



*Class Calendar*  
Winter 2023 / Spring 2024

# A Conscious College Community for Holistic Wellness Education *Offered Online and On campus*

- Aromatherapy
- End of Life Doula
- Health and Wellness Coach
- Hypnotherapy
- Intuitive Guide / Life Coaching
- Massage Therapy
- Natural Aesthetics
- Nutrition
- Reiki
- Western Herbalism
- Yoga Teacher Training
- And so much more



**Southwest Institute of Healing Arts - 1538 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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Please Note: This Class Calendar shows the new increased Tuition Rate of \$20 per clock hour, in effect as of January 1st, 2024.

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

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**“SWIHA inspired me and pushed me to step out of my comfort zone”**  
– Sera James





# INVEST IN *Yourself*

We Are Here to Support Your Vision

1

## **Our Admissions Coaches are here to help you Do Your Dream:**

People from all over the country are drawn to Southwest Institute of Healing Arts (SWIHA) to fulfill a myriad of dreams and aspirations – what are yours? Our Admissions team can help you design a course of study to help you achieve your personal goals and dreams. Info@swiha.edu or call 480-994-9244

2

## **Financial Aid is available:**

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

3

## **Our Academic Advisors are dedicated to supporting you:**

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

## **Approvals and Licensing:**

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



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

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

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

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

## **The following are financial aid eligible programs:**

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

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



# Entrepreneurial and Career Support

SWIHA is committed to supporting you as a student and graduate

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:**

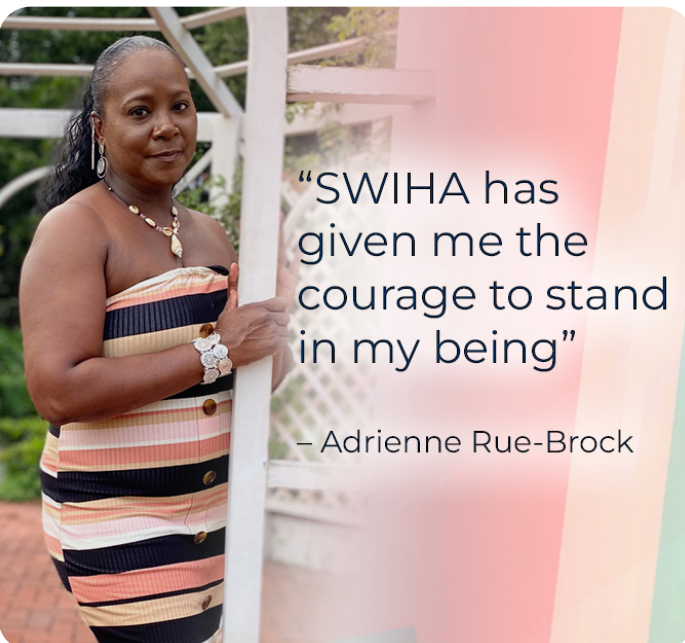
- Career/Achievement Coaching
- Licensure & Insurance Information
- Resume Development
- Interview Preparation
- Job Opportunities

## **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.

[www.GreatGraduates.com](http://www.GreatGraduates.com) – our online directory of graduates and instructors.



*Our Coaches are  
Here to Support You!*



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



*Will Zesco*  
Director of Yoga  
Student Success  
480-994-9244 ext.158



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



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



*Joel Hamilton*  
Associate Dean of  
On Campus Education  
480-994-9244 ext.193



*Alsinia Hutzler*  
Director of Career Services  
480-994-9244



*Angelica Diaz*  
Dean of Students  
480-994-9244 Ext. 169



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



# Integrative Healing Arts Practitioner

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

In this program, you will:

- Learn proven wellness tools from Psychology, Aromatherapy, Hypnotherapy, Philosophy, and Theology.
- Gain foundational knowledge in a variety of modalities and techniques, such as stress management approaches, coaching skills, and how to hold space for those going through times of loss, celebration or life changes.
- Prepare to serve as a Spiritual Coach, Intuitive Coach, Holistic Consultant, 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>

### SPIRITUAL COACH & CELEBRANT (500 HOURS)

## Option 2

### MODERN SPIRITUALITY

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>

### MINDFUL MEDITATION FACILITATOR

MM 101-OL Mindfulness: Introduction	30	2.00
MM 301-OL Mindful Meditation Techniques	30	2.00
MM 401-OL Mindful Meditation Facilitator	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>

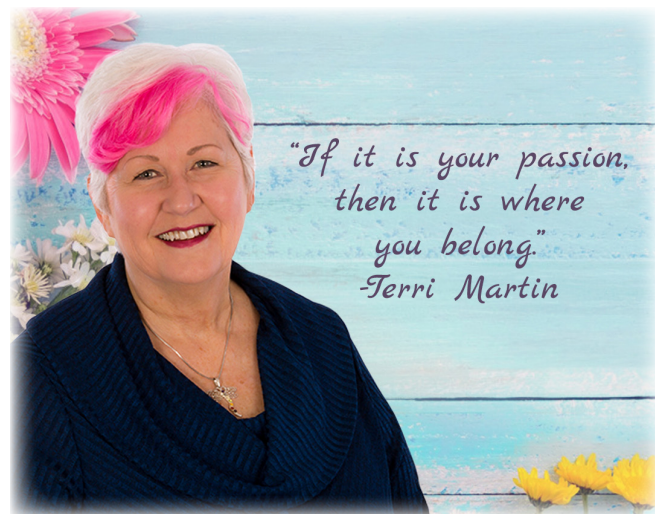
Start Dates:

2/26/24 5/13/24 7/29/24



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

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



*"If it is your passion,  
then it is where  
you belong."  
-Terri Martin*



# Holistic Health & Wellness Coaching

## with a Concentration in Holistic Nutrition

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

The core curriculum includes:

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

Choose from one of two specialties:

- Mindful Meditation Facilitator
- Whole Foods Culinary Specialist

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



### Required Classes

Code	Course	Clock Hours	Credit Hours
TP 106-OL	GRIT for Success	30	2.00
HC 220-OL	Psychology of Well-being 1	30	2.00
HC 221-OL	Psychology of Well-being 2	30	2.00
HC 222-OL	Psychology of Addictions & Disordered Eating	30	2.00
MM 101-OL	Mindfulness: Introduction and Movement	30	2.00
TP 107-OL	GRIT: Student Journey	15	1.00
	<b>Subtotal</b>	<b>165</b>	<b>11.00</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	1.25
HC 302-OL	Advanced Wellness Coaching 2	30	1.25
HC 401-OL	NBHWC Exam Prep	20	1.25
	<b>Subtotal</b>	<b>200</b>	<b>10.25</b>
<b>HOLISTIC NUTRITION</b>			
HN 105-OL	Foundation of Holistic Nutrition	30	2.00
HN 124-OL	Micro/Macro Nutritional Biochemistry	30	2.00
HN 235-OL	Nutritional Needs Across the Life Cycle	30	2.00
HN 351-OL	Microbiome Wellness	30	2.00
HN 210-OL	Whole Foods Cuisine 1	25	1.25
HN 222-OL	Raw Food Cuisine 1	25	1.25
MM 105-OL	Foundations of Mindful Eating	30	2.00
	<b>Subtotal</b>	<b>200</b>	<b>12.50</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>

### Option 1

#### WHOLE FOOD CULINARY SPECIALIST

HN 223-OL	Advanced Whole Foods & Raw Cuisine	30	1.50
HN 500-OL	Culinary Applications & Business Perspectives	40	2.50
	<b>Subtotal</b>	<b>70</b>	<b>4.00</b>

### Option 2

#### MINDFUL MEDITATION FACILITATOR

MM 301-OL	Mindfulness: Attention and Breath Techniques	30	2.00
MM 401-OL	Mindful Meditation Facilitator	40	2.00
	<b>Subtotal</b>	<b>70</b>	<b>4.00</b>

### Start Dates:

1/22/24    4/08/24    6/17/24



For information please email us at [info@swiha.edu](mailto:info@swiha.edu)  
For Online Programs the cut off is 10 days prior to start.



# Holistic Nutrition Specialist

200 Hours • 11.75 Credits



# Whole Foods Culinary Specialist

120 Hours • 5.00 Credits

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

Course:	Hours:	Credits:
<b>HN 105-OL Nutrition - Foundation of Holistic Nutrition ONLINE</b>	<b>30</b>	<b>2</b>
1/22/2024 - 2/25/2024		
4/8/2024 - 5/12/2024		
6/17/2024 - 7/28/2024		
9/2/2024 - 10/6/2024		
<b>HN 124-OL Nutrition - Micro/Macro Nutritional Biochemistry ONLINE</b>	<b>30</b>	<b>2</b>
12/11/2023 - 1/21/2024		
2/26/2024 - 4/7/2024		
5/13/2024 - 6/16/2024		
7/29/2024 - 9/1/2024		
10/7/2024 - 11/10/2024		
<b>HN 210-OL Nutrition - Whole Foods Cuisine 1 ONLINE</b>	<b>25</b>	<b>1.25</b>
2/26/2024 - 4/7/2024		
7/29/2024 - 9/1/2024		
12/30/2024 - 2/2/2025		
<b>HN 222-OL Nutrition - Raw Food Cuisine 1 ONLINE</b>	<b>25</b>	<b>1.25</b>
4/8/2024 - 5/12/2024		
9/2/2024 - 10/6/2024		
<b>HN 235-OL Nutritional Needs Across the Life Cycle ONLINE</b>	<b>30</b>	<b>2</b>
1/22/2024 - 2/25/2024		
4/8/2024 - 5/12/2024		
6/17/2024 - 7/28/2024		
9/2/2024 - 10/6/2024		
<b>HN 351-OL Nutrition - Microbiome Wellness ONLINE</b>	<b>30</b>	<b>2</b>
1/22/2024 - 2/25/2024		
6/17/2024 - 7/28/2024		
11/11/2024 - 12/22/2024		
<b>MM 105-OL Mindfulness: Foundations of Mindful Eating ONLINE</b>	<b>30</b>	<b>2</b>
12/11/2023 - 1/21/2024		
5/13/2024 - 6/16/2024		
10/7/2024 - 11/10/2024		
<b>TOTAL:</b>	<b>200</b>	<b>11.75</b>

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

Course:	Hours:	Credit:
<b>HN 210-OL Nutrition - Whole Foods Cuisine 1 ONLINE</b>	<b>25</b>	<b>1.25</b>
2/26/2024 - 4/7/2024		
7/29/2024 - 9/1/2024		
12/30/2024 - 2/2/2025		
<b>HN 222-OL Nutrition - Raw Food Cuisine 1 ONLINE</b>	<b>25</b>	<b>1.25</b>
4/8/2024 - 5/12/2024		
9/2/2024 - 10/6/2024		
<b>HN 223-OL Nutrition - Advanced Whole Foods &amp; Raw Cuisine ONLINE</b>	<b>30</b>	<b>1.5</b>
12/11/2023 - 1/21/2024		
5/13/2024 - 6/16/2024		
10/7/2024 - 11/10/2024		
<b>HN 500-OL Nutrition - Culinary Applications &amp; Business Perspectives ONLINE</b>	<b>40</b>	<b>2.5</b>
1/22/2024 - 2/25/2024		
6/17/2024 - 7/28/2024		
11/11/2024 - 12/22/2024		
<b>TOTAL</b>	<b>120</b>	<b>7</b>



"The skills I have learned make me feel more confident and comfortable helping my clients."  
~ Crystal Stemple

## The Inspiring Journey of Crystal Stemple: Finding Confidence as a Health Coach

The common phrase "you must help yourself before you help others" rang true for SWIHA Great Graduate Crystal Stemple. Life before SWIHA was confusing and robotic, which left Crystal feeling unsure about her future. Once Crystal learned to love herself more, people on the outside started to notice it too! Come along as we dive into Crystal's journey of self-love, compassion, confidence, and passion for helping others!

Crystal Stemple enrolled in the Holistic Health & Wellness Coaching program at SWIHA and was excited about a new beginning. Crystal shares, "I knew I was on the right path when I started learning about a growth mindset. I knew I could learn and I picked up on everything very quickly. I loved learning about the microbiome and using the techniques I learned in class for my own autoimmune disease and seeing my own results, I knew exactly what I wanted to do and how I could help others personally."

Has life changed significantly for Crystal Stemple since enrolling at SWIHA? She would certainly say so! "My life has really changed. Before when I was getting started I originally just wanted to learn more to help with my meal prep business, however, it has turned into so much more. I am happier and healthier than ever before. I feel great and people see that. They ask what I'm doing and how I got to this point in my life. I can say this with excitement and light up. So yes it's definitely been a significant change."



## Hypnotherapy

100 Hours • 4.75 Credits



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

Course:	Hours:	Credit:
<b>HY 105-OL Foundations of Hypnotherapy Level I ONLINE</b> 2/26/2024 - 4/7/2024 7/29/2024 - 9/1/2024	30	1.75
<b>HY 205-OL Foundations of Hypnotherapy Level II ONLINE</b> 4/8/2024 - 5/12/2024 9/2/2024 - 10/6/2024	30	1.5
<b>HY 305-OL Foundations of Hypnotherapy Level III ONLINE</b> 12/11/2023 - 1/21/2024 5/13/2024 - 6/16/2024 10/7/2024 - 11/10/2024	40	1.75
<b>TOTAL:</b>	<b>100</b>	<b>4.75</b>

## Modern Spirituality Celebrant

200 Hours • 10 Credits

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

Course:	Hours:	Credit:
<b>RF 171-OL Soul Coaching ONLINE</b> 1/22/2024 - 2/25/2024 6/17/2024 - 7/28/2024	30	1.5
<b>SP 145-OL Energetic Healing for Spiritual Guides ONLINE</b> 12/11/2023 - 1/21/2024 2/26/2024 - 4/7/2024	30	1.5
<b>SP 152-OL Grounded Spirituality &amp; Modern Mysticism ONLINE</b> 2/26/2024 - 4/7/2024 5/13/2024 - 6/16/2024	30	1.5
<b>SP 156-OL Exploring the Ancestral Web of Belonging ONLINE</b> 4/8/2024 - 5/12/2024 6/17/2024 - 7/28/2024	30	1.5
<b>SP 162-OL Mysticism: Finding Your Personal Path ONLINE</b> 12/11/2023 - 1/21/2024 5/13/2024 - 6/16/2024	30	1.5
<b>SP 335-OL The Art of Spiritual Expression ONLINE</b> 1/22/2024 - 2/25/2024 4/8/2024 - 5/12/2024	20	1
<b>SP 465-OL Celebrate Your Light - Celebrant &amp; Ordination Preparation ONLINE</b> 1/22/2024 - 1/22/2024 4/8/2024 - 4/8/2024 6/17/2024 - 6/17/2024		0
<b>SP 525-OL Serving through Ceremony ONLINE</b> 12/11/2023 - 1/21/2024 2/26/2024 - 4/7/2024 5/13/2024 - 6/16/2024 10/7/2024 - 11/10/2024	30	1.5
<b>TOTAL:</b>	<b>200</b>	<b>10.00</b>

## Advanced Professional Hypnotherapy

350 Hours • 17.25 Credits • External Certification

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

Course:	Hours:	Credits:
<b>Hypnotherapy 100-hour Certificate</b>	<b>100</b>	<b>4.75</b>
<b>HE 101-OL Entrepreneurs Journey 1: Departure ONLINE</b> 8/21/2023 - 9/24/2023 10/30/2023 - 12/10/2023 1/22/2024 - 2/25/2024 4/8/2024 - 5/12/2024 6/17/2024 - 7/28/2024 9/2/2024 - 10/6/2024	30	2
<b>HY 205-OL Foundations of Hypnotherapy Level II ONLINE</b> 12/11/2023 - 1/21/2024 4/8/2024 - 5/12/2024 9/2/2024 - 10/6/2024 5/13/2024 - 6/16/2024	30	1.5
<b>HY 316-OL Fears Phobias &amp; Addictions ONLINE</b> 1/22/2024 - 2/25/2024 6/17/2024 - 7/28/2024 11/11/2024 - 12/22/2024	30	1.25
<b>HY 353-OL Past-Life Regression ONLINE</b> 12/11/2023 - 1/21/2024 5/13/2024 - 6/16/2024 10/7/2024 - 11/10/2024	30	1.5
<b>HY 375-OL Advanced Professional Hypnotherapy ONLINE</b> 12/11/2023 - 1/21/2024 4/8/2024 - 5/12/2024 5/13/2024 - 6/16/2024 9/2/2024 - 10/6/2024	10	0.5
<b>HY 425-OL Script Writing ONLINE</b> 2/26/2024 - 4/7/2024 7/29/2024 - 9/1/2024	30	1.25
<b>HY 477-OL Dreams &amp; Metaphors ONLINE</b> 1/22/2024 - 2/25/2024 6/17/2024 - 7/28/2024 11/11/2024 - 12/22/2024	30	1.25
<b>HY 585-OL Medical Imagery ONLINE</b> 2/26/2024 - 4/7/2024 7/29/2024 - 9/1/2024	30	1.5
<b>LC 101-OL Foundations of Life Coaching ONLINE</b> 12/11/2023 - 1/21/2024 5/13/2024 - 6/16/2024 10/7/2024 - 11/10/2024	30	1.75
<b>TOTAL</b>	<b>350</b>	<b>17.25</b>



## Specialty Clinics

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

Call: 480-994-9244 or visit our website: [www.swiha.edu](http://www.swiha.edu)

# Health & Wellness Coach

200 Hours • 10.25 Credits



# Life Coaching

100 Hours • 5.00 Credits

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

Course:	Hours:	Credits:
<b>HC 101-OL HWC - Foundations of Wellness Coaching ONLINE</b>	30	1.5
4/8/2024 - 5/12/2024		
5/13/2024 - 6/16/2024		
9/2/2024 - 10/6/2024		
<b>HC 155-OL HWC - Anatomy of Wellness ONLINE</b>	30	1.5
1/22/2024 - 2/25/2024		
5/13/2024 - 6/16/2024		
6/17/2024 - 7/28/2024		
10/7/2024 - 11/10/2024		
<b>HC 156-OL HWC - Health Conditions ONLINE</b>	30	1.5
2/26/2024 - 4/7/2024		
6/17/2024 - 7/28/2024		
7/29/2024 - 9/1/2024		
<b>HC 201-OL HWC - Professional Wellness Coaching and Ethics ONLINE</b>	30	1.5
1/22/2024 - 2/25/2024		
5/13/2024 - 6/16/2024		
6/17/2024 - 7/28/2024		
<b>HC 301-OL HWC - Advanced Wellness Coaching 1 ONLINE</b>	30	1.5
2/26/2024 - 4/7/2024		
4/8/2024 - 5/12/2024		
7/29/2024 - 9/1/2024		
<b>HC 302-OL HWC - Advanced Wellness Coaching 2 ONLINE</b>	30	1.5
12/11/2023 - 1/21/2024		
4/8/2024 - 5/12/2024		
5/13/2024 - 6/16/2024		
9/2/2024 - 10/6/2024		
<b>HC 401-OL HWC -NBHWC Exam Prep ONLINE</b>	20	1.25
1/22/2024 - 2/25/2024		
6/17/2024 - 7/28/2024		
7/29/2024 - 9/1/2024		
<b>TOTAL</b>	<b>200</b>	<b>10.25</b>

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>	30	1.75
12/11/2023 - 1/21/2024		
5/13/2024 - 6/16/2024		
10/7/2024 - 11/10/2024		
<b>LC 201-OL Applied Coaching Skills ONLINE</b>	30	1.5
1/22/2024 - 2/25/2024		
6/17/2024 - 7/28/2024		
11/11/2024 - 12/22/2024		
<b>LC 301-OL Life Coaching Practice &amp; Ethics ONLINE</b>	40	1.75
2/26/2024 - 4/7/2024		
7/29/2024 - 9/1/2024		
12/30/2024 - 2/2/2025		
<b>TOTAL:</b>	<b>100</b>	<b>5.00</b>



**"We can create the life of our dreams by living with purpose. That's priceless!"**  
– Anjana Nambissan

## Life Coach, Anjana Nambissan, Spreads Self-Love and Magic to Her Clients

*Life Coach and SWIHA graduate, Anjana Nambissan, is passionate about helping others heal. It was a turning point in her life when she realized that self-love is the supreme quality one can aim for. Being kind, gentle, and giving tender care to the self is so important in leading a happy, peaceful life. From that moment on, she knew she had to take that message forward and help others who were struggling. She enrolled in a life coaching program and became certified. Now, she dedicates her time to helping others find the same peace and happiness that she found through self-love.*

*Anjana guides her clients to gain clarity on their thoughts and find their inner power to change reality. Through her own self-healing journey, Anjana has learned how to navigate the challenges of life and is now on a mission to help as many people as possible. She is a firm believer that everyone has the ability to heal themselves, and she is dedicated to helping her clients reach their full potential. By sharing her story and her knowledge, she hopes to make a difference in the lives of others with her business, Daffodils Bloom.*

*"I was a software developer by profession and felt very depressed with life. My own, dear life coach guided me through for years and, as I started feeling better; I felt the need to serve others the same way. This led me to the SWIHA Life Coaching program. I'm able to create magic in people's lives!"*



## End-of-Life Doula

100 Hours • 5.25 Credits



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>
4/8/2024 - 5/12/2024		
9/2/2024 - 10/6/2024		
<b>DD 201-OL Life Review &amp; Processing Grief</b>	<b>30</b>	<b>1.5</b>
12/11/2023 - 1/21/2024		
5/13/2024 - 6/16/2024		
10/7/2024 - 11/10/2024		
<b>DD 301-OL End of Life Rituals &amp; Ceremonies</b>	<b>40</b>	<b>2</b>
1/22/2024 - 2/25/2024		
6/17/2024 - 7/28/2024		
11/11/2024 - 12/22/2024		
<b>TOTAL</b>	<b>100</b>	<b>5.25</b>

## Toe Reading - Soul Coach

Personal Development

Our toes can be windows into our souls! Toe Reading is a fascinating healing art which uses active listening, soul-searching questions, and deeply skilled insight in order to create change in the lives of others. Toe Readers hold the ability to sit in front of someone and fully witness their life story. Becoming a Toe Reader is a wonderful way to share healing gifts with the world. Students who take Toe Reading will learn how to use observations to honor the path someone has walked and empower the way they choose to proceed through life.

