



**Western Herbalism**



**Massage**



**Hypnotherapy**



**SOUTHWEST INSTITUTE  
of HEALING ARTS**

**producing great therapists**

**1-888-504-9106**

**480-994-9244**

# The School with Great Energy

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

**1100 E. Apache Blvd. Tempe AZ 85281 - [www.swiha.edu](http://www.swiha.edu)**

**LEARN TO TOUCH LIVES, HEAL BODIES, AND FREE SOULS**



## Associates of Occupational Studies Degree in Holistic Health Care

60 Credits – 24 Months Full-time

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

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

### Concentration in: Mind Body Transformational Psychology

Course:	Hours:	Credits:
BC 200-OL Basic Finance ONLINE	16	1.00
BC 101-OL English Composition ONLINE	15	1.00
BC 550-OL Life Coaching - An Introduction ONLINE *	20	1.25
CC 302-OL Mastery Skills for Practitioners ONLINE *	30	2.00
NC 110-OL Nutrition - Holistic Foundations I ONLINE *	45	3.00
CC 250-OL Psychology Theories - Honoring the Masters ONLINE	30	2.00
BC 401-OL Public Speaking ONLINE *	15	1.00
BC 402-OL Seminar & Presentation ONLINE	15	1.00
BC 250-OL Statistical Research Project ONLINE	16	1.00
NC 120-OL Stress Management ONLINE	15	1.00
BC 410-OL Writing for Publication ONLINE *	15	1.00
<b>REQUIRED AOS &amp; MIND BODY CORE COURSES</b>		
AR 100-OL Aromatherapy - Introduction ONLINE	20	1.25
SM 150-OL Ayurveda - Introduction ONLINE	30	2.00
EC 101-OL Energy Anatomy, Part 1 ONLINE	32	2.25
EC 102-OL Energy Anatomy, Part 2 ONLINE	36	2.25
HY 100-OL Hypnotherapy - Level I ONLINE *	20	1.25
CC 120-OL Intuitive Studies - Introduction ONLINE	30	2.00
HH 500-OL Optimum Health & Sustainability ONLINE	15	1.00
<b>REQUIRED TRANSFORMATIONAL PSYCHOLOGY &amp; SPIRITUAL STUDIES CORE COURSES</b>		
CC 115-OL Alternative Lifestyles & Diversity ONLINE	30	2.00
SP 150-OL Comparative Religion/Unity & Tolerances ONLINE	30	2.00
SP 430-OL Death, Dying and Hospice ONLINE	15	1.00
CC 140-OL Developmental Psychology - Awaken the Heroes Within ONLINE	30	2.00
SP 275-OL Prayer Therapy ONLINE	15	1.00
CC 130-OL Psychology of Addiction - Understanding the Shadow ONLINE	30	2.00
NC 125-OL Support Group Facilitation ONLINE	15	1.00
MBWP Mind Body Wellness Practitioner ONLINE	600	31.25

\* DENOTES COURSES THAT ALSO SATISFY MBWP-OL REQUIREMENTS

### What People Are Saying!

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

Christine McKenna  
Mind-Body Wellness Practitioner Program ONLINE

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

Kristine Golos  
Life Coaching Program ONLINE

### BUSINESS DEVELOPMENT AND ENTREPRENEURIAL SUPPORT



**Be coached through the stages of Entrepreneurship and Business Development - Online!**

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

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

**BC 511-OL Business Development & Entrepreneurial Support ONLINE** 8/1/11 - 10/23/11  
9/19/11 - 12/11/11  
12/12/11 - 3/11/12  
1/17/12 - 4/15/12

### ONLINE PROGRAM START DATES

August 8 2011  
October 24 2011  
January 17 2012

Tuition for the Online classes is the same as the On-campus classes, even though students report having much more one-on-one time with their online instructors. Many students report our Online classes really give them time for deep introspection and reflection.

# Southwest Institute of Healing Arts classes are available Worldwide!

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

## Mind-Body Wellness Practitioner Diploma Online

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

The Mind-Body Wellness Practitioner diploma program is one of our fastest growing programs because you will learn to assist others in embracing overall health, prosperity, potential, and happiness on every level, and along the way you will experience an amazing personal transformation as well.

Are you truly seeking to touch people's lives? Learn an amazing way to shift your own perceptions of the world and help others do the same. Design your own destiny!

Through an integrated approach, a Mind-Body Wellness Practitioner assists in the peace and healing of others using proven holistic methods, professional coaching practices, and clarity of intention. You will become a truly skilled holistic practitioner!

Now you have the option to earn this diploma on-campus or online. Both versions are fully accredited and eligible for financial aid assistance to those students who qualify.

### MIND BODY WELLNESS & ENTREPRENEURIAL REQUIREMENTS

Course:	Hours:	Credits:
AR 106-OL Aromatherapy for the Spirit ONLINE	20	1.25
EL 142-OL Auriculotherapy ONLINE	16	0.50
BC 511-OL Business Development & Entrepreneurial Support ONLINE	48	1.25
AR 133-OL Flower Essences ONLINE	16	1.00
SC 210-OL Homeopathic Remedies - Introduction ONLINE	24	1.50
HY 100-OL Hypnotherapy - Level I ONLINE	20	1.25
HY 200-OL Hypnotherapy II ONLINE	40	2.50
HY 300-OL Hypnotherapy III ONLINE	40	1.00
BC 550-OL P\$Life Coaching - An Introduction ONLINE	20	1.25
BC 561-OL Life Coaching - Core Part 1 ONLINE	40	2.00
BC 562-OL Life Coaching - Core Part 2 ONLINE	40	1.75
CC 302-OL Mastery Skills for Practitioners ONLINE	30	2.00
NC 110-OL Nutrition - Holistic Foundations I ONLINE	45	3.00
NC 310-OL Nutrition-Holistic Nutrition Foundations II ONLINE	60	4.00
BC 401-OL Public Speaking ONLINE	15	1.00
RF 150-OL Toe Reading - Introduction ONLINE	16	0.50
BC 410-OL Writing for Publication ONLINE	15	1.00

### SELECT ONE OF THE FOLLOWING TWO SPECIALTY OPTIONS:

#### HYPNOTHERAPY

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

#### NUTRITION

NC 340-OL Nutrition - Supplements Introduction ONLINE	15	1.00
NC 140-OL Nutrition - Therapies ONLINE	15	1.00
NC 331-OL Nutrition - Weight Management ONLINE	30	1.50
NC 200-OL Nutrition - Whole Food Cooking ONLINE	20	0.50
NC 250-OL Nutrition - Whole Food Cuisine and Recipes ONLINE	15	0.50

## LIFE COACHING PROGRAM ONLINE



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

Life Coaching is an ongoing partnership in which clients have a unique opportunity to:

- deepen their awareness
- improve their performance
- overcome their obstacles
- enhance their quality of life

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

### BC 550-OL Life Coaching - Foundation ONLINE

8/8/11 - 9/11/11

10/10/11 - 11/13/11

1/2/12 - 2/5/12

See page 18 for more details

## HYPNOTHERAPY PROGRAM ONLINE



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

SWIHA offers two levels of Transpersonal Hypnotherapy training:

- 100-hour Transpersonal Hypnotherapy program online
- 300-hour Clinical Hypnotherapist program on campus

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

### HY 100-OL Hypnotherapy - Foundations Level I ONLINE

8/8/11 - 9/11/11

10/24/11 - 11/27/11

1/17/12 - 2/19/12

See page 19 for more details

## HOMEOPATHY PROGRAM ONLINE



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

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

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

### SC 210-OL Homeopathic Remedies - Introduction

7/18/11 - 8/28/11

10/10/11 - 11/20/11

11/21/11 - 1/15/12

1/2/12 - 2/12/12

See pages 37-38 for more details

# What you'll find inside ...

Southwest Institute of Healing Arts (SWIHA) invites people from all walks of life to learn and grow personally from our diverse course offerings. We offer the flexibility and assistance you need to meet your goals and dreams.

Develop your body, mind, and soul, as well as your marketability and profitability with SWIHA's program choices...

## Online Division

Associates of Occupational Studies in Holistic Healthcare

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

## Associates of Occupational Studies Degree in Holistic Healthcare

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

Choose one of the following concentrations to complete your degree:

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

## Diploma Programs

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

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

## Certificates of Excellence + Primary Specialties + Continuing Education

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

Life Coaching .....	18
Hypnotherapy .....	19
Aromatherapy .....	20
Cranial Unwinding .....	20
Holistic Nutrition .....	21
Medical Massage .....	22
Myofascial .....	22
Myotherapy .....	23
Polarity APP .....	24
Polarity RPP (includes APP) .....	24
Reflexology.....	25
Reiki (Transformational or Traditional) .....	26
Spa Treatment .....	27
Special Touch .....	27
Spiritual Studies .....	28
Tui Na .....	29
Zen Shiatsu .....	29
Class Descriptions .....	30 - 54
Tuition Guide .....	55
Classes at a Glance .....	56 - 57
Aesthetics Program .....	58
Laser Program .....	59
Gifts & Graces .....	Backpage

# A conscious college-community

Embracing Holistic and Spiritual Principles

## Our Mission Statement

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

### **Our Admissions Representatives are here to help you Do**

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

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

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



### **Our Student Services Advisors are dedicated to supporting**

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

### **Our location is convenient and easy to get to:**

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

### **Our school store has lots of great healing products:**

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

## We are honored to be an Award-Winning college

“Top 50 Arizona Companies to Watch - 2008” – Arizona Small Business Association  
“Best School of the Year - 2004, 2005, 2007, 2010” – Arizona Private School Association  
“Best Job Placement Practices - 2003-2004, 2005-2006, & 2007-2008” – Arizona Private School Association

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

It's not about winning the Awards, it's about doing the work it takes to win them, regardless of whether we win or not.

# We Support your Success

Whether you want to get hired or start your own business, your gifts and talents are what will bring about your professional success. Our **Success Center** has far-reaching resources and the wealth of knowledge necessary to connect you with truly amazing opportunities you may not have considered or discovered otherwise.

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



## JOB PLACEMENT ASSISTANCE!

- Job listings
- Résumé development
- Job fairs and events
- Volunteer opportunities
- Paid contract events
- Portfolio assistance

## START YOUR OWN BUSINESS!

- Marketing material development
- Room rentals and equipment sales
- Information on insurance and licensing

## GET CONNECTED!

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

- **www.GreatTherapists.com**  
Directory of SWIHA/SWINA trained practitioners
- **www.Connections.swiha.edu**  
Alumni Networking Site
- **www.BeALifeCoach.com**  
Directory of SWIHA trained Life Coaches

## Important Facts About Financial Aid

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

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

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

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

The following are financial aid eligible programs:

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

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

**We are approved by the State of Arizona Department of Veterans Services for GI bill benefits**

# FAST TRACK

## Massage Therapy Program

Earn your  
**Professional Massage Practitioner Diploma**  
in as little as 7.5 months!

Attend morning and afternoon classes with  
**NO WEEKENDS REQUIRED**

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

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



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

## Earn a Masters Degree in Oriental Medicine

AT PHOENIX INSTITUTE of HERBAL MEDICINE & ACUPUNCTURE



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

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

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

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

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



**\$33**

Experience our  
*Signature Facial*

**Swina**  
Southwest Institute of Natural Aesthetics

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



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

**\$5 off**  
First Time Clients

Call 480-966-4425  
1100 E. Apache Blvd. Tempe AZ 85281  
visit us at [www.swiha.edu](http://www.swiha.edu)

# Associates of Occupational Studies Degree in Holistic Health Care

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

Go beyond the Hippocratic Oath of  
"First, Do No Harm" ~  
Strive to "Do More Good"

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

Choose a concentration that best expresses your 'gifts'.



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

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

## Concentration in: MT 750 Professional Massage

### AOS GENERAL EDUCATION REQUIREMENTS

Course:	Hours:	Credits:
BC 200 Basic Finance	16	1.00
BC 101 English Composition	15	1.00
BC 550 P\$Life Coaching - An Introduction	20	1.25
CC 302 Mastery Skills for Practitioners	30	2.00
NC 110 Nutrition - Holistic Foundations I	45	3.00
CC 250 Psychology Theories Honoring the Masters	30	2.00
BC 401 Public Speaking	15	1.00
BC 402 Seminar & Presentation	15	1.00
BC 250 Statistical Research Project	16	1.00
NC 120 Stress Management	15	1.00
BC 410 Writing for Publication	15	1.00

### AOS CORE COURSES

SM 150 Ayurveda - Introduction	30	2.00
BC 511 Business Development & Entrepreneurial Support	48	1.25
SC 455 Exercise Wellness	30	2.00
HH 500 Optimum Health & Sustainability	15	1.00

### MESSAGE CORE COURSES

MT 115 Anatomy *	60	4.00
BC 302 Business Practices for Massage Therapists	12	0.75
CC 100 Communication Skills for Practitioners I	15	1.00
CC 101 Communication Skills for Practitioners II	15	1.00
MT 530 CPR Certification	4	0.25
BC 301 Ethics for Massage Therapists	8	0.50
MT 520 First Aid	8	0.25
MT 151 Kinesiology	36	2.25
SC 415 Pathology - BW	40	2.50
MT 500 Physiology	60	4.00
BC 110 SOAP Notes	6	0.25

### MESSAGE HANDS ON CORE COURSES

PC 850 Cranial Unwinding I	20	1.00
TE 220 Deep Tissue Sculpting	24	0.75
TE 560 Reflexology - Introduction	8	0.25
MT 200 Swedish Massage *	40	1.25
MT 975 Massage Clinic - Supervised MT 750	75	1.50
MT 400 Myotherapy - 7 Step Release	40	1.25

### CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES TO TOTAL 60 CREDITS

AR Aromatherapy	100	5.50
CRA Cranial Unwinding	200	8.50
HN Holistic Nutrition Specialist	200	12.00
HY Hypnotherapy	100	4.75
MM Medical Massage	100	3.75
MYO Myofascial	100	3.00
TMI Myotherapy	200	6.25
POL-APP Polarity - Associate Polarity Practitioner	200	9.00
RF Reflexology	200	7-7.25
RE Reiki	100	2.75
SPAM Spa Management	200	10.75
ST Spa Treatments	200	7.50
SPT Special Touch	100	3.00
TUINA Tui Na	200	10.00
YO Yoga Teacher Training	200	6.75
ZEN Zen Shiatsu	200	7.00

**Federal Financial aid is available to those students who qualify.**

\* Required Prerequisite for unclothed bodywork classes



# Associates of Occupational Studies Degree in Holistic Health Care

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

## Combine your college degree with healing touch training.

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

## Concentration in: Advanced Bodyworker Practitioner

### AOS GENERAL EDUCATION REQUIREMENTS

Course:	Hours:	Credits:
BC 200 Basic Finance	16	1.00
BC 101 English Composition	15	1.00
BC 550 PSLife Coaching - An Introduction	20	1.25
CC 302 Mastery Skills for Practitioners	30	2.00
NC 110 Nutrition - Holistic Foundations I	45	3.00
BC 401 Public Speaking	15	1.00
CC 250 Psychology Theories - Honoring the Masters	30	2.00
BC 250 Statistical Research Project	16	1.00
BC 402 Seminar & Presentation	15	1.00
NC 120 Stress Management	15	1.00
BC 410 Writing for Publication	15	1.00

### AOS CORE COURSES

SM 150 Ayurveda - Introduction	30	2.00
BC 511 Business Development & Entrepreneurial Support	48	1.25
SC 455 Exercise Wellness	30	2.00
HH 500 Optimum Health & Sustainability	15	1.00

### BODYWORK CORE COURSES

MT 115 Anatomy	60	4.00
MT 530 CPR Certification	4	0.25
BC 301 Ethics for Massage Therapists	8	0.50
MT 520 First Aid	8	0.25
SC 415 Pathology -BW	40	2.50
MT 500 Physiology	60	4.00

### CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES TO TOTAL 60 CREDITS

AR Aromatherapy	100	5.50
CRA Cranial Unwinding	200	8.50
HN Holistic Nutrition Specialist **	200	12.00
HY Hypnotherapy **	100	4.75
LC Life Coaching **	100	5.00
POL-APP Polarity - Associate Polarity Practitioner	200	9.00
RF Reflexology	200	7- 7.25
RE Reiki	100	2.75
SPAM Spa Management	200	10.75
TUINA Tui Na	200	10.00
YO Yoga Teacher Training	200	6.75
ZEN Zen Shiatsu	200	7.00

\*Not eligible for Massage Licensure in the State of Arizona

\*\* It is required to pair these specialties with on-body modalities

If you are looking for professional massage and aesthetics training, or if you had been previously trained, the Spa Management and Leadership Program is the right choice for you. Our program meets the needs of active, or inactive, licensed massage therapists, aestheticians and/or cosmetologists who want to enhance their knowledge and apply it to the spa business world. Our program is also ideal for current spa owners, directors, practitioners, spa employees needing management training, business professionals and entrepreneurs entering the spa industry. Manufacturers and developers of products for the spa industry, wellness and fitness professionals seeking to expand their understanding of the industry and representatives from business, hospitality, and tourism will also benefit from this program. As many as 750 hours of massage, aesthetic, and/or cosmetology training may be transferable into the Spa Management and Leadership Associate Degree Program.

## Concentration in: Spa Management & Leadership

### AOS GENERAL EDUCATION REQUIREMENTS

Course:	Hours:	Credits:
BC 200 Basic Finance	16	1.00
BC 101 English Composition	15	1.00
BC 550 PSLife Coaching - An Introduction	20	1.25
CC 302 Mastery Skills for Practitioners	30	2.00
NC 110 Nutrition - Holistic Foundations I	45	3.00
BC 401 Public Speaking	15	1.00
CC 250 Psychology Theories Honoring the Masters	30	2.00
BC 250 Statistical Research Project	16	1.00
BC 402 Seminar & Presentation	15	1.00
NC 120 Stress Management	15	1.00
BC 410 Writing for Publication	15	1.00

### AOS & SPA MANAGEMENT CORE COURSES

SM 150 Ayurveda - Introduction	30	2.00
BC 511 Business Development Entrepreneurial Support	48	1.25
SM 130 Spa Management - Customer Service & The Spa Industry	20	1.25
SM 212 Spa Management - Feng Shui	15	0.50
SM 211 Spa Management - Fundamentals of Spa Design	15	0.75
SM 120 Spa Management - Human Resources & Leadership	30	2.00
SM 105 Spa Management - Intro to Retail Management & Marketing	30	2.00
SM 100 Spa Management - Intro to Spa Industry & Operations	20	1.25
SM 222 Spa Management - Spa Finance	22	1.25
SM 260 Spa Management - Spa Internship	60	1.50

### CHOOSE ONE SPECIALITY AND ELECTIVES TO TOTAL 60 CREDITS

BW 600 Advanced Bodyworker Practitioner	600	24.00
CO Cosmetology	varies	25.00
NA Natural Aesthetics Practitioner	600	24.00
MT 750 Professional Massage Practitioner	750	25.00

Spa Management is now available as a Certificate of Excellence  
Call an Admissions Advisor to make an appointment 480-994-9244

# Associates of Occupational Studies Degree in Holistic Health Care

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

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

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

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

## Concentration in: Western Herbalism

### AOS GENERAL EDUCATION REQUIREMENTS

Course:	Hours:	Credits:
BC 200 Basic Finance	16	1.00
BC 101 English Composition	15	1.00
BC 550 P\$ Life Coaching - An Introduction	20	1.25
CC 302 Mastery Skills for Practitioners	30	2.00
NC 110 Nutrition - Holistic Foundations I	45	3.00
BC 401 Public Speaking	15	1.00
CC 250 Psychology Theories Honoring the Masters	30	2.00
BC 250 Statistical Research Project	16	1.00
BC 402 Seminar & Presentation	15	1.00
NC 120 Stress Management	15	1.00
BC 410 Writing for Publication	15	1.00

### AOS & WESTERN HERBALISM CORE COURSES

SM 150 Ayurveda - Introduction	30	2.00
SC 250 Botany	45	3.00
BC 511 Business Development Entrepreneurial Support	48	1.25
SC 455 Exercise Wellness	30	2.00
SC 300 Herbal Bio - Arts	45	3.00
HH 500 Optimum Health & Sustainability	15	1.00
SC 425 Pathology - WH	40	2.50
MT 500 Physiology	60	4.00
WH 300 Western Herbalism - Externship - Flight	60	1.25
WH 100 Western Herbalism - Foundations of American Herbal Studies	30	2.00
WH 275 Western Herbalism - Herbal Flowers	16	1.00
WH 350 Western Herbalism - Master Project	40	1.00
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

### HERBAL ELECTIVES - CHOOSE 41 HOURS

AR 100 Aromatherapy - Introduction	20	1.25
SC 210 Homeopathic Remedies - Introduction	24	1.25
WH 376 Western Herbalism - Formulary Practicum	15	0.75
WH 250 Western Herbalism - Herbal Specialties Babies & Children	8	0.50
WH 365 Western Herbalism - Manufacturing & Remedy Production	14	0.50
WH 256 Western Herbalism - The Green Man	8	0.50
WH 265 Western Herbalism - The Herbal Goddess	18	1.00
WH 150 Western Herbalism - Herbal Specialties in Clinical Herbalism	10	0.50



“Each flower is a soul opening out to nature.”

