



# Class Calendar

A Conscious College Community  
for Holistic Wellness Education

Turn your Gifts into a **Soulful Career**



**VA Friendly programs**

On-Campus & Online

Degrees - Diplomas - Certificates - Personal Development

**Southwest Institute of Healing Arts - 1420 E. Southern Ave. Tempe, Arizona 85282**  
Telephone: 480-994-9244 | Toll-free: 1-888-504-9106 | [info@swiha.edu](mailto:info@swiha.edu) | [www.swiha.edu](http://www.swiha.edu)

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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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## 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.

Join us on 9/05/26, 1/16/27, 4/3/27 or 9/5/27

Event Time: 9am - 5pm

To attend this event you must RSVP at [info@swiha.edu](mailto:info@swiha.edu)

# 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](mailto: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.

**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.



# 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](http://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.**

## Approvals and Licensing:

- Accredited by the Accrediting Council for Continuing Education & Training
- Licensed by the Arizona State Board for Private Postsecondary Education
- Licensed by the Arizona Barbering & Cosmetology Board
- Licensed by the Arizona Department of Health Services Bureau of Radiation Control
- Approved for the Training of Veterans by the Arizona State Approving Agency
- Member of AZ SARA: Council for State Authorization Reciprocity Agreement
- Approved as a continuing education provider by the National Certification Board for Therapeutic Massage and Bodywork
- Member of the Arizona Private School Association
- Recognized by the American Board of Hypnotherapy
- Approved by Yoga Alliance
- Approved by the Arizona Board of Massage Therapy
- Approved by the American Council of Hypnotists Examiners
- Approved by the International Medical Dental Hypnosis Association
- American Herbalist Guild
- Approved by the National Association of Transpersonal Hypnotherapists

### The following are financial aid eligible programs:

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

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](http://www.OurSuccessCenter.com) - learn more about the wide variety of resources available to you.

SWIHA is committed to supporting you as a student and graduate



*James Patrick*  
Director of Business  
Development &  
Community Outreach  
480-994-9244 ext.181



*Sara Fejda*  
Career Support and  
Employer Liaison Specialist  
480-994-9244 ext.170



*Jasper Marie*  
Exit Specialist & Success Coach  
480-994-9244 ext.114



*Jamie Pack*  
Dean of Career Services-SWINA  
480-393-1415 ext.204



*Jennifer Emperador*  
Director of Career Services - SWINA  
480-393-1415 ext.213

## From Surviving to Serving: How Jessica Hoffland Turned Her Healing Journey Into Her Purpose

*From Surviving to Serving:*  
Jessica Hoffland's Journey



A graduate of the Integrative Healing Arts Practitioner (IHAP) and Advanced Hypnotherapy programs, Jessica's journey into holistic healing was deeply personal. After spending more than two decades as a licensed cosmetologist, her life unexpectedly changed due to severe health challenges connected to toxic mold exposure and chronic illness.

"Before attending Southwest Institute of Healing Arts, my life took a major turn after experiencing severe health challenges related to toxic mold exposure. I had been a licensed cosmetologist for over 24 years, yet due to chemical sensitivities and chronic health issues, I was no longer able to continue working in that environment."

### Finding Purpose Through Healing

Jessica enrolled in SWIHA's IHAP program because she wanted to transform her personal experiences into meaningful service for others.

"Those experiences led me to SWIHA and to the Integrative Healing Arts Practitioner program because I wanted to turn my personal healing journey into a way to help others."

As she immersed herself in holistic healing modalities, she became increasingly passionate about helping individuals struggling with chronic stress, inflammation, nervous system dysregulation, and mold-related illness feel supported and empowered.

"This modality means so much to me because it focuses on treating the whole person rather than just symptoms."

"The moment I knew I was on the right path was when I saw hope return — both in my own healing journey and in the ability to help others who felt lost and unheard."

She began noticing that people naturally gravitated toward her story, opening up about their own struggles and asking for guidance because they felt understood.

"I realized that my experiences were not just something to survive, it was something I could use to support and encourage others on their healing journeys."

### Rediscovering Confidence and Calling

Jessica shares that before beginning her education at SWIHA, much of her life revolved around simply trying to survive. "I felt overwhelmed, disconnected from my purpose, and unsure of what the future would look like." "SWIHA helped me rediscover confidence in myself and reminded me that difficult experiences can be transformed into purpose."

Today, Jessica is building a holistic wellness and healing business centered around compassionate support, integrative wellness, nervous system regulation, and holistic lifestyle coaching.

Her mission is rooted in helping others who feel exhausted, dismissed, overwhelmed, or stuck reconnect with hope and healing.

# Integrative Healing Arts Practitioner *Online*

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, Somatic psychology, and business development.

In this program, you will:

- Learn proven wellness tools from Somatic Psychology of Regulation & Trauma, 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
<b>TRANSFORMATIONAL PSYCHOLOGY</b>		
TP 106-OL GRIT for Success	30	2.00
TP 115-OL Cognitive 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
<b>SUBTOTAL</b>	<b>160</b>	<b>9.50</b>
<b>HOLISTIC ENTREPRENEUR</b>		
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
<b>SUBTOTAL</b>	<b>120</b>	<b>7.25</b>

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
<b>SUBTOTAL</b>	<b>290</b>	<b>13.50</b>

**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
<b>SUBTOTAL</b>	<b>110</b>	<b>5.00</b>

**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
<b>SUBTOTAL</b>	<b>100</b>	<b>5.00</b>

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.	-	-
<b>SUBTOTAL</b>	<b>200</b>	<b>10.00</b>

**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
<b>SUBTOTAL</b>	<b>100</b>	<b>5.00</b>

**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
<b>SUBTOTAL</b>	<b>100</b>	<b>6.00</b>

**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
<b>SUBTOTAL</b>	<b>100</b>	<b>5.00</b>

**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
<b>SUBTOTAL</b>	<b>100</b>	<b>5.25</b>

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

*Start Dates:*

8/24/26

11/02/26

1/25/27

# Holistic Health & Wellness Coach *Online* with a Concentration in Holistic Nutrition

Empower yourself and others through a rewarding career in holistic wellness. This fully online program blends mind-body-spirit principles with practical training in coaching, nutrition, Somatic Psychology: Regulation & Trauma, herbalism, and business development. Learn to guide client-centered, lasting change while elevating your own well-being.

Aligned with NBHWC standards, this program prepares you for national board certification and opens doors to careers in private coaching, wellness centers, corporate wellness, healthcare settings, and more.

**Core Areas of Study:**

- Holistic Nutrition
- Urban Gardening & Herbalism
- Somatic Psychology: Regulation & Trauma
- Coaching Techniques
- Business Development

Code	Course	Clock Hours	Credit Hours
TP 106-OL	GRIT for Success	30	2.00
HN 105-OL	Foundation Holistic Nutrition	30	2.00
TC 630-OL	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	1.75
HC 222-OL	Psychology of Addictions & Disordered Eating	30	2.00
TP 107-OL	GRIT: Student Journey	15	1.00
	<b>Subtotal</b>	<b>135</b>	<b>8.75</b>
<b>APPLIED HOLISTIC NUTRITION</b>			
HN 112-OL	Principles of Conscious Eating and Behavior Modification	30	1.50
HN 115-OL	Macro & Micro Nutrients: Eating The Rainbow	30	1.50
HN 210-OL	Whole Foods Cuisine	25	1.25
HN 222-OL	Raw Food Cuisine	25	1.25
HN 235-OL	Nutrition Across the Life Cycle	30	2.00
HN 351-OL	Microbiome Wellness	30	2.00
HN 156-OL	Comparative Dietary Systems with Applied Culinary	30	1.50
	<b>Subtotal</b>	<b>200</b>	<b>11.0</b>
<b>URBAN GARDENING &amp; PRACTICAL HERBALISM</b>			
PH 101-OL	Introduction to Sustainability & Urban Gardening	30	1.50
PH 110-OL	Introduction to Herbalism, Culinary Applications & First Aid	30	1.50
PH 120-OL	Urban Gardening & Sustainable Foraging	40	2.00
	<b>Subtotal</b>	<b>100</b>	<b>5.00</b>
<b>HEALTH AND WELLNESS COACHING</b>			
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	1.50
HC 302-OL	Advanced Wellness Coaching 2	30	1.50
HC 401-OL	NBHWC Exam Prep	20	1.25
	<b>Subtotal</b>	<b>200</b>	<b>10.25</b>
<b>HOLISTIC ENTREPRENEURSHIP</b>			
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
	<b>Subtotal</b>	<b>120</b>	<b>7.25</b>

Required Classes



*For Darcie Huffman, the path to becoming a Holistic Health and Wellness Coach wasn't a sudden decision—it was a calling that had been quietly unfolding for years. With a professional background in property management and a creative spirit rooted in art—having even owned her own studio—Darcie's life has always been a blend of structure and self-expression. Yet beneath it all, there was a deeper interest guiding her forward.*

*"I have always been interested in holistic health," she shares. "I am passionate about holistic health and wellness because I understand and have witnessed the benefits and results of holistic living."*

*That passion, paired with lived experience, ultimately led her to the Southwest Institute of Healing Arts (SWIHA), where she enrolled in the Holistic Health and Wellness Coaching program*

**Trusting the Timing**  
*Sometimes, the right opportunity appears more than once—yet it's the timing that makes all the difference.*

*"I had looked at SWIHA previously; however, the timing wasn't right," Darcie explains. "I knew it was time when I started because of where I was in my life, professionally and personally."*

*That sense of readiness became her foundation. Stepping into the program wasn't just about learning something new—it was about stepping into alignment with a path she had long been drawn to.*

**Living What You Learn**  
*As Darcie progressed through her studies, the transformation wasn't limited to the classroom—it became part of her everyday life.*

*"I now incorporate this lifestyle into my daily routine and find myself talking with others about this change in casual conversation," she says.*

*Holistic wellness, for Darcie, is no longer just a passion—it's a way of being. From mindfulness and self-care to deeper awareness of how we nourish ourselves, her education has seamlessly woven into how she shows up for herself and others.*

*"Attending SWIHA and participating in this program has inspired me to start my own business," she shares.*

Are you ready to start your journey?

Start Dates: 7/20/26  
11/02/26  
12/14/26

# Holistic Nutrition Specialist *Online*

200 Hours • 11.75 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. Students will also learn conscious and mindful eating practices, whole food cooking, and raw food preparation, while also exploring the importance of feeding our microbiome. Our Certificate of Excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

Course:	Hours:	Credit:
<b>HN 112-OL Nutrition - Principles of Conscious Eating and Behavior Modification ONLINE</b> 7/20/2026 - 8/23/2026 8/24/2026 - 9/27/2026 12/14/2026 - 1/24/2027	30	1.50
<b>HN 115-OL Macro &amp; Micro Nutrients: Eating the Rainbow ONLINE</b> 6/8/2026 - 7/19/2026 8/24/2026 - 9/27/2026 11/2/2026 - 12/13/2026	30	1.50
<b>HN 210-OL Nutrition - Whole Foods Cuisine ONLINE</b> 7/20/2026 - 8/23/2026 12/14/2026 - 1/24/2027	25	1.25
<b>HN 222-OL Nutrition - Raw Food Cuisine ONLINE</b> 6/8/2026 - 7/19/2026 8/24/2026 - 9/27/2026	25	1.25
<b>HN 235-OL Nutritional Needs Across the Life Cycle ONLINE</b> 8/24/2026 - 9/27/2026 12/14/2026 - 1/24/2027	30	2.00
<b>HN 351-OL Nutrition - Microbiome Wellness ONLINE</b> 11/2/2026 - 12/13/2026	30	2.00
<b>HN 156-OL Comparative Dietary Systems with Applied Culinary ONLINE</b> 12/14/2026 - 1/24/2027 5/17/2027 - 6/20/2027	30	1.50
<b>TOTAL:</b>	<b>200</b>	<b>11.00</b>

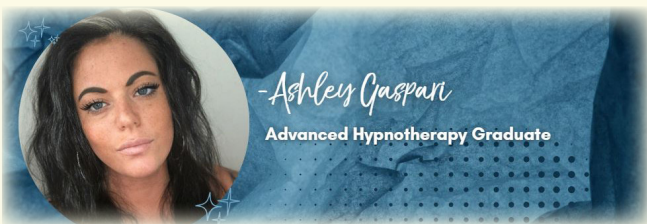
# Urban Gardening & Practical Herbalism *Online*

100 Hours • 5.00 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 city residents access local, healthy food. Around 15% of the world's food is now grown in urban areas. Whether you are interested in growing a personal supply of food or contributing to community efforts, this certificate will help you get your hands dirty. We'll start small and practical by focusing on culinary herbs. Even people who only have one sun-exposed window can grow their favorite flavor and health enhancing herbs. As you build your skills, you can also spread what you learn throughout your community, increasing the number of people taking 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.

Course:	Hours:	Credit:
<b>PH 101-OL Introduction to Sustainability &amp; Urban Gardening ONLINE</b> 11/02/2026 - 12/13/2026 4/12/2027 - 5/16/2027	30	1.50
<b>PH 110-OL Introduction to Herbalism, Culinary Applications &amp; First Aid ONLINE</b> 1/25/2026 - 2/28/2027 6/21/2027 - 8/01/2027	30	1.50
<b>PH 120-OL Urban Gardening &amp; Sustainable Foraging ONLINE</b> 4/12/2027 - 5/16/2027 9/6/2027 - 10/10/2027	40	2.00
<b>TOTAL</b>	<b>100</b>	<b>5.00</b>



I saw how much hypnotherapy changed my life, and I wanted to show others that it could do the same for them.

*In the depths of our minds, there are beliefs that shape the way we see ourselves and the world around us. These limiting beliefs can hold us back from reaching the life of our dreams because we can't seem to let go and break free. Hypnotherapy is a way to unlock these chains, allowing us to rewrite our stories in a way that provides empowerment and positive transformation. Through this amazing healing modality, I was able to discover the strength inside of me and could finally move forward. If you had told me a few years ago that hypnotherapy would be the key to overcoming my deepest struggles, and that I would go back to school to become a hypnotherapist, I wouldn't have believed you. I was lost, broken, and felt like I didn't have a purpose in life. I didn't have any goals and my dreams felt out of reach. I didn't believe I deserved anything good and thought this was how my life should be.*

*I was carrying around a ton of emotional baggage. I struggled with addiction which was my way of coping with grief and trauma. All of the loss in my life took a toll on me and I was caught in my mind, listening to the negative beliefs that told me I was worthless. I believed that I wasn't strong enough to overcome my addiction, that I would never accept and move forward with my grief, and that my trauma would always be there, holding me down.*

*I felt like my mind had created my own, personal hell and it was holding me back from living the life I wanted. There were so many times I tried to break free, yet I always ended up stuck where I've always been; trapped in my mind. These limiting beliefs held me back for so long that I didn't know how to live any other way.*

*What are limiting beliefs? They are thoughts and feelings that we internalize from our past experiences, society, or what others have said to us. They usually relate to strong emotions like failure, fear, and rejection. These experiences shape how we view ourselves and the world. They negatively affect our lives and prevent us from chasing our dreams, taking risks, or even loving who we are. They can sound like "I'm not good enough", "I don't deserve anything good", or "It's too late". They are powerful obstacles that keep us from living the life we want.*

# Hypnotherapy Online

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:
<b>HY 105-OL Foundations of Hypnotherapy Level I ONLINE</b> 8/24/2026 - 9/27/2026 1/25/2027 - 2/28/2027	30	1.75
<b>HY 205-OL Foundations of Hypnotherapy</b> 9/28/2026 - 11/1/2026 3/1/2027 - 4/11/2027		
<b>HY 305-OL Foundations of Hypnotherapy Level III ONLINE</b> 6/8/2026 - 7/19/2026 11/2/2026 - 12/13/2026	40	1.75
<b>TOTAL:</b>	<b>100</b>	<b>4.75</b>

# Advanced Professional Hypnotherapy Online

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).



# Modern Spirituality Celebrant Online

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:
<b>SP 152-OL Grounded Spirituality &amp; Modern Mysticism ONLINE</b> 6/8/2026 - 7/19/2026 8/24/2026 - 9/27/2026 11/2/2026 - 12/13/2026	30	1.5
<b>RF 171-OL Soul Coaching ONLINE</b> 7/20/2026 - 8/23/2026 9/28/2026 - 11/1/2026 12/14/2026 - 1/24/2027	30	1.5
<b>SP 145-OL Energetic Healing for Spiritual Guides ONLINE</b> 6/8/2026 - 7/19/2026 8/24/2026 - 9/27/2026 11/2/2026 - 12/13/2026	30	1.5
<b>SP 156-OL Exploring the Ancestral Web of Belonging ONLINE</b> 7/20/2026 - 8/23/2026 9/28/2026 - 11/1/2026 12/14/2026 - 1/24/2027	30	1.5
<b>SP 162-OL Mysticism: Finding Your Personal Path ONLINE</b> 6/8/2026 - 7/19/2026 8/24/2026 - 9/27/2026 11/2/2026 - 12/13/2026	30	1.5
<b>SP 335-OL The Art of Spiritual Expression ONLINE</b> 7/20/2026 - 8/23/2026 9/28/2026 - 11/1/2026 12/14/2026 - 1/24/2027	20	1
<b>SP 465-OL Celebrate Your Light - Celebrant &amp; Ordination Preparation ONLINE</b> 7/20/2026 - 8/23/2026 9/28/2026 - 11/1/2026 12/14/2026 - 1/24/2027	0	0
<b>SP 525-OL Serving through Ceremony ONLINE</b> 6/8/2026 - 7/19/2026 8/24/2026 - 9/27/2026 11/2/2026 - 12/13/2026	30	1.5
<b>TOTAL:</b>	<b>200</b>	<b>10.00</b>

Course:	Hours:	Credits:
<b>Hypnotherapy 100-hour Certificate</b>	<b>100</b>	<b>4.75</b>
<b>HE 101-OL Entrepreneur's Journey 1: Departure ONLINE</b> 7/20/2026 - 8/23/2026 9/28/2026 - 11/1/2026 12/14/2026 - 1/24/2027 3/1/2027 - 4/11/2027	30	2
<b>HY 316-OL Fears Phobias &amp; Addictions ONLINE</b> 7/20/2026 - 8/23/2026 12/14/2026 - 1/24/2027	30	1.25
<b>HY 353-OL Past-Life Regression ONLINE</b> 6/8/2026 - 7/19/2026 11/2/2026 - 12/13/2026 4/12/2027 - 5/16/2027	30	1.5
<b>HY 375-OL Advanced Professional Hypnotherapy ONLINE</b> 6/8/2026 - 7/19/2026 11/2/2026 - 12/13/2026 4/12/2027 - 5/16/2027	10	0.5
<b>HY 415-OL Advanced Techniques in Hypnotherapy ONLINE</b> 5/4/2026 - 6/7/2026 9/28/2026 - 11/1/2026 12/1/2025 - 1/11/2026	30	1.25
<b>HY 425-OL Script Writing ONLINE</b> 8/24/2026 - 12/20/2026 1/25/2027 - 2/28/2027	30	1.25
<b>HY 477-OL Dreams &amp; Metaphors ONLINE</b> 7/20/2026 - 8/23/2026 12/14/2026 - 1/24/2027 5/17/2027 - 6/20/2027	30	1.25
<b>HY 585-OL Medical Imagery ONLINE</b> 8/24/2026 - 9/27/2026 1/25/2027 - 2/28/2027 6/21/2027 - 8/1/2027	30	1.5
<b>LC 101-OL Foundations of Life Coaching ONLINE</b> 6/8/2026 - 7/19/2026 11/2/2026 - 12/13/2026	30	1.75
<b>TOTAL:</b>	<b>350</b>	<b>17.25</b>

# Health & Wellness Coach *Online*

200 Hours • 10.25 Credits



# Life Coach *Online*

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.



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:
<b>LC 101-OL Foundations of Life Coaching ONLINE</b>	<b>30</b>	<b>1.75</b>
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
<b>LC 201-OL Applied Coaching Skills ONLINE</b>	<b>30</b>	<b>1.5</b>
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
<b>LC 301-OL Life Coaching Practice &amp; Ethics ONLINE</b>	<b>40</b>	<b>1.75</b>
8/24/2026 - 9/27/2026		
1/25/2027 - 2/28/2027		
<b>TOTAL:</b>	<b>100</b>	<b>5.00</b>

# Healing Botanicals & Earth Ceremonies Facilitator *Online*

100 Hours • 5.00 Credits

*Online*

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:
<b>HC 101-OL HWC - Foundations of Wellness Coaching ONLINE</b>	<b>30</b>	<b>1.5</b>
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
<b>HC 201-OL HWC - Professional Wellness Coaching and Ethics ONLINE</b>	<b>30</b>	<b>1.5</b>
8/24/2026 - 9/27/2026		
1/25/2027 - 2/28/2027		
<b>HC 301-OL HWC - Advanced Wellness Coaching 1 ONLINE</b>	<b>30</b>	<b>1.5</b>
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
5/17/2027 - 6/20/2027		
<b>HC 302-OL HWC - Advanced Wellness Coaching 2 ONLINE</b>	<b>30</b>	<b>1.5</b>
8/24/2026 - 9/27/2026		
1/25/2027 - 2/28/2027		
6/21/2027 - 8/1/2027		
<b>HC 155-OL HWC - Anatomy of Wellness ONLINE</b>	<b>30</b>	<b>1.5</b>
9/28/2026 - 11/1/2026		
3/1/2027 - 4/11/2027		
<b>HC 156-OL HWC - Health Conditions ONLINE</b>	<b>30</b>	<b>1.5</b>
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
4/12/2027 - 5/16/2027		
<b>HC 401-OL HWC -NBHWC Exam Prep ONLINE</b>	<b>20</b>	<b>1.25</b>
9/28/2026 - 11/1/2026		
3/1/2027 - 4/11/2027		
8/2/2027 - 9/5/2027		
<b>TOTAL</b>	<b>200</b>	<b>10.25</b>

Course:	Hours:	Credits:
<b>BE 101-OL Earth Ceremonies ONLINE</b>	<b>30</b>	<b>1.50</b>
9/28/2026 - 11/1/2026		
3/1/2027 - 4/11/2027		
8/2/2027 - 9/5/2027		
<b>BE 201-OL Healing Botanicals I ONLINE</b>	<b>30</b>	<b>1.50</b>
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
4/12/2027 - 5/16/2027		
<b>BE 301-OL Healing Botanicals II ONLINE</b>	<b>40</b>	<b>2.00</b>
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
5/17/2027 - 6/20/2027		
<b>TOTAL:</b>	<b>100</b>	<b>5.00</b>

# I Am Yoga Nidra™ Facilitator

100 Hours • 5.25 Credits *Online*



# End-of-Life Doula *Online*

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, pranayama 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.



## 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: \$50.

6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 11/2/2026 - 12/13/2026  
 1/25/2027 - 2/28/2027  
 4/12/2027 - 5/16/2027  
 \$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 Supply Fee: \$50

7/20/2026 - 8/23/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 3/1/2027 - 4/11/2027  
 5/17/2027 - 6/20/2027  
 8/2/2027 - 9/5/2027  
 \$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

6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 11/2/2026 - 12/13/2026  
 1/25/2027 - 2/28/2027  
 4/12/2027 - 5/16/2027  
 \$800.00

**10 Online Certificate/Specialty & Personal Development**

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:
<b>DD 101-OL Death Dying &amp; Afterlife ONLINE</b>	<b>30</b>	<b>1.75</b>
9/28/2026 - 11/1/2026 3/1/2027 - 4/11/2027		
<b>DD 201-OL Life Review &amp; Processing Grief</b>	<b>30</b>	<b>1.5</b>
6/8/2026 - 7/19/2026 11/2/2026 - 12/13/2026 4/12/2027 - 5/16/2027		
<b>DD 301-OL End of Life Rituals &amp; Ceremonies</b>	<b>40</b>	<b>2</b>
7/20/2026 - 8/23/2026 12/14/2026 - 1/24/2027 5/17/2027 - 6/20/2027		
<b>TOTAL</b>	<b>100</b>	<b>5.25</b>



# Toe Reading - Soul Coach

Personal Development *Online*

## 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)**  
 7/20/2026 - 8/23/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 3/1/2027 - 4/11/2027  
 \$600.00



# ON CAMPUS WELLNESS PROGRAMS

Degree | On-Campus

## Associate Degree in Holistic Health Care *Reimagined*

After almost two years of deep reflection and curriculum refinement, we have evolved our degree offerings to meet the growing demand for body-centered, integrative healing.

*From Thinking to Feeling*

We have transitioned our legacy Transformational Psychology track into a cutting-edge **Somatic Psychology** concentration.

While the mind is powerful, we know that true, lasting change often requires a “bottom-up” approach—working with the nervous system, breath, and cellular memory to release trauma and restore balance

*The Four Concentrations: Choose Your Purpose*

### Associate of Occupational Studies in Holistic Healthcare Concentration in: Somatic Psychology & Mindfulness (AOS/C-SPM)

#### AOS General Education Requirements

Code	Course	Clock	Credit
TC 610	Heart Centered Leadership	20	1.25
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00
TC 640	Somatic Psychology: The Subtle Body	30	2.00
CC 131	Psychology of Addiction - Understanding the Shadow	32	2.00
TC 150	Building Resiliency and Stress Management	24	1.50
TC 635	Somatic Psychology: Trauma Informed Communications	30	2.00
BC 412	Writing for Publication	20	1.00
BC 405	Motivational Speaking & Presenting	30	2.00
BC 200	Basic Finance	16	1.00
HN 600	Holistic Nutrition Foundation and Applied Cooking I	40	2.25
<b>AOS General Education Requirements Subtotal</b>		<b>272</b>	<b>17.00</b>

#### Applied Somatic Psychology Core

Code	Course	Clock	Credit
LC	Life Coaching	100	5.00
HY	Hypnotherapy	100	4.75
TC 120	Coaching the Hero Within	24	1.50
MI 500	Mindful-based Stress Recalibration & Retraining (MBSRR)	30	1.50
MI 510	Mindful Meditation Techniques	30	1.50
MI 520	Mindful Movement & Self Expression	20	0.75
TC 700	Somatic Breathwork (SomatIQ)	40	1.75
TC 710	Somatic Recalibration – Somatic Experiencing	40	1.75
TC 720	Applied Somatic Recalibration & Integration Practicum	40	1.75
<b>Applied Somatic Psychology Core Subtotal</b>		<b>424</b>	<b>20.25</b>

#### Holistic Entrepreneur Core

Code	Course	Clock	Credit
BC 540	Business Development and Entrepreneurial Support	40	2.25
BC 542	Applied Entrepreneurship	45	3.00
BC 543	Business in Action	20	1.00
BC 700	Entrepreneurial Capstone	50	2.25
<b>Holistic Entrepreneur Core Subtotal</b>		<b>155</b>	<b>8.50</b>

Student Selected Specialties, Electives or Transfer Courses

Varies 14.25

**TOTAL 60.00**

Additional Concentrations Available, contact Admissions for more info.