**Toe Reading - Soul Coaching I - Elemental**  
**RF 150-OL Class Hours: 16 Credits: 0.5**  
 1/22/2024 - 2/18/2024  
 4/8/2024 - 5/5/2024

**Toe Reading - Soul Coaching - Expanded Dialogue**  
**RF 170-OL Class Hours: 8 Credits: 0.5**  
 12/4/2023 - 12/17/2023  
 2/19/2024 - 3/3/2024  
 5/6/2024 - 5/19/2024

## Healing Botanicals & Earth Ceremonies Facilitator

100 Hours • 5.00 Credits

This 100-hour online Certificate of Excellence explores the ceremonies that connect us with the Earth and all her inhabitants. Invite in the energy of plants through cultivation, 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>BE 101-OL Earth Ceremonies ONLINE</b>	<b>30</b>	<b>1.50</b>
4/8/2024 - 5/12/2024		
9/2/2024 - 10/6/2024		
<b>BE 201-OL Healing Botanicals I ONLINE</b>	<b>30</b>	<b>1.50</b>
12/11/2023 - 1/21/2024		
5/13/2024 - 6/16/2024		
10/7/2024 - 11/10/2024		
<b>BE 301-OL Healing Botanicals II ONLINE</b>	<b>40</b>	<b>2.00</b>
1/22/2024 - 2/25/2024		
6/17/2024 - 7/28/2024		
11/11/2024 - 12/22/2024		
<b>TOTAL:</b>	<b>100</b>	<b>5.00</b>

## Mindful Meditation Facilitator

100 Hours • 6.00 Credits

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

Course:	Hours:	Credit:
<b>MM 101-OL Mindfulness: Introduction ONLINE</b>	<b>30</b>	<b>2</b>
2/26/2024 - 4/7/2024		
4/8/2024 - 5/12/2024		
5/13/2024 - 6/16/2024		
7/29/2024 - 9/1/2024		
9/2/2024 - 10/6/2024		
<b>MM 301-OL Mindfulness: Attention and Breath Techniques ONLINE</b>	<b>30</b>	<b>1.50</b>
12/11/2023 - 1/21/2024		
4/8/2024 - 5/12/2024		
5/13/2024 - 6/16/2024		
6/17/2024 - 7/28/2024		
<b>MM 401-OL Mindful Meditation Facilitator ONLINE</b>	<b>40</b>	<b>2.25</b>
1/22/2024 - 2/25/2024		
5/13/2024 - 6/16/2024		
6/17/2024 - 7/28/2024		
7/29/2024 - 9/1/2024		
<b>Total</b>	<b>100</b>	<b>6</b>

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

# ON CAMPUS WELLNESS PROGRAMS

DIPLOMA | On-Campus

750 Classroom Hours  
71-75 Calendar Weeks

## Integrative Healing Arts Practitioner

Our on-campus Integrative Healing Arts Practitioner (IHAP) diploma is designed to provide a comprehensive education in mind-body-spirit integration while reflecting the changing trends of the wellness and healthcare industry. Develop the skills necessary to launch your career as a holistic entrepreneur while building a sustainable, profitable private practice. Choose from Health and Wellness Coaching, Modern Spirituality Celebrant & End of Life Doula, Spiritual Transformation Focus, Advanced Hypnotherapy Focus, and Yoga Focus

Required Classes	Course Code	Clock Hours	Credits	Course Code	Clock Hours	Credits		
	HOLISTIC ENTREPRENEUR COURSES			SELECT A SPECIALTY FOCUS:				
	BC 530	Introduction to Entrepreneurship & Self-Empowerment	15	1.00	Option 1	HEALTH AND WELLNESS COACH WITH HOLISTIC NUTRITION FOCUS		
	BC 540	Business Development and Entrepreneurial Support	40	2.25		Anatomy of Wellness	30	1.50
	BC 542	Applied Entrepreneurship	45	3.00		Health Conditions	30	1.50
	BC 543	Business in Action	20	1.00		NBHWVC Exam Prep	20	1.25
						Holistic Nutrition	200	11.50
						Electives (Suggested: Urban Farming)	100	Varies
					Subtotal	380	15.75	
					Option 2	END-OF-LIFE DOULA FOCUS		
				End-of-Life Doula		100	5.25	
				Reiki - (Traditional, Shamanic, or Holy)		100	3.00	
				Electives (Suggested: Cranial, Aromatherapy or Hypno)		200	Varies	
				Subtotal		400	8.25	
				Option 3		SPIRITUAL TRANSFORMATION FOCUS		
					Polarity – Associate Practitioner or Cranial Unwinding	200	9.00	
					Reiki - (Traditional, Shamanic, or Holy)	100	3.00	
					Electives	100	Varies	
					Subtotal	400	12.00	
					Option 4	ADVANCED HYPNOTHERAPY FOCUS		
				Hypnotherapy		100	4.75	
				Advanced Professional Hypnotherapy		190	9.00	
				Electives		110	Varies	
				Subtotal		400	13.75	
				Option 5		YOGA FOCUS		
					Yoga Teacher Training	200	6.25	
					Yoga Nidra	100	4.50	
					Electives	100	Varies	
					Subtotal	400	10.75	



# Mind-Body Wellness Practitioner

600 Classroom Hours • 52 Calendar Weeks

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

## Required Classes

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

### SELECT A FOCUS

## Option 1

### HEALTH AND WELLNESS COACH FOCUS

Health and Wellness Coach	180	9.25
Electives & Specialties (see options below)	240	Varies
Subtotal	420	9.25

## Option 2

### YOGA FOCUS

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

## Option 3

### SPIRITUAL TRANSFORMATION FOCUS

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

## Specialties

\*Please see advisor for list of available elective choices that will complement your chosen focus. Below are optional specialties.

AR	Aromatherapy	100	5.50
APH	Advanced Professional Hypnotherapy	270	12.75
CRA	Cranial Unwinding	200	8.50
HN	Holistic Nutrition Specialist	160	9.00
HWC	Health & Wellness Coach	180	9.25
HY	Hypnotherapy	80	3.50
IG	Intuitive Guide	100	4.75
POLAPP	Polarity - Associate Polarity Practitioner	200	9.00
RF	Reflexology	120	4.50
RE	Reiki	100	3.00
UF	Urban Farming	100	5.50
YO	Yoga Teacher Training	200	6.25
YO-N	Yoga Nidra	100	4.50
YO-BP	Yoga Body Psychology	100	4.50
<b>TOTAL</b>		<b>600</b>	

### Start Dates:

1/08/24 5/06/24 9/09/24

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

## Featuring New CEU's



### Baby Touch CB 410

**Class Hours: 12**

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 afternoon. Pre-Req: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)

1 weekend  
2/3/2024 - 2/4/2024  
\$240.00

Sa /Su 9am-4pm

CEU



### Baby Craniosacral Therapy

**CB 420 Class Hours: 12**

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

1 weekend  
3/2/2024 - 3/3/2024  
\$240.00

Sa /Su 9am-4pm

CEU

## 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.

## 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>
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
EV 003	Massage Clinic Orientation	-	-
MT 933 (abc)	Massage Clinic - Supervised MT 750	69	1.50
<b>MESSAGE HANDS-ON CORE COURSES SUBTOTAL</b>		<b>217</b>	<b>6.75</b>
AR 100	Aromatherapy - Intro	20	1.25
EC 700	Reiki I - Traditional	16	0.50
TE 143	Breast Health Intro	4	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>232</b>	<b>8.25</b>
<b>TOTAL</b>		<b>750</b>	<b>33.75</b>

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 and eligible for certification as an APP with the American Polarity Therapy Association.

## 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</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 933 (abc)	Massage Clinic - Supervised MT 750	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

2/19/24, 5/06/24, 7/29/24

## PM

1/08/24, 3/25/24, 6/10/24

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





## 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
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>MASSAGE 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
EV 003	Massage Clinic Orientation	-	-
MT 993 (abcd)	Massage Clinic – Supervised	92	0.50
<b>MASSAGE CORE HANDS-ON COURSES SUBTOTAL</b>		<b>240</b>	<b>7.25</b>

## Available Options

<b>THERAPEUTIC MASSAGE TRACK</b>			
AR 100	Aromatherapy - Intro	20	1.25
EC 146	SpaLomi Massage	24	0.75
EC 700	Reiki I - Traditional	16	0.50
TE 143	Breast Health - Intro	4	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>232</b>	<b>8.25</b>
<b>CHOOSE A COMBINATION OF SPECIALTIES TO TOTAL 227 HOURS</b>			
AR	Aromatherapy	80	4.25
CRA	Cranial Unwinding	148	5.50
HN	Holistic Nutrition Specialist	200	11.50
HY	Hypnotherapy	100	4.75
MEDM	Medical Massage	16	1.00
POL-APP	Polarity - Associate Polarity Practitioner	128	5.00
RF	Reflexology	100	3.75
RE	Reiki	84	2.50
YO	Yoga Teacher Training	200	6.25
YO- BP	Yoga - Body Psychology	100	4.50
YO-N	Yoga Nidra	100	4.50
EL 220	Face Lift Acupressure	4	0.25
MT 301	Corporate Chair Introduction	8	0.25
MT 604	Advanced Lymphatic Massage	8	0.25
OE 620	Thai Massage	40	1.25
TE 142	Scar Tissue	8	0.25
<b>SPECIALTIES SUBTOTAL</b>		<b>227</b>	<b>Varies</b>
<b>PROGRAM TOTAL</b>		<b>1000</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>MASSAGE 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 – Supervised	92	0.50
<b>MASSAGE CORE HANDS-ON COURSES SUBTOTAL</b>		<b>256</b>	<b>7.75</b>

## Available Options

<b>AYURVEDIC BODYWORK TRACK</b>			
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
HN	Holistic Nutrition Specialist	200	11.50
HY	Hypnotherapy	100	4.75
MEDM	Medical Massage	84	3.00
MYO	Myotherapy	60	1.75
RF	Reflexology	100	3.75
RE	Reiki	84	2.50
YO	Yoga Teacher Training	200	6.25
YO- BP	Yoga Body Psychology	100	4.50
YO-N	Yoga Nidra	100	4.50
EL 220	Face Lift Acupressure	4	0.25
MT 301	Corporate Chair	8	0.25
MT 604	Advanced Lymphatic Massage	8	0.25
MT 605	Neurotouch	20	1.00
OE 620	Thai Massage	40	1.25
OE 640	Thai Foot Massage	20	0.50
RF 202	Reflexology - Pathology & Assessment	20	0.75
RF 203	Reflexology - Emotional Balance & Being	20	0.75
TE 142	Scar Tissue	8	0.25
TE 662	Hydrotherapy/Injury Management	20	0.75
<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: 10/2/24

## Required Classes

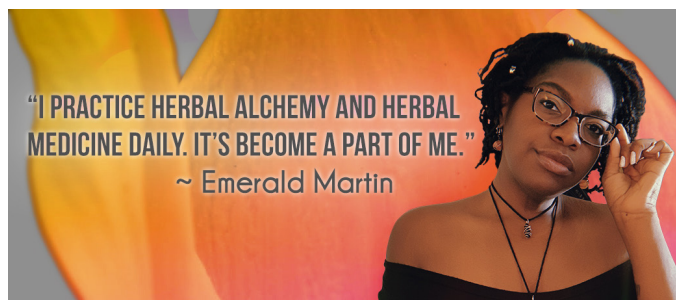
Code	Course	Clock Hours	Credit Hours
SC 250	Botany	45	3.00
BC 540	Business Development & Entrepreneurial Support	40	2.25
HN 121	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50
SC 240	Herbal Sciences	62	4.00
CC 440	Western Herbalism - Applied Ethics	15	1.00
CC 450	Conscious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

Holistic Herbal Remedies  
Western Herbalism

100 hours

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

Course:	Hours:	Credits:
<b>WH 100 Western Herbalism - Foundations of American Herbal Studies</b>	<b>30</b>	<b>2</b>
TBD W 5:30 pm - 8:30 pm		
<b>WH 265 Western Herbalism - The Herbal Goddess</b>	<b>18</b>	<b>1</b>
1/3/2024 - 2/7/2024 W 5:30pm-8:30pm		
<b>WH 256 Western Herbalism - The Green Man</b>	<b>12</b>	<b>0.75</b>
2/14/2024 - 3/6/2024 W 5:30pm-8:30pm		
<b>WH 291 Western Herbalism - Desert Medicine</b>	<b>8</b>	<b>0.25</b>
3/13/2024 - 3/27/2024 W 5:30pm-8:30pm		
<b>WH 250 Western Herbalism - Herbs for Babies &amp; Children</b>	<b>8</b>	<b>0.5</b>
4/3/2024 - 4/17/2024 W 5:30pm-8:30pm		
<b>WH 365 Western Herbalism - Manufacturing &amp; Remedy Production</b>	<b>14</b>	<b>0.5</b>
4/24/2024 - 5/15/2024 W 5:30pm-9pm		
<b>WH 276 Western Herbalism - Plants and People</b>	<b>10</b>	<b>0.25</b>
5/22/2024 - 6/12/2024 W 5:30pm-8pm		
<b>TOTAL</b>	<b>100</b>	<b>5.25</b>



## Emerald Martin on Becoming an Herbalist &amp; Finding Her Purpose

"My life has changed in ways I would've never expected," Emerald Martin, founder and owner of Green Vibes Wellness tells us, "I had no idea what I was getting into."

Emerald's company has been thriving since 2019, a testament to her transformative approach towards Herbalism and Holistic Health. Green Vibes Wellness offers services including one-on-one coaching/health review sessions and a variety of herbal remedies custom-made for each individual client.

"My goal is to make lasting change with my clients and for them to empower them to take the wheel to their health," she says, "My company is always transforming and flowing with the times. There is so much to learn, therefore so much to teach."

What led Emerald to Southwest Institute of Healing Arts was, what she describes as, a "fated conversation" with a co-worker who had audited a nutrition class at SWIHA.

"I was deeply intrigued, and after more information I knew in my heart this was something I was passionate about," Emerald describes, "Healing not only the physical body—all aspects that bring us together, including our innate connection to plants."

Emerald credits Joann Sanchez, the director of the Western Herbalism program, with further igniting her passion: "JoAnn Sanchez is a remarkable person. Not only is she a very influential teacher, she is one of the most compassionate and intelligent women I've ever met," she continues, "I admire her most for her ability to trust her intuition on a whim and calmly pursue the tasks at hand, though they may be monumental. She is very strong in mind, body, and soul; I am so grateful to have met and been taught by her."



## JoAnn Sanchez,

Director of the Western Herbalism Program

JoAnn Sanchez is a community herbalist with more than 30 years of experience. She holds a Bachelor of Science degree in plant studies and also has graduate training in botany. She is the author, director, and primary instructor for the Herbalism program. Since 1998, JoAnn has been a faculty member at the Southwest College of Naturopathic Medicine in the Department of Botanical Medicine, teaching courses and supervising cultivation projects. JoAnn is recognized as a professional member of the American Herbalist Guild.



# 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>
1/5/2024 - 1/7/2024	F 6pm-10 pm Sa/Su 9am-6pm	
1/18/2024 - 2/15/2024	Th 9am-1pm	
4/4/2024 - 5/2/2024	Th 9am-1pm	
5/17/2024 - 5/19/2024	F 6pm-10 pm Sa/Su 9am-6pm	
9/13/2024 - 9/15/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>AR 101 Aromatherapy-Advanced</b>	<b>32</b>	<b>2</b>
3/2/2024 - 4/7/2024	Sa/Su 9am-6pm	
10/12/2024 - 11/17/2024	Sa/Su 9am-6pm	
<b>AR 106 Aromatherapy for the Spirit</b>	<b>20</b>	<b>1.25</b>
2/9/2024 - 2/11/2024	F 6pm-10 pm Sa/Su 9am-6pm	
8/9/2024 - 8/11/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>AR 110 Aromatherapy - Pharmacology</b>	<b>8</b>	<b>0.5</b>
3/1/2024 - 4/5/2024	Fri 6pm-10pm	
10/11/2024 - 11/15/2024	Fri 6pm-10pm	

## CHOOSE 20 HOURS OF ELECTIVES

Course:	Hours:	Credits:
<b>AR 109 Aromatherapy - Ginger Compress</b>	<b>4</b>	<b>0.25</b>
3/16/2024 - 3/16/2024	Sa 2pm-6pm	
7/20/2024 - 7/20/2024	Sa 2pm-6pm	
<b>AR 114 Aromatherapy - Mens Health</b>	<b>4</b>	<b>0.25</b>
12/15/2023 - 12/15/2023	Fri 6pm-10pm	
4/12/2024 - 4/12/2024	Fri 6pm-10pm	
8/16/2024 - 8/16/2024	Fri 6pm-10pm	
<b>AR 115 Aromatherapy - Foot Chakra Reflexology for Bodyworkers</b>	<b>8</b>	<b>0.25</b>
1/14/2024 - 1/14/2024	Su 9am-6pm	
6/23/2024 - 6/23/2024	Su 9am-6pm	
<b>AR 117 Aromatherapy - Pet Care</b>	<b>4</b>	<b>0.25</b>
6/9/2024 - 6/9/2024	SU 9am-1pm	
<b>AR 118 Aromatherapy - Wellness for Women</b>	<b>8</b>	<b>0.25</b>
12/16/2023 - 12/16/2023	Sa 9am-6pm	
4/13/2024 - 4/13/2024	SA 9am-6pm	
8/17/2024 - 8/17/2024	Sa 9am-6pm	
<b>AR 120 Aromatherapy - Therapeutic Touch</b>	<b>8</b>	<b>0.25</b>
1/13/2024 - 1/13/2024	Sa 9am-6pm	
6/22/2024 - 6/22/2024	Sa 9am-6pm	
11/9/2024 - 11/9/2024	Sa 9am-6pm	
<b>AR 125 Aromatherapy - Essential Oil Hydrating Wrap</b>	<b>8</b>	<b>0.25</b>
1/27/2024 - 1/27/2024	Sa 9am-6pm	
6/8/2024 - 6/8/2024	Sa 9am-6pm	
<b>AR 132 Flower Essences</b>	<b>16</b>	<b>1</b>
3/23/2024 - 3/24/2024	Sa/Su 9am-6pm	
10/5/2024 - 10/6/2024	Sa/Su 9am-6pm	
<b>AR 300 Aromatherapy - Toning &amp; Detox</b>	<b>4</b>	<b>0.25</b>
3/16/2024 - 3/16/2024	Sa 9a-1pm	
7/20/2024 - 7/20/2024	Sa 9a-1pm	
11/2/2024 - 11/2/2024	Sa 9a-1pm	
<b>AR 425 Aromatherapy - Massage with Oils</b>	<b>16</b>	<b>0.5</b>
7/13/2024 - 7/14/2024	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>
12/15/2023 - 12/17/2023	F 6pm-10 pm Sa/Su 9am-6pm	
1/26/2024 - 1/28/2024	F 6pm-10 pm Sa/Su 9am-6pm	
2/22/2024 - 3/21/2024	Th 9am-1pm	
4/5/2024 - 4/7/2024	F 6pm-10 pm Sa/Su 9am-6pm	
5/9/2024 - 6/6/2024	Th 9am-1pm	
6/21/2024 - 6/23/2024	F 6pm-10 pm Sa/Su 9am-6pm	
8/1/2024 - 8/29/2024	Th 9am-1pm	
<b>PC 860 Cranial Unwinding II</b>	<b>24</b>	<b>1</b>
5/17/2024 - 5/19/2024	Fri-Su 9am-6pm	
11/15/2024 - 11/17/2024	Fri-Su 9am-6pm	
<b>PC 870 Cranial Unwinding III</b>	<b>24</b>	<b>1</b>
1/19/2024 - 1/21/2024	Fri-Su 9am-6pm	
8/9/2024 - 8/11/2024	Fri-Su 9am-6pm	
<b>PC 880 Cranial Unwinding IV</b>	<b>24</b>	<b>1</b>
3/8/2024 - 3/10/2024	Fri-Su 9am-6pm	
9/6/2024 - 9/8/2024	Fri-Su 9am-6pm	
<b>PC 855 Cranial Anatomy - Listening Skills</b>	<b>16</b>	<b>0.75</b>
12/2/2023 - 12/3/2023	Sa/Su 9am-6pm	
6/15/2024 - 6/16/2024	Sa/Su 9am-6pm	
11/23/2024 - 11/24/2024	Sa/Su 9am-6pm	
<b>PC 961 Cranial Unwinding - Clinic</b>	<b>30</b>	<b>0.5</b>
12/9/2023 - 12/17/2023	Sa 9am-6pm Su 9am-5pm	
3/22/2024 - 4/7/2024	Sa 9am-6pm Su 9am-5pm	
7/20/2024 - 7/28/2024	Sa 9am-6pm Su 9am-5pm	
12/7/2024 - 12/15/2024	Sa 9am-6pm Su 9am-5pm	
<b>PC 400 Polarity - Communications Resonance &amp; Relations I</b>	<b>32</b>	<b>2</b>
1/27/2024 - 2/4/2024	Sa/Su 9am-6pm	
4/27/2024 - 5/5/2024	Sa/Su 9am-6pm	
8/1/2024 - 9/19/2024	Th 9am-1pm	
9/7/2024 - 9/15/2024	Sa/Su 9am-6pm	
11/2/2024 - 11/10/2024	Sa/Su 9am-6pm	
<b>PC 200 Polarity APP/Cranial - Practicum</b>	<b>30</b>	<b>1.25</b>
3/9/2024 - 3/17/2024	Sa/Su 9am-5:30pm	
6/22/2024 - 6/30/2024	Sa/Su 9am-5:30pm	
10/19/2024 - 10/27/2024	Sa/Su 9am-5:30pm	
<b>TOTAL</b>	<b>200</b>	<b>8.5</b>

# Holistic Nutrition Specialist

200 Hours • 11.50 Credits

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

Course:		Hours:	Credit:
<b>HN 121 Nutrition - Foundations of Transformational Healing &amp; Holistic Nutrition</b>		<b>40</b>	<b>2.5</b>
1/22/2024 - 3/25/2024	M 6pm-10pm		
6/4/2024 - 8/13/2024	Tu 6pm-10pm		
10/7/2024 - 12/16/2024	M 6pm-10pm		
<b>HN 122 Nutrition - Understanding Micronutrients Macronutrients and Supplements for Optimum Health</b>		<b>40</b>	<b>2.5</b>
4/1/2024 - 6/10/2024	M 6pm-10pm		
8/20/2024 - 10/22/2024	Tu 6pm-9:45pm		
12/5/2023 - 2/20/2024	Tu 6pm-10pm		
<b>HN 155 Nutrition - Comparative Dietary Systems</b>		<b>20</b>	<b>1.25</b>
4/3/2024 - 5/1/2024	W 6pm-10pm		
8/22/2024 - 9/19/2024	Th 6pm-10pm		
12/7/2023 - 1/18/2024	Th 6pm-10pm		
<b>HN 222 Nutrition - Raw Food Cuisine</b>		<b>20</b>	<b>1</b>
2/28/2024 - 3/27/2024	W 6pm-10pm		
7/18/2024 - 8/15/2024	Th 6pm-10pm		
11/13/2024 - 12/18/2024	W 6pm-10pm		
<b>HN 250 Nutrition - Nutritional Assessment &amp; Coaching</b>		<b>30</b>	<b>2</b>
2/27/2024 - 4/16/2024	Tu 6-9:45pm		
6/17/2024 - 8/12/2024	M 6pm-9:45pm		
10/29/2024 - 1/7/2025	Tu 6pm-9:45pm		
<b>MF 105 Foundations of Mindful Eating</b>		<b>30</b>	<b>1.75</b>
1/25/2024 - 3/14/2024	Th 6pm-9:45pm		
5/8/2024 - 7/10/2024	W 6pm-9:45pm		
9/26/2024 - 11/14/2024	Th 6-9:45pm		
<b>NC 200 Nutrition - Whole Food S.O.U.L. Food</b>		<b>20</b>	<b>0.5</b>
1/24/2024 - 2/21/2024	W 6pm-10pm		
6/6/2024 - 7/11/2024	Th 6pm-10pm		
10/9/2024 - 11/6/2024	W 6pm-10pm		
<b>TOTAL:</b>		<b>200</b>	<b>11.50</b>

# Health & Wellness Coach

200 Hours • 10.25 Credits

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

Course:		Hours:	Credits:
<b>HC 101 HWC - Foundations of Wellness Coaching</b>		<b>20</b>	<b>1.00</b>
1/19/2024 - 1/21/2024	F 6pm-10 pm Sa/Su 9am-6pm		
5/17/2024 - 5/19/2024	F 6pm-10 pm Sa/Su 9am-6pm		
9/20/2024 - 9/22/2024	F 6pm-10 pm Sa/Su 9am-6pm		
<b>HC 155 HWC - Anatomy of Wellness</b>		<b>30</b>	<b>1.5</b>
5/29/2024 - 7/31/2024	W 6pm-9:45pm		
10/2/2024 - 11/20/2024	W 6pm-9:45pm		
8/7/2024 - 9/25/2024	W 6pm-9:45pm		
<b>HC 156 HWC - Health Conditions</b>		<b>30</b>	<b>1.5</b>
12/13/2023 - 2/14/2024	W 6pm-9:45pm		
12/4/2024 - 2/5/2025	W 6pm-9:45pm		
<b>HC 201 HWC - Professional Wellness Coaching &amp; Ethics</b>		<b>40</b>	<b>2</b>
1/25/2024 - 2/27/2024	Tu/Th 6pm-10pm		
5/23/2024 - 6/25/2024	Tu/Th 6pm-10pm		
9/26/2024 - 10/29/2024	Tu/Th 6pm-10pm		
<b>HC 301 HWC - Advanced Wellness Coaching 1</b>		<b>30</b>	<b>1.5</b>
3/28/2024 - 4/23/2024	Tu/Th 6pm-9:45pm		
8/1/2024 - 8/27/2024	Tu/Th 6pm-9:45pm		
12/10/2024 - 1/16/2025	Tu/Th 6pm-9:45pm		
<b>HC 302 HWC - Advanced Wellness Coaching 2</b>		<b>30</b>	<b>1.5</b>
12/7/2023 - 1/16/2024	Tu/Th 6pm-9:45pm		
2/29/2024 - 3/26/2024	Tu/Th 6pm-9:45pm		
6/27/2024 - 7/30/2024	Tu/Th 6pm-9:45pm		
<b>HC 401 HWC - NBHWC Exam Prep</b>		<b>20</b>	<b>1.25</b>
2/1/2024 - 2/15/2024	Tu/Th 6pm-10pm		
9/3/2024 - 9/17/2024	Tu/Th 6pm-10pm		
<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>
1/19/2024 - 1/21/2024	F 6pm-10 pm Sa/Su 9am-6pm		
5/17/2024 - 5/19/2024	F 6pm-10 pm Sa/Su 9am-6pm		
9/20/2024 - 9/22/2024	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>
1/25/2024 - 2/27/2024	Tu/Th 6pm-10pm		
5/23/2024 - 6/25/2024	Tu/Th 6pm-10pm		
9/26/2024 - 10/29/2024	Tu/Th 6pm-10pm		
<b>LC 131 Life Coaching – Heart Centered Approach Part II</b>		<b>40</b>	<b>2</b>
2/29/2024 - 4/4/2024	Tu/Th 6pm-9:45pm		
6/27/2024 - 8/8/2024	Tu/Th 6pm-9:45pm		
11/5/2024 - 12/17/2024	Tu/Th 6pm-9:45pm		
<b>TOTAL</b>		<b>200</b>	<b>10.25</b>



# 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.

Course:	Hours:	Credit:
<b>HY 101 Hypnotherapy - Foundations Level I</b>	<b>20</b>	<b>1.25</b>
1/12/2024 - 1/14/2024	F 6pm-10 pm Sa/Su 9am-6pm	
3/19/2024 - 4/2/2024	Tu/Th 6pm-10pm	
9/6/2024 - 9/8/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 201 Hypnotherapy - Foundations Level II</b>	<b>40</b>	<b>2.5</b>
2/2/2024 - 2/18/2024	F 6pm-10 pm Sa/Su 9am-6pm	
3/5/2024 - 4/4/2024	Tu/Th 6pm-10pm	
4/9/2024 - 5/9/2024	Tu/Th 6pm-10pm	
10/4/2024 - 10/13/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 301 Hypnotherapy - Foundations Level III Clinic</b>	<b>40</b>	<b>1</b>
3/1/2024 - 3/17/2024	F 6pm-10 pm Sa/Su 9am-6pm	
5/14/2024 - 6/13/2024	Tu/Th 6pm-10pm	
11/15/2024 - 11/24/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>TOTAL:</b>	<b>100</b>	<b>4.75</b>



Linda Bennett, Associate Dean of On Campus Education and Hypnotherapy Program Director with SWIHA graduates at a conference where they were all conference presenters and Linda received the IMDHA Life Fellow in Hypnotherapy Award.