- Gerald De Nerval

# Associates of Occupational Studies Degree in Holistic Health Care

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

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

## Concentration in: Mind Body Transformational Psychology



### AOS GENERAL EDUCATION REQUIREMENTS

Course:	Hours:	Credits:
BC 200 Basic Finance	16	1.00
BC 101 English Composition	15	1.00
BC 550 P\$ Life Coaching - An Introduction	20	1.25
CC 302 Mastery Skills for Practitioners	30	2.00
NC 110 Nutrition - Holistic Foundations I	45	3.00
BC 401 Public Speaking	15	1.00
CC 250 Psychology Theories - Honoring the Masters	30	2.00
BC 250 Statistical Research Project	16	1.00
BC 402 Seminar & Presentation	15	1.00
NC 120 Stress Management	15	1.00
BC 410 Writing for Publication	15	1.00

### AOS & MIND BODY CORE COURSES

SM 150 Ayurveda - Introduction	30	2.00
EC 100 Energy Anatomy	68	4.50
HY 100 Hypnotherapy - Level I	20	1.25
CC 120 Intuitive Studies - Introduction	30	2.00
HH 500 Optimum Health & Sustainability	15	1.00
PC 100 Polarity - Basic I	20	1.00

### TRANSFORMATIONAL PSYCHOLOGY CORE COURSES

CC 115 Alternative Lifestyles & Diversity	30	2.00
BC 511 Business Development & Entrepreneurial Support	48	1.25
CC 140 Developmental Psychology - Awaking the Heroes Within	30	2.00
CC 130 Psychology of Addiction - Understanding the Shadow	30	2.00
NC 125 Support Group Facilitation	15	1.00

### CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES TO TOTAL 60 CREDITS

AR	Aromatherapy	100	5.50
HY-C	Clinical Hypnotherapy	300	13.5-15.
CRA	Cranial Unwinding	200	8.50
HN	Holistic Nutrition Specialist	200	12.00
HO	Homeopathy (offered ONLINE)	100	5.25
HY	Hypnotherapy	100	4.75
LC	Life Coaching	100	5.00
MBWP	Mind Body Wellness Practitioner	600	31.25
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00
RF	Reflexology	200	7- 7.25
RE	Reiki	100	2.75
SPAM	Spa Management	200	10.75
ST	Spa Treatments	200	7.50
TUINA	Tui Na	200	10.00
YO	Yoga Teacher Training	200	6.75
ZEN	Zen Shiatsu	200	7.00

**ONLINE**

Option available see page 2

**Is your heart telling you there is a greater purpose?  
If you feel a higher calling. . . Call us today 480-994-9244**

# Master Massage Diplomas

If you have a genuine desire to provide compassionate, unconditional touch while enhancing the lives and health of yourself and others, you can find great satisfaction in the art and science of massage therapy. The demand for highly qualified massage therapists grows as more people are seeking to improve their health and are educated about the benefits of massage therapy. Our program is designed to develop exceptional massage therapists, and offers you the opportunity to specialize in areas of interest. The State of Arizona currently requires 700 hours to receive a license to practice massage therapy. **Financial aid is available to those who are qualified.**

## Master Massage Practitioner

**1000 Classroom Hours  
14 months full-time or 29 months part-time**

### MESSAGE CORE REQUIREMENTS

Course:	Hours:	Credits:
MT 115 Anatomy *	60	4.00
BC 302 Business Practices for Massage Therapists	12	0.75
CC 100 Communication Skills for Practitioners I	15	1.00
CC 101 Communication Skills for Practitioners II	15	1.00
MT 530 CPR Certification	4	0.25
BC 301 Ethics for Massage Therapists	8	0.50
MT 521 First Aid	8	0.25
MT 151 Kinesiology	36	2.25
SC 415 Pathology - BW	40	2.50
MT 500 Physiology	60	4.00
BC 430 Practice Development Portfolio	15	1.00
BC 110 SOAP Notes	6	0.25

### MESSAGE HANDS ON CORE COURSES

PC 850 Cranial Unwinding I	20	1.00
TE 220 Deep Tissue Sculpting	24	0.75
MT 400 Myotherapy - 7 Step Release	40	1.25
TE 560 Reflexology - Introduction	8	0.25
MT 200 Swedish Massage *	40	1.25
MT 999 Massage Clinic - Supervised MT 1000	100	2.00

### CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES

#### TO TOTAL 1000 HOURS

AR Aromatherapy	100	5.50
CRA Cranial Unwinding	200	8.50
HN Holistic Nutrition Specialist	200	12.00
HY Hypnotherapy	100	4.75
MM Medical Massage	100	3.75
MYO Myofascial	100	3.00
TMI Myotherapy	200	6.25
POL-APP Polarity - Associate Polarity Practitioner	200	9.00
RF Reflexology	200	7- 7.25
RE Reiki	100	2.75
SPAM Spa Management	200	10.75
ST Spa Treatments	200	7.50
SPT Special Touch	100	3.00
TUINA Tui Na	200	10.00
YO Yoga Teacher Training	200	6.75
ZEN Zen Shiatsu	200	7.00

**If Reflexology Specialty is taken as part of the MT1000 program, TE560 Reflexology - Introduction is no longer required for the MT1000 Diploma**

The following classes are not eligible to be used for clinic hours in the MT-1000 hour programs:

- OS 920 Asian Therapy Clinic
- EC 795 Reiki Clinic Transformational
- EC 799 Reiki Clinic Traditional
- RF 103 Reflexology Clinic
- PC 930 Polarity - Sessions given for Associate Polarity Practitioner
- PC 931 Polarity - Sessions given for Registered Polarity Practitioner
- HY 300 Hypnotherapy III

\* Required prerequisite for unclothed bodywork classes

## Master Massage Practitioner - with a Specialty in Natural Aesthetics

**1000 Classroom Hours  
14 Months full-time or 29 Months part-time**

### MESSAGE CORE REQUIREMENTS

Course:	Hours:	Credits:
MT 115 Anatomy *	60	4.00
MT 530 CPR Certification	4	0.25
BC 301 Ethics for Massage Therapists	8	0.50
MT 521 First Aid	8	0.25
MT 151 Kinesiology	36	2.25
MT 950 Massage Clinic - Supervised MT 1000	50	1.00
SC 415 Pathology - BW	40	2.50
MT 500 Physiology	60	4.00
BC 110 SOAP Notes	6	0.25
MT 200 Swedish Massage *	40	1.25

**- CHOOSE FROM TRACK 1 OR TRACK 2 -**

### TRACK 1: DEEP THERAPY TRACK

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

### TRACK 2: LIGHTER THERAPY TRACK

EC 145 Hawaiian Massage	40	1.25
TE 340 Lymphatic Massage	16	0.50
EL 112 Myofacial Energetic Massage	20	0.50
TE 700 Swedish Sedona Electives	40	1.25
	8	Varies

### NATURAL AESTHETICS COURSES

NA 500 Natural Aesthetics - White Block	224	11.00
NA 515 Natural Aesthetics - Blue Block	64	3.00
NA 510 Natural Aesthetics - Green Block	64	3.00
NA 505 Natural Aesthetics - Red Block	64	3.00
NA 932 Natural Aesthetics - Clinic I	32	0.75
NA 152 Natural Aesthetics - Clinic II	152	3.25

## Massage Start Dates:

Morning	Evening
8/29/11 **	7/25/11
10/24/11	9/21/11
1/25/12	12/5/11

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



**FAST TRACK**  
Available August 29th!  
see page 7 for details

# Advanced Bodyworker Practitioner Diploma

**600 Classroom Hours**  
**9 months full-time or 18 months part-time**

If you are drawn to the healing arts, but feel massage therapy isn't your calling, consider one of SWIHA's Advanced Bodywork Practitioner specialties. **Bodywork is a hands-on healing technique performed on a client who is fully clothed. In the state of Arizona, bodyworkers practicing clothed modalities such as Reflexology, Zen Shiatsu or Polarity do not have to be licensed as a Massage Therapists.**

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

## ADVANCED BODYWORKER CORE COURSES

Code	Course	Hours	Credit
MT 115	Anatomy	60	4.00
BC 302	Business Practices for Massage Therapists	12	0.75
MT 530	CPR Certification	4	0.25
BC 301	Ethics for Massage Therapists	8	0.50
MT 521	First Aid	8	0.25
SC 415	Pathology -BW	40	2.50
MT 500	Physiology	60	4.00

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

AR	Aromatherapy	100	5.50
CRA	Cranial Unwinding	200	8.50
HN	Holistic Nutrition Specialist	200	12.00
HY	Hypnotherapy	100	4.75
LC	Life Coaching	100	5.00
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00
RF	Reflexology	200	7- 7.25
RE	Reiki	100	2.75
SPAM	Spa Management	200	10.75
TUINA	Tui Na	200	10.00
YO	Yoga Teacher Training	200	6.75
ZEN	Zen Shiatsu	200	7.00

# Professional Massage Practitioner Diploma

**750 Classroom Hours**  
**11 Months full-time or 22 Months part-time**  
**7.5 Months full-time for Fast Track**

If you have a genuine desire to provide compassionate, unconditional touch while enhancing the lives and health of yourself and others, you can find great satisfaction in the art and science of massage therapy. The demand for highly qualified massage therapists grows as more people are seeking to improve their health and are educated about the benefits of massage therapy. Our program is designed to develop exceptional massage therapists, and offers you the opportunity to specialize in areas of interest. The State of Arizona currently requires 700 hours to receive a license to practice massage therapy. **Financial aid is available to those who are qualified.**

## MESSAGE CORE COURSES

Course:	Hours:	Credits:
MT 115 Anatomy *	60	4.00
BC 302 Business Practices for Massage Therapists	12	0.75
CC 100 Communication Skills for Practitioners I	15	1.00
CC 101 Communication Skills for Practitioners II	15	1.00
MT 530 CPR Certification	4	0.25
BC 301 Ethics for Massage Therapists	8	0.50
MT 521 First Aid	8	0.25
MT 151 Kinesiology	36	2.25
SC 415 Pathology - BW	40	2.50
MT 500 Physiology	60	4.00
BC 430 Practice Development Portfolio	15	1.00
BC 110 SOAP Notes	6	0.25

## MESSAGE HANDS ON CORE COURSES

PC 850 Cranial Unwinding I	20	1.00
TE 220 Deep Tissue Sculpting	24	0.75
MT 750 Massage Clinic – Supervised MT 750	75	1.50
MT 400 Myotherapy - 7 Step Release	40	1.25
TE 560 Reflexology - Introduction	8	0.25
MT 200 Swedish Massage *	40	1.25

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

AR	Aromatherapy	100	5.50
CRA	Cranial Unwinding	200	8.50
HN	Holistic Nutrition Specialist	200	12.00
HY	Hypnotherapy	100	4.75
MM	Medical Massage	100	3.75
MYO	Myofascial	100	3.00
TMI	Myotherapy	200	6.25
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00
RF	Reflexology	200	7- 7.25
RE	Reiki	100	2.75
SPAM	Spa Management	200	10.75
ST	Spa Treatments	200	7.50
SPT	Special Touch	100	3.00
TUINA	Tui Na	200	10.00
YO	Yoga Teacher Training	200	6.75
ZEN	Zen Shiatsu	200	7.00

**The following classes are not eligible to be used for clinic hours in the Professional Massage Practitioner Program:**

- OS 920 Asian Therapy Clinic
- EC 795 Reiki Clinic Transformational
- EC 799 Reiki Clinic Traditional
- RF 103 Reflexology Clinic
- PC 930 Polarity - Sessions given for Associate Polarity Practitioner
- PC 970 Polarity - Sessions given for Registered Polarity Practitioner
- HY 300 Hypnotherapy III

\* Required Prerequisite for unclothed bodywork classes



# Yoga Teacher Training Diploma

May be used as a Certificate of Excellence or within the Degree or Diploma Programs  
200 Classroom Hours – 7.25 Credits 6 months

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

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

Topics covered include:

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

Course:	Hours:	Credits:
<b>YO 101 Yoga - Module I - Foundations</b>	<b>54</b>	<b>2</b>
9/7/11 - 11/21/11 M W 9:00 am - 12:00 pm		
10/11/11 - 12/13/11 T Th 6:30 pm - 9:30 pm		
1/23/12 - 4/4/12 M W 6:30 pm - 9:30 pm		
<b>YO 102 Yoga - Module II - Deepening Your Practice Both as Student &amp; Teacher</b>	<b>54</b>	<b>2</b>
7/25/11 - 10/10/11 M W 6:30 pm - 9:30 pm		
11/28/11 - 2/13/12 M W 9:00 am - 12:00 pm		
1/3/12 - 3/15/12 T Th 6:30 pm - 9:30 pm		
4/9/12 - 6/11/12 M W 6:30 pm - 9:30 pm		
<b>YO 103 Yoga - Module III - The Teaching Path</b>	<b>52</b>	<b>2</b>
8/3/11 - 8/31/11 M T W Th 9:00 am - 12:00 pm		
10/12/11 - 12/12/11 M W 6:30 pm - 9:30 pm		
2/15/12 - 4/25/12 M W 9:00 am - 12:00 pm		
3/20/12 - 5/15/12 T Th 6:30 pm - 9:30 pm		
6/13/12 - 8/15/12 M W 6:30 pm - 9:30 pm		
<b>YO 109 Yoga - Practicum</b>	<b>20</b>	<b>0.5</b>
<b>Electives:</b>	<b>20</b>	<b>1</b>
<b>TOTAL:</b>	<b>200</b>	<b>6.75</b>

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



*Spirit of Yoga*

- *New Programs*
- *New Electives*



Visit our Yoga Studio at 1420 E. Southern Ave. Tempe AZ • 480-838-3379 or go to [www.MySpiritofYoga.com](http://www.MySpiritofYoga.com)

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

# Yoga Teacher Training 600 and 760 Level

## Yoga Teacher Training – Transformational Yoga Psychology 600

### 600 Classroom Hours - 50 weeks

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

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

#### YOGA CORE COURSES

Course	Hours	Credit
YO 101 Yoga - Module I - Foundations	54	2.00
YO 102 Yoga - Module II - Deepening Your Practice	54	2.00
YO 103 Yoga - Module III - The Teaching Path	52	2.00
YO 109 Yoga - Practicum	20	0.25

#### ADVANCED YOGA CORE COURSES

YO 201 Yoga Anatomy: Bones, Muscles & Movements	20	1.00
YO 251 YOGA - ADVANCED YOGA FOUNDATIONS	72	3.00
Philosophical Foundation Applied Yoga Philosophy Paths of Yoga		
YO 252 YOGA - ADVANCED YOGA STRATEGIES	98	4.25
Yogic Energy Anatomy Advanced Teaching Skills Advanced Adjustments		
YO 309 Yoga - YTT Advanced Practicum	31	0.75

#### CHOOSE ONE PRIMARY SPECIALITY PLUS ELECTIVES TO TOTAL 600 HOURS

AR Aromatherapy	100	5.50
LC P\$ Life Coaching	100	5.00
HY Hypnotherapy	100	4.75
RF Reiki	100	2.75
YO-N P\$ Yoga Nidra	100	4.50

#### HIGHLY RECOMMENDED ELECTIVES

YO 401 P\$ Yoga - Yoga Nidra I	20	1.00
YO 402 P\$ Yoga - Yoga Nidra II	20	1.00
YO 501 P\$ Yoga - Phoenix Rising I	32	1.50
YO 502 P\$ Yoga - Phoenix Rising II	42	1.75
SM 150 Ayurveda - Introduction	30	2.00
RF 150 Toe Reading - Reflexology Assessment I	16	0.50
OE 640 Thai Massage - Foot Massage	20	0.50

## Yoga Teacher Training / Yoga Therapist

### 760 Classroom Hours - 63 Weeks

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

#### YOGA CORE COURSES

Course	Hours	Credit
YO 101 Yoga - Module I - Foundations	54	2.00
YO 102 Yoga - Module II - Deepening Your Practice	54	2.00
YO 103 Yoga - Module III - The Teaching Path	52	2.00
YO 109 Yoga - Practicum	20	0.25

#### ADVANCED YOGA CORE COURSES

YO 201 Yoga Anatomy: Bones Muscles & Movements	20	1.00
YO 251 YOGA - ADVANCED YOGA FOUNDATIONS	72	3.00
Philosophical Foundation Applied Yoga Philosophy Paths of Yoga		
YO 252 YOGA - ADVANCED YOGA STRATEGIES	98	4.25
Yogic Energy Anatomy Advanced Teaching Skills Advanced Adjustments		
YO 309 Yoga - YTT Advanced Practicum	31	0.75

#### ENTREPRENEURIAL & SAFETY CORE COURSES

BC 511 Business Development & Entrepreneurial Support	48	1.25
MT 521 First Aid	8	0.25
MT 530 CPR Certification	4	0.25

#### CHOOSE ONE OR TWO PRIMARY SPECIALITIES PLUS ELECTIVES TO TOTAL 760 HOURS

AR Aromatherapy	100	5.50
CRA Cranial Unwinding	200	8.50
HN Holistic Nutrition Specialist	200	12.00
HY Hypnotherapy	100	4.75
LC Life Coaching	100	5.00
POL-APP Polarity - Assoc. Polarity Practitioner	200	9.00
RE Reiki	100	2.75
RF Reflexology	200	7-7.25
TUINA Tui Na	200	10.00
YO-N Yoga Nidra	100	4.5



Financial aid is available to those who qualify

Yoga Advanced Diploma 15

# Western Herbalism Diploma

**700 Class Hours 38.5 Credits**  
**14 Months full-time**

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

## WESTERN HERBALISM CORE COURSES

Course:	Hours:	Credits:
SC 250 Botany	45	3.00
BC 511 Business Development & Entrepreneurial Support	48	1.25
SC 300 Herbal Bio - Arts	45	3.00
BC 550 P\$ Life Coaching - Intro	20	1.25
NC 110 Nutrition - Holistic Foundations I	45	3.00
SC 425 Pathology - WH	40	2.50
MT 500 Physiology	60	4.00
BC 401 Public Speaking	15	1.00
WH 300 Western Herbalism - Externship - Flight		
WH 100 Western Herbalism - Foundations of American Herbal Studies	30	2.00
WH 275 Western Herbalism - Herbal Flowers	16	1.00
WH 350 Western Herbalism - Master Project	40	1.00
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
BC 410 Writing for Publication	15	1.00

## HERBAL ELECTIVES CHOOSE 41 HOURS

AR 100 Aromatherapy - Introduction	20	1.25
SC 210 Homeopathic Remedies - Introduction	24	1.25
WH 376 Western Herbalism - Formulary Practicum	15	0.75
WH 250 Western Herbalism - Herbal Specialties Babies & Children	8	0.50
WH 150 Western Herbalism - Herbal Specialties in Clinical Herbalism	10	0.50
WH 365 Western Herbalism - Manufacturing & Remedy Production	14	0.50
WH 256 Western Herbalism - The Green Man	12	0.75
WH 265 Western Herbalism - The Herbal Goddess	18	1.00



**JoAnn Sanchez** is a community herbalist with more than 25 years of experience. She holds a Bachelor of Science degree in plant studies and also has graduate training in botany. She is the author, director, and primary instructor for the Herbalism program, as well as owner of Botanica, where she does custom compounding and serves as a mentor for new practitioners.

Since 1998, JoAnn has been a faculty member at the Southwest College of Naturopathic Medicine in the Department of Botanical Medicine, teaching courses and supervising cultivation projects. JoAnn is recognized as a professional member of the American Herbalist Guild.

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

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

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



# Mind-Body Wellness Practitioner Diploma

## MBWP 600 Diploma Program

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

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

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

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

### MIND BODY WELLNESS & ENTREPRENEURIAL CORE COURSES

Core:		Hours:	Credits:
HY 100	Hypnotherapy - Level I	20	1.25
BC 550 P\$	Life Coaching - An Introduction	20	1.25
NC 110	Nutrition - Holistic Foundations I	45	3.00
BC 401	Public Speaking	15	1.00
BC 410	Writing for Publication	15	1.00
BC 511	Business Development & Entrepreneurial Support	48	1.25

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

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

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

#### CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY

##### TO EQUAL 100 HOURS

AR	Aromatherapy ****OR****	100	5.50
RE	Reiki	100	2.75
	Electives	22	VARIABLES

#### OPTION #2: SPIRITUAL STUDIES

SP	Spiritual Studies	300	20.00
----	-------------------	-----	-------

#### CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY

##### TO EQUAL 80 or 100 HOURS

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

#### OPTION #3: YOGA TEACHER TRAINING

YO	Yoga Teacher Training	200	6.75
----	-----------------------	-----	------

#### CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY

##### TO EQUAL 200 HOURS

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

#### OPTION#4: POLARITY

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

#### CERTIFICATE CHOICES WITHIN THE CORE SPECIALITY

##### TO EQUAL 200 HOURS

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



*Financial aid is available to those who qualify.*

# Life Coaching



## Are you committed to serving?

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

### CLASSES ON CAMPUS

Course:	Hours:	Credits:
<b>BC 550 P\$ Life Coaching - Foundation</b>	20	1.25
9/9/11 - 9/11/11	F 6:00 pm - 10:00 pm	
	Sa Su 9:00 am - 6:00 pm	
1/13/12 - 1/15/12	F 6:00 pm - 10:00 pm	
	Sa Su 9:00 am - 6:00 pm	
3/16/12 - 3/18/12	F 6:00 pm - 10:00 pm	
	Sa Su 9:00 am - 6:00 pm	
<b>BC 560 P\$ Life Coaching Core - Strategies, 80 Techniques &amp; Implementation</b>	3.75	
7/8/11 - 9/18/11	F 6:00 pm - 10:00 pm	
	Sa Su 9:00 am - 6:00 pm	
7/18/11 - 9/26/11	M W 6:00 pm - 10:00 pm	
10/7/11 - 1/8/12	F 6:00 pm - 10:00 pm	
	Sa Su 9:00 am - 6:00 pm	
10/13/11 - 3/15/12	Th 6:00 pm - 10:00 pm	
<b>TOTAL:</b>	<b>100</b>	<b>5.0</b>

#### Life Coaching Elective:

<b>BC 580 Life Coaching - Advanced Coaching Skills</b>	20	1.25
10/5/11 - 11/2/11	W 6:00 pm - 10:00 pm	
4/4/12 - 5/2/12	W 6:00 pm - 10:00 pm	

### CLASSES ONLINE

Course:	Hours:	Credits:
<b>BC 550-OL Life Coaching - Foundation ONLINE</b>	20	1.25
8/8/11 - 9/11/11		
10/10/11 - 11/13/11		
1/2/12 - 2/5/12		
<b>BC 561-OL Life Coaching - Core Strategies, Techniques &amp; Implementation, Part 1</b>	40	2
9/12/11 - 11/27/11		
11/14/11 - 2/5/12		
<b>BC 562-OL Life Coaching - Core Strategies, Techniques &amp; Implementation, Part 2</b>	40	1.75
7/25/11 - 10/2/11		
8/22/11 - 11/6/11		
9/26/11 - 12/11/11		
<b>TOTAL:</b>	<b>100</b>	<b>5.0</b>

[www.BeALifeCoach.com](http://www.BeALifeCoach.com)

### Life Coaching - Foundation

September 9, 2011 or  
January 13, 2012

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

# Hypnotherapy

## Hypnotherapy

### 100 Classroom Hours Certificate

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

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

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

Course:	Hours:	Credits:
<b>HY 100 Hypnotherapy - Foundations Level I</b>	<b>20</b>	<b>1.25</b>
9/23/11 - 9/25/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
11/8/11 - 11/22/11 T Th 6:00 pm - 10:00 pm		
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
4/5/12 - 4/19/12 T Th 6:00 pm - 10:00 pm		
<b>HY 200 Hypnotherapy - Foundations Level II</b>	<b>40</b>	<b>2.5</b>
7/26/11 - 8/25/11 T Th 6:00 pm - 10:00 pm		
9/30/11 - 10/16/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
11/29/11 - 1/12/12 T Th 6:00 pm - 10:00 pm		
2/24/12 - 3/25/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
4/24/12 - 5/24/12 T Th 6:00 pm - 10:00 pm		
<b>HY 300 Hypnotherapy - Foundations Level III Clinic</b>	<b>40</b>	<b>1</b>
8/5/11 - 8/21/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
8/30/11 - 9/29/11 T Th 6:00 pm - 10:00 pm		
11/11/11 - 12/11/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
1/17/12 - 2/16/12 T Th 6:00 pm - 10:00 pm		
4/13/12 - 5/6/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
5/29/12 - 6/28/12 T Th 6:00 pm - 10:00 pm		
<b>TOTAL:</b>	<b>100</b>	<b>4.75</b>



