text: \$17

11/11/2024 - 12/22/2024

03/17/2025 - 04/20/2025

04/21/2025 - 05/25/2025

08/11/2025 - 09/14/2025

09/15/2025 - 10/19/2025

10/20/2025 - 11/23/2025

\$600.00

Online**Soul Coaching ONLINE****RF 171-OL Class Hours: 30.00 Credits: 1.50**

In reflexology the toes reveal personality destiny struggle and strength. In this course you will learn to use your observation and assessment of the toes in a way that allows you to communicate at a soul level with your client. Use penetrating soul coaching questions to facilitate deeper self-awareness in such a way as to help shift your client's perception of how they are and how they can be. NO PREREQ Supply fee: \$10 (CEU-NCBTMB)

11/11/2024 - 12/22/2024

02/03/2025 - 03/09/2025

05/26/2025 - 06/29/2025

07/07/2025 - 08/10/2025

09/15/2025 - 10/19/2025

12/01/2025 - 01/04/2026

\$600.00

Online**CEU****Sound Healing for Bodyworkers & Practitioners****EC 132 Class Hours: 20.00 Credits: 0.75**

Himalayan Singing Bowls promote deep relaxation and offer powerful healing properties harmonizing the cells and balancing the body's energy system. This class is designed for body workers massage therapists Reiki Practitioners and Yoga Teachers -- It explores the history and background of the Himalayan Singing Bowls and how to incorporate them into a sound healing practice. The use of one and two sound bowls in healing protocols will be taught both as on and off the body according to the Himalayan and Vedic Chakra systems. Using multiple Himalayan Singing Bowls will be introduced. There will be time to practice the healing protocols deepen connection with clients through observation communication as well as develop your intuition and honor your creativity. Text: \$16

1 Weekend

02/14/2025 - 02/16/2025 F 6pm-10pm Sa/Su 9am-6pm

03/07/2025 - 03/09/2025 F 6pm-10pm Sa/Su 9am-6pm

09/19/2025 - 09/21/2025 F 6pm-10pm Sa/Su 9am-6pm

\$400.00

Sports Massage - Intro**TE 650 Class Hours: 8.00 Credits: 0.25**

Fast-paced class designed to teach you the basics of on-site sports massage. Warm-up and cool down techniques are taught plus Proprioceptive Neuromuscular Facilitation (PNF) is a stretching technique utilized to improve muscle elasticity and has been shown to have a positive effect on active and passive range of motion. Pre-Req: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

2 weeks

01/06/2025 - 01/13/2025 M 9am-1pm

02/05/2025 - 02/12/2025 W 6pm-10pm

08/25/2025 - 09/08/2025 M 9am-1pm

10/01/2025 - 10/08/2025 W 6pm-10pm

\$160.00

CEU

SpaLomi Massage

EC 146 **Class Hours: 24.00** **Credits: 0.75**
 Influenced by traditional Temple Lomilomi massage this course offers a restorative massage focused on long sweeping full body connective strokes that are rhythmic in orientation with specific use of forearms and elbows to create deep release within a 90 to 120 minute session. Very detailed and specific abdominal massage is included in this class. While the spiritual and ceremonial aspects of Lomilomi will be honored it will not be the emphasis. Native music that creates a trance-like theta state and advanced breathing techniques will be introduced along with the use of coconut oil. Pre-Req: MT 200 or licensed. Supply Fee: \$15 (CEU-NCBTMB) BW
 6 weeks
 11/21/2024 - 01/16/2025 Th 9am-1pm
 1 weekend
 02/21/2025 - 02/23/2025 F-Su 9am-6pm
 10/10/2025 - 10/12/2025 F-Su 9am-6pm
 6 weeks
 06/26/2025 - 08/07/2025 Th 9am-1pm
 \$480.00

CEU

Swedish Massage

MT 200 **Class Hours: 40.00** **Credits: 1.25**
 Learn a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones. You will learn kneading stroking friction tapping and vibration to relive stiffness pain and other health problems. This course also includes proper draping and centering techniques. The main purpose is to increase oxygen flow in the blood improve range of motion and release toxins from the muscles. Other techniques taught include effleurage petrissage and tapotement. This is the framework onto which you can add many other modalities or use as a complete massage itself. Supplies: \$64 BW NCBTMB
 10 weeks
 01/21/2025 - 03/25/2025 T 9am-1pm
 02/25/2025 - 04/29/2025 T 6pm-10pm
 04/08/2025 - 06/10/2025 T 9am-1pm
 05/13/2025 - 07/22/2025 Tu 6pm-10pm
 06/24/2025 - 09/02/2025 Th 9am-1pm
 08/05/2025 - 10/07/2025 Tu 6pm-10pm
 09/16/2025 - 11/18/2025 Tu 9am-1pm
 10/21/2025 - 01/13/2026 T 6pm-10pm
 \$800.00

Swedish Sedona

TE 701 **Class Hours: 20.00** **Credits: 0.75**
 Learn to use movement and body weight to produce a flowing yet deep massage new concepts for connecting and expanding the range of your strokes. PRE-REQ: MT 200 SWEDISH or LICENSED Supplies: \$21 BW (CEU-NCBTMB)
 1 weekend
 11/01/2024 - 11/03/2024 F 6pm-10 pm Sa/Su 9am-6pm
 03/21/2025 - 03/23/2025 F 6pm-10 pm Sa/Su 9am-6pm
 1 day
 07/18/2025 - 07/20/2025 F 6pm-10 pm Sa/Su 9am-6pm
 11/07/2025 - 11/09/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

CEU



Thai Massage - Foot Massage

OE 640 **Class Hours: 20.00** **Credits: 0.50**
 Foot massage as practiced throughout southern Thailand and taught at the Wat Po Traditional Medical School in Bangkok. Learn techniques to do a soothing restful hour-long massage using deep pressure warming lotions and a wooden dowel. Bring a pillow textbook dowel and sheet. For the final check-off also bring two hand towels. Wear clothing that will allow working on the feet and legs. Supplies: \$18 (CEU-NCBTMB)
 1 weekend
 02/28/2025 - 03/02/2025 F 6pm-10 pm Sa/Su 9am-6pm
 06/06/2025 - 06/08/2025 F 6pm-10 pm Sa/Su 9am-6pm
 10/03/2025 - 10/05/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