# Advanced Professional Hypnotherapy

350 Hours • 17.25 Credits • External Certification

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

Course:	Hours:	Credits:
<b>Hypnotherapy 100-hour Certificate</b>	<b>100</b>	<b>4.75</b>
<b>BC 540 Business Development &amp; Entrepreneurial Support</b>	<b>40</b>	<b>2.25</b>
4/15/2024 - 6/24/2024	M 6pm-10pm	
7/8/2024 - 9/16/2024	M 6pm-10pm	
9/23/2024 - 12/2/2024	M 6pm-10pm	
<b>HC 101 HWC - Foundations of Wellness Coaching</b>	<b>20</b>	<b>1</b>
1/19/2024 - 1/21/2024	F 6pm-10 pm Sa/Su 9am-6pm	
5/17/2024 - 5/19/2024	F 6pm-10 pm Sa/Su 9am-6pm	
9/20/2024 - 9/22/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 101 Hypnotherapy - Foundations Level I</b>	<b>20</b>	<b>1.25</b>
1/12/2024 - 1/14/2024	F 6pm-10 pm Sa/Su 9am-6pm	
3/19/2024 - 4/2/2024	Tu/Th 6pm-10pm	
9/6/2024 - 9/8/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 107 Hypnotherapy - Hypnosis &amp; Storytelling</b>	<b>8</b>	<b>0.5</b>
6/18/2024 - 6/25/2024	T 6pm-10pm	
<b>HY 201 Hypnotherapy - Foundations Level II</b>	<b>40</b>	<b>2.5</b>
2/2/2024 - 2/18/2024	F 6pm-10 pm Sa/Su 9am-6pm	
3/5/2024 - 4/4/2024	Tu/Th 6pm-10pm	
4/9/2024 - 5/9/2024	Tu/Th 6pm-10pm	
10/4/2024 - 10/13/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 301 Hypnotherapy - Foundations Level III Clinic</b>	<b>40</b>	<b>1</b>
3/1/2024 - 3/17/2024	F 6pm-10 pm Sa/Su 9am-6pm	
5/14/2024 - 6/13/2024	Tu/Th 6pm-10pm	
11/15/2024 - 11/24/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 315 Hypnotherapy - Fears Phobias &amp; Addictions</b>	<b>15</b>	<b>1</b>
4/6/2024 - 4/7/2024	Sa/Su 9am-5:30pm	
9/3/2024 - 9/24/2024	Tu 6pm-9:45pm	
<b>HY 340 EFT Introduction / EFT Level I</b>	<b>8</b>	<b>0.25</b>
2/24/2024 - 2/24/2024	Sa 9am-6pm	
11/9/2024 - 11/9/2024	Sa 9am-6pm	
<b>HY 350 Hypnotherapy - Past Life Regression</b>	<b>20</b>	<b>1</b>
1/5/2024 - 1/7/2024	F 6pm-10 pm Sa/Su 9am-6pm	
8/16/2024 - 8/18/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 370 PSHypnotherapy - Clinical Certification Prep</b>	<b>8</b>	<b>0.5</b>
3/11/2024 - 3/18/2024	M 6pm-10pm	
8/20/2024 - 8/27/2024	Tu 6pm-10pm	
<b>HY 402 Hypnotherapy - Advanced Techniques</b>	<b>24</b>	<b>0.75</b>
1/20/2024 - 1/28/2024	Sa 9am-1pm Su 9am-6pm	
7/20/2024 - 7/28/2024	Sa 9am-1pm Su 9am-6pm	
<b>HY 420 Hypnotherapy - Script Writing</b>	<b>15</b>	<b>1</b>
2/1/2024 - 2/22/2024	Th 6-9:45pm	
8/1/2024 - 8/22/2024	Th 6-9:45pm	
<b>HY 450 Hypnotherapy - Spirit Release</b>	<b>12</b>	<b>0.5</b>
7/12/2024 - 7/13/2024	Fri 6pm-10pm Sa 9am-6pm	
12/6/2024 - 12/7/2024	Fri 6pm-10pm Sa 9am-6pm	
12/8/2023 - 12/9/2023	Fri 6pm-10pm Sa 9am-6pm	
<b>HY 476 Hypnotherapy - Dreams &amp; Metaphors</b>	<b>20</b>	<b>1</b>
1/8/2024 - 2/12/2024	M 6pm-10pm	
7/9/2024 - 8/6/2024	Tu 6pm-10pm	
<b>HY 520 Hypnotherapy - Subconscious Intervention</b>	<b>20</b>	<b>1</b>
2/9/2024 - 2/11/2024	F 6pm-10 pm Sa/Su 9am-6pm	
8/2/2024 - 8/4/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>HY 581 Hypnotherapy - Medical Imagery</b>	<b>20</b>	<b>1</b>
6/20/2024 - 7/25/2024	Th 6pm-10pm	
<b>TC 610 Heart Centered Leadership</b>	<b>20</b>	<b>1.25</b>
5/29/2024 - 7/10/2024	W 6pm-10pm	
10/16/2024 - 11/13/2024	W 6pm-10pm	
<b>TOTAL</b>	<b>350</b>	<b>17.25</b>

## Linda Bennett

Associate Dean of On Campus Education and is the Hypnotherapy Program Director

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



# 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>
8/20/2024 - 10/8/2024 Tu 6pm-9:45pm		
<b>DD 201 Life Review &amp; Processing Grief</b>	<b>30</b>	<b>1.5</b>
10/15/2024 - 12/10/2024 Tu 6pm-9:45pm		
<b>DD 301 End of Life Rituals &amp; Ceremonies</b>	<b>40</b>	<b>2</b>
1/23/2024 - 3/26/2024 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 cancer patients cope with the stress, anxiety, fatigue, pain, and sleeping difficulties associated with a cancer diagnosis. The medical community widely embraces this alternative form of 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>
2/9/2024 - 2/16/2024 Fri 9am-1pm		
5/11/2024 - 5/11/2024 Sa 9am-6pm		
10/19/2024 - 10/19/2024 Sa 9am-6pm		
<b>MT 604 Lymphatic Massage - Advanced</b>	<b>8</b>	<b>0.25</b>
2/11/2024 - 2/11/2024 Su 9am-6pm		
8/4/2024 - 8/4/2024 Su 9am-6pm		
<b>TE 142 Scar Tissue Massage</b>	<b>8</b>	<b>0.25</b>
3/17/2024 - 3/17/2024 Su 9am-6pm		
7/28/2024 - 7/28/2024 Su 9am-6pm		
10/13/2024 - 10/13/2024 Su 9am-6pm		
<b>TE 146 Breast Health - Intro</b>	<b>8</b>	<b>0.5</b>
5/9/2024 - 5/16/2024 Th 9am-1pm		
8/20/2024 - 8/27/2024 Tu 6pm-10pm		
<b>TE 260 Fibromyalgia Therapy</b>	<b>16</b>	<b>0.5</b>
1/22/2024 - 2/12/2024 M 9am-1pm		
3/9/2024 - 3/10/2024 Sa/Su 9am-6pm		
8/28/2024 - 9/18/2024 W 9am-1pm		
<b>TE 740 TMJ Release</b>	<b>4</b>	<b>0.25</b>
3/24/2024 - 3/24/2024 Su 9am-1pm		
7/14/2024 - 7/14/2024 Su 9am-1pm		
<b>TE 302 Elder Touch - Medical</b>	<b>16</b>	<b>0.5</b>
1/22/2024 - 2/12/2024 M 6pm-10pm		
7/29/2024 - 8/19/2024 M 9am-1pm		
9/25/2024 - 10/16/2024 W 6pm-10pm		
<b>TE 340 Lymphatic Massage</b>	<b>16</b>	<b>0.5</b>
1/29/2024 - 2/7/2024 M/W 9am-1pm		
4/15/2024 - 4/24/2024 M/W 9am-1pm		
4/20/2024 - 4/21/2024 Sa/Su 9am-6pm		
<b>TE 402 Medical Massage for Cancer Survivors</b>	<b>16</b>	<b>0.75</b>
5/23/2024 - 6/13/2024 Th 9am-1pm		
8/5/2024 - 8/26/2024 M 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>
2/20/2024 - 4/23/2024 Tu 9am-1pm		
3/26/2024 - 5/28/2024 Tu 6pm-10pm		
10/1/2024 - 10/31/2024 T/Th 9am-1pm		
10/15/2024 - 1/7/2025 Tu 9am-1pm		
<b>TE 160 Carpal Tunnel/Thoracic Outlet Release</b>	<b>8</b>	<b>0.25</b>
1/18/2024 - 1/25/2024 Th 9am-1pm		
2/21/2024 - 2/28/2024 W 6pm-10pm		
9/23/2024 - 9/30/2024 M 6pm-10pm		
<b>TE 225 Rotator Cuff/Shoulder Joint</b>	<b>8</b>	<b>0.25</b>
6/22/2024 - 6/22/2024 Sa 9am-6pm		
7/10/2024 - 7/17/2024 W 9am-1pm		
<b>TE 320 Lower Back Pain Release</b>	<b>8</b>	<b>0.25</b>
6/23/2024 - 6/23/2024 Su 9am-6pm		
7/22/2024 - 7/24/2024 M/W 9am-1pm		
<b>TE 364 Massage Sideline w/Deep Listening</b>	<b>16</b>	<b>0.5</b>
12/2/2023 - 12/3/2023 Sa/Su 9am-6pm		
6/11/2024 - 7/9/2024 Tu 6pm-10pm		
7/31/2024 - 8/21/2024 W 9am-1pm		
<b>TE 380 Neck Release</b>	<b>8</b>	<b>0.25</b>
1/4/2024 - 1/11/2024 Th 9am-1pm		
3/11/2024 - 3/18/2024 M 6pm-10pm		
7/31/2024 - 8/7/2024 W 9am-1pm		
9/9/2024 - 9/16/2024 M 6pm-10pm		
<b>TE 600 Rock &amp; Unlock</b>	<b>12</b>	<b>0.25</b>
2/1/2024 - 2/15/2024 Th 9am-1pm		
3/6/2024 - 3/20/2024 W 6pm-10pm		
9/4/2024 - 9/18/2024 W 6pm-10pm		
9/25/2024 - 10/9/2024 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>
12/1/2023 - 12/3/2023	Fri 6pm-10pm Sa/Su 9am-6pm	
2/16/2024 - 2/18/2024	F 6pm-10 pm Sa/Su 9am-6pm	
3/28/2024 - 4/25/2024	Th 9am-1pm	
4/26/2024 - 4/28/2024	F 6pm-10 pm Sa/Su 9am-6pm	
6/20/2024 - 7/25/2024	Th 9am-1pm	
7/26/2024 - 7/28/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>PC 150 Polarity - Basic II (Ayurvedic Elements)</b>	<b>48</b>	<b>2.25</b>
2/23/2024 - 3/3/2024	Fri-Su 9am-6pm	
7/12/2024 - 7/21/2024	Fri-Su 9am-6pm	
<b>PC 400 Polarity - Communications Resonance &amp; Relations I</b>	<b>32</b>	<b>2</b>
1/27/2024 - 2/4/2024	Sa/Su 9am-6pm	
4/27/2024 - 5/5/2024	Sa/Su 9am-6pm	
8/1/2024 - 9/19/2024	Th 9am-1pm	
9/7/2024 - 9/15/2024	Sa/Su 9am-6pm	
<b>PC 700 Polarity - Reflexology for Bodyworkers</b>	<b>20</b>	<b>1</b>
4/12/2024 - 4/14/2024	F 6pm-10 pm Sa/Su 9am-6pm	
9/20/2024 - 9/22/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>PC 700 Polarity - Reflexology for Bodyworkers</b>	<b>20</b>	<b>1</b>
12/8/2023 - 12/10/2023	F 6pm-10 pm Sa/Su 9am-6pm	
12/6/2024 - 12/8/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>PC 850 Cranial Unwinding I</b>	<b>20</b>	<b>1</b>
12/15/2023 - 12/17/2023	F 6pm-10 pm Sa/Su 9am-6pm	
1/26/2024 - 1/28/2024	F 6pm-10 pm Sa/Su 9am-6pm	
2/22/2024 - 3/21/2024	Th 9am-1pm	
4/5/2024 - 4/7/2024	F 6pm-10 pm Sa/Su 9am-6pm	
5/9/2024 - 6/6/2024	Th 9am-1pm	
6/21/2024 - 6/23/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>PC 200 Polarity APP/Cranial - Practicum</b>	<b>30</b>	<b>1.25</b>
3/9/2024 - 3/17/2024	Sa/Su 9am-5:30pm	
6/22/2024 - 6/30/2024	Sa/Su 9am-5:30pm	
10/19/2024 - 10/27/2024	Sa/Su 9am-5:30pm	
<b>PC 960 Polarity - Clinic</b>	<b>30</b>	<b>0.5</b>
12/9/2023 - 12/17/2023	Sa 9am-6pm Su 9am-5pm	
3/22/2024 - 4/7/2024	Sa 9am-6pm Su 9am-5pm	
7/20/2024 - 7/28/2024	Sa 9am-6pm Su 9am-5pm	
<b>TOTAL:</b>	<b>200</b>	<b>9.0</b>

# Polarity

## Polarity Advanced Courses

### Advanced Recommended Classes:

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



## 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 nation wide 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

1/5/2024 - 1/7/2024 Fri-Su 9am-6pm  
8/2/2024 - 8/4/2024 Fri-Su 9am-6pm

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

Class Hours: 16 Credits: 0.25

5/4/2024 - 5/5/2024 Sa/Su 9am-6pm

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

Class Hours: 32 Credits: 1

6/27/2024 - 6/30/2024 Th-Su 9am-6pm

### PC 999 Polarity - Autonomic Nervous System

Class Hours: 24 Credits: 0.75

4/19/2024 - 4/21/2024 Fri-Su 9am-6pm

### PC 110 Polarity - Trance Counseling

Class Hours: 24 Credits: 1

10/4/2024 - 10/6/2024 Fri-Su 9am-6pm

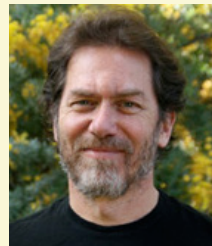


## Jennifer Sanders

Program Coordinator

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

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



## Gary Strauss

Program Director

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

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

# Reiki

## Traditional or Transformational

100 Hours  
3.00 Credits

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

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

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

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

## TRADITIONAL

### Reiki - Traditional

Course:	Hours:	Credit:
<b>EC 700 Reiki I - Traditional</b>	<b>16</b>	<b>0.5</b>
1/6/2024 - 1/7/2024	Sa/Su 9am-6pm	
4/27/2024 - 4/28/2024	Sa/Su 9am-6pm	
6/7/2024 - 6/28/2024	Fri 9am-1pm.	
9/28/2024 - 9/29/2024	Sa/Su 9am-6pm	
<b>EC 711 Reiki II - Traditional</b>	<b>16</b>	<b>0.5</b>
2/3/2024 - 2/4/2024	Sa/Su 9am-6pm	
6/8/2024 - 6/9/2024	Sa/Su 9am-6pm	
10/19/2024 - 10/20/2024	Sa/Su 9am-6pm	
<b>EC 720 Reiki III - Advanced</b>	<b>8</b>	<b>0.25</b>
3/16/2024 - 3/16/2024	Sa 9am-6pm	
8/17/2024 - 8/17/2024	Sa 9am-6pm	
11/9/2024 - 11/9/2024	Sa 9am-6pm	
<b>EC 798 Reiki Clinic</b>	<b>8</b>	<b>0.25</b>
12/2/2023 - 12/2/2023	Sa 9am-6pm	
12/3/2023 - 12/3/2023	Sa 9am-6pm	
6/15/2024 - 6/15/2024	Sa 9am-6pm	
<b>EC 766 Reiki Master/Teacher Initiation</b>	<b>20</b>	<b>0.5</b>
12/15/2023 - 12/17/2023	F 6pm-10 pm Sa/Su 9am-6pm	
6/28/2024 - 6/30/2024	F 6pm-10 pm Sa/Su 9am-6pm	
12/13/2024 - 12/15/2024	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>

## TRANSFORMATIONAL

### Reiki - Holy

Course:	Hours:	Credit:
<b>EC 812 Reiki: Holy Reiki I &amp; II - Discovery &amp; Deepening</b>	<b>20</b>	<b>0.75</b>
4/5/2024 - 4/7/2024	F 6pm-10 pm Sa/Su 9am-6pm	
11/1/2024 - 11/3/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 813 Reiki: Holy Reiki III - Heaven's Gate</b>	<b>20</b>	<b>0.5</b>
12/1/2023 - 12/3/2023	F 6pm-10 pm Sa/Su 9am-6pm	
5/17/2024 - 5/19/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 798 Reiki Clinic</b>	<b>8</b>	<b>0.25</b>
12/2/2023 - 12/2/2023	Sa 9am-6pm	
6/15/2024 - 6/15/2024	Sa 9am-6pm	
<b>EC 767 Reiki - Holy - Master/Teacher Initiation</b>	<b>20</b>	<b>0.5</b>
12/15/2023 - 12/17/2023	F 6pm-10 pm Sa/Su 9am-6pm	
12/13/2024 - 12/15/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>Total Core classes for Holy 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>

### Reiki - Shamanic

Course:	Hours:	Credit:
<b>EC 775 Shamanic Reiki I &amp; II</b>	<b>20</b>	<b>0.75</b>
3/8/2024 - 3/10/2024	Fri 6pm-10pm Sa/Su 9am-6pm	
8/23/2024 - 8/25/2024	Fri 6pm-10pm Sa/Su 9am-6pm	
<b>EC 776 Shamanic Reiki III &amp; Beyond</b>	<b>20</b>	<b>0.5</b>
4/12/2024 - 4/14/2024	F 6pm-10 pm Sa/Su 9am-6pm	
9/13/2024 - 9/15/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 798 Reiki Clinic</b>	<b>8</b>	<b>0.25</b>
12/2/2023 - 12/2/2023	Sa 9am-6pm	
6/15/2024 - 6/15/2024	Sa 9am-6pm	
<b>EC 766 Reiki Master/Teacher Initiation</b>	<b>20</b>	<b>0.5</b>
12/15/2023 - 12/17/2023	F 6pm-10 pm Sa/Su 9am-6pm	
6/28/2024 - 6/30/2024	F 6pm-10 pm Sa/Su 9am-6pm	
12/13/2024 - 12/15/2024	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>



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)



## Meet Our Reiki Program Directors



**Dr. Brad Bouté**  
Shamanic Pathways Program Director

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



**Scott Taylor**  
Traditional Reiki Program Director

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



**Mary Ritter**  
Holy Reiki Program Director

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

## Reiki Electives

### Electives

Select 32 hours from the following:

Course:	Hours:	Credit:
<b>EC 731 Reiki &amp; Beyond - Sound &amp; Vibration</b>	<b>16</b>	<b>0.5</b>
3/23/2024 - 3/24/2024 Sa/Su 9am-6pm		
7/13/2024 - 7/14/2024 Sa/Su 9am-6pm		
<b>EC 741 Reiki - Angels, Guides, and Masters</b>	<b>8</b>	<b>0.25</b>
3/17/2024 - 3/17/2024 Su 9am-6pm		
11/10/2024 - 11/10/2024 Su 9am-6pm		
<b>EC 750 Reiki Symbolism &amp; Geometric Grid</b>	<b>16</b>	<b>0.5</b>
4/20/2024 - 4/21/2024 Sa/Su 9am-6pm		
11/23/2024 - 11/24/2024 Sa/Su 9am-6pm		
<b>AR 120 Aromatherapy - Therapeutic Touch</b>	<b>8</b>	<b>0.25</b>
1/13/2024 - 1/13/2024 Sa 9am-6pm		
6/22/2024 - 6/22/2024 Sa 9am-6pm		
<b>EC 791 Reiki for Prosperity</b>	<b>8</b>	<b>0.25</b>
1/7/2024 - 1/7/2024 Su 9am-6pm		
5/12/2024 - 5/12/2024 Su 9am-6pm		

## Reiki Principles

Just for today . . .  
I will give thanks for my many blessings  
I will refrain from worry  
I will refrain from anger  
I will live my life honestly  
I will be kind to every living thing



# 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>EL 146 Auriculotherapy</b>	<b>20</b>	<b>1</b>
1/19/2024 - 2/16/2024	Fri 9am-1pm.	
8/2/2024 - 9/6/2024	Fri 9am-1pm.	
10/11/2024 - 10/13/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>RF 201 Reflexology - A Western Approach for Bodyworkers</b>	<b>20</b>	<b>0.75</b>
2/23/2024 - 3/22/2024	Fri 9am-1pm.	
3/8/2024 - 3/10/2024	Fri 6pm-10pm Sa/Su 9am-6pm	
5/31/2024 - 6/2/2024	Fri 6pm-10 pm Sa/Su 9am-6pm	
9/13/2024 - 10/11/2024	Fri 9am-1pm.	
<b>RF 202 Reflexology - Assessment Skills for Bodyworkers</b>	<b>20</b>	<b>0.75</b>
4/5/2024 - 5/3/2024	Fri 9am-1pm.	
11/15/2024 - 11/17/2024	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>
12/8/2023 - 12/10/2023	F 6pm-10 pm Sa/Su 9am-6pm	
5/10/2024 - 6/14/2024	Fri 9am-1pm	

## CHOOSE 40 HOURS OF ELECTIVES

<b>AR 115 Aromatherapy - Foot Chakra Reflexology for Bodyworkers</b>	<b>8</b>	<b>0.25</b>
1/14/2024 - 1/14/2024	Su 9am-6pm	
6/23/2024 - 6/23/2024	Su 9am-6pm	
<b>EC 106 Energetic Acupressure - Intro</b>	<b>16</b>	<b>0.5</b>
12/2/2023 - 12/3/2023	Sa/Su 9am-6pm	
2/3/2024 - 2/4/2024	Sa/Su 9am-6pm	
8/3/2024 - 8/4/2024	Sa/Su 9am-6pm	
11/23/2024 - 11/24/2024	Sa/Su 9am-6pm	
<b>EL 220 Face-Lift Acupressure</b>	<b>4</b>	<b>0.25</b>
12/1/2023 - 12/1/2023	Fri 6pm-10pm	
2/2/2024 - 2/2/2024	Fri 6pm-10pm	
8/2/2024 - 8/2/2024	Fri 6pm-10pm	
11/22/2024 - 11/22/2024	Fri 6pm-10pm	
<b>OE 640 Thai Massage - Foot Massage</b>	<b>20</b>	<b>0.5</b>
3/1/2024 - 3/3/2024	F 6pm-10 pm Sa/Su 9am-6pm	
6/7/2024 - 6/9/2024	F 6pm-10 pm Sa/Su 9am-6pm	
10/4/2024 - 10/6/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>PC 700 Polarity - Reflexology for Bodyworkers</b>	<b>20</b>	<b>1</b>
12/8/2023 - 12/10/2023	F 6pm-10 pm Sa/Su 9am-6pm	
4/12/2024 - 4/14/2024	F 6pm-10 pm Sa/Su 9am-6pm	
9/20/2024 - 9/22/2024	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>
12/1/2023 - 1/12/2024	Fri 9am-1pm.	
6/21/2024 - 7/26/2024	Fri 9am-1pm.	
9/27/2024 - 9/29/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>RF 162 Toe Reading II - Soul Coaching - Facilitated Dialogue</b>	<b>20</b>	<b>0.5</b>
8/9/2024 - 8/11/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>RF 218 East Indian Head Acupressure</b>	<b>8</b>	<b>0.25</b>
4/21/2024 - 4/21/2024	Su 9am-6pm	
7/14/2024 - 7/14/2024	Su 9am-6pm	
11/10/2024 - 11/10/2024	Su 9am-6pm	
<b>RF 575 Reflexology - Hand for Bodyworkers</b>	<b>4</b>	<b>0.25</b>
4/20/2024 - 4/20/2024	Sa 9a-1pm	
7/13/2024 - 7/13/2024	Sa 9a-1pm	
<b>TOTAL</b>	<b>120</b>	<b>4-4.5</b>

# Toe Reading ~ Soul Coach

40 Hours



## Toe Reading I – Reflexology Assessment & Introduction to Dialogue

**RF 151 Class Hours: 20 Credits: 0.5**

It is well documented that everything that happens in your life, the story and the emotions, are stored as cell memory. Toe Reading is based on the theory that the body holographically records the stories of our lives in the tissues of the toes. The position and shape of the toes say a lot about their owner and the energy in one's body. Using active listening, powerful-soul-searching questions, along with deep-insight practitioners help people create change in their lives by examining their 'stories.'