## Clinical Hypnotherapy

### 300 Classroom Hours

### External Certification

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

Course:	Hours:	Credits:
<b>Hypnotherapy Specialist</b>	<b>100</b>	<b>4.75</b>
<b>HY 400 Hypnotherapy - Advanced Techniques</b>	<b>20</b>	<b>0.75</b>
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
3/2/12 - 3/4/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
<b>HY 315 Hypnotherapy - Fears, Phobias and Addictions</b>	<b>15</b>	<b>1</b>
11/19/11 - 11/20/11 Sa Su 9:00 am - 6:00 pm		
6/9/11 - 6/30/11 Th 6:00 pm - 9:45 pm		
2/23/12 - 3/15/12 Th 6:00 pm - 9:45 pm		
<b>HY 350 Hypnotherapy - Past Life Regression</b>	<b>20</b>	<b>1</b>
1/20/12 - 1/22/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
6/15/12 - 6/17/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
<b>HY 420 Hypnotherapy - Script Writing</b>	<b>15</b>	<b>1</b>
10/13/11 - 11/3/11 Th 6:00 pm - 9:45 pm		
3/31/12 - 4/1/12 Sa Su 9:00 am - 5:30 pm		
<b>HY 520 Hypnotherapy - Subconscious Intervention</b>	<b>20</b>	<b>1</b>
8/12/11 - 8/14/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
12/16/11 - 12/18/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
<b>BC 550 P\$ Life Coaching - Foundation</b>	<b>20</b>	<b>1.25</b>
9/9/11 - 9/11/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
1/13/12 - 1/15/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
<b>BC 511 Business Development &amp; Entrepreneurial Support</b>	<b>48</b>	<b>1.25</b>
7/20/11 - 9/21/11 W 6:00 pm - 10:00 pm		
9/12/11 - 11/14/11 M 6:00 pm - 10:00 pm		
10/13/11 - 1/5/12 Th 6:00 pm - 10:00 pm		
11/16/11 - 2/8/12 W 6:00 pm - 10:00 pm		
11/16/11 - 2/8/12 W 6:00 pm - 10:00 pm		
<b>EV 370 Hypnotherapy Clinical Certification Prep</b> (8)	<b>0</b>	
9/26/11 - 10/3/11 M 6:00 pm - 10:00 pm		
3/22/12 - 3/29/12 Th 6:00 pm - 10:00 pm		

#### Choose 42 hours of electives:

#### The following are highly suggested courses

EL 725	Neuro Linguistic Programming (NLP)	20	0.5
HY 450	Spirit Releasement	12	0.75
HY 580	Hypnotherapy - Medical Imagery	15	0.75
SP 440	Spiritual Coaching	30	2
NC 120	Stress Management	15	1
HY 340	EFT	8	0.50
<b>TOTAL:</b>		<b>300</b>	

*Call today to register for the next introductory course*

**September 23 or  
November 8, 2011**

**ONLINE**

options available  
See Pages 38-39

[www.BeAHypnotherapist.com](http://www.BeAHypnotherapist.com)

# Aromatherapy

100 Classroom Hours – 5.50 Credits

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



Course:	Hours:	Credits:
<b>AR 100 Aromatherapy - Intro</b>	<b>20</b>	<b>1.25</b>
8/26/11 - 8/28/11 F 6:00 pm - 10:00 pm		
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm		
2/3/12 - 2/5/12 F 6:00 pm - 10:00 pm		
<b>AR 101 Aromatherapy - Advanced</b>	<b>32</b>	<b>2</b>
11/10/11 - 1/19/12 Th 6:00 pm - 10:00 pm		
2/15/12 - 4/4/12 W 6:00 pm - 10:00 pm		
5/12/12 - 6/9/12 Sa 9:00 am - 6:00 pm		
<b>AR 110 Aromatherapy - Pharmacology</b>	<b>8</b>	<b>0.5</b>
11/19/11 - 11/19/11 Sa 9:00 am - 6:00 pm		
5/5/12 - 5/5/12 Sa 9:00 am - 6:00 pm		
<b>AR 132 Flower Essences</b>	<b>16</b>	<b>1</b>
10/1/11 - 10/2/11 Sa Su 9:00 am - 6:00 pm		
1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm		
<b>SUBTOTAL:</b>	<b>76</b>	<b>4.75</b>
<b>Aromatherapy Electives – Choose 24 hours:</b>		
<b>AR 410 Aromatherapy - 5 Element Acupressure For Emotional Healing</b>	<b>20</b>	<b>0.75</b>
10/14/11 - 10/16/11 F 6:00 pm - 10:00 pm		
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm		
<b>AR 120 Aromatherapy - Therapeutic Touch</b>	<b>8</b>	<b>0.25</b>
7/23/11 - 7/23/11 Sa 9:00 am - 6:00 pm		
10/29/11 - 10/29/11 Sa 9:00 am - 6:00 pm		
<b>AR 300 Aromatherapy - Toning &amp; DeTox</b>	<b>4</b>	<b>0.25</b>
11/12/11 - 11/12/11 Sa 9:00 am - 1:00 pm		
1/22/12 - 1/22/12 Su 9:00 am - 1:00 pm		
<b>AR 425 Aromatherapy - Massage with Oils</b>	<b>16</b>	<b>0.5</b>
8/9/11 - 8/30/11 T 6:00 pm - 10:00 pm		
8/20/11 - 8/21/11 Sa Su 9:00 am - 6:00 pm		
1/4/12 - 1/25/12 W 6:00 pm - 10:00 pm		
<b>AR 115 Aromatherapy - Foot Chakra Reflexology</b>	<b>8</b>	<b>0.25</b>
9/10/11 - 9/10/11 Sa 9:00 am - 6:00 pm		
3/3/12 - 3/3/12 Sa 9:00 am - 6:00 pm		
<b>AR 111 Aromatherapy - Ginger Compress</b>	<b>5</b>	<b>0.25</b>
7/17/11 - 7/17/11 Su 9:00 am - 3:00 pm		
1/15/12 - 1/15/12 Su 9:00 am - 3:00 pm		
<b>AR 112 Aromatherapy - Wellness for Women</b>	<b>5</b>	<b>0.25</b>
9/11/11 - 9/11/11 Su 9:00 am - 3:00 pm		
1/14/12 - 1/14/12 Sa 9:00 am - 3:00 pm		
<b>TOTAL:</b>	<b>100</b>	<b>5.5</b>

# Cranial Unwinding

200 Classroom Hours - 8.50 Credits

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

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

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

Course:	Hours:	Credits:
<b>PC 850 Cranial Unwinding I</b>	<b>20</b>	<b>1</b>
7/14/11 - 8/11/11 Th 6:00 pm - 10:00 pm		
8/16/11 - 9/13/11 T 8:30 am - 12:30 pm		
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm		
11/14/11 - 12/12/11 M 6:00 pm - 10:00 pm		
11/29/11 - 12/13/11 T 9:00 am - 4:00 pm		
1/4/12 - 2/1/12 W 8:30 am - 12:30 pm		
2/24/12 - 2/26/12 F 6:00 pm - 10:00 pm		
4/10/12 - 5/8/12 T 6:00 pm - 10:00 pm		
<b>PC 855 Cranial Anatomy - Listening Skills</b>	<b>16</b>	<b>0.75</b>
12/10/11 - 12/11/11 Sa Su 9:00 am - 6:00 pm		
6/16/12 - 6/17/12 Sa Su 9:00 am - 6:00 pm		
<b>PC 860 Cranial Unwinding II</b>	<b>24</b>	<b>1</b>
8/16/11 - 9/20/11 T 6:00 pm - 10:00 pm		
11/18/11 - 11/20/11 F Sa Su 9:00 am - 6:00 pm		
6/1/12 - 6/3/12 F Sa Su 9:00 am - 6:00 pm		
11/30/12 - 12/2/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 870 Cranial Unwinding III</b>	<b>24</b>	<b>1</b>
7/22/11 - 7/24/11 F Sa Su 9:00 am - 6:00 pm		
1/20/12 - 1/22/12 F Sa Su 9:00 am - 6:00 pm		
7/13/12 - 7/15/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 880 Cranial Unwinding IV</b>	<b>24</b>	<b>1</b>
9/9/11 - 9/11/11 F Sa Su 9:00 am - 6:00 pm		
3/23/12 - 3/25/12 F Sa Su 9:00 am - 6:00 pm		
9/7/12 - 9/9/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 400 Polarity - Communications, Resonance &amp; Relations I</b>	<b>32</b>	<b>2</b>
9/15/11 - 9/18/11 Th 8:30 am - 5:30 pm		
12/8/11 - 12/11/11 Th 8:30 am - 5:30 pm		
3/15/12 - 3/18/12 Th 8:30 am - 5:30 pm		
<b>PC 200 Polarity APP/Cranial - Practicum</b>	<b>30</b>	<b>1.25</b>
10/29/11 - 11/6/11 Sa Su 9:00 am - 5:30 pm		
5/5/12 - 5/13/12 Sa Su 9:00 am - 5:30 pm		
11/3/12 - 11/11/12 Sa Su 9:00 am - 5:30 pm		
<b>TOTAL:</b>	<b>200</b>	<b>8.5</b>



# Holistic Nutrition Specialist

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

**200 Classroom Hours –12.00 Credits**

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

Course:	Hours:	Credits:
<b>NC 110 Nutrition - Holistic Foundation I</b>	<b>45</b>	<b>3</b>
8/30/11 - 10/6/11 T Th 1:00 pm - 4:45 pm		
10/11/11 - 1/10/12 T 6:00 pm - 9:45 pm		
1/30/12 - 4/16/12 M 6:00 pm - 9:45 pm		
5/10/12 - 7/26/12 Th 6:00 pm - 9:45 pm		
9/10/12 - 11/26/12 M 6:00 pm - 9:45 pm		
<b>NC 310 Nutrition - Holistic Foundation II</b>	<b>60</b>	<b>4</b>
6/28/11 - 10/4/11 T 6:00 pm - 10:00 pm		
6/30/11 - 10/6/11 Th 6:00 pm - 10:00 pm		
1/17/12 - 4/24/12 T 6:00 pm - 10:00 pm		
8/2/12 - 11/8/12 Th 6:00 pm - 10:00 pm		
<b>NC 340 Nutrition - Supplements Intro</b>	<b>15</b>	<b>1</b>
10/13/11 - 11/3/11 Th 6:00 pm - 9:45 pm		
5/8/12 - 5/29/12 T 6:00 pm - 9:45 pm		
<b>NC 140 Nutrition - Therapies</b>	<b>15</b>	<b>1</b>
11/10/11 - 12/8/11 Th 6:00 pm - 9:45 pm		
6/5/12 - 6/26/12 T 6:00 pm - 9:45 pm		
<b>NC 330 Nutrition - Weight Management Strategies</b>	<b>30</b>	<b>2</b>
2/9/12 - 3/29/12 Th 6:00 pm - 9:45 pm		
8/7/12 - 9/25/12 T 6:00 pm - 9:45 pm		
<b>NC 200 Nutrition - Whole Food Cooking</b>	<b>20</b>	<b>0.5</b>
7/16/11 - 8/13/11 Sa 11:00 am - 3:00 pm		
10/12/11 - 11/9/11 W 6:00 pm - 10:00 pm		
1/5/12 - 2/2/12 Th 6:00 pm - 10:00 pm		
2/11/12 - 3/10/12 Sa 11:00 am - 3:00 pm		
4/4/12 - 5/2/12 W 6:00 pm - 10:00 pm		
7/3/12 - 7/31/12 T 6:00 pm - 10:00 pm		
<b>NC 250 Nutrition - Whole Food Cuisine &amp; Recipes</b>	<b>15</b>	<b>0.5</b>
8/30/11 - 9/27/11 T 6:00 pm - 9:00 pm		
9/1/11 - 9/29/11 Th 6:00 pm - 9:00 pm		
10/1/11 - 10/29/11 Sa 11:00 am - 2:00 pm		
2/8/12 - 3/7/12 W 6:00 pm - 9:00 pm		
4/5/12 - 5/3/12 Th 6:00 pm - 9:00 pm		
5/12/12 - 6/16/12 Sa 6:00 pm - 9:00 pm		
7/11/12 - 8/8/12 W 6:00 pm - 9:00 pm		
10/2/12 - 10/30/12 T 6:00 pm - 9:00 pm		
<b>TOTAL:</b>	<b>200</b>	<b>12</b>



Additional Cooking Courses:	NEW!		
<b>NC 165 Nutrition - Adding Spice to Your Life</b>	<b>4</b>	<b>0.25</b>	
9/24/11 - 9/24/11 Sa 11:00 am - 3:00 pm			
<b>NC 166 Nutrition - Adding Spice to Your Life II</b>	<b>4</b>	<b>0.25</b>	
7/9/11 - 7/9/11 Sa 11:00 am - 3:00 pm			
12/10/11 - 12/10/11 Sa 11:00 am - 3:00 pm			
<b>NC 171 Nutrition - Cooking &amp; Baking with Coconut Flour</b>	<b>4</b>	<b>0.25</b>	
8/20/11 - 8/20/11 Sa 11:00 am - 3:00 pm			
<b>NC 170 Nutrition - Gluten-Free Low Sugar Baking</b>	<b>4</b>	<b>0.25</b>	
11/5/11 - 11/5/11 Sa 11:00 am - 3:00 pm			
<b>NC 180 Nutrition - Healthy Holiday Gifts from the Hearth</b>	<b>4</b>	<b>0.25</b>	
11/19/11 - 11/19/11 Sa 11:00 am - 3:00 pm			
<b>NC 145 Nutrition - Protein &amp; Produce on a Budget</b>	<b>4</b>	<b>0.25</b>	
9/10/11 - 9/10/11 Sa 11:00 am - 3:00 pm			

(A combination of these additional cooking classes may be substituted for NC 250 – one additional hour of tuition will apply, see Student Services for details.)



**Classes See Pages 42-43**

**Come hungry, you'll have a chance to eat in each class!**

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

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

**Note:** You will be responsible for laundering your own apron and towels each week and keeping track of your knife. Consider buying a tote. Please plan to arrive 10 minutes early to take your stations so class can start promptly.

# Medical Massage

100 Classroom Hours – 3.00 Credits

Today massage therapy is being used as a means of treating painful ailments, decompressing tired and overworked muscles, reducing stress, rehabilitating sports injuries and promoting general health. This is done by manipulating the soft tissue of the body including fascia and skin, muscles, and lymphatic system of the body in order to improve circulation and remove waste products from the muscles and their supporting systems.

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

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



Course:	Hours:	Credits:
<b>TE 140 Breast Health</b>	<b>8</b>	<b>0.25</b>
8/6/11 - 8/6/11 Sa 9:00 am - 6:00 pm		
11/20/11 - 11/20/11 Su 9:00 am - 6:00 pm		
<b>TE 302 Elder Touch (Expanded)</b>	<b>16</b>	<b>0.5</b>
11/5/11 - 11/6/11 Sa Su 9:00 am - 6:00 pm		
<b>TE 260 Fibromyalgia Therapy</b>	<b>16</b>	<b>0.5</b>
7/23/11 - 7/24/11 Sa Su 9:00 am - 6:00 pm		
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm		
<b>TE 340 Lymphatic Massage</b>	<b>16</b>	<b>0.5</b>
7/12/11 - 8/2/11 T 6:00 pm - 10:00 pm		
11/16/11 - 12/14/11 W 6:00 pm - 10:00 pm		
2/17/12 - 3/9/12 F 8:30 am - 12:30 pm		
<b>TE 402 Medical Massage for Cancer Survivors</b>	<b>16</b>	<b>0.75</b>
7/16/11 - 7/17/11 Sa Su 9:00 am - 6:00 pm		
12/3/11 - 12/4/11 Sa Su 9:00 am - 6:00 pm		
<b>EL 126 Myofascial Energetic Massage: Tissue Talk - Master Touch Skills</b>	<b>12</b>	<b>0.25</b>
8/27/11 - 8/28/11 Sa Su 9:00 am - 4:00 pm		
12/10/11 - 12/11/11 Sa Su 9:00 am - 4:00 pm		
5/19/12 - 5/20/12 Sa Su 9:00 am - 4:00 pm		
<b>Choose one of the following:</b>		
<b>TE 420 Medical Conditions - Deep Approach</b>	<b>16</b>	<b>1</b>
9/21/11 - 10/12/11 W 6:00 pm - 10:00 pm		
1/6/12 - 1/27/12 F 8:30 am - 12:30 pm		
2/28/12 - 3/20/12 T 6:00 pm - 10:00 pm		
<b>*OR*</b>		
<b>TE 421 Medical Conditions - Fragile Tissue</b>	<b>16</b>	<b>1</b>
1/4/12 - 1/25/12 W 6:00 pm - 10:00 pm		
3/16/12 - 4/13/12 F 8:30 am - 12:30 pm		
5/8/12 - 5/29/12 T 6:00 pm - 10:00 pm		
<b>TOTAL:</b>	<b>100</b>	<b>3.75</b>

# Myofascial Energetic Massage

100 Classroom Hours – 3.00 Credits

Within the neuronet matrix of the muscles' connective tissues called myofascia, patterns of tension put pressure on blood vessels and nerves. Become an expert in connective tissue evaluation and release to help people with chronic muscular holding patterns and pain.

Course:	Hours:	Credits:
<b>EL 112 Myofascial Energetic Massage</b>	<b>20</b>	<b>0.5</b>
7/21/11 - 8/18/11 Th 6:00 pm - 10:00 pm		
9/23/11 - 9/25/11 F 6:00 pm - 10:00 pm		
1/12/12 - 2/9/12 Th 6:00 pm - 10:00 pm		
<b>EL 118 Myofascial Energetic Massage: Advanced - Head &amp; Neck</b>	<b>8</b>	<b>0.25</b>
10/8/11 - 10/8/11 Sa 9:00 am - 6:00 pm		
2/11/12 - 2/11/12 Sa 9:00 am - 6:00 pm		
6/9/12 - 6/9/12 Sa 9:00 am - 6:00 pm		
10/13/12 - 10/13/12 Sa 9:00 am - 6:00 pm		
<b>EL 122 Myofascial Energetic Massage: Advanced - Lower Spine, Pelvis &amp; Legs</b>	<b>8</b>	<b>0.25</b>
8/13/11 - 8/13/11 Sa 9:00 am - 6:00 pm		
11/12/11 - 11/12/11 Sa 9:00 am - 6:00 pm		
4/14/12 - 4/14/12 Sa 9:00 am - 6:00 pm		
<b>EL 120 Myofascial Energetic Massage: Advanced - Shoulders, Thoracic Cage, Arm &amp;</b>	<b>8</b>	<b>0.25</b>
7/9/11 - 7/9/11 Sa 9:00 am - 6:00 pm		
10/22/11 - 10/22/11 Sa 9:00 am - 6:00 pm		
3/10/12 - 3/10/12 Sa 9:00 am - 6:00 pm		
7/14/12 - 7/14/12 Sa 9:00 am - 6:00 pm		
<b>EL 126 Myofascial Energetic Massage: Tissue Talk - Master Touch Skills</b>	<b>12</b>	<b>0.25</b>
8/27/11 - 8/28/11 Sa Su 9:00 am - 4:00 pm		
12/10/11 - 12/11/11 Sa Su 9:00 am - 4:00 pm		
5/19/12 - 5/20/12 Sa Su 9:00 am - 4:00 pm		
<b>OE 320 Hand &amp; Wrist Health Maintenance</b>	<b>4</b>	<b>0.25</b>
7/10/11 - 7/10/11 Su 9:00 am - 1:00 pm		
9/30/11 - 9/30/11 F 6:00 pm - 10:00 pm		
3/3/12 - 3/3/12 Sa 9:00 am - 1:00 pm		
<b>TE 700 Swedish Sedona</b>	<b>40</b>	<b>1.25</b>
7/29/11 - 8/7/11 F 6:00 pm - 10:00 pm		
12/1/11 - 2/16/12 Th 6:00 pm - 10:00 pm		
1/2/12 - 3/12/12 M 8:30 am - 12:30 pm		
2/10/12 - 2/19/12 F 6:00 pm - 10:00 pm		
4/9/12 - 6/18/12 Sa Su 9:00 am - 6:00 pm		
5/14/12 - 7/23/12 M 6:00 pm - 10:00 pm		
<b>TOTAL:</b>	<b>100</b>	<b>3.0</b>