CEU

Thai Massage - Traditional

OE 620 **Class Hours: 40.00** **Credits: 1.25**
 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. PREREQ: MT 200 SWEDISH OR LICENSED. Bodyworkers may register with prior approval. Supplies: \$15 (CEU-NCBTMB)
 2 weekends
 05/09/2025 - 05/18/2025 F 6pm-10 pm Sa/Su 9am-6pm
 09/05/2025 - 09/14/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$800.00

CEU

The Art of Spiritual Expression

GS 130 **Class Hours: 20.00** **Credits: 1.00**
 As we experience the Divine in the world around us as well as gain clarity as to how we are to serve in the world we will seek to communicate what we've learned with our communities. This expression could take the forms: a sermon delivered from a pulpit a sacred text study an inspirational podcast art music community projects volunteerism or many other spirit-directed forms. In other words students will discover how following that "small voice within" can becoming a way to living a purpose-filled life.
 5 weeks
 07/08/2025 - 08/05/2025 T 6pm-10pm
 \$400.00

The Art of Spiritual Expression ONLINE

SP 335-OL **Class Hours: 20.00** **Credits: 1.00**
 As we experience the divine in the world around us we humans seek to communicate what we've learned with our communities. This expression could take the form of a sermon delivered from a pulpit. However it could also be a sacred text study podcast a monthly potluck street art building tiny homes for the unhoused. In other words students will discover how living into their values can give others the permission to also live into their values. PREREQ: SP 162-OL
 11/11/2024 - 12/22/2024
 02/03/2025 - 03/09/2025
 04/21/2025 - 05/25/2025
 08/11/2025 - 09/14/2025
 09/15/2025 - 10/19/2025
 \$400.00

Online

Thumbless Therapy

EL 720 **Class Hours: 8.00** **Credits: 0.25**
 This course teaches you how to save your thumbs using techniques that release major muscle groups using your fists forearms and elbows. Career-prolonging body mechanics are also taught. PREREQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)
 1 day
 12/07/2024 - 12/07/2024 Sa 9am-6pm
 02/08/2025 - 02/08/2025 Sa 9am-6pm
 2 weeks
 07/25/2025 - 08/01/2025 Fri 9am-1pm.
 1 day
 12/06/2025 - 12/06/2025 Sa 9am-6pm
 \$160.00

CEU

TMJ Release

TE 740 **Class Hours: 4.00** **Credits: 0.25**
 TMD (Temporomandibular Joint Dysfunction) is primarily a muscular problem. Learn to release the trigger points holding the jaw that create pain. Complete therapeutic massage protocol included. Pre-Req: MT 200 (Swedish) or MT 400 (Myotherapy) (CEU-NCBTMB) BW
 1 day
 11/10/2024 - 11/10/2024 Su 9am-1pm
 03/23/2025 - 03/23/2025 Su 9am-1pm
 07/27/2025 - 07/27/2025 Su 9am-1pm
 11/09/2025 - 11/09/2025 Su 9am-1pm
 \$80.00

CEU

Toe Reading I – Reflexology Assessment & Introduction to Dialogue

RF 151 **Class Hours: 20.00** **Credits: 0.50**
 It is well documented that everything that happens in your life the story and the emotions are stored as cell memory. Toe Reading is based on the theory that the body holographically records the stories of our lives in the tissues of the toes. The position and shape of the toes say a lot about their owner and the energy in one's body. Using active listening powerful-soul-searching questions along with deep-insight practitioners help people create change in their lives by examining their 'stories.' A trained Toe Reader humbly listens to the client quietly makes observations feels the energy in the toes makes inquiries and presents metaphoric connections. Level 1 is an Introduction to the Ayurveda elements found in the toes their meaning and how to give a basic Toe Reading to another. Coaching language and potent questions are introduced. (CEU-NCBTMB)
 5 weeks
 06/06/2025 - 07/11/2025 F 9am-1pm
 09/26/2025 - 09/28/2025 F 6pm-10 pm Sa/Su 9am-6pm
 \$400.00

CEU

Toe Reading II - Soul Coaching - Facilitated Dialogue**RF 162** **Class Hours: 20.00** **Credits: 0.50**

Level II will concentrate on mastering facilitating dialogue in such a way as to help shift someone's awareness of how they are and how they can be in the world by asking penetrating soul coaching questions. An introduction to where the chakra information is holographically stored within the toes and feet will be explored to further help refine the predictable sites of sacred life stories. A 'Royal Reading' complete with washing of the feet and the use of blended essential oils is taught to help create trust ritual blessings and sacred space with your client to deepen the discoveries from the soul in a toe reading session. Come and unlock your ability to be a true Sole/Soul Coach with this powerful modality. PRERQ RF 151 or RF 150-OL

1 weekend
11/14/2025 - 11/16/2025 F 6pm-10 pm Sa/Su 9am-6pm
\$400.00

Trauma Informed Communication and Ethics for Bodyworkers**CC 105** **Class Hours: 32.00** **Credits: 2.00**

Trauma-Informed communication integrates an understanding of the need for an individual's physical and emotional safety choice and control and personal empowerment. The focus of this class is to gain a deep understanding and implementation of neutral sensitive and non-triggering engagement during a bodywork session. Using the latest research on the impact of trauma on physical emotional and mental health of individuals this class offers mindful dialogue regulation techniques teaches you to recognize the holding patterns of the body and reinforces proper draping techniques. 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 practice. Text: \$83

8 Weeks
04/10/2025 - 05/29/2025 Th 9am-1pm
05/15/2025 - 07/17/2025 Th 6pm-10pm
\$640.00

Trigger Point**TE 690** **Class Hours: 16.00** **Credits: 0.50**

This class serves as an 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. Due to the hands on work being done in class students are required to come to class prepared with: viewing clothes (shorts sports bras tank tops yoga pants) lotion (preferably not oil as it is often does not offer enough control) and sheets. Text: \$22 Pre-Req: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)

4 weeks
04/09/2025 - 04/30/2025 W 9am-1pm
07/09/2025 - 07/30/2025 W 6pm-10pm
12/10/2025 - 01/14/2026 W 9am-1pm
\$320.00

**Urban Farming - Field-to-Fork****UF 100** **Class Hours: 40.00** **Credits: 2.00**

This course provides a foundation for people interested in learning how to plant implement and maintain their own garden. A sustainable approach is used to learn all the basics as well as patio gardening water harvesting seed saving tool usage and harvesting the food that has been grown. In addition students will explore Permaculture in depth. This course includes field trips in which students will explore many urban growing methods and systems here in Phoenix. Pre-Req: CC 450 Text: \$20 Supplies: \$35

10 weeks
02/13/2025 - 04/17/2025 Th 6pm-10pm
\$800.00

Urban Farming - Seed to Sale**UF 101** **Class Hours: 30.00** **Credits: 1.50**

This class will explore ways to turn your private garden into a means of supplemental income. Students will explore harvesting handling storing and packaging their food products. Additionally they will learn about the Local Food Economy model marketing and charging for their food. Finally students will explore potential products they could make for sale to their community or workshops they could design and teach for profit. Pre-Req: UF 100 Text: \$35 Supplies: \$35

8 weeks
04/24/2025 - 06/12/2025 Th 6-9:45pm
\$600.00

**Western Herbalism - Applied Ethics****CC 440** **Class Hours: 15.00** **Credits: 1.00**

This course is specially designed for Western Herbalism students and addresses the important ethical considerations and laws specific to the herbalism industry. Students will review the Code of Ethics from the America Herbalist Guild and create their own professional code of ethics to prepare them for practice.