A trained Toe Reader humbly listens to the client, quietly makes observations, feels the energy in the toes, makes inquiries and presents metaphorical connections. Level 1 is an Introduction to the Ayurveda elements found in the toes, their meaning, and how to give a basic Toe Reading to another. Coaching language and potent questions are introduced. (CEU-NCBTMB)

5 Weeks

12/1/2023 - 1/12/2024 Fri 9am-1pm.

6/21/2024 - 7/26/2024 Fri 9am-1pm.

1 weekend

9/27/2024 - 9/29/2024 F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

CEU

## Toe Reading II - Soul Coaching - Facilitated Dialogue

**RF 162 Class Hours: 20 Credits: 0.5**

Level II will concentrate on mastering facilitating dialogue in such a way as to help shift someone's awareness of how they are, and how they can be, in the world by asking penetrating soul coaching questions. An introduction to where the chakra information is holographically stored within the toes and feet will be explored to further help refine the predictable sites of sacred life stories. A 'Royal Reading', complete with the washing of the feet and the use of blended essential oils is taught to help create trust, ritual, blessings and sacred space with your client to deepen the discoveries from the soul in a toe reading session. PRERQ RF 151 or RF 150-OL

1 Weekend

8/9/2024 - 8/11/2024

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

\$400.00

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)



# 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>
3/8/2024 - 3/10/2024	Fri 6pm-10pm Sa/Su 9am-6pm	
8/23/2024 - 8/25/2024	Fri 6pm-10pm Sa/Su 9am-6pm	
<b>EC 776 Shamanic Reiki III &amp; Beyond</b>	<b>20</b>	<b>0.5</b>
4/12/2024 - 4/14/2024	F 6pm-10 pm Sa/Su 9am-6pm	
9/13/2024 - 9/15/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 777 Shamanic Wheel of Life</b>	<b>20</b>	<b>0.5</b>
6/21/2024 - 6/23/2024	F 6pm-10 pm Sa/Su 9am-6pm	
11/15/2024 - 11/17/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>EC 778 Shamanic Pathways</b>	<b>40</b>	<b>1.25</b>
1/12/2024 - 1/28/2024	Fri 6pm-10pm Sa/Su 9am-6pm	
7/26/2024 - 8/11/2024	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>
1/19/2024 - 1/21/2024	F 6pm-10 pm Sa/Su 9am-6pm	
5/17/2024 - 5/19/2024	F 6pm-10 pm Sa/Su 9am-6pm	
9/20/2024 - 9/22/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>IG 111 Introduction to Intuitive Guidance</b>	<b>12</b>	<b>1</b>
3/8/2024 - 3/9/2024	F 6pm-10 pm Sa 9am-6pm	
9/6/2024 - 9/7/2024	F 6pm-10 pm Sa 9am-6pm	
<b>IG 211 Angels and Guides</b>	<b>24</b>	<b>1.25</b>
3/22/2024 - 4/6/2024	F 6pm-10 pm Sa 9am-6pm	
10/4/2024 - 10/12/2024	F 6pm-10 pm Sa 9am-6pm	
<b>IG 311 Intuitive Guidance – Practical Applications</b>	<b>24</b>	<b>1.25</b>
4/19/2024 - 4/27/2024	F 6pm-10 pm Sa 9am-6pm	
11/8/2024 - 11/16/2024	F 6pm-10 pm Sa 9am-6pm	
<b>IG 401 Business of Intuitive Guidance</b>	<b>20</b>	<b>1.25</b>
5/17/2024 - 5/19/2024	F 6pm-10 pm Sa/Su 9am-6pm	
<b>TOTAL:</b>	<b>100</b>	<b>6.00</b>



# Urban Farming

100 Hours • 5.50 Credits

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

Course:		Hours:	Credit:
<b>UF 100 Urban Farming - Field-to-Fork</b>		<b>40</b>	<b>2.00</b>
1/18/2024 - 3/21/2024	Th 6pm-10pm		
<b>UF 101 Urban Farming - Seed to Sale</b>		<b>30</b>	<b>1.5</b>
3/28/2024 - 5/16/2024	Th 6-9:45pm		
<b>CC 450 Conscious Living &amp; Urban Farming</b>		<b>30</b>	<b>2.00</b>
10/17/2024 - 12/12/2024	Th 6pm-9:45pm		
	<b>Total Hours</b>	<b>100</b>	<b>5.50</b>



**Joel Hamilton**  
LMT, RMT, CHT, CYT

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



## Eight Reasons to Consider our Urban Farming Certificate:

1. Learn a applicable skill: the ability to farm! According to the United States Farm Bureau, only 1 in 50 American citizens have any farming experience (2%)
2. Food from your own garden is an extremely healthy food source. According to ChooseMyPlate.gov health benefits of self-grown produce are almost unbeatable, including that vegetables are high in fiber and vegetables are sources of many nutrients including: potassium, folate, Vitamin A & Vitamin C.
3. Growing your own food helps prevent food insecurity. According to the USDA, 1 in 7 Americans suffers from food insecurity, and this figure includes over 6 million children. Urban Farming can help alleviate some of the pressures of food insecurity and enhance your feeling of self-empowerment and self-confidence.
4. It's easier to eat organic produce when you grow it yourself. The way we teach Urban Farming at SWIHA you may need almost no pesticides or fertilizer, and the produce will be fresher than conventionally grown produce.
5. Growing your own organic food can be more economical than buying produce from normal supply chain. On a common sense level, putting in the time to grow your own fresh fruits and vegetables is going to have a more cost effective than going to buy at the grocery store. Grocery store produce is heavily marked up, especially because they have to add a mark up to transport the food.
6. Urban farming utilizes space incredibly efficiently. This is especially true in the case of vertical farming, which grows the same amount of produce on 1/10 of an acre that traditional agriculture would need 5 acres to produce.
7. Urban Farms on your own property increases property value. In a UC-Davis report on the benefits of urban agriculture, it was stated, "studies correlate urban farms and community gardens to increasing home values and household income. The presence of gardens raised property values as much as 9.4% within five years of establishment"
8. We have a very qualified Urban Farming Program Director. Born and raised on his family farm on the Canadian Border of upstate New York, Joel Hamilton has always been passionate about living a conscious and earth connected life. It is his goal to teach others of the importance the three key Permaculture laws: Earth-care, People-care and Fair-share. He comes from many generations of farmers and carries on that tradition to this day. He makes his home in Chandler, Arizona where he has farmed the same land since 1983.





## CERTIFICATE/SPECIALTY On-Campus

# Yoga Teacher Training

200 Hours  
8 Months or  
4 Months Fast Track

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

### Yoga Module I - UNITY Yoga Foundations

YO 111	Class Hours: 60	Credits: 2
Ground your yoga practice in the wisdom of past Masters. Expand your yoga practice with the understanding of personal experience. This foundational class serves as an exploration of yoga as a path of unity. An exploration of yoga as a path of unity with a focus on asana breathing ancient wisdom through modern voices history yoga anatomy and more. Embrace the full potential that is your birthright and rediscover the teacher within. For Students Paying PER Module - Enrollment and payment into YO 119 YTT Practicum is required with Yoga Module I to obtain your complimentary studio membership receive credit for observations and to be eligible to teach practicums. Supply \$35 Text: \$127		
9 Weeks		
1/29/2024 - 3/25/2024	Mon/Wed 6PM -9:30PM	
5 Weeks		
2/12/2024 - 3/14/2024	Mon-Thurs 10AM-1PM	
10 weeks		
4/23/2024 - 6/18/2024	T/Th 6pm-9:30pm	
9 Weeks		
9/9/2024 - 11/4/2024	Mon/Wed 6PM -9:30PM	
\$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		
5 Weeks		
3/18/2024 - 4/18/2024	Mon-Thurs 10AM-1PM	
9 Weeks		
3/27/2024 - 5/22/2024	Mon/Wed 6PM -9:30PM	
9 weeks		
6/20/2024 - 8/22/2024	T/Th 6pm-9:30pm	
11/6/2024 - 1/22/2025	Mon/Wed 6PM -9:30PM	
\$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		
10 Weeks		
2/8/2024 - 4/4/2024	Tues/Thurs: 6pm - 9:30pm	
5 Weeks		
4/22/2024 - 5/23/2024	Mon-Thurs 10AM-1PM	
10 Weeks		
5/29/2024 - 8/5/2024	Mon/Wed 6PM -9:30PM	
9 weeks		
8/27/2024 - 10/22/2024	T/Th 6pm-9:30pm	
\$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.		
1/29/2024 - 7/31/2024		
2/12/2024 - 5/23/2024		
4/23/2024 - 10/22/2024		
\$400.00		



Laura Mckinzie  
Senior Lead Yoga Instructor  
Fast Track



Will Zecco  
Lead Yoga Instructor  
YTT 200hrs Nights



## DIPLOMA On-Campus

# Yoga Advanced Teacher Training

600 Hours  
64 Weeks

The Advanced 600-hour Yoga Teacher Training program builds upon our Yoga Alliance approved 200-Hour YTT program. Whether students have completed our 200-hour YTT or completed a Yoga Alliance approved 200-hour program elsewhere, they are welcome to enroll in one of our advanced programs. In the 600-hour YTT program, students will complete 10 additional yoga-specific advanced courses, and 100 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
YO 435	Advanced Practicum	30	0.50
	<b>ADV. YOGA TEACHER TRAINING CORE SUBTOTAL</b>	<b>210</b>	<b>8.00</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 100 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
YO 530	Pre & Postnatal Yoga	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>200</b>	<b>7.50</b>

## YOGA THERAPY CORE COURSES

PC 100	Polarity - Basic I	20	1.00
PC 540	Trauma Informed Communication for Yoga Teachers	30	2.00
YO 438	I Am Yoga Principles of Meditation in Motion	40	1.00
YO-N	Yoga Nidra	100	4.50
YO 405	Yoga Nidra V - Advanced Techniques Part I	20	1.00
YO 406	Yoga Nidra VI - Advanced Techniques Part II	20	1.00
YO-BP	Yoga Body Psychology	100	4.50
YO 701	Integral Breath Therapy	40	1.75
YO 702	Integral Breath Therapy Practicum	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>



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

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

- Start from the beginning in one of our upcoming 200-Hour Yoga Teacher training and pursue some of your Advanced coursework at the same time.
- If you have taken your 200 hours of YTT training from SWIHA, you can transfer those hours towards the 1000-Hr Yoga Therapy program.
- Transfer your 200-hour training from another Yoga Alliance-approved program and begin your advanced yoga studies as soon as your schedule aligns.



KC Miller, Chief Spiritual SWIHA's CEO  
Kamini Desai, Amrit Yoga Institute Program Director  
Rhonda Vroman, Yoga Therapy Program Director



SWIHA In Partnership with AMRIT Institute



# 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 \*\*Not eligible for individual course registration\*\*  
1 Weekend  
5/3/2024 - 5/5/2024 F 6pm-10pm Sa/Su 9am-6pm  
10/25/2024 - 10/27/2024 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 \*\*Not eligible for individual course registration\*\*  
1 Weekend  
5/10/2024 - 5/12/2024 F 6pm-10pm Sa/Su 9am-6pm  
11/1/2024 - 11/3/2024 F 6pm-10pm Sa/Su 9am-6pm  
\$400.00

## Yoga - Body Psychology III

**YO 423** **Class Hours: 20** **Credits: 1**  
This module is designed to deepen the students understanding of yoga body psychology after having completed an initial practicum covering material in the first two weekends. Here you will begin to focus on the subtleties of yoga body psychology including a new diagnostic tool called Ayurvedic Psychology a new facilitation technique known as Focusing and an overview of the journey of psychological development through the chakras. New yoga body psychology sequences for lower and upper body as well as arms neck shoulders and upper spine will be introduced and practiced along with additional instruction and practice on leading yoga body psychology classes. PRE-REQ: YO 421 YO 422 AUC ONLY \*\*Not eligible for individual course registration\*\*  
1 Weekend  
5/31/2024 - 6/2/2024 F 6pm-10pm Sa/Su 9am-6pm  
11/15/2024 - 11/17/2024 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 \*\*Not eligible for individual course registration\*\*  
1 Weekend  
6/7/2024 - 6/9/2024 F 6pm-10pm Sa/Su 9am-6pm  
11/22/2024 - 11/24/2024 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 \*\*Not eligible for individual course registration\*\*  
1 Weekend  
12/1/2023 - 12/3/2023 F 6pm-10pm Sa/Su 9am-6pm  
6/14/2024 - 6/16/2024 F 6pm-10pm Sa/Su 9am-6pm  
12/6/2024 - 12/8/2024 F 6pm-10pm Sa/Su 9am-6pm  
\$400.00



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

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

# Yoga Nidra

100 Hours • 4.50 Credits

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

## Yoga - Nidra I

**YO 401** **Class Hours: 20** **Credits: 1**  
This theoretical and experiential foundation class is designed to introduce you to yoga nidra as a little-known limb of the yogic arts. Literally translated as “yogic sleep” Yoga Nidra enables practitioners to reach profoundly deep states of consciousness through a powerful series of interchangeable techniques performed lying down. Explore the original intent of yoga the three states of consciousness and Yoga Nidra as a tool for accessing the fourth state Supplies \$42 - AUC  
1 Weekend  
1/19/2024 - 1/21/2024 F 6pm-10pm Sa/Su 9am-6pm  
8/9/2024 - 8/11/2024 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  
1/26/2024 - 1/28/2024 F 6pm-10pm Sa/Su 9am-6pm  
8/16/2024 - 8/18/2024 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  
2/16/2024 - 2/18/2024 F 6pm-10pm Sa/Su 9am-6pm  
9/6/2024 - 9/8/2024 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  
2/23/2024 - 2/25/2024 F 6pm-10pm Sa/Su 9am-6pm  
9/13/2024 - 9/15/2024 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  
3/8/2024 - 3/10/2024 F 6pm-10pm Sa/Su 9am-6pm  
10/18/2024 - 10/20/2024 F 6pm-10pm Sa/Su 9am-6pm  
\$400.00

# Advanced Yoga Nidra

40 Hours

## Yoga Nidra V – Advanced Techniques Part I

**YO 405** **Class Hours: 20** **Credits: 1**  
This course of advanced Yoga Nidra study builds on and deepens Yoga Nidra practice as an ancient esoteric and mystical practice through study of source texts and yogic scriptures. We will delve more deeply into the koshas (sheaths) and how Yoga Nidra is of benefit to each one. You will learn how the Wisdom Body is the key to breaking internal patterns (samskaras) and you will experience new techniques for yourself and for your students to strengthen the power of the Wisdom Body. The new advanced Yoga Nidra card deck includes new body rotation sequences awareness of space inside and outside the body listening with the body chakra and kosha experiences and prana/mother divine yoga nidra. PRE-REQ: YO 401-404 SUPPLY: \$70 AUC  
1 Weekend  
9/27/2024 - 9/29/2024 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  
10/11/2024 - 10/13/2024 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** **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  
5/1/2024 - 6/26/2024 Wed 6-9:45pm  
\$600.00

## Yoga - Advanced Yin

**YO 466** **Class Hours: 20** **Credits: 0.75**  
This weekend training will build upon the techniques learned in YO 456 Therapeutic Postures I (Yin) and is designed for those looking to refine their teaching and explore a deeper understanding of the more subtle dimensions of Yin Yoga. In this training we will uncover the emotional body through the lens of Taoist Five Element Meridian Theory. The Fascial Trains of the Body and their correlation to the Meridians will be introduced as well as mindfulness and the Yin quality of Mind. Advanced Yin Sequencing will be practiced with the opportunity to guide a full hour Yin Practice. TEXT: \$25  
1 Weekend  
6/21/2024 - 6/23/2024 F 6pm-10pm Sa/Su 9am-6pm  
\$400.00

## Yoga - Advanced Yoga Therapy Supervised Practicum

**YO 463** **Class Hours: 50** **Credits: 0.25**  
This is a capstone experience consisting of two parts. Part A: Offering three coached studio class demonstrating mastery of a combination of Yin Restorative YBP Yoga Nidra Posture of Consciousness and Principles of Meditation In Motion. Part B: 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 sessions will include YBP IBT and Yoga Nidra emphasis while integrating additional protocols.  
5 Weeks  
1/9/2024 - 2/13/2024 T 6-9:30pm & Weekends  
8 Weeks  
9/24/2024 - 11/19/2024 Wednesdays & Weekends  
\$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  
10/28/2024 - 1/6/2025 Mon 6-9:45pm  
\$600.00

## Yoga - Foundations of Ayurveda

**YO 453** **Class Hours: 20** **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  
2/19/2024 - 3/18/2024 Mon 6-10:00pm  
\$400.00



**Rhonda Vroman**

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

## Yoga - Integral Breath Therapy

**YO 701** **Class Hours: 40** **Credits: 1.75**  
Integral Breath Therapy (IBT) is a revolutionary body-based modality that uses the breath to explore heal and integrate the multidimensional aspects of the human psyche bridging the gap between the conscious and unconscious mind. Facilitators learn how to use the power of this energy therapy to induce a natural trance state to bring dynamic awakenings to their clients and access underlying unresolved issues at the core. By going underneath the "story" or repetitive dramas in life belief systems are revealed along with the reason for their existence. It is an ideal tool for working with somatic issues addictions recovery respiratory problems depression anxiety grief and loss PTSD anger management relationship difficulties weight and body issues chronic tension and fatigue personal growth and more. Supplies: \$40  
2 Weekends  
12/8/2023 - 12/17/2023 F 6pm-10pm Sa/Su 9am-6pm  
7/26/2024 - 8/4/2024 F 6pm-10pm Sa/Su 9am-6pm  
\$800.00

## Yoga - Integral Breath Therapy Practicum

**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  
1/5/2024 - 1/7/2024 F 6pm-10pm Sa/Su 9am-6pm  
8/23/2024 - 8/25/2024 F 6pm-10pm Sa/Su 9am-6pm  
\$400.00

## Yoga - Business of Yoga

**YO 455** **Class Hours: 30** **Credits: 1**  
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  
6/24/2024 - 8/19/2024 Mon 6-9:45pm  
\$600.00

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

**YO 438** **Class Hours: 40** **Credits: 1**  
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: YO 434 Supply: \$25  
2 Weekends  
4/12/2024 - 4/21/2024 F 6pm-10pm Sa/Su 9am-6pm  
\$800.00

# Yoga Class Descriptions

## Yoga - Intro to Sacred Sound & Meditation - Singing Bowls & the Gong YO 132 Class Hours: 20 Credits: 0.75

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

1 Weekend

4/5/2024 - 4/7/2024

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

\$400.00

## Yoga - Modified Poses Props & Principles

### YO 442 Class Hours: 30 Credits: 1

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

7/10/2024 - 8/28/2024

Wed 6-9:45pm

\$600.00

## Yoga - Philosophy & Meditation

### YO 560 Class Hours: 30 Credits: 1

Yogic teachings embody the wisdom of "The Light is One yet the paths are many." In this course you will explore four paths of yoga: Karma Bhakti Jnana and Raja. Through "Svadyaya" the Sanskrit word meaning "Spiritual Study" and meditation you will explore the practical applications both on and off the mat. You are invited to unlock the ancient yogic teachings and learn how to offer them to yourself and others. Readings from sacred poetry yogic texts and other resources will give you the tools to incorporate these philosophies into your yoga classes in the form of themes cues and techniques as well as deepening your personal wisdom. Supply Fee: \$20 Text: \$37

8 Weeks

2/7/2024 - 3/27/2024

Wed 6-9:45pm

10/30/2024 - 1/8/2025

Wed 6-9:45pm

\$600.00

## Yoga - Physiology & Health Conditions for Yoga Therapists

### YO 454 Class Hours: 30 Credits: 2

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

6/5/2024 - 8/7/2024

Mon 6-9:45pm

\$600.00

## Yoga - Posture of Consciousness

### YO 434 Class Hours: 20 Credits: 1

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. YTT 200 Supply: \$55

1 Weekend

3/22/2024 - 3/24/2024

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

\$400.00



## Yoga - Posture of Consciousness

### YO 434 Class Hours: 20 Credits: 1

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. YTT 200 Supply: \$55

1 Weekend

7/12/2024 - 7/14/2024

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

\$400.00

## Yoga - Putting It All Together & Yoga Therapy Assessment

### YO 462 Class Hours: 20 Credits: 0.25

This course provides students an opportunity to review what they learned in the Yoga Therapy program and skillfully combine all the components of into an appropriate treatment plan for your clients. Students will create and teach one 3-class yoga therapy series with focus on a designated condition. PREREQ – All Yoga Therapy courses with the exception of the Yoga Therapy Final Practicum.

4 Weeks

2/20/2024 - 3/12/2024

T/Th 6-10pm

5 Weeks

11/21/2024 - 12/17/2024

Wed 6-10 pm (+ 1 Monday)

\$400.00

## Yoga - Therapeutic Postures I (YIN)

### YO 456 Class Hours: 20 Credits: 1

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

4/8/2024 - 5/6/2024

Mon 6-10:00pm

\$400.00

## Yoga - Therapeutic Postures II (RESTORATIVE)

### YO 457 Class Hours: 20 Credits: 1

This workshop weekend can be liken to a mini-retreat. Learn how to deeply relax and restore vital energy necessary to living a whole and balanced life. Research has shown that deep relaxation affects us on a genetic level and can have profound and lasting benefits. Deep relaxation boosts the immune system and relieves fatigue anxiety and insomnia without the use of medication. Learn a series of asanas to facilitate deep relaxation through the use of yoga props including blankets straps pillows eye bags wedges and block. Supply fee: \$33

5 Weeks

5/13/2024 - 6/17/2024

Mon 6-10:00pm

\$400.00



# Yoga Class Descriptions

## Yoga - Transformational Yoga Coaching

YO 506

Class Hours: 40

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

3/1/2024 - 3/17/2024

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

\$800.00

## Yoga - Transformational Yoga Coaching II: Yogic Bodywork

YO 537

Class Hours: 20

Credits: 0.5

Take metaphors coaching and yoga therapy to the mat. Learn correct body mechanics a full body acupressure session completed with facilitated dialogue. Ancient and Shamanic myths are un-packed and wrapped into therapeutic transformational sessions. Supplies: \$20

5 Weeks

8/14/2024 - 9/11/2024

Wed 6-10 pm

\$400.00

## Yoga - Trauma Informed Communications for Yoga Teachers

YO 540

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 yoga class or working one on one with individuals. Using the latest research on the impact of trauma on physical emotional and mental health of individuals this class offers mindful dialogue regulation techniques restorative sequencing and trauma sensitive cueing.