# Myotherapy

**FAST TRACK**  
afternoon classes  
available this Fall

## Therapeutic Massage Techniques

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

200 Classroom Hours – 6.00 Credits

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

Course:	Hours:	Credits:	Course:	Hours:	Credits:
<b>TE 362 Myotherapy - Seven Step Progression</b> 11/7/11 - 11/16/11 M W 1:00 pm - 5:00 pm 9/19/11 - 10/10/11 M 6:00 pm - 10:00 pm	16	0.5	<b>TE 662 Injury Management / Hydrotherapy</b> 11/22/11 - 12/8/11 T Th 1:00 pm - 5:00 pm 12/9/11 - 12/11/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm	20	0.75
<b>TE 121 Myotherapy - Mastery</b> 8/16/11 - 9/13/11 T 8:30 am - 12:30 pm 11/21/11 - 12/7/11 M W 1:00 pm - 5:00 pm	20	0.75	<b>Choose one of the following courses:</b>		
<b>TE 160 Carpal Tunnel/Thoracic Outlet Release</b> 8/5/11 - 8/12/11 F 8:30 am - 12:30 pm 11/1/11 - 11/8/11 T 6:00 pm - 10:00 pm 12/12/11 - 12/14/11 M W 1:00 pm - 5:00 pm 5/4/12 - 5/11/12 F 8:30 am - 12:30 pm	8	0.25	<b>TE 700 Swedish Sedona</b> 7/29/11 - 8/7/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm	40	1.25
<b>TE 320 Lower Back Pain Release</b> 7/8/11 - 7/15/11 F 8:30 am - 12:30 pm 10/4/11 - 10/11/11 T 6:00 pm - 10:00 pm 1/3/12 - 1/5/12 T Th 1:00 pm - 5:00 pm 7/20/12 - 7/27/12 F 8:30 am - 12:30 pm	8	0.25	12/1/11 - 2/16/12 Th 6:00 pm - 10:00 pm 1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm 2/10/12 - 2/19/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
<b>TE 380 Neck Release I</b> 9/20/11 - 9/27/11 T 6:00 pm - 10:00 pm 12/3/11 - 12/3/11 Sa 9:00 am - 6:00 pm 2/1/12 - 2/8/12 W 6:00 pm - 10:00 pm 2/14/12 - 2/16/12 T Th 1:00 pm - 5:00 pm 4/20/12 - 4/27/12 F 8:30 am - 12:30 pm	8	0.25	4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm 5/14/12 - 7/23/12 M 8:30 am - 12:30 pm 8/23/12 - 10/25/12 Th 6:00 pm - 10:00 pm		
<b>TE 590 Removing the Armor</b> 8/10/11 - 8/24/11 W 6:00 pm - 10:00 pm 10/7/11 - 10/8/11 F 6:00 pm - 10:00 pm Sa 9:00 am - 6:00 pm 1/3/12 - 1/17/12 T 6:00 pm - 10:00 pm 3/13/12 - 3/27/12 T 1:00 pm - 5:00 pm 6/29/12 - 7/13/12 F 8:30 am - 12:30 pm	12	0.25	<b>*OR*</b>		
<b>TE 225 Rotator Cuff/Shoulder Joint</b> 7/22/11 - 7/29/11 F 8:30 am - 12:30 pm 10/18/11 - 10/25/11 T 6:00 pm - 10:00 pm 1/31/12 - 2/2/12 T Th 1:00 pm - 5:00 pm 8/3/12 - 8/10/12 F 8:30 am - 12:30 pm	8	0.25	<b>EC 145 Hawaiian Massage</b> 1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm 4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm 5/14/12 - 7/23/12 M 8:30 am - 12:30 pm 8/23/12 - 10/25/12 Th 6:00 pm - 10:00 pm	40	1.25
<b>TE 600 Rock &amp; Unlock</b> 8/31/11 - 9/14/11 W 6:00 pm - 10:00 pm 11/4/11 - 11/5/11 F 6:00 pm - 10:00 pm Sa 9:00 am - 6:00 pm 2/7/12 - 2/21/12 T 6:00 pm - 10:00 pm 3/15/12 - 3/29/12 Th 1:00 pm - 5:00 pm	12	0.25	<b>TOTAL:</b>	200	6.25
<b>TE 650 Sports Massage - Intro</b> 2/3/12 - 2/10/12 F 8:30 am - 12:30 pm 9/6/11 - 9/13/11 T 6:00 pm - 10:00 pm 2/7/12 - 2/9/12 T Th 1:00 pm - 5:00 pm	8	0.25			
<b>EL 720 Thumbless Therapy "SM"</b> 10/19/11 - 10/26/11 W 6:00 pm - 10:00 pm 12/2/11 - 12/9/11 F 8:30 am - 12:30 pm 1/24/12 - 1/26/12 T Th 1:00 pm - 5:00 pm 3/27/12 - 4/3/12 T 6:00 pm - 10:00 pm	8	0.25			
<b>TE 690 Trigger Point I - Intro</b> 9/9/11 - 9/30/11 F 8:30 am - 12:30 pm 11/15/11 - 12/6/11 T 6:00 pm - 10:00 pm 1/10/12 - 1/19/12 T Th 1:00 pm - 5:00 pm 6/1/12 - 6/22/12 F 8:30 am - 12:30 pm	16	0.5			
<b>TE 340 Lymphatic Massage</b> 11/16/11 - 12/14/11 W 6:00 pm - 10:00 pm 2/17/12 - 3/9/12 F 8:30 am - 12:30 pm 2/21/12 - 3/11/12 T Th 1:00 pm - 5:00 pm	16	0.5			



The healing power of touch

# Polarity

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

## Associate Polarity Practitioner 200 Classroom Hours – 9.00 Credits

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

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



Course:	Hours:	Credits:
<b>PC 100 Polarity - Basic I</b>	<b>20</b>	<b>1</b>
7/22/11 - 7/24/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
8/9/11 - 8/23/11 T 9:00 am - 5:00 pm		
10/14/11 - 10/16/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
1/6/12 - 1/8/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
3/30/12 - 4/1/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
<b>PC 850 Cranial Unwinding I</b>	<b>20</b>	<b>1</b>
7/14/11 - 8/11/11 Th 6:00 pm - 10:00 pm		
8/16/11 - 9/13/11 T 8:30 am - 12:30 pm		
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
11/14/11 - 12/12/11 M 6:00 pm - 10:00 pm		
11/29/11 - 12/13/11 T 9:00 am - 5:00 pm		
1/4/12 - 2/1/12 W 8:30 am - 12:30 pm		
<b>PC 150 Polarity - Basic II</b>	<b>48</b>	<b>2.25</b>
8/19/11 - 8/28/11 F Sa Su 9:00 am - 6:00 pm		
10/4/11 - 11/15/11 T 9:00 am - 5:00 pm		
11/4/11 - 11/13/11 F Sa Su 9:00 am - 6:00 pm		
<b>PC 400 Polarity - Communications, Resonance &amp; Relations I</b>	<b>32</b>	<b>2</b>
9/15/11 - 9/18/11 Th 8:30 am - 5:30 pm F Sa Su 9:00 am - 6:00 pm		
12/8/11 - 12/11/11 Th 8:30 am - 5:30 pm F Sa Su 9:00 am - 6:00 pm		
3/15/12 - 3/18/12 Th 8:30 am - 5:30 pm F Sa Su 9:00 am - 6:00 pm		
<b>PC 700 Polarity - Reflexology</b>	<b>20</b>	<b>1</b>
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
12/2/11 - 12/4/11 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
3/9/12 - 3/11/12 F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm		
<b>PC 200 Polarity APP/Cranial - Practicum</b>	<b>30</b>	<b>1.25</b>
10/29/11 - 11/6/11 Sa Su 9:00 am - 5:30 pm		
5/5/12 - 5/13/12 Sa Su 9:00 am - 5:30 pm		
<b>PC 930 Polarity – Sessions Given</b>	<b>30</b>	<b>0.5</b>
<b>TOTAL:</b>	<b>200</b>	<b>9</b>

Associate Polarity Practitioner (APP)

To meet American Polarity Therapy Association requirements, the student must receive 5 Polarity sessions from a Polarity RPP. The financial commitment of these five sessions can be as much as \$500.

## Registered Polarity Practitioner 700 Classroom Hours – 31.25 Credits

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

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

Course:	Hours:	Credits:
<b>Polarity APP Certificate</b>	<b>200</b>	<b>9</b>
<b>MT 115 Anatomy</b>	<b>60</b>	<b>4</b>
7/25/11 - 9/14/11 M W 6:00 pm - 10:00 pm		
8/29/11 - 10/01/11 M W 8:30 am - 12:30 pm		
<b>SC 415 Pathology - BW</b>	<b>40</b>	<b>2.5</b>
7/12/11 - 9/13/11 T 6:00 pm - 10:00 pm		
8/11/11 - 10/13/11 Th 8:30 am - 12:30 pm		
2/8/12 - 2/1/12 M W 6:00 pm - 10:00 pm		
1/2/12 - 3/12/12 M 8:30 am - 12:30 pm		
<b>PC 860 Cranial Unwinding II</b>	<b>24</b>	<b>1</b>
5/20/11 - 5/22/11 F Sa Su 9:00 am - 6:00 pm		
8/16/11 - 9/20/11 T 6:00 pm - 10:00 pm		
11/18/11 - 11/20/11 F Sa Su 9:00 am - 6:00 pm		
6/1/12 - 6/3/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 870 Cranial Unwinding III</b>	<b>24</b>	<b>1</b>
7/22/11 - 7/24/11 F Sa Su 9:00 am - 6:00 pm		
1/20/12 - 1/22/12 F Sa Su 9:00 am - 6:00 pm		
7/13/12 - 7/15/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 999 Polarity - Autonomic Nervous System</b>	<b>24</b>	<b>0.75</b>
3/2/12 - 3/4/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 800 Polarity - Business and Ethics</b>	<b>30</b>	<b>2</b>
6/27/11 - 10/17/11 M 9:00 am - 5:30 pm		
<b>PC 993 Polarity - Communications, Resonance &amp; Relations II</b>	<b>32</b>	<b>2</b>
11/10/11 - 11/13/11 Th 8:30 pm - 5:30 pm F Sa Su 9:00 am - 6:00 pm		
11/15/12 - 11/18/12 Th 8:30 pm - 5:30 pm F Sa Su 9:00 am - 6:00 pm		
<b>PC 997 Polarity - Energetic Nutrition</b>	<b>24</b>	<b>1.5</b>
4/13/12 - 4/15/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 986 Polarity - Five &amp; Six Point Star</b>	<b>24</b>	<b>0.75</b>
7/8/11 - 7/10/11 F Sa Su 9:00 am - 6:00 pm		
7/6/12 - 7/8/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 988 Polarity - Practicum</b>	<b>61</b>	<b>2</b>
7/21/11 - 10/13/11 T W Th 9:00 am - 9:00 pm		
<b>PC 998 Polarity - Spinal Balancing</b>	<b>24</b>	<b>0.75</b>
6/10/11 - 6/12/11 F Sa Su 9:00 am - 6:00 pm		
12/2/11 - 12/4/11 F Sa Su 9:00 am - 6:00 pm		
6/8/12 - 6/10/12 F Sa Su 9:00 am - 6:00 pm		
<b>PC 940 Polarity – Cleanse &amp; Exercise</b>	<b>37</b>	<b>1</b>
<b>PC 995 Polarity – Advanced Supervision &amp; Clinical Development</b>	<b>26</b>	<b>1.5</b>
<b>PC 970 Polarity – RPP Sessions Given</b>	<b>70</b>	<b>1.50</b>
<b>TOTAL:</b>	<b>700</b>	<b>31.25</b>
<b>Polarity Elective:</b>		
<b>PC 955 Polarity – Mystic Bible &amp; Polar Exercises</b>	<b>12</b>	<b>1</b>
3/17/12 – 3/18/12 Sa Su 10:00 am - 5:00 pm		
<b>TOTAL:</b>	<b>700</b>	<b>31.25</b>

Registered Polarity Practitioner (RPP)

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



# Reflexology

200 Classroom Hours

**FAST TRACK**  
afternoon classes  
available this Fall

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

SWIHA's comprehensive 200-hour Reflexology program is one of the most thorough and eclectic in the country; it prepares students to sit for the ARCB certification. Classes address the physical and clinical application of reflexology, as well as the emotional and medical intuitive realms. The program is often referred to as Transformational Reflexology. This program is designed for the practitioner who wants to own his or her own business, as well as the therapist who wants a specialization for use in a physician's office or wellness center. Reflexology is the third most requested massage modality, next to Swedish and Deep Tissue.

Course:	Hours:	Credits:	Course:	Hours:	Credits:
<b>RF 100 Reflexology - A Western Approach</b>	<b>28</b>	<b>1</b>	<b>RF 110 Reflexology - Emotional</b>	<b>16</b>	<b>0.5</b>
9/21/11 - 11/2/11 W 6:00 pm - 10:00 pm			8/27/11 - 8/28/11 Sa Su 9:00 am - 6:00 pm		
10/24/11 - 11/14/11 M W 1:00 pm - 5:00 pm			2/18/12 - 2/19/12 Sa Su 9:00 am - 6:00 pm		
1/6/12 - 2/17/12 F 9:00 am - 1:00 pm			2/27/12 - 3/19/12 M 1:00 pm - 5:00 pm		
4/11/12 - 5/23/12 W 6:00 pm - 10:00 pm			<b>RF 575 Reflexology - Hand</b>	<b>4</b>	<b>0.25</b>
<b>RF 101 Reflexology - Pathology &amp; Assessment</b>	<b>24</b>	<b>1</b>	9/11/11 - 9/11/11 Su 9:00 am - 1:00 pm		
8/26/11 - 10/7/11 F 9:00 am - 1:00 pm			11/29/11 - 11/29/11 T 1:00 pm - 5:00 pm		
11/9/11 - 1/4/12 W 6:00 pm - 10:00 pm			1/21/12 - 1/21/12 Sa 9:00 am - 1:00 pm		
11/16/11 - 12/7/11 M W 1:00 pm - 5:00 pm			5/12/12 - 5/12/12 Sa 9:00 am - 1:00 pm		
2/24/12 - 3/30/12 F 9:00 am - 1:00 pm			<b>RF 150 Toe Reading - Reflexology Assessment I -</b>	<b>16</b>	<b>0.5</b>
5/30/12 - 7/11/12 W 6:00 pm - 10:00 pm			<b>Elemental</b>		
<b>RF 102 Reflexology - Balance &amp; Being</b>	<b>20</b>	<b>0.75</b>	9/24/11 - 9/25/11 Sa Su 9:00 am - 6:00 pm		
7/13/11 - 8/10/11 W 6:00 pm - 10:00 pm			10/25/11 - 11/3/11 T Th 1:00 pm - 5:00 pm		
10/14/11 - 11/11/11 F 9:00 am - 1:00 pm			1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm		
1/2/12 - 1/18/12 M W 1:00 pm - 5:00 pm			4/14/12 - 4/15/12 Sa Su 9:00 am - 6:00 pm		
1/11/12 - 2/8/12 W 6:00 pm - 10:00 pm			<b>Choose 20 hours from the following:</b>		
4/13/12 - 5/11/12 F 9:00 am - 1:00 pm			<b>OE 640 Thai Massage - Foot Massage</b>	<b>20</b>	<b>0.5</b>
<b>RF 103 Reflexology - Clinic</b>	<b>16</b>	<b>0.25</b>	8/19/11 - 8/21/11 F 6:00 pm - 10:00 pm		
8/17/11 - 9/7/11 W 6:00 pm - 10:00 pm			Sa Su 9:00 am - 6:00 pm		
11/18/11 - 12/16/11 F 9:00 am - 1:00 pm			12/9/11 - 12/11/11 F 6:00 pm - 10:00 pm		
1/23/12 - 2/1/12 M W 1:00 pm - 5:00 pm			Sa Su 9:00 am - 6:00 pm		
2/25/12 - 2/26/12 Sa Su 9:00 am - 6:00 pm			3/13/12 - 3/27/12 T Th 8:30 am - 12:30 pm		
<b>EL 140 Auriculotherapy</b>	<b>8</b>	<b>0.25</b>	<b>AR 115 Aromatherapy - Foot Chakra Reflexology</b>	<b>8</b>	<b>0.25</b>
11/5/11 - 11/5/11 Sa 9:00 am - 6:00 pm			9/10/11 - 9/10/11 Sa 9:00 am - 6:00 pm		
1/3/12 - 1/5/12 T Th 1:00 pm - 5:00 pm			3/3/12 - 3/3/12 Sa 9:00 am - 6:00 pm		
4/28/12 - 4/28/12 Sa 9:00 am - 6:00 pm			3/7/12 - 3/14/12 W 1:00 pm - 5:00 pm		
11/3/12 - 11/3/12 Sa 9:00 am - 6:00 pm			<b>RF 104 Reflexology - Color</b>	<b>8</b>	<b>0.25</b>
<b>EL 145 Auriculotherapy - Advanced</b>	<b>8</b>	<b>0.25</b>	10/29/11 - 10/29/11 Sa 9:00 am - 6:00 pm		
11/6/11 - 11/6/11 Su 9:00 am - 6:00 pm			2/22/12 - 2/29/12 W 1:00 pm - 5:00 pm		
1/10/12 - 1/12/12 T Th 1:00 pm - 5:00 pm			<b>RF 120 Reflexology - Face</b>	<b>4</b>	<b>0.25</b>
4/29/12 - 4/29/12 Su 9:00 am - 6:00 pm			9/11/11 - 9/11/11 Su 2:00 pm - 6:00 pm		
<b>AR 410 Aromatherapy - 5 Element Acupressure</b>	<b>20</b>	<b>0.75</b>	3/26/12 - 3/26/12 M 1:00 pm - 5:00 pm		
<b>For Emotional Healing</b>			<b>RF 145 Reflexology - Sole Points</b>	<b>16</b>	<b>0.5</b>
10/14/11 - 10/16/11 F 6:00 pm - 10:00 pm			8/13/11 - 8/14/11 Sa Su 9:00 am - 6:00 pm		
Sa Su 9:00 am - 6:00 pm			11/12/11 - 11/13/11 Sa Su 9:00 am - 6:00 pm		
11/8/11 - 11/22/11 T Th 1:00 pm - 5:00 pm			1/17/12 - 1/26/12 T Th 1:00 pm - 5:00 pm		
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm			2/11/12 - 2/12/12 Sa Su 9:00 am - 6:00 pm		
Sa Su 9:00 am - 6:00 pm			<b>TOTAL:</b>	<b>200</b>	<b>7-7.25</b>
4/20/12 - 4/22/12 F 6:00 pm - 10:00 pm					
Sa Su 9:00 am - 6:00 pm					
<b>PC 700 Polarity - Reflexology</b>	<b>20</b>	<b>1</b>			
9/6/11 - 9/20/11 T 9:00 am - 5:00 pm					
T 9:00 am - 4:00 pm					
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm					
Sa Su 9:00 am - 6:00 pm					
12/2/11 - 12/4/11 F 6:00 pm - 10:00 pm					
Sa Su 9:00 am - 6:00 pm					
2/6/12 - 2/20/12 M W 1:00 pm - 5:00 pm					
3/9/12 - 3/11/12 F 6:00 pm - 10:00 pm					
Sa Su 9:00 am - 6:00 pm					

Southwest Institute of Healing Arts (P00141) is approved as a provider of continuing education by the American Reflexology Certification Board.



# Reiki

## Traditional

100 Classroom Hours – 2.75 Credits

Reiki, pronounced (ray-key), is one of the more widely known forms of energy healing and is considered a complete system of holistic healing and personal development. It is an ancient Japanese practice using 'Universal Life Energy' or 'God-directed Energy' for self-healing, healing or relaxing others, developing higher consciousness and fulfilling a spiritual purpose. Traditional Reiki is taught based on the traditions handed down for generations.

Course:	Hours:	Credits:
<b>EC 700 Reiki I - Traditional</b>	<b>16</b>	<b>0.5</b>
8/27/11 - 8/28/11 Sa Su 9:00 am - 6:00 pm		
10/8/11 - 10/9/11 Sa Su 9:00 am - 6:00 pm		
2/4/12 - 2/5/12 Sa Su 9:00 am - 6:00 pm		
<b>EC 710 Reiki II</b>	<b>8</b>	<b>0.25</b>
11/5/11 - 11/5/11 Sa 9:00 am - 6:00 pm		
3/3/12 - 3/3/12 Sa 9:00 am - 6:00 pm		
6/23/12 - 6/23/12 Sa 9:00 am - 6:00 pm		
<b>EC 720 Reiki III - Advanced Traditional</b>	<b>8</b>	<b>0.25</b>
9/17/11 - 9/17/11 Sa 9:00 am - 6:00 pm		
12/3/11 - 12/3/11 Sa 9:00 am - 6:00 pm		
3/31/12 - 3/31/12 Sa 9:00 am - 6:00 pm		
<b>EC 730 Reiki &amp; Beyond</b>	<b>8</b>	<b>0.25</b>
7/23/11 - 7/23/11 Sa 9:00 am - 6:00 pm		
10/1/11 - 10/1/11 Sa 9:00 am - 6:00 pm		
2/18/12 - 2/18/12 Sa 9:00 am - 6:00 pm		
<b>EC 740 Reiki &amp; Guides</b>	<b>8</b>	<b>0.25</b>
12/10/11 - 12/10/11 Sa 9:00 am - 6:00 pm		
3/17/12 - 3/17/12 Sa 9:00 am - 6:00 pm		
6/16/12 - 6/16/12 Sa 9:00 am - 6:00 pm		
<b>EC 750 Reiki Symbolism &amp; Geometric</b>	<b>16</b>	<b>0.5</b>
7/9/11 - 7/10/11 Sa Su 9:00 am - 6:00 pm		
11/19/11 - 11/20/11 Sa Su 9:00 am - 6:00 pm		
1/21/12 - 1/22/12 Sa Su 9:00 am - 6:00 pm		
<b>EC 799 Reiki Clinic</b>	<b>16</b>	<b>0.25</b>
9/10/11 - 9/11/11 Sa Su 9:00 am - 6:00 pm		
1/14/12 - 1/15/12 Sa Su 9:00 am - 6:00 pm		
4/28/12 - 4/29/12 Sa Su 9:00 am - 6:00 pm		
<b>EC 765 Reiki Master/Teacher Initiation</b>	<b>20</b>	<b>0.5</b>
8/26/11 - 8/28/11 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
6/1/12 - 6/3/12 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
<b>TOTAL:</b>	<b>100</b>	<b>2.75</b>

## Transformational

100 Classroom Hours – 2.75 Credits

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

Course:	Hours:	Credits:
<b>EC 715 Reiki I &amp; II - Transformational</b>	<b>24</b>	<b>0.75</b>
9/16/11 - 9/19/11 F M 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
11/4/11 - 11/7/11 F M 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
1/20/12 - 1/23/12 F M 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
5/18/12 - 5/21/12 F M 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
<b>EC 725 Reiki III - Advanced Transformational</b>	<b>8</b>	<b>0.25</b>
7/16/11 - 7/16/11 Sa 9:00 am - 6:00 pm		
10/15/11 - 10/15/11 Sa 9:00 am - 6:00 pm		
2/25/12 - 2/25/12 Sa 9:00 am - 6:00 pm		
6/23/12 - 6/23/12 Sa 9:00 am - 6:00 pm		
<b>EC 733 Sacred Mudras &amp; More</b>	<b>8</b>	<b>0.25</b>
10/22/11 - 10/22/11 Sa 9:00 am - 6:00 pm		
2/11/12 - 2/11/12 Sa 9:00 am - 6:00 pm		
<b>EC 745 Reiki Angels &amp; Masters - Transformational</b>	<b>8</b>	<b>0.25</b>
10/29/11 - 10/29/11 Sa 9:00 am - 6:00 pm		
5/5/12 - 5/5/12 Sa 9:00 am - 6:00 pm		
<b>EC 755 Reiki Symbols &amp; Sound - Transformational</b>	<b>16</b>	<b>0.5</b>
8/6/11 - 8/7/11 Sa Su 9:00 am - 6:00 pm		
1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm		
4/14/12 - 4/15/12 Sa Su 9:00 am - 6:00 pm		
<b>EC 795 Reiki Clinic - Transformational</b>	<b>16</b>	<b>0.25</b>
7/30/11 - 7/31/11 Sa Su 9:00 am - 6:00 pm		
11/12/11 - 11/13/11 Sa Su 9:00 am - 6:00 pm		
3/10/12 - 3/11/12 Sa Su 9:00 am - 6:00 pm		
8/4/12 - 8/5/12 Sa Su 9:00 am - 6:00 pm		
<b>EC 765 Reiki Master/Teacher Initiation</b>	<b>20</b>	<b>0.5</b>
8/26/11 - 8/28/11 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
6/1/12 - 6/3/12 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
<b>TOTAL:</b>	<b>100</b>	<b>2.75</b>

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



# Spa Treatments

200 Classroom Hours – 7.50 Credits

The International Spa Association's 2010 study reported in 2009 there was over 143 million visits to spas in the United States alone. "Spa Treatments" refer to a variety of modalities that promote relaxation, pampering, wellness and detoxification.