#### Concentration in: Yoga Therapy (AOS/C-YT)

Code	Course	Clock	Credit
Applied Somatic Psychology Courses		150	7.00
Unity Yoga Teacher Training		200	6.25
Yoga Nidra		100	4.50
Yoga Body Psychology		100	4.50
Advanced Yoga Teacher Training Courses		160	6.50
Yoga Therapy Coursework		360	12.75
Yoga Electives		varies	1.50
<b>TOTAL varies</b>		<b>60.00</b>	

#### Concentration in: Western Herbalism (AOS/C-WH)

Code	Course	Clock	Credit
Western Herbalism Core Courses		620	32.25
Holistic Entrepreneur Core Courses		105	6.25
Specialties, Electives or WH Diploma Courses		Varies	4.50
<b>TOTAL varies</b>		<b>60.00</b>	

#### Concentration in: Massage Practitioner (AOS/C-MT)

Code	Course	Clock	Credit
Massage Core Courses		269	16.75
Massage Hands-On Core Courses		245	7.50
Holistic Entrepreneur Core Courses		120	7.50
Specialties, Electives or MT Diploma Courses		Varies	11.25
<b>TOTAL varies</b>		<b>60.00</b>	

*Begin when you are ready!*

Call to speak with an Admissions Coach at 480-994-9244 or email [Info@swiha.edu](mailto:Info@swiha.edu)

# 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
<b>HOLISTIC ENTREPRENEUR COURSES</b>			
	BC 530 Introduction to Entrepreneurship & Self-Empowerment	15	1.00
	BC 540 Business Development and Entrepreneurial Support	40	2.25
	BC 542 Applied Entrepreneurship	45	3.00
	BC 543 Business in Action	20	1.00
	<b>Subtotal</b>	<b>120</b>	<b>7.25</b>
<b>IHAP Core Courses</b>			
	TC 630 Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00
	TC 610 Heart Centered Leadership	20	1.25
	TC 120 Coaching the Hero Within	24	1.50
	CC 131 Psychology of Addiction - Understanding the Shadow	32	2.00
	TC 150 Building Resiliency and Stress Management	24	1.50
	<b>Subtotal</b>	<b>130</b>	<b>8.25</b>

**SELECT A COACHING FOCUS:**

Option 1	LIFE COACHING	Clock Hours	Credits
	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
	<b>Subtotal</b>	<b>100</b>	<b>5.00</b>

Option 2	INTUITIVE GUIDANCE & COACHING	Clock Hours	Credits
	Introduction to Life Coaching	20	1.25
	Introduction to Intuitive Guidance	12	1.00
	Angels and Guides	24	1.25
	Intuitive Guidance - Practical Applications	24	1.25
	Business of Intuitive Guidance	20	1.25
	<b>Subtotal</b>	<b>100</b>	<b>6.00</b>

**SELECT A SPECIALTY FOCUS:**

Option 1	END-OF-LIFE DOULA FOCUS	Clock Hours	Credits
	End-of-Life Doula	100	5.25
	Hypnotherapy (or Yoga Nidra)	100	4.75
	Reiki - (Traditional or Shamanic)	100	3.00
	Elective (Suggested: Aromatherapy)	100	Varies
	<b>Subtotal</b>	<b>400</b>	<b>13.00</b>

Option 2	TRANSFORMATION FOCUS	Clock Hours	Credits
	Polarity – Associate Practitioner or Cranial Unwinding	200	9.00
	Reiki - (Traditional or Shamanic)	100	3.00
	Electives	100	Varies
	<b>Subtotal</b>	<b>400</b>	<b>12.00</b>

Option 3	YOGA FOCUS	Clock Hours	Credits
	Yoga Teacher Training	200	6.25
	Yoga Nidra	100	4.50
	Electives	100	Varies
	<b>Subtotal</b>	<b>400</b>	<b>10.75</b>

Option 4	HYPNOTHERAPY FOCUS	Clock Hours	Credits
	Hypnotherapy	100	4.75
	Hypnotherapy - Advanced Techniques	30	0.75
	Hypnotherapy - Fears, Phobias & Addictions	20	1.00
	Hypnotherapy - Past Life Regression	30	1.00
	Hypnotherapy - Dreams & Metaphors	30	1.00
	Hypnotherapy - Certification Prep	10	0.50
	Electives	180	Varies
	<b>Subtotal</b>	<b>400</b>	<b>9.00</b>

Electives	SPECIALTY/ELECTIVE OPTIONS	Clock Hours	Credits
	Aromatherapy	100	5.50
	Cranial Unwinding	200	8.50
	End-of-Life Doula	100	5.25
	Intuitive Guide	80	4.75
	Applied Holistic Nutrition & Whole Foods Culinary I	40	2.25
	Hypnotherapy	100	4.75
	Health and Wellness Coach (Hybrid)	180	9.25
	Life Coaching	80	3.75
	Polarity - Associate Polarity Practitioner	200	9.00
	Reflexology	120	4.50
	Reiki - (Traditional or Shamanic)	100	3.00
	Shamanic Principles and Pathways	100	3.00
	Urban Farming	100	5.50
	Yoga Teacher Training	200	6.25
	Yoga - Body Psychology	100	4.50
	Yoga Nidra	100	4.50
	<b>Subtotal</b>	<b>400</b>	<b>Varies</b>

*Start Dates:* 9/14/26  
1/11/27

**Why People Are Leaving Traditional Career Paths**  
*The shift isn't just about changing jobs — it's about changing priorities.*

After years of burnout, stress, and feeling disconnected from their work, many people are realizing they want more than a paycheck. They want careers that allow them to:

- Help others in meaningful ways
- Create balance in their lives
- Work in environments that support wellness
- Express their passions and gifts
- Build careers with flexibility and purpose

Holistic careers offer something many traditional industries struggle to provide: connection. Connection to people, personal growth, community, and meaningful transformation.

Whether someone is looking for a complete career change or simply searching for work that feels more aligned, holistic education can open doors to a deeply rewarding future.

**A Growing Interest in Healing and Wellness**

As conversations around mental health, stress management, self-care, and overall well-being continue to grow, so does the demand for trained holistic practitioners.

People are seeking support that treats the whole person — mind, body, and spirit. That means wellness professionals are becoming increasingly valuable in spas, wellness centers, private practices, healthcare settings, fitness spaces, retreats, and online coaching businesses.

This growing awareness has inspired many people to finally pursue the calling they've been feeling for years.

If you've ever felt pulled toward helping others heal, guiding people toward healthier lifestyles, or creating more balance in the world around you, it may be worth exploring where that calling is leading you.

**Programs Designed for Purpose-Driven Careers**

At SWIHA, students can explore programs that align with their passions while gaining practical skills for real-world careers in wellness and healing.

# 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
	LC 111	Introduction to Life Coaching	20	1.25
	HN 600	Applied Holistic Nutrition & Whole Foods Culinary I	40	2.25
	BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00
	BC 540	Business Development & Entrepreneurial Support	40	2.25
	BC 542	Applied Entrepreneurship	45	3.00
	<b>MIND-BODY WELLNESS CORE COURSES SUBTOTAL</b>		<b>180</b>	<b>11.00</b>

Option 1	SELECT A FOCUS			
	COACHING FOCUS			
	Life Coaching (or Intuitive Guide)	80	3.75	
	Hypnotherapy (or Yoga Nidra)	100	4.75	
	Electives & Specialties (see options below)	240	Varies	
	Subtotal	420	14.00	

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

Option 3	TRANSFORMATION FOCUS			
	Reiki - (Traditional or Shamanic)	100	3.00	
	Intuitive Guide	80	4.75	
	Electives & Specialties (see options below)	240	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
	CRA	Cranial Unwinding	200	8.50
	IG	Intuitive Guide	80	4.75
	HY	Hypnotherapy	100	4.75
	HY	Hypnotherapy - Advanced Techniques	30	0.75
	HY	Hypnotherapy - Fears, Phobias & Addictions	20	1.00
	HY	Hypnotherapy - Past Life Regression	30	1.00
	HY	Hypnotherapy - Dreams & Metaphors	30	1.00
	HY	Hypnotherapy - Certification Prep	10	0.50
	HWC-OL	Health & Wellness Coach (Hybrid)	180	9.25
	LC	Life Coaching	80	3.50
	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

*Start Dates:*  
 9/14/26  
 1/11/27



**"I knew I wanted to create space for others to feel safe, seen, and supported."**  
*-Marleigh Brown*

## Returning Home to the Self: Marleigh Brown's Integrative Healing Journey

Before discovering Southwest Institute of Healing Arts (SWIHA), Marleigh Brown had already embarked on a deep personal healing journey—yet something was missing. She had gained insights and clarity on her own, however, she found herself craving structure, community, and a deeper sense of direction. "I knew I wanted to create space for others to feel safe, seen, and supported in their own healing journeys," she reflects. That longing led her to SWIHA's Integrative Healing Arts Practitioner (IHAP) program, with specializations in Advanced Professional Hypnotherapy and Life Coaching. Marleigh was drawn to integrative healing because of its holistic approach—honoring the mind, body, spirit, and energy as interconnected parts of the whole. "We carry so much more than what's on the surface," she says. Hypnotherapy became a powerful modality for her, helping clients access their subconscious minds with gentle yet profound results. "It's not about fixing anyone," she explains. "It's about creating space for remembering, reconnecting, and returning to what already lives within them."

Life coaching became a natural companion to her hypnotherapy work. It offered her tools to walk alongside others with presence and intention, holding space with curiosity and compassion. "Asking the right questions can open up so much clarity," she shares. "These tools have transformed not only my clients' lives, it has transformed my own as well."

Since completing her training at SWIHA, Marleigh's life has shifted dramatically. "Before, I felt like I was floating," she shares. "I wanted to do something meaningful, yet I wasn't sure how to fully trust myself." Through her studies, she began learning how to offer herself the same compassion and presence she offers her clients—how to create internal safety, use her voice, and show up more honestly and wholeheartedly. "SWIHA didn't fix everything," she notes, "it gave me the tools and support I needed to become a more authentic version of myself."

Now, Marleigh channels her training into her business, Illuminar, a soul-centered practice offering a range of integrative services. Her offerings include hypnotherapy, guided imagery, personalized meditations, and intention-setting sessions. She also provides support for preparation and integration, helping clients turn their insights into lasting transformation. "My work is about guiding people back home to themselves," she says.

# 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
<b>MESSAGE CORE COURSES SUBTOTAL</b>		<b>301</b>	<b>18.75</b>
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
<b>MESSAGE HANDS-ON CORE COURSES SUBTOTAL</b>		<b>213</b>	<b>6.50</b>
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
<b>Massage Classes</b>		<b>236</b>	<b>8.50</b>
<b>TOTAL</b>		<b>750</b>	<b>33.75</b>

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
<b>MESSAGE CORE COURSES SUBTOTAL</b>		<b>301</b>	<b>18.75</b>
<b>MESSAGE HANDS-ON CORE COURSES SUBTOTAL</b>		<b>213</b>	<b>6.50</b>
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
<b>AYURVEDIC BODYWORK TRACK SUBTOTAL</b>		<b>233</b>	<b>7.25</b>
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
<b>AYURVEDIC BODYWORK TRACK COURSES</b>		<b>216</b>	<b>8.25</b>
<b>TOTAL</b>		<b>750</b>	<b>34.25</b>

Start Dates:

AM

PM

6/1/26

7/6/26

\*\* 8/24/26

9/21/26

11/09/26

\*\* Massage with Yoga

Call 480-994-9244 to speak with admissions for more dates

VA Friendly Scheduling

Dual Expertise:

Train as both a skilled massage therapist and a certified yoga teacher.

This dual qualification enhances your ability to provide holistic care, addressing both physical and emotional healing



# 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
<b>MESSAGE CORE COURSES SUBTOTAL</b>		<b>301</b>	<b>18.75</b>
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
EV 003	Massage Clinic Orientation	-	-
MT 993 (abcd)	Massage Clinic Superv. Block I, II, III, IV	92	0.50
<b>MESSAGE CORE HANDS-ON COURSES SUBTOTAL</b>		<b>236</b>	<b>7.00</b>

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
<b>MESSAGE CORE COURSES SUBTOTAL</b>		<b>301</b>	<b>18.75</b>
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
<b>MESSAGE CORE HANDS-ON COURSES SUBTOTAL</b>		<b>256</b>	<b>7.75</b>

Available Options

THERAPEUTIC MASSAGE TRACK			
AR 100	Aromatherapy - Intro	20	1.25
EC 146	SpaLomi 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
<b>THERAPEUTIC TRACK SUBTOTAL</b>		<b>236</b>	<b>8.50</b>
<b>CHOOSE A COMBINATION OF SPECIALTIES TO TOTAL 227 HOURS</b>			
AR	Aromatherapy	80	4.25
CRA	Cranial Unwinding	180	7.50
HY	Hypnotherapy	100	4.75
MEDM	Medical Massage	16	1.00
POL-APP	Polarity - Associate Polarity Practitioner	160	7.00
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 640	Thai Foot Massage	20	0.25
OE 620	Thai Massage	40	1.25
TE 142	Scar Tissue	8	0.25
<b>SPECIALTIES SUBTOTAL</b>		<b>227</b>	<b>Varies</b>
<b>PROGRAM TOTAL</b>		<b>1000</b>	

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
<b>AYURVEDIC BODYWORK TRACK SUBTOTAL</b>		<b>216</b>	<b>8.25</b>
<b>CHOOSE A COMBINATION OF SPECIALTIES TO TOTAL 227 HOURS</b>			
AR	Aromatherapy	100	5.50
CRA	Cranial Unwinding	70	2.25
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
<b>SPECIALTIES SUBTOTAL</b>		<b>227</b>	<b>Varies</b>
<b>PROGRAM TOTAL</b>		<b>1000</b>	

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](http://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: October 2026

Required Classes

Code	Course	Clock Hours	Credit Hours
SC 250	Botany	45	3.00
BC 540	Business Development & Entrepreneurial Support	40	2.25
HN 600	Applied Holistic Nutrition & Whole Foods Culinary I	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
<b>TOTAL</b>		<b>745</b>	<b>40.00</b>

## Holistic Herbal Remedies

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:
<b>WH 100 Western Herbalism - Foundations of American Herbal Studies</b>	<b>30</b>	<b>2</b>
10/19/2026 - 11/16/2026 W 5:30pm-8:30pm		
<b>WH 265 Western Herbalism - The Herbal Goddess</b>	<b>18</b>	<b>1</b>
11/18/2026 - 12/14/2026 W 5:30pm-8:30pm		
<b>WH 256 Western Herbalism - The Green Man</b>	<b>12</b>	<b>0.75</b>
1/6/2027 - 1/27/2027 W 5:30pm-8:30pm		
<b>WH 291 Western Herbalism - Desert Medicine</b>	<b>8</b>	<b>0.25</b>
2/24/2027 - 3/6/2027 W 5:30pm-8:30pm and Sa 9am-2pm		
<b>WH 250 Western Herbalism - Herbs for Babies &amp; Children</b>	<b>8</b>	<b>0.5</b>
12/4/2026 - 12/18/2026 W 5:30pm-8:30pm		
<b>WH 365 Western Herbalism - Manufacturing &amp; Remedy Production</b>	<b>14</b>	<b>0.5</b>
2/3/2027 - 2/20/2027 W 5:30pm-8:30pm and varies		
<b>WH 276 Western Herbalism - Plants and People</b>	<b>10</b>	<b>0.25</b>
3/3/2027 - 3/24/2027 W 5:30pm-8pm		
<b>TOTAL</b>	<b>100</b>	<b>5.25</b>



*"The plants teach us to become the medicine ourselves."*



### Shannon Stapleton

Program Director

Born a plant lover, Shannon spent her childhood mashing up twigs and berries to make "potions"—a fitting start to a life shaped by herbalism. With years of hands-on experience in wildcrafting, formulation and running an apothecary, Shannon now directs the very herbal program she graduated from. Doing what she loves the most—teaching about plants and mentoring budding herbalists. With nearly 15 years of study, Shannon believes plants are more than medicine—they're our teachers, helping us reconnect with the Earth. Her goal as the director is to inspire future herbalists to walk this path with integrity, as stewards of the Earth, integrating the wisdom of this ancient art in a way that heals not only people, but the planet.

# 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:
<b>AR 100 Aromatherapy - Intro</b>	<b>20</b>	<b>1.25</b>
9/18/2026 - 9/20/2026 F 6pm-10 pm Sa/Su 9am-6pm		
1/8/2027 - 1/10/2027 F 6pm-10 pm Sa/Su 9am-6pm		
<b>AR 101 Aromatherapy-Advanced</b>	<b>32</b>	<b>2</b>
7/18/2026 - 8/16/2026 Sa/Su 9am-6pm		
7/17/2027 - 8/17/2027 Sa/Su 9am-6pm		
<b>AR 106 Aromatherapy for the Spirit</b>	<b>20</b>	<b>1.25</b>
6/12/2026 - 6/14/2026 F 6pm-10 pm Sa/Su 9am-6pm		
6/04/2027 - 6/06/2027 F 6pm-10 pm Sa/Su 9am-6pm		
<b>AR 110 Aromatherapy - Pharmacology</b>	<b>8</b>	<b>0.5</b>
7/17/2026 - 8/14/2026 Fri 6pm-10pm		
7/16/2027 - 8/13/2027 Fri 6pm-10pm		
<b>CHOOSE 20 HOURS OF ELECTIVES</b>		
<b>AR 109 Aromatherapy - Ginger Compress</b>	<b>4</b>	<b>0.25</b>
7/11/2026 - 7/11/2026 Sa 2pm-6pm		
10/31/2026 - 10/31/2026 Sa 2pm-6pm		
<b>AR 222 Aromatherapy for Holistic Wellness</b>	<b>12</b>	<b>0.50</b>
8/22/2026 - 8/23/2026 Sa/Su 9am-4pm		
4/17/2027 - 4/18/2027 Sa/Su 9am-4pm		
<b>AR 115 Aromatherapy - Foot Chakra Reflexology for Bodyworkers</b>	<b>8</b>	<b>0.25</b>
6/21/2026 - 6/21/2026 Su 9am-6pm		
1/17/2027 - 1/17/2027 Su 9am-6pm		
<b>AR 117 Aromatherapy - Pet Care</b>	<b>4</b>	<b>0.25</b>
6/6/2026 - 6/6/2026 Sa 2pm-6pm		
6/12/2027 - 6/12/2026 Sa 2pm-6pm		
<b>AR 120 Aromatherapy - Therapeutic Touch</b>	<b>8</b>	<b>0.25</b>
6/20/2026 - 6/20/2026 Sa 9am-6pm		
11/7/2026 - 11/7/2026 Su 9am-6pm		
1/16/2027 - 1/16/2027 Su 9am-6pm		
<b>AR 125 Aromatherapy - Essential Oil Hydrating Wrap</b>	<b>8</b>	<b>0.25</b>
7/12/2026 - 7/12/2026 Su 9am-6pm		
1/23/2027 - 1/23/2027 Su 9am-6pm		
<b>AR 132 Flower Essences</b>	<b>16</b>	<b>1</b>
10/3/2026 - 10/4/2026 Sa/Su 9am-6pm		
<b>AR 300 Aromatherapy - Toning &amp; Detox</b>	<b>4</b>	<b>0.25</b>
7/11/2026 - 7/11/2026 Sa 9a-1pm		
10/31/2026 - 10/31/2026 Sa 9a-1pm		
<b>AR 425 Aromatherapy - Massage with Oils</b>	<b>16</b>	<b>0.5</b>
7/25/2026 - 7/26/2026 Sa/Su 9am-6pm		
6/26/2027 - 6/27/2027 Sa/Su 9am-6pm		
<b>TOTAL</b>	<b>100</b>	<b>5.5-6.25</b>

# 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:
<b>PC 850 Cranial Unwinding I</b>	<b>20</b>	<b>1</b>
7/24/2026 - 7/26/2026 F 6pm-10 pm Sa/Su 9am-6pm		
8/27/2026 - 9/24/2026 Th 9am-1pm		
10/23/2026 - 10/25/2026 F 6pm-10 pm Sa/Su 9am-6pm		
11/12/2026 - 12/17/2026 Th 9am-1pm		
<b>PC 860 Cranial Unwinding II</b>	<b>24</b>	<b>1</b>
6/26/2026 - 6/28/2026 Fri-Su 9am-6pm		
10/30/2026 - 11/1/2026 Fri-Su 9am-6pm		
<b>PC 870 Cranial Unwinding III</b>	<b>24</b>	<b>1</b>
8/14/2026 - 8/16/2026 Fri-Su 9am-6pm		
<b>PC 880 Cranial Unwinding IV</b>	<b>24</b>	<b>1</b>
9/18/2026 - 9/20/2026 Fri-Su 9am-6pm		
<b>PC 855 Cranial Anatomy - Listening Skills</b>	<b>16</b>	<b>0.75</b>
7/11/2026 - 7/12/2026 Sa/Su 9am-6pm		
10/17/2026 - 10/18/2026 Sa/Su 9am-6pm		
<b>PC 961 Cranial Unwinding - Clinic</b>	<b>30</b>	<b>0.5</b>
8/22/2026 - 8/30/2026 Sa 9am-6pm Su 9am-5pm		
12/5/2026 - 12/13/2026 Sa 9am-6pm Su 9am-5pm		
<b>PC 400 Polarity - Communications Resonance &amp; Relations I</b>	<b>32</b>	<b>2</b>
5/30/2026 - 6/7/2026 Sa/Su 9am-6pm		
9/26/2026 - 10/4/2026 Sa/Su 9am-6pm		
<b>PC 200 Polarity APP/Cranial - Practicum</b>	<b>30</b>	<b>1.25</b>
8/1/2026 - 8/9/2026 Sa/Su 9am-5:30pm		
11/14/2026 - 11/22/2026 Sa/Su 9am-5:30pm		
<b>TOTAL</b>	<b>200</b>	<b>8.5</b>



To speak with an Admissions Coach  
call 480-994-9244 | [Info@swiha.edu](mailto:Info@swiha.edu)

## 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.

### HWC CERTIFICATE IS HYBRID \*\*\*ONLINE

Course:	Hours:	Credits:
<b>HC 101 HWC - Foundations of Wellness Coaching</b>	<b>20</b>	<b>1.00</b>
9/18/2026 - 9/20/2026 F 6pm-10 pm Sa/Su 9am-6pm		
1/15/2027 - 1/17/2027 F 6pm-10 pm Sa/Su 9am-6pm		
<b>HC 201 HWC - Professional Wellness Coaching &amp; Ethics</b>	<b>40</b>	<b>2</b>
9/24/2026 - 10/27/2026 Tu/Th 6pm-10pm		
1/21/2027 - 2/23/2027 Tu/Th 6pm-10pm		
<b>HC 302 HWC - Advanced Wellness Coaching 2</b>	<b>30</b>	<b>1.5</b>
6/25/2026 - 7/28/2026 Tu/Th 6pm-9:45pm		
10/29/2026 - 12/1/2026 T/Th 6pm-9:45pm		
2/25/2027 - 3/23/2027 Tu/Th 6pm-10pm		
<b>***HC 301-OL HWC - Advanced Wellness Coaching 1 ONLINE</b>	<b>30</b>	<b>1.5</b>
7/20/2026 - 8/23/2026		
12/14/2026 - 1/24/2027		
5/17/2027 - 6/20/2027		
<b>***HC 155-OL HWC - Anatomy of Wellness ONLINE</b>	<b>30</b>	<b>1.5</b>
5/4/2026 - 6/7/2026		
9/28/2026 - 11/1/2026		
3/1/2027 - 4/11/2027		
<b>***HC 156-OL HWC - Health Conditions ONLINE</b>	<b>30</b>	<b>1.5</b>
6/8/2026 - 7/19/2026		
11/2/2026 - 12/13/2026		
4/12/2027 - 5/16/2027		
<b>***HC 401-OL HWC - NBHWC Exam Prep ONLINE</b>	<b>20</b>	<b>1.25</b>
9/28/2026 - 11/1/2026		
3/1/2027 - 4/11/2027		
<b>TOTAL</b>	<b>200</b>	<b>10.25</b>

## 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:
<b>LC 111 Introduction to Life Coaching</b>	<b>20</b>	<b>1.25</b>
9/18/2026 - 9/20/2026 F 6pm-10 pm Sa/Su 9am-6pm		
1/15/2027 - 1/17/2027 F 6pm-10 pm Sa/Su 9am-6pm		
<b>LC 121 Life Coaching – Heart Centered Approach Part I</b>	<b>40</b>	<b>1.75</b>
9/24/2026 - 10/27/2026 Tu/Th 6pm-10pm		
1/21/2027 - 2/23/2027 Tu/Th 6pm-10pm		
<b>LC 131 Life Coaching – Heart Centered Approach Part II</b>	<b>40</b>	<b>2</b>
6/25/2026 - 8/6/2026 Tu/Th 6pm-9:45pm		
10/29/2026 - 12/10/2026 Tu/Th 6pm-9:45pm		
2/25/2027 - 3/23/2027 Tu/Th 6pm-9:45pm		
<b>TOTAL</b>	<b>200</b>	<b>10.25</b>



## From Feeling Lost to Finding Purpose: Makena Doyle's Journey to Healing and Community Impact

Stepping into adulthood in 2020 meant navigating a world full of uncertainty. For Makena Doyle, it also meant questioning the traditional paths she once believed she had to follow. When she discovered Southwest Institute of Healing Arts (SWIHA), she found an education that helped her reconnect with her intuition, rediscover her passions, and begin building a life centered around helping others. Today, as a graduate of the Integrative Healing Arts Practitioner (IHAP) program, Makena is using the skills she developed to support families in her community while building a coaching program focused on strengthening connections between parents and children.