8 Weeks

10/30/2024 - 1/8/2025

Wed 6-9:45pm

\$600.00

## Yoga - Yogic Energy Anatomy & Chakras

YO 450

Class Hours: 30

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 meditative practices including the use of mantra as powerful tools toward spiritual and emotional cleansing. PREREQ: YTT 200 Text: \$30

8 Weeks

8/26/2024 - 10/21/2024

Wed 6-9:45pm

\$600.00

# Fired Up! Peak Performance Conference & Firewalk

with KC Miller and James Patrick

Saturday, January 27, 2024 | 10am-7pm | Price \$199

Call 480-994-9244 to register

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

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



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

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

# Class Descriptions

## Class Descriptions Important Key Abbreviations:

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

**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

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

## A

### Advanced Polarity Practitioner Clinic (RPP Clinic)

**PC 971**      **Class Hours: 30**      **Credits: 0.5**  
Advanced Polarity Practitioner Clinic (RPP Clinic) is the final exhibition of all skills and program competencies. Students will receive clients and complete thorough intakes and treatment plans integrating all facets of Polarity and Cranial skills. Students will receive many layers of individual feedback focusing on their strengths and areas of opportunity as they apply to holding a therapeutic practice. This class is an opportunity for advanced students to demonstrate mastery of course content and readiness for private practice. PRE-REQ: PC 987  
2 weekends  
10/26/2024 - 11/3/2024      Sa/Su 9am-5:30pm  
\$600.00

### Advanced Professional Hypnotherapy ONLINE

**HY 371-OL P\$**      **Class Hours: 8**      **Credits: 0.25**  
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 (HY101-OL HY201-OL & HY301-OL).  
12/11/2023 - 1/14/2024  
\$160.00

Online

### 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).  
12/11/2023 - 1/21/2024  
5/13/2024 - 6/16/2024  
10/7/2024 - 11/10/2024  
\$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  
4/8/2024 - 5/12/2024  
9/2/2024 - 10/6/2024  
\$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: \$116  
8 weeks  
1/8/2024 - 2/28/2024      M/W 6pm-10pm  
2/19/2024 - 4/8/2024      M/W 9am-1pm  
3/25/2024 - 5/13/2024      M/W 6pm-10pm  
3/26/2024 - 5/14/2024      T/Th 9am-1pm  
5/6/2024 - 7/8/2024      M/W 9am-1pm  
6/10/2024 - 8/7/2024      M/W 6pm-10pm  
7/29/2024 - 9/18/2024      M/W 9am-1pm  
\$1200.00

### 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  
3/22/2024 - 4/6/2024      Fri 6pm-10pm Sa 9am-6pm  
10/4/2024 - 10/12/2024      Fri 6pm-10pm Sa 9am-6pm  
\$480.00

### 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 learn how techniques from psychology like motivational interviewing can be combined intuitively with divine guidance to discover and realize client goals. Text: \$19 PREREQ: SC 101-OL  
1/22/2024 - 2/25/2024  
6/17/2024 - 7/28/2024  
7/29/2024 - 9/1/2024  
11/11/2024 - 12/22/2024  
\$600.00

Online



## 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 on effective presentation skills and gives you a chance to practice them by presenting in a variety of formats throughout the class. Students should be at least 90% complete with their program before taking.

12 weeks

2/5/2024 - 4/22/2024

M 6pm-9:45pm

7/17/2024 - 10/2/2024

W 6pm-9:45pm

11/20/2024 - 2/26/2025

W 6pm-9:45pm

\$900.00

## 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: \$32 PREREQ: HY 301 or HY 305-OL

5/13/2024 - 6/16/2024

10/7/2024 - 11/10/2024

\$600.00

Online

## Aroma-Auriculotherapy ONLINE

AR 121-OL

Class Hours: 40

Credits: 2.5

This course is a hybrid of Auriculotherapy and Aromatherapy. Auriculotherapy is a therapeutic intervention in which the ear is stimulated to alleviate health conditions in other parts of the body and emotional imbalances. Based upon the ancient Chinese practice of acupuncture Auriculotherapy is sometimes referred to as "ear reflexology." Students will learn how to infuse the powerful influence of essential oils into Auriculotherapy. Students will explore the use of oils for protection empowerment and release. This powerful holistic modality creates change and healing. Specific protocols include The Master Change Protocol weight management smoking abatement prosperity programming and Dimensionality Protocol with the use of Aromatherapy to release emotional stories long embedded in cellular memory. Please note: This course requires students to obtain a volunteer for some assignments that necessitate subtle physical contact. CONTRAINDICATED FOR PREGNANCY. Text + Required Kit: \$67 (CEU-NCBTMB)

1/29/2024 - 3/3/2024

4/15/2024 - 5/19/2024

\$800.00

CEU

Online

## 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

1/27/2024 - 1/27/2024

Sa 9am-6pm

6/8/2024 - 6/8/2024

Sa 9am-6pm

\$160.00

CEU

## 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

1/14/2024 - 1/14/2024

Su 9am-6pm

6/23/2024 - 6/23/2024

Su 9am-6pm

\$160.00

CEU

## 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

3/16/2024 - 3/16/2024

Sa 2pm-6pm

7/20/2024 - 7/20/2024

Sa 2pm-6pm

\$80.00

CEU

## 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

1/5/2024 - 1/7/2024

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

5/17/2024 - 5/19/2024

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

9/13/2024 - 9/15/2024

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

5 weeks

1/18/2024 - 2/15/2024

Th 9am-1pm

4/4/2024 - 5/2/2024

Th 9am-1pm

\$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

7/13/2024 - 7/14/2024

Sa/Su 9am-6pm

\$320.00

CEU

## Aromatherapy - Mens Health

AR 114

Class Hours: 4

Credits: 0.25

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

1 day

4/12/2024 - 4/12/2024

Fri 6pm-10pm

8/16/2024 - 8/16/2024

Fri 6pm-10pm

12/15/2023 - 12/15/2023

Fri 6pm-10pm

\$80.00

## 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 course start.

1 day

6/9/2024 - 6/9/2024

SU 9am-1pm

\$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

3/1/2024 - 4/5/2024

Fri 6pm-10pm

10/11/2024 - 11/15/2024

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

1 day  
1/13/2024 - 1/13/2024 Sa 9am-6pm  
6/22/2024 - 6/22/2024 Sa 9am-6pm  
11/9/2024 - 11/9/2024 Sa 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  
3/16/2024 - 3/16/2024 Sa 9a-1pm  
7/20/2024 - 7/20/2024 Sa 9a-1pm  
11/2/2024 - 11/2/2024 Sa 9a-1pm  
\$80.00

### Aromatherapy - Wellness for Women

**AR 118** **Class Hours: 8** **Credits: 0.25**

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

1 day  
4/13/2024 - 4/13/2024 SA 9am-6pm  
8/17/2024 - 8/17/2024 Sa 9am-6pm  
12/16/2023 - 12/16/2023 Sa 9am-6pm  
\$160.00

### Aromatherapy for the Spirit

**AR 106** **Class Hours: 20** **Credits: 1.25**

This class is designed for all Energy Workers Life Coaches Hypnotherapists Toe Readers as well as anyone who would like to infuse the power of essential oils in their sacred work. Together we will explore the use of oils for protection empowerment and release. Use for your environment yourself as a facilitator and for your clients spiritual and emotional needs. This is a very detailed class that will include hands on use of essential oils in a variety of applications. Supply Fee: \$75 Text:\$20 NOTE: Registration for this course closes the Thursday before course start.

1 weekend  
2/9/2024 - 2/11/2024 F 6pm-10 pm Sa/Su 9am-6pm  
8/9/2024 - 8/11/2024 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

2/26/2024 - 4/7/2024  
4/8/2024 - 5/12/2024  
7/29/2024 - 9/1/2024  
9/2/2024 - 10/6/2024  
10/7/2024 - 11/10/2024  
\$600.00

### 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 8 months  
1/4/2024 - 9/3/2024  
\$980.00

### 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  
3/2/2024 - 4/7/2024 Sa/Su 9am-6pm  
10/12/2024 - 11/17/2024 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  
1/19/2024 - 2/16/2024 Fri 9am-1pm.  
8/2/2024 - 9/6/2024 Fri 9am-1pm.  
1 weekend  
10/11/2024 - 10/13/2024 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. PREREQ: AR 107-OL

5/13/2024 - 6/16/2024  
10/7/2024 - 11/10/2024  
\$800.00

### 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: \$56 Material fee: \$16.

3 weekends  
1/27/2024 - 3/24/2024 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  
5/9/2024 - 5/16/2024 Th 9am-1pm  
8/20/2024 - 8/27/2024 Tu 6pm-10pm  
\$160.00





## 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: \$26 includes textbook. Textbook required at the beginning of class. (AZ-CEU eligible.) Not eligible for NCBTMB CE. NON-REFUNDABLE NA  
1 day  
4/30/2024 - 4/30/2024 Tu 9am-2pm  
5/11/2024 - 5/11/2024 Sa 9am-2pm  
8/26/2024 - 8/26/2024 M 9am-2pm  
9/25/2024 - 9/25/2024 W 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. Discussed topics will include toxicity and healthy solutions for the air we breathe the food we eat and the water we drink. A sustainable approach is used to learn all the basics as well as water harvesting seed saving tool usage and harvesting the food that has been grown. Text: \$57  
Supplies: \$35  
8 weeks  
10/17/2024 - 12/12/2024 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 too! Bring a face cradle cover or pillow case and a hand towel. PRERQ: MT 200 or Licensed (CEU-NCBTMB)  
2 weeks  
12/4/2023 - 12/11/2023 M 6pm-10pm  
3/7/2024 - 3/14/2024 Th 6pm-10pm  
5/10/2024 - 5/17/2024 Fri 9am-1pm  
9/28/2024 - 9/28/2024 Sa 9am-6pm  
\$160.00

## 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  
12/15/2023 - 12/17/2023 F 6pm-10 pm Sa/Su 9am-6pm  
1/26/2024 - 1/28/2024 F 6pm-10 pm Sa/Su 9am-6pm  
4/5/2024 - 4/7/2024 F 6pm-10 pm Sa/Su 9am-6pm  
6/21/2024 - 6/23/2024 F 6pm-10 pm Sa/Su 9am-6pm  
9/13/2024 - 9/15/2024 F 6pm-10 pm Sa/Su 9am-6pm  
5 weeks  
2/22/2024 - 3/21/2024 Th 9am-1pm  
5/9/2024 - 6/6/2024 Th 9am-1pm  
\$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  
5/17/2024 - 5/19/2024 Fri-Su 9am-6pm  
11/15/2024 - 11/17/2024 Fri-Su 9am-6pm  
\$480.00

## 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  
12/2/2023 - 12/3/2023 Sa/Su 9am-6pm  
6/15/2024 - 6/16/2024 Sa/Su 9am-6pm  
11/23/2024 - 11/24/2024 Sa/Su 9am-6pm  
\$320.00

## 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  
1/19/2024 - 1/21/2024 Fri-Su 9am-6pm  
8/9/2024 - 8/11/2024 Fri-Su 9am-6pm  
\$480.00

## 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  
3/8/2024 - 3/10/2024 Fri-Su 9am-6pm  
9/6/2024 - 9/8/2024 Fri-Su 9am-6pm  
\$480.00

## 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  
12/9/2023 - 12/17/2023 Sa 9am-6pm Su 9am-5pm  
3/22/2024 - 4/7/2024 Sa 9am-6pm Su 9am-5pm  
7/20/2024 - 7/28/2024 Sa 9am-6pm Su 9am-5pm  
\$600.00

## Death Dying & Afterlife

**DD 101**

**Class Hours: 30**

**Credits: 1.75**

The last great mystery of human life is death. And no matter how much we deny fear or try to avoid the inevitable; death eventually comes to us all. We will discuss the integrative approaches of palliative and hospice care as well as spiritual beliefs about life death and the afterlife. During this process you may confront your own feelings about death and dying and determine what "dying well" means for you personally. Supply Fee: \$25 Text: \$38  
8 weeks  
8/20/2024 - 10/8/2024 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. And no matter how much we deny fear or try to avoid the inevitable; death eventually comes to us all. We will discuss the integrative approaches of palliative and hospice care as well as spiritual beliefs about life death and the afterlife. During this process you may confront your own feelings about death and dying and determine what "dying well" means for you personally. Text: \$57  
4/8/2024 - 5/12/2024  
9/2/2024 - 10/6/2024  
\$600.00

## 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  
5/7/2024 - 6/11/2024 Tu 9am-1pm  
6/5/2024 - 7/24/2024 W 9am-1pm  
7/24/2024 - 8/28/2024 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

1/22/2024 - 2/25/2024

6/17/2024 - 7/28/2024

11/11/2024 - 12/22/2024

\$600.00

Online

E

### 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. Text: \$20

4/8/2024 - 5/12/2024

9/2/2024 - 10/6/2024

\$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

4/21/2024 - 4/21/2024

Su 9am-6pm

7/14/2024 - 7/14/2024

Su 9am-6pm

11/10/2024 - 11/10/2024

Su 9am-6pm

\$160.00

CEU

### EFT Introduction / EFT Level I

HY 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

2/24/2024 - 2/24/2024

Sa 9am-6pm

11/9/2024 - 11/9/2024

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

1/22/2024 - 2/12/2024

M 6pm-10pm

7/29/2024 - 8/19/2024

M 9am-1pm

9/25/2024 - 10/16/2024

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. Text: \$22 Pre-Req: DD 101

10 weeks

1/23/2024 - 3/26/2024

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. PREREQ: DD 101-OL

1/22/2024 - 2/25/2024

6/17/2024 - 7/28/2024

11/11/2024 - 12/22/2024

\$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

2/3/2024 - 2/4/2024

Sa/Su 9am-6pm

8/3/2024 - 8/4/2024

Sa/Su 9am-6pm

11/23/2024 - 11/24/2024

Sa/Su 9am-6pm

\$320.00

CEU

### 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

12/2/2023 - 12/3/2023

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. PREREQ: SP 162-OL

12/11/2023 - 1/21/2024

2/26/2024 - 4/7/2024

7/29/2024 - 9/1/2024

10/7/2024 - 11/10/2024

12/30/2024 - 2/2/2025

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

5/13/2024 - 6/16/2024

10/7/2024 - 11/10/2024

12/11/2023 - 1/21/2024

\$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. Text: \$40

1/22/2024 - 2/25/2024

4/8/2024 - 5/12/2024

6/17/2024 - 7/28/2024

9/2/2024 - 10/6/2024

\$600.00

Online

## 38 Class Descriptions

**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. Text: (same text as HE 101-OL)

12/11/2023 - 1/21/2024

2/26/2024 - 4/7/2024

4/8/2024 - 5/12/2024

7/29/2024 - 9/1/2024

10/7/2024 - 11/10/2024

\$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.

Text: (same text as HE 101-OL)

1/22/2024 - 2/25/2024

4/8/2024 - 5/12/2024

6/17/2024 - 7/28/2024

9/2/2024 - 10/6/2024

\$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

6/12/2024 - 6/26/2024

W 9am-1pm

7/22/2024 - 7/29/2024

M 6pm-10pm

9/11/2024 - 9/18/2024

W 9am-1pm

\$160.00

*CEU***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 + \$49 PREREQ: SP 152-OL

4/8/2024 - 5/12/2024

6/17/2024 - 7/28/2024

9/2/2024 - 10/6/2024

\$600.00

*Online***F****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

12/1/2023 - 12/1/2023

Fri 6pm-10pm

2/2/2024 - 2/2/2024

Fri 6pm-10pm

8/2/2024 - 8/2/2024

Fri 6pm-10pm

11/22/2024 - 11/22/2024

Fri 6pm-10pm

\$80.00

*CEU***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

1/22/2024 - 2/25/2024

6/17/2024 - 7/28/2024

\$600.00

*Online***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. PRERQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

4 weeks

1/22/2024 - 2/12/2024

M 9am-1pm

8/28/2024 - 9/18/2024

W 9am-1pm

1 weekend

3/9/2024 - 3/10/2024

Sa/Su 9am-6pm

11/2/2024 - 11/3/2024

Sa/Su 9am-6pm

\$320.00

*CEU***First Aid****MT 520****Class Hours: 7****Credits: 0.25**

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

1 day

2/17/2024 - 2/17/2024

Sa 9am-5pm

4/24/2024 - 5/1/2024

W 9am-12:30pm

5/12/2024 - 5/12/2024

Su 9am-5pm

10/12/2024 - 10/12/2024

Sa 9am-5pm

1 week

7/24/2024 - 7/26/2024

W/F 9am-12:30pm

2 weeks

10/2/2024 - 10/9/2024

W 9am-12:30pm

\$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 as well as training them in the precise application of flower essence for enhancing specific emotions and attitudes. Learn to integrate flower essences into your holistic practice and treat a variety of ailments. Please bring 3-ring binder. Supplies \$35. NOTE: Registration for this course closes the Thursday before course start.

1 weekend

3/23/2024 - 3/24/2024

Sa/Su 9am-6pm

10/5/2024 - 10/6/2024

Sa/Su 9am-6pm

\$320.00

**Flower Essences ONLINE****AR 133-OL****Class Hours: 16****Credits: 1**

Flower essences are the energetic matrix of a flower- captured/suspended in water - used to effect healing of the mind body and spirit. Within the scope of this course we will learn the history of flower essences how to use them to facilitate healing in ourselves and others and how best to integrate them into a holistic healing practice. Text + Required Kit: \$77. (CEU-NCBTMB)

12/18/2023 - 1/21/2024

3/4/2024 - 4/7/2024

5/20/2024 - 6/16/2024

\$320.00

*CEU**Online***Foundations of Hypnotherapy Level I ONLINE****HY 105-OL****Class Hours: 30****Credits: 1.75**

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

Supply fee: \$10

2/26/2024 - 4/7/2024

4/8/2024 - 5/12/2024

7/29/2024 - 9/1/2024

\$600.00

*Online***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

9/2/2024 - 10/6/2024

\$600.00

*Online*



### 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

12/11/2023 - 1/21/2024

5/13/2024 - 6/16/2024

10/7/2024 - 11/10/2024

\$800.00

Online

### 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

12/11/2023 - 1/21/2024

5/13/2024 - 6/16/2024

6/17/2024 - 7/28/2024

10/7/2024 - 11/10/2024

\$600.00

Online

### 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

12/11/2023 - 1/21/2024

5/13/2024 - 6/16/2024

10/7/2024 - 11/10/2024

\$600.00

Online

### Foundations of Mindful Eating

MF 105

Class Hours: 30

Credits: 1.75

This introductory mindfulness course builds awareness and the ability to discern the difference between the nine kinds of hunger that are felt in the body. In addition to foundational concepts of mindful eating you will use the regulation tool of tapping (also known as EFT) for reframing limiting beliefs that arise along with those nine hungers. You'll also practice varied ways to satisfy those nine hungers through eating and other behaviors. Text \$36

8 weeks

1/25/2024 - 3/14/2024

Th 6pm-9:45pm

5/8/2024 - 7/10/2024

W 6pm-9:45pm

9/26/2024 - 11/14/2024

Th 6-9:45pm

\$600.00

G

### 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: \$18. NO PRERQ.

1/22/2024 - 2/25/2024

2/26/2024 - 4/7/2024

4/8/2024 - 5/12/2024

5/13/2024 - 6/16/2024

6/17/2024 - 7/28/2024

7/29/2024 - 9/1/2024

9/2/2024 - 10/6/2024

10/7/2024 - 11/10/2024

\$600.00

Online

### 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: \$18 (Same as HE 201-OL) PRE-REQ: TP 105-OL or TP 106-OL

12/11/2023 - 1/21/2024

1/22/2024 - 2/25/2024

2/26/2024 - 4/7/2024

5/13/2024 - 6/16/2024

6/17/2024 - 7/28/2024

7/29/2024 - 9/1/2024

\$300.00

Online

H

### 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. PREREQ: MT 200 SWEDISH OR LICENSED. Bodyworkers may register with prior approval. (CEU-NCBTMB)

1 day

2/3/2024 - 2/3/2024

Sa 9a-1pm

6/15/2024 - 6/15/2024

Sa 9a-1pm

11/23/2024 - 11/23/2024

Sa 9a-1pm

12/16/2023 - 12/16/2023

Sa 9a-1pm

\$80.00

CEU

### 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

12/11/2023 - 1/21/2024

5/13/2024 - 6/16/2024

10/7/2024 - 11/10/2024

\$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. Text: \$25 PREREQ: BE 201-OL

1/22/2024 - 2/25/2024

6/17/2024 - 7/28/2024

11/11/2024 - 12/22/2024

\$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. PRERQ HC 101 Supplies: \$15 Text: \$28

5 weeks

5/29/2024 - 7/10/2024

W 6pm-10pm

10/16/2024 - 11/13/2024

W 6pm-10pm

\$400.00

### HWC - Advanced Wellness Coaching 1

HC 301

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: \$19 Supply Fee: \$21 Pre-Req: HC 201

5 weeks

3/28/2024 - 4/23/2024

Tu/Th 6pm-9:45pm

8/1/2024 - 8/27/2024

Tu/Th 6pm-9:45pm

12/10/2024 - 1/16/2025

Tu/Th 6pm-9:45pm

\$600.00

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)

**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. Book: \$19 Pre-req: HC 201-OL Course has synchronous hours

4/8/2024 - 5/12/2024

7/29/2024 - 9/1/2024

9/2/2024 - 10/6/2024

\$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: \$72. Supply Fee: \$26 Pre-Req: HC 201

5 weeks

12/7/2023 - 1/16/2024

Tu/Th 6pm-9:45pm

2/29/2024 - 3/26/2024

Tu/Th 6pm-9:45pm

6/27/2024 - 7/30/2024

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

12/11/2023 - 1/21/2024

4/8/2024 - 5/12/2024

5/13/2024 - 6/16/2024

9/2/2024 - 10/6/2024

10/7/2024 - 11/10/2024

\$600.00

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

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

8 weeks

5/29/2024 - 7/31/2024

W 6pm-9:45pm

10/2/2024 - 11/20/2024

W 6pm-9:45pm

\$600.00

**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: \$18 (same texts as HC 101 & HC 201) Pre-req HC 101-OL Course has synchronous hours

1/22/2024 - 2/25/2024

5/13/2024 - 6/16/2024

6/17/2024 - 7/28/2024

10/7/2024 - 11/10/2024

\$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

1/19/2024 - 1/21/2024

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

5/17/2024 - 5/19/2024

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

9/20/2024 - 9/22/2024

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: \$142 Course has synchronous hours

12/11/2023 - 1/21/2024

4/8/2024 - 5/12/2024

5/13/2024 - 6/16/2024

9/2/2024 - 10/6/2024

\$600.00

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

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

8 weeks

12/13/2023 - 2/14/2024

W 6pm-9:45pm

8/7/2024 - 9/25/2024

W 6pm-9:45pm

12/4/2024 - 2/5/2025

W 6pm-9:45pm

\$600.00

**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

2/26/2024 - 4/7/2024

6/17/2024 - 7/28/2024

7/29/2024 - 9/1/2024

\$600.00

*Online***HWC - NBHWC Exam Prep****HC 401****Class Hours: 20****Credits: 1.25**

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

3 weeks

2/1/2024 - 2/15/2024

Tu/Th 6pm-10pm

9/3/2024 - 9/17/2024

Tu/Th 6pm-10pm

\$400.00

**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: \$90 Supply Fee: \$35 Pre-Req: HC 101

5 weeks

1/25/2024 - 2/27/2024

Tu/Th 6pm-10pm

5/23/2024 - 6/25/2024

Tu/Th 6pm-10pm

9/26/2024 - 10/29/2024

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: \$157 (same texts as HC 101 + one new text) Pre-req: HC 101-OL Course has synchronous hours

12/11/2023 - 1/21/2024

1/22/2024 - 2/25/2024

5/13/2024 - 6/16/2024

6/17/2024 - 7/28/2024

\$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)

1/22/2024 - 2/25/2024

6/17/2024 - 7/28/2024

7/29/2024 - 9/1/2024

\$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)

1 weekend

12/8/2023 - 12/10/2023

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

8/16/2024 - 8/18/2024

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

5 weeks

6/20/2024 - 7/25/2024

Th 9am-1pm

\$400.00

*CEU***Hypnotherapy - Advanced Techniques****HY 402****Class Hours: 24****Credits: 0.75**

Students will focus on advanced techniques of working with children and couples learning parts therapy active imagination and trans-dialogue. Students will also develop a full program and presentation for group hypnosis. Group hypnosis is an excellent way to market and build your private practice. \* Must have 8 students to run.\* Supplies: \$32 PRERQ: HY 301 or HY 301-OL.

2 weekends

1/20/2024 - 1/28/2024

Sa 9am-1pm Su 9am-6pm

7/20/2024 - 7/28/2024

Sa 9am-1pm Su 9am-6pm

\$480.00

**Hypnotherapy - Advanced Techniques ONLINE****HY 401-OL****Class Hours: 25****Credits: 1**

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. PRERQ: HY 301 or HY 301-OL

12/4/2023 - 1/21/2024

\$500.00

*Online***Hypnotherapy - Clinical Certification Prep****HY 370 P\$****Class Hours: 8****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 weeks

3/11/2024 - 3/18/2024

M 6pm-10pm

\$160.00

**Hypnotherapy - Dreams & Metaphors****HY 476****Class Hours: 20****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 Pearl's Carl Jung and others. Students will learn to use metaphors dreams and storytelling as a vehicle for assisting clients in clarifying their ability to imagine what they want and transform into the art of manifestation. PRE-REQ: HY 301 or HY 301-OL. Supplies: \$58

5 weeks

1/8/2024 - 2/12/2024

M 6pm-10pm

7/9/2024 - 8/6/2024

Tu 6pm-10pm

\$400.00

**42 Class Descriptions****Hypnotherapy - Fears Phobias & Addictions****HY 315****Class Hours: 15****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

4/6/2024 - 4/7/2024

Sa/Su 9am-5:30pm

4 weeks

9/3/2024 - 9/24/2024

Tu 6pm-9:45pm

\$300.00

**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

1 weekend

1/12/2024 - 1/14/2024

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

9/6/2024 - 9/8/2024

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

3 weeks

3/19/2024 - 4/2/2024

Tu/Th 6pm-10pm

\$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

2/2/2024 - 2/18/2024

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

10/4/2024 - 10/13/2024

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

5 weeks

3/5/2024 - 4/4/2024

Tu/Th 6pm-10pm

4/9/2024 - 5/9/2024

Tu/Th 6pm-10pm

\$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

3/1/2024 - 3/17/2024

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

5 weeks

5/14/2024 - 6/13/2024

Tu/Th 6pm-10pm

\$800.00

**Hypnotherapy - Hypnosis & Storytelling****HY 107****Class Hours: 8****Credits: 0.5**

Discover how to use traditional stories sacred tales and mythology in hypnosis sessions. Review current and historic applications for using stories as medicine. Distinguish those traditional stories that parallel client issues utilize story metaphor referenced during intake. Explore the benefits of narrative therapy by reframing life events into a story metaphor to make transformative change. PRE-REQ: HY 301.