Course:	Hours:	Credits:
<b>AR 100 Aromatherapy - Intro</b>	<b>20</b>	<b>1.25</b>
8/26/11 - 8/28/11 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
2/3/12 - 2/5/12 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
<b>AR 300 Aromatherapy - Toning &amp; DeTox</b>	<b>4</b>	<b>0.25</b>
11/12/11 - 11/12/11 Sa 9:00 am - 1:00 pm		
1/22/12 - 1/22/12 Su 9:00 am - 1:00 pm		
6/10/12 - 6/10/12 Su 9:00 am - 1:00 pm		
<b>RF 215 East Indian Head Massage - Basic</b>	<b>8</b>	<b>0.25</b>
7/16/11 - 7/16/11 Sa 9:00 am - 6:00 pm		
9/17/11 - 9/17/11 Sa 9:00 am - 6:00 pm		
11/12/11 - 11/12/11 Sa 9:00 am - 6:00 pm		
2/25/12 - 2/25/12 Sa 9:00 am - 6:00 pm		
<b>RF 216 East Indian Head Massage - Advanced</b>	<b>8</b>	<b>0.25</b>
7/17/11 - 7/17/11 Su 9:00 am - 6:00 pm		
9/18/11 - 9/18/11 Su 9:00 am - 6:00 pm		
11/13/11 - 11/13/11 Su 9:00 am - 6:00 pm		
2/26/12 - 2/26/12 Su 9:00 am - 6:00 pm		
<b>ST 400 P\$ LaStone Therapy</b>	<b>30</b>	<b>1</b>
9/23/11 - 9/26/11 F Sa Su M 9:00 am - 6:00 pm		
12/2/11 - 12/5/11 F Sa Su M 9:00 am - 6:00 pm		
1/27/12 - 1/30/12 F Sa Su M 9:00 am - 6:00 pm		
3/9/12 - 3/12/12 F Sa Su M 9:00 am - 6:00 pm		
<b>TE 340 Lymphatic Massage</b>	<b>16</b>	<b>0.5</b>
7/12/11 - 8/2/11 T 6:00 pm - 10:00 pm		
11/16/11 - 12/14/11 W 6:00 pm - 10:00 pm		
2/17/12 - 3/9/12 F 8:30 am - 12:30 pm		
<b>ST 100 Spa Technologies</b>	<b>28</b>	<b>1</b>
7/30/11 - 8/7/11 Sa Su 9:00 am - 5:00 pm		
1/7/12 - 1/15/12 Sa Su 9:00 am - 5:00 pm		
<b>ST 355 Sugar Polish &amp; Salt Glow Massage</b>	<b>8</b>	<b>0.5</b>
11/13/11 - 11/13/11 Su 9:00 am - 6:00 pm		
1/21/12 - 1/21/12 Sa 9:00 am - 6:00 pm		
6/9/12 - 6/9/12 Sa 9:00 am - 6:00 pm		
<b>TE 700 Swedish Sedona</b>	<b>40</b>	<b>1.25</b>
7/29/11 - 8/7/11 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
12/1/11 - 2/16/12 Th 6:00 pm - 10:00 pm		
1/2/12 - 3/12/12 M 8:30 am - 12:30 pm		
2/10/12 - 2/19/12 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm		
<b>SUBTOTAL:</b>	<b>162</b>	<b>6.25</b>
<b>Choose 38 hours of approved electives (suggestions below):</b>		
<b>ST 210 Ayurvedic Abyanga Massage</b>	<b>16</b>	<b>0.5</b>
10/8/11 - 10/9/11 Sa Su 9:00 am - 6:00 pm		
3/17/12 - 3/18/12 Sa Su 9:00 am - 6:00 pm		
<b>ST 205 Ayurvedic Herbal Body Treatment</b>	<b>16</b>	<b>0.5</b>
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm		
3/24/12 - 3/25/12 Sa Su 9:00 am - 6:00 pm		
<b>ST 253 Ayurvedic Shirodhara</b>	<b>6</b>	<b>0.25</b>
10/17/11 - 10/17/11 M 9:00 am - 4:00 pm		
3/19/12 - 3/19/12 M 9:00 am - 4:00 pm		
<b>TOTAL:</b>	<b>200</b>	<b>7.5</b>

# Special Touch

100 Classroom Hours – 3.0 Credits

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

Primary Specialty in Special Touch was designed to be a part of the massage therapy diploma programs or as a part of the Associates of Occupational Studies in Holistic Healthcare. Emphasis is placed on the therapeutic and relaxation values of the protocol, as well as the medical ramification of working on special population clients.



Course:	Hours:	Credits:
<b>CB 410 Baby Touch</b>	<b>12</b>	<b>0.25</b>
9/24/11 - 9/25/11 Sa Su 9:00 am - 4:00 pm		
1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm		
<b>TE 140 Breast Health</b>	<b>8</b>	<b>0.25</b>
8/6/11 - 8/6/11 Sa 9:00 am - 6:00 pm		
11/20/11 - 11/20/11 Su 9:00 am - 6:00 pm		
<b>TE 300 Elder Touch</b>	<b>8</b>	<b>0.25</b>
8/7/11 - 8/7/11 Su 9:00 am - 6:00 pm		
<b>TE 260 Fibromyalgia Therapy</b>	<b>16</b>	<b>0.5</b>
7/23/11 - 7/24/11 Sa Su 9:00 am - 6:00 pm		
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm		
<b>TE 340 Lymphatic Massage</b>	<b>16</b>	<b>0.5</b>
7/12/11 - 8/2/11 T 6:00 pm - 10:00 pm		
11/16/11 - 12/14/11 W 6:00 pm - 10:00 pm		
2/17/12 - 3/9/12 F 8:30 am - 12:30 pm		
<b>CB 400 Mother Touch</b>	<b>8</b>	<b>0.25</b>
10/1/11 - 10/1/11 Sa 9:00 am - 6:00 pm		
1/28/12 - 1/28/12 Sa 9:00 am - 6:00 pm		
<b>CB 401 Mother Touch - Advanced</b>	<b>8</b>	<b>0.25</b>
10/2/11 - 10/2/11 Su 9:00 am - 6:00 pm		
1/29/12 - 1/29/12 Su 9:00 am - 6:00 pm		
<b>EC 700 Reiki I - Traditional</b>	<b>16</b>	<b>0.5</b>
8/27/11 - 8/28/11 Sa Su 9:00 am - 6:00 pm		
10/8/11 - 10/9/11 Sa Su 9:00 am - 6:00 pm		
2/4/12 - 2/5/12 Sa Su 9:00 am - 6:00 pm		
<b>AR 120 Aromatherapy - Therapeutic Touch</b>	<b>8</b>	<b>0.25</b>
7/23/11 - 7/23/11 Sa 9:00 am - 6:00 pm		
10/29/11 - 10/29/11 Sa 9:00 am - 6:00 pm		
3/18/12 - 3/18/12 Su 9:00 am - 6:00 pm		
<b>TOTAL:</b>	<b>100</b>	<b>3.0</b>

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

# Spiritual Studies

300 Classroom Hours - 20.00 Credits

Our Spiritual Studies program is designed for those individuals who are being 'called' to a place of spiritual leadership, whether that is as an ordained minister or spiritual healer. Our non-denominational, non-rhetoric based path of study emphasizes discovering your heart-felt path, as well as developing your spirit-given gifts. The question our students are encouraged to continually ask is...



*“O Great Spirit,  
how may  
I be of  
service?”*

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

# Tui Na

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

200 Classroom Hours – 10.50 Credits

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

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

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



Course:	Hours:	Credits:
<b>OS 200 Asian Theory I</b>	40	2.5
7/12/11 - 8/11/11 T Th 6:00 pm - 10:00 pm		
1/13/12 - 2/12/12 T Th 8:30 am - 12:30 pm		
<b>OS 210 Asian Theory II</b>	60	4
8/30/11 - 10/18/11 T Th 6:00 pm - 10:00 pm		
2/7/12 - 3/27/12 T Th 8:30 am - 12:30 pm		
<b>OS 225 Tui Na - Asian Assessment</b>	20	0.5
10/20/11 - 11/3/11 T Th 6:00 pm - 10:00 pm		
2/7/12 - 3/27/12 T Th 8:30 am - 12:30 pm		
3/29/12 - 4/12/12 T Th 8:30 am - 12:30 pm		
<b>OS 252 Tui Na - Point Location</b>	20	1
11/8/11 - 11/22/11 T Th 6:00 pm - 10:00 pm		
4/17/12 - 5/1/12 T Th 8:30 am - 12:30 pm		
<b>OS 240 Tui Na - Technique &amp; Bodywork</b>	40	1.5
11/29/11 - 1/12/12 T Th 6:00 pm - 10:00 pm		
5/3/12 - 6/5/12 T Th 8:30 am - 12:30 pm		
<b>OS 260 Tui Na - Clinic</b>	20	0.5
7/15/11 - 7/24/11 F 6:00 pm - 10:00 pm		
Sa Su 10:00 am - 2:00 pm		
1/17/12 - 1/31/12 T Th 6:00 pm - 10:00 pm		
6/7/12 - 6/21/12 T Th 8:30 am - 12:30 pm		
<b>TOTAL:</b>	<b>200</b>	<b>10</b>

## Visit our Student Clinic & Healing Arts Center

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

**\$5 off** First Time Clients

Call our Student Clinic 480-966-4425 or visit us at [www.swiha.edu](http://www.swiha.edu)

# Zen Shiatsu

200 Classroom Hours - 7.00 Credits

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



Course:	Hours:	Credits:
<b>OS 200 Asian Theory I</b>	40	2.5
7/12/11 - 8/11/11 T Th 6:00 pm - 10:00 pm		
1/13/12 - 2/12/12 T Th 8:30 am - 12:30 pm		
<b>OS 920 Asian Therapy Clinic</b>	20	0.25
11/22/11 - 12/6/11 T Th 5:00 pm - 10:00 pm		
4/10/12 - 5/1/12 T 5:00 pm - 10:00 pm		
<b>OS 740 Chi Gung - Meridian Exercises</b>	12	0.25
10/10/11 - 10/24/11 M 6:00 pm - 10:00 pm		
3/15/12 - 3/29/12 Th 6:00 pm - 10:00 pm		
<b>OS 320 Zen Shiatsu - Clinical Assessment</b>	40	1.25
11/8/11 - 11/19/11 T Th 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
3/9/12 - 3/18/12 Sa Su 8:30 am - 5:30 pm		
F 6:00 pm - 10:00 pm		
<b>OS 300 Zen Shiatsu - Form</b>	36	1
9/30/11 - 10/9/11 F 6:00 pm - 10:00 pm		
Sa Su 9:00 am - 6:00 pm		
1/17/12 - 2/14/12 T Th 6:00 pm - 10:00 pm		
<b>OS 310 Zen Shiatsu - Meridian Therapy</b>	40	1.25
9/29/11 - 11/1/11 T Th 6:00 pm - 10:00 pm		
2/17/12 - 2/26/12 F 6:00 pm - 10:00 pm		
Sa Su 8:30 am - 5:30 pm		
<b>Electives:</b>	<b>12</b>	<b>0.5</b>
<b>TOTAL:</b>	<b>200</b>	<b>10.5</b>

### Mandatory Clinic Orientation for OS 920 students:

11/10/11 Th 6:00 pm - 6:45 pm  
3/16/12 F 6:00 pm - 6:45 pm

# Class Descriptions

## KEY TO ABBREVIATIONS:

- NCBTMB = Meets National Certification Board for Therapeutic Massage requirements.  
 AZ-CEU = Meets Arizona Continuing Education Certification requirements.  
 BW = Bodywork class that requires student to bring supplies. See www.swiha.edu for more details.  
 LEC = Lecture class; bring paper, pen.  
 NA = This class cannot be audited.  
 NRC = This class is non-refundable.  
 PRERQ = Prerequisite class required.  
 NO PRERQ = Introductory class; no prerequisite required.  
 P\$ = Premium priced class.  
 All supply fees are non-refundable.

## Text Books and Supply prices subject to change

NCBTMB Provider Code: 032462  
 FAFSA Financial Aid School Code: 035933  
 AUC ONLY: Class can only be audited for credit

**All unclothed Massage Bodywork Classes require the Prerequisite MT 200- Swedish Massage or a current or lapsed Massage License.**



**Swina**  
 Southwest Institute of Natural Aesthetics

## Advanced Chemical Peel Concepts

**NA 530 P\$ Class Hours: 8 Credits: 0.5**

Fees must be paid in full two weeks prior to the day of class. All supplies provided in class; including a pre and post kit. This eight hour class is designed for the service provider who would like to offer more progressive chemical peels. The theory portion covers such topics as skin histology, ingredient systems, melanin suppressants and wound healing. Students will learn how to perform a 20% TCA and Jessners peel with this class. A pre-treatment kit will be given out on the first day. Students will perform treatments on each other, or if they are contra-indicated can bring in a model for the hands-on portion of the class. The class is designed for aestheticians who want to expand their scope of services or aestheticians who currently provide peels and want to advance their skills. Only licensed service providers who are eligible to perform peel under their state licensing requirements may enroll in this class. Registration & class location: **Southwest Institute of Natural Aesthetics 1460 E. Southern Ave. Tempe, AZ 85282 480.393.1415**

2 Weekends

9/17/11 - 9/24/11 Sa 10:00 am - 2:00 pm  
 10/15/11 - 10/22/11 Sa 10:00 am - 2:00 pm  
 \$145.00

## Alternative Lifestyles & Diversity - Embodying Compassion

**CC 115 Class Hours: 30 Credits: 2**

Explore our inherent prejudices and how they affect us in the world and in our practices. What assumptions do we bring to each client, and how do we rid ourselves of these filters?

8 Weeks

9/21/11 - 11/9/11 W 6:00 pm - 9:45 pm  
 1/30/12 - 3/19/12 M 6:00 pm - 9:45 pm  
 4/11/12 - 5/30/12 W 6:00 pm - 9:45 pm  
 10/10/12 - 12/5/12 W 6:00 pm - 9:45 pm  
 \$420.00

## Alternative Lifestyles & Diversity - Embodying Compassion ONLINE

**CC 115-OL Class Hours: 30 Credits: 2**

Texts: \$34  
 8 Weeks  
 10/10/11 - 12/4/11  
 \$420.00



## Anatomy

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

Utilizing the latest research in whole brain learning, the basics of the skeleton, muscles and articulations are mastered. The fundamentals of anatomy, brought to life by the use of music, guided imagery, rhythm, dramatization, games and song, will provide the road map to your training in massage and other bodywork. Texts: \$81 (AZ-CEU)

8 Weeks

7/25/11 - 9/14/11 M W 6:00 pm - 10:00 pm  
 8/29/11 - 10/19/11 M W 8:30 am - 12:30 pm  
 10/25/11 - 12/15/11 T Th 8:30 am - 12:30 pm  
 \$840.00

## Aromatherapy - Intro

**AR 100 Class Hours: 20 Credits: 1.25**

This excellent introductory course begins training students in the practice of extracting, distilling and utilizing essential plant oils in order to harness their renowned psychological and physical benefits. Learn both historical and modern day uses of this 1,000 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** Text \$49. Supplies: \$60 (includes all supplies needed). NCBTMB (AZ-CEU)

1 Weekend

8/26/11 - 8/28/11 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 2/3/12 - 2/5/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 3/30/12 - 4/1/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 6/15/12 - 6/17/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm

\$340.00

## Aromatherapy - Intro ONLINE

**AR 100-OL Class Hours: 20 Credits: 1.25**

In the online version of this course, you will still get to experience mixing oils, creating your own scents, and receive feedback from your faculty member on the formulas you used to reach target scents. **CONTRAINDICATED FOR PREGNANCY** Supplies: \$50 Text: \$49 NCBTMB (AZ-CEU)

5 Weeks

9/12/11 - 10/16/11

\$320.00



## Aromatherapy - 5 Element Acupressure For Emotional Healing

**AR 410 Class Hours: 20 Credits: 0.75**

Restore emotional/mental balance with essential oil massage, including back and foot emotional reflex areas and 5 Element acupressure points. Gain an understanding of Chinese 5 Element emotional patterns and the essential oils used to balance them. Text: \$25. Supplies: \$45 BW NCBTMB (AZ-CEU)

1 Weekend

10/14/11 - 10/16/11 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 11/8/11 - 11/22/11 T Th 1:00 pm - 5:00 pm  
 1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 4/20/12 - 4/22/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm

\$325.00

## Aromatherapy - Advanced

**AR 101 Class Hours: 32 Credits: 2**

This advanced course builds upon the fundamentals instilled in the introductory course to expand and deepen the student's knowledge and practice. As an in-depth study of the applications of essential oils, the course teaches students a range of treatment forms and application methods to enhance and maintain physical, emotional, and spiritual health. Learn to skillfully integrate essential oils into a variety of therapeutic applications, as well develop a thorough understanding of contraindication. Combining customer blends is emphasized. **PRERQ: AR 100. CONTRAINDICATED FOR PREGNANCY** Text: Same as AR 100 Supplies: \$60. NCBTMB (AZ-CEU)

5 Weekends

5/12/12 - 6/9/12 Sa 9:00 am - 6:00 pm  
 8 Weeks  
 11/10/11 - 1/19/12 Th 6:00 pm - 10:00 pm  
 2/15/12 - 4/4/12 W 6:00 pm - 10:00 pm  
 8/22/12 - 10/10/12 W 6:00 pm - 10:00 pm  
 \$508.00

**Aromatherapy - Essential Oil Hydrating Wrap**

**AR 125 Class Hours: 8 Credits: 0.25**  
 This Aromatherapy treatment starts with dry brushing. Essential oils penetrate into tissues while the client is wrapped and relaxed. Students will learn the benefits of essential oils and household products that can be used for hydrating wraps. Supplies: \$15 BW NCBTMB (AZ-CEU)  
 1 Day  
 11/20/11 - 11/20/11 Su 9:00 am - 6:00 pm  
 \$127.00 Instructor Jaeger

**Aromatherapy - Foot Chakra Reflexology**

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

**Aromatherapy - Ginger Compress**

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

**Aromatherapy - Massage with Oils**

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

**Aromatherapy - Pharmacology**

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

**Aromatherapy - Spirit of the Stones**

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

**Aromatherapy - Therapeutic Touch**

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

**Aromatherapy - Toning & DeTox**

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

**Aromatherapy - Wellness for Women**

**AR 112 Class Hours: 5 Credits: 0.25**  
 Study specific uses and applications of individual 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. Great class for Aromatherapy students and practitioners, and holistic health care professionals specializing in women's wellness. Supplies \$15. NCBTMB (AZ-CEU)  
 1 Day  
 9/11/11 - 9/11/11 Su 9:00 am - 3:00 pm  
 1/14/12 - 1/14/12 Sa 9:00 am - 3:00 pm  
 \$85.00

**Aromatherapy for the Spirit**

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

**Aromatherapy for the Spirit ONLINE**

**AR 106-OL Class Hours: 20 Credits: 1.25**  
 Supply Fee: \$30 Text: \$20  
 5 Weeks  
 7/25/11 - 8/28/11  
 9/6/11 - 10/16/11  
 10/17/11 - 11/20/11  
 \$310.00

**Asian Theory I**

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

**Asian Theory II**

**OS 210 Class Hours: 60 Credits: 4**  
 Students will study the etiology, physiology, functions and basic clinical patterns with disharmonies associated with qi blood and the zang-fu organs: heart, liver, lungs, spleen, kidneys, pericardium, stomach, small intestine, large intestine, gallbladder and the triple burner. Text: \$22  
 8 Weeks  
 8/30/11 - 10/18/11 T Th 6:00 pm - 10:00 pm  
 2/7/12 - 3/27/12 T Th 8:30 am - 12:30 pm  
 \$840.00 Instructor Salazar

**Asian Therapy Clinic**

**OS 920 Class Hours: 20 Credits: 0.25**  
 Gain practical experience working on the public in a supervised setting. Practice interview and assessment skills and your Asian modalities with feedback. May be taken after two Shiatsu classes, one Jin Shin Jyutsu® Physio-Philosophy Seminar, or any Asian Therapy Bodywork style.  
 3 Weeks  
 11/22/11 - 12/6/11 T Th 5:00 pm - 10:00 pm  
 4 Weeks  
 4/10/12 - 5/1/12 T 5:00 pm - 10:00 pm  
 \$280.00

**Aura**

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

Learn to touch lives, heal bodies and free souls.