Supply Fee: \$10 Text: \$20
4 weeks
01/06/2025 - 02/03/2025 M 6pm-9:45pm
\$300.00

Western Herbalism - Desert Medicine**WH 291** **Class Hours: 8.00** **Credits: 0.25**

This field study course provides additional training for herbalists who are interested in doing plant walks as part of their herbalism vocation. Many desert plant medicines will be explored at length with remedy samples and teaching materials. Students will learn desert materia medica and be guided in teaching techniques while developing a plant biome specialty. Location: Spear S Ranch trailhead New River AZ Materials fee: \$55 Text: 17

3 weeks
03/19/2025 - 04/02/2025
\$160.00

Western Herbalism - Flight Final Practicum**WH 305** **Class Hours: 60.00** **Credits: 1.25**

This course provides the students with many opportunities to experience real world application of their Western Herbalism studies: protocol generation custom formulation research application educational presentation retail training and cultivation. Hours may vary - clarification from instructor. PRERQ WH 230 Supplies: \$75.

13 weeks
08/19/2025 - 11/11/2025 Tu 5:30pm-9:30pm
\$1200.00

Western Herbalism - Formulary Practicum**WH 377** **Class Hours: 18.00** **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. PRERQ WH 240 Supplies: \$75.

3 weeks
11/21/2024 - 12/12/2024 Th 10am-3:30pm 9am-4pm 10am-3:30pm
11/20/2025 - 12/11/2025 Th 10am-3:30pm 9am-4pm 10am-3:30pm
\$360.00

Western Herbalism - Herbal Bioarts Clinic Preparations**WH 280** **Class Hours: 45.00** **Credits: 3.00**

This course precedes client experience. A team of teachers will provide direction and guidance towards clinical preparedness for herbalists. This will be an entrepreneurial orientation to herbal clinic with valuable personal tools acquired. Supply fee: \$85 PRERQ WH 230

6 weeks
06/17/2025 - 08/05/2025 T/Th 5:30pm-9:15pm
\$900.00

Western Herbalism - Herbal Flowers**WH 275** **Class Hours: 16.00** **Credits: 1.00**

This course delves deeply into the role of flowers as an adjunct remedy to herbal medicine as well as the distinction between remedies for physical versus emotional healing. The student will gain clinical understanding for herbal practice from personal experience become familiar with flower medicines in the Sonoran desert and experience learning from multiple practitioners of the same craft. Supply fee \$70 Text: \$6

4 weeks
02/06/2025 - 02/27/2025 Th 12pm-4pm
\$320.00

Western Herbalism - Herbal Sciences**SC 240** **Class Hours: 62.00** **Credits: 4.00**

This course explores the practical nature of physiology and pathology as it applies to Western Herbalism. In this course students will explore the structural and functional understanding of the human body and the beneficial applications of Natures tools for promoting wellness. Text: \$109

16 weeks
02/10/2025 - 06/02/2025 M 6pm-10pm
\$1240.00

Western Herbalism - Herbs for Babies & Children**WH 250** **Class Hours: 8.00** **Credits: 0.50**

Explore the use of herbs and natural remedies for acute and chronic conditions for babies and young children. NO PREREQ. Supplies: \$45.

3 weeks
04/09/2025 - 04/23/2025 W 5:30pm-8:30pm
\$160.00

Western Herbalism - Manufacturing & Remedy Production**WH 365** **Class Hours: 14.00** **Credits: 0.50**

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: \$60.

4 weeks
04/30/2025 - 05/21/2025 W 5:30pm-9pm
\$280.00

Western Herbalism - Plants and People**WH 276** **Class Hours: 10.00** **Credits: 0.25**

Experience and guidance is provided in this course for using herbs personally making hands on home remedy and enjoyment on a plant walk. Supply Fee: \$45

3 weeks
05/28/2025 - 06/18/2025 W 5:30pm-8pm
\$200.00

Western Herbalism - Section A: Seed Sowing**WH 210** **Class Hours: 45.00** **Credits: 2.50**

History of botanical medicine ethnobotany cultivation wildcrafting taxonomy herbarium and native plant identification. PRERQ WH 100. Supplies: \$80 Text: \$245

7 weeks
01/14/2025 - 02/27/2025 T/Th 5:30pm-8:30 pm
\$900.00

Western Herbalism - Section B: Germination**WH 220** **Class Hours: 45.00** **Credits: 2.50**

Materia medica pharmacognosy pharmacy delivery systems and medicine making. PRERQ WH 210 Text: \$60 Supplies: \$80.

7 weeks
03/04/2025 - 04/17/2025 T/Th 5:30pm-8:30 pm
\$900.00

Western Herbalism - Section C: Growth & Evolution**WH 230** **Class Hours: 45.00** **Credits: 2.50**

Manufacturer's study product reviews diagnostic applications code of ethics and clinical issues. PRERQ WH 220 Text \$60 Supplies: \$80

7 weeks
04/24/2025 - 06/12/2025 T/Th 5:30pm-8:30 pm
\$900.00

Western Herbalism - Section D: Harvest & Reap**WH 240** **Class Hours: 45.00** **Credits: 2.50**

Within the context of finishing body systems' materia medicas the student develops awareness and skills regarding the role of the herbalist as clinician. Lectures complement the retail and clinical aspects of the practicum course. Should be taken with WH 300 simultaneously PRERQ WH 230 Text: \$60 Supplies: \$80

13 weeks
08/21/2025 - 11/13/2025 Th 5:30pm-8:30pm
\$900.00

Western Herbalism - The Green Man**WH 256** **Class Hours: 12.00** **Credits: 0.75**