**Searching for Direction:** Makena describes her life before SWIHA as feeling stagnant and disconnected.

"My life before SWIHA was mundane. I was following paths that were forced upon me. I had no passion for my life," she shares.

Like many young adults navigating life after graduation, Makena found herself unsure of what direction to take. She graduated from high school in 2020 at the start of the pandemic, stepping into adulthood during a time of global uncertainty.

"I was thrown into the real world without guidance," she recalls. "Having no real direction and the stress of the world seemingly falling apart around us was a difficult experience to say the least."

Although she enrolled in a traditional university, the experience didn't feel aligned.

"I thought that path was the only option for me, yet after completing one year, I felt lost. I felt different from my peers."

At the same time, Makena was navigating personal challenges, including difficult friendships and unresolved childhood trauma. Leaving a toxic relationship became a turning point that allowed her to begin rebuilding her life.

"That weight lifted off my shoulders gave me the motivation to start living authentically," she says.

## Hypnotherapy

100 Hours • 4.75 Credits

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.

Upon completion of our Hypnotherapy Training, our 100-hour certificate qualifies students for American Board of Hypnotherapists (ABH) membership or National Association of Transpersonal Hypnotherapy (NATH) membership.

Course:	Hours:	Credit:
<b>HY 101 Hypnotherapy - Foundations Level I</b>	<b>20</b>	<b>1.25</b>
10/3/2026 - 10/11/2026	Sa 9am-1pm Su 9am-6pm	
<b>HY 201 Hypnotherapy - Foundations Level II</b>	<b>40</b>	<b>2.5</b>
10/23/2026 - 11/15/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 301 Hypnotherapy - Foundations Level III Clinic</b>	<b>40</b>	<b>1</b>
11/20/2026 - 12/13/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>TOTAL:</b>	<b>100</b>	<b>4.75</b>

## Linda Bennett

Hypnotherapy Program Director

Linda has over 30 plus years of experience in the industry as a certified Clinical Hypnotherapist, Board Certified Hypnotherapy Instructor, and Certifying Examiner.

2025 - International Hypnosis Hall of Fame  
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



## Advanced Hypnotherapy Elective Classes

**Hypnotherapy - Advanced Techniques**  
**HY 404** Class Hours: 30 Credits: 0.75

6/6/2026 - 6/21/2026 Sa/Su 9am-5:30pm  
\$600.00

**Hypnotherapy - Dreams & Metaphors**  
**HY 478** Class Hours: 30 Credits: 1

9/8/2026 - 10/27/2026 Tu 6pm-9:45pm  
\$600.00

**Hypnotherapy - Fears Phobias & Addictions**  
**HY 316** Class Hours: 20 Credits: 1

8/7/2026 - 8/9/2026 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

**Hypnotherapy - Past Life Regression**  
**HY 354** Class Hours: 30 Credits: 1

8/29/2026 - 9/20/2026 Sa/Su 9am-5:30pm  
\$600.00

**Hypnotherapy - Certification Prep**  
**HY 600 P\$** Class Hours: 10 Credits: 0.5

10/31/2026 - 11/7/2026 Sa 9am-2pm  
\$200.00

## Hypnotherapy Advanced Specialty Classes Taught by Linda Bennett

**EV 450 Hypnotherapy - Spirit Releasement** 12

6/26/2026 - 6/27/2026 Fri 6pm-10pm Sa 9am-6pm  
12/18/2026 - 12/19/2026 Fri 6pm-10pm Sa 9am-6pm

**EV 520 Hypnotherapy - Subconscious Intervention** 20

10/16/2026 - 10/18/2026 F 6pm-10 pm Sa/Su 9am-6pm



*Very prestigious award*

The International Hypnosis Hall of Fame awarded to Linda Bennett at the International Medical & Dental Hypnotherapy Association Annual Conference

#SwihaTribe attended IMDHA National Conference — Norma Noriega, Carla Simone, Sherry Gilbert, Linda Bennett. Suzy Day and Julie Nguyen

## 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:
<b>DD 101 Death Dying &amp; Afterlife</b>	<b>30</b>	<b>1.75</b>
10/6/2026 - 12/1/2026 Tu 6pm-9:45pm		
<b>DD 201 Life Review &amp; Processing Grief</b>	<b>30</b>	<b>1.5</b>
1/5/2027 - 2/23/2027 Tu 6pm-9:45pm		
<b>DD 301 End of Life Rituals &amp; Ceremonies</b>	<b>40</b>	<b>2</b>
3/2/2027 - 5/4/2027 Tu 6pm-10pm		
<b>TOTAL</b>	<b>100</b>	<b>5.25</b>



## 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:
<b>CB 400 Mother Touch</b>	<b>8</b>	<b>0.25</b>
10/17/2026 - 10/17/2026 Sa 9am-6pm		
<b>TE 340 Lymphatic Massage</b>	<b>16</b>	<b>0.5</b>
12/12/2026 - 12/13/2026 Sa/Su 9am-6pm		
1/14/2027 - 2/4/2027 Th 9am-1pm		
3/20/2027 - 3/21/2027 Sa/Su 9am-6pm		
<b>MT 604 Lymphatic Massage - Advanced</b>	<b>8</b>	<b>0.25</b>
8/2/2026 - 8/2/2026 Su 9am-6pm		
<b>TE 142 Scar Tissue Massage</b>	<b>8</b>	<b>0.25</b>
7/26/2026 - 7/26/2026 Sa 9am-6pm		
12/6/2026 - 12/6/2026 Su 9am-6pm		
<b>TE 146 Breast Health - Intro</b>	<b>8</b>	<b>0.5</b>
7/22/2026 - 7/29/2026 W 9am-1pm		
8/31/2026 - 9/14/2026 M 6pm-10pm		
<b>TE 260 Fibromyalgia Therapy</b>	<b>16</b>	<b>0.5</b>
9/23/2026 - 10/14/2026 W 9am-1pm		
10/19/2026 - 11/9/2026 M 6pm-10pm		
<b>TE 740 TMJ Release</b>	<b>4</b>	<b>0.25</b>
7/26/2026 - 7/26/2026 Sa 9a-1pm		
11/8/2026 - 11/8/2026 Su 9am-1pm		
<b>TE 302 Elder Touch - Medical</b>	<b>16</b>	<b>0.5</b>
8/24/2026 - 9/21/2026 M 9am-1pm		
9/23/2026 - 10/14/2026 W 6pm-10pm		
<b>TE 402 Medical Massage for Cancer Survivors</b>	<b>16</b>	<b>0.75</b>
7/7/2026 - 7/28/2026 Tu 6pm-10pm		
7/16/2026 - 8/6/2026 Th 9am-1pm		
8/11/2026 - 9/1/2026 Tu 6pm-10pm		
<b>TOTAL</b>	<b>100</b>	<b>3.75</b>

## 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:
<b>MT 400 Myotherapy - 7 Step Release System</b>	<b>40</b>	<b>1.25</b>
11/10/2026 - 2/2/2027 Tu 9am-1pm		
1/5/2027 - 3/9/2027 Tu 6pm-10pm		
<b>TE 160 Carpal Tunnel/Thoracic Outlet Release</b>	<b>8</b>	<b>0.25</b>
6/6/2026 - 6/6/2026 Sa 9am-6pm		
9/28/2026 - 10/5/2026 M 9am-1pm		
10/25/2026 - 10/25/2026 Su 9am-6pm		
<b>TE 225 Rotator Cuff/Shoulder Joint</b>	<b>8</b>	<b>0.25</b>
7/11/2026 - 7/11/2026 Sa 9am-6pm		
8/13/2026 - 8/20/2026 Th 9am-1pm		
12/5/2026 - 12/5/2026 Sa 9am-6pm		
<b>TE 320 Lower Back Pain Release</b>	<b>8</b>	<b>0.25</b>
7/12/2026 - 7/12/2026 Su 9am-6pm		
8/12/2026 - 8/19/2026 W 9am-1pm		
11/22/2026 - 11/22/2026 Su 9am-6pm		
<b>TE 364 Massage Sideline w/Deep Listening</b>	<b>16</b>	<b>0.5</b>
7/21/2026 - 8/11/2026 Th 9am-1pm		
7/25/2026 - 7/26/2026 Sa/Su 9am-6pm		
11/7/2026 - 11/8/2026 Sa/Su 9am-6pm		
<b>TE 380 Neck Release</b>	<b>8</b>	<b>0.25</b>
10/24/2026 - 10/24/2026 Sa 9am-6pm		
10/29/2026 - 11/5/2026 Th 9am-1pm		
<b>TE 600 Rock &amp; Unlock</b>	<b>12</b>	<b>0.25</b>
8/15/2026 - 8/16/2026 Sa/Su 9am-4pm		
9/21/2026 - 10/5/2026 M 6pm-10pm		
10/21/2026 - 11/4/2026 W 9am-1pm		
<b>Total</b>	<b>100</b>	<b>3.00</b>

# Polarity

## Associate Polarity Practitioner

200 Hours • 9.00 Credits

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:		
<b>PC 100 Polarity - Basic I</b>	<b>20</b>	<b>1</b>	<b>PC 700 Polarity - Reflexology for Bodyworkers</b>	<b>20 1</b>
6/5/2026 - 6/7/2026	F 6pm-10 pm Sa/Su 9am-6pm		9/11/2026 - 9/13/2026	F 6pm-10 pm Sa/Su 9am-6pm
7/16/2026 - 8/13/2026	Th 9am-1pm		11/6/2026 - 11/8/2026	F 6pm-10 pm Sa/Su 9am-6pm
8/7/2026 - 8/9/2026	F 6pm-10 pm Sa/Su 9am-6pm		<b>PC 200 Polarity APP/Cranial - Practicum</b>	<b>30 1.25</b>
10/1/2026 - 10/29/2026	Th 9am-1pm		8/1/2026 - 8/9/2026	Sa/Su 9am-5:30pm
11/6/2026 - 11/8/2026	F 6pm-10 pm Sa/Su 9am-6pm		11/14/2026 - 11/22/2026	Sa/Su 9am-5:30pm
<b>PC 150 Polarity - Basic II (Ayurvedic Elements)</b>	<b>48</b>	<b>2.25</b>	<b>PC 960 Polarity - Clinic</b>	<b>30 0.5</b>
7/17/2026 - 7/26/2026	Fri-Su 9am-6pm		8/22/2026 - 8/30/2026	Sa 9am-6pm Su 9am-5pm
10/23/2026 - 11/1/2026	Fri-Su 9am-6pm		12/5/2026 - 12/13/2026	Sa 9am-6pm Su 9am-5pm
<b>PC 850 Cranial Unwinding I</b>	<b>20</b>	<b>1</b>	<b>TOTAL:</b>	<b>200 9.0</b>
6/4/2026 - 7/9/2026	Th 9am-1pm			
7/24/2026 - 7/26/2026	F 6pm-10 pm Sa/Su 9am-6pm			
8/27/2026 - 9/24/2026	Th 9am-1pm			
10/23/2026 - 10/25/2026	F 6pm-10 pm Sa/Su 9am-6pm			
11/12/2026 - 12/17/2026	Th 9am-1pm			
<b>PC 400 Polarity - Communications Resonance &amp; Relations I</b>	<b>32</b>	<b>2</b>		
9/26/2026 - 10/4/2026	Sa/Su 9am-6pm			



## 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.

## Polarity Polarity Advanced Courses



## 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.

### PC 999 Polarity - Autonomic Nervous System

**Class Hours: 24 Credits: 0.75**

3/19/2027 - 3/21/2027 Fri-Su 9am-6pm

### PC 110 Polarity - Trance Counseling

**Class Hours: 24 Credits: 1**

9/11/2026 - 9/13/2026 Fri-Su 9am-6pm

9/10/2027 - 9/12/2027 Fri-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**

8/07/2026 - 8/9/2026 Fri-Su 9am-6pm

6/04/2027 - 6/06/2027 Fri-Su 9am-6pm

### PC 942 Polarity - Dr. Stone's Energy Exercises & Mystic Philosophy

**Class Hours: 16 Credits: 0.25**

6/13/2026 - 6/14/2026 Sa/Su 9am-6pm

### PC 987 Polarity - 5 & 6 Point Star

**Class Hours: 32 Credits: 1**

8/13/2026 - 8/16/2026 Th-Su 9am-6pm

8/19/2027 - 8/22/2027 Th-Su 9am-6pm

Please refer to class descriptions and prerequisite requirements on pages 46 & 47 before registering for these classes.

# 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

**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.

#### Reiki - Traditional

Course:	Hours:	Credit:
<b>EC 700 Reiki I - Traditional</b>	<b>16</b>	<b>0.5</b>
9/26/2026 - 9/27/2026 Sa/Su 9am-6pm		
10/24/2026 - 10/25/2026 Sa/Su 9am-6pm		
1/09/2027 - 1/10/2027 Sa/Su 9am-6pm		
<b>EC 711 Reiki II - Traditional</b>	<b>16</b>	<b>0.5</b>
6/6/2026 - 6/7/2026 Sa/Su 9am-6pm		
10/17/2026 - 10/18/2026 Sa/Su 9am-6pm		
<b>EC 720 Reiki III - Advanced</b>	<b>8</b>	<b>0.25</b>
7/11/2026 - 7/11/2026 Sa 9am-6pm		
11/7/2026 - 11/7/2026 Sa 9am-6pm		
<b>EC 798 Reiki Clinic</b>	<b>8</b>	<b>0.25</b>
6/13/2026 - 6/13/2026 Sa 9am-6pm		
6/14/2026 - 6/14/2026 Su 9am-6pm		
12/5/2026 - 12/5/2026 Sa 9am-6pm		
12/6/2026 - 12/6/2026 Su 9am-6pm		
<b>EC 766 Reiki Master/Teacher Initiation</b>	<b>20</b>	<b>0.5</b>
6/26/2026 - 6/28/2026 F 6pm-10 pm Sa/Su 9am-6pm		
12/18/2026 - 12/20/2026 F 6pm-10 pm Sa/Su 9am-6pm		
<b>Total Core classes for Traditional Reiki</b>	<b>68</b>	<b>2.00</b>
<b>Choose 32 Hours of Electives</b>	<b>32</b>	<b>1.00</b>
<b>TOTAL:</b>	<b>100</b>	<b>3.0</b>



**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."

### TRANSFORMATIONAL

**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.

#### Reiki - Shamanic

Course:	Hours:	Credit:
<b>EC 775 Shamanic Reiki I &amp; II</b>	<b>20</b>	<b>0.75</b>
9/11/2026 - 9/13/2026 F 6pm-10 pm Sa/Su 9am-6pm		
2/26/2027 - 2/28/2027 F 6pm-10 pm Sa/Su 9am-6pm		
9/10/2027 - 9/12/2027 F 6pm-10 pm Sa/Su 9am-6pm		
<b>EC 776 Shamanic Reiki III &amp; Beyond</b>	<b>20</b>	<b>0.5</b>
10/9/2026 - 10/11/2026 F 6pm-10 pm Sa/Su 9am-6pm		
3/12/2027 - 3/14/2027 F 6pm-10 pm Sa/Su 9am-6pm		
<b>EC 798 Reiki Clinic</b>	<b>8</b>	<b>0.25</b>
6/13/2026 - 6/13/2026 Sa 9am-6pm		
6/14/2026 - 6/14/2026 Su 9am-6pm		
12/5/2026 - 12/5/2026 Sa 9am-6pm		
12/6/2026 - 12/6/2026 Su 9am-6pm		
<b>EC 766 Reiki Master/Teacher Initiation</b>	<b>20</b>	<b>0.5</b>
6/26/2026 - 6/28/2026 F 6pm-10 pm Sa/Su 9am-6pm		
12/18/2026 - 12/20/2026 F 6pm-10 pm Sa/Su 9am-6pm		
<b>Total Shamanic Reiki</b>	<b>68</b>	<b>2.00</b>
<b>Choose 32 Hours of Electives</b>	<b>32</b>	<b>1.00</b>
<b>TOTAL:</b>	<b>100</b>	<b>3.0</b>



**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.



## Reiki Electives

## New! Bodywork Classes

### Electives

Select 32 hours from the following:

Course:	Hours:	Credit:
<b>EC 731 Reiki &amp; Beyond - Sound &amp; Vibration</b> 7/18/2026 - 7/19/2026 Sa/Su 9am-6pm 11/7/2026 - 11/8/2026 Sa/Su 9am-6pm	16	0.5
<b>EC 741 Reiki - Angels, Guides, and Masters</b> 11/15/2026 - 11/15/2026 Su 9am-6pm	8	0.25
<b>EC 750 Reiki Symbolism &amp; Geometric Grid</b> 12/12/2026 - 12/13/2026 Sa/Su 9am-6pm	16	0.5
<b>AR 120 Aromatherapy - Therapeutic Touch</b> 6/20/2026 - 6/20/2026 Sa 9am-6pm 11/7/2026 - 11/7/2026 Su 9am-6pm	8	0.25
<b>EC 791 Reiki for Prosperity</b> 11/22/2026 - 11/22/2026 Su 9am-6pm	8	0.25



### Intro to Cupping

**CE 500 Class Hours: 6 Credits: 0.5**  
Learn the basics of cupping in a safe and effective manner. In this class we will focus on the history benefits and contraindications for cupping therapy when it is paired with massage. Myotherapy (MT 400) or LMT. Supplies: \$36 (includes 8pc cupping set). **AZ-CEU** BW 1 day  
6/20/2026 - 6/20/2026 Sat 9am-4pm  
11/14/2026 - 11/14/2026 Sat 9am-4pm  
\$120.00

*New!*



### 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. BW (CEU-NCBTMB)  
08/22/26 - 08/23/26 Sa/Sun 9am-6pm

CEU

### 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. BW (CEU-NCBTMB)  
10/17/26 - 10/18/26 Sa/Sun 9am-6pm

CEU

### 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. BW (CEU-NCBTMB)  
11/14/26 - 11/15/26 Sa/Sun 9am-6pm

CEU

# 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
<b>RF 201 Reflexology - A Western Approach for Bodyworkers</b>	<b>20</b>	<b>0.75</b>
6/12/2026 - 6/14/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/9/2026 - 10/11/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/30/2026 - 12/4/2026	Fri 9am-1pm	
<b>EL 146 Auriculotherapy</b>	<b>20</b>	<b>1</b>
9/25/2026 - 10/23/2026	Fri 9am-1pm	
12/18/2026 - 12/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>RF 202 Reflexology - Assessment Skills for Bodyworkers</b>	<b>20</b>	<b>0.75</b>
10/23/2026 - 10/25/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>RF 203 Reflexology - Emotional Balance &amp; Being for Bodyworkers</b>	<b>20</b>	<b>0.75</b>
7/10/2026 - 8/7/2026	Fri 9am-1pm	
11/20/2026 - 11/22/2026	F 6pm-10 pm Sa/Su 9am-6pm	

**CHOOSE 40 HOURS OF ELECTIVES**

<b>AR 115 Aromatherapy - Foot Chakra Reflexology for Bodyworkers</b>	<b>8</b>	<b>0.25</b>
6/21/2026 - 6/21/2026	Su 9am-6pm	
1/17/2027 - 1/17/2027	Su 9am-6pm	
<b>EC 106 Energetic Acupressure - Intro</b>	<b>16</b>	<b>0.5</b>
8/1/2026 - 8/2/2026	Sa/Su 9am-6pm	
12/5/2026 - 12/6/2026	Sa/Su 9am-6pm	
<b>EL 220 Face-Lift Acupressure</b>	<b>4</b>	<b>0.25</b>
7/31/2026 - 7/31/2026	Fri 6pm-10pm	
12/4/2026 - 12/4/2026	Fri 6pm-10pm	
<b>OE 640 Thai Massage - Foot Massage</b>	<b>20</b>	<b>0.5</b>
6/5/2026 - 6/7/2026	F 6pm-10 pm Sa/Su 9am-6pm	
10/2/2026 - 10/4/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>PC 700 Polarity - Reflexology for Bodyworkers</b>	<b>20</b>	<b>1</b>
9/11/2026 - 9/13/2026	F 6pm-10 pm Sa/Su 9am-6pm	
11/6/2026 - 11/8/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>RF 151 Toe Reading I – Reflexology Assessment &amp; Introduction to Dialogue</b>	<b>20</b>	<b>0.5</b>
8/14/2026 - 9/18/2026	Fri 9am-1pm	
9/25/2026 - 9/27/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>RF 218 East Indian Head Acupressure</b>	<b>8</b>	<b>0.25</b>
6/28/2026 - 6/28/2026	Su 9am-6pm	
11/1/2026 - 11/1/2026	Su 9am-6pm	
<b>RF 575 Reflexology - Hand for Bodyworkers</b>	<b>4</b>	<b>0.25</b>
6/27/2026 - 6/27/2026	Sa 9a-1pm	
10/31/2026 - 10/31/2026	Sa 9a-1pm	
<b>TOTAL</b>	<b>120</b>	<b>4-4.5</b>

# Toe Reading ~ Soul Coach

20 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 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  
 09/25/2026 - 09/27/2026 F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

CEU

## Bodywork Classes

New!



**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. (CEU-NCBTMB) 1 weekend  
 7/11/2026 - 7/12/2026 Sa/Su 9am-6pm  
 \$320.00

CEU

**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. (CEU-NCBTMB) 1 weekend  
 8/8/2026 - 8/9/2026 Sa/Su 9am-6pm  
 \$320.00

CEU

**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. (CEU-NCBTMB) 1 weekend  
 8/22/2026 - 8/23/2026 Sa/Su 9am-6pm  
 \$320.00

CEU

# 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:
<b>EC 775 Shamanic Reiki I &amp; II</b>	<b>20</b>	<b>0.75</b>
9/11/2026 - 9/13/2026	F 6pm-10 pm Sa/Su 9am-6pm	
2/26/2027 - 2/28/2027	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 776 Shamanic Reiki III &amp; Beyond</b>	<b>20</b>	<b>0.5</b>
10/9/2026 - 10/11/2026	F 6pm-10 pm Sa/Su 9am-6pm	
3/12/2027 - 3/14/2027	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 777 Shamanic Wheel of Life</b>	<b>20</b>	<b>0.5</b>
6/12/2026 - 6/14/2026	F 6pm-10 pm Sa/Su 9am-6pm	
11/13/2026 - 11/15/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 778 Shamanic Pathways</b>	<b>40</b>	<b>1.25</b>
1/15/2027 - 1/31/2027	F 6pm-10 pm Sa/Su 9am-6pm	
<b>Shamanic &amp; Pathways</b>	<b>100</b>	<b>3.00</b>



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:
<b>LC 111 Introduction to Life Coaching</b>	<b>20</b>	<b>1.25</b>
9/18/2026 - 9/20/2026	F 6pm-10 pm Sa/Su 9am-6pm	
1/15/2027 - 1/17/2027	F 6pm-10 pm Sa/Su 9am-6pm	
<b>IG 111 Introduction to Intuitive Guidance</b>	<b>12</b>	<b>1</b>
11/13/2026 - 11/21/2026	Fri 6pm-10pm Sa 9am-6pm	
<b>IG 211 Angels and Guides</b>	<b>24</b>	<b>1.25</b>
10/2/2026 - 10/10/2026	Fri 6pm-10pm Sa 9am-6pm	
<b>IG 311 Intuitive Guidance – Practical Applications</b>	<b>24</b>	<b>1.25</b>
11/13/2026 - 11/21/2026	Fri 6pm-10pm Sa 9am-6pm	
<b>IG 401 Business of Intuitive Guidance</b>	<b>20</b>	<b>1.25</b>
5/29/2026 - 5/31/2026	F 6pm-10 pm Sa/Su 9am-6pm	
12/11/2026 - 12/13/2026	F 6pm-10 pm Sa/Su 9am-6pm	
<b>TOTAL:</b>	<b>100</b>	<b>6.00</b>

To speak with an Admissions Coach  
call 480-994-9244 | [Info@swiha.edu](mailto:Info@swiha.edu)

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: \$140 6 Weeks  
8/10/2026 - 9/17/2026 Mon Tues Thurs 10AM-1:30PM  
9/15/2026 - 11/9/2026 Tue/Thurs 6PM - 9:30PM  
1/25/2027 - 3/01/2027 Mon Tues Thurs 10AM-1:30PM  
\$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 6 weeks  
9/17/2026 - 10/22/2026 Mon Tues Thurs 10AM-1:30PM  
11/12/2026 - 2/2/2027 Tue/Thurs 6PM - 9:30PM  
3/02/2027 - 4/06/2027 Mon Tues Thurs 10AM-1:30PM  
\$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  
6/22/2026 - 8/3/2026 Mon Tues Thurs 10AM-1:30PM  
7/8/2026 - 9/2/2026 Mon/Wed 6PM -9:30PM  
10/26/2026 - 12/7/2026 Mon Tues Thurs 10AM-1:45PM  
2/2/2027 - 3/30/2027 Tue/Thurs 6PM -9:30PM  
4/08/2027 - 5/13/2027 Mon Tues Thurs 10AM-1:45PM  
\$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.  
8/10/2026 - 12/15/2026  
9/14/2026 - 3/31/2027  
\$400.00



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
	<b>YTT 200 SUBTOTAL</b>	<b>200</b>	<b>6.25</b>
<b>ADV. YOGA TEACHER TRAINING CORE COURSES</b>			
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
TC 635	Trauma Informed Communication for Yoga Teachers	30	0.50
YO 435	Advanced Practicum	30	0.50
	<b>ADV. YOGA TEACHER TRAINING CORE SUBTOTAL</b>	<b>240</b>	<b>10.00</b>

Code	Course	Clock Hours	Credits
<b>YOGA STUDIO CORE COURSES</b>			
YO 442	Modified Poses, Props & Principles	30	0.75
YO 441	Advanced Sequencing	30	1.00
	<b>YOGA STUDIO CORE SUBTOTAL</b>	<b>60</b>	<b>1.75</b>
<b>CHOOSE 130 HOURS YOGA ELECTIVES</b>			
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
	<b>YTT 200</b>	<b>200</b>	<b>6.25</b>

### 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
	<b>ADVANCED YOGA CORE</b>	<b>180</b>	<b>7.50</b>

### YOGA THERAPY CORE COURSES

PC 100	Polarity - Basic I	20	1.00
TC 635	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
	<b>YOGA THERAPY CORE</b>	<b>620</b>	<b>25.75</b>
	<b>INTEGRATIVE YOGA THERAPY TOTAL</b>	<b>1000</b>	<b>39.50</b>



## Tara Cutner - A Veteran's Journey into Yoga Therapy

### A Calling Born from Service

*Before stepping into the world of yoga therapy, Tara spent a decade serving in the Navy. Her commitment to others began long before SWIHA—she even founded a yoga club at the Naval Academy in 2011, planting seeds she didn't yet realize would grow into her life's work.*

*After leaving the military in 2017, Tara followed her curiosity and enrolled in a 200-hour yoga teacher training at a community college. However, something deeper was calling.*

*When she discovered that SWIHA partnered with the Amrit Yoga Institute and accepted VA Chapter 31 (VR&E) benefits, everything aligned. With clarity and courage, she packed up her life in California, purchased a condo in Arizona, and committed fully to advancing her training.*

*"I knew I wanted to help veterans just like me," she shares.*

### The Moment Everything Changed

*For many practitioners, there is a moment when learning becomes knowing—when purpose becomes undeniable.*

*For Tara, that moment came during Module 10 of her training.*

*After completing her 1000-hour program at SWIHA and continuing her studies with Amrit, she began working with her first paying client. That client, a therapist navigating PTSD from both a traumatic breakup and a severe car accident, experienced profound healing through their work together.*

*To this day, she tells Tara, "You saved my life."*

*That moment wasn't just validation—it was transformation.*

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
	<b>YTT 200</b>	<b>200</b>	<b>6.25</b>

### ADVANCED YOGA TEACHER TRAINING CORE COURSES

TC 635	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
	<b>ADVANCED YOGA TEACHER CORE</b>	<b>SUBTOTAL 240</b>	<b>8.50</b>

### YOGA STUDIO COURSES

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

### 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
	<b>YOGA ELECTIVES</b>	<b>SUBTOTAL 300</b>	<b>VARIES</b>
		<b>TOTAL 800</b>	

# 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  
 10/30/2026 - 11/01/2026 F 6pm-10pm Sa/Su 9am-6pm  
 10/29/2027 - 10/31/2027 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  
 11/13/2026 - 11/15/2026 F 6pm-10pm Sa/Su 9am-6pm  
 11/12/2027 - 11/14/2027 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 help 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  
 11/20/2026 - 11/22/2026 F 6pm-10pm Sa/Su 9am-6pm  
 11/19/2027 - 11/21/2027 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  
 12/04/2026 - 12/06/2026 F 6pm-10pm Sa/Su 9am-6pm  
 12/03/2027 - 12/05/2027 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  
 12/11/2026 - 12/13/2026 F 6pm-10pm Sa/Su 9am-6pm  
 12/10/2027 - 12/12/2027 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.*

# I Am Yoga Nidra™ Facilitator

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.