### Auriculotherapy

**EL 140 Class Hours: 8 Credits: 0.25**  
Auriculotherapy is a therapeutic intervention in which stimulation of the ear is utilized to alleviate health conditions in other parts of the body. Originally based upon the ancient Chinese practice of acupuncture and sometimes referred to as "ear reflexology" in layman's terms. Recommended supplies \$32 NCBTMB (AZ-CEU)

1 Day  
11/5/11 - 11/5/11 Sa 9:00 am - 6:00 pm  
4/28/12 - 4/28/12 Sa 9:00 am - 6:00 pm  
11/3/12 - 11/3/12 Sa 9:00 am - 6:00 pm  
1 Day  
11/5/11 - 11/5/11 Sa 9:00 am - 6:00 pm  
\$122.00

### Auriculotherapy - Advanced

**EL 145 Class Hours: 8 Credits: 0.25**  
Master points, emotional points and specific protocols are taught, including addiction relief. PRERQ: EL 140 Auriculotherapy NCBTMB (AZ-CEU)

1 Day  
11/6/11 - 11/6/11 Su 9:00 am - 6:00 pm  
4/29/12 - 4/29/12 Su 9:00 am - 6:00 pm  
11/4/12 - 11/4/12 Su 9:00 am - 6:00 pm  
\$112.00

### Auriculotherapy ONLINE

**EL 142-OL Class Hours: 16 Credits: 0.5**  
This class includes both Auriculotherapy - Intro and Advanced. Required Kit Fee \$40 NCBTMB (AZ-CEU)

4 Weeks  
8/1/11 - 8/28/11  
9/6/11 - 10/2/11  
11/28/11 - 1/1/12  
1/17/12 - 2/12/12  
2/13/12 - 3/18/12  
\$224.00



### Ayurveda - Intro

**SM 150 Class Hours: 30 Credits: 2**  
Ayurveda means "The Science of Life." It is an ancient system of healing that focuses on the complete person. Ayurveda defines wellness not as "the absence of defined disease," but rather as when all bodily tissues, organs, systems and functions are acting together in a healthy way, and are able to maintain wellness, in spite of potential illness-causing influences. This course will provide an overview of the basic principles of Ayurveda and how they may be used to maintain wellbeing. Text: \$22 NCBTMB (AZ-CEU)

8 Weeks  
7/20/11 - 9/7/11 W 6:00 pm - 9:45 pm  
9/12/11 - 10/31/11 M 6:00 pm - 9:45 pm  
1/30/12 - 3/19/12 M 6:00 pm - 9:45 pm  
5/8/12 - 6/26/12 T 6:00 pm - 9:45 pm  
8/2/12 - 9/20/12 Th 6:00 pm - 9:45 pm  
\$420.00

### Ayurveda - Intro ONLINE

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



### Ayurveda Marma - Vital Energy Point Therapy

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

1 Weekend  
10/22/11 - 10/23/11 Sa Su 9:00 am - 6:00 pm  
3/31/12 - 4/1/12 Sa Su 9:00 am - 6:00 pm  
\$229.00

### Ayurvedic Abyanga Massage

**ST 210 Class Hours: 16 Credits: 0.5**  
The Abyanga is an oil massage to calm the nervous system. Based on Ayurvedic theory and practice. Bring two sheets, six hand towels, two large towels, squirt bottle. Supplies: \$15. NA NRC must be paid 3 weeks in advance. NON-REFUNDABLE. CLASS SIZE LIMITED TO 18 STUDENTS. NCBTMB BW (AZ-CEU)

1 Weekend  
10/8/11 - 10/9/11 Sa Su 9:00 am - 6:00 pm  
3/17/12 - 3/18/12 Sa Su 9:00 am - 6:00 pm  
\$239.00

*"In all things of nature there is something of the marvelous."* -Aristotle



*There's an Herb for That*

at SW Herb Shop & Gathering Place we have an herb for everything from colds to cancer.

Our beautiful shop is filled with medicinal bulk herbs, a variety of herbal blends, and all your medicine-making products.

And if you are looking for a therapy room to use to build your business, we have that! Or a larger space to hold a seminar or workshop, we have that!

Oh, and don't forget our new Herbal Bath Shoppe, with a wide variety of homemade bath products you won't find anywhere else.

Our herbists do private consultations and we offer FREE seminars every time throughout the year.

Please visit [www.SWHerb.com](http://www.SWHerb.com) for more information and be sure to stop by the calendar page to see our happenings.

SW Herb Shop and Gathering Place • 148 N. Center, downtown Mesa 85201 • 480.694-9931 • [www.SWHerb.com](http://www.SWHerb.com)



### Ayurvedic Herbal Body Treatment

**ST 205 Class Hours: 16 Credits: 0.5**  
Treatment includes a botanical body mask, exfoliation, dry brush massage, aromatherapy, marma face massage and hot towel wrap. Must bring: two sheets, four bath towels, two hand towels, two washcloths, wool or cotton blanket. (Best if bath towels are a taupe or dark color) Bring if available: bolster, thermal blanket, dry brush. Supplies: \$25. NA NRC must be paid 3 weeks in advance. NON-REFUNDABLE. CLASS SIZE LIMITED TO 18 STUDENTS. BW (AZ-CEU)

1 Weekend  
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm  
3/24/12 - 3/25/12 Sa Su 9:00 am - 6:00 pm  
\$249.00

### Ayurvedic Shirodhara

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

1 Day  
10/17/11 - 10/17/11 M 9:00 am - 4:00 pm  
3/19/12 - 3/19/12 M 9:00 am - 4:00 pm  
\$104.00

### Baby Touch

**CB 410 Class Hours: 12 Credits: 0.25**  
Massage Therapists and Doulas are taught how to teach caregivers to massage their own babies. Learn the infant protocol, including age appropriate variations and teaching others. Role-playing and actual hands-on experience with mothers and infants. Bring a life-sized baby doll to learn and practice techniques. Invite a parent and infant to classes Saturday and Sunday afternoons. Text: \$17 NCBTMB (AZ-CEU)

1 Weekend  
9/24/11 - 9/25/11 Sa Su 9:00 am - 4:00 pm  
1/7/12 - 1/8/12 Sa Su 9:00 am - 4:00 pm  
\$168.00 Instructor Johnson

### Barefoot Shiatsu

**OE 130 Class Hours: 10 Credits: 0.25**  
Effortlessly use your feet, knees, elbows and dynamic stretches to effectively treat the whole body. A good introduction to Shiatsu. Bring a sheet. PRERQ: MT 200 Swedish Massage BW (AZ-CEU)

1 Weekend  
6/29/12 - 6/30/12 F 6:00 pm - 9:00 pm  
Sa 9:00 am - 5:00 pm  
\$140.00

### Basic Finance

**BC 200 Class Hours: 16 Credits: 1**  
This course is designed as a guide to personal money management. We will cover such topics as creating a personal budget, developing a savings plan, and dealing with past and future credit, including repayment of student loans. Banking skills, car buying, financial planning, real estate and investing are surveyed in this class using practical math applications. Basic math skills are reviewed and applied into real-world situations. 'Prosperity consciousness' is fully explored, as well as wealth building strategies.

4 Weeks  
7/11/11 - 8/1/11 M 6:00 pm - 10:00 pm  
11/7/11 - 11/28/11 M 6:00 pm - 10:00 pm  
2/8/12 - 2/29/12 W 6:00 pm - 10:00 pm  
\$224.00

### Basic Finance ONLINE

**BC 200-OL Class Hours: 16 Credits: 1**  
4 Weeks  
9/10/12 - 10/7/12  
\$224.00



### Botany

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

12 Weeks  
1/30/12 - 4/16/12 M 6:00 pm - 9:45 pm  
\$640.00



### Brazilian Waxing Workshop

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

1 Day  
7/23/11 - 7/23/11 Sa 10:00 am - 2:00 pm  
8/27/11 - 8/27/11 Sa 10:00 am - 2:00 pm  
11/19/11 - 11/19/11 Sa 10:00 am - 2:00 pm  
\$125.00

### Breast Health

**TE 140 Class Hours: 8 Credits: 0.25**  
Learn therapeutic techniques for enhancing women's breast health, including release of pectoral muscles, working with breast implants, mastectomy rehab, scar tissue softening, breast flushing and effective self-breast exam. Also learn the latest in understanding what enhances or diminishes breast health - environmentally, physically, emotionally, spiritually. Bring two sheets, lotion, bolster, two small towels. Material Fee: \$10 NCBTMB (AZ-CEU)

1 Day  
8/6/11 - 8/6/11 Sa 9:00 am - 6:00 pm  
11/20/11 - 11/20/11 Su 9:00 am - 6:00 pm  
\$122.00 Instructor Kuehn

### Business Development &

#### Entrepreneurial Support

**BC 511 Class Hours: 48 Credits: 1.25**  
This course is designed for the student who has completed 90% or more of their program and is ready to start or grow a business. Students are coached through the stages of entrepreneurship. Each phase of business development is discussed with emphases on exploring ALL the holdbacks a student may have to accomplishing their dreams and goals. High performance and personal coaching techniques are used, as well as honest feedback and accountability. Group support and recognition are key components in this experience. NCBTMB (AZ-CEU)

12 Weeks  
9/6/11 - 12/6/11 T 6:00 pm - 10:00 pm  
10/13/11 - 1/19/12 Th 6:00 pm - 10:00 pm  
11/16/11 - 2/22/12 W 6:00 pm - 10:00 pm  
1/30/12 - 4/16/12 M 6:00 pm - 10:00 pm  
2/7/12 - 5/8/12 T 8:30 am - 12:30 pm  
2/21/12 - 5/8/12 T 6:00 pm - 10:00 pm  
\$672.00

### Business Development &

#### Entrepreneurial Support ONLINE

**BC 511-OL Class Hours: 48 Credits: 1.25**  
Texts: \$33  
12 Weeks  
8/1/11 - 10/23/11  
9/19/11 - 12/11/11  
12/12/11 - 3/11/12  
1/17/12 - 4/15/12  
\$672.00



### Business Practices for Massage Therapists

**BC 302 Class Hours: 12 Credits: 0.75**  
Designed to teach appointment scheduling, client retention, community involvement, government regulation and licensing, time management, rate structuring, advertising, professionalism and employee/independent and sub-contractor, and corporations. Meets Arizona CEU requirements.

3 Weeks  
9/1/11 - 9/15/11 Th 6:00 pm - 10:00 pm  
10/4/11 - 10/18/11 T 8:30 am - 12:30 pm  
1/23/12 - 2/6/12 M 6:00 pm - 10:00 pm  
2/22/12 - 3/7/12 W 8:30 am - 12:30 pm  
\$168.00

### Canine Massage

**EL 600 Class Hours: 4 Credits: 0.25**  
A brief study of the structure and function of the canine. Learn to treat healthy animals for the benefit of relaxation and calming. You may bring a dog to work on. CLASS SIZE LIMITED TO 20. Material fee: \$10.

1 Day  
9/17/11 - 9/17/11 Sa 9:00 am - 1:00 pm  
12/3/11 - 12/3/11 Sa 9:00 am - 1:00 pm  
\$66.00 Instructor Bordelon

### Carpal Tunnel/Thoracic Outlet Release

**TE 160 Class Hours: 8 Credits: 0.25**  
Release and rehabilitation of residual tension syndromes including carpal tunnel and thoracic outlet. Learn techniques to address the root of the disorder in addition to symptom control. PRERQ: MT 200 Swedish Massage, MT 400 Myotherapy or Therapeutic equivalent. NCBTMB BW (AZ-CEU)

2 Weeks  
8/5/11 - 8/12/11 F 8:30 am - 12:30 pm  
11/1/11 - 11/8/11 T 6:00 pm - 10:00 pm  
5/4/12 - 5/11/12 F 8:30 am - 12:30 pm  
\$112.00

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

### Castor Oil Cleansing Therapy

**HH 320 Class Hours: 8 Credits: 0.25**

Known as the "Palma Christi" (the Palm of Christ), castor oil has been used for centuries for its amazing healing qualities. Promoted by Edgar Cayce, externally-applied castor oil has hundreds of physical therapeutic uses, including activating the immune system, balancing the parasympathetic and sympathetic nervous systems, treating constipation, fibrocystic breast disease, skin conditions, migraines, smoking cessation, neck and back pain, injuries and more. We suggest students wear old clothes and bring: two each (old): sheets, bath towels, washcloths; bolster, heating pad or hot water bottle, massage oil/lotion. Supplies: \$25 (includes wool flannel and castor oil). BW (AZ-CEU)



### Celebrate Your Light - Completion Project

**SP 460 Class Hours: 15 Credits: 1**  
The Spiritual Studies program culminates with a thesis and/or completion of your community service project presentation. This class meets for four hours to clarify and identify the final Spiritual Studies project. Remainder of hours are to be individually scheduled with a mentor and are due 60 days after attending the first four hours of class.

### Ceremonies & Sacred Space

**SP 410 Class Hours: 15 Credits: 1**  
Learn the elements of ritual and the tools for creating your own ceremonies, then weave these together to create transformational and cherished experiences. The class covers creating group harmony and sacred space, touching hearts, uniting consciousness, invocations and the setting of intentions. Students will design and present a group ceremony at the end of class.

### Ceremonies (Native American) Medicine Wheel

**SP 310 Class Hours: 15 Credits: 1**  
At the heart of all Native understanding is the concept of the Four Directions and the Medicine Wheel. We will begin to examine and learn to honor this core teaching by the construction of a simple wheel and a deep honoring of its meaning in ancestral teaching. Within that construct, students will learn the deeper meanings of the Four Directions, of their assistance in our life process, and the students will have the opportunity to create "ritual action" of their own. Active enrollment or Audit for Credit only.

### Chakras - Intro

**EC 400 Class Hours: 16 Credits: 1**  
Experience each of the seven energy centers of your body. Learn each chakra and how these centers affect our lives on many levels – physically, energetically, spiritually. NCBTMB (AZ-CEU)



### Chi Gung - Meridian Exercises

**OS 740 Class Hours: 12 Credits: 0.25**  
You will learn to perform Chi Gung forms and Chi Gung Meridian exercises and how to use them with your clients to relieve pain and foster health. There are modifications for wheelchair clients also. Wear conservative, loose comfortable clothing for stretching and movement. Sheets suggested for covering futons. Material fee: \$10 (AZ-CEU)

### Chinese Astrology

**OE 212 Class Hours: 16 Credits: 1**  
Assessment and prevention of health problems using ancient Chinese Philosophy and Astrology. Clues to the origin of your client's health issues, and how to lessen/circumvent with appropriate prevention. Past causes, present conditions and future trends of health revealed. Simple, dynamic, powerful! LEC

### Chinese Dowsing

**OE 117 Class Hours: 4 Credits: 0.25**  
A divination method to receive information from divine source or intuition when the rational mind does not suffice. Unlike most western dowsing, it does not use any instrument such as a pendulum, sticks, etc. It uses visualization, Chinese astrological stars and timing.

### Chinese Enneagrams

**OS 720 Class Hours: 8 Credits: 0.5**  
Our personal interactions can guide us to become wiser, happier, and more whole. Use analyses of the face, speech and body language to gain insight into personalities and relationships. Cast a revealing light on your past relationships and improve your future ones.

### Chinese Enneagrams

**OS 722 Class Hours: 16 Credits: 1**  
Expanded version of OS 720.

### Chinese Face Reading

**OE 202 Class Hours: 16 Credits: 1**  
A useful and entertaining journey to understanding oneself and others, changes in relationship patterns, untapped talents and one's personal and professional inclinations. NCBTMB

### Communication Skills for Practitioners I

**CC 100 Class Hours: 15 Credits: 1**  
The body-mind-emotion connection is very real. There will be times in a massage practice when supporting a client through an emotional release is the most healing option possible. This class is designed to teach a therapist how to allow clients to experience their emotions without going beyond the scope of massage therapy and getting into "counseling". Learn to "hold space", create dialogue to support, not traumatize, and make the emotional release a therapeutic part of the overall therapy experience. (Formerly Integrating Emotional Release, Counseling Skills for Bodyworkers and Communication Skills for Bodyworkers.) Text: \$50 Material fee: \$10 NCBTMB (AZ-CEU)

### Communications Skills for Practitioners II

**CC 101 Class Hours: 15 Credits: 0.75**  
Take the Body/Mind/Emotion experience of Communication Skills I to the next level. This class will teach you how to recognize the holding patterns of the body. Enhance your communication skills using more theory, exercises and hands-on bodywork. These skills will assist you to hold your client through an emotional release in a safe, professional, therapeutic environment while staying within your scope of services. PRERQ: CC 100 Communication Skills for Practitioners I. LEC NCBTMB (AZ-CEU)

### Comparative Religion / Unity & Tolerances

**SP 150 Class Hours: 30 Credits: 2**  
Comparing the six great world religions and more! Answering the great questions of life from the perspective of nature religion, shamanism, mystery and ancient religions, Judaism, Christianity, Islam, Hinduism, Buddhism, Shinto and New Age perspectives. World views; articles of faith; living a spiritual life; ritual and ceremony; symbology, mysticism, and philosophy will be reviewed. Text: \$16

### Comparative Religion - Unity & Tolerances

**SP 150-OL Class Hours: 30 Credits: 2**  
8 Weeks  
5/7/12 - 7/1/12  
\$420.00



### Corporate Chair Intro

**MT 300 Class Hours: 4 Credits: 0.25**  
Learn a 15-minute Chair Massage including pressure points and stretches. Learn to market Chair Massage to enhance your practice tool! PRERQ: MT 200 or Licensed NCBTMB (AZ-CEU)

### CPR Certification

**MT 530 Class Hours: 4 Credits: 0.25**

Learn these life-saving techniques which are recommended for everybody. CPR card included. Payment in full at time of registration, non-refundable. **LATE STUDENTS WILL NOT BE ADMITTED.** Registration will close one week prior to class date - students must already be enrolled 7 days before class start. Supplies: \$10. NA NCBT-MB (AZ-CEU)

1 Day	
7/27/11 - 7/27/11	W 8:30 am - 12:30 pm
9/13/11 - 9/13/11	T 6:00 pm - 10:00 pm
9/14/11 - 9/14/11	W 6:00 pm - 10:00 pm
10/4/11 - 10/4/11	T 8:30 am - 12:30 pm
10/6/11 - 10/6/11	Th 6:00 pm - 10:00 pm
11/30/11 - 11/30/11	W 8:30 am - 12:30 pm
3/15/12 - 3/15/12	Th 8:30 am - 12:30 pm
\$66.00	Instructor Smith

### 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. NCBTMB BW (AZ-CEU)

1 Weekend	
10/7/11 - 10/9/11	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm
2/24/12 - 2/26/12	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm

3 Weeks	
11/29/11 - 12/13/11	T 9:00 am - 4:00 pm T 9:00 am - 5:00 pm

5 Weeks	
7/14/11 - 8/11/11	Th 6:00 pm - 10:00 pm
8/16/11 - 9/13/11	T 8:30 am - 12:30 pm
11/14/11 - 12/12/11	M 6:00 pm - 10:00 pm
1/4/12 - 2/1/12	W 8:30 am - 12:30 pm
\$280.00	

### Cranial Unwinding II

**PC 860 Class Hours: 24 Credits: 1**

Students gain a deeper appreciation of the cranial bones and the palpatory art of unwinding. Class focuses on physical and energetic techniques for still point induction, strain and counterstrain, direction of energy, and introduction to the facial bones. PRERQ: PC 850 Cranial Unwinding I. Text: \$35 NCBTMB BW (AZ-CEU)

1 Weekend	
11/18/11 - 11/20/11	F Sa Su 9:00 am - 6:00 pm
6/1/12 - 6/3/12	F Sa Su 9:00 am - 6:00 pm
11/30/12 - 12/2/12	F Sa Su 9:00 am - 6:00 pm
6 Weeks	
8/16/11 - 9/20/11	T 6:00 pm - 10:00 pm
\$336.00	

### Cranial Unwinding III

**PC 870 Class Hours: 24 Credits: 1**

Previously learned techniques are integrated with the work of the cranial vault and facial bones. Verbal, emotional and psychological processing is the focus of the class. PRERQ: PC 850 BW NCBT-MB (AZ-CEU)

1 Weekend	
7/22/11 - 7/24/11	F Sa Su 9:00 am - 6:00 pm
1/20/12 - 1/22/12	F Sa Su 9:00 am - 6:00 pm
\$336.00	

### Cranial Unwinding IV

**PC 880 Class Hours: 24 Credits: 1**

An in-depth exploration of the art of full body unwinding in an intimate setting with a small number of advanced students provides for a personalized experience of the art of Craniosacral Unwinding. PRERQ: PC 850 Cranial Unwinding I (AZ-CEU)

1 Weekend	
9/9/11 - 9/11/11	F Sa Su 9:00 am - 6:00 pm
3/23/12 - 3/25/12	F Sa Su 9:00 am - 6:00 pm
9/7/12 - 9/9/12	F Sa Su 9:00 am - 6:00 pm
\$336.00	

### Cranial Anatomy - Listening Skills

**PC 855 Class Hours: 16 Credits: 0.75**

The fundamentals of cranial anatomy taken to a deeper level through listening skills. PRERQ: PC 850 Cranial Unwinding I (AZ-CEU)

1 Weekend	
12/10/11 - 12/11/11	Sa Su 9:00 am - 6:00 pm
6/16/12 - 6/17/12	Sa Su 9:00 am - 6:00 pm
\$224.00	



### Cranial Unwinding for Infants and Children

**PC 885 Class Hours: 16 Credits: 0.5**

Come explore the cranial sacral system from its beginnings. The health and breadth of life is profoundly connected to the cranium, spine, and pelvis from conception through birth and infancy. This class will be an integration of cranial techniques applied to the emerging infant's system. Learn protocols, techniques, anatomy, indications and contraindications for working with newborns, infants, and children. Invite a parent and baby for class Saturday and Sunday afternoons. Bring to Class: Notebook, paper & pen, life-size baby doll. PRERQ: PC 850; Recommended PRERQ: PC 860 (AZ-CEU)

1 Weekend	
8/13/11 - 8/14/11	Sa Su 9:00 am - 6:00 pm
2/18/12 - 2/19/12	Sa Su 9:00 am - 6:00 pm
8/11/12 - 8/12/12	Sa Su 9:00 am - 6:00 pm
\$224.00	

### Creative Expression I

**EC 475 Class Hours: 24 Credits: 1.25**

Life is a creative and expressive journey. Engaging in deliberate Creative Expression has the power to reveal, heal and transform. Many of our challenges can be better understood and resolved through utilizing the wisdom of our imagery. This class will introduce you to the elements of design from a holistic perspective. The techniques presented will foster creativity, intuition, and healing. Methods presented can also be used to enhance many other wellness modalities. You don't need any artistic abilities to enjoy the benefits of creative expression. Supply Fee: \$15

1 Weekend	
9/16/11 - 9/18/11	F Sa Su 9:00 am - 6:00 pm
\$351.00	Instructor Bredeson

### Crystal Healing

**EC 420 Class Hours: 16 Credits: 0.5**

Have you ever found a stone that you had to bring home? Are you drawn to help facilitate people in their healing process? Find out how to combine your love of crystals and stones with a basic foundation of knowledge that will enhance your natural gifts. From Azurite to Zincite to Crystal Layouts, it's you, connecting with Mother Earth. Material fee: \$10. (AZ-CEU)

1 Weekend	
9/24/11 - 9/25/11	Sa Su 9:00 am - 6:00 pm
\$234.00	Instructor Gackstatter

### Death, Dying & Hospice

**SP 430 Class Hours: 15 Credits: 1**

As an Ordained Minister or Spiritual Healer, you will be called on to facilitate the transitions of souls to the other side. This course is designed to help you understand the process of dying as a sacred journey and the role you can play in Hospice support. Text: \$20 (AZ-CEU)

4 Weeks	
8/16/11 - 9/6/11	T 6:00 pm - 9:45 pm
6/7/12 - 6/28/12	Th 6:00 pm - 9:45 pm
\$210.00	

### Death, Dying & Hospice ONLINE

**SP 430-OL Class Hours: 15 Credits: 1**

4 Weeks	
8/6/12 - 9/2/12	
\$210.00	



### Deep Tissue Sculpting

**TE 220 Class Hours: 24 Credits: 0.75**

Deep tissue sculpting affects the deeper structures of the muscular-skeletal system, the skin and more superficial fascia through deep, slow compressions and strokes. PRERQ: MT 200 SWEDISH OR MT 400 MYOTHERAPY. NCBTMB BW (AZ-CEU)

6 Weeks	
9/20/11 - 10/25/11	T 6:00 pm - 10:00 pm
10/20/11 - 12/1/11	Th 8:30 am - 12:30 pm
2/13/12 - 3/19/12	M 6:00 pm - 10:00 pm
3/21/12 - 4/25/12	W 8:30 am - 12:30 pm
\$336.00	



### Dermaplaning Advanced Exfoliation

**NA 535P\$ Class Hours: 4 Credits: 0.25**

This four hour class is designed for the service provider who would like to offer a progressive exfoliation treatment without the cost of micro-dermabrasion machines. This class will cover such topics as skin histology, indications and contraindications of dermaplaning as well as safety. Techniques and skill development is a focus in this class. Students will learn how to perform dermaplaning with skill and confidence. **Registration & class location: Southwest Institute of Natural Aesthetics 1460 E. Southern Ave. Tempe, AZ 85282 480.393.1415.**

1 Day	
8/8/11 - 8/8/11	M 10:00 am - 2:00 pm
8/22/11 - 8/22/11	M 5:00 pm - 9:00 pm
10/3/11 - 10/3/11	M 10:00 am - 2:00 pm
12/12/11 - 12/12/11	M 10:00 am - 2:00 pm
\$125.00	

### Developing a Written Business Plan

**BC 500 Class Hours: 15 Credits: 1**

Self-employment is the All-American Dream, and a dream without a plan remains a dream. This class is specifically designed to help all Holistic Health Care practitioners design their business plan and take it step by step through to implementation. Facing fears and obstacles will be a major focus. Class will operate in a coaching and support group format. Material fee: \$15 LEC (AZ-CEU)

4 Weeks	
7/11/11 - 8/1/11	M 6:00 pm - 9:45 pm
9/21/11 - 10/12/11	W 6:00 pm - 9:45 pm
\$225.00	

Education is a progressive  
discovery of our own ignorance.