Western Herbalism applications for mens health. Supplies \$45 Text: 17
4 weeks
02/19/2025 - 03/12/2025 W 5:30pm-8:30pm
\$240.00

Western Herbalism - The Herbal Goddess**WH 265** **Class Hours: 18.00** **Credits: 1.00**

This course presents a complete understanding of medical approaches to treatment of female physiological function and allows the student to gain knowledge in order to make differential assessment and recommendations for herbal clinic apothecary and formulary for female medical issues. The student will also gain personal insight in order to develop a more empathetic herbal practice and learn to connect ritual with physical remedies as part of holistic healing techniques. NO PRERQ. Supplies: \$55

6 weeks
01/08/2025 - 02/12/2025 W 5:30pm-8:30pm
\$360.00

Awakening Intern/Externship**WH 360** **Class Hours: 49.00** **Credits: 1.00**

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. PRERQ WH 100. Materials fee: \$100

8 months
01/09/2025 - 09/02/2025
\$980.00

**Zen Shiatsu - Meridian Therapy****MT 615** **Class Hours: 16.00** **Credits: 0.50**

Learn to give short therapies with the use of specific acupressure points for targeted medical conditions and emotions using Shiatsu a Japanese modality based on Chinese Medical Theory and Western Psychology. Learn the 12 meridian pathways by using brushing compressions and stretches to facilitate release and rebalancing of the body. Apply the therapy to fully clothed clients. Can be effectively used in combination with other modalities such as reflexology massage Myotherapy or Thai bodywork. Pre-Req: MT 200 Swedish or Licensed BV

1 weekend
10/11/2025 - 10/12/2025 Sa/Su 9am-6pm
\$320.00

Zen Shiatsu – Balancing: 5 Element TCM Theory**MT 620** **Class Hours: 16.00** **Credits: 0.50**

Students will study the basic principles of Taoism TCM Yin/Yang Theory Five Element Theory the Three Treasures (Jing Qi & Shen) basic Tai Chi Qigong and Five Element Meditation / Visualization. Pre-Req: MT 200 Swedish or Licensed BV

1 weekend
11/15/2025 - 11/16/2025 Sa/Su 9am-6pm
\$320.00

Kinetic Chain Release (KCR) (16hr) Bodywork Technique

April 5 - 6, 2025 | Saturday and Sunday 9am-6pm | \$490 | EV KCR01

Kinetic Chain Release (KCR) is a simple yet extremely effective system of medically and scientifically recognized and approved series of gentle mobilizations and stretches as developed by a Scottish Physiotherapist. KCR supports the body in returning to physical balance quickly and easily. It frequently provides a high degree of relief, and in many cases complete resolution, to the pain and discomfort caused by a number of medical conditions. You will be taught the complete, twenty three step Kinetic Chain Release (KCR) protocol in a classroom setting with hands-on experience. You will learn how to deliver Kinetic Chain Release (KCR), include it in your practice, and manage practical steps and eventually an international accreditation if desired. KCR is ideal in providing a powerful, scientifically proven protocol that works on many health conditions. This course is perfect for a range of bodywork professionals seeking to increase their abilities, effectiveness and competitiveness. Many bodywork professionals and those seeking new careers love how this course gives a complete boost to their practices.

Qualification Obtained: Certificate of Completion of KCR Protocol enabling full, immediate implementation of the technique.



Skuli Sigurdsson

About the Instructor: As a former systems specialist and mechanic, Skuli Sigurdsson has a knack for understanding the human vehicle. Skuli is a certified Yoga Teacher, I AM Yoga Nidra facilitator and Yoga Therapist. In addition to these, his private practice has centered around Hugh Gilbert's work which brings resolution to a host of physical imbalances, pain and injuries within a short period of time. Which more than 13 years of experience under his belt, Skuli is a certified trainer through the KCR Academy, helping others to master this powerful technique.

CLASSES AT A GLANCE

January 2025

03	AR 100	W 20	Aromatherapy - Intro
	HY 350	W 20	Hypnotherapy - Past Life Regression
	HY 351	E 4	Hypnotherapy - Past Life Introduction
	IG 401	W 20	Business of Intuitive Guidance
	PC 998	W 24	Polarity - Spinal Balancing
04	EC 700	W 16	Reiki I - Traditional
05	EC 791	W 8	Reiki for Prosperity
06	BC 441	M 7	Resiliency and Self-Care for Massage Therapists
	BC 530	E 15	Intro Holistic Entrepreneurship & Self-Empowerment
	BC 540	E 40	Business Development & Entrepreneurial Support
	CC 130	E 30	Psychology of Addiction - Understanding the Shadow
	CC 131	E 32	Psychology of Addiction - Understanding the Shadow
	CC 440	E 15	Western Herbalism - Applied Ethics
	HN 122	E 40	Nutrition-Micro/Macronutrients and Supplements
	TE 650	M 8	Sports Massage - Intro
08	HN 155	E 20	Nutrition - Comparative Dietary Systems
	TC 150	E 24	Building Resiliency & Stress Management
	TC 630	E 30	Somatic Psych: Neuroscience Regulation & Trauma
	WH 265	E 18	Western Herbalism - The Herbal Goddess
	YO 441	E 30	Yoga - Advanced Sequencing
09	WH 360	E 49	Awakening Intern/Externship
10	EC 766	W 20	Reiki Master/Teacher Initiation
	EC 767	W 20	Reiki - Holy - Master/Teacher Initiation
	HY 101	W 20	Hypnotherapy - Foundations Level I
	YO 506	W 40	Yoga - Transformational Yoga Coaching
11	AR 120	W 8	Aromatherapy - Therapeutic Touch
12	AR 115	W 8	Aromatherapy-Foot Chakra Reflex for Bodyworkers
14	WH 210	E 45	Western Herbalism - Section A: Seed Sowing
17	HC 101	W 20	HWC - Foundations of Wellness Coaching
	HY 402	W 24	Hypnotherapy - Advanced Techniques
	LC 111	W 20	Introduction to Life Coaching
	PC 870	W 24	Cranial Unwinding III
18	AR 125	W 8	Aromatherapy - Essential Oil Hydrating Wrap
21	HC 401	E 20	HWC - NBHWC Exam Prep
	HN 121	W 40	Found of Transformational Healing & Holistic Nutrition
	HY 476	E 20	Hypnotherapy - Dreams & Metaphors
	MT 200	M 40	Swedish Massage
	TE 220	M 24	Deep Tissue Sculpting
22	MT 115	M 60	Anatomy
	MT 151	M 36	Kinesiology - Anatomical Applications
23	HC 201	E 40	HWC - Professional Wellness Coaching & Ethics
	LC 121	E 40	Life Coaching – Heart Centered Approach Part I
	PC 850	M 20	Cranial Unwinding I
	TE 146	M 8	Breast Health - Intro
24	CB 400	M 8	Mother Touch
	EC 778	W 40	Shamanic Pathways
25	MT 520	W 7	First Aid
	SC 250	W 45	Botany
26	MT 540	W 5	Comprehensive CPR
28	YO 111	E 60	Yoga Module I - UNITY Yoga Foundations
30	HY 420	E 15	Hypnotherapy - Script Writing
31	EL 220	E 4	Face-Lift Acupressure
	HY 201	W 40	Hypnotherapy - Foundations Level II
	YO 434	W 20	Yoga - Posture of Consciousness