## Advanced Yoga Nidra 40 Hours

### 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  
 8/21/2026 - 8/23/2026      F 6pm-10pm Sa/Su 9am-6pm  
 8/20/2027 - 8/22/2027      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  
 8/28/2026 - 8/30/2026      F 6pm-10pm Sa/Su 9am-6pm  
 8/27/2027 - 8/29/2027      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  
 9/11/2026 - 9/13/2026      F 6pm-10pm Sa/Su 9am-6pm  
 9/10/2027 - 9/12/2027      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  
 9/18/2026 - 9/20/2026      F 6pm-10pm Sa/Su 9am-6pm  
 9/17/2027 - 9/19/2027      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  
 10/23/2026 - 10/25/2026      F 6pm-10pm Sa/Su 9am-6pm  
 10/22/2027 - 10/24/2027      F 6pm-10pm Sa/Su 9am-6pm  
 \$400.00

### 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  
 10/02/2026 - 10/04/2026      F 6pm-10pm Sa/Su 9am-6pm  
 10/01/2027 - 10/03/2027      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  
 10/09/2026 - 10/11/2026      F 6pm-10pm Sa/Su 9am-6pm  
 10/08/2027 - 10/10/2027      F 6pm-10pm Sa/Su 9am-6pm  
 \$400.00

## Kamini Desai

PhD., 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 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  
2/18/2027 - 4/08/2027 Thurs 6-9:45pm  
\$600.00

## Yoga - Advanced Yoga Therapy Supervised Practicum

**YO 463** **Class Hours: 50** **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  
12/14/2026 - 2/8/2027 Varied  
\$1000.00

## Yoga - Applied Yoga Anatomy

**YO 451** **Class Hours: 30** **Credits: 1.5**

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 cuing 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  
12/10/2026 - 2/11/2027 Thurs 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 Dosha specific nutritional support and self-healing techniques to return the Body/Mind/Spirit to its full vital expression. Text: \$30

5 Weeks  
10/20/2026 - 11/17/2026 Tu 6pm-10pm  
\$400.00



## 30 On Campus Yoga Descriptions



**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  
05/14/2027 - 05/23/2027 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  
06/26/2026 - 06/28/2026 F 6pm-10pm Sa/Su 9am-6pm  
06/04/2027 - 06/06/2027 F 6pm-10pm Sa/Su 9am-6pm  
\$400.00

## 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  
4/16/2027 - 4/25/2027 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 meditation 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  
7/17/2026 - 7/19/2026 F 6pm-10pm Sa/Su 9am-6pm  
1/22/2027 - 1/24/2027 F 6pm-10pm Sa/Su 9am-6pm  
\$400.00

# Yoga Class Descriptions

## 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  
06/09/2027 - 08/04/2027 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 "Svadhya" 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  
5/18/2027 - 7/13/2027 Tu 6pm-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  
2/18/2027 - 4/8/2027 Thurs 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  
04/02/2027 - 04/04/2027 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  
2/15/2027 - 3/1/2027 Tu/Th 6pm-10pm  
\$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  
12/1/2026 - 1/12/2027 T 6pm-10pm  
\$400.00

## Yoga - Therapeutic Postures II (RESTORATIVE)

**YO 477** **Class Hours: 30.00** **Credits: 1.00**  
This workshop weekend can be likened 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  
8 Weeks  
1/19/2027 - 3/9/2027 Thurs 6-9:45pm  
\$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  
8/25/2026 - 10/13/2026 Tu 6pm-9:45pm  
6/17/2027 - 8/12/2027 Thurs 6-9:45pm  
\$600.00

## 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 Usery 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  
2/05/2027 - 2/14/2022 F 6pm-10pm Sa/Su 9am-6pm  
\$800.00

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

# Yoga Class Descriptions

## Yoga - Yogic Bodywork

**YO 537**      **Class Hours: 20**      **Credits: 0.5**  
Take yoga therapy to the mat by learning Thai style "Rock & Unlock" full body acupressure session completed with facilitated dialogue. Learn correct body mechanics and gain an understanding of the meridian system to help you facilitate this amazing yoga therapy experience. Supplies: \$20  
5 Weeks  
7/21/2026 - 8/18/2026      Tu 6pm-10pm  
4/13/2027 - 5/11/2027      T 6pm-10pm  
\$400.00

## Yoga - Yogic Energy Anatomy & Chakras

**YO 448**      **Class Hours: 20**      **Credits: 1**  
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 asana and meditative practices including the use of mantra as powerful tools toward spiritual and emotional cleansing. Some Yoga Asana experience recommended for this class. Text: \$32  
5 Weeks  
5/13/2027 - 6/10/2027      Th 6pm-10pm  
\$400.00

## Yoga - Sacred Chant: Mantra Mudra & Pranayama

**YO 529**      **Class Hours: 12**      **Credits: 0.5**  
Elevate your teaching and deepen your personal practice with Sacred Chant: Mantra Mudra & Pranayama a 12-hour immersive module designed to explore the subtle energetic tools of Hatha and Raja Yoga. This course moves beyond the physical asana to focus on the "Inner Arts"- Mantra: the Yoga of Sound Mudra: the Yoga of the Hands and Pranayama: The Yoga of the Breath. When you have completed the training you will have a "Sacred Toolkit" of 10 essential mantras and mudras to weave into your classes; the confidence to guide pranayama sessions that range from grounding to energizing; an understanding of the subtle anatomy (the Koshas and Nadis) impacted by these practices; and 12 hours of Continuing Education Credits (YACEP) for Yoga Alliance RYT. Join us to cultivate a practice that honors the Sanskrit tradition and brings a profound sense of Sabr and Shukr (patience and gratitude) to your yoga journey.  
1 Weekend  
2/20/2027 - 2/21/2027      Sa/Su 9am-4pm  
\$240.00

## Transfer your 200 hr Yoga Teacher Training into Yoga Therapy



Wherever you took your Yoga Teacher Training — if it was Yoga Alliance-approved — you can transfer into one of SWIHA's Advanced Yoga Diplomas, including our prestigious 1000-Hour Integrative Yoga Therapy Program.

If you're seeking to dive deep into an all-encompassing yoga career, this program is for you. Build on your 200hr foundation with transformative coursework in:

- Yoga Nidra
- Integral Breath Therapy
- Sound Healing
- Polarity & Transformational Yoga Coaching
- ... and so much more.

You'll be supported by one of the only fully residential pathways to IAYT certification in the country. This is more than training — it's a community, a calling, and a catalyst for the healer within.

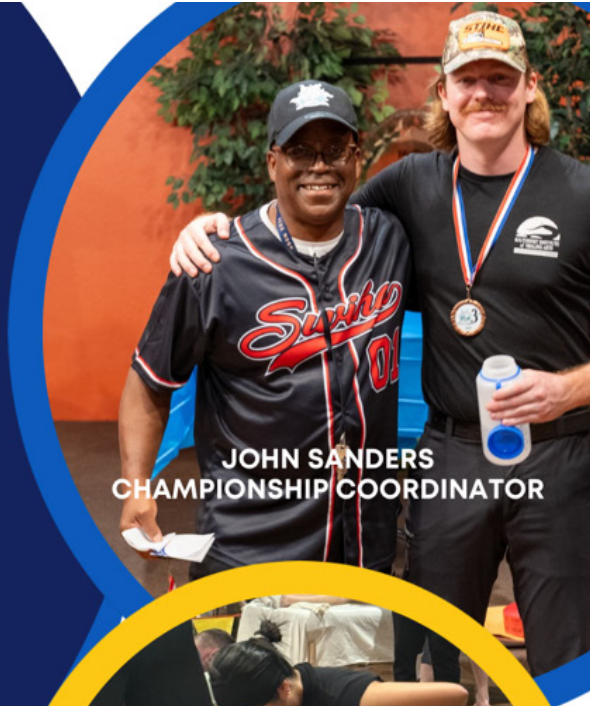
Call to speak to one of our Admissions Coaches  
480-994-9244 or visit us at [www.swiha.edu](http://www.swiha.edu)





# FALL FESTIVAL & 6TH ANNUAL ARIZONA MASSAGE CHAMPIONSHIP

Join us for this complimentary community event! Enjoy yoga on the greenbelt, support local vendors and cheer on the massage championship!



**JOHN SANDERS**  
CHAMPIONSHIP COORDINATOR



**November 14, 2026**



**9 AM to 3 PM**



**1420 E Southern Ave.  
Tempe AZ**



**FOR VENDOR INFO EMAIL  
JAMESP@SWIHA.EDU**

# 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 Neck Release

**MT 800**      **Class Hours: 5**      **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 or students approval from an Associate Dean.

(CEU-NCBTMB)

1 day  
10/25/2026 - 10/25/2026      Sun 9am-2pm  
\$100.00

**CEU**

### Angels and Guides

**IG 211**      **Class Hours: 24**      **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  
10/2/2026 - 10/10/2026      Fri 6pm-10pm Sa 9am-6pm  
\$480.00

### Advanced Professional Hypnotherapy ONLINE

**HY 375-OL**      **Class Hours: 10**      **Credits: 0.5**

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).

11/2/2026 - 12/13/2026  
4/12/2027 - 5/16/2027  
\$200.00

*Online*

### Advanced Techniques in Hypnotherapy ONLINE

**HY 415-OL**      **Class Hours: 30**      **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

9/28/2026 - 11/1/2026  
3/1/2027 - 4/11/2027  
\$600.00

*Online*

### Anatomy

**MT 115**      **Class Hours: 60**      **Credits: 4**

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  
7/6/2026 - 8/24/2026      M/W 6pm-10pm  
8/24/2026 - 10/14/2026      M/W 9am-1pm  
9/21/2026 - 11/9/2026      M/W 6pm-10pm  
11/9/2026 - 1/20/2027      M/W 9am-1pm  
2/15/2027 - 4/5/2027      M/W 9am-1pm  
\$1200.00

*Online*

*Online*

*Online*

### Angels Guides & Ancestors ONLINE

**SC 201-OL**      **Class Hours: 30**      **Credits: 1.5**

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 and kit: \$70.

PREREQ: SC 101-OL  
7/20/2026 - 8/23/2026  
8/24/2026 - 9/27/2026  
12/14/2026 - 1/24/2027  
1/25/2027 - 2/28/2027  
5/17/2027 - 6/20/2027  
\$600.00

### Applied Coaching Skills ONLINE

**LC 201-OL**      **Class Hours: 30**      **Credits: 1.5**

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: \$23 PREREQ: LC 101-OL

7/20/2026 - 8/23/2026  
12/14/2026 - 1/24/2027  
\$600.00

### Applied Techniques for Post-Traumatic Growth ONLINE

**HY 545-OL**      **Class Hours: 30**      **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

6/8/2026 - 7/19/2026  
11/2/2026 - 12/13/2026  
4/12/2027 - 5/16/2027  
9/6/2027 - 10/10/2027  
\$600.00

### Applied Entrepreneurship

**BC 542**                      **Class Hours: 45**                      **Credits: 3**

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 for effective presentations 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  
6/10/2026 - 9/2/2026                      W 6pm-9:45pm  
10/21/2026 - 1/27/2026                      W 6pm-9:45pm  
2/17/2027 - 5/5/2027                      W 6pm-9:45pm  
\$900.00

### Applied Holistic Nutrition & Whole Foods Culinary I

**HN 600**                      **Class Hours: 40**                      **Credits: 2.25**

This course blends nutrition science with hands-on culinary skills empowering you to make health-conscious choices for yourself and others. Explore holistic nutrition's history philosophy and core principles including macronutrients micronutrients metabolism hydration digestive wellness blood sugar regulation ancestral and plant-based nutrition acid-alkaline balance and sustainable food production. Each session features an instructor-led food demo or cooking lesson with gluten-free dairy-free and soy-free recipes. You'll also learn kitchen organization ingredient sourcing meal prep strategies and how to work with clients in a holistic nutrition setting. Gain the knowledge and confidence to prepare nourishing meals that support personal and planetary wellness. This course is open to students aged 18 and older only. Kitchen Guidelines (Strictly Enforced) Closed-toe shoes are mandatory (no high heels permitted). Hair must be secured. Use clips for short hair and rubber bands for longer hair. Students who are not in compliance will be asked to leave until they meet the requirements. Bring two clean dish towels and one chef's knife or Japanese vegetable knife. Text: \$76 Supplies: \$75

10 weeks  
10/6/2026 - 12/15/2026                      Tu 6pm-10pm  
\$800.00

### Aromatherapy - Essential Oil Hydrating Wrap

**AR 125**                      **Class Hours: 8**                      **Credits: 0.25**

This Aromatherapy treatment starts with dry brushing. Essential oils penetrate into tissues while the client is wrapped and relaxed. Students will learn the benefits of essential oils and household products that can be used for hydrating wraps. 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  
7/12/2026 - 7/12/2026                      Su 9am-6pm  
1/23/2027 - 1/23/2027                      Sa 9am-6pm  
\$160.00

### Aromatherapy - Foot Chakra Reflexology for Bodyworkers

**AR 115**                      **Class Hours: 8**                      **Credits: 0.25**

This course trains students to skillfully integrate essential oils into foot reflexology treatment. Reflexology is a form of alternative therapy that utilizes pressure points to foster physical healing and when combined with the benefits of aromatherapy can be a powerful tool for opening the chakras facilitating emotional release and enhancing the clients receptivity to healing. Supplies \$20. (CEU-NCBTMB)

1 day  
6/21/2026 - 6/21/2026                      Su 9am-6pm  
1/17/2027 - 1/17/2027                      Su 9am-6pm  
\$160.00

### Aromatherapy - Ginger Compress

**AR 109**                      **Class Hours: 4**                      **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  
7/11/2026 - 7/11/2026                      Sa 2pm-6pm  
10/31/2026 - 10/31/2026                      Sa 2pm-6pm  
\$80.00

### Aromatherapy - Intro

**AR 100**                      **Class Hours: 20**                      **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  
9/18/2026 - 9/20/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
1/8/2027 - 1/10/2027                      F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

CEU

### Aromatherapy - Massage with Oils

**AR 425**                      **Class Hours: 16**                      **Credits: 0.5**

Experience the connection of body mind and spirit using true essential oils. Learn how oils affect the 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  
7/25/2026 - 7/26/2026                      Sa/Su 9am-6pm  
6/26/2027 - 7/27/2027                      Sa/Su 9am-6pm  
\$320.00

CEU

### Aromatherapy - Pet Care

**AR 117**                      **Class Hours: 4**                      **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 the course starts.

1 day  
6/6/2026 - 6/6/2026                      Sa 2pm-6pm  
6/12/2027 - 6/12/2027                      Sa 2pm-6pm  
\$80.00

### Aromatherapy - Pharmacology

**AR 110**                      **Class Hours: 8**                      **Credits: 0.5**

This course aims to cultivate responsible aromatherapy practitioners by grounding students with a basic understanding of organic chemistry as related to the use of essential oils. Students will review the classification of essential plant oils and learn their interactions side effects and contraindications. PRERQ: AR100 (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before course start.

2 days  
7/17/2026 - 8/14/2026                      Fri 6pm-10pm  
7/16/2027 - 8/13/2027                      Fri 6pm-10pm  
\$160.00

CEU

### Aromatherapy - Therapeutic Touch

**AR 120**                      **Class Hours: 8**                      **Credits: 0.25**

Bringing together the science of aromatherapy with the physical and emotional 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 a bodywork session. Supplies: \$20. NOTE: Registration for this course closes the Thursday before the course starts.

1 day  
6/20/2026 - 6/20/2026                      Sa 9am-6pm  
11/7/2026 - 11/7/2026                      Su 9am-6pm  
1/16/2027 - 1/16/2027                      Su 9am-6pm  
\$160.00

### Aromatherapy - Toning & Detox

**AR 300**                      **Class Hours: 4**                      **Credits: 0.25**

This course applies aromatherapy practice to toning and detoxification treatments. Learn the properties and uses of essential oils and 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  
7/11/2026 - 7/11/2026                      Sa 9a-1pm  
10/31/2026 - 10/31/2026                      Sa 9a-1pm  
\$80.00

CEU

**Aromatherapy for Holistic Wellness**

**AR 222** **Class Hours: 12** **Credits: 0.5**  
 Study specific uses and applications of individual oils and blends for the health and well-being for both the masculine and feminine including conditions that are unique to one sex or shared by all. This is a great class for Aromatherapy students practitioners and holistic health care professionals specializing in holistic wellness. Also learn signature blending tips for creating scents for products for both the feminine and masculine. Supplies \$25 (CEU-NCBTMB) NOTE: Registration for this course closes the Thursday before the course starts.  
 1 weekend  
 8/22/2026 - 8/23/2026 Sa/Su 9am-4pm  
 4/17/2027 - 4/18/2027 Sa/Su 9am-4pm  
 \$240.00

**Aromatherapy for the Spirit**

**AR 106** **Class Hours: 20** **Credits: 1.25**  
 This class is designed for 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 on the Thursday before the course starts.  
 1 weekend  
 6/12/2026 - 6/14/2026 F 6pm-10 pm Sa/Su 9am-6pm  
 6/04/2027 - 6/06/2027 F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**Aromatherapy of the Spirit & Flower Essences ONLINE**

**AR 107-OL** **Class Hours: 30** **Credits: 1.5**  
 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  
 6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 9/28/2026 - 11/1/2026  
 11/2/2026 - 12/13/2026  
 1/25/2027 - 2/28/2027  
 \$600.00

**Aromatherapy-Advanced**

**AR 101** **Class Hours: 32** **Credits: 2**  
 This advanced course builds upon the fundamentals instilled in the introductory course to expand and deepen the student's knowledge and practice. As an in-depth study of the applications of essential oils the course teaches students a range of treatment forms and application methods to enhance and maintain physical emotional and spiritual health. Learn to skillfully integrate essential oils into a variety of therapeutic applications as well develop a thorough understanding of contraindication. Combining customer blends is emphasized. 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  
 7/18/2026 - 8/16/2026 Sa/Su 9am-6pm  
 7/17/2027 - 8/17/2027 Sa/Su 9am-6pm  
 \$640.00

**Auriculotherapy**

**EL 146** **Class Hours: 20** **Credits: 1**  
 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  
 9/25/2026 - 10/23/2026 Fri 9am-1pm  
 12/18/2026 - 12/20/2026 F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**Auriculotherapy for Hypnotherapists ONLINE**

**AR 122-OL** **Class Hours: 40** **Credits: 2**  
 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: \$45 PREREQ: AR 107-OL  
 6/8/2026 - 7/19/2026  
 11/2/2026 - 12/13/2026  
 4/12/2027 - 5/16/2027  
 9/6/2027 - 10/10/2027  
 \$800.00

**Baby Craniosacral Therapy**

**CB 420** **Class Hours: 12** **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. Infants 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 flows and is 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  
 10/17/2026 - 10/18/2026 Sa/Su 9am-4pm  
 \$240.00

**Baby Touch**

**CB 410** **Class Hours: 12** **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  
 8/29/2026 - 8/30/2026 Sa/Su 9am-4pm  
 \$240.00

**Botany**

**SC 250** **Class Hours: 45** **Credits: 3**  
 This course grounds the aspiring herbalist in the basics of plant biology from the classification and properties of plants to the cultivation and application of herbs and oils. In addition to rigorous lessons students receive the benefit of regular hands-on labs which fosters experiential learning by allowing them to apply their training immediately. Texts: \$71 Material fee: \$16.  
 3 weekends  
 4/10/2026 - 5/08/2026 Sa/Su 9am-5:30pm  
 6/12/2026 - 6/13/2026 Sa/Su 9am-5:30pm  
 \$900.00

**Breast Health - Intro**

**TE 146** **Class Hours: 8** **Credits: 0.5**  
 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  
 7/22/2026 - 7/29/2026 W 9am-1pm  
 8/31/2026 - 9/14/2026 M 6pm-10pm  
 \$160.00



**Building Resiliency & Stress Management****TC 150**      **Class Hours: 24**      **Credits: 1.5**

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: \$22

6 weeks  
 7/27/2026 - 8/31/2026      M 6pm-10pm  
 12/9/2026 - 1/27/2027      W 6pm-10pm  
 \$480.00

**Business Development & Entrepreneurial Support****BC 540**      **Class Hours: 40**      **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 emphasis on exploring ALL the holdbacks a student may have to accomplish 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  
 8/3/2026 - 10/12/2026      M 6pm-10pm  
 11/9/2026 - 2/8/2027      M 6pm-10pm  
 \$800.00

**Business in Action****BC 543**      **Class Hours: 20**      **Credits: 1**

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  
 9/9/2026 - 10/7/2026      W 6pm-10pm  
 2/3/2027 - 3/3/2027      W 6pm-10pm  
 5/12/2027 - 6/9/2027      W 6pm-10pm  
 \$400.00

**Business of Intuitive Guidance****IG 401**      **Class Hours: 20**      **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  
 12/11/2026 - 12/13/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**Business Practices for Massage Therapists****BC 304**      **Class Hours: 20**      **Credits: 1.25**

This course delves into professionalism & best practices. Whether you plan to work for someone as an employee or work for yourself this course will help you to develop SMART Goals as well as understand your Strengths Challenges Opportunities Tendencies and Trends. You will develop your own professional Code of Ethics and practice navigating ethical dilemmas. Upon completion you will 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  
 7/7/2026 - 8/4/2026      Th 6pm-10pm  
 7/13/2026 - 8/10/2026      M 9am-1pm  
 8/18/2026 - 9/15/2026      Tu 6pm-10pm  
 \$400.00

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.