2 weeks

6/18/2024 - 6/25/2024

T 6pm-10pm

\$160.00

**Hypnotherapy - Medical Imagery****HY 581****Class Hours: 20****Credits: 1**

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

5 weeks

6/20/2024 - 7/25/2024

Th 6pm-10pm

\$400.00

### Hypnotherapy - Past Life Introduction

**HY 351** **Class Hours: 4** **Credits: 0.25**

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

1 day  
1/5/2024 - 1/5/2024 Fri 6pm-10pm  
8/16/2024 - 8/16/2024 Fri 6pm-10pm  
\$80.00

### Hypnotherapy - Past Life Regression

**HY 350** **Class Hours: 20** **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

1 weekend  
1/5/2024 - 1/7/2024 F 6pm-10 pm Sa/Su 9am-6pm  
8/16/2024 - 8/18/2024 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### Hypnotherapy - Past Life Regression ONLINE

**HY 350-OL** **Class Hours: 20** **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. PREREQ: HY 301 or HY 301-OL Text: \$18

2/26/2024 - 4/7/2024  
\$400.00

Online

### Hypnotherapy - Script Writing

**HY 420** **Class Hours: 15** **Credits: 1**

The choice of words you say to a client while they are in an altered state is the most important part of the hypnotherapy process. Learn to write your own scripts and how to choose effective pre-written scripts. Learn to write suggestions for the unconscious mind the five golden rules for writing your hypno-guides what you never say and what you always say. PRERQ: HY 301

4 weeks  
2/1/2024 - 2/22/2024 Th 6-9:45pm  
8/1/2024 - 8/22/2024 Th 6-9:45pm  
\$300.00

### Hypnotherapy - Spirit Releasement

**HY 450** **Class Hours: 12** **Credits: 0.5**

At the time of death a soul may become disoriented and not follow the normal pathway of moving into the Light. In such a case the soul may become attached to a living person creating a variety of difficulties and symptoms for the host. You will learn a holistic and compassionate approach to freeing those who have become so attached and thereby freeing the clients who have been affected by them. AUC only Supply fee: \$15

1 weekend  
12/8/2023 - 12/9/2023 Fri 6pm-10pm Sa 9am-6pm  
7/12/2024 - 7/13/2024 Fri 6pm-10pm Sa 9am-6pm  
\$240.00

### Hypnotherapy - Subconscious Intervention

**HY 520** **Class Hours: 20** **Credits: 1**

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

1 weekend  
2/9/2024 - 2/11/2024 F 6pm-10 pm Sa/Su 9am-6pm  
8/2/2024 - 8/4/2024 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### 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.

12/11/2023 - 1/21/2024  
2/26/2024 - 4/7/2024  
4/8/2024 - 5/12/2024  
5/13/2024 - 6/16/2024  
7/29/2024 - 9/1/2024  
9/2/2024 - 10/6/2024  
\$600.00

Online

### 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.

5 weeks  
1/8/2024 - 2/5/2024 M 6pm-9:45pm  
4 weeks  
5/6/2024 - 6/3/2024 M 6pm-9:45pm  
9/9/2024 - 9/30/2024 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: \$17

1 weekend  
3/8/2024 - 3/9/2024 F 6pm-10pm Sa 9am-6pm  
9/6/2024 - 9/7/2024 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  
1/19/2024 - 1/21/2024 F 6pm-10 pm Sa/Su 9am-6pm  
5/17/2024 - 5/19/2024 F 6pm-10 pm Sa/Su 9am-6pm  
9/20/2024 - 9/22/2024 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

### 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  
4/19/2024 - 4/27/2024 Fri 6pm-10pm Sa 9am-6pm  
11/8/2024 - 11/16/2024 Fri 6pm-10pm Sa 9am-6pm  
\$480.00

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)



# K

## 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. **PREREQ:** MT 115 Anatomy. All books from (MT 115) Anatomy required plus another text: \$56. **(CEU-NCBTMB)**  
5 weeks  
5/6/2024 - 6/5/2024 M/W 9am-1pm  
6/10/2024 - 7/17/2024 M/W 6pm-10pm  
7/25/2024 - 8/22/2024 T/Th 9am-1pm  
\$720.00

CEU

# L

## Life Coaching - Core Strategies Techniques & Implementation Part 1 ONLINE

**BC 561-OL** **Class Hours: 40** **Credits: 2**  
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. BC 561/BC 561-OL and BC 562/BC 562-OL are designed to be taken together. **PREREQ:** BC 550 or BC 550-OL .  
1/22/2024 - 4/7/2024  
\$800.00

Online

## Life Coaching - Core Strategies Techniques & Implementation Part 2 ONLINE

**BC 562-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. BC 561/BC 561-OL and BC 562/BC 562-OL are designed to be taken together. **P\$**. **PREREQ:** BC 561-OL  
4/8/2024 - 6/16/2024  
\$800.00

Online

## Life Coaching - Foundation ONLINE

**BC 550-OL** **Class Hours: 20** **Credits: 1.25**  
Life Coaching is an ongoing partnership that helps people produce fulfilling results in their personal professional and spiritual lives. Through the process of coaching clients deepen their learning improve their performance and enhance their quality of life. This 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. Supply fee: \$10  
12/11/2023 - 1/21/2024  
\$400.00

Online

## 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: \$28 **PREREQ:** LC 101-OL  
2/26/2024 - 4/7/2024  
7/29/2024 - 9/1/2024  
\$800.00

Online

## 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  
5 weeks  
1/25/2024 - 2/27/2024 Tu/Th 6pm-10pm  
5/23/2024 - 6/25/2024 Tu/Th 6pm-10pm  
\$800.00

## 44 Class Descriptions

## 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  
2/29/2024 - 4/4/2024 Tu/Th 6pm-9:45pm  
6/27/2024 - 8/8/2024 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. Text: \$19 **Pre-Req:** DD 101  
8 weeks  
10/15/2024 - 12/10/2024 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. **PREREQ:** DD 101-OL  
12/11/2023 - 1/21/2024  
10/7/2024 - 11/10/2024  
\$600.00

Online

## 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  
6/23/2024 - 6/23/2024 Su 9am-6pm  
1 week  
7/22/2024 - 7/24/2024 M/W 9am-1pm  
\$160.00

CEU

## 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)**  
2 weeks  
1/29/2024 - 2/7/2024 M/W 9am-1pm  
4/15/2024 - 4/24/2024 M/W 9am-1pm  
4/20/2024 - 4/21/2024 Sa/Su 9am-6pm  
\$320.00

CEU

## 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  
2/11/2024 - 2/11/2024 Su 9am-6pm  
8/4/2024 - 8/4/2024 Su 9am-6pm  
\$160.00

CEU

# M

## Massage Clinic - Supervised MT 1000: 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  
1/8/2024 - 4/1/2024  
3/25/2024 - 6/8/2024  
5/6/2024 - 7/28/2024  
6/9/2024 - 12/31/2024  
\$460.00

**Massage Clinic - Supervised MT 750: Block I****MT 993a**      **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

1/8/2024 - 3/24/2024  
 3/25/2024 - 6/9/2024  
 5/6/2024 - 7/28/2024  
 7/29/2024 - 10/13/2024  
 9/2/2024 - 11/17/2024  
 10/14/2024 - 1/19/2025  
 \$460.00

**Massage Clinic - Supervised MT 750: Block II****MT 993b**      **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

1/8/2024 - 3/24/2024  
 2/19/2024 - 5/5/2024  
 3/25/2024 - 6/9/2024  
 6/10/2024 - 9/1/2024  
 7/29/2024 - 10/13/2024  
 \$460.00

**Massage Clinic - Supervised MT 750: Block III****MT 993c**      **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

1/8/2024 - 3/24/2024  
 2/19/2024 - 5/5/2024  
 3/25/2024 - 6/8/2024  
 5/6/2024 - 7/28/2024  
 6/10/2024 - 9/1/2024  
 \$460.00

**Massage Clinic Supervised 1st block****MT 995a**      **Class Hours: 25**      **Credits: 0.5**

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

5/30/2024 - 7/30/2024  
 \$500.00

**Massage Clinic Supervised MT 750 2nd block****MT 995b**      **Class Hours: 25**      **Credits: 0.5**

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

7/31/2024 - 10/31/2024  
 \$500.00

**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)

4 weeks  
 12/2/2023 - 12/3/2023 Sa/Su 9am-6pm  
 6/11/2024 - 7/9/2024 Tu 6pm-10pm  
 7/31/2024 - 8/21/2024 W 9am-1pm  
 \$320.00

CEU

**Mastermind for Success****BC 602**      **Class Hours: 45**      **Credits: 3**

The concept of the Mastermind Group comes out of Napoleon Hill's work in the early 1900s. In his book Think and Grow Rich he describes the Mastermind principle as The coordination of knowledge and effort of two or more people who work toward a definite purpose in the spirit of harmony. In this course students will participate in a Mastermind Group with other Holistic Arts practitioners. Through the group students will collectively offer feedback brainstorm and identify accountability that supports each student's vision with measurable results in a compassionate yet responsible environment. PRERQ BC 540 Text: \$21

12 weeks  
 2/7/2024 - 4/24/2024 W 6pm-9:45pm  
 9/18/2024 - 12/11/2024 W 6pm-9:45pm  
 \$900.00

**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: \$20. PREREQ: HY 301 or HY 305-OL

2/26/2024 - 4/7/2024  
 7/29/2024 - 9/1/2024  
 \$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  
 5/23/2024 - 6/13/2024 Th 9am-1pm  
 8/5/2024 - 8/26/2024 M 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

1/22/2024 - 2/25/2024  
 5/13/2024 - 6/16/2024  
 6/17/2024 - 7/28/2024  
 7/29/2024 - 9/1/2024  
 10/7/2024 - 11/10/2024  
 \$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: \$17 Pre-req: MF 101-OL

12/11/2023 - 1/21/2024  
 4/8/2024 - 5/12/2024  
 5/13/2024 - 6/16/2024  
 6/17/2024 - 7/28/2024  
 9/2/2024 - 10/6/2024  
 \$600.00

Online

**Mindfulness: Foundations of Mindful Eating ONLINE****MM 105-OL**      **Class Hours: 30**      **Credits: 2**

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

12/11/2023 - 1/21/2024  
 5/13/2024 - 6/16/2024  
 10/7/2024 - 11/10/2024  
 \$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: \$17

2/26/2024 - 4/7/2024  
4/8/2024 - 5/12/2024  
5/13/2024 - 6/16/2024  
7/29/2024 - 9/1/2024  
9/2/2024 - 10/6/2024  
\$600.00

*Online***Mission Possible****BC 601****Class Hours: 45****Credits: 3**

With the right tools your business IS possible. Students will learn and apply business writing statistical research methods and business finance to support sound entrepreneurial endeavors. Students will apply MLA standards used for research writing as well as set a hypothesis and conduct relevant field research in this course. Students will also learn and apply personal financial management and use prosperity consciousness as a tool for wealth building. Retirement savings and investments such as stock are also studied. Bring your entrepreneurial vision to class and ground it into the tools that will make it come to life in a sustainable way.

12 weeks

2/20/2024 - 5/7/2024  
9/9/2024 - 12/2/2024  
\$900.00

Tu 6pm-9:45pm  
M 6pm-9:45pm

**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)

2 weeks

2/9/2024 - 2/16/2024

Fri 9am-1pm.

1 day

5/11/2024 - 5/11/2024

Sa 9am-6pm

10/19/2024 - 10/19/2024

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

11/17/2024 - 11/17/2024

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

2/20/2024 - 4/23/2024

Tu 9am-1pm

3/26/2024 - 5/28/2024

Tu 6pm-10pm

6 weeks

10/1/2024 - 10/31/2024

T/Th 9am-1pm

\$800.00

*CEU***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

12/11/2023 - 1/21/2024

5/13/2024 - 6/16/2024

7/29/2024 - 9/1/2024

\$600.00

*Online***N****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. PREREQ: MT 200 SWEDISH OR LICENSED BW (CEU-NCBTMB)

2 weeks

1/4/2024 - 1/11/2024

Th 9am-1pm

3/11/2024 - 3/18/2024

M 6pm-10pm

7/31/2024 - 8/7/2024

W 9am-1pm

9/9/2024 - 9/16/2024

M 6pm-10pm

\$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! PREREQ: MT 200 SWEDISH OR LICENSED. (CEU-NCBTMB)

1 weekend

2/23/2024 - 2/25/2024

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

7/12/2024 - 7/14/2024

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. Text: \$25. PREREQ: HY 301 or HY 305-OL

4/8/2024 - 5/12/2024

9/2/2024 - 10/6/2024

\$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.

12/11/2023 - 1/21/2024

5/13/2024 - 6/16/2024

\$600.00

*Online***Nutrition - Comparative Dietary Systems****HN 155****Class Hours: 20****Credits: 1.25**

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

5 weeks

12/7/2023 - 1/18/2024

Th 6pm-10pm

4/3/2024 - 5/1/2024

W 6pm-10pm

8/22/2024 - 9/19/2024 T

h 6pm-10pm

\$400.00

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**Nutrition - Culinary Applications & Business Perspectives ONLINE**  
**HN 500-OL Class Hours: 40 Credits: 2.5**

Creating a culinary-based business is more than the preparation of food. In this course you'll learn about the various opportunities in the culinary field and how to market your business. You'll explore the management of food costs balancing your food values with that of your client meal planning from start to finish food photography cost analysis and storage and transportation decisions. Text: N/A  
PRE-REQ: HN 223-OL  
1/22/2024 - 2/25/2024  
6/17/2024 - 7/28/2024  
\$800.00

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: \$18 Course has synchronous hours  
1/22/2024 - 2/25/2024  
4/8/2024 - 5/12/2024  
6/17/2024 - 7/28/2024  
\$600.00

Online

**Nutrition - Foundations of Transformational Healing & Holistic Nutrition**  
**HN 121 Class Hours: 40 Credits: 2.5**

This course will familiarize you with the Fundamentals of Holistic Nutrition by examining its historical background and recent resurgence. You will learn about how the views of nutrition and holistic lifestyles have evolved over time. The Standard American Diet (SAD) and subsequent increase in degenerative diseases will be studied as well as food industry practices that impact your health. You will be introduced to the science behind the principles of holistic nutrition and gain exposure to the broader field of holistic health and wellbeing. Text: \$85.  
10 weeks  
1/22/2024 - 3/25/2024 M 6pm-10pm  
6/4/2024 - 8/13/2024 Tu 6pm-10pm  
10/7/2024 - 12/16/2024 M 6pm-10pm  
\$800.00

**Nutrition - Micro/Macro Nutritional Biochemistry ONLINE**  
**HN 124-OL Class Hours: 30 Credits: 2**

In this course you will learn the basic biochemistry of nutrition. You will explore the concepts of digestion absorption assimilation calories and energy. You will acquire a functional understanding of the importance of various phytonutrients carbohydrates proteins lipids vitamins minerals and water whole food sources and the consequences of excesses and deficiencies. Book: N/A Pre-req: HN 105-OL Course has synchronous hours  
12/11/2023 - 1/21/2024  
2/26/2024 - 4/7/2024  
5/13/2024 - 6/16/2024  
7/29/2024 - 9/1/2024  
\$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 105-OL Course has synchronous hours  
1/22/2024 - 2/25/2024  
6/17/2024 - 7/28/2024  
\$600.00

Online

**Nutrition - Nutritional Assessment & Coaching**  
**HN 250 Class Hours: 30 Credits: 2**

This course provides students with the opportunity to apply their knowledge of holistic nutrition through assessing and coaching multiple clients with differing health objectives. Students will examine the dynamic client/coach relationship and acquire strategies to overcome challenges with clients. Customized assessment tools will be used to develop appropriate holistic nutritional plans. Students will have the ability to impart positive change in clients seeking optimal health. Text: \$30 PRERQ: HN 121 HN 122 MF 105  
8 weeks  
2/27/2024 - 4/16/2024 Tu 6-9:45pm  
6/17/2024 - 8/12/2024 M 6pm-9:45pm  
10/29/2024 - 1/7/2025 Tu 6pm-9:45pm  
\$600.00

**Nutrition - Raw Food Cuisine**  
**HN 222 Class Hours: 20 Credits: 1**

This course covers the increasingly popular Raw Food Diet that consists of eating raw or low-cooked unprocessed mainly organic foods. Topics include digestive enzymes bacteria and micro-organisms which live in food. Variations of the Raw Foods Diet will be examined along with the history philosophy and common beliefs. Students will learn how raw foods can incorporate into the foundation of any health diet as well as how to use raw foods for detoxification and healing. Each class students prepare gluten free dairy free and soy free raw foods. Age restricted to 18 and over. 1) Closed toe shoes are required. No high heels. No exceptions. Students out of compliance will be turned away 2) Hair must be pulled back with clips up to chin length or a rubber band if hair is longer than your chin. 3) Bring 2 clean dish towels Supplies: \$75 Space is limited.  
5 weeks  
2/28/2024 - 3/27/2024 W 6pm-10pm  
7/18/2024 - 8/15/2024 Th 6pm-10pm  
\$400.00

**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.  
4/8/2024 - 5/12/2024  
9/2/2024 - 10/6/2024  
\$500.00

Online

**Nutrition - Understanding Micronutrients Macronutrients and Supplements for Optimum Health**  
**HN 122 Class Hours: 40 Credits: 2.5**

This course will provide you with a proficiency in the fundamentals of nutrition. We will explore macronutrients and micronutrients and the role they play in our bodies. You will acquire a functional understanding of the importance of various nutrients the consequences of excesses and deficiencies good food sources for the specific nutrients discussed as well as what you can do to achieve optimal health and well-being. You will examine carbohydrates proteins lipids vitamins and minerals. PREREQ: HN 121. Text: Same books as HN 121.  
10 weeks  
12/5/2023 - 2/20/2024 Tu 6pm-10pm  
4/1/2024 - 6/10/2024 M 6pm-10pm  
8/20/2024 - 10/22/2024 Tu 6pm-9:45pm  
\$800.00

**Nutrition - Whole Food S.O.U.L. Food**  
**NC 200 Class Hours: 20 Credits: 0.5**

Discover S.O.U.L. foods (Seasonal Organic Unprocessed Local) and simple ways to create delicious whole food nutritious meals. You will develop healthy shopping habits and some basic culinary skills; learn how to eat a balanced diet utilizing paleo raw vegan and vegetarian choices; find out where to buy and how to prepare high quality vegetables fruits animal products nuts seeds friendly fats and oils herbs spices and natural sweeteners using local seasonal pasture-raised and organic foods. This 5-week course covers basic kitchen equipment organization meal planning prep tips recipe information and working with clients. Each 4 hour class includes the preparation of an entire meal. Recipes and menus will be gluten free dairy free and soy free. Space is limited. . Age restricted to 18 and over. 1) Closed toe shoes are required. No high heels. No exceptions. Students out of compliance will be turned away 2) Hair must be pulled back with clips up to chin length or a rubber band if longer than your chin. 3) Bring 2 clean dish towels 4) Bring 1 chef knife or Japanese vegetable knife. Supplies: \$75  
5 weeks  
1/24/2024 - 2/21/2024 W 6pm-10pm  
6/6/2024 - 7/11/2024 Th 6pm-10pm  
10/9/2024 - 11/6/2024 W 6pm-10pm  
\$400.00

**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: \$38 Course has synchronous hours.  
2/26/2024 - 4/7/2024  
7/29/2024 - 9/1/2024  
12/30/2024 - 2/2/2025  
\$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: N/A Pre-req: HN 105-OL

1/22/2024 - 2/25/2024

4/8/2024 - 5/12/2024

6/17/2024 - 7/28/2024

9/2/2024 - 10/6/2024

\$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

12/11/2023 - 1/21/2024

5/13/2024 - 6/16/2024

10/7/2024 - 11/10/2024

\$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: \$86 (CEU-NCBTMB)

10 weeks

1/9/2024 - 3/12/2024

Tu 6pm-10pm

7/30/2024 - 10/1/2024

Tu 9am-1pm

6 weeks

8/27/2024 - 9/26/2024

T/Th 9am-1pm

\$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: \$76 8 weeks

2/19/2024 - 4/8/2024

M/W 9am-1pm

3/25/2024 - 5/13/2024

M/W 6pm-10pm

5/23/2024 - 7/23/2024

T/Th 9am-1pm

10/14/2024 - 12/9/2024

M/W 9am-1pm

\$1200.00

### Polarity - Basic I

PC 100

Class Hours: 20

Credits: 1

Experience the exciting new paradigm of energy healing. The Polarity model interprets the body's imbalances as the final "print-out" of physical and emotional choices made long ago. Polarity serves as the key to 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)

1 weekend

12/1/2023 - 12/3/2023

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

2/16/2024 - 2/18/2024

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

5 weeks

3/28/2024 - 4/25/2024

Th 9am-1pm

1 weekend

4/26/2024 - 4/28/2024

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

7/26/2024 - 7/28/2024

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

5 weeks

6/20/2024 - 7/25/2024

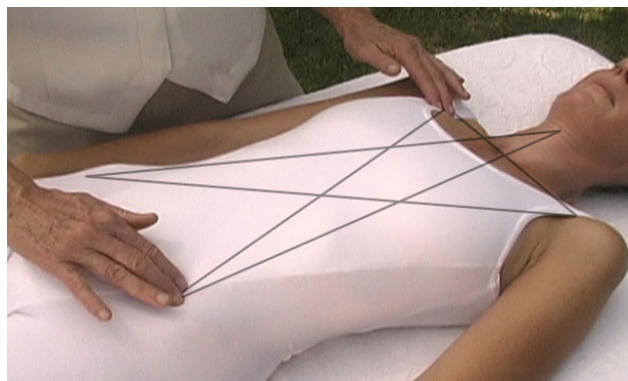
Th 9am-1pm

9/5/2024 - 10/3/2024

Th 9am-1pm

\$400.00

CEU



### 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

6/27/2024 - 6/30/2024

Th-Su 9am-6pm

\$640.00

CEU

### Polarity - Autonomic Nervous System

PC 999

Class Hours: 24

Credits: 0.75

Autonomic nervous system is the interface between the mind and body. Advance your skills learn different techniques to release holding patterns in the spine brachial plexus perineum and coccyx while bringing the balance of the parasympathetic/sympathetic nervous system. BW AUC

1 weekend

4/19/2024 - 4/21/2024

Fri-Su 9am-6pm

\$480.00

### 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: \$50

2 weekends

2/23/2024 - 3/3/2024

Fri-Su 9am-6pm

7/12/2024 - 7/21/2024

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

12/9/2023 - 12/17/2023

Sa 9am-6pm Su 9am-5pm

3/22/2024 - 4/7/2024

Sa 9am-6pm Su 9am-5pm

7/20/2024 - 7/28/2024

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

1/27/2024 - 2/4/2024

Sa/Su 9am-6pm

4/27/2024 - 5/5/2024

Sa/Su 9am-6pm

8 weeks

8/1/2024 - 9/19/2024

Th 9am-1pm

\$640.00

CEU

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### 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  
1/5/2024 - 1/7/2024 Fri-Su 9am-6pm  
8/2/2024 - 8/4/2024 Fri-Su 9am-6pm  
\$480.00

CEU

### 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  
5/4/2024 - 5/5/2024 Sa/Su 9am-6pm  
\$320.00

### 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  
10/4/2024 - 10/6/2024 Fri-Su 9am-6pm  
\$480.00

### 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  
12/8/2023 - 12/10/2023 F 6pm-10 pm Sa/Su 9am-6pm  
4/12/2024 - 4/14/2024 F 6pm-10 pm Sa/Su 9am-6pm  
9/20/2024 - 9/22/2024 F 6pm-10 pm Sa/Su 9am-6pm  
\$400.00

CEU

### 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 weekends  
3/9/2024 - 3/17/2024 Sa/Su 9am-5:30pm  
6/22/2024 - 6/30/2024 Sa/Su 9am-5:30pm  
10/19/2024 - 10/27/2024 Sa/Su 9am-5:30pm  
\$600.00

### 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 PRERQ: SC 201-OL  
2/26/2024 - 4/7/2024  
7/29/2024 - 9/1/2024  
9/2/2024 - 10/6/2024  
\$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  
4/22/2024 - 6/17/2024 M 6pm-10pm  
8/21/2024 - 10/9/2024 W 6pm-10pm  
\$640.00

### Psychology of Addiction – Understanding the Shadow ONLINE

**TP 130-OL** **Class Hours: 25** **Credits: 1.5**

In this course you will examine addictions of all types and learn a broad range of information about addictive behaviors and how to provide healthy alternatives to managing stress which is the most common source of addiction. Text: \$32  
1/29/2024 - 3/3/2024  
\$500.00

Online

### 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: \$17  
1/22/2024 - 2/25/2024  
4/8/2024 - 5/12/2024  
6/17/2024 - 7/28/2024  
\$600.00

Online

### Psychology of Wellbeing 1 ONLINE

**HC 220-OL** **Class Hours: 30** **Credits: 2**

This course explores the neuroscience of emotional and physical regulation. Through the framework of positive psychology you'll examine emotional intelligence resilience and the amazing potential of the human experience. You'll investigate thinking errors and the cognitive behavior triangle as a way to capture and change unhealthy thoughts and behaviors. Special attention will be given to the neuroscience of healing from trauma.  
2/26/2024 - 4/7/2024  
7/29/2024 - 9/1/2024  
12/30/2024 - 2/2/2025  
\$600.00

Online

### Psychology of Wellbeing 2 ONLINE

**HC 221-OL** **Class Hours: 30** **Credits: 2**

This course builds upon Psychology of Wellbeing 1. Developmental psychology positive psychology and the polyvagal theory provide the backdrop for understanding growth integration and wellbeing throughout the lifecycle. Special attention will be given to the neuroscience of healing from trauma. Text: \$18 Pre-req: HC 220-OL  
2/26/2024 - 4/7/2024  
4/8/2024 - 5/12/2024  
7/29/2024 - 9/1/2024  
\$600.00

Online



## Specialty Clinics

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

**Call: 480-994-9244 or visit our website: [www.swiha.edu](http://www.swiha.edu)**



**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)

5 weeks

2/23/2024 - 3/22/2024

Fri 9am-1pm.