February 2025

01	EC 106	W 16	Energetic Acupressure - Intro
	EC 711	W 16	Reiki II - Traditional
	OE 320	W 4	Hand & Wrist Health Maintenance
	PC 400	W 32	Polarity - Communications, Resonance & Relations I
03	YO 457	E 20	Yoga - Therapeutic Postures II (RESTORATIVE)
05	TE 650	E 8	Sports Massage - Intro
06	BC 543	E 20	Business in Action
	TE 402	M 16	Medical Massage for Cancer Survivors
	WH 275	M 16	Western Herbalism - Herbal Flowers
07	AR 106	W 20	Aromatherapy for the Spirit
	HY 520	W 20	Hypnotherapy - Subconscious Intervention
	RF 201	M 20	Reflexology - A Western Approach for Bodyworkers
08	EL 720	W 8	Thumbless Therapy
09	MT 604	W 8	Lymphatic Massage - Advanced
10	SC 240	E 62	Western Herbalism - Herbal Sciences
	YO 111	S 60	Yoga Module I - UNITY Yoga Foundations
	YO 462	E 20	Putting It All Together & Yoga Therapy Assessment
11	DD 301	E 40	End of Life Rituals & Ceremonies
12	MF 105	E 30	Foundations of Mindful Eating
13	UF 100	E 40	Urban Farming - Field-to-Fork

14	PC 100	W 20	Polarity - Basic I
	YO 132	W 20	Yoga-Intro to Sacred Sound, Meditation, Bowls, Gong
15	MT 520	W 7	First Aid
19	TC 610	E 20	Heart Centered Leadership
	WH 256	E 12	Western Herbalism - The Green Man
21	EC 146	W 24	SpaLomi Massage
	MT 605	W 20	Neuro Touch - Neuromuscular Re-education Techniq.
	PC 150	W 48	Polarity - Basic II (Ayurvedic Elements)
	YO 466	W 20	Yoga - Advanced YIN
22	EL 600	W 4	Canine Massage
	HY 340	W 8	EFT Introduction / EFT Level I
	MT 540	W 5	Comprehensive CPR
24	BC 304	M 20	Business Practices for Massage Therapists
	MT 115	E 60	Anatomy
	MT 151	E 36	Kinesiology - Anatomical Applications
25	MT 200	E 40	Swedish Massage
	TE 260	E 16	Fibromyalgia Therapy
26	BC 301	M 8	Ethics for Massage Therapists
	YO 113	E 60	Yoga Module III - UNITY Yoga Deepening the Path
27	HC 302	E 30	HWC - Advanced Wellness Coaching 2
	LC 131	E 40	Life Coaching – Heart Centered Approach Part II
	PC 100	M 20	Polarity - Basic I
28	AR 110	E 8	Aromatherapy - Pharmacology
	EC 775	W 20	Shamanic Reiki I & II
	HY 301	W 40	Hypnotherapy - Foundations Level III Clinic
	OE 640	W 20	Thai Massage - Foot Massage

March 2025

01	AR 101	W 32	Aromatherapy-Advanced
04	HY 370	E 8	Hypnotherapy - Clinical Certification Prep
	TE 364	M 16	Massage Sideline w/Deep Listening
	WH 220	E 45	Western Herbalism - Section B: Germination
05	TC 120	E 24	Coaching the Hero Within
	YO 560	E 30	Yoga - Philosophy & Meditation
06	TE 662	M 20	Hydrotherapy for Injury Management
07	EC 132	W 20	Sound Healing for Bodyworkers & Practitioners
	IG 111	W 12	Introduction to Intuitive Guidance
	PC 880	W 24	Cranial Unwinding IV
08	TE 380	W 8	Neck Release
09	TE 160	W 8	Carpal Tunnel/Thoracic Outlet Release
10	TC 150	E 24	Building Resiliency & Stress Management
	YO 453	E 20	Yoga - Foundations of Ayurveda
12	TE 225	M 8	Rotator Cuff/Shoulder Joint
14	RF 202	M 20	Reflexology - Assessment Skills for Bodyworkers
	YO 401	W 20	Yoga - Nidra I
15	AR 109	W 4	Aromatherapy - Ginger Compress
	AR 300	W 4	Aromatherapy - Toning & Detox
	EC 720	W 8	Reiki III - Advanced
	MT 301	W 8	Corporate Chair
	PC 200	W 30	Polarity APP/Cranial - Practicum
16	EC 741	W 8	Reiki - Angels, Guides, and Masters
	TE 142	W 8	Scar Tissue Massage
17	BC 441	M 7	Resiliency and Self-Care for Massage Therapists
	YO 112	S 60	Yoga Module II - UNITY Yoga Teaching Foundations
18	HY 101	E 20	Hypnotherapy - Foundations Level I
19	BC 110	M 6	SOAP Notes
	WH 291	E 8	Western Herbalism - Desert Medicine
21	IG 211	W 24	Angels and Guides
	RF 201	W 20	Reflexology - A Western Approach for Bodyworkers
	TE 701	W 20	Swedish Sedona
	YO 402	W 20	Yoga - Nidra II
22	EC 731	W 16	Reiki & Beyond - Sound & Vibration
23	TE 740	W 4	TMJ Release
24	BC 540	E 40	Business Development & Entrepreneurial Support
	HN 250	E 30	Nutrition - Nutritional Assessment & Coaching
25	BC 304	E 20	Business Practices for Massage Therapists
26	BC 542	E 45	Applied Entrepreneurship
	TE 220	E 24	Deep Tissue Sculpting
	TE 320	M 8	Lower Back Pain Release
27	YO 112	E 60	Yoga Module II - UNITY Yoga Teaching Foundations
28	EC 776	W 20	Shamanic Reiki III & Beyond
29	TE 340	W 16	Lymphatic Massage
31	BC 301	E 8	Ethics for Massage Therapists