**Canine Massage****EL 600**      **Class Hours: 4**      **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  
 6/6/2026 - 6/6/2026      Sa 9am-1pm  
 10/31/2026 - 10/31/2026      Sa 9a-1pm  
 \$80.00

CEU

**Carpal Tunnel/Thoracic Outlet Release****TE 160**      **Class Hours: 8**      **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  
 9/28/2026 - 10/5/2026      M 9am-1pm  
 10/25/2026 - 10/25/2026      Su 9am-6pm  
 \$160.00

CEU

**Celebrate Your Light - Celebrant & Ordination Preparation ONLINE****SP 465-OL**      **Class Hours: 0**      **Credits: 0**

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

7/20/2026 - 8/23/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 \$0.00

Online

**Coaching the Hero Within****TC 120**      **Class Hours: 24**      **Credits: 1.5**

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  
 7/29/2026 - 9/2/2026      W 6pm-10pm  
 12/7/2026 - 2/1/2027      M 6pm-10pm  
 \$480.00

**Cognitive Well-Being & Social Responsibility ONLINE****TP 115-OL**      **Class Hours: 25**      **Credits: 1.5**

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: \$21

6/8/2026 - 7/19/2026  
 7/20/2026 - 8/23/2026  
 8/24/2026 - 9/27/2026  
 11/2/2026 - 12/13/2026  
 \$500.00

Online

**Comprehensive CPR****MT 540**      **Class Hours: 5**      **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: \$35 includes textbook (distributed/required at the beginning of class) and BLS Provider E-Card (AZ-CEU eligible... Not eligible for NCBTMB CE) NON-RE-FUNDABLE NA

1 day  
 5/26/2026 - 5/26/2026      Tu 9am-2pm  
 6/7/2026 - 6/7/2026      Su 9am-2pm  
 7/18/2026 - 7/18/2026  
 9/26/2026 - 9/26/2026      Sa 9am-2pm  
 \$100.00

### Conscious Living & Urban Farming

**CC 450**      **Class Hours: 30**      **Credits: 2**  
 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. The topics discussed will include toxicity and healthy solutions for the air we breathe the food we eat and the water we drink. Learn a sustainable approach to the basics including water harvesting seed saving tool usage and harvesting the food that has been grown. Text: \$70 Supplies: \$35  
 8 weeks  
 10/22/2026 - 12/17/2026      Th 6-9:45pm  
 \$600.00

### Corporate Chair

**MT 301**      **Class Hours: 8**      **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 tool Bring a face cradle cover or pillow case and a hand towel. PRERQ: MT 200 or Licensed (CEU-NCBTMB)  
 2 weeks  
 10/3/2026 - 10/3/2026      Sa 9am-6pm  
 \$160.00

### Cranial Anatomy - Listening Skills

**PC 855**      **Class Hours: 16**      **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  
 7/11/2026 - 7/12/2026      Sa 9am-6pm  
 10/17/2026 - 10/18/2026      Sa/Su 9am-6pm  
 \$320.00

### Cranial Unwinding - Clinic

**PC 961**      **Class Hours: 30**      **Credits: 0.5**  
 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  
 8/22/2026 - 8/30/2026      Sa 9am-6pm Su 9am-5pm  
 12/5/2026 - 12/13/2026      Sa 9am-6pm Su 9am-5pm  
 \$600.00

### Cranial Unwinding I

**PC 850**      **Class Hours: 20**      **Credits: 1**  
 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)  
 1 weekend  
 7/24/2026 - 7/26/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 8/27/2026 - 9/24/2026      Th 9am-1pm  
 10/23/2026 - 10/25/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

### Cranial Unwinding II

**PC 860**      **Class Hours: 24**      **Credits: 1**  
 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  
 6/26/2026 - 6/28/2026      Fri-Su 9am-6pm  
 10/30/2026 - 11/1/2026      Fri-Su 9am-6pm  
 \$480.00

### Cranial Unwinding III

**PC 870**      **Class Hours: 24**      **Credits: 1**  
 Previously learned techniques are integrated with the work of the cranial vault and facial bones. Verbal emotional and psychological processing is the focus of the class. 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  
 8/14/2026 - 8/16/2026      Fri-Su 9am-6pm  
 \$480.00

### 38 Class Descriptions

### Cranial Unwinding IV

**PC 880**      **Class Hours: 24**      **Credits: 1**  
 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  
 9/18/2026 - 9/20/2026      Fri-Su 9am-6pm  
 \$480.00



### Death Dying & Afterlife

**DD 101**      **Class Hours: 30**      **Credits: 1.75**  
 The last great mystery of human life is death. 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  
 10/6/2026 - 12/1/2026      Tu 6pm-9:45pm  
 \$600.00

### Death Dying & the Afterlife ONLINE

**DD 101-OL**      **Class Hours: 30**      **Credits: 1.75**  
 The last great mystery of human life is death. 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  
 9/28/2026 - 11/1/2026  
 3/1/2027 - 4/11/2027  
 \$600.00

*Online*

### Deep Tissue Sculpting

**TE 220**      **Class Hours: 24**      **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  
 6/2/2026 - 7/14/2026      Tu 9am-1pm  
 8/12/2026 - 9/16/2026      W 6pm-10pm  
 \$480.00

### Dreams & Metaphors ONLINE

**HY 477-OL**      **Class Hours: 30**      **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  
 7/20/2026 - 8/23/2026  
 12/14/2026 - 1/24/2027  
 5/17/2027 - 6/20/2027  
 \$600.00

*Online*

### Draping Positioning & Bolstering Techniques

**CE 900**      **Class Hours: 6**      **Credits: 0.25**  
 In massage therapy effective draping techniques are essential for providing a safe respectful and professional environment and is a crucial ethical and professional standard that ensures client privacy modesty safety and comfort by covering body areas not being treated with sheets or towels. Proper draping maintains a professional boundary prevents exposure of genitals and female breasts and builds trust while mitigating risks of misconduct allegations. This 6 hour continuing education class dives into the ethical considerations of draping emphasizing the importance of client comfort confidentiality and professional boundaries. Participants will engage in discussions and hands-on exercises to enhance their understanding of appropriate draping positioning and bolstering techniques while fostering an environment of trust and respect. (AZ-CEU) BW  
 1 Day  
 10/18/2026 - 10/18/2026      Su 9am-4pm  
 \$120.00

CEU



### Earth Ceremonies ONLINE

**BE 101-OL** **Class Hours: 30** **Credits: 1.5**  
 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  
 9/28/2026 - 11/1/2026  
 3/1/2027 - 4/11/2027  
 8/2/2027 - 9/5/2027  
 \$600.00

Online

### East Indian Head Acupressure

**RF 218** **Class Hours: 8** **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  
 6/28/2026 - 6/28/2026 Su 9am-6pm  
 11/1/2026 - 11/1/2026 Su 9am-6pm  
 \$160.00

CEU

### EFT Introduction / EFT Level I

**TC 340** **Class Hours: 8** **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  
 5/30/2026 - 5/30/2026 Sa 9am-6pm  
 \$160.00

### Elder Touch - Medical

**TE 302** **Class Hours: 16** **Credits: 0.5**  
 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  
 8/24/2026 - 9/21/2026 M 9am-1pm  
 9/23/2026 - 10/14/2026 W 6pm-10pm  
 \$320.00

CEU

### End of Life Rituals & Ceremonies

**DD 301** **Class Hours: 40** **Credits: 2**  
 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  
 3/2/2027 - 5/4/2027 Tu 6pm-10pm  
 \$800.00

### End of Life Rituals & Ceremonies ONLINE

**DD 301-OL** **Class Hours: 40** **Credits: 2**  
 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  
 7/20/2026 - 8/23/2026  
 12/14/2026 - 1/24/2027  
 5/17/2027 - 6/20/2027  
 \$800.00

Online

### Energetic Acupressure - Intro

**EC 106** **Class Hours: 16** **Credits: 0.5**  
 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  
 8/1/2026 - 8/2/2026 Sa/Su 9am-6pm  
 12/5/2026 - 12/6/2026 Sa/Su 9am-6pm  
 \$320.00

CEU

### Energetic Healing for Spiritual Guides ONLINE

**SP 145-OL** **Class Hours: 30** **Credits: 1.5**  
 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  
 6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 11/2/2026 - 12/13/2026  
 1/25/2027 - 2/28/2027  
 \$600.00

Online

### Energy Healing & Hypnosis ONLINE

**HY 345-OL** **Class Hours: 10** **Credits: 0.5**  
 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  
 6/8/2026 - 7/19/2026  
 11/2/2026 - 12/13/2026  
 4/18/2027 - 5/16/2027  
 \$200.00

Online

### Entrepreneurs Journey 1: Departure ONLINE

**HE 101-OL** **Class Hours: 30** **Credits: 2**  
 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.  
 7/20/2026 - 8/23/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 3/1/2027 - 4/11/2027  
 \$600.00

Online

### Entrepreneurs Journey 2: Initiation ONLINE

**HE 102-OL** **Class Hours: 30** **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.  
 7/20/2026 - 8/23/2026  
 8/24/2026 - 9/27/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 1/25/2027 - 2/28/2027  
 3/1/2027 - 4/11/2027  
 6/21/2027 - 8/1/2027  
 \$600.00

Online

### Entrepreneurs Journey 3: Return ONLINE

**HE 103-OL** **Class Hours: 30** **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.  
 7/20/2026 - 8/23/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 3/1/2027 - 4/11/2027  
 5/17/2027 - 6/20/2027  
 \$600.00

Online

### Ethics for Massage Therapists

**BC 301**                      **Class Hours: 8**                      **Credits: 0.5**  
Refresh and renew your understanding of professional ethics and boundaries for body workers. 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  
6/10/2026 - 6/17/2026                      W 6pm-10pm  
7/8/2026 - 7/15/2026                      W 9am-1pm  
8/10/2026 - 8/17/2026                      M/W 6pm-10pm  
10/26/2026 - 11/2/2026                      M 9am-1pm  
\$160.00



### Exploring the Ancestral Web of Belonging ONLINE

**SP 156-OL**                      **Class Hours: 30**                      **Credits: 1.5**  
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 + \$50 PREREQ: SP 152-OL  
7/20/2026 - 8/23/2026  
9/28/2026 - 11/1/2026  
12/14/2026 - 1/24/2027  
\$600.00



### Face-Lift Acupressure

**EL 220**                      **Class Hours: 4**                      **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  
7/31/2026 - 7/31/2026                      Fri 6pm-10pm  
12/4/2026 - 12/4/2026                      Fri 6pm-10pm  
\$80.00



### Fears Phobias & Addictions ONLINE

**HY 316-OL**                      **Class Hours: 30**                      **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  
7/20/2026 - 8/23/2026  
12/14/2026 - 1/24/2027  
\$600.00



### Fibromyalgia Therapy

**TE 260**                      **Class Hours: 16**                      **Credits: 0.5**  
The pathology and pain of this syndrome is explored in depth. Study the trigger points involved with fibromyalgia and how meridian therapy can create significant relief. Lymphatic body brushing will be taught as well. PREREQ: MT 200 SWED-ISH OR LICENSED BW (CEU-NCBTMB)  
4 weeks  
9/23/2026 - 10/14/2026                      W 9am-1pm  
10/19/2026 - 11/9/2026                      M 6pm-10pm  
\$320.00



### First Aid

**MT 520**                      **Class Hours: 7**                      **Credits: 0.25**  
First Aid Certification. Payment in full is required at time of registration. Supplies: \$25 includes materials used in class and First Aid Provider E-Card . LATE STUDENTS WILL NOT BE ADMITTED. \*\*AZ CEU is only eligible for 4 hours of CE credit.\*\* NA NON REFUNDABLE  
1 day  
6/21/2026 - 6/21/2026                      Su 9am-5pm  
8/2/2026 - 8/2/2026                      Su 9am-5pm  
10/4/2026 - 10/4/2026                      Su 9am-5pm  
\$140.00

### Flower Essences

**AR 132**                      **Class Hours: 16**                      **Credits: 1**  
Flower essences are subtle liquid extracts generally taken in oral form which are used to address profound issues of emotional well-being soul development and mind-body health. This course supplements traditional aromatherapy study by immersing students in the history use and effects of flower essences. Students will learn the precise application of flower essences for enhancing specific emotions and attitudes. Learn to integrate flower essences into your holistic practice and treat a variety of ailments. Please bring a 3-ring binder. Supplies \$35.  
NOTE: Registration for this course closes the Thursday before the course starts.  
1 weekend  
10/3/2026 - 10/4/2026                      Sa/Su 9am-6pm  
\$320.00

### Foundations of Hypnotherapy Level I ONLINE

**HY 105-OL**                      **Class Hours: 30**                      **Credits: 1.75**  
This 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  
8/24/2026 - 9/27/2026  
1/25/2027 - 2/28/2027  
\$600.00



### Foundations of Hypnotherapy Level II ONLINE

**HY 205-OL**                      **Class Hours: 30**                      **Credits: 1.5**  
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  
9/28/2026 - 11/1/2026  
3/1/2027 - 4/11/2027  
\$600.00



### Foundations of Hypnotherapy Level III ONLINE

**HY 305-OL**                      **Class Hours: 40**                      **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  
11/2/2026 - 12/13/2026  
4/12/2027 - 5/16/2027  
\$800.00



### Foundations of Intuitive Coaching ONLINE

**SC 101-OL**                      **Class Hours: 30**                      **Credits: 1.5**  
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  
7/20/2026 - 8/23/2026  
11/2/2026 - 12/13/2026  
12/14/2026 - 1/24/2027  
\$600.00



### Foundations of Life Coaching ONLINE

**LC 101-OL**                      **Class Hours: 30**                      **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  
11/2/2026 - 12/13/2026  
\$600.00



### GRIT for Success ONLINE

**TP 106-OL**                      **Class Hours: 30**                      **Credits: 2**  
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: \$20. NO PREREQ.  
7/20/2026 - 8/23/2026  
8/24/2026 - 9/27/2026  
9/28/2026 - 11/1/2026  
\$600.00



**GRIT: Student Journey ONLINE****TP 107-OL**      **Class Hours: 15**      **Credits: 1**

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: \$13 (Same as HE 201-OL)

PREREQ: TP 106-OL  
 7/20/2026 - 8/23/2026  
 8/24/2026 - 9/27/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 1/25/2027 - 2/28/2027  
 \$300.00

*Online***Grounded Spirituality & Modern Mysticism ONLINE****SP 152-OL**      **Class Hours: 30**      **Credits: 1.5**

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

8/24/2026 - 9/27/2026  
 11/2/2026 - 12/13/2026  
 \$600.00

*Online***Hand & Wrist Health Maintenance****OE 320**      **Class Hours: 4**      **Credits: 0.25**

Injury prevention is the key to longevity in your bodywork career. This class shows exercises stretches and bodywork techniques to help you relieve pain prevent injury and maintain your hand and wrist health. Pre-Req: MT 200 SWEDISH OR LICENSED. (CEU-NCBTMB)

1 day  
 6/13/2026 - 6/13/2026      Sa 9a-1pm  
 11/21/2026 - 11/21/2026      Sa 9a-1pm  
 \$80.00

**Healing Botanicals I ONLINE****BE 201-OL**      **Class Hours: 30**      **Credits: 1.5**

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

6/8/2026 - 7/19/2026  
 11/2/2026 - 12/13/2026  
 4/12/2027 - 5/16/2027  
 \$600.00

*Online***Healing Botanicals II ONLINE****BE 301-OL**      **Class Hours: 40**      **Credits: 2**

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

7/20/2026 - 8/23/2026  
 12/14/2026 - 1/24/2027  
 \$800.00

*Online***Heart Centered Leadership****TC 610**      **Class Hours: 20**      **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  
 5/27/2026 - 6/24/2026      W 6pm-10pm  
 11/4/2026 - 12/9/2026      W 6pm-10pm  
 \$400.00

**HWC - Advanced Wellness Coaching 1 ONLINE****HC 301-OL**      **Class Hours: 30**      **Credits: 1.5**

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. Text: \$16 Pre-req: HC 201-OL Course has synchronous hours

7/20/2026 - 8/23/2026  
 12/14/2026 - 1/24/2027  
 \$600.00

*Online***HWC - Advanced Wellness Coaching 2****HC 302**      **Class Hours: 30**      **Credits: 1.5**

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

6/25/2026 - 7/28/2026      Tu/Th 6pm-9:45pm  
 2/25/2027 - 3/23/2027      Tu/Th 6pm-9:45pm  
 \$600.00

**HWC - Advanced Wellness Coaching 2 ONLINE****HC 302-OL**      **Class Hours: 30**      **Credits: 1.5**

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

8/24/2026 - 9/27/2026  
 1/25/2027 - 2/28/2027  
 \$600.00

*Online***HWC - Anatomy of Wellness ONLINE****HC 155-OL**      **Class Hours: 30**      **Credits: 1.5**

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: (same texts as HC 101 & HC 201) Pre-req HC 101-OL Course has synchronous hours

5/4/2026 - 6/7/2026  
 9/28/2026 - 11/1/2026  
 3/1/2027 - 4/11/2027  
 \$600.00

*Online***HWC - Foundations of Wellness Coaching****HC 101**      **Class Hours: 20**      **Credits: 1**

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  
 9/18/2026 - 9/20/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 1/15/2027 - 1/17/2027      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**HWC - Foundations of Wellness Coaching ONLINE****HC 101-OL**      **Class Hours: 30**      **Credits: 1.5**

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: \$109 Course has synchronous hours

6/8/2026 - 7/19/2026  
 11/2/2026 - 12/13/2026  
 \$600.00

*Online***HWC - Health Conditions ONLINE****HC 156-OL**      **Class Hours: 30**      **Credits: 1.5**

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

11/2/2026 - 12/13/2026  
 4/12/2027 - 5/16/2027  
 \$600.00

*Online*

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

**HWC - Professional Wellness Coaching & Ethics****HC 201**                      **Class Hours: 40**                      **Credits: 2**

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  
 9/24/2026 - 10/27/2026                      Tu/Th 6pm-10pm  
 1/21/2027 - 2/23/2027                      Tu/Th 6pm-10pm  
 \$800.00

**HWC - Professional Wellness Coaching and Ethics ONLINE****HC 201-OL**                      **Class Hours: 30**                      **Credits: 1.5**

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

8/24/2026 - 9/27/2026  
 \$600.00

*Online***HWC -NBHWC Exam Prep ONLINE****HC 401-OL**                      **Class Hours: 20**                      **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)

9/28/2026 - 11/1/2026  
 3/1/2027 - 4/11/2027  
 \$400.00

*Online***Hydrotherapy for Injury Management****TE 662**                      **Class Hours: 20**                      **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  
 6/4/2026 - 7/9/2026                      Th 9am-1pm  
 8/21/2026 - 8/23/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**CEU****Hydrotherapy: Hot Stone Focus****CE 905**                      **Class Hours: 8**                      **Credits: 0.25**

Discover the art and science of Hot Stone Massage in this 8-hour course designed for both novice and experienced therapists. Participants will learn the history techniques and therapeutic benefits of using heated stones in massage therapy. Through a combination of lectures demonstrations and hands-on practice you will acquire the skills needed to safely and effectively integrate hot stone techniques into your practice enhancing relaxation relieving muscle tension and promoting overall well-being. Supply Fee: \$55 Pre Req: LMT or MT 200 BW (AZ-CEU)

1 Day  
 11/8/2026 - 2/28/2027                      Su 9am-6pm  
 \$160.00

**CEU****Hypnotherapy - Advanced Techniques****HY 404**                      **Class Hours: 30**                      **Credits: 0.75**

Students will focus on advanced techniques of working with children and couples learning parts therapy active imagination and trance-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 Pre-Req: HY 301 or HY 301-OL.

2 weekends  
 6/6/2026 - 6/21/2026                      Sa/Su 9am-5:30pm  
 \$600.00

**Hypnotherapy - Certification Prep****HY 600 P\$**                      **Class Hours: 10**                      **Credits: 0.5**

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 weekends  
 10/31/2026 - 11/7/2026                      Sa 9am-2pm  
 \$200.00

**Hypnotherapy - Dreams & Metaphors****HY 478**                      **Class Hours: 30**                      **Credits: 1**

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

8 weeks  
 9/8/2026 - 10/27/2026                      Tu 6pm-9:45pm  
 \$600.00

**Hypnotherapy - Fears Phobias & Addictions****HY 316**                      **Class Hours: 20**                      **Credits: 1**

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  
 8/7/2026 - 8/9/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**Hypnotherapy - Foundations Level I****HY 101**                      **Class Hours: 20**                      **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

2 weekends  
 10/3/2026 - 10/11/2026                      Sa 9am-1pm Su 9am-6pm  
 \$400.00

**Hypnotherapy - Foundations Level II****HY 201**                      **Class Hours: 40**                      **Credits: 2.5**

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  
 10/23/2026 - 11/15/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
 \$800.00

**Hypnotherapy - Foundations Level III Clinic****HY 301**                      **Class Hours: 40**                      **Credits: 1**

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  
 11/20/2026 - 12/13/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
 \$800.00

### Hypnotherapy - Past Life Regression

**HY 354**      **Class Hours: 30**      **Credits: 1**

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  
2 weekends  
8/29/2026 - 9/20/2026      Sa/Su 9am-5:30pm  
\$600.00

### Hypnotherapy - Spirit Releasement

**EV 450**      **Class Hours: 0**      **Credits: 0**

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. Supply fee: \$15  
1 weekend  
6/26/2026 - 6/27/2026      Fri 6pm-10pm Sa 9am-6pm  
12/18/2026 - 12/19/2026      Fri 6pm-10pm Sa 9am-6pm  
\$0.00

### Hypnotherapy - Subconscious Intervention

**EV 520**      **Class Hours: 0**      **Credits: 0**

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  
Supply fee: \$15  
1 weekend  
10/16/2026 - 10/18/2026      F 6pm-10 pm Sa/Su 9am-6pm  
\$0.00

### Influencers Journey ONLINE

**HE 201-OL**      **Class Hours: 30**      **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) PREREQ: HE 103-OL. STUDENTS MUST COMPLETE HE 103-OL BEFORE TAKING THIS COURSE.

6/8/2026 - 7/19/2026  
8/24/2026 - 9/27/2026  
9/28/2026 - 11/1/2026  
12/14/2026 - 1/24/2027  
1/25/2027 - 2/28/2027  
\$600.00

*Online*

### 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: MT 200 or LMT. (CEU-NCBTMB)  
1 weekend  
8/22/2026 - 8/23/2026      Sa/Su 9am-6pm  
\$320.00

**CEU**

### 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. Pre-Req: MT 200 or LMT. (CEU-NCBTMB)  
1 weekend  
7/11/2026 - 7/12/2026      Sa/Su 9am-6pm  
\$320.00

**CEU**

### 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: MT 200 or LMT. (CEU-NCBTMB)  
1 weekend  
8/8/2026 - 8/9/2026      Sa/Su 9am-6pm  
\$320.00

**CEU**

### Intro to Cupping

**CE 500**      **Class Hours: 6**      **Credits: 0.5**

Learn the basics of cupping in a safe and effective manner. In this class we will focus on the history benefits and contraindications for cupping therapy when it is paired with massage. Pre-Req: Licenced Massage Therapist (LMT) or Myotherapy (MT 400) Supplies: \$36 (includes 8pc cupping set). (AZ-CEU) BW  
1 day  
6/20/2026 - 6/20/2026      Sa 9am-4pm  
11/14/2026 - 11/14/2026      Sa 9am-4pm  
\$120.00

**CEU**

### Introduction to Herbalism Culinary Applications & First Aid

**PH 110-OL**      **Class Hours: 30**      **Credits: 1.5**

This course introduces herbalism to students through the practical applications of food preparation and home first aid. Within this context students will learn the basic tools of herbalism basic herbal preparation methods and terminology. Text: \$20  
1/27/2027 - 2/28/2027  
6/21/2027 - 8/1/2027  
\$600.00

### Introduction to Holistic Entrepreneurship & Self-Empowerment

**BC 530**      **Class Hours: 15**      **Credits: 1**

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  
9/14/2026 - 10/5/2026      M 6pm - 9:45pm  
1/11/2027 - 2/8/2027      M 6pm - 9:45pm  
\$300.00

### Introduction to Intuitive Guidance

**IG 111**      **Class Hours: 12**      **Credits: 1**

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: \$18  
1 weekend  
9/11/2026 - 9/12/2026      Fri 6pm-10pm Sa 9am-6pm  
\$240.00

### Introduction to Life Coaching

**LC 111**      **Class Hours: 20**      **Credits: 1.25**

Life Coaching is an ongoing partnership that helps people produce fulfilling results in their personal professional and spiritual lives. Through the process of coaching clients deepen their 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  
9/18/2026 - 9/20/2026      F 6pm-10 pm Sa/Su 9am-6pm  
1/15/2027 - 1/17/2027      F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### Introduction to Sustainability & Urban Gardening

**PH 101-OL**      **Class Hours: 30**      **Credits: 1.5**

Learn how the art and science of sustainability can affect health and well-being individually and globally. Discussed topics will include toxicity and healthy solutions for the air we breathe the food we eat and the water we drink. Discover the philosophy of Permaculture and how we can begin to create regenerative systems that restore the earth and nurture ourselves and others. Text: \$22 (same as HN 105-OL)  
11/2/2026 - 12/13/2026  
4/12/2027 - 5/16/2027  
\$600.00

*Online*

### Intuitive Guidance – Practical Applications

**IG 311**                      **Class Hours: 24**                      **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  
 11/13/2026 - 11/21/2026                      Fri 6pm-10pm Sa 9am-6pm  
 \$480.00



### Kinesiology - Anatomical Applications

**MT 151**                      **Class Hours: 36**                      **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: \$58. (CEU-NCBTMB)  
 5 weeks  
 7/6/2026 - 8/3/2026                      M/W 6pm-10pm  
 \$720.00



### Life Coaching Practice & Ethics ONLINE

**LC 301-OL**                      **Class Hours: 40**                      **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  
 8/24/2026 - 9/27/2026  
 1/25/2027 - 2/28/2027  
 \$800.00



### Life Coaching – Heart Centered Approach Part I

**LC 121**                      **Class Hours: 40**                      **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  
 5 weeks  
 9/24/2026 - 10/27/2026                      Tu/Th 6pm-10pm  
 1/21/2027 - 2/23/2027                      Tu/Th 6pm-10pm  
 \$800.00

### Life Coaching – Heart Centered Approach Part II

**LC 131**                      **Class Hours: 40**                      **Credits: 2**  
 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  
 6 weeks  
 6/25/2026 - 8/6/2026                      Tu/Th 6pm-9:45pm  
 10/29/2026 - 12/10/2026                      Tu/Th 6pm-9:45pm  
 2/25/2027 - 3/23/2027                      Tu/Th 6pm-9:45pm  
 \$800.00

### Life Review & Processing Grief

**DD 201**                      **Class Hours: 30**                      **Credits: 1.5**  
 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  
 1/5/2027 - 2/23/2027                      Tu 6pm-9:45pm  
 \$600.00

### Life Review & Processing Grief ONLINE

**DD 201-OL**                      **Class Hours: 30**                      **Credits: 1.5**  
 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  
 6/8/2026 - 7/19/2026  
 11/2/2026 - 12/13/2026  
 4/12/2027 - 5/16/2027  
 \$600.00



### Lower Back Pain Release

**TE 320**                      **Class Hours: 8**                      **Credits: 0.25**  
 Releasing the psoas muscles is the key to relieving lower back pain. A deep focused approach to releasing muscles including low back and hip stretches. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)  
 1 day  
 7/12/2026 - 7/12/2026                      Su 9am-6pm  
 8/12/2026 - 8/19/2026                      W 9am-1pm  
 11/22/2026 - 11/22/2026                      Su 9am-6pm  
 \$160.00