1 weekend

3/8/2024 - 3/10/2024

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

5/31/2024 - 6/2/2024

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

\$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

4/5/2024 - 5/3/2024

Fri 9am-1pm

5/10/2024 - 6/14/2024

Fri 9am-1pm..

1 weekend

11/15/2024 - 11/17/2024

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)

(CEU-NCBTMB)

1 weekend

12/8/2023 - 12/10/2023

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

12/6/2024 - 12/8/2024

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

4/20/2024 - 4/20/2024

Sa 9a-1pm

7/13/2024 - 7/13/2024

Sa 9a-1pm

\$80.00

CEU

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

This one weekend only class will allow you to expand your Reiki practice utilizing vibrational therapy methods including sound movement crystals color and aromatherapy. You are encouraged but not required to bring any personal crystals oils oracle decks or small instruments that you would like to use in class to enhance your sound and vibrational practice. PRERQ: EC 711 or EC 775 or EC 811

1 weekend

3/23/2024 - 3/24/2024

Sa/Su 9am-6pm

7/13/2024 - 7/14/2024

Sa/Su 9am-6pm

10/26/2024 - 10/27/2024

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

11/10/2024 - 11/10/2024

Su 9am-6pm

\$160.00

**50 Class Descriptions****Reiki - Holy - Master/Teacher Initiation****EC 767**      **Class Hours: 20**      **Credits: 0.5**

For those who have taken Holy Reiki I II & III and are called to teach Reiki to others based on Christian biblical principles with a Christ-centered focus this class prepares you to teach the Reiki protocols. It offers you the competencies and the confidence to attune others to the Holy Reiki symbols. You may choose not to teach rather to use the Master Teacher initiation for personal empowerment and a way to deepen your spiritual walk. BW PRERQ: EC 813 and EC 798

1 weekend

12/15/2023 - 12/17/2023

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

12/13/2024 - 12/15/2024

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

\$400.00

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

Reiki program students will be providing sessions to the public as a capstone course. Please come to class prepared with: sheets and a blanket. BW - PRE-REQ: EC 700 & EC 711 or EC 775 & EC 776 or or EC 800 & EC 811.

1 day

12/2/2023 - 12/2/2023

Sa 9am-6pm

12/3/2023 - 12/3/2023

Sa 9am-6pm

6/15/2024 - 6/15/2024

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

1 day

1/7/2024 - 1/7/2024

Su 9am-6pm

5/12/2024 - 5/12/2024

Su 9am-6pm

10/6/2024 - 10/6/2024

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

1 weekend

1/6/2024 - 1/7/2024

Sa/Su 9am-6pm

4/27/2024 - 4/28/2024

Sa/Su 9am-6pm

6/7/2024 - 6/28/2024

Fri 9am-1pm.

9/28/2024 - 9/29/2024

Sa/Su 9am-6pm

\$320.00

CEU

**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

2/3/2024 - 2/4/2024

Sa/Su 9am-6pm

6/8/2024 - 6/9/2024

Sa/Su 9am-6pm

10/19/2024 - 10/20/2024

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. 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

3/16/2024 - 3/16/2024

Sa 9am-6pm

8/17/2024 - 8/17/2024

Sa 9am-6pm

11/9/2024 - 11/9/2024

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. Some may choose not to teach but rather to use the Master Teacher initiation for personal empowerment. BW PRERQ: EC 720 EC 776 or EC 803 and EC 798. Text: \$22  
 1 weekend  
 12/15/2023 - 12/17/2023 F 6pm-10 pm Sa/Su 9am-6pm  
 6/28/2024 - 6/30/2024 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. You are encouraged but not required to bring any personal crystals stones oils religious icons sacred text flowers etc that you may use this weekend for altar building. Bring sheets and a blanket for on table work. Supplies \$10.00. PRERQ: EC 711 or EC 775 or EC 811  
 1 weekend  
 4/20/2024 - 4/21/2024 Sa/Su 9am-6pm  
 11/23/2024 - 11/24/2024 Sa/Su 9am-6pm  
 \$320.00

**Reiki: Holy Reiki I & II - Discovery & Deepening**

**EC 812** **Class Hours: 20** **Credits: 0.75**  
 Holy Reiki is a complete system of holistic healing and personal development. Holy Reiki acknowledges the healing power of Christ and calls upon the name of the 'most high' to create current day healing. Holy Reiki is bible-based and Christ-centered. This divinely directed life force energy can be used to heal yourself and others solve problems achieve goals develop higher consciousness and fulfill your spiritual purpose.  
 1 weekend  
 4/5/2024 - 4/7/2024 F 6pm-10 pm Sa/Su 9am-6pm  
 11/1/2024 - 11/3/2024 F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**Reiki: Holy Reiki III - Heaven's Gate**

**EC 813** **Class Hours: 20** **Credits: 0.5**  
 Designed to deepen your spiritual gifting through Reiki this course teaches you to put on the whole Armor of God through Reiki as well as the science behind Reiki. We will explore the relationship between the Holy Spirit and guided intuition. This course includes attunements as well as a sacred ceremony to prepare you to step into your personal empowerment as a Reiki Master. PRE-REQ: EC 812. \$50 FEE for AUN  
 1 weekend  
 12/1/2023 - 12/3/2023 F 6pm-10 pm Sa/Su 9am-6pm  
 5/17/2024 - 5/19/2024 F 6pm-10 pm Sa/Su 9am-6pm  
 11/22/2024 - 11/24/2024 F 6pm-10 pm Sa/Su 9am-6pm  
 \$400.00

**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  
 5/4/2024 - 5/5/2024 Sa/Su 9am-4pm  
 9/22/2024 - 9/23/2024 Sa/Su 9am-4pm  
 \$240.00

**Resiliency and Self-Care for Massage Therapists**

**BC 441** **Class Hours: 7** **Credits: 0.5**  
 This important introductory class will help new massage therapy students explore the many opportunities in the massage industry. You will experience the power of visualization and learn ways to anchor in your vision to build resiliency throughout your program. Learn how to cultivate a mindset of resiliency and GRIT 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 relieve will be explored. FOR MASSAGE PROGRAM STUDENTS ONLY. NOT FOR CEU.  
 2 weeks  
 12/4/2023 - 12/11/2023 M 6pm-9:30pm  
 3/4/2024 - 3/11/2024 M 6pm-9:30pm  
 4/10/2024 - 4/17/2024 W 9am-12:30pm  
 5/20/2024 - 6/3/2024 M 6pm-9:30pm  
 7/15/2024 - 7/22/2024 M 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)  
 3 weeks  
 2/1/2024 - 2/15/2024 Th 9am-1pm  
 3/6/2024 - 3/20/2024 W 6pm-10pm  
 9/4/2024 - 9/18/2024 W 6pm-10pm  
 9/25/2024 - 10/9/2024 W 9am-1pm  
 \$240.00

**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  
 6/22/2024 - 6/22/2024 Sa 9am-6pm  
 2 weeks  
 7/10/2024 - 7/17/2024 W 9am-1pm  
 \$160.00

**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 PRERQ: SWEDISH OR LICENSED. Supply fee: \$20.00  
 (CEU-NCBTMB)  
 1 day  
 3/17/2024 - 3/17/2024 Su 9am-6pm  
 7/28/2024 - 7/28/2024 Su 9am-6pm  
 10/13/2024 - 10/13/2024 Su 9am-6pm  
 \$160.00

**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. PRERQ: HY 305-OL  
 2/26/2024 - 4/7/2024  
 7/29/2024 - 9/1/2024  
 12/30/2024 - 2/2/2025  
 \$600.00

**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: \$20 PRERQ: SP 162-OL  
 12/11/2023 - 1/21/2024  
 2/26/2024 - 4/7/2024  
 5/13/2024 - 6/16/2024  
 10/7/2024 - 11/10/2024  
 \$600.00

**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. Supplies: \$200  
 2 weekends  
 1/12/2024 - 1/28/2024 Fri 6pm-10pm Sa/Su 9am-6pm  
 7/26/2024 - 8/11/2024 Fri 6pm-10 pm Sa/Su 9am-6pm  
 \$800.00

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### 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

3/8/2024 - 3/10/2024 Fri 6pm-10pm Sa/Su 9am-6pm

8/23/2024 - 8/25/2024 Fri 6pm-10pm 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 Attunements. Integrated ceremonial journeys will be offered to tap into our 'Greater Wisdom' and into the 'Worlds' seen and unseen to discover the unity that exists within all healing techniques and all beings and energies in the Circle of Life; the ancient chakra healing system will be incorporated in the healing session exchanges. PREREQ: EC 775

1 weekend

4/12/2024 - 4/14/2024 F 6pm-10 pm Sa/Su 9am-6pm

9/13/2024 - 9/15/2024 F 6pm-10 pm Sa/Su 9am-6pm

\$400.00

### Shamanic Wheel of Life

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

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

1 weekend

6/12/2024 - 6/23/2024 F 6pm-10 pm Sa/Su 9am-6pm

11/15/2024 - 11/17/2024 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 healthcare professionals or insurance personnel and gives a much better and more professional service to their clients. (CEU-NCBTMB)

2 weeks

3/6/2024 - 3/13/2024 W 6pm-9pm

4/22/2024 - 4/29/2024 M 9am-12pm

5/15/2024 - 5/22/2024 W 6pm-10pm

5/21/2024 - 5/28/2024 T 9am-12pm

7/10/2024 - 7/17/2024 W 9am-12pm

8/14/2024 - 8/21/2024 W 6pm-9pm

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

8 weeks

1/10/2024 - 2/28/2024

W 6pm-9:45pm

4/10/2024 - 5/29/2024

Wed 6-9:45pm

9/11/2024 - 10/30/2024

W 6pm-9:45pm

\$600.00

### Somatic Psychology: The Neuroscience of Regulation & Trauma

**TC 630-OL Class Hours: 30 Credits: 1.75**

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

2/26/2024 - 4/7/2024

4/8/2024 - 5/12/2024

5/13/2024 - 6/16/2024

7/29/2024 - 9/1/2024

9/2/2024 - 10/6/2024

\$600.00

Online

### Somatic Psychology: The Subtle Body (Energy Anatomy)

**TC 640 Class Hours: 30 Credits: 2**

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 \$20

8 weeks

5/2/2024 - 6/20/2024

Th 6pm-9:45pm

10/10/2024 - 12/5/2024

Th 6-9:45pm

\$600.00

### 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

12/11/2023 - 1/21/2024

1/22/2024 - 2/25/2024

5/13/2024 - 6/16/2024

10/7/2024 - 11/10/2024

\$600.00

Online

### 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)

1/22/2024 - 2/25/2024

6/17/2024 - 7/28/2024

9/2/2024 - 10/6/2024

11/11/2024 - 12/22/2024

\$600.00

CEU Online



## Specialty Clinics

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

Call: 480-994-9244 or visit our website: [www.swiha.edu](http://www.swiha.edu)

## Sound Healing for Bodyworkers & Practitioners

**EC 132** **Class Hours: 20** **Credits: 0.75**

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

1 Weekend

4/26/2024 - 4/28/2024

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

12/13/2024 - 12/15/2024

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

6 weeks

2/22/2024 - 3/28/2024

Th 9am-1pm

1 weekend

6/7/2024 - 6/9/2024

Fri-Su 9am-6pm

\$480.00

## Spiritual Coaching & Ethics

**TC 100** **Class Hours: 24** **Credits: 1.5**

Ethics and consciousness are directly related in the sense that the greater your scope of awareness the more you examine your actions and reactions the more options you potentially have to impact the world around you and those you consciously communicate with. Learn to facilitate a persons healing and spiritual growth through being a loving witness to their process and learning to hold space for them to experience their own awareness changes. Facilitated dialogue will be taught so as to bring out their process without leading or traumatizing them. Establishing healthy non-judgmental client/practitioner relationships is the emphasis of this class.

6 weeks

3/6/2024 - 4/10/2024

W 6pm-10pm

7/8/2024 - 8/12/2024

M 6pm-10pm

\$480.00

## 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)

1 week

2/12/2024 - 2/14/2024

M/W 9am-1pm

4/29/2024 - 5/1/2024

M/W 9am-1pm

2 weeks

5/22/2024 - 5/29/2024

W 6pm-10pm

\$160.00

## 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

1/9/2024 - 3/12/2024

Tu 6pm-10pm

2/20/2024 - 4/23/2024

Tu 9am-1pm

3/26/2024 - 5/28/2024

Tu 6pm-10pm

3/27/2024 - 5/29/2024

W 9am-1pm

5/7/2024 - 7/16/2024

Tu 9am-1pm

6/11/2024 - 8/20/2024

Tu 6pm-10pm

\$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. PRE-REQ: MT 200 SWEDISH or LICENSED Supplies: \$21 BW (CEU-NCBTMB)

1 weekend

3/22/2024 - 3/24/2024

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

7/19/2024 - 7/21/2024

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

11/1/2024 - 11/3/2024

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

3/1/2024 - 3/3/2024

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

6/7/2024 - 6/9/2024

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

10/4/2024 - 10/6/2024

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

\$400.00

## Thai Massage - Traditional

**OE 620** **Class Hours: 40** **Credits: 1.25**

Injury prevention is the key to longevity in your bodywork career. This class shows exercises stretches and bodywork techniques to help you relieve pain prevent injury and maintain your hand and wrist health. PREREQ: MT 200 SWEDISH OR LICENSED. Bodyworkers may register with prior approval.

Supplies: \$15 (CEU-NCBTMB)

2 weekends

5/10/2024 - 5/19/2024

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

9/6/2024 - 9/15/2024

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

\$800.00

## 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

1/22/2024 - 2/25/2024

4/8/2024 - 5/12/2024

9/2/2024 - 10/6/2024

11/11/2024 - 12/22/2024

\$400.00

## The Art of Therapeutic Presence Ethics & Boundaries

**TC 620** **Class Hours: 30** **Credits: 2**

The sacred act of Holding Space is an art form evidenced by science. Practitioners empowered by the knowledge and nuance of therapeutic presence ethics and boundaries can help their clients safely explore areas of stagnation and create the space of transformation. Practitioners will deeply study the ethics of caring for individuals in the holistic health field and embody the tools necessary to maintain their personal energy integrity. PREREQ: BC 550 LC 111 or HC 101 Text: \$26

8 weeks

3/7/2024 - 4/25/2024

Th 6pm-9:45pm

10/15/2024 - 12/10/2024

Tu 6pm-9:45pm

\$600.00

## The Science of Energetics and Intuition ONLINE

**TP 140-OL** **Class Hours: 25** **Credits: 1.5**

This course brings the study of energy and intuition out of the esoteric realm and into the palm of your hands. You will examine the progression of the understanding of energy and contemporary scientific studies and theories that support energetic healing. You will explore intuition from a scientific perspective the effect of manifestation electromagnetic fields and the role of auras in healing. Additionally the Vedic Chakra System for Mind-Body-Spirit Wellness will be reviewed as well as the principles of the human energy field and the concept of consciousness and matter. Text: \$45

12/18/2023 - 1/28/2024

3/4/2024 - 4/14/2024

\$500.00



### 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

12/9/2023 - 12/9/2023

Sa 9am-6pm

2/10/2024 - 2/10/2024

Sa 9am-6pm

2 weeks

7/26/2024 - 8/2/2024

Fri 9am-1pm.

\$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

3/24/2024 - 3/24/2024

Su 9am-1pm

7/14/2024 - 7/14/2024

Su 9am-1pm

11/10/2024 - 11/10/2024

Su 9am-1pm

\$80.00

### Toe Reading - Reflexology Assessment I - Elemental ONLINE

RF 150-OL

Class Hours: 16

Credits: 0.5

Personality destiny trauma and pathology are revealed by looking at a person's toes. Many will wonder if you are psychic when in reality you will be practicing the concept that "everything is something." You will also be implementing learned advanced observation assessment and communication skills in the exploration of revealing the stories and language the toes metaphorically speak. NO PRERQ Supply fee: \$10 (CEU-NCBTMB)

1/22/2024 - 2/18/2024

4/8/2024 - 5/5/2024

\$320.00

CEU

Online

### 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

12/1/2023 - 1/12/2024

Fri 9am-1pm.

6/21/2024 - 7/26/2024

Fri 9am-1pm.

1 weekend

9/27/2024 - 9/29/2024

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

\$400.00

CEU

### Toe Reading II - Soul Coaching - Expanded Dialogue ONLINE

RF 170-OL

Class Hours: 8

Credits: 0.5

In this course you will concentrate on mastering facilitated dialogue. With the use of penetrating soul coaching questions learn 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. The Royal Reading will help you create trust ritual and sacred space for your client as deep soul discoveries are revealed in a toe reading session. You will unlock your ability to be a true Sole/Soul Coach with this powerful modality. PREREQ: RF 150-OL

12/4/2023 - 12/17/2023

2/19/2024 - 3/3/2024

5/6/2024 - 5/19/2024

\$160.00

Online



### Toe Reading II - Soul Coaching - Facilitated Dialogue

RF 162

Class Hours: 20

Credits: 0.5

Level II will concentrate on mastering facilitated dialogue in such a way as to help shift someone's awareness of how they are and how they can be in the world by asking penetrating soul coaching questions. An introduction to where the chakra information is holographically stored within the toes and feet will be explored to further help refine the predictable sites of sacred life stories. A 'Royal Reading' complete with washing of the feet and the use of blended essential oils is taught to help create trust ritual blessings and sacred space with your client to deepen the discoveries from the soul in a toe reading session. Come and unlock your ability to be a true Sole/Soul Coach with this powerful modality. PRERQ RF 151 or RF 150-OL

1 weekend

8/9/2024 - 8/11/2024

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

\$400.00

### Transpersonal Psychology – Awaken the Hero Within ONLINE

TP 120-OL

Class Hours: 25

Credits: 1.5

Learn to recognize the developmental stages and archetypes of clients' growth and where emotional or physical injuries may have occurred. You will learn and discuss developmental psychology throughout the human lifespan and the psychological theories associated with each of these life stages. 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: \$20

12/18/2023 - 1/28/2024

\$500.00

Online

### 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: \$28 Pre-Req: MT 200 SWEDISH OR LICENSED (CEU-NCBTMB)

4 weeks

1/10/2024 - 1/31/2024

W 6pm-10pm

6/18/2024 - 7/16/2024

Tu 9am-1pm

8/14/2024 - 9/4/2024

W 9am-1pm

10/23/2024 - 11/14/2024

W 6pm-10pm

\$320.00

CEU

U

### Urban Farming - Field-to-Fork

UF 100

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 as well as patio gardening water harvesting seed saving tool usage and harvesting the food that has been grown. In addition students will explore Permaculture in depth. This course includes field trips in which students will explore many urban growing methods and systems here in Phoenix. Pre-Req: CC 450 Text: \$57 Supplies: \$35

10 weeks

1/18/2024 - 3/21/2024

Th 6pm - 10pm

\$800.00

### Urban Farming - Seed to Sale

UF 101

Class Hours: 30

Credits: 1.5

This class will explore ways to turn your private garden into a means of supplemental income. Students will explore harvesting handling storing and packaging their food products. Additionally they will learn about the Local Food Economy model marketing and charging for their food. Finally students will explore potential products they could make for sale to their community or workshops they could design and teach for profit. Pre-Req: UF 100 Text: \$35 Supplies: \$35

8 weeks

3/28/2024 - 5/16/2024

Th 6pm-9:45pm

\$600.00

W

### 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: \$20

4 weeks

1/8/2024 - 2/5/2024

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. Materials fee: \$55. Location: Spear S Ranch trailhead New River AZ

3 weeks  
3/13/2024 - 3/27/2024                      W 5:30pm-8:30pm  
\$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.

12 weeks  
8/20/2024 - 11/12/2024                      Tu 5:30pm-9:30pm  
\$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.

3 weeks  
12/5/2024 - 12/19/2024                      Th 10am-3:30pm 9am-4pm 10am-3:30pm  
\$360.00

**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  
6/18/2024 - 8/1/2024                      Tu/Th 5:30pm-9:15pm  
\$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 Text: \$6

4 weeks  
2/8/2024 - 2/29/2024                      Th 12pm-4pm  
\$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 Natures tools for promoting wellness. Text: \$109

16 weeks  
2/12/2024 - 6/3/2024                      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  
4/3/2024 - 4/17/2024                      W 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.

4 weeks  
4/24/2024 - 5/15/2024                      W 5:30pm-9pm  
\$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

3 weeks  
5/22/2024 - 6/12/2024                      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. Should be enrolled for WH 350 simultaneously. Supplies: \$80 Text: \$135

7 weeks  
1/9/2024 - 2/20/2024                      Tu/Th 5:30pm-8:30pm  
\$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: \$45 Supplies: \$80.

7 weeks  
2/27/2024 - 4/20/2024                      Tu/Th 5:30pm-8:30pm  
\$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 \$45 Supplies: \$80

7 weeks  
4/25/2024 - 6/13/2024                      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 300 simultaneously PRERQ WH 230 Text: \$45 Supplies: \$80

13 weeks  
8/22/2024 - 11/14/2024                      Th 5:30pm-8:30pm  
\$900.00

**Western Herbalism - The Green Man****WH 256**                      **Class Hours: 12**                      **Credits: 0.75**

Western Herbalism applications for mens health. Supplies \$45.

4 weeks  
2/14/2024 - 3/6/2024                      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

6 weeks  
1/3/2024 - 2/7/2024                      W 5:30pm-8:30pm  
\$360.00

**Workshops & Group Facilitation****TC 110**                      **Class Hours: 20**                      **Credits: 1.5**

This course is designed to teach students how to present - one-on-one in a support group arena workshop setting or for a formal presentation. Learn how to plan and deliver the materials with an emphasis on using presentations workshops and groups as marketing strategies as well as a profitable part of a private practice.