~ Will Durant

### Developing Your Spiritual Gifts

**SP 435 Class Hours: 15 Credits: 1**

There are over 30 documented spiritual gifts in the writings of the great masters. Over a five-week period the individual gifts will be studied, with the focus on identifying, cultivating and claiming your unique spiritual gifts.

1 Weekend

10/1/11 - 10/2/11 Sa Su 9:00 am - 5:30 pm

4 Weeks

3/15/12 - 4/5/12 Th 6:00 pm - 9:45 pm

7/31/12 - 8/21/12 T 6:00 pm - 9:45 pm

\$210.00

### Developmental Psychology - Awakening the Heroes Within

**CC 140 Class Hours: 30 Credits: 2**

Recognize the developmental stages and archetypes of your client's growth and discover where emotional or physical injuries may have occurred. Text: \$19 LEC

8 Weeks

7/20/11 - 9/7/11 W 6:00 pm - 9:45 pm

7/20/11 - 9/7/11 W 1:00 pm - 4:45 pm

2/8/12 - 3/28/12 W 6:00 pm - 9:45 pm

\$420.00

### Developmental Psychology - Awakening the Heroes Within ONLINE

**CC 140-OL Class Hours:30 Credits: 2**

8 Weeks

11/12/12 - 1/20/13

\$420.00



### Ear Coning - Ancient

**EL 100 Class Hours: 4 Credits: 0.25**

The spiral of the cone and herbal smoke in the ear canal work together to draw out physical and emotional debris. Please bring scissors, one sheet, pillow case, glass bowl or small metal pan, votive candle or lighter. Supplies: \$8. NA (AZ-CEU)

1 Day

9/23/11 - 9/23/11 F 6:00 pm - 10:00 pm

1/7/12 - 1/7/12 Sa 9:00 am - 1:00 pm

\$64.00 Instructor Salomon

### East Indian Head Massage - Basic

**RF 215 Class Hours: 8 Credits: 0.25**

East Indian Head Massage involves working with a firm gentle rhythm to help unknot blockages and relieve uncomfortable build-up of tension in the upper body. Learn a specific method of deep kneading and probing of the neck and shoulder muscles as well as the scalp using squeezing, rubbing, gentle tapping and prodding. Powerful pressure points will be taught that create circulation of the vital fluids to the brain, thus creating tension release and headache relief. The protocol will be taught for adaptation to a corporate chair routine or for use in advanced stress release. Please bring a towel. CONTRAINDICATED FOR PREGNANCY Supplies: \$5 Text: \$17 NCBTMB (AZ-CEU)

1 Day

9/17/11 - 9/17/11 Sa 9:00 am - 6:00 pm

11/12/11 - 11/12/11 Sa 9:00 am - 6:00 pm

2/25/12 - 2/25/12 Sa 9:00 am - 6:00 pm

\$117.00



### East Indian Head Massage - Advanced

**RF 216 Class Hours: 8 Credits: 0.25**

Expand and deepen your awareness of the world's oldest known healing modality. Learn advanced protocols to deeply relax, as well as uplift on both a physical and spiritual level. In addition, natural Indian face-lift methods will be taught as well as self-massage techniques. CONTRAINDICATED FOR PREGNANCY PREQ: RF 215 East Indian Head Massage - Basic. Text: \$17 NCBTMB (AZ-CEU)

1 Day

7/17/11 - 7/17/11 Su 9:00 am - 6:00 pm

9/18/11 - 9/18/11 Su 9:00 am - 6:00 pm

11/13/11 - 11/13/11 Su 9:00 am - 6:00 pm

2/26/12 - 2/26/12 Su 9:00 am - 6:00 pm

\$112.00

### East Indian Head Massage and Beyond

**RF 217 Class Hours: 12 Credits: 0.25**

This class expands on the knowledge taught in the RF 215 East Indian Head Massage class. The clothed protocol has been adapted to the table to include the back, shoulders, neck, arms, scalp and face, with the addition of padabhyanga (Ayurvedic foot massage) reflexology performed with Kasa bowls (a type of brass bowl used for the massage). The class will also focus on the use of Doshas and the specific oils used for each Dasha. Please bring sheets. PREREQ RF 215 East Indian Head Massage. Ring Gong Bowl: \$28 at Bookstore Supplies: \$15 BW (AZ-CEU)

1 Weekend

11/18/11 - 11/19/11 F 6:00 pm - 10:00 pm

Sa 9:00 am - 6:00 pm

4/20/12 - 4/21/12 F 6:00 pm - 10:00 pm

Sa 9:00 am - 6:00 pm

\$183.00

### 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

10/22/11 - 10/22/11 Sa 9:00 am - 6:00 pm

\$112.00

### Elder Touch

**TE 300 Class Hours: 8 Credits: 0.25**

Learn how to work responsibly with geriatric clients and patients. Contraindications explored in depth. A safe and effective protocol is taught to use with the elderly, those with chronic illness or in frail health. Material fee: \$10 NCBTMB BW (AZ-CEU)

1 Day

8/7/11 - 8/7/11 Su 9:00 am - 6:00 pm

\$122.00 Instructor McLaughlin

### Elder Touch (Expanded)

**TE 302 Class Hours: 16 Credits: 0.5**

Material fee: \$10 NCBTMB BW (AZ-CEU)

1 Weekend

11/5/11 - 11/6/11 Sa Su 9:00 am - 6:00 pm

\$224.00

### Energetic Acupressure -

#### Overview of Asian Therapies

**EC 105 Class Hours: 16 Credits: 0.5**

Learn to feel, move and balance energy in the body through the use of many Asian Bodywork Techniques and principles including acupressure, sound vibration, Zen Shiatsu, External Chi Gung Healing, Anma and Standing Chi Gung Set. All Clothed. Text: \$20 NCBTMB BW (AZ-CEU)

4 Weeks

9/21/11 - 10/12/11 W 6:00 pm - 10:00 pm

1/6/12 - 1/27/12 F 8:30 am - 12:30 pm

2/28/12 - 3/20/12 T 6:00 pm - 10:00 pm

\$224.00

### Energy Anatomy

**EC 100 Class Hours: 68 Credits: 4.5**

Bring the study of energy out of the esoteric realm of quantum physics and into the palms of the students' hands. Overview of what energy is in the Asian energy systems, the chakra and Ayurvedic systems. Experience hands-on techniques with each of these systems as well as the latest in scientific validation of energy field work. Supplies: \$25. (provided by Instructor) Text: \$50. (Bookstore) (AZ-CEU)

17 Weeks

11/30/11 - 4/4/12 W 6:00 pm - 10:00 pm

2/21/12 - 6/12/12 T 6:00 pm - 10:00 pm

5/8/12 - 8/28/12 T 6:00 pm - 10:00 pm

\$977.00

### Energy Anatomy Part 1 ONLINE

**EC 101-OL Class Hours: 32 Credits: 2.25**

8 Weeks

9/10/12 - 11/4/12

\$501.00



### Energy Anatomy Part 2 ONLINE

**EC 102-OL Class Hours: 36 Credits: 2.25**

PREREQ EC 101-OL

9 Weeks

11/12/12 - 1/27/13

\$504.00



Explore the possibilities...

Masters Degrees in  
Acupuncture and Oriental Medicine

Call to schedule a campus tour today!

Admissions: (602) 274-1885 ext. 102

[www.pihma.edu](http://www.pihma.edu)

### The Teachings of the Ascended Masters®

The Scottsdale Summit Lighthouse welcomes you to experience these life transforming and useful workshops.



First Fridays, 7 pm  
August, September, October  
November, December

Find out what your soul has been living to know.

Attend our Ascended Master workshops monthly on First Fridays, 7 pm at  
PIHMA, 1180 E. Apache Blvd., Scottsdale, AZ

Gain tools to transform your consciousness and world!

Email: [ascotia.dalecki@gmail.com](mailto:ascotia.dalecki@gmail.com)

or call 488-432-5361 for more information.

Love offerings accepted.



### English Composition

**BC 101 Class Hours: 15 Credits: 1**

This course is designed to help a student develop an increased competence in lively, informative and carefully structured writing. Competence in research techniques, documentation, critical thinking, and reading will also be increased. Student may transfer credits in for completing this course from another accredited institution, or may choose to test out of this course. Text: \$31.

4 Weeks  
9/21/11 - 10/12/11 W 6:00 pm - 9:45 pm  
11/7/11 - 11/28/11 M 6:00 pm - 9:45 pm  
6/4/12 - 6/25/12 M 6:00 pm - 9:45 pm  
\$210.00

### English Composition ONLINE

**BC 101-OL Class Hours: 15 Credits: 1**

4 Weeks  
8/6/12 - 9/2/12  
\$210.00



### Entrepreneurial Support

**BC 510 Class Hours: 40 Credits: 1.25**

This course is designed for the student who has completed 90% or more of their program and is ready to start or grow a business. Based on the book, *The E Myth - Why Most Small Businesses Don't Work and What to Do About It*, students are coached through the stages of entrepreneurship. Each phase of business development is discussed with emphases on exploring ALL the holdbacks a student may have to accomplishing their dreams and goals. High performance and personal coaching techniques are used, as well as honest feedback and accountability. Group support and recognition are key components in this experience. (AZ-CEU)

10 Weeks  
7/20/11 - 9/21/11 W 6:00 pm - 10:00 pm  
9/12/11 - 11/14/11 M 6:00 pm - 10:00 pm  
\$560.00

### Ethics for Massage Therapists

**BC 301 Class Hours: 8 Credits: 0.5**

Refresh and renew your understanding of professional ethics and boundaries for body workers. Update your continuing education credits. NCBTMB (AZ-CEU)

2 Weeks  
8/18/11 - 8/25/11 Th 6:00 pm - 10:00 pm  
9/20/11 - 9/27/11 T 8:30 am - 12:30 pm  
1/2/12 - 1/9/12 M 6:00 pm - 10:00 pm  
2/8/12 - 2/15/12 W 8:30 am - 12:30 pm  
\$112.00

### Exercise Wellness

**SC 455 Class Hours: 30 Credits: 2**

Develop a personal practice to achieve your own optimal wellness and the awareness of self, while learning to assist others in achieving their own wellness. You will plan, prepare and practice a personal self-care plan. This will include an exercise of choice, optimal food choices and participation in restorative and regenerative practices to meet the physical, emotional and energetic demands of a healthcare provider. NCBTMB (AZ-CEU)

8 Weeks  
7/27/11 - 9/14/11 W 6:00 pm - 9:45 pm  
9/21/11 - 11/9/11 W 6:00 pm - 9:45 pm  
1/30/12 - 3/19/12 M 6:00 pm - 9:45 pm  
\$420.00

### Face-Lift Acupressure

**EL 220 Class Hours: 4 Credits: 0.25**

Defy the aging process – without going under the knife. Learn acupressure techniques used by Hollywood celebrities, including facial exercises giving your face a more youthful appearance. NCBTMB (AZ-CEU)

1 Day  
11/19/11 - 11/19/11 Sa 9:00 am - 1:00 pm  
\$56.00 Instructor Jackson

### Fibromyalgia Therapy

**TE 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. Material fee: \$10 NCBTMB (AZ-CEU)

1 Weekend  
7/23/11 - 7/24/11 Sa Su 9:00 am - 6:00 pm  
10/15/11 - 10/16/11 Sa Su 9:00 am - 6:00 pm  
\$234.00

### First Aid

**MT 521 Class Hours: 8 Credits: 0.25**

First Aid Certification. Payment in full at time of registration, non-refundable. Supplies \$10. LATE STUDENTS WILL NOT BE ADMITTED. NA NCBTMB (AZ-CEU)

2 Weeks  
8/1/11 - 8/8/11 M 8:30 am - 12:30 pm  
8/30/11 - 9/6/11 T 6:00 pm - 10:00 pm  
10/5/11 - 10/12/11 W 6:00 pm - 10:00 pm  
10/11/11 - 10/18/11 T 8:30 am - 12:30 pm  
12/5/11 - 12/12/11 M 8:30 am - 12:30 pm  
3/22/12 - 3/29/12 Th 8:30 am - 12:30 pm  
\$122.00 Instructor Smith



### Flower Essences

**AR 132 Class Hours: 16 Credits: 1**

Flower essences are subtle liquid extracts, generally taken in oral form, which are used to address profound issues of emotional well-being, soul development and mind-body health. This course supplements traditional aromatherapy study by immersing students in the history, use, and effects of flower essences, as well as training them in the precise application of flower essence for enhancing specific emotions and attitudes. Learn to integrate flower essences into your holistic practice, and treat a variety of ailments. Please bring 3-ring binder. Supplies \$35. NCBTMB (AZ-CEU)

1 Weekend  
10/1/11 - 10/2/11 Sa Su 9:00 am - 6:00 pm  
1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm  
\$259.00

### Flower Essences ONLINE

**AR 133-OL Class Hours: 16 Credits: 1**

Required Kit \$35. NCBTMB

4 Weeks  
9/6/11 - 10/2/11  
10/10/11 - 11/6/11  
1/9/12 - 2/5/12  
2/13/12 - 3/18/12  
\$224.00



### Hand & Wrist Health Maintenance

**OE 320 Class Hours: 4 Credits: 0.25**

Injury prevention is the key to longevity in your bodywork career. This class shows exercises, stretches and bodywork techniques to help you relieve pain, prevent injury and maintain your hand and wrist health. NCBTMB (AZ-CEU)

1 Day  
9/30/11 - 9/30/11 F 6:00 pm - 10:00 pm  
3/3/12 - 3/3/12 Sa 9:00 am - 1:00 pm  
\$56.00



### Hawaiian Lomi Lomi Massage

**EC 145 Class Hours: 40 Credits: 1.25**

Hawaiian Lomi Lomi massage is an art that recognizes and incorporates mind-body-spirit. Prayer, intention, and breath are the foundation of Lomi Lomi. The techniques taught help the body to open so that Mana (vital force) can flow more easily thus restoring greater health. PRERQ MT 200 NCBTMB AZ-CEU

10 Weeks  
1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm  
4/9/12 - 6/18/12 M 6:00 pm - 10:00 pm  
\$560.00

### Herbal Bio-Arts

**SC 300 Class Hours: 45 Credits: 3**

Herbal bio-arts provides each Western Herbalism student the opportunity to begin building confidence for real world application of botanical education with development and practice of client intake, interview and formulary skills while putting their educational program pieces into a cohesive philosophy for practicing. Material fee \$10. PRERQ WH 100, WH 210, WH 220, WH 230 (AZ-CEU)

6 Weeks  
6/26/12 - 8/2/12 T Th 6:00 pm - 9:45 pm  
\$640.00 Instructor Brereton

### Homeopathic Remedies - Introduction

**SC 210 Class Hours: 24 Credits: 1.5**

Homeopathy is a form of alternative medicine that is holistic, scientifically based, safe to use, inexpensive and curative of chronic disease. The principles upon which it is based have been utilized in healing for thousands of years. Homeopathic remedies work through activating the body's own powers of self-regulation and self-healing. Homeopathic medicine is the second most common form of alternative medicine in the world today and the most common form of alternative medicine in North and South America. Text: \$12

6 Weeks  
7/27/11 - 8/31/11 W 6:00 pm - 10:00 pm  
8/8/12 - 9/12/12 W 6:00 pm - 10:00 pm  
\$336.00

### Homeopathic Remedies - Introduction

ONLINE

**SC 210-OL Class Hours: 24 Credits: 1.5**

Text: \$12

6 Weeks  
7/18/11 - 8/28/11  
10/10/11 - 11/20/11  
11/21/11 - 1/15/12  
1/2/12 - 2/12/12  
\$336.00



### Homeopathic Remedies - Women & Children ONLINE

**SC 211-OL Class Hours: 24 Credits: 1.5**

Students will discuss and understand the philosophy of the vital force, the difference and importance between a weak and strong vital force and how potency, the vital force and the center of gravity fit together. Students will understand and interpret the terminology used within the repertory and the theory of potency, safety of prescribing potencies Students will learn to select appropriate remedies utilizing the repertory and the Materia Medica. PRERQ SC 210 or SC 210-OL

6 Weeks  
11/21/11 - 1/15/12  
\$336.00



**Homeopathic Remedies - Common Ailments ONLINE**

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



**Homeopathic Remedies - Clinic 1 ONLINE**

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



**Homeopathic Remedies - Clinical 2 ONLINE**

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



**Homeopathic Remedies - Clinical 3 ONLINE**

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



**Hypnotherapy - Foundations Level I**

**HY 100 Class Hours: 20 Credits: 1.25**  
Course is designed to give students an introduction to the subject of hypnosis. The history, theory and evolution of this most interesting subject is explored in-depth, and students observe and practice introductory hypnosis techniques. Course is a blend of lecture, demos, discussion and practice of hypnosis technique. Text: \$41  
1 Weekend  
9/23/11 - 9/25/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
3 Weeks  
11/8/11 - 11/22/11 T Th 6:00 pm - 10:00 pm  
4/5/12 - 4/19/12 T Th 6:00 pm - 10:00 pm  
\$280.00

**Hypnotherapy - Foundations Level I ONLINE**

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



**Hypnotherapy - Foundations Level II**

**HY 200 Class Hours: 40 Credits: 2.5**  
Course offers a natural continuation of Hypnotherapy I. Advanced topics will be reviewed as the student receives more in-depth information on the subject. As students' information and theory base increase, so will their competence as a hypnotherapist. 8 hours of professional boundaries and ethics will be given as part of the class. Text: \$39  
PRERQ: HY 100 or HY 100-OL  
2 Weekends  
9/30/11 - 10/16/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
2/24/12 - 3/25/12 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
5 Weeks  
7/26/11 - 8/25/11 T Th 6:00 pm - 10:00 pm  
11/29/11 - 1/12/12 T Th 6:00 pm - 10:00 pm  
\$560.00 Instructor Bennett

**Hypnotherapy - Foundations Level II ONLINE**

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



**Hypnotherapy - Foundations Level III Clinic**

**HY 300 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. Emphasis on skill development and competence. New and advanced techniques are introduced in Hypnotherapy III. Text: \$40 PRERQ: HY 200 or HY 200-OL  
2 Weekends  
8/5/11 - 8/21/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
11/11/11 - 12/11/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
4/13/12 - 5/6/12 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
5 Weeks  
8/30/11 - 9/29/11 T Th 6:00 pm - 10:00 pm  
1/17/12 - 2/16/12 T Th 6:00 pm - 10:00 pm  
\$560.00 Instructor Bennett

**Hypnotherapy - Foundations Level III ONLINE**

**HY 300-OL Class Hours: 40 Credits: 1**  
Text: \$69 PRERQ: HY 200 or HY 200-OL  
10 Weeks  
7/25/11 - 10/16/11  
9/26/11 - 12/11/11  
11/28/11 - 2/19/12  
\$560.00



**Hypnotherapy - Advanced Techniques**

**HY 400 Class Hours: 20 Credits: 0.75**  
Students will participate in a supervised clinic that will focus on advanced techniques of weight loss and smoking abatement, fears and phobias. The format is a practicum where students work with clients in a clinical setting. PRERQ HY 300  
1 Weekend  
10/7/11 - 10/9/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
3/2/12 - 3/4/12 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
\$280.00

**Hypnotherapy - Advanced Techniques ONLINE**

**HY 401-OL Class Hours: 25 Credits: 1**  
Media \$10. PRERQ HY 300 or HY 300-OL  
6 Weeks  
9/12/11 - 10/23/11  
10/24/11 - 12/4/11  
1/23/12 - 3/4/12  
2/6/12 - 3/25/12  
\$350.00



**Hypnotherapy - Fears, Phobias & Addictions**

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

**Hypnotherapy - Fears, Phobias & Addictions ONLINE**

**HY 315-OL Class Hours: 15 Credits: 1**  
PRERQ: HY 200 Hypnotherapy II or HY 200-OL  
4 Weeks  
9/19/11 - 10/23/11  
10/17/11 - 11/13/11  
11/21/11 - 12/18/11  
\$210.00



**Hypnotherapy - Medical Imagery**

**HY 580 Class Hours: 15 Credits: 0.75**  
Explore the art of "Medical Imagery" and hypnosis to activate a client's inner resources and enhance the healing process. Learn how to harness the power of a person's mind by tapping into the beliefs residing in the subconscious domain. You will learn healing imagery for specific health problems ranging from mild discomfort to serious and chronic illnesses. Anyone in the healing arts can utilize this complementary modality to enhance general health, well-being and gain a comprehensive understanding of the mind-body interrelationships. It is highly recommended that Hypnotherapy students have completed HY 200. Required text: Medical Hypnotherapy by Tim Simmerman \$36 Recommended texts: Rituals of Healing by J. Achterberg, B. Dossey, and L. Kolkmeier, Human Body by DK  
1 Weekend  
9/24/11 - 9/25/11 Sa Su 9:00 am - 5:30 pm  
3/10/12 - 3/11/12 Sa Su 9:00 am - 5:30 pm  
\$210.00



**Hypnotherapy - Past Life Introduction**

**HY 351 Class Hours: 4 Credits: 0.25**  
 Overview and introduction of history and benefits of past life regression. Opportunity to have past life experience. NO PRERQ - this is the first 4 hours of HY 350.