### Lymphatic Massage

**TE 340**                      **Class Hours: 16**                      **Credits: 0.5**  
 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)  
 4 weeks  
 12/12/2026 - 12/13/2026                      Sa/Su 9am-6pm  
 1/14/2027 - 2/4/2027                      Th 9am-1pm  
 \$320.00



### Lymphatic Massage - Advanced

**MT 604**                      **Class Hours: 8**                      **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  
 8/2/2026 - 8/2/2026                      Su 9am-6pm  
 \$160.00



### Message Clinic - Supervised Block I

**MT 993a**                      **Class Hours: 23**                      **Credits: 0.5**  
 The Message 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 message 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  
 5/27/2026 - 8/23/2026  
 \$460.00

### Message Clinic - Supervised Block II

**MT 993b**                      **Class Hours: 23**                      **Credits: 0.5**  
 The Message 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 message 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  
 6/1/2026 - 8/23/2026  
 6/29/2026 - 9/20/2026  
 8/24/2026 - 11/8/2026  
 \$460.00

### Message Clinic - Supervised Block III

**MT 993c**                      **Class Hours: 23**                      **Credits: 0.5**  
 The Message 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 message 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  
 6/1/2026 - 8/23/2026  
 6/28/2026 - 9/20/2026  
 8/24/2026 - 11/8/2026  
 9/21/2026 - 12/13/2026  
 11/9/2026 - 2/14/2027  
 \$460.00

**Massage Clinic - Supervised Block IV****MT 993d**      **Class Hours: 23**      **Credits: 0.5**

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

6/1/2026 - 8/23/2026  
 6/28/2026 - 9/20/2026  
 8/24/2026 - 11/8/2026  
 9/21/2026 - 12/13/2026  
 11/9/2026 - 2/14/2027  
 12/14/2026 - 3/21/2027  
 \$460.00

**Massage Sideline w/Deep Listening****TE 364**      **Class Hours: 16**      **Credits: 0.5**

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)

1 weekend  
 5/30/2026 - 5/31/2026      Sa/Su 9am-6pm  
 7/21/2026 - 8/11/2026      Th 9am-1pm  
 7/25/2026 - 7/26/2026      Sa/Su 9am-6pm  
 11/7/2026 - 11/8/2026      Sa/Su 9am-6pm  
 \$320.00

**CEU****Medical Imagery ONLINE****HY 585-OL**      **Class Hours: 30**      **Credits: 1.5**

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: \$22. PREREQ: HY 301 or HY 305-OL

8/24/2026 - 9/27/2026  
 1/25/2027 - 2/28/2027  
 6/21/2027 - 8/1/2027  
 \$600.00

*Online***Medical Massage for Cancer Survivors****TE 402**      **Class Hours: 16**      **Credits: 0.75**

Gain a solid introduction to the general pathology of cancer and massage techniques for serving clients who have had cancer. As 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  
 7/7/2026 - 7/28/2026      Tu 6pm-10pm  
 7/16/2026 - 8/6/2026      Th 9am-1pm  
 8/11/2026 - 9/1/2026      Tu 6pm-10pm  
 \$320.00

**CEU****Mindful Meditation Facilitator ONLINE****MM 401-OL**      **Class Hours: 40**      **Credits: 2**

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  
 7/20/2026 - 8/23/2026  
 \$800.00

*Online***Mindful Meditation Techniques ONLINE****MM 301-OL**      **Class Hours: 30**      **Credits: 2**

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

6/8/2026 - 7/19/2026  
 \$600.00

*Online***Mindfulness: Introduction ONLINE****MM 101-OL**      **Class Hours: 30**      **Credits: 2**

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: \$19

5/4/2026 - 6/7/2026  
 \$600.00

*Online***Mother Touch****CB 400**      **Class Hours: 8**      **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)

1 day  
 10/17/2026 - 10/17/2026      Sa 9am-6pm  
 \$160.00

**CEU****Mother Touch - Advanced****CB 401**      **Class Hours: 8**      **Credits: 0.25**

Learn to meet more of the pregnant client's expanding needs. Curriculum includes aromatherapy safe for pregnancy guided imagery and visualization for optimum maternal and fetal well-being pre-birth parenting and fetal awareness charting labor massage techniques postpartum renewal and more! Invite a pregnant friend to join you for the last 2 hours of class. PREREQ: CB 400 BW (CEU-NCBTMB)

1 day  
 11/15/2026 - 11/15/2026      Su 9am-6pm  
 \$160.00

**CEU****Myotherapy - 7 Step Release System****MT 400**      **Class Hours: 40**      **Credits: 1.25**

A deep therapy approach to incorporating assisted stretches and skeletal articulations. Learn to find the holding 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  
 11/10/2026 - 2/2/2027      Tu 9am-1pm  
 1/5/2027 - 3/9/2027      Tu 6pm-10pm  
 \$800.00

**CEU****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  
 9/18/2026 - 9/21/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**CEU**

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

**Mysticism: Finding Your Personal Path ONLINE****SP 162-OL**      **Class Hours: 30**      **Credits: 1.5**

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

6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 11/2/2026 - 12/13/2026  
 1/25/2027 - 2/28/2027  
 \$600.00

*Online***Neck Release****TE 380**      **Class Hours: 8**      **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. Pre-Req: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 day  
 10/24/2026 - 10/24/2026      Sa 9am-6pm  
 10/29/2026 - 11/5/2026      Th 9am-1pm  
 \$160.00

**CEU****Neuro Touch - Neuromuscular Re-education Techniques****MT 605**      **Class Hours: 20**      **Credits: 1**

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! PRERQ: MT 200 SWEDISH OR LICENSED. (CEU-NCBTMB)

1 weekend  
 7/10/2026 - 7/12/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 10/16/2026 - 10/18/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**CEU****Neuro-Linguistic Programming ONLINE****HY 318-OL**      **Class Hours: 30**      **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. PREREQ: HY 301 or HY 305-OL

3/1/2027 - 4/11/2027  
 \$600.00

*Online***Neuro-Linguistic Programming ONLINE****HY 318-OL**      **Class Hours: 30**      **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. PREREQ: HY 301 or HY 305-OL

9/28/2026 - 11/1/2026  
 8/2/2027 - 9/5/2027  
 \$600.00

*Online***Nutrition - Advanced Whole Foods & Raw Cuisine ONLINE****HN 223-OL**      **Class Hours: 30**      **Credits: 1.5**

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.

6/8/2026 - 7/19/2026  
 \$600.00

*Online***Nutrition - Comparative Dietary Systems with Applied Culinary ONLINE****HN 156-OL**      **Class Hours: 30**      **Credits: 1.5**

This course introduces you to the most common dietary systems followed throughout the world. You'll explore ways to adapt aspects of these diets to fit your needs as well as ways to eat consciously within a prescribed diet. This course does include applied culinary assignments. Text: Same as HN 115-OL

PREREQ: HN 112-OL  
 7/20/2026 - 8/23/2026  
 12/14/2026 - 1/24/2027  
 5/17/2027 - 6/20/2027  
 8/2/2027 - 9/5/2027  
 \$600.00

*Online***Nutrition - Foundation of Holistic Nutrition ONLINE****HN 105-OL**      **Class Hours: 30**      **Credits: 2**

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: \$22

7/20/2026 - 8/23/2026  
 9/28/2026 - 11/1/2026  
 \$600.00

*Online***Nutrition - Macro/Micro Nutrients: Eating the Rainbow ONLINE****HN 115-OL**      **Class Hours: 30**      **Credits: 1.5**

In this course you will embody both a scientific and culinary understanding of the phrase "eat the rainbow". 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. Text: \$30 PREREQ: HN 112-OL

6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 11/2/2026 - 12/13/2026  
 1/25/2027 - 2/28/2027  
 \$600.00

*Online***Nutrition - Microbiome Wellness ONLINE****HN 351-OL**      **Class Hours: 30**      **Credits: 2**

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 112-OL

11/2/2026 - 12/13/2026  
 4/12/2027 - 5/16/2027  
 6/21/2027 - 8/1/2027  
 9/6/2027 - 10/10/2027  
 \$600.00

*Online***Nutrition - Principles of Conscious Eating and Behavior Modification ONLINE****HN 112-OL**      **Class Hours: 30**      **Credits: 1.5**

This course presents principles of conscious mindful eating designed to break the diet mentality and replace it with healthy eating behaviors. You will learn how to access your internal wisdom about eating resulting in weight release (if appropriate) naturally and permanently as well as how to coach others to do the same. A wide variety of lifestyle choices and behavior modification techniques are explored. This course also focuses on building a successful practice supporting others in creating a healthy relationship with food by honoring the mind-body connection. Learn to make peace with food give up chronic dieting and discover how right-sizing are all part of conscious mindful eating. Text: \$16

7/20/2026 - 8/23/2026  
 8/24/2026 - 9/27/2026  
 12/14/2026 - 1/24/2027  
 \$600.00

*Online***Nutrition - Raw Food Cuisine 1 ONLINE****HN 222-OL**      **Class Hours: 25**      **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. Text: \$15 PREREQ: HN 112-OL

6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 1/25/2027 - 2/28/2027  
 \$500.00

*Online*

**Nutrition - Whole Foods Cuisine 1 ONLINE**

**HN 210-OL**      **Class Hours: 25**      **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: \$40 PREREQ: HN 112-OL  
 7/20/2026 - 8/23/2026  
 12/14/2026 - 1/24/2027  
 3/1/2027 - 4/11/2027  
 \$500.00

*Online***Nutritional Needs Across the Life Cycle ONLINE**

**HN 235-OL**      **Class Hours: 30**      **Credits: 2**  
 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: Same as HN 115-OL  
 Pre-req: HN 112-OL  
 8/24/2026 - 9/27/2026  
 12/14/2026 - 1/24/2027  
 5/17/2027 - 6/20/2027  
 \$600.00

*Online***P . . . . .****Past-Life Regression ONLINE**

**HY 353-OL**      **Class Hours: 30**      **Credits: 1.5**  
 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. Text: \$18 PREREQ: HY 301 or HY 305-OL  
 6/8/2026 - 7/19/2026  
 11/2/2026 - 12/13/2026  
 4/12/2027 - 5/16/2027  
 \$600.00

*Online***Pathology - BW**

**SC 415**      **Class Hours: 40**      **Credits: 2.5**  
 Discuss pathologies with the goal of being able to make informed decisions about the safety and applicability of massage modalities. Develop critical thinking skills to be able to find information independently and to identify the variables that contribute to informed decisions. LEC Text: \$95 (CEU-NCBTMB)  
 10 weeks  
 8/25/2026 - 10/27/2026      Tu 9am-1pm  
 9/22/2026 - 12/1/2026      Th 6pm-10pm  
 \$800.00

**CEU****Physiology**

**MT 500**      **Class Hours: 60**      **Credits: 4**  
 This dynamic class brings the body's systems to life! Learn the branch of the biological sciences dealing with the processes and functions of the human organism. Understand how and why the body functions the way it does! Text: \$85  
 8 weeks  
 11/9/2026 - 1/20/2027      M/W 9am-1pm  
 1/4/2027 - 2/24/2027      M/W 6pm-10pm  
 \$1200.00

**Polarity - 5 & 6 Point Star**

**PC 987**      **Class Hours: 32**      **Credits: 1**  
 The 5 Point Star is an image of the body's shaping process. It shows how we hold ourselves and how we experience life. This class involves recognizing this image and learning various techniques in bringing the system into balance. The 6 Point Star has two triangles and is a perfectly polarized expression of both our involuntary being and our evolutionary being; one triangle is facing up and the other facing down. Dr. Stone said As above as below. In this class you'll learn to integrate these fields through particular energetic point location as outlined in Randolph Stones work so as to allow the structure to permit proper expression to flow in and out of the being. PRERQ: PC 150 BW (CEU-NCBTMB) AUC  
 1 weekend  
 8/13/2026 - 8/16/2026      Th-Su 9am-6pm  
 8/19/2027 - 8/22/2027      Th-Su 9am-6pm  
 \$640.00

**CEU****Polarity - Basic I**

**PC 100**      **Class Hours: 20**      **Credits: 1**  
 Experience the exciting new paradigm of energy healing. The Polarity model interprets the body's imbalances as the final "print-out" of physical and emotional choices made long ago. Polarity serves as the key to unlock the source. Utilizing hands-on contacts and gentle communication techniques this work embodies a full holistic health care system and can be used to empower other modalities as well. BW (CEU-NCBTMB)  
 7/16/2026 - 8/13/2026      Th 9am-1pm  
 8/7/2026 - 8/9/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 10/1/2026 - 10/29/2026      Th 9am-1pm  
 11/6/2026 - 11/8/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**CEU****Polarity - Basic II (Ayurvedic Elements)**

**PC 150**      **Class Hours: 48**      **Credits: 2.25**  
 Ether Air Fire Water Earth - the ancients saw our bodies as streams of energy with different qualities. Connect physical symptoms with their emotional origins and introduce music sound color and food as resources for balancing the entire body. PRE-REQ: PC 100 (CEU-NCBTMB) BW AUC Supplies: \$25 Printed Material Fee: \$15 Text: \$75  
 2 weekends  
 7/17/2026 - 7/26/2026      Fri-Su 9am-6pm  
 10/23/2026 - 11/1/2026      Fri-Su 9am-6pm  
 \$960.00

**CEU****Polarity - Clinic**

**PC 960**      **Class Hours: 30**      **Credits: 0.5**  
 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 150 + PC 200 + PC 400 AUC  
 2 weekends  
 8/22/2026 - 8/30/2026      Sa 9am-6pm Su 9am-5pm  
 12/5/2026 - 12/13/2026      Sa 9am-6pm Su 9am-5pm  
 \$600.00

**Polarity - Communications Resonance & Relations I**

**PC 400**      **Class Hours: 32**      **Credits: 2**  
 Verbal skills allowing you to guide your client to resolution can be learned here. This course teaches you to pace your clients follow their journey where it needs to go and integrate body-based healing with life healing. This can be a profound accompaniment to all deep bodywork. Pre-Req: None Supply Fee: \$10 (CEU-NCBTMB) AUC BW  
 2 weekends  
 5/30/2026 - 6/7/2026      Sa/Su 9am-6pm  
 9/26/2026 - 10/4/2026      Sa/Su 9am-6pm  
 \$640.00

**CEU****Polarity - Reflexology for Bodyworkers**

**PC 700**      **Class Hours: 20**      **Credits: 1**  
 Explore foot hand and ear Reflexology from an energy perspective. In addition to learning the reflex points students will be hooking up currents of energy and using breath and sound for more complete healing. TEXT: \$12 BW (CEU-NCBTMB)  
 1 weekend  
 9/11/2026 - 9/13/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 11/6/2026 - 11/8/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**CEU****Polarity - Spinal Balancing**

**PC 998**      **Class Hours: 24**      **Credits: 0.75**  
 The spine is the tree of life resting on the sacrum or "sacred bone." When the sacrum and spine are aligned the cranium opens. Learn alignment methods; muscle and vertebrae releases stretch releases spinal harmonics and evaluation skills. Practice energetic cleansing of the spinal cord vertebrae nerve pathways and the ultrasonic core. This course includes a culmination of Dr. Stone's techniques. Supplies: \$16 Pre-Req: PC 100 or EC 700 (CEU-NCBTMB) BW AUC  
 1 weekend  
 8/7/2026 - 8/9/2026      Fri-Su 9am-6pm  
 6/4/2027 - 6/6/2027      Fri-Su 9am-6pm  
 \$480.00

**CEU**

**Polarity - Autonomic Nervous System****PC 999**      **Class Hours: 24**      **Credits: 1**

The autonomic nervous system (ANS) plays a crucial role in regulating involuntary bodily functions such as heart rate, digestion, and respiratory rate. This advanced class helps bodyworkers develop a deeper understanding of the ANS, and how through focused bodyworker techniques they can work to balance the sympathetic (fight or flight) and parasympathetic (rest and digest) branches of the nervous system, promoting overall relaxation, vitality, and well-being. Participants learn different manual techniques to release holding patterns and tension in the spine, and how to incorporate them into a therapeutic bodyworker session. Pre-Req PC 100 -BW AUC

1 weekend  
3/19/2027 - 3/21/2027      Fri-Su 9am-6pm  
\$480.00

**Polarity - Trance Counseling****PC 110**      **Class Hours: 24**      **Credits: 1**

We often imagine life as nothing but a series of things that happen to us. It is hard to see just how it is we live in self-generated realities which continue to keep us from realizing there could be a new way where we take responsibility for creating the life we live. Tapping deeply into the work of Milton Erickson M.D. Stephen Wolinsky Ph.D. and Carl Rogers well take a journey into our interpersonal feedback loops that rules our lives unconsciously keeping us from new possibilities. BW AUC

1 weekend  
9/11/2026 - 9/13/2026      Fri-Su 9am-6pm  
9/10/2027 - 9/12/2027      Fri-Su 9am-6pm  
\$480.00

**Polarity APP/Cranial - Practicum****PC 200**      **Class Hours: 30**      **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 weekend  
8/1/2026 - 8/9/2026      Sa/Su 9am-5:30pm  
11/14/2026 - 11/22/2026      Sa/Su 9am-5:30pm  
\$600.00

**Polarity – Dr. Stones Energy Exercises & Mystic Philosophy****PC 942**      **Class Hours: 16**      **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  
6/13/2026 - 6/14/2026      Sa/Su 9am-6pm  
\$320.00

**Practical Applications in Intuitive Coaching ONLINE****SC 301-OL**      **Class Hours: 40**      **Credits: 1.5**

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

8/24/2026 - 9/27/2026  
9/28/2026 - 11/1/2026  
1/25/2027 - 2/28/2027  
\$800.00

*Online***Psychology of Addiction - Understanding the Shadow****CC 131**      **Class Hours: 32**      **Credits: 2**

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 addictions or recovery. LEC Supply Fee: \$18

8 weeks  
9/9/2026 - 10/28/2026      W 6pm-10pm  
2/15/2027 - 4/5/2027      M 6pm-10pm  
\$640.00

**Psychology of Addictions & Disordered Eating ONLINE****HC 222-OL**      **Class Hours: 30**      **Credits: 2**

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: \$19

7/20/2026 - 8/23/2026  
9/28/2026 - 11/1/2026  
11/2/2026 - 12/13/2026  
\$600.00

*Online***R****Reflexology - A Western Approach for Bodyworkers****RF 201**      **Class Hours: 20**      **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)

1 weekend  
6/12/2026 - 6/14/2026      F 6pm-10 pm Sa/Su 9am-6pm  
10/9/2026 - 10/11/2026      F 6pm-10 pm Sa/Su 9am-6pm  
10/30/2026 - 12/4/2026      Fri 9am-1pm  
\$400.00

**CEU****Reflexology - Assessment Skills for Bodyworkers****RF 202**      **Class Hours: 20**      **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)

5 weeks  
10/23/2026 - 10/25/2026      F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

**CEU****Reflexology - Emotional Balance & Being for Bodyworkers****RF 203**      **Class Hours: 20**      **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)

5 weeks  
7/10/2026 - 8/7/2026      Fri 9am-1pm  
11/20/2026 - 11/22/2026      F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

**CEU****Reflexology - Hand for Bodyworkers****RF 575**      **Class Hours: 4**      **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  
6/27/2026 - 6/27/2026      Sa 9a-1pm  
10/31/2026 - 10/31/2026      Sa 9a-1pm  
\$80.00

**CEU****Reflexology - Sole Points****CE 910**      **Class Hours: 8**      **Credits: 0.25**

Learn to combine Hot / Cold Stone Therapy with Reflexology of the Feet and Aromatherapy. This class is an intensive 8hr class covering the healing properties of thermal therapy Hydrotherapy and reflexology. PRE-REQ: LMT or some Reflexology. Please bring at least 6 hand towels and 4 large Towels. Supplies: \$60. BW (AZ-CEU)

2 weeks  
9/18/2026 - 9/25/2026      Fri 9am-1pm.  
\$160.00

**CEU**

**Reiki & Beyond - Sound & Vibration****EC 731**      **Class Hours: 16**      **Credits: 0.5**

In this one weekend only class learn to expand your Reiki practice utilizing vibrational therapy methods including sound movement crystals color and aromatherapy. Students 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  
 7/18/2026 - 7/19/2026      Sa/Su 9am-6pm  
 11/7/2026 - 11/8/2026      Sa/Su 9am-6pm  
 \$320.00

**Reiki - Angels Guides and Masters****EC 741**      **Class Hours: 8**      **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  
 11/15/2026 - 11/15/2026      Su 9am-6pm  
 \$160.00

**Reiki Clinic****EC 798**      **Class Hours: 8**      **Credits: 0.25**

Reiki students will provide multiple client sessions throughout the day utilizing intake and feedback forms. The business aspects of Reiki will also be discussed in class. Students should come to class prepared with sheets and a blanket. BW - Pre-Req: EC 711 or EC 775 or EC 812.

1 day  
 6/13/2026 - 6/13/2026      Sa 9am-6pm  
 6/14/2026 - 6/14/2026      Su 9am-6pm  
 12/5/2026 - 12/5/2026      Sa 9am-6pm  
 12/6/2026 - 12/6/2026      Su 9am-6pm  
 \$160.00

**Reiki for Prosperity****EC 791**      **Class Hours: 8**      **Credits: 0.25**

Reiki is the science of energy. Money and abundance are 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 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  
 11/22/2026 - 11/22/2026      Su 9am-6pm  
 \$160.00

**Reiki I - Traditional****EC 700**      **Class Hours: 16**      **Credits: 0.5**

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 and fulfill your spiritual purpose. BW (CEU-NCBTMB) NOTE: \$50 FEE for AUN

1 weekend  
 9/26/2026 - 9/27/2026      Sa/Su 9am-6pm  
 1/9/2027 - 1/10/2027      Sa/Su 9am-6pm  
 \$320.00

**Reiki II - Traditional****EC 711**      **Class Hours: 16**      **Credits: 0.5**

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  
 6/6/2026 - 6/7/2026      Sa/Su 9am-6pm  
 10/17/2026 - 10/18/2026      Sa/Su 9am-6pm  
 \$320.00

**Reiki III - Advanced****EC 720**      **Class Hours: 8**      **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. An 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  
 7/11/2026 - 7/11/2026      Sa 9am-6pm  
 11/7/2026 - 11/7/2026      Sa 9am-6pm  
 \$160.00

**Reiki Master/Teacher Initiation****EC 766**      **Class Hours: 20**      **Credits: 0.5**

Become a Reiki Master Teacher fully initiated with all the Master Symbols qualified and competent to teach Reiki to others. Students 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  
 6/26/2026 - 6/28/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 12/18/2026 - 12/20/2026      F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**Reiki Symbolism & Geometric Grid****EC 750**      **Class Hours: 16**      **Credits: 0.5**

Symbols can be a key to accessing the hidden wisdom of the universe. A means of releasing sources of energy from the unconscious symbols facilitate the connection between the self and higher universal consciousness. This advanced course provides information for taking Reiki to its highest level of practice as well as preparing one for teaching. Students are encouraged to bring 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  
 12/12/2026 - 12/13/2026      Sa/Su 9am-6pm  
 \$320.00

**Removing the Armor****TE 590**      **Class Hours: 12**      **Credits: 0.25**

Learn a basic protocol for clients who are very tight and tied-up seemingly impossible to release. Discover important triggers to be used to release tight muscles. Understand the power and importance breathing has in releasing armor. Learn a facilitated dialogue. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

1 weekend  
 9/26/2026 - 9/27/2026      Sa/Su 9am-4pm  
 \$240.00

**CEU****Resiliency and Self-Care for Massage Therapists****BC 441**      **Class Hours: 7**      **Credits: 0.5**

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  
 6/8/2026 - 6/15/2026      M 6pm-9:30pm  
 8/10/2026 - 8/17/2026      M 9am-12:30pm  
 8/31/2026 - 9/14/2026      M 6pm-9:30pm  
 10/28/2026 - 11/4/2026      W 9am-12:30pm  
 11/16/2026 - 11/30/2026      M 6pm-9:30pm  
 2/3/2027 - 2/10/2027      W 9am-12:30pm  
 \$140.00

**Rock & Unlock****TE 600**      **Class Hours: 12**      **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)

1 Weekend  
 8/15/2026 - 8/16/2026      Sa/Su 9am-4pm  
 9/21/2026 - 10/5/2026      M 6pm-10pm  
 10/21/2026 - 11/4/2026      W 9am-1pm  
 \$240.00

**CEU**

### Rotator Cuff/Shoulder Joint

**TE 225** **Class Hours: 8** **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)

1 day  
7/11/2026 - 7/11/2026 Sa 9am-6pm  
8/13/2026 - 8/20/2026 Th 9am-1pm  
12/5/2026 - 12/5/2026 Sa 9am-6pm

CEU



### Scar Tissue Massage

**TE 142** **Class Hours: 8** **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 PREREQ: SWEDISH OR LICENSED. Supply fee: \$20.00

(CEU-NCBTMB)

1 day  
7/26/2026 - 7/26/2026 Sa 9am-6pm  
12/6/2026 - 12/6/2026 Su 9am-6pm

CEU

### Script Writing ONLINE

**HY 425-OL** **Class Hours: 30** **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. PREREQ: HY 305-OL

8/24/2026 - 12/20/2026  
1/25/2027 - 2/28/2027  
\$600.00

Online

### Serving through Ceremony ONLINE

**SP 525-OL** **Class Hours: 30** **Credits: 1.5**

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) PREREQ: SP 162-OL

6/8/2026 - 7/19/2026  
8/24/2026 - 9/27/2026  
11/2/2026 - 12/13/2026  
1/25/2027 - 2/28/2027  
\$600.00

Online

### Shamanic Pathways

**EC 778** **Class Hours: 40** **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  
1/15/2027 - 1/31/2027 F 6pm-10 pm Sa/Su 9am-6pm  
\$800.00

### Shamanic Reiki I & II

**EC 775** **Class Hours: 20** **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  
9/11/2026 - 9/13/2026 F 6pm-10 pm Sa/Su 9am-6pm  
2/26/2027 - 2/28/2027 F 6pm-10 pm Sa/Su 9am-6pm  
9/10/2027 - 9/12/2027 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### Shamanic Reiki III & Beyond

**EC 776** **Class Hours: 20** **Credits: 0.5**

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 Blessings. 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  
10/9/2026 - 10/11/2026 F 6pm-10 pm Sa/Su 9am-6pm  
3/12/2027 - 3/14/2027 F 6pm-10 pm Sa/Su 9am-6pm  
10/8/2027 - 10/10/2027 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### Shamanic Reiki Master Teacher

**EC 789** **Class Hours: 40** **Credits: 1.75**

There often comes a time when your healing process invites you to step into the Seat of a Leader or Teacher. Shamanic Reiki Master Teacher is one way of preparing yourself for that divine calling! This 32-hour intensive helps ensure you will be able to hold and deliver all elements of a Shamanic Reiki Training through the master level. This class includes a deep focus on understanding how to hold ceremony build and hold a class container lead journey work attune Reiki symbols teach a reiki protocol teach a holistic view of reiki history differentiate between different reiki teaching styles and hold them with equanimity and teach all the basic elements of walking a Shamanic Path. These include working with guides understanding the axis mundi and directions building your own personal wheel understanding mission and give away and learning from the land upon which each student walks. This is a two weekend class on Saturday and Sunday. Students will need to secure two clients for the clinical portion of the class. Students will be required to participate in one Shamanic Reiki Share at Gifts and Graces and sit in at least one teacher container for EC 775 EC 776 EC 777 or EC 778 before or after this class to receive the full certificate. PREREQ EC 775 EC 776 EC 777 and EC 778.