5 weeks  
1/22/2024 - 2/19/2024                      M 6pm-10pm  
8/14/2024 - 9/11/2024                      W 6pm-10pm  
\$400.00



# CLASSES AT A GLANCE

## December 2023

01	EC 813	W 20	Reiki: Holy Reiki III - Heaven's Gate
	EL 220	E 4	Face-Lift Acupressure
	PC 100	W 20	Polarity - Basic I
	RF 151	M 20	Toe Reading I – Reflex Assessment, Intro to Dialogue
	YO 425	W 20	Yoga - Body Psychology V
02	EC 106	W 16	Energetic Acupressure - Intro
	EC 798	W 8	Reiki Clinic
	EV 133	W 0	Complimentary Introduction to Swedish Massage
	PC 855	W 16	Cranial Anatomy - Listening Skills
	TE 364	W 16	Massage Sideline w/Deep Listening
03	EC 798	W 8	Reiki Clinic
04	BC 441	E 7	Resiliency and Self-Care for Massage Therapists
	MT 301	E 8	Corporate Chair
05	HN 122	E 40	Nutrition-Micro/Macronutrients and Supplements
	HC 302	E 30	HWC - Advanced Wellness Coaching 2
07	HN 155	E 20	Nutrition - Comparative Dietary Systems
08	HY 450	W 12	Hypnotherapy - Spirit Release
	PC 700	W 20	Polarity - Reflexology for Bodyworkers
	RF 203	W 20	Reflex. - Emotional Balance & Being for Bodyworkers
	TE 662	W 20	Hydrotherapy for Injury Management
	YO 701	W 40	Yoga - Integral Breath Therapy
09	EL 720	W 8	Thumbless Therapy
	PC 960	W 30	Polarity - Clinic
	PC 961	W 30	Cranial Unwinding - Clinic
13	HC 156	E 30	HWC - Health Conditions
15	AR 114	E 4	Aromatherapy - Mens Health
	EC 766	W 20	Reiki Master/Teacher Initiation
	EC 767	W 20	Reiki - Holy - Master/Teacher Initiation
	PC 850	W 20	Cranial Unwinding I
16	AR 118	W 8	Aromatherapy - Wellness for Women
	OE 320	W 4	Hand & Wrist Health Maintenance

## January 2024

03	WH 265	E 18	Western Herbalism - The Herbal Goddess
04	TE 380	M 8	Neck Release
	WH 360	E 49	Awakening Intern/Externship
	YO 463	S 50	Yoga - Adv Yoga Therapy Supervised Practicum
05	AR 100	W 20	Aromatherapy - Intro
	HY 350	W 20	Hypnotherapy - Past Life Regression
	HY 351	E 4	Hypnotherapy - Past Life Introduction
	PC 998	W 24	Polarity - Spinal Balancing
	YO 702	W 20	Yoga - Integral Breath Therapy Practicum
06	EC 700	W 16	Reiki I - Traditional
07	EC 791	W 8	Reiki for Prosperity
08	BC 530	E 15	Intro Holistic Entrepreneurship & Self-Empowerment
	CC 440	E 15	Western Herbalism - Applied Ethics
	HY 476	E 20	Hypnotherapy - Dreams & Metaphors
	MT 115	E 60	Anatomy
09	MT 200	E 40	Swedish Massage
	SC 415	E 40	Pathology - BW
	WH 210	E 45	Western Herbalism - Section A: Seed Sowing
10	TC 630	E 30	Somatic Psych: Neuroscience Regulation & Trauma
	TE 690	E 16	Trigger Point
12	EC 778	W 40	Shamanic Pathways
	HY 101	W 20	Hypnotherapy - Foundations Level I
13	AR 120	W 8	Aromatherapy - Therapeutic Touch
14	AR 115	W 8	Aromatherapy - Foot Chakra Reflex for Bodyworkers
18	AR 100	M 20	Aromatherapy - Intro
	TE 160	M 8	Carpal Tunnel/Thoracic Outlet Release
	UF 100	E 40	Urban Farming - Field-to-Fork
19	EL 146	M 20	Auriculotherapy
	HC 101	W 20	HWC - Foundations of Wellness Coaching
	LC 111	W 20	Introduction to Life Coaching
	PC 870	W 24	Cranial Unwinding III
	YO 401	W 20	Yoga - Nidra I
20	EV 133	W 0	Complimentary Introduction to Swedish Massage
	HY 402	W 24	Hypnotherapy - Advanced Techniques
22	HN 121	E 40	Found of Transformational Healing & Holistic Nutrition
	TC 110	E 20	Workshops & Group Facilitation
	TE 260	M 16	Fibromyalgia Therapy
	TE 302	E 16	Elder Touch - Medical
23	DD 301	E 40	End of Life Rituals & Ceremonies
24	NC 200	E 20	Nutrition - Whole Food, S.O.U.L. Food
25	HC 201	E 40	HWC - Professional Wellness Coaching & Ethics
	LC 121	E 40	Life Coaching – Heart Centered Approach Part I

	MF 105	E 30	Foundations of Mindful Eating
26	PC 850	W 20	Cranial Unwinding I
	YO 402	W 20	Yoga - Nidra II
27	AR 125	W 8	Aromatherapy - Essential Oil Hydrating Wrap
	EV 907	W 1	Fired Up! Peak Performance Conference & Firewalk
	PC 400	W 32	Polarity - Communications, Resonance & Relations I
	SC 250	W 45	Botany
29	TE 340	M 16	Lymphatic Massage
	YO 111	E 60	Yoga Module I - UNITY Yoga Foundations

## February 2024

01	HC 401	E 20	HWC - NBHWC Exam Prep
	HY 420	E 15	Hypnotherapy - Script Writing
	TE 600	M 12	Rock & Unlock
02	EL 220	E 4	Face-Lift Acupressure
	HY 201	W 40	Hypnotherapy - Foundations Level II
03	EC 106	W 16	Energetic Acupressure - Intro
	EC 711	W 16	Reiki II - Traditional
	OE 320	W 4	Hand & Wrist Health Maintenance
05	BC 542	E 45	Applied Entrepreneurship
07	BC 602	E 45	Mastermind for Success
	YO 560	E 30	Yoga - Philosophy & Meditation
08	WH 275	M 16	Western Herbalism - Herbal Flowers
	YO 113	E 60	Yoga Module III - UNITY Yoga Deepening the Path
09	AR 106	W 20	Aromatherapy for the Spirit
	CB 400	M 8	Mother Touch
	HY 520	E 20	Hypnotherapy - Subconscious Intervention
10	EL 720	W 8	Thumbless Therapy
11	MT 604	W 8	Lymphatic Massage - Advanced
12	SC 240	E 62	Western Herbalism - Herbal Sciences
	TE 650	M 8	Sports Massage - Intro
	YO 111	S 60	Yoga Module I - UNITY Yoga Foundations
13	MT 540	M 5	Comprehensive CPR
14	WH 256	E 12	Western Herbalism - The Green Man
16	PC 100	W 20	Polarity - Basic I
	YO 403	W 20	Yoga - Nidra III
17	MT 520	W 7	First Aid
19	MT 115	M 60	Anatomy
	MT 500	M 60	Physiology
19	YO 453	E 20	Yoga - Foundations of Ayurveda
20	BC 601	E 45	Mission Possible
	MT 200	M 40	Swedish Massage
	MT 400	M 40	Myotherapy - 7 Step Release System
	YO 462	E 20	Putting It All Together & Yoga Therapy Assessment
21	TE 160	E 8	Carpal Tunnel/Thoracic Outlet Release
22	EC 146	M 24	SpaLomi Massage
	PC 850	M 20	Cranial Unwinding I
23	MT 605	W 20	Neuro Touch - Neuromuscular Re-education Techniq
	PC 150	W 48	Polarity - Basic II (Ayurvedic Elements)
	RF 201	M 20	Reflexology - A Western Approach for Bodyworkers
	YO 404	W 20	Yoga - Nidra IV
24	EL 600	W 4	Canine Massage
	HY 340	W 8	EFT Introduction / EFT Level I
27	HN 250	E 30	Nutrition - Nutritional Assessment & Coaching
	WH 220	E 45	Western Herbalism - Section B: Germination
28	HN 222	E 20	Nutrition - Raw Food Cuisine
29	HC 302	E 30	HWC - Advanced Wellness Coaching 2
	LC 131	E 40	Life Coaching – Heart Centered Approach Part II

## March 2024

01	AR 110	E 8	Aromatherapy - Pharmacology
	HY 301	W 40	Hypnotherapy - Foundations Level III Clinic
	OE 640	W 20	Thai Massage - Foot Massage
	YO 506	W 40	Yoga - Transformational Yoga Coaching
02	AR 101	W 32	Aromatherapy-Advanced
04	BC 441	E 7	Resiliency and Self-Care for Massage Therapists
	TC 120	E 24	Coaching the Hero Within
06	BC 110	E 6	SOAP Notes
	TC 100	E 24	Spiritual Coaching & Ethics
	TE 600	E 12	Rock & Unlock
07	MT 301	E 8	Corporate Chair
	TC 620	E 30	Art of Therapeutic Presence, Ethics & Boundaries
08	EC 775	W 20	Shamanic Reiki I & II
	IG 111	W 12	Introduction to Intuitive Guidance
	PC 880	W 24	Cranial Unwinding IV
	RF 201	W 20	Reflexology - A Western Approach for Bodyworkers
	YO 409	W 20	Yoga - Yoga Nidra Practicum

# CLASSES AT A GLANCE

## March 2024

09	PC 200	W	30	Polarity APP/Cranial - Practicum
	TE 260	W	16	Fibromyalgia Therapy
11	HY 370	E	8	Hypnotherapy - Clinical Certification Prep
	TE 380	E	8	Neck Release
13	WH 291	E	8	Western Herbalism - Desert Medicine
16	AR 109	W	4	Aromatherapy - Ginger Compress
	AR 300	W	4	Aromatherapy - Toning & Detox
	EC 720	W	8	Reiki III - Advanced
	MT 540	W	5	Comprehensive CPR
17	EC 741	W	8	Reiki - Angels, Guides, and Masters
	TE 142	W	8	Scar Tissue Massage
18	YO 112	S	60	Yoga Module II - UNITY Yoga Teaching Foundations
19	HY 101	E	20	Hypnotherapy - Foundations Level I
22	IG 211	W	24	Angels and Guides
	PC 960	W	30	Polarity - Clinic
	PC 961	W	30	Cranial Unwinding - Clinic
	TE 701	W	20	Swedish Sedona
	YO 434	W	20	Yoga - Posture of Consciousness
23	AR 132	W	16	Flower Essences
	EC 731	W	16	Reiki & Beyond - Sound & Vibration
	TE 740	W	4	TMJ Release
25	MT 115	E	60	Anatomy
	MT 500	E	60	Physiology
26	MT 115	M	60	Anatomy
	MT 200	E	40	Swedish Massage
	MT 400	E	40	Myotherapy - 7 Step Release System
27	MT 200	M	40	Swedish Massage
	YO 112	E	60	Yoga Module II - UNITY Yoga Teaching Foundations
28	HC 301	E	30	HWC - Advanced Wellness Coaching 1
	PC 100	M	20	Polarity - Basic I
	UF 101	E	30	Urban Farming - Seed to Sale

## April 2024

01	HN 122	E	40	Nutrition-Micro/Macronutrients and Supplements
03	HN 155	E	20	Nutrition - Comparative Dietary Systems
	WH 250	E	8	Western Herbalism - Herbs for Babies & Children
04	AR 100	M	20	Aromatherapy - Intro
05	EC 812	W	20	Reiki: Holy Reiki I & II - Discovery & Deepening
	PC 850	W	20	Cranial Unwinding I
	RF 202	M	20	Reflexology - Assessment Skills for Bodyworkers
	YO 132	W	20	Yoga-Intro: Sacred Sound, Meditation, Bowls & Gong
06	HY 315	W	15	Hypnotherapy - Fears, Phobias & Addictions
08	YO 456	E	20	Yoga - Therapeutic Postures I (YIN)
09	HY 201	E	40	Hypnotherapy - Foundations Level II
10	BC 441	M	7	Resiliency and Self-Care for Massage Therapists
	TC 630	E	30	Somatic Psych: Neuroscience Regulation & Trauma
12	AR 114	E	4	Aromatherapy - Mens Health
	EC 776	W	20	Shamanic Reiki III & Beyond
	PC 700	W	20	Polarity - Reflexology for Bodyworkers
	YO 438	W	40	I AM Yoga®: Principles of Meditation in Motion®
13	AR 118	W	8	Aromatherapy - Wellness for Women
	EV 133	W	0	Complimentary Introduction to Swedish Massage
15	BC 540	E	40	Business Development & Entrepreneurial Support
	TE 340	M	16	Lymphatic Massage
17	TC 150	E	24	Building Resiliency & Stress Management
19	IG 311	W	24	Intuitive Guidance - Practical Applications
	PC 999	W	24	Polarity - Autonomic Nervous System
20	EC 750	W	16	Reiki Symbolism & Geometric Grid
	RF 575	W	4	Reflexology - Hand for Bodyworkers
	TE 340	W	16	Lymphatic Massage
21	RF 218	W	8	East Indian Head Acupressure
22	BC 110	W	6	SOAP Notes
	CC 131	E	32	Psychology of Addiction - Understanding the Shadow
	YO 113	S	60	Yoga Module III - UNITY Yoga Deepening the Path
23	YO 111	E	60	Yoga Module I - UNITY Yoga Foundations
24	MT 520	M	7	First Aid
	WH 365	E	14	Western Herb - Manufacturing & Remedy Production
	WH 230	E	45	Western Herbalism - Section C: Growth & Evolution
26	EC 132	W	20	Sound Healing for Bodyworkers & Practitioners
	PC 100	W	20	Polarity - Basic I
27	EC 700	W	16	Reiki I - Traditional
	PC 400	W	32	Polarity - Communications, Resonance & Relations I
29	TE 650	M	8	Sports Massage - Intro
30	MT 540	M	5	Comprehensive CPR

## May 2024

01	YO 441	E	30	Yoga - Advanced Sequencing
02	TC 640	E	30	Somatic Psychology: The Subtle Body
03	YO 421	W	20	Yoga - Body Psychology I
04	PC 942	W	16	Polarity - Dr. Stones Energy Exercises & Mystic Philo
	TE 590	W	12	Removing the Armor
06	BC 530	E	15	Intro Holistic Entrepreneurship & Self-Empowerment
	MT 115	M	60	Anatomy
	MT 151	M	36	Kinesiology - Anatomical Applications
07	MT 200	M	40	Swedish Massage
	TE 220	M	24	Deep Tissue Sculpting
08	MF 105	E	30	Foundations of Mindful Eating
09	PC 850	M	20	Cranial Unwinding I
	TE 146	M	8	Breast Health - Intro
10	MT 301	M	8	Corporate Chair
	OE 620	W	40	Thai Massage - Traditional
	RF 203	M	20	Reflex. - Emotional Balance & Being for Bodyworkers
	YO 422	W	20	Yoga - Body Psychology II
11	CB 400	W	8	Mother Touch
	MT 540	W	5	Comprehensive CPR
12	EC 791	W	8	Reiki for Prosperity
	MT 520	W	7	First Aid
13	YO 457	E	20	Yoga - Therapeutic Postures II (RESTORATIVE)
14	HY 301	E	40	Hypnotherapy - Foundations Level III Clinic
15	BC 110	E	6	SOAP Notes
17	AR 100	W	20	Aromatherapy - Intro
	EC 813	W	20	Reiki: Holy Reiki III - Heaven's Gate
	HC 101	W	20	HWC - Foundations of Wellness Coaching
	IG 401	W	20	Business of Intuitive Guidance
	LC 111	W	20	Introduction to Life Coaching
	PC 860	W	24	Cranial Unwinding II
20	BC 441	E	7	Resiliency and Self-Care for Massage Therapists
21	BC 110	M	6	SOAP Notes
22	TE 650	E	8	Sports Massage - Intro
	WH 276	E	10	Western Herbalism - Plants and People
23	HC 201	E	40	HWC - Professional Wellness Coaching & Ethics
	LC 121	E	40	Life Coaching - Heart Centered Approach Part I
	MT 500	M	60	Physiology
	TE 402	M	16	Medical Massage for Cancer Survivors
29	HC 155	E	30	HWC - Anatomy of Wellness
	TC 610	E	20	Heart Centered Leadership
	YO 113	E	60	Yoga Module III - UNITY Yoga Deepening the Path
31	RF 201	W	20	Reflexology - A Western Approach for Bodyworkers
	YO 423	W	20	Yoga - Body Psychology III

## June 2024

01	PC 570	W	32	Polarity - Advanced Elements
04	HN 121	E	40	Found of Transformational Healing & Holistic Nutrition
05	TE 220	M	24	Deep Tissue Sculpting
	YO 454	E	30	Yoga - Phys & Health Conditions for Yoga Therapists
06	NC 200	E	20	Nutrition - Whole Food, S.O.U.L. Food
07	EC 146	W	24	SpaLomi Massage
	EC 700	M	16	Reiki I - Traditional
	OE 640	W	20	Thai Massage - Foot Massage
	YO 424	W	20	Yoga - Body Psychology IV
08	AR 125	W	8	Aromatherapy - Essential Oil Hydrating Wrap
	EC 711	W	16	Reiki II - Traditional
09	AR 117	W	4	Aromatherapy - Pet Care
10	BC 304	M	20	Business Practices for Massage Therapists
	MT 115	E	60	Anatomy
	MT 151	E	36	Kinesiology - Anatomical Applications
11	MT 200	E	40	Swedish Massage
	TE 364	E	16	Massage Sideline w/Deep Listening
12	BC 301	M	8	Ethics for Massage Therapists
14	YO 425	W	20	Yoga - Body Psychology V
15	EC 798	W	8	Reiki Clinic
	EL 600	W	4	Canine Massage
	OE 320	W	4	Hand & Wrist Health Maintenance
	PC 855	W	16	Cranial Anatomy - Listening Skills
17	HN 250	E	30	Nutrition - Nutritional Assessment & Coaching



# 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>DEGREE PROGRAMS - Associate of Occupational Studies in Holistic Health Care with Concentration</b>									
Mind-Body Transformational Psychology	1116-1156	60.00	\$75	\$648	\$200	\$165	\$20-50	\$22320-23120	70*
Professional Massage Practitioner	1131-1334	60.00	\$75	\$590	\$200	\$355-500	\$20-50	\$22620-26680	\$217
Western Herbalism	992-1092	60.00	\$75	\$648-738	\$200	\$1,197	\$20-50	\$19840-21840	none
<b>DIPLOMA PROGRAMS</b>									
Holistic Health and Wellness Coach- ONLINE	755	44.30	\$75	\$625-673	\$250	\$450	\$0	\$15,100	\$450
Integrative Healing Arts Practitioner	750	43.25	\$75	\$114-439	\$100	\$114-757	\$0	\$15,000	200*
Integrative Healing Arts Practitioner- ONLINE	780	43.25	\$75	\$990-1045	\$250	\$10-48	\$0	\$15,600	200*
Master Massage Practitioner	1000	49.00	\$75	\$436-481	\$100	\$119-280	\$0	\$20,000	\$217
Mind Body Wellness Practitioner	600	34.75	\$75	\$226-482	\$100	\$60	\$0	\$12,000	\$70*
Professional Massage Practitioner	750	36.25	\$75	\$436-481	\$100	\$193-311	\$0	\$15,000	\$217
Western Herbalism	745	37.25	\$75	\$619	\$100	\$1,163	\$0	\$149,000	none
Yoga Advanced Teacher Training	600	21.75	\$75	\$356-400	\$100	\$255-573	\$0	\$12,000	\$350-600*
Integrative Yoga Therapy	1000	39.50	\$75	\$363	\$100	\$593	\$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	\$69	\$100	\$334-364	\$0	\$2,000	none
Advanced Professional Hypnotherapy	350	17.50	\$25	\$138	\$100	\$243	\$0	\$7,000	\$175
Advanced Professional Hypnotherapy- ONLINE	350	15.75	\$25	\$425	\$100	\$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	\$0	\$0	\$0	\$0	\$2,000	none
End of Lif Doula- ONLINE	100	5.25	\$25	\$0	\$100	\$0	\$0	\$2,000	none
Health and Wellness Coach	200	10.25	\$25	\$168	\$100	\$252	\$0	\$4,000	\$450
Health and Wellness Coach - ONLINE	200	10.25	\$25	\$271	\$100	\$150	\$0	\$4,000	\$450
Holistic Herbal Remedies	100	5.25	\$25	\$115	\$100	\$365	\$0	\$2,000	none
Holistic Nutrition	200	11.75	\$25	\$236	\$100	\$160	\$0	\$4,000	none
Holistic Nutrition ONLINE	200	11.75	\$25	\$417	\$100	\$10	\$0	\$4,000	none
Hypnotherapy	100	4.75	\$25	\$98	\$100	\$75	\$0	\$2,000	\$70*
Hypnotherapy ONLINE	100	4.75	\$25	\$153	\$100	\$20	\$0	\$2,000	\$70*
Intuitive Guide	100	4.75	\$25	\$34	\$100	\$0	\$0	\$2,000	none
Intuitive Coach - ONLINE	100	4.75	\$25	\$75	\$100	\$0	\$0	\$2,000	none
Life Coaching	100	5.00	\$25	\$127	\$100	\$80	\$0	\$2,000	none
Life Coaching ONLINE	100	5.00	\$25	\$18	\$100	\$10	\$0	\$2,000	none
Medical Massage	100	4.00	\$25	\$0	\$100	\$20	\$0	\$2,000	none
Mindful Meditation Facilitator-ONLINE	100	6.00	\$25	\$92	\$100	\$0	\$0	\$2,000	none
Modern Spirituality Celebrant- ONLINE	200	10.00	\$25	\$86	\$100	\$0	\$0	\$4,000	200 *
Myotherapy	100	3.00	\$25	\$15	\$100	\$0	\$0	\$2,000	none
Polarity- Associate Polarity Practitioner	200	9.00	\$25	\$62	\$100	\$50	\$0	\$4,000	\$240*
Reflexology	120	7.50	\$25	\$44	\$100	\$50-85	\$0	\$2,400	none
Reiki	100	3.00	\$25	\$22	\$100	\$10-275	\$0	\$2,000	none
Shamanic Principles and Pathways	100	3.00	\$25	\$44	\$100	\$200	\$0	\$2,000	none
Urban Farming & Conscious Living	100	5.50	\$25	\$149	\$100	\$105	\$0	\$2,000	none
Whole Foods Culinary Specialist- ONLINE	120	5.00	\$25	\$63	\$100	\$0	\$0	\$2,400	none
Yoga -Body Psychology	100	4.50	\$25	\$0	\$100	\$35	\$0	\$2,000	none
Yoga Teacher Training	200	6.25	\$25	\$127	\$100	\$105	\$0	\$4,000	\$350*
Yoga Nidra	100	4.50	\$25	\$0	\$100	\$85	\$0	\$2,000	none
<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	\$100	\$35	\$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	\$35	\$1,230	\$0	\$4,320	\$30

Please Note: This Class Calendar shows the new increased Tuition Rate of \$20 per clock hour, in effect as of January 1st, 2024.

\*\*\*Book costs, supply fees, material fees and lab fees are subject to change. \*\*\* Current tuition rate \$20/hour

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

\*\*\*Please note tuition rates do not include supplies, materials, or misc fees

\* EXTERNAL LICENSING FEES :

- Yoga Registration is NOT REQUIRED for graduation by SWIHA. Registration is separate and available through Yoga Alliance.
- Hypnotherapy Certification is NOT REQUIRED for graduation by SWIHA. Certification is available through: NATH - National Association of Transpersonal Hypnotherapists or the ABH - American Board of Hypnotherapy.
- Polarity Registration is NOT REQUIRED for graduation by SWIHA. Registration is available through the American Polarity Therapy Association.

# Discover your Gifts and Graces

Join us the first Friday of each month from 6pm - 7:30pm for an extraordinary evening featuring dynamic, motivational presentations with a unique monthly theme of self-discovery and healing! *This is a Complimentary Event.*



Friday, January 5, 2024  
Friday, February 2, 2024  
Friday, March 1, 2024  
Friday, March 29, 2024 (Good Friday)  
Friday, April 5, 2024  
Friday, May 3, 2024  
Friday, June 7, 2024  
Friday, July 12, 2024 (Change to 2nd Friday)  
Friday, August 2, 2024

After Gifts and Graces, come experience a mini energy session from one of our practitioners or vendors. Toe Reading, Energy Practitioners, Tarot Reading, Polarity, and Coaching will be available. Gratuities are suggested.



1538 E. Southern Ave. Tempe AZ 85282 | 480-994-9244 | [www.SWIHA.EDU](http://www.SWIHA.EDU)



# Looking for a beautiful career you can love? *Become a Licensed Aesthetician*



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

780 Classroom Hours

### **Start Dates:**

Day Program

**1/23/24, 2/19/24, 3/26/24**

Night Program

**2/19/24, 4/23/24, 6/17/24**

## **Natural Aesthetics Practitioner**

600 Classroom Hours

### **Start Dates:**

Day Program

**1/23/24, 2/19/24, 3/26/24**

Night Program

**2/19/24, 4/23/24, 6/17/24**

## **Cosmetic Laser Technician**

180 Classroom Hours

### **Start Dates:**

Day Program

**1/30/24, 5/14/24**

Night Program

**3/26/24, 7/16/24**



**Call 480.994.9244**

**to speak with an Admissions Coach**

Southwest Institute of Natural Aesthetics

A branch of Southwest Institute of Healing Arts

[BeASkincareSpecialist.com](http://BeASkincareSpecialist.com)