April 2025

01	HN 122	E 40	Nutrition-Micro/Macronutrients and Supplements
02	MT 520	M 7	First Aid

CLASSES AT A GLANCE

April 2025

04	EC 812	W 20	Reiki: Holy Reiki I & II - Discovery & Deepening
	PC 850	W 20	Cranial Unwinding I
	YO 403	W 20	Yoga - Nidra III
05	HY 315	W 15	Hypnotherapy - Fears, Phobias & Addictions
	MT 540	W 5	Comprehensive CPR
	PC 960	W 30	Polarity - Clinic
	PC 961	W 30	Cranial Unwinding - Clinic
07	MT 115	M 60	Anatomy
	TE 302	M 16	Elder Touch - Medical
08	HC 301	E 30	HWC - Advanced Wellness Coaching 1
	HY 201	E 40	Hypnotherapy - Foundations Level II
	MT 200	M 40	Swedish Massage
	SC 415	M 40	Pathology - BW
09	TE 690	M 16	Trigger Point
	WH 250	E 8	Western Herbalism - Herbs for Babies & Children
10	CC 105	M 32	Trauma Informed Comm & Ethics for Bodyworkers
	PC 400	M 32	Polarity - Communications, Resonance & Relations I
	PC 850	M 20	Cranial Unwinding I
11	AR 114	E 4	Aromatherapy - Mens Health
	MT 800	M 5	Advanced Neck Release
	PC 700	W 20	Polarity - Reflexology for Bodyworkers
	YO 404	W 20	Yoga - Nidra IV
12	AR 118	W 8	Aromatherapy - Wellness for Women
	EC 750	W 16	Reiki Symbolism & Geometric Grid
	RF 575	W 4	Reflexology - Hand for Bodyworkers
13	RF 218	W 8	East Indian Head Acupressure
14	TE 402	E 16	Medical Massage for Cancer Survivors
	YO 451	E 30	Yoga - Applied Yoga Anatomy
	YO 455	E 30	Yoga - Business of Yoga
16	BC 110	E 6	SOAP Notes
21	BC 441	E 7	Resiliency and Self-Care for Massage Therapists
	YO 113	S 60	Yoga Module III - UNITY Yoga Deepening the Path
23	CC 131	W 32	Psychology of Addiction - Understanding the Shadow
24	UF 101	E 30	Urban Farming - Seed to Sale
	WH 230	E 45	Western Herbalism - Section C: Growth & Evolution
25	GS 110	W 20	Grounded Spirituality - Personal Accountability
	IG 311	W 24	Intuitive Guidance - Practical Applications
	PC 100	W 20	Polarity - Basic I
	PC 999	W 24	Polarity - Autonomic Nervous System
	RF 203	M 20	Reflexology-Emotional Balance & Being for Bodywrks
	YO 438	W 40	I AM Yoga®: Principles of Meditation in Motion®
26	CB 420	W 12	Baby Craniosacral Therapy
	EC 700	W 16	Reiki I - Traditional
	TE 590	W 12	Removing the Armor
29	GS 120	E 30	Mysticism: Finding Your Personal Path
	TE 146	E 8	Breast Health - Intro
30	WH 365	E 14	Western Herb - Manufacturing & Remedy Production
	YO 442	E 30	Yoga - Modified Poses, Props & Principles
	YO 454	E 30	Yoga - Physiology & Health Cond for Yoga Therapists

May 2025

02	TE 662	W 20	Hydrotherapy for Injury Management
03	CB 410	W 12	Baby Touch
05	BC 530	E 15	Intro Holistic Entrepreneurship & Self-Empowerment
	MT 540	M 5	Comprehensive CPR
	YO 111	E 60	Yoga Module I - UNITY Yoga Foundations
07	TE 260	M 16	Fibromyalgia Therapy
09	MT 301	M 8	Corporate Chair
	OE 620	W 40	Thai Massage - Traditional
10	CB 400	W 8	Mother Touch
	MT 520	W 7	First Aid
11	EC 791	W 8	Reiki for Prosperity
12	MT 115	E 60	Anatomy
	TE 160	M 8	Carpal Tunnel/Thoracic Outlet Release
	TE 225	E 8	Rotator Cuff/Shoulder Joint
13	BC 543	E 20	Business in Action
	HY 301	E 40	Hypnotherapy - Foundations Level III Clinic
	MT 200	E 40	Swedish Massage
	SC 415	E 40	Pathology - BW
14	TE 600	E 12	Rock & Unlock
15	CC 105	E 32	Trauma Informed Comm & Ethics for Bodyworkers
	PC 100	M 20	Polarity - Basic I
16	AR 100	W 20	Aromatherapy - Intro
	EC 813	W 20	Reiki: Holy Reiki III - Heaven's Gate
	HC 101	W 20	HWC - Foundations of Wellness Coaching
	LC 111	W 20	Introduction to Life Coaching
	YO 409	W 20	Yoga - Yoga Nidra Practicum
17	PC 942	W 16	Polarity - Dr. Stones Energy Exercises & Mystic Philo

May 2025

22	HC 201	E 40	HWC - Professional Wellness Coaching & Ethics
	LC 121	E 40	Life Coaching - Heart Centered Approach Part I
27	YO 113	E 60	Yoga Module III - UNITY Yoga Deepening the Path
28	HC 155	E 30	HWC - Anatomy of Wellness
28	TC 630	E 30	Somatic Psych: Neuroscience Regulation & Trauma
	WH 276	E 10	Western Herbalism - Plants and People
30	EC 700	M 16	Reiki I - Traditional
	IG 401	W 20	Business of Intuitive Guidance
	PC 860	W 24	Cranial Unwinding II
	YO 701	W 40	Yoga - Integral Breath Therapy