2 Weekends  
6/26/2026 - 7/12/2026 F 6pm-10 pm Sa/Su 9am-6pm  
\$800.00

### Shamanic Wheel of Life

**EC 777** **Class Hours: 20** **Credits: 0.5**

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: \$25

1 Weekend  
6/12/2026 - 6/14/2026 F 6pm-10 pm Sa/Su 9am-6pm  
11/13/2026 - 11/15/2026 F 6pm-10 pm Sa/Su 9am-6pm  
11/12/2027 - 11/14/2027 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00



**SOAP Notes**

**BC 110** **Class Hours: 6** **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 health-care professionals or insurance personnel and gives a much better and more professional service to their clients. (CEU-NCBTMB)  
 2 weeks  
 6/17/2026 - 6/24/2026 W 6pm-9pm  
 7/29/2026 - 8/5/2026 W 9am-12pm  
 9/2/2026 - 9/9/2026 W 6pm-9pm  
 10/19/2026 - 10/26/2026 M 9am-12pm  
 12/2/2026 - 12/9/2026 W 6pm-9pm  
 1/25/2027 - 2/1/2027 M 9am-12pm  
 \$120.00

**CEU**

**Somatic Psychology: The Neuroscience of Regulation & Trauma**  
**TC 630** **Class Hours: 30** **Credits: 2**

Whether you or your client has experienced a little "I" 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  
 5/27/2026 - 7/22/2026 W 6pm-9:45pm  
 10/7/2026 - 12/2/2026 Wed 6-9:45pm  
 \$600.00

**Somatic Psychology: The Neuroscience of Regulation & Trauma ONLINE**  
**TC 630-OL** **Class Hours: 30** **Credits: 1.75**

Whether you or your client has experienced a little "I" 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: \$26  
 6/8/2026 - 7/19/2026  
 8/24/2026 - 9/27/2026  
 9/28/2026 - 11/1/2026  
 11/2/2026 - 12/13/2026  
 1/25/2027 - 2/28/2027  
 3/1/2027 - 4/11/2027  
 4/12/2027 - 5/16/2027  
 \$600.00

*Online*

**Somatic Psychology: The Subtle Body ONLINE**  
**TC 640-OL** **Class Hours: 30** **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  
 6/8/2026 - 7/19/2026  
 7/20/2026 - 8/23/2026  
 11/2/2026 - 12/13/2026  
 12/14/2026 - 1/24/2027  
 4/12/2027 - 5/16/2027  
 \$600.00

*Online*

**Somatic Psychology: Trauma Informed Communication**  
**TC 635** **Class Hours: 30** **Credits: 2**

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 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 nervous system regulation techniques and trauma sensitive language.  
 8 Weeks  
 7/15/2026 - 9/2/2026 Wed 6-9:45pm  
 3/17/2027 - 5/5/2027 Wed 6-9:45pm  
 \$600.00

**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)  
 7/20/2026 - 8/23/2026  
 9/28/2026 - 11/1/2026  
 12/14/2026 - 1/24/2027  
 3/1/2027 - 4/11/2027  
 \$600.00

**CEU**

**Sound Therapy for Bodyworkers & Practitioners: Bowls on Body**  
**EC 134** **Class Hours: 20** **Credits: 0.75**

Himalayan Singing Bowls promote deep relaxation 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 on and off the body according to the Himalayan and Vedic Chakra systems. The use of multiple Himalayan Singing Bowls will also be introduced. While practicing the healing protocols students will learn to deepen their connection with clients through observation and communication develop their intuition and honor their creativity. Text: \$16  
 1 weekend  
 8/7/2026 - 8/9/2026 F 6pm-10pm Sa/Su 9am-6pm  
 2/26/2027 - 2/28/2027 F 6pm-10pm Sa/Su 9am-6pm  
 \$400.00

**SpaLomi Massage**  
**EC 146** **Class Hours: 24** **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  
 1 weekend  
 6/26/2026 - 6/28/2026 Fri-Su 9am-6pm  
 11/12/2026 - 1/7/2027 Th 9am-1pm  
 \$480.00

**CEU**

**Sports Massage - Advanced Techniques & Stretching**  
**CE 550** **Class Hours: 8** **Credits: 0.25**

This comprehensive class delves into the science behind stretching offering both theoretical knowledge and practical application for massage therapists and wellness practitioners. Students learn how to work with athletes in preventative and curative settings. Focus on learning advanced massage and stretching techniques and tools which will enable students to successfully perform a professional full-length session including the use of Proprioceptive Neuromuscular Facilitation (PNF) and Reciprocal Inhibition (RI). This course will equip you with evidence-based practices for integrating stretching into therapeutic sessions enhancing client outcomes and promoting injury prevention. Pre-Req: MT 200 SWEDISH OR LMT BW (AZ-CEU)  
 1 Day  
 9/13/2026 - 9/13/2026 Su 9am-6pm  
 \$160.00

**CEU**

**Sports Massage - Intro**  
**TE 650** **Class Hours: 8** **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  
 9/12/2026 - 9/12/2026 Sa 9am-6pm  
 1/25/2027 - 2/1/2027 M 9am-1pm  
 \$160.00

**CEU**

### Swedish Massage

**MT 200**                      **Class Hours: 40**                      **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  
7/7/2026 - 9/8/2026                      Tu 6pm-10pm  
8/25/2026 - 10/27/2026                      Tu 9am-1pm  
9/22/2026 - 12/1/2026                      Tu 6pm-10pm  
11/10/2026 - 2/2/2027                      Tu 9am-1pm  
2/16/2027 - 4/20/2027                      Tu 9am-1pm  
\$800.00

### Swedish Sedona

**TE 701**                      **Class Hours: 20**                      **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. PREREQ: MT 200 SWEDISH or LICENSED Supplies: \$21 BW (CEU-NCBTMB)  
1 weekend  
9/25/2026 - 9/27/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00



### Thai Massage - Foot Massage

**OE 640**                      **Class Hours: 20**                      **Credits: 0.5**  
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  
10/2/2026 - 10/4/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### Thai Massage - Traditional

**OE 620**                      **Class Hours: 40**                      **Credits: 1.25**  
A comprehensive full body therapy using techniques developed over 2000 years ago by the personal physician of Buddha and practiced through the centuries in the temples of Thailand. Uses slow deep pressure along energy lines coupled with yoga like stretches with the client in loose clothing on a futon. Class introduces a basic one-hour treatment with additional techniques to do up to a three hour therapy. Supply fee: \$15 (CEU-NCBTMB) BW 2 Weekends  
2 weekend  
8/28/2026 - 9/13/2026                      F 6pm-10pm Sa/Su 9am-6pm  
\$800.00

### Thai Massage - Table Thai: Adapting Ancient Healing for the Modern Table

**CE 540**                      **Class Hours: 16**                      **Credits: 0.5**  
In this class students will explore the history, theory, and benefits of Thai massage, including the concept of Sen energy lines, and learn how to perform traditional Thai massage techniques using a standard massage table instead of a floor mat. The course focuses on adapting traditional acupressure, stretching, and energy line work into a practical, ergonomic routine that benefits both the client and the practitioner. As in traditional Thai massage, this modality is taught as a clothed modality. Supply fee: \$20 (AZ-CEU) BW  
1 weekend  
10/02/2026 - 10/23/2026                      F 6pm-10pm  
\$320.00

### The Art of Spiritual Expression ONLINE

**SP 335-OL**                      **Class Hours: 20**                      **Credits: 1**  
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  
7/20/2026 - 8/23/2026  
9/28/2026 - 11/1/2026  
12/14/2026 - 1/24/2027  
3/1/2027 - 4/11/2027  
\$400.00

Online

### Thumbless Therapy

**EL 720**                      **Class Hours: 8**                      **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. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)  
1 day  
7/25/2026 - 7/25/2026                      Sa 9am-6pm  
12/5/2026 - 12/5/2026                      Sa 9am-6pm  
\$160.00

### TMJ Release

**TE 740**                      **Class Hours: 4**                      **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  
7/26/2026 - 7/26/2026                      Su 9a-1pm  
11/8/2026 - 11/8/2026                      Su 9am-1pm  
\$80.00

### 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 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  
8/14/2026 - 9/18/2026                      Fri 9am-1pm  
9/25/2026 - 9/27/2026                      F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### Trauma Informed Communication and Ethics for Bodyworkers

**CC 105**                      **Class Hours: 32**                      **Credits: 2**  
This class provides a framework of understanding for a client's need for physical and emotional safety and personal empowerment in a bodywork session. The focus of this class is to gain a deep understanding and implementation of neutral sensitive and non-activating engagement during a bodywork session. Using the latest research on the impact of trauma on physical emotional and mental health this class offers mindful dialogue and regulation techniques that teach the student to recognize holding patterns in the clients body. Trauma informed communication skills will assist therapists in helping clients navigate through an emotional release in a safe professional therapeutic environment while staying within their scope of practice. Reinforcing proper draping techniques is a key component of this class. Text: \$83  
8 weeks  
8/27/2026 - 10/15/2026                      Th 9am-1pm  
11/12/2026 - 1/21/2027                      Th 6-9:45pm  
\$640.00

### Trigger Point

**TE 690**                      **Class Hours: 16**                      **Credits: 0.5**  
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  
8/26/2026 - 9/16/2026                      W 9am-1pm  
11/11/2026 - 12/9/2026                      W 6pm-10pm  
\$320.00

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](http://www.swiha.edu)

**Tui Na – Technique & Bodywork**

**CE 915**                      **Class Hours: 8**                      **Credits: 0.25**  
 Learn the principles of acupuncture and soft tissue manipulation to clear unwanted accumulations regulate the energy flows and promote self-healing. Encourage the function of all vital organs and meridians to promote optimum health. Pre-Req: Licensed Massage Therapist or MT 200 Swedish. BW (AZ-CEU) 2 Weeks  
 12/11/2026 - 12/18/2026                      Fri 9am-1pm.                      **CEU**  
 \$160.00

**Urban Gardening & Sustainable Foraging ONLINE**

**PH 120-OL**                      **Class Hours: 40**                      **Credits: 2**  
 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 including patio gardening seed saving and harvesting the food that has been grown. In addition students will explore Permaculture in depth. Students will also research and forage local herbs. Text: Same as PH 110-OL PREREQ: PH 101-OL & PH 110-OL  
 4/12/2027 - 5/16/2027  
 9/6/2027 - 10/10/2027  
 \$800.00

*Online*

**Western Herbalism - Applied Ethics**

**CC 440**                      **Class Hours: 15**                      **Credits: 1**  
 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: \$22  
 4 weeks  
 1/4/2027 - 2/1/2027                      M 6pm-9:45pm  
 \$300.00

**Western Herbalism - Desert Medicine**

**WH 291**                      **Class Hours: 8**                      **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  
 2 weeks  
 2/24/2027 - 3/6/2027                      W 5:30pm-8:30pm and Sat 10am-3pm  
 \$160.00

**Western Herbalism - Flight Final Practicum**

**WH 305**                      **Class Hours: 60**                      **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.  
 8 weeks  
 9/1/2026 - 10/20/2026                      Tu/Th 5pm-9pm  
 8/26/2027 - 10/10/2027                      Tu/Th 5pm-9pm  
 \$1200.00

**Western Herbalism - Formulary Practicum**

**WH 377**                      **Class Hours: 18**                      **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.  
 2 weeks  
 8/1/2026 - 8/13/2026                      Tu/Th 5:30pm-9:30pm and Sat 10am-3pm  
 8/10/2027 - 8/19/2027                      Tu/Th 5:30pm-9:30pm and Sat 10am-3pm  
 \$360.00

**Western Herbalism - Foundations of American Herbal Studies**

**WH 100**                      **Class Hours: 30**                      **Credits: 2**  
 Course provides the basic tools of herbalism in a hands-on setting. Classes include a medicine making session and desert day field trip. Students learn herbal preparation methods gain exposure to contemporary healing herbs and acquire knowledge to make intelligent choices in selection of medicinal herbs. This overview serves as groundwork for future studies in Western Herbalism. Text: \$105 Supplies: \$60.  
 10/19/2026 - 11/16/2026                      M/W 5:30pm-8:30pm  
 \$600.00

**Western Herbalism - Herbal Bioarts Clinic Preparations**

**WH 280**                      **Class Hours: 45**                      **Credits: 3**  
 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  
 6/9/2026 - 8/6/2026                      Tu/Th 5:30pm-8:30pm  
 6/22/2027 - 8/10/2027                      Tu/Th 5:30pm-8:30pm  
 \$900.00

**Western Herbalism - Herbal Flowers**

**WH 275**                      **Class Hours: 16**                      **Credits: 1**  
 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  
 4 weeks  
 2/18/2027 - 3/11/2027                      Th 10am-2pm  
 \$320.00

**Western Herbalism - Herbal Sciences**

**SC 240**                      **Class Hours: 62**                      **Credits: 4**  
 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 Nature's tools for promoting wellness. Text: \$65  
 16 weeks  
 3/29/2027 - 7/26/2027                      M 6pm-10pm  
 \$1240.00

**Western Herbalism - Herbs for Babies & Children**

**WH 250**                      **Class Hours: 8**                      **Credits: 0.5**  
 Explore the use of herbs and natural remedies for acute and chronic conditions for babies and young children. NO PREREQ. Supplies: \$45.  
 3 weeks  
 12/4/2026 - 12/18/2026                      F 5:30pm-8:30pm  
 \$160.00

**Western Herbalism - Manufacturing & Remedy Production**

**WH 365**                      **Class Hours: 14**                      **Credits: 0.5**  
 The professional preparation of botanicals is the focus of this two part series. Lecture information and contemporary applications of historical medicine-making leads to a field trip of observation. Supplies: \$60.  
 3 weeks  
 2/3/2027 - 2/20/2027                      W 5:30pm-8:30pm and Sa 10am-3pm  
 \$280.00

**Western Herbalism - Plants and People**

**WH 276**                      **Class Hours: 10**                      **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  
 4 weeks  
 5/13/2026 - 6/3/2026                      W 5:30pm-8pm  
 3/3/2027 - 3/24/2027                      W 5:30pm-8pm  
 \$200.00

**Western Herbalism - Section A: Seed Sowing**

**WH 210**                      **Class Hours: 45**                      **Credits: 2.5**  
 History of botanical medicine ethnobotany cultivation wildcrafting taxonomy herbarium and native plant identification. PRERQ WH 100. Supplies: \$80 Text: \$255  
 7 weeks  
 1/5/2027 - 2/16/2027                      Tu/Th 5:30pm-8:30pm and some Sa  
 \$900.00

**Western Herbalism - Section B: Germination**

**WH 220**                      **Class Hours: 45**                      **Credits: 2.5**  
 Materia medica pharmacognosy pharmacy delivery systems and medicine making. PRERQ WH 210 Text: \$60 Supplies: \$80.  
 8 weeks  
 2/23/2027 - 4/8/2027                      Tu/Th 5:30pm-8:30pm and some Sat  
 \$900.00

**Western Herbalism - Section C: Growth & Evolution**

**WH 230**                      **Class Hours: 45**                      **Credits: 2.5**  
 Manufacturer's study product reviews diagnostic applications code of ethics and clinical issues. PRERQ WH 220 Text \$60 Supplies: \$80  
 7 weeks  
 5/4/2027 - 6/17/2027                      Tu/Th 5:30pm-8:30pm  
 \$900.00

### Western Herbalism - Section D: Harvest & Reap

**WH 240**                      **Class Hours: 45**                      **Credits: 2.5**

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 305 simultaneously PRERQ WH 230 Text: \$60 Supplies: \$80 13 weeks  
7/8/2026 - 10/10/2026                      W 5:30pm-8:30pm and some Sa  
5/5/2027 - 8/11/2027                      W 5:30pm-8:30pm and some Sa  
\$900.00

### Western Herbalism - The Green Man

**WH 256**                      **Class Hours: 12**                      **Credits: 0.75**

Western Herbalism applications for mens health. Supplies \$50 Text: 17 4 weeks  
1/6/2027 - 1/27/2027                      W 5:30pm-8:30pm  
\$240.00

### Western Herbalism - The Herbal Goddess

**WH 265**                      **Class Hours: 18**                      **Credits: 1**

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 PREREQ. Supplies: \$55  
11/18/2026 - 12/14/2026  
\$360.00

### Western Herbalism - Awakening Intern/Externship

**WH 360**                      **Class Hours: 49**                      **Credits: 1**

Supervised hands-on experiential herbalism in one of four arenas: cultivation, clinical, retail or independent application. Completion varies with individual projects. Instructor will clarify schedule. PRERQ WH 100. Materials fee: \$100 4 weeks  
TBD                      W 5:30pm-8:30pm  
\$240.00



### Zen Shiatsu - Meridian Therapy

**MT 615**                      **Class Hours: 16**                      **Credits: 0.5**

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. BW (CEU-NCBTMB)  
1 weekend  
10/17/2026 - 10/18/2026                      Sa/Su 9am-6pm                      **CEU**  
\$320.00

### Zen Shiatsu – Balancing: 5 Element TCM Theory

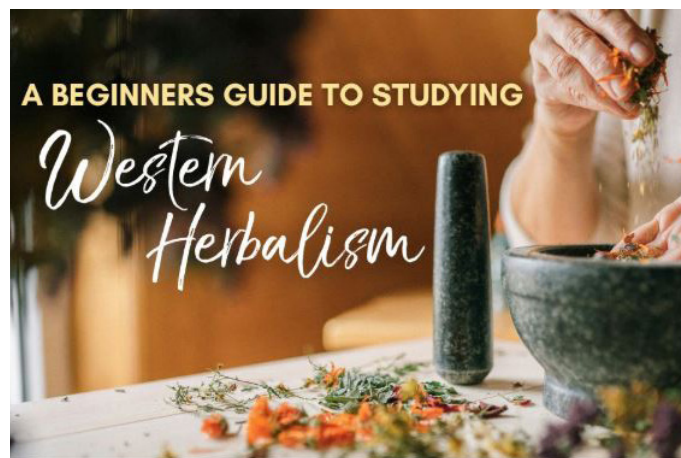
**MT 620**                      **Class Hours: 16**                      **Credits: 0.5**

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 to gain more tools for their sessions. The students will work the meridians using hand techniques and stretching to bring balance in the body. BW (CEU-NCBTMB)  
1 weekend  
11/14/2026 - 11/15/2026                      Sa/Su 9am-6pm                      **CEU**  
\$320.00

### Zen Shiatsu – Simple Full Body Form

**MT 610**                      **Class Hours: 16**                      **Credits: 0.5**

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. BW (CEU-NCBTMB)  
1 weekend  
8/22/2026 - 8/23/2026                      Sa/Su 9am-6pm                      **CEU**  
\$320.00



## Nature's Medicine: A Beginner's Guide to Studying Western Herbalism

*Have you ever stood in a garden and felt the calming power of lavender, the gentle energy of chamomile, or the invigorating scent of peppermint? These aren't just pleasant experiences—they're introductions to the ancient and powerful practice of Western Herbalism, a path of healing that begins with the natural world around us.*

*At its heart, Western Herbalism is the art and science of working with medicinal plants native to Europe and North America to support health and wellness. It's a journey back to our roots—quite literally—and it's more relevant today than ever before. With modern lifestyles often disconnected from nature, studying herbalism reconnects us to the earth, to holistic wellness, and to traditions that have supported human health for centuries.*

### What is Western Herbalism?

Western Herbalism draws from folk traditions, empirical knowledge, and modern science. It emphasizes the healing properties of plants like echinacea, dandelion, elderberry, yarrow, and countless others that grow all around us—sometimes even in our own backyards. Unlike synthetic pharmaceuticals that often isolate compounds, herbalism honors the synergy of the whole plant, supporting the body's natural healing processes in a more gentle and sustainable way.

*Herbalists are part gardener, part healer, part scientist, and part historian. They learn to recognize plant allies, prepare tinctures and teas, and match herbs to the energetic patterns of the body. They also become stewards of the earth, practicing sustainable harvesting and building deep respect for the ecosystems that give us this green medicine.*

### Why Study Herbalism Now?

*In a time when more people are seeking natural, preventative approaches to health and well-being, herbalism offers empowerment. Whether you're a wellness enthusiast, a holistic practitioner, or someone simply curious about nature's remedies, herbalism provides tools for self-care and community care.*

### Studying herbalism helps you:

- Understand your own body and how to support it through seasonal and life changes*
- Create custom herbal preparations for yourself and loved ones*
- Cultivate a relationship with plants and the natural world*
- Integrate plant medicine into holistic careers like massage therapy, life coaching, aromatherapy, and wellness education*

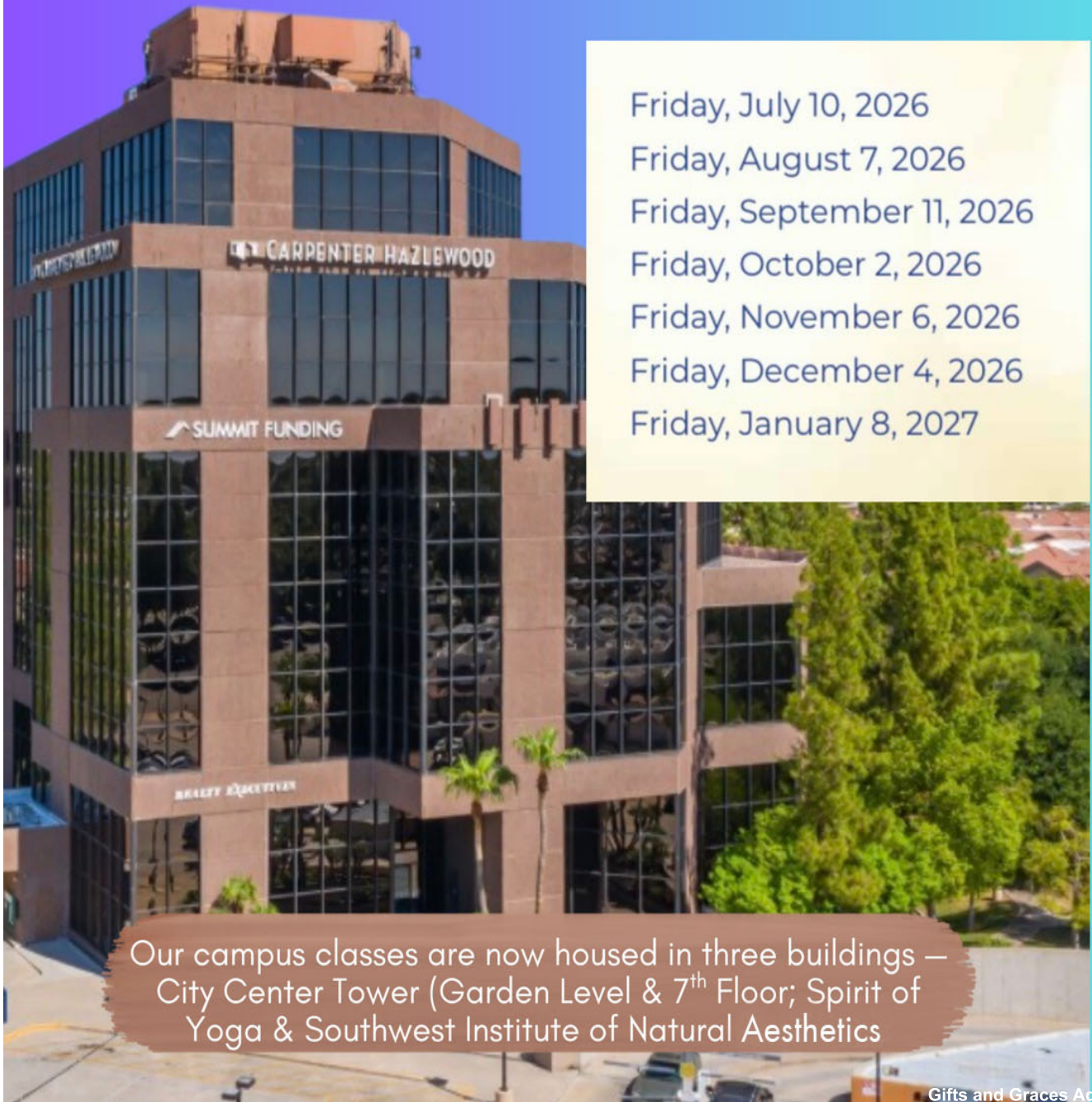
Are you being 'called' to serve?  
Call to speak to one of our Admissions Coaches  
480-994-9244 or visit us at [www.swiha.edu](http://www.swiha.edu)

# Moving on up! Come visit us!



We have been hosting our monthly GIFTS & GRACE presentations on the first Friday of each month for over 30 years. Although we've changed locations over the years, our mission and commitment to the community remain steadfast.

Join us at our new venue: the seventh floor of City Center Towers, located at 1400 E. Southern Ave, Tempe, AZ. Each month features a dynamic speaker who focuses on self-discovery and healing, followed by complimentary offerings from student graduates and local vendors.