June 2025

02	BC 110	M 6	SOAP Notes
	TE 320	E 8	Lower Back Pain Release
04	BC 441	M 7	Resiliency and Self-Care for Massage Therapists
	TE 302	E 16	Elder Touch - Medical
	TE 600	M 12	Rock & Unlock
05	PC 987	W 32	Polarity - 5 & 6 Point Star
	TE 380	M 8	Neck Release
06	OE 640	W 20	Thai Massage - Foot Massage
	RF 151	M 20	Toe Reading I - Reflex Assess & Intro to Dialogue
07	AR 125	W 8	Aromatherapy - Essential Oil Hydrating Wrap
	EC 711	W 16	Reiki II - Traditional
	EL 600	W 4	Canine Massage
08	AR 117	W 4	Aromatherapy - Pet Care
	10 HN 155	E 20	Nutrition - Comparative Dietary Systems
13	RF 201	W 20	Reflexology - A Western Approach for Bodyworkers
14	EC 798	W 8	Reiki Clinic
	OE 320	W 4	Hand & Wrist Health Maintenance
	PC 855	W 16	Cranial Anatomy - Listening Skills
15	EC 798	W 8	Reiki Clinic
16	YO 450	E 30	Yoga - Yogic Energy Anatomy & Chakras
	YO 463	S 50	Yoga - Adv Yoga Therapy Supervised Practicum
17	HY 107	E 8	Hypnotherapy - Hypnosis & Storytelling
	WH 280	E 45	Western Herb - Herbal Bioarts Clinic Preparations
18	BC 542	W 45	Applied Entrepreneurship
	TC 610	E 20	Heart Centered Leadership
20	PC 100	W 20	Polarity - Basic I
	PC 850	W 20	Cranial Unwinding I
	YO 702	W 20	Yoga - Integral Breath Therapy II
21	AR 120	W 8	Aromatherapy - Therapeutic Touch
	PC 200	W 30	Polarity APP/Cranial - Practicum
22	AR 115	W 8	Aromatherapy-Foot Chakra Reflex for Bodyworkers
23	MT 115	M 60	Anatomy
	MT 500	M 60	Physiology
24	MT 200	M 40	Swedish Massage
	MT 400	M 40	Myotherapy - 7 Step Release System
25	YO 540	E 30	Yoga - Trauma Informed Comm. for Yoga Teachers
26	EC 146	M 24	SpaLomi Massage
	HY 581	E 20	Hypnotherapy - Medical Imagery
	PC 850	M 20	Cranial Unwinding I
27	EC 766	W 20	Reiki Master/Teacher Initiation
	EC 777	W 20	Shamanic Wheel of Life
	HY 450	W 12	Hypnotherapy - Spirit Releasement
	TE 121	W 20	Myotherapy - Mastery

July 2025

07	TE 364	E 16	Massage Sideline w/Deep Listening
08	GS 130	E 20	The Art of Spiritual Expression
	HC 302	E 30	HWC - Advanced Wellness Coaching 2
	HY 476	E 20	Hypnotherapy - Dreams & Metaphors
	LC 131	E 40	Life Coaching - Heart Centered Approach Part II
09	TE 690	E 16	Trigger Point
11	MT 605	W 20	Neuro Touch - Neuromuscular Re-education Techniq.
	PC 150	W 48	Polarity - Basic II (Ayurvedic Elements)
12	AR 425	W 16	Aromatherapy - Massage with Oils
	EC 731	W 16	Reiki & Beyond - Sound & Vibration
	MT 810	W 16	Integrated Structural Bodywk -Low Back, Pelvis Legs
	RF 575	W 4	Reflexology - Hand for Bodyworkers
13	RF 218	W 8	East Indian Head Acupressure
14	BC 441	E 7	Resiliency and Self-Care for Massage Therapists
	YO 112	E 60	Yoga Module II - UNITY Yoga Teaching Foundations
16	BC 110	E 6	SOAP Notes
18	EC 778	W 40	Shamanic Pathways
	EL 146	M 20	Auriculotherapy
	HY 402	W 24	Hypnotherapy - Advanced Techniques
	TE 701	W 20	Swedish Sedona

TUITION GUIDE

Program Name	Total Clock Hours	Total Credit Hours	Reg Fee	Estimate Required Books	Tech Fee	Supply Fee	Material Fee	Tuition	Optional Licensing /Cert -Fees
DEGREE PROGRAMS - Associate of Occupational Studies in Holistic Health Care with Concentration									
Mind-Body Transformational Psychology	1116-1156	60.00	\$75	\$648	\$200	\$177	\$20-50	\$22320-23120	70*
Professional Massage Practitioner	1131-1334	60.00	\$75	\$590	\$200	\$377-500	\$20-50	\$22620-26680	\$217
Western Herbalism	992-1092	60.00	\$75	\$856-917	\$200	\$1,197	\$20-50	\$19840-21840	none
DIPLOMA PROGRAMS									
Holistic Health and Wellness Coach- ONLINE	755	44.30	\$75	\$625-673	\$300	\$450	\$0	\$15,100	\$450
Integrative Healing Arts Practitioner	750	43.25	\$75	\$160-506	\$100	\$114-757	\$0	\$15,000	200*
Integrative Healing Arts Practitioner- ONLINE	780	43.25	\$75	\$990-1045	\$300	\$70-90	\$0	\$15,600	200*
Master Massage Practitioner	1000	49.00	\$75	\$436-481	\$100	\$119-280	\$0	\$20,000	\$217
Mind Body Wellness Practitioner	600	34.75	\$75	\$226-482	\$100	\$80-569	\$0	\$12,000	\$70*
Professional Massage Practitioner	750	36.25	\$75	\$436-481	\$100	\$323-366	\$0	\$15,000	\$217
Western Herbalism	745	37.25	\$75	\$856	\$100	\$1,183	\$0	\$14,900	none
Yoga Advanced Teacher Training	600	21.75	\$75	\$356-452	\$100	\$340-573	\$0	\$12,000	\$350-600*
Integrative Yoga Therapy	1000	39.50	\$75	\$400	\$100	\$685	\$0	\$20,000	\$350-600*
PRIMARY SPECIALTY/CERTIFICATE OF EXCELLENCE *Specialties are not designed to be stand-alone vocational training									
Aromatherapy	100	5.50	\$25	\$69	\$100	\$334-364	\$0	\$2,000	none
Advanced Professional Hypnotherapy	350	17.50	\$25	\$166	\$100	\$285	\$0	\$7,000	\$175
Advanced Professional Hypnotherapy- ONLINE	350	15.75	\$25	\$425	\$300	\$48	\$0	\$7,000	\$175
Cranial Unwinding	200	8.50	\$25	\$0	\$100	\$10	\$0	\$4,000	none
End of Lif Doula	100	5.25	\$25	\$79	\$100	\$25	\$0	\$2,000	none
End of Lif Doula- ONLINE	100	5.25	\$25	\$57	\$100	\$0	\$0	\$2,000	none
Grounded Spirituality & Sacred Ceremonies	100	5.25	\$25	\$60	\$100	\$30	\$0	\$2,000	none
Healing Botanicals & Earth Ceremonies Facilitator	100	5.00	\$25	\$114	\$100	\$10	\$0	\$2,000	none
Health and Wellness Coach	200	10.25	\$25	\$129	\$100	\$252	\$0	\$4,000	\$450
Health and Wellness Coach - ONLINE	200	10.25	\$25	\$271	\$100	\$150	\$0	\$4,000	\$450
Holistic Herbal Remedies	100	5.25	\$25	\$152	\$100	\$365	\$0	\$2,000	none
Holistic Nutrition	200	11.75	\$25	\$236	\$100	\$160	\$0	\$4,000	none
Holistic Nutrition ONLINE	200	11.75	\$25	\$417	\$100	\$10	\$0	\$4,000	none
Hypnotherapy	100	4.75	\$25	\$98	\$100	\$75	\$0	\$2,000	\$70*
Hypnotherapy ONLINE	100	4.75	\$25	\$153	\$100	\$20	\$0	\$2,000	\$70*
Intuitive Guide	100	4.75	\$25	\$34	\$100	\$20	\$0	\$2,000	none
Intuitive Coach - ONLINE	100	4.75	\$25	\$75	\$100	\$0	\$0	\$2,000	none
Life Coaching	100	5.00	\$25	\$0	\$100	\$80	\$0	\$2,000	none
Life Coaching ONLINE	100	5.00	\$25	\$18	\$100	\$10	\$0	\$2,000	none
Medical Massage	100	4.00	\$25	\$0	\$100	\$20	\$0	\$2,000	none
Mindful Meditation Facilitator-ONLINE	100	6.00	\$25	\$92	\$100	\$0	\$0	\$2,000	none
Modern Spirituality Celebrant- ONLINE	200	10.00	\$25	\$86	\$100	\$0	\$0	\$4,000	200*
Myotherapy	100	3.00	\$25	\$15	\$100	\$0	\$0	\$2,000	none
Polarity- Associate Polarity Practitioner	200	9.00	\$25	\$62	\$100	\$50	\$0	\$4,000	\$240*
Reflexology	120	7.50	\$25	\$23-48	\$100	\$50-105	\$0	\$2,400	none
Reiki	100	3.00	\$25	\$22-35	\$100	\$10-65	\$0	\$2,000	none
Shamanic Principles and Pathways	100	3.00	\$25	\$44	\$100	\$200	\$0	\$2,000	none
Urban Farming & Conscious Living	100	5.50	\$25	\$149	\$100	\$105	\$0	\$2,000	none
Whole Foods Culinary Specialist- ONLINE	120	5.00	\$25	\$63	\$100	\$0	\$0	\$2,400	none
Yoga -Body Psychology	100	4.50	\$25	\$0	\$100	\$35	\$0	\$2,000	none
Yoga Teacher Training	200	6.25	\$25	\$127	\$100	\$105	\$0	\$4,000	\$350*
Yoga Nidra	100	4.50	\$25	\$0	\$100	\$85	\$0	\$2,000	none
Yoga Nidra - ONLINE	100	6.00	\$25	\$22	\$100	\$100	\$0	\$200	none
SOUTHWEST INSTITUTE OF NATURAL AESTHETICS									
			Uniform			Supplies			
Natural Aesthetics Practitioner Diploma	600	24	\$75	\$100	\$100	\$2,500	\$0	\$12,000	\$240
Natural Aesthetics Master Educator Diploma	350	15	\$75	\$35	\$100	\$250	\$0	\$2,800	\$240
Advanced Skincare Practitioner & Laser Technician Diploma	780	31	\$75	\$100	\$100	\$3,730	\$0	\$16,320	\$240
Laser Technician Certificate	180	7	\$75	\$100	\$100	\$1,230	\$0	\$4,320	\$30

***Book costs, supply fees, material fees and lab fees are subject to change. *** Current tuition rate \$20/hour

Most standard priced courses 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. ***Please note tuition rates do not include supplies, materials, or misc fees

* EXTERNAL LICENSING FEES :

- Yoga Registration is NOT REQUIRED for graduation by SWIHA. Registration is separate and available through Yoga Alliance.
- Hypnotherapy Certification is NOT REQUIRED for graduation by SWIHA. Certification is available through: NATH - National Association of Transpersonal Hypnotherapists or the ABH - American Board of Hypnotherapy.
- Polarity Registration is NOT REQUIRED for graduation by SWIHA. Registration is available through the American Polarity Therapy Association.

Discover your GIFTS AND GRACES

Join us the first Friday of each month from 6pm - 7:30pm for an extraordinary evening featuring dynamic, motivational presentations with a unique monthly theme of self-discovery and healing! *This is a Complimentary Event.* RSVP at info@swiha.edu



Friday, January 3, 2025
Friday, February 7, 2025
Friday, March 7, 2025
Friday, April 4, 2025
Friday, May 2, 2025
Friday, June 6, 2025
Friday, July 11, 2025 (Change to 2nd Friday)
Friday, August 1, 2025

After Gifts and Graces, come experience a mini energy session from one of our practitioners or vendors. Toe Reading, Energy Practitioners, Tarot Reading, Polarity, and Coaching will be available. Gratuities are suggested.



Become a Licensed Aesthetician



We offer a perfect blend of aesthetics education & advanced laser training, along with a transformational 'mind-body-wellness' focus.

Students become proficient in a wide variety of spa treatments, cosmetic applications and holistic skincare techniques. Students are then able to master their skills in a real-life spa setting, practicing interpersonal skills and bringing out their inner and outer beauty naturally.



Natural Aesthetics Practitioner

600 Classroom Hours

Day Program:

1/28/25, 4/01/25, 5/27/25, 7/29/25

Night Program:

2/24/25, 4/29/25, 6/23/25

Cosmetic Laser Technician

180 Classroom Hours

(Must be Licensed prior to taking this program)

Day Program:

4/15/25, 7/29/25

Night Program:

2/18/25, 6/03/25, 9/16/25

Advanced Skincare Practitioner and Cosmetic Laser Technician

780 Classroom Hours

Day Program:

1/28/25, 4/01/25, 5/27/25, 7/29/25

Night Program:

2/24/25, 4/29/25, 6/23/25

**Call
480.994.9244
to speak with an
Admissions Coach**



Southwest Institute of Natural Aesthetics

A branch of Southwest Institute of Healing Arts

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