- Friday, July 10, 2026
- Friday, August 7, 2026
- Friday, September 11, 2026
- Friday, October 2, 2026
- Friday, November 6, 2026
- Friday, December 4, 2026
- Friday, January 8, 2027

Our campus classes are now housed in three buildings – City Center Tower (Garden Level & 7<sup>th</sup> Floor; Spirit of Yoga & Southwest Institute of Natural Aesthetics

# CLASSES AT A GLANCE

2026

## June

08	BC 441	E	7	Resiliency and Self-Care for Massage Therapists
09	WH 280	E	45	Western Herb - Herbal Bioarts Clinic Preparations
10	BC 301	E	8	Ethics for Massage Therapists
12	AR 106	W	20	Aromatherapy for the Spirit
	EC 777	W	20	Shamanic Wheel of Life
	RF 201	W	20	Reflexology - A Western Approach for Bodyworkers
13	EC 798	W	8	Reiki Clinic
	PC 942	W	16	Polarity-Dr. Stones Energy Exercises & Mystic Philo.
14	EC 798	W	8	Reiki Clinic
17	BC 110	E	6	SOAP Notes
22	YO 113	S	60	Yoga Module III - UNITY Yoga Deepening the Path
25	HC 302	E	30	HWC - Advanced Wellness Coaching 2
	LC 131	E	40	Life Coaching – Heart Centered Approach Part II
26	EC 766	W	20	Reiki Master/Teacher Initiation
	EC 789	W	40	Shamanic Reiki Master Teacher
	YO 702	W	20	Yoga - Integral Breath Therapy II
27	RF 575	W	4	Reflexology - Hand for Bodyworkers
28	RF 218	W	8	East Indian Head Acupressure

## July

06	MT 115	E	60	Anatomy
	MT 151	E	36	Kinesiology - Anatomical Applications
07	BC 304	E	20	Business Practices for Massage Therapists
	MT 200	E	40	Swedish Massage
	TE 402	E	16	Medical Massage for Cancer Survivors
08	BC 301	M	8	Ethics for Massage Therapists
	WH 240	E	45	Western Herbalism - Section D: Harvest & Reap
	YO 113	E	60	Yoga Module III - UNITY Yoga Deepening the Path
10	MT 605	W	20	Neuro Touch - Neuromuscular Re-education Techniq.
	RF 203	M	20	Reflex - Emotional Balance & Being for Bodyworkers
11	AR 109	W	4	Aromatherapy - Ginger Compress
	AR 300	W	4	Aromatherapy - Toning & Detox
	EC 720	W	8	Reiki III - Advanced
	MT 810	W	16	Integrated Structural Bodywk -Low Back, Pelvis Legs
12	AR 125	W	8	Aromatherapy - Essential Oil Hydrating Wrap
13	BC 304	M	20	Business Practices for Massage Therapists
15	TC 635	E	30	Somatic Psychology: Trauma Informed Comm.
16	PC 100	M	20	Polarity - Basic I
	TE 402	M	16	Medical Massage for Cancer Survivors
17	AR 110	E	8	Aromatherapy - Pharmacology
	YO 132	W	20	Yoga-Intro to Sacred Sound, Meditation, Bowls, Gong
18	AR 101	W	32	Aromatherapy-Advanced
21	TE 364	M	16	Massage Sideline w/Deep Listening
	YO 537	E	20	Yoga - Yogic Bodywork
22	TE 146	M	8	Breast Health - Intro
24	PC 850	W	20	Cranial Unwinding I
25	AR 425	W	16	Aromatherapy - Massage with Oils
	EL 720	W	8	Thumbless Therapy
	TE 364	W	16	Massage Sideline w/Deep Listening
26	TE 142	W	8	Scar Tissue Massage
	TE 740	W	4	TMJ Release
27	TC 150	E	24	Building Resiliency & Stress Management
29	BC 110	M	6	SOAP Notes
	TC 120	E	24	Coaching the Hero Within
31	EL 220	E	4	Face-Lift Acupressure

## August

01	EC 106	W	16	Energetic Acupressure - Intro
	PC 200	W	30	Polarity APP/Cranial - Practicum
	WH 377	M	18	Western Herbalism - Formulary Practicum
02	MT 604	W	8	Lymphatic Massage - Advanced
03	BC 540	E	40	Business Development & Entrepreneurial Support
07	EC 134	W	20	Sound Therapy for Bodywks/Practnrs: Bowls on Body
	HY 316	W	20	Hypnotherapy - Fears, Phobias & Addictions
	PC 100	W	20	Polarity - Basic I
	PC 998	W	24	Polarity - Spinal Balancing
08	MT 820	W	16	Integrated Structural Bodywk-Torso, Shoulders, Arms
10	BC 301	E	8	Ethics for Massage Therapists
	BC 441	M	7	Resiliency and Self-Care for Massage Therapists
	YO 111	S	60	Yoga Module I - UNITY Yoga Foundations
11	TE 402	E	16	Medical Massage for Cancer Survivors
12	TE 220	W	24	Deep Tissue Sculpting
	TE 320	M	8	Lower Back Pain Release
13	PC 987	W	32	Polarity - 5 & 6 Point Star

	TE 225	M	8	Rotator Cuff/Shoulder Joint
15	TE 600	W	12	Rock & Unlock
18	BC 304	E	20	Business Practices for Massage Therapists
21	TE 662	W	20	Hydrotherapy for Injury Management
	YO 401	W	20	Yoga - Nidra I
22	AR 222	W	12	Aromatherapy for Holistic Wellness
	MT 610	W	16	Zen Shiatsu – Simple Full Body Form
	MT 830	W	16	Integrated Structural Bodywk - Cranium, Neck, Jaw
24	MT 115	M	60	Anatomy
	TE 302	M	16	Elder Touch - Medical
25	MT 200	M	40	Swedish Massage
	SC 415	M	40	Pathology - BW
	YO 455	E	30	Yoga - Business of Yoga
26	TE 690	M	16	Trigger Point
27	CC 105	M	32	Trauma Informed Comm & Ethics for Bodyworkers
	PC 850	M	20	Cranial Unwinding I
28	OE 620	W	40	Thai Massage - Traditional
29	CB 410	W	12	Baby Touch
	HY 354	W	30	Hypnotherapy - Past Life Regression
31	BC 441	E	7	Resiliency and Self-Care for Massage Therapists
	TE 146	E	8	Breast Health - Intro

## September

01	WH 305	E	60	Western Herbalism - Flight Final Practicum
02	BC 110	E	6	SOAP Notes
08	HY 478	E	30	Hypnotherapy - Dreams & Metaphors
09	BC 543	E	20	Business in Action
	CC 131	E	32	Psychology of Addiction - Understanding the Shadow
10	MI 500	E	30	Mindful Based Stress Recalibration & Retraining
11	EC 775	W	20	Shamanic Reiki I & II
	IG 111	W	12	Introduction to Intuitive Guidance
	PC 110	W	24	Polarity - Trance Counseling
	PC 700	W	20	Polarity - Reflexology for Bodyworkers
	YO 403	W	20	Yoga - Nidra III
12	TE 650	W	8	Sports Massage - Intro
13	CE 550	W	8	Sports Massage - Advanced Techniques & Stretching
14	BC 530	E	15	I Intro Holistic Entrepreneurship & Self-Empowerment
15	YO 111	E	60	Yoga Module I - UNITY Yoga Foundations
17	YO 112	S	60	Yoga Module II - UNITY Yoga Teaching Foundations
18	AR 100	W	20	Aromatherapy - Intro
	CE 910	M	8	Reflexology - Sole Points
	HC 101	W	20	HWC - Foundations of Wellness Coaching
	LC 111	W	20	Introduction to Life Coaching
	PC 880	W	24	Cranial Unwinding IV
	TE 121	W	20	Myotherapy - Mastery
	YO 404	W	20	Yoga - Nidra IV
21	MT 115	E	60	Anatomy
	TE 600	E	12	Rock & Unlock
22	MT 200	E	40	Swedish Massage
	SC 415	E	40	Pathology - BW
23	TE 260	M	16	Fibromyalgia Therapy
	TE 302	E	16	Elder Touch - Medical
24	HC 201	E	40	HWC - Professional Wellness Coaching & Ethics
	LC 121	E	40	Life Coaching – Heart Centered Approach Part I
25	EL 146	M	20	Auriculotherapy
	RF 151	W	20	Toe Reading I-Reflex Assessment & Intro to Dialogue
	TE 701	W	20	Swedish Sedona
26	MT 540	W	5	Comprehensive CPR
	PC 400	W	32	Polarity - Communications, Resonance & Relations I
	TE 590	W	12	Removing the Armor
28	TE 160	M	8	Carpal Tunnel/Thoracic Outlet Release

## October

01	PC 100	M	20	Polarity - Basic I
02	CE 540	E	16	Thai Mas: Adapting Ancient Healing for Modern Table
	IG 211	W	24	Angels and Guides
	OE 640	W	20	Thai Massage - Foot Massage
	YO 405	W	20	Yoga Nidra V – Advanced Techniques Part I
03	AR 132	W	16	Flower Essences
	HY 101	W	20	Hypnotherapy - Foundations Level I
	MT 301	W	8	Corporate Chair
06	DD 101	E	30	Death, Dying & Afterlife
	HN 600	E	40	Applied Holistic Nutrition & Whole Foods Culinary I
07	TC 630	E	30	Somatic Psych: Neuroscience Regulation & Trauma
09	EC 776	W	20	Shamanic Reiki III & Beyond
	RF 201	W	20	Reflexology - A Western Approach for Bodyworkers
	YO 406	W	20	Yoga Nidra VI – Advanced Techniques Part II

# CLASSES AT A GLANCE

## October

- 16 EV 520 W 0 Hypnotherapy - Subconscious Intervention
- MT 605 W 20 Neuro Touch - Neuromuscular Re-education Techniq.
- 17 CB 400 W 8 Mother Touch
- CB 420 W 12 Baby Craniosacral Therapy
- EC 711 W 16 Reiki II - Traditional
- MT 615 W 16 Zen Shiatsu - Meridian Therapy
- PC 855 W 16 Cranial Anatomy - Listening Skills
- 18 CE 900 W 6 Draping, Positioning, & Bolstering Techniques
- 19 BC 110 M 6 SOAP Notes
- TE 260 E 16 Fibromyalgia Therapy
- WH 100 E 30 Western Herb – Found. of American Herbal Studies
- 20 YO 453 E 20 Yoga - Foundations of Ayurveda
- 21 BC 542 E 45 Applied Entrepreneurship
- TE 600 M 12 Rock & Unlock
- 22 CC 450 E 30 Conscious Living & Urban Farming
- 23 HY 201 W 40 Hypnotherapy - Foundations Level II
- PC 150 W 48 Polarity - Basic II (Ayurvedic Elements)
- PC 850 W 20 Cranial Unwinding I
- RF 202 W 20 Reflexology - Assessment Skills for Bodyworkers
- YO 409 W 20 Yoga - Yoga Nidra Practicum
- 24 TE 380 W 8 Neck Release
- 25 MT 800 W 5 Advanced Neck Release
- TE 160 W 8 Carpal Tunnel/Thoracic Outlet Release
- BC 301 M 8 Ethics for Massage Therapists
- YO 113 S 60 Yoga Module III - UNITY Yoga Deepening the Path
- 28 BC 441 M 7 Resiliency and Self-Care for Massage Therapists
- 29 HC 302 E 30 HWC - Advanced Wellness Coaching 2
- LC 131 E 40 Life Coaching – Heart Centered Approach Part II
- TE 380 M 8 Neck Release
- 30 PC 860 W 24 Cranial Unwinding II
- RF 201 M 20 Reflexology - A Western Approach for Bodyworkers
- YO 421 W 20 Yoga - Body Psychology I
- 31 AR 109 W 4 Aromatherapy - Ginger Compress
- AR 300 W 4 Aromatherapy - Toning & Detox
- EL 600 W 4 Canine Massage
- HY 600 W 10 Hypnotherapy - Certification Prep
- RF 575 W 4 Reflexology - Hand for Bodyworkers

## November

- 01 RF 218 W 8 East Indian Head Acupressure
- 04 TC 610 E 20 Heart Centered Leadership
- 05 MI 520 E 20 Mindful Movement & Self Expression
- 06 PC 100 W 20 Polarity - Basic I
- PC 700 W 20 Polarity - Reflexology for Bodyworkers
- 07 AR 120 W 8 Aromatherapy - Therapeutic Touch
- EC 720 W 8 Reiki III - Advanced
- EC 731 W 16 Reiki & Beyond - Sound & Vibration
- TE 364 W 16 Massage Sideline w/Deep Listening
- 08 CE 905 W 8 Hydrotherapy: Hot Stone Focus
- TE 740 W 4 TMJ Release
- 09 BC 540 E 40 Business Development & Entrepreneurial Support
- MT 115 M 60 Anatomy
- MT 500 M 60 Physiology
- 10 MT 200 M 40 Swedish Massage
- MT 400 M 40 Myotherapy - 7 Step Release System
- 11 TE 690 E 16 Trigger Point
- 12 CC 105 E 32 Trauma Informed Comm & Ethics for Bodyworkers
- EC 146 M 24 SpaLomi Massage
- PC 850 M 20 Cranial Unwinding I
- YO 112 E 60 Yoga Module II - UNITY Yoga Teaching Foundations
- 13 EC 777 W 20 Shamanic Wheel of Life
- IG 311 W 24 Intuitive Guidance – Practical Applications
- YO 422 W 20 Yoga - Body Psychology II
- 14 CE 500 W 6 Intro to Cupping
- MT 620 W 16 Zen Shiatsu – Balancing: 5 Element TCM Theory
- 15 CB 401 W 8 Mother Touch - Advanced
- EC 741 W 8 Reiki - Angels, Guides, and Masters
- 16 BC 441 E 7 Resiliency and Self-Care for Massage Therapists
- 18 WH 265 E 18 Western Herbalism - The Herbal Goddess
- 20 HY 301 W 40 Hypnotherapy - Foundations Level III Clinic
- RF 203 W 20 Reflex - Emotional Balance & Being for Bodyworkers
- YO 423 W 20 Yoga - Body Psychology III
- 21 OE 320 W 4 Hand & Wrist Health Maintenance
- 22 EC 791 W 8 Reiki for Prosperity
- TE 320 W 8 Lower Back Pain Release

## December

- 01 YO 456 E 20 Yoga - Therapeutic Postures I (YIN)
- 02 BC 110 E 6 SOAP Notes
- 04 EL 220 E 4 Face-Lift Acupressure
- WH 250 E 8 Western Herbalism - Herbs for Babies & Children
- YO 424 W 20 Yoga - Body Psychology IV
- 05 EC 106 W 16 Energetic Acupressure - Intro
- EC 798 W 8 Reiki Clinic
- EL 720 W 8 Thumbless Therapy
- TE 225 W 8 Rotator Cuff/Shoulder Joint
- 06 EC 798 W 8 Reiki Clinic
- TE 142 W 8 Scar Tissue Massage
- 07 TC 120 E 24 Coaching the Hero Within
- 09 TC 150 E 24 Building Resiliency & Stress Management
- 10 YO 451 E 30 Yoga - Applied Yoga Anatomy
- 11 CE 915 M 8 Tui Na – Technique & Bodywork
- IG 401 W 20 Business of Intuitive Guidance
- YO 425 W 20 Yoga - Body Psychology V
- 12 EC 750 W 16 Reiki Symbolism & Geometric Grid
- TE 340 W 16 Lymphatic Massage
- 14 YO 463 S 50 Advanced Yoga Therapy Supervised Practicum
- 18 EC 766 W 20 Reiki Master/Teacher Initiation
- EL 146 W 20 Auriculotherapy
- EV 450 W 0 Hypnotherapy - Spirit Releasement

## 2027

## January

- 04 CC 440 E 15 Western Herbalism - Applied Ethics
- MT 500 E 60 Physiology
- 05 DD 201 E 30 Life Review & Processing Grief
- MT 400 E 40 Myotherapy - 7 Step Release System
- WH 210 E 45 Western Herbalism - Section A: Seed Sowing
- 06 WH 256 E 12 Western Herbalism - The Green Man
- 07 MI 510 E 30 Mindful Meditation Techniques
- 08 AR 100 W 20 Aromatherapy - Intro
- 09 EC 700 W 16 Reiki I - Traditional
- 11 BC 530 E 15 Intro Holistic Entrepreneurship & Self-Empowerment
- 14 TE 340 M 16 Lymphatic Massage
- 15 EC 778 W 40 Shamanic Pathways
- HC 101 W 20 HWC - Foundations of Wellness Coaching
- LC 111 W 20 Introduction to Life Coaching
- 16 AR 120 W 8 Aromatherapy - Therapeutic Touch
- 17 AR 115 W 8 Aromatherapy-Foot Chakra Reflex for Bodyworkers
- 19 YO 477 E 30 Yoga - Therapeutic Postures II (RESTORATIVE)
- 21 HC 201 E 40 HWC - Professional Wellness Coaching & Ethics
- LC 121 E 40 Life Coaching – Heart Centered Approach Part I
- 22 YO 132 W 20 Yoga-Intro to Sacred Sound, Meditation, Bowls, Gong
- 23 AR 125 W 8 Aromatherapy - Essential Oil Hydrating Wrap
- 25 BC 110 M 6 SOAP Notes
- TE 650 M 8 Sports Massage – Intro
- 27 YO 111 S 60 Yoga Module I - UNITY Yoga Foundations

## February

- 02 YO 113 E 60 Yoga Module III - UNITY Yoga Deepening the Path
- 03 BC 441 M 7 Resiliency and Self-Care for Massage Therapists
- BC 543 E 20 Business in Action
- WH 365 E 14 Western Herb - Manufacturing & Remedy Production
- 05 YO 506 W 40 Yoga - Transformational Yoga Coaching
- 09 MT 540 M 5 Comprehensive CPR
- 15 CC 131 E 32 Psychology of Addiction - Understanding the Shadow
- MT 115 M 60 Anatomy
- YO 462 E 20 Putting It All Together & Yoga Therapy Assessment
- 16 MT 200 M 40 Swedish Massage
- 17 BC 542 E 45 Applied Entrepreneurship
- 18 WH 275 M 16 Western Herbalism - Herbal Flowers
- YO 454 E 30 Physiology & Health Conditions for Yoga Therapists
- YO 441 E 30 Yoga - Advanced Sequencing
- 20 YO 529 W 12 Yoga - Sacred Chant: Mantra, Mudra & Pranayama
- 23 WH 220 E 45 Western Herbalism - Section B: Germination
- 24 WH 291 E 8 Western Herbalism - Desert Medicine
- 25 HC 302 E 30 HWC - Advanced Wellness Coaching 2
- LC 131 E 40 Life Coaching – Heart Centered Approach Part II
- 26 EC 134 W 20 Sound Therapy for Bodywks/Practnr: Bowls on Body
- EC 775 W 20 Shamanic Reiki I & II

# 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
<b>DIPLOMA PROGRAMS</b>									
Holistic Health and Wellness Coach- ONLINE	755	44.30	\$75	\$377-678	\$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	\$193-352	\$0	\$20,000	219.5
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	\$323-381	\$0	\$15,000	\$219.50
Western Herbalism	745	37.25	\$75	\$920	\$100	\$1,188	\$0	\$14,900	none
Yoga Advanced Teacher Training	600	21.75	\$75	\$356-452	\$100	\$320-573	\$0	\$12,000	\$350-600*
Advanced Yoga Teacher & Healing Arts Practitioner	800	34.75	\$75	\$342-500	\$100	\$255-540	\$0	\$16,000	\$350-600*
Integrative Yoga Therapy	1000	39.50	\$75	\$407	\$100	\$665	\$0	\$20,000	\$350-600*
<b>PRIMARY SPECIALTY/CERTIFICATE OF EXCELLENCE *Specialties are not designed to be stand-alone vocational training</b>									
Aromatherapy	100	5.50	\$25	\$20	\$100	\$334-364	\$0	\$2,000	none
Advanced Professional Hypnotherapy- ONLINE	350	17.25	\$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	\$145	\$100	\$156	\$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	\$159	\$100	\$365	\$0	\$2,000	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	\$35	\$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	\$106	\$100	\$80	\$0	\$2,000	none
Life Coaching ONLINE	100	5.00	\$25	\$97	\$100	\$10	\$0	\$2,000	none
Medical Massage	100	4.00	\$25	\$0	\$100	\$30	\$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	\$87	\$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 Gardening & Practical Herbalism OL	100	5.00	\$25	\$42	\$100	\$0	\$0	\$2,000	none
Yoga -Body Psychology	100	4.50	\$25	\$0	\$100	\$35	\$0	\$2,000	none
Yoga Teacher Training	200	6.25	\$25	\$105	\$100	\$121	\$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
<b>DEGREE PROGRAMS - Associate of Occupational Studies in Holistic Health Care with Concentration</b>									
Professional Massage Practitioner	1150-1300	60.00	\$75	\$586-797	\$200	\$300-755	\$20-50	\$23000-26000	\$219.50
Somatic Psychology and Mindfulness	1052-1082	60.00	\$75	\$388-599	\$200	\$202-386	\$20-50	\$21040-21640	\$70*
Western Herbalism	1150-1300	60.00	\$75	\$883-1294	\$200	\$1252-1755	\$20-50	\$23000-26000	none
Yoga Therapy	1052-1082	60.00	\$75	\$484-660	\$200	\$455-737	\$20-50	\$21040-21640	\$350-600*
<b>SOUTHWEST INSTITUTE OF NATURAL AESTHETICS</b>									
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

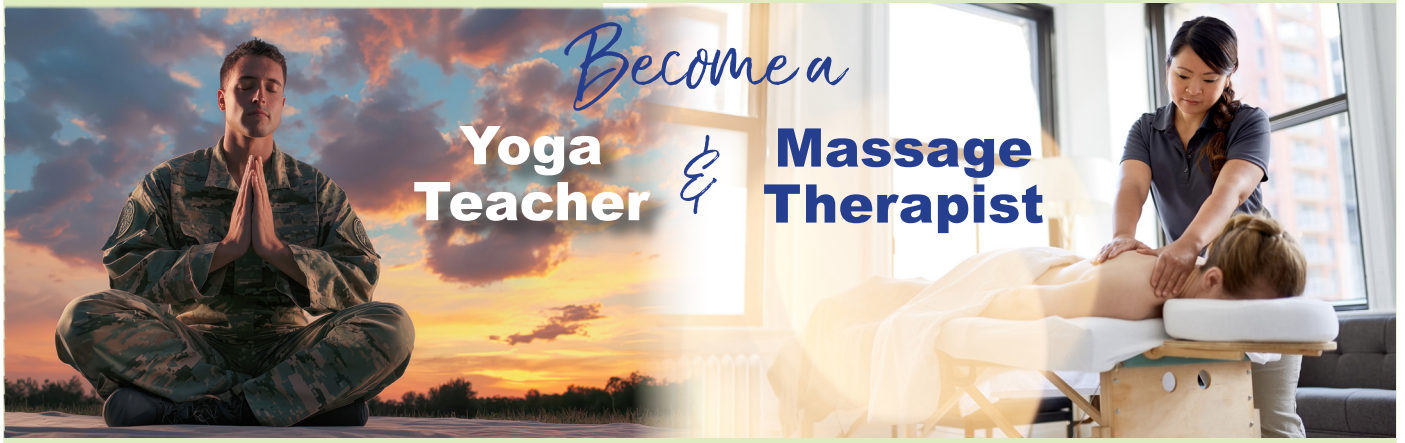
Most standard priced courses may be audited at no charge for no credit on a space available basis. Space available is defined as adequate physical space in the classroom and a student ratio which does not require the addition of an assistant solely due to auditing students. Please contact Online Student Services for online auditing options.\*\*\*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.

# VA Friendly Programs

Discover the transformative power of our 1000-Hour Professional Massage Program at the Southwest Institute of Healing Arts (SWIHA), a unique offering that includes 200 hours of Yoga Teacher Training. This comprehensive curriculum not only equips you with exceptional massage therapy skills, and also integrates the art of yoga, emphasizing trauma-informed practices that focus on recalibrating the nervous system.



## Why Choose Our Programs?

- **Dual Expertise:** Train as both a skilled massage therapist and a certified yoga teacher. This dual qualification enhances your ability to provide holistic care, addressing both physical and emotional healing.
- **Trauma-Informed Approach:** Both the massage and yoga training are grounded in trauma-informed methodologies. You'll learn how to create a safe and supportive environment for clients, helping them navigate their healing journeys.
- **Nervous System Recalibration:** Our program emphasizes techniques that support the recalibration of the nervous system, equipping you to help clients manage stress, anxiety, and trauma effectively.
- **Customized Learning Experience:** Tailor your education to your interests with a variety of specialty training options, including Sound Healing, Reiki or an elective of your choice.
- **Flexible Scheduling:** With both full-time and part-time options, you can fit your education around your busy lifestyle, ensuring you can pursue your passion without compromising other commitments. Our full-time schedule is considered veteran friendly.
- **Practical Experience:** Gain invaluable hands-on experience through internships at our successful massage clinic, where you'll refine your skills and prepare for real-world practice.

By combining the disciplines of massage therapy and yoga, you'll be uniquely positioned to offer comprehensive healing that nurtures both body and mind. Join us at SWIHA to embark on a fulfilling career that empowers you to make a profound impact on the lives of others.

*We are the school with great energy!*

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](http://www.swiha.edu)



# 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:

**8/4/26, \*\*8/31/26, 9/29/26, 12/1/26**

\*\*Mid day schedule from 8:30am-12:30pm

Night Program: **9/28/26**

## Cosmetic Laser Technician

180 Classroom Hours

(Must be Licensed prior to taking this program)

Night Program:

**8/25/26, 12/8/26**

Day Program:

**7/7/26, 10/13/26**

**Call  
480.994.9244  
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## Advanced Skincare Practitioner and Cosmetic Laser Technician

780 Classroom Hours

Day Program:

**8/4/26, \*\*8/31/26, 9/29/26, 12/1/26**

\*\*Mid day schedule from 8:30am-12:30pm

Night Program: **9/28/26**

Southwest Institute of Natural Aesthetics

A branch of Southwest Institute of Healing Arts

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