1 Day  
 1/20/12 - 1/20/12 F 6:00 pm - 10:00 pm  
 6/15/12 - 6/15/12 F 6:00 pm - 10:00 pm  
 \$56.00 Instructor Bennett

**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. PRERQ: HYPNOTHERAPY III or permission of the instructor.

1 Weekend  
 1/20/12 - 1/22/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 6/15/12 - 6/17/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 \$280.00

**Hypnotherapy - Past Life Regression ONLINE**

**HY 350-OL Class Hours: 20 Credits: 1**  
 PRERQ: HYPNOTHERAPY III or permission of the instructor. Texts + Media \$40

5 Weeks  
 8/1/11 - 9/4/11  
 9/12/11 - 10/16/11  
 12/5/11 - 1/15/12  
 1/2/12 - 2/5/12  
 1/30/12 - 3/11/12  
 \$280.00



**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 200 Hypnotherapy II

1 Weekend  
 3/31/12 - 4/1/12 Sa Su 9:00 am - 5:30 pm  
 4 Weeks  
 10/13/11 - 11/3/11 Th 6:00 pm - 9:45 pm  
 \$210.00

**Hypnotherapy - Script Writing ONLINE**

**HY 420-OL Class Hours: 15 Credits: 1**  
 The choice of words you say to a client while they are in an altered state is the most important part of the hypnotherapy process. Learn to write your own scripts and how to choose effective pre-written scripts. Learn to write suggestions for the unconscious mind, the five golden rules for writing your hypno-guides, what you never say and what you always say. PRERQ: HY 200 Hypnotherapy II Media \$18.

4 Weekends  
 8/8/11 - 9/4/11  
 10/31/11 - 11/27/11  
 11/14/11 - 12/11/11  
 1/2/12 - 1/29/12  
 \$210.00



**Hypnotherapy - Subconscious Intervention**

**HY 520 Class Hours: 20 Credits: 1**  
 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. PRERQ: HY 200 HYPNOTHERAPY II or HY 200-OL

1 Weekend  
 8/12/11 - 8/14/11 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 12/16/11 - 12/18/11 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 4/20/12 - 4/22/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 \$280.00

**Hypnotherapy Clinical Certification Prep**

**EV 370 Class Hours: (8) Credits: 0**  
 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 Clinical Preparation class is not to be used as an elective or be used for hours or credits on a students official transcript.

2 Weeks  
 9/26/11 - 10/3/11 6:00 pm - 10:00 pm  
 \$175.00 Instructor Bennett

**Injury Management / Hydrotherapy**

**TE 662 Class Hours: 20 Credits: 0.75**  
 Learn the physiological processes of injury and tissue repair, and what we can do as massage therapists to facilitate the healing process. Specific injuries will be covered. Great information for anyone working with any kind of injury. Supplies: \$25 NCBTMB (AZ-CEU)

1 Weekend  
 12/9/11 - 12/11/11 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 4:00 pm  
 \$305.00 Instructor Queeno

**Introduction to Embodied Kabbalah**

**SP 409 Class Hours: 21 Credits: 1**  
 Jewish Mystics have, throughout the ages, by both written and oral traditions, asked the critical questions of our human existence. By studying and interpreting sacred writings, and finding pure mathematical and geometrical patterns hidden within, Kabbalah answers these questions and teaches the adept to live ecstatically as an expression of these concepts. We will explore the step down of creation and how it is recorded in our human bodies. LEC

5 Weeks  
 11/15/11 - 12/13/11 T 6:00 pm - 10:00 pm  
 9/6/12 - 10/4/12 Th 6:00 pm - 10:00 pm  
 \$294.00

**Intuitive Studies - Intro**

**CC 120 Class Hours: 30 Credits: 2**  
 Only 3% of the energy in the universe can be seen, felt or heard. This class teaches students to work with the potentially healing, unseen energy. What is intuition? How can it be developed? What gifts does it bring to my life, profession and ability to tap into the highest levels of information and knowing? Text: \$15.

8 Weeks  
 9/12/11 - 10/31/11 M 6:00 pm - 9:45 pm  
 11/8/11 - 1/10/12 T 6:00 pm - 9:45 pm  
 3/26/12 - 5/14/12 M 6:00 pm - 9:45 pm  
 \$420.00

**Intuitive Studies ONLINE**

**CC 120-OL Class Hours: 30 Credits: 2**

Required Kit: \$55  
 8 Weeks  
 8/8/11 - 10/2/11  
 \$420.00



**Kinesiology - Anatomical Applications**

**MT 151 Class Hours: 36 Credits: 2.25**  
 In this class you'll learn to understand how muscles move physiologically. You will identify the major muscles of movement and describe movement with anatomical language. You'll discover how to apply your knowledge through class activities and a final project. PRERQ: MT 115 Anatomy All books from Anatomy required plus another \$98 text. (AZ-CEU)

9 Weeks  
 8/15/11 - 10/17/11 M 8:30 am - 12:30 pm  
 11/17/11 - 2/2/12 Th 6:00 pm - 10:00 pm  
 1/3/12 - 2/28/12 T 8:30 am - 12:30 pm  
 \$504.00



**LaStone Therapy**

**ST 400 P\$ Class Hours: 30 Credits: 1**  
 Use hot and cold lava stones in conjunction with energy treatments, Swedish Massage, and Deep Tissue Techniques. Heat and cool the stones, use hot water to control the temperature of the stones for use on client. Learn cleaning of stones, how to harvest your own stones, where to look and how to recognize the basalt stones. Use of frozen stones for injuries, and alternating hot and cold stones for tissue repair and stress reduction. CONTRAINDICATED FOR PREGNANCY. Please bring 4-6 oz. squirt bottle of alcohol or witch hazel, massage oil, bolster pillow and head pillow, 4 flat sheets, 4 pillow cases, 5 large bath towels, 4 hand towels, 2 white tube socks, medium ice chest with ice, snacks and drinks. CLASS SIZE LIMITED TO 14 STUDENTS. Payment in full at time of registration. Non-refundable. Tuition includes \$30 stone rental/restocking fee. Text: \$38. AUC only P\$ NCBTMB BW (AZ-CEU)

1 Weekend  
 9/23/11 - 9/26/11 F Sa Su M 9:00 am - 6:00 pm  
 12/2/11 - 12/5/11 F Sa Su M 9:00 am - 6:00 pm  
 1/27/12 - 1/30/12 F Sa Su M 9:00 am - 6:00 pm  
 3/9/12 - 3/12/12 F Sa Su M 9:00 am - 6:00 pm  
 \$570.00

**LaStone - Advanced - Geothermal Energy**

**LS 200 P\$ Class Hours: 27 Credits: 0.75**  
 Expand your understanding and practical knowledge of the LaStone techniques. Begin to incorporate toning and abdominal massage techniques using geo-thermal-therapy principles and theories with the stones, using spheres and the Hollow Stone. The principles and theories that support LaStone in the field of energy work will play a huge role in what you experience in this Advanced course, so come prepared to explore the true meaning behind alternating temperatures in a stone session while expanding your connection to the energy aspects of LaStone. CONTRAINDICATED FOR PREGNANCY. PRERQ: ST 400 LaStone Therapy. CLASS SIZE LIMITED TO 14 STUDENTS. Payment in full at time of registration. Bring your stones & equipment. Non-refundable. Text: \$38 AUC only P\$ NCBTMB BW (AZ-CEU)

1 Week  
 3/13/12 - 3/15/12 T W Th 8:30 am - 6:30 pm  
 10/23/12 - 10/25/12 T W Th 8:30 am - 6:30 pm  
 \$516.00

Education is the movement  
 from darkness to light.

~Allan Bloom

### LaStone - Energetic Stones

**LS 300 P\$ Class Hours: 27 Credits: 0.75**  
Advance your Energy sessions and take your clients 'beyond balanced'. Enhance therapeutic and spiritual benefits when blending the healing energies of Reiki or other forms of 'energy work' with the therapeutic principles of LaStone Therapy. Your clients, feeling cradled by Mother Earth with her warm stones and refreshed with the cool stones, will move into a deeper state of consciousness that lasts longer than traditional energy sessions. The blending of crystals and toning in an "Energetic Stone" session will take your clients on a journey of self-healing that their souls will remember for a lifetime. PREREQ: suggested background in Energy work and Chakra understanding. CLASS SIZE LIMITED TO 14 STUDENTS. Payment in full at time of registration. Non-refundable. Text: \$35 AUC only P\$ NCBTMB BW (AZ-CEU) 1 Week  
10/24/11 - 10/26/11 M T W 8:30 am - 6:30 pm  
7/24/12 - 7/26/12 T W Th 8:30 am - 6:30 pm  
\$516.00

### Life Coaching - Foundation

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

### Life Coaching - Foundation ONLINE

**BC 550-OL Class Hours: 20 Credits: 1.25**  
P\$ Text + Media: \$26  
5 Weeks  
8/8/11 - 9/11/11  
10/10/11 - 11/13/11  
1/2/12 - 2/5/12  
\$360.00

### Life Coaching Core - Strategies,

#### Techniques & Implementation

**BC 560 P Class Hours: 80 Credits: 3.75**  
In this course, a coach is taught to use interactive processes and how to develop client-centered strategies and solutions, which move the client toward the rapid attainment of their goals. Participants will develop the ability to establish Client/Coach contracts, and define the nature, limitations and boundaries of the coaching relationships. Successful mastering of Coaching Core Competencies must be completed in addition to classroom time and ten required one-on-one sessions completed outside of class time. P\$. Text: \$75 PRERQ BC 550  
4 Weekends  
10/7/11 - 1/8/12 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
2/10/12 - 5/13/12 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
11 Weeks  
7/18/11 - 9/26/11 M W 6:00 pm - 10:00 pm  
1/18/12 - 3/28/12 M W 6:00 pm - 10:00 pm  
20 Weeks  
10/13/11 - 3/15/12 Th 6:00 pm - 10:00 pm  
\$1,440.00

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

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

**BC 561-OL Class Hours: 40 Credits: 2**  
\*\* STUDENTS MUST ALSO REGISTER AND PAY FOR BC 562-OL WHEN REGISTERING FOR THIS COURSE\*\* P\$. PREREQ: BC 550 or BC 550-OL. Text + Media \$56. Same DVDs and Book used for BC 562-OL (Life Coaching - Core Strategies, Techniques & Implementation, Part 2 ONLINE) as well.  
10 Weeks  
9/12/11 - 11/27/11  
11/14/11 - 2/5/12  
\$720.00



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

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



### Life Coaching - Advanced Coaching Skills

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

### Lower Back Pain Release

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

### Lymphatic Massage

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

### Lymphatic Massage Progression

**TE 345 Class Hours: 16 Credits: 1**  
Advanced version of lymphatic massage, designed to refine basic lymph drainage skills and promote a better understanding of the lymphatic system. Technique incorporates frontal and posterior protocols. PRERQ: TE 340 Lymphatic Massage (AZ-CEU)  
1 Weekend  
10/29/11 - 10/30/11 Sa Su 9:00 am - 6:00 pm  
\$224.00 Instructor Gabriel

### Mastery Skills for Health Care Practitioners

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

### Mastery Skills for Health Care Practitioners ONLINE

**CC 302-OL Class Hours: 30 Credits: 2**  
Texts: \$68 (AZ-CEU)  
8 Weeks  
7/18/11 - 9/11/11  
10/10/11 - 12/4/11  
11/7/11 - 1/15/12  
1/2/12 - 2/26/12  
\$420.00



### Medical Conditions - Deep Approach

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

### Medical Conditions - Fragile Tissue

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



### Medical Massage for Cancer Survivors

**TE 402 Class Hours: 16 Credits: 0.75**  
Gain a solid introduction to the general pathology of cancer, and massage techniques for serving clients who have had cancer. As study of the medical benefits of massage increases, the practice of massage for cancer survivors is now being explored. Learn how to "do no harm" as you work with light touch therapies for these under served clients. PRERQ MT 200 Swedish Massage. BW NCBTMB (AZ-CEU)  
1 Weekend  
7/16/11 - 7/17/11 Sa Su 9:00 am - 6:00 pm  
12/3/11 - 12/4/11 Sa Su 9:00 am - 6:00 pm  
\$224.00





### Meditation - An Introduction

**EL 201 Class Hours: 10 Credits: 0.25**

This introductory course offers an experiential exploration of both classical and contemporary mindfulness practices designed to support the mind/body approach to healing and wellness. This interactive, experiential approach is designed to provide skills to increase knowledge and personal understanding of meditation. Students will be sitting as well as walking and moving gently. Please bring a journal and any small personal items/photos for the creation of a sacred space. Wear comfortable clothing. Bring a meditation cushion or bench if you have one. Chairs, mats and blankets will be provided. This can be taken with or separately from the practice begun in EL 201. Neither is a PRERQ for the other. (AZ-CEU)

1 Weekend

9/10/11 - 9/11/11 Sa Su 9:30 am - 3:30 pm  
\$140.00 Instructor Miriam

### Meditation - An Introduction II

**EL 202 Class Hours: 10 Credits: 0.25**

This can be taken with or separately from the practice begun in EL 201. Neither is a PRERQ for the other. Learn to use the tools we have: the breath, the body, the voice; creating sacred space; developing a personal practice for yourself, your students and clients. Students will be sitting as well as walking and moving gently. Please bring a journal and any small personal items/photos for the creation of a sacred space. Wear comfortable clothing. Bring a meditation cushion or bench if you have one. Chairs, mats and blankets will be provided. (AZ-CEU)

1 Weekend

11/5/11 - 11/6/11 Sa Su 9:30 am - 3:30 pm  
\$140.00 Instructor Miriam

### Meditation & Mindfulness

**SP 450 Class Hours: 15 Credits: 1**

Receive guidance and instruction on Buddhist history and philosophy, the Mahayana tradition, dharma teachings, sitting and walking meditation, Thich Nhat Hanh's Order of Interbeing and the social, political and environmental aspects of spiritual practice. (AZ-CEU)

5 Weeks

10/11/11 - 11/8/11 T 6:00 pm - 9:00 pm  
8/2/12 - 8/30/12 Th 6:00 pm - 9:00 pm  
\$210.00

### Mindfulness as a Living Practice

**SP 455 Class Hours: 15 Credits: 1**

An experiential approach that cultivates awareness to support personal, interpersonal and professional growth. Through the integration of the Four Foundations of Mindfulness, students will learn about and participate in breathing practices, the four classical positions of meditation and the Four Noble Truths.

1 Weekend

10/8/11 - 10/9/11 Sa Su 9:00 am - 5:30 pm  
1/7/12 - 1/8/12 Sa Su 9:00 am - 5:30 pm  
\$210.00 Instructor Miriam

### Ministerial Duties

**SP 420 Class Hours: 30 Credits: 2**

This course covers weddings, christenings, funerals, counseling, issues of domestic violence, grief, suicide and the minister's role as counselor and spiritual advisor. Some cultural aspects of religious practice in death and dying are covered. Suggested book is *Illuminata*, by Marianne Williamson. Material fee: \$10.

8 Weeks

9/8/11 - 10/27/11 Th 6:00 pm - 9:45 pm  
3/13/12 - 5/1/12 T 6:00 pm - 9:45 pm  
\$430.00 Instructor Brown

### Mother Touch

**CB 400 Class Hours: 8 Credits: 0.25**

A course designed for students to learn to give the pregnant client a safe, gentle, yet highly effective Therapeutic Massage. Learn how pregnancy changes the body, when Pregnancy Massage is appropriate or contraindicated, techniques for producing total relaxation of muscles while peacefully stimulating blood circulation, lymphatic drainage and endocrinological balance. Please contact instructor for supplies list. PRERQ MT 200 Swedish NCBTMB BW (AZ-CEU)

1 Day

10/1/11 - 10/1/11 Sa 9:00 am - 6:00 pm  
\$112.00 Instructor Venezia

### Mother Touch - Advanced

**CB 401 Class Hours: 8 Credits: 0.25**

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

1 Day

10/2/11 - 10/2/11 Su 9:00 am - 6:00 pm  
\$112.00 Instructor Venezia

### Moxibustion

**OE 380 Class Hours: 8 Credits: 0.25**

A powerful addition to any bodywork style. Moxibustion is often as affective as acupuncture. Learn to burn moxa on or above the skin at acupuncture points to warm the Qi and blood in meridian channels for health maintenance and treatment of disorders. Supplies: \$35.

2 Weeks

10/19/11 - 10/26/11 W 6:00 pm - 10:00 pm  
4/12/12 - 4/19/12 Th 6:00 pm - 10:00 pm  
\$131.00

### Myofascial Energetic Massage

**EL 112 Class Hours: 20 Credits: 0.5**

This technique activates the neuro-net matrix within the connective tissue to initiate release in constrictions. Learn six techniques that can be used anywhere on the body plus three techniques specific to spine. Learn listening touch shift, skin echo-wave, subcu slide/glide, unlatch and torque, Myofascial Unwinding, squeeze and lift trigger point. Bring sheets and lotion. BW NCBTMB (AZ-CEU)

1 Weekend

9/23/11 - 9/25/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

5 Weeks

7/21/11 - 8/18/11 Th 6:00 pm - 10:00 pm  
1/12/12 - 2/9/12 Th 6:00 pm - 10:00 pm  
\$280.00

### Myofascial Energetic Massage: Advanced

- Head & Neck

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

Learn to unravel the mysteries of releasing connective tissue constrictions of the head and neck. Within the neuro-net matrix of the muscle connective tissue called myofascia lays patterns of tension that put pressure on blood vessels and nerves. Develop and refine more techniques to aid people with headaches, sinus pressure, neck pain, TMJ pain, and upper back pain. Bring sheets and lotion. BW NCBTMB (AZ-CEU)

1 Day

10/8/11 - 10/8/11 Sa 9:00 am - 6:00 pm  
2/11/12 - 2/11/12 Sa 9:00 am - 6:00 pm  
\$112.00

### Myofascial Energetic Massage: Advanced

- Lower Spine, Pelvis & Legs

**EL 122 Class Hours: 8 Credits: 0.25**

Learn to help people untangle the issues in the tissues of their lower back and hips. Chronic tension in walking patterns, stored holding patterns of survival in the hips and legs cause distress in daily living. Understand the dynamics of sciatica, lower back strain, hamstring pulls, hip and knee pain. Bring sheets and lotion. BW NCBTMB (AZ-CEU)

1 Day

8/13/11 - 8/13/11 Sa 9:00 am - 6:00 pm  
11/12/11 - 11/12/11 Sa 9:00 am - 6:00 pm  
4/14/12 - 4/14/12 Sa 9:00 am - 6:00 pm  
\$112.00

### Myofascial Energetic Massage: Advanced

- Shoulders, Thoracic Cage, Arm & Hand

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

Learn to unwrap the ribcage from tension and pressure. You can unburden the shoulders from the pain and pressure of muscle connection tissue constrictions. The heart, lungs, liver, stomach and kidneys will be affected with this release work. Get fine-tuned to work with people with thoracic outlet pain, rotator cuff pain, shoulder, upper and middle back pain, carpal tunnel pain, chest tension pressure related to Asthma and arm pain and pain due to scoliosis and kyphosis. Bring sheets and lotion. BW NCBTMB (AZ-CEU)

1 Day

10/22/11 - 10/22/11 Sa 9:00 am - 6:00 pm  
3/10/12 - 3/10/12 Sa 9:00 am - 6:00 pm  
\$112.00

### Myofascial Energetic Massage: Tissue

Talk - Master Touch Skills

**EL 126 Class Hours: 12 Credits: 0.25**

Learn to hone your massage touch to be effective with each stroke. Be the Master massage therapist who knows what each tissue needs and when to use what stroke for optimal effect. Be able to read each tissue for tissue stories and learn the language of the tissues. Update your palpitation and intuitive skills at your fingertips. BW NCBTMB (AZ-CEU)

1 Weekend

8/27/11 - 8/28/11 Sa Su 9:00 am - 4:00 pm  
12/10/11 - 12/11/11 Sa Su 9:00 am - 4:00 pm  
5/19/12 - 5/20/12 Sa Su 9:00 am - 4:00 pm  
\$168.00

### Myotherapy - Seven Step Release System

**MT 400 Class Hours: 40 Credits: 1.25**

A deep therapy approach to incorporating assisted stretches and skeletal articulations. Learn to find the holding pattern in a person's body and use very specific steps designed by KC Miller to release tight, tied-up muscles. Text: \$15 BW NCBTMB (AZ-CEU)

5 Weeks

10/3/11 - 11/2/11 M W 1:00 pm - 5:00 pm  
10 Weeks  
8/17/11 - 10/19/11 W 8:30 am - 12:30 pm  
11/15/11 - 1/31/12 T 6:00 pm - 10:00 pm  
1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm  
\$560.00

Come discover your  
Gifts and Graces  
the first Friday of  
each month at 6pm.

### Myotherapy - Seven Step Progression

**TE 362 Class Hours: 16 Credits: 0.5**

This class is a progression of the basic Seven Step Myotherapy skills in preparation for Myo Mastery. Included is a deeper understanding of theory, trigger points, rotations, and lateral recumbent/sideline work. Attention given to individual student needs to ensure competency. PRERQ: MT 400 MYOTHERAPY 7-STEP RELEASE. NCBTMB BW (AZ-CEU)

4 Weeks  
9/19/11 - 10/10/11 M 6:00 pm - 10:00 pm  
2 Weeks  
11/7/11 - 11/16/11 M W 1:00 pm - 5:00 pm  
\$224.00 Instructor Verdugo

### Myotherapy - Mastery

**TE 121 Class Hours: 20 Credits: 0.75**

Seven Step release system taught with emphasis on perfecting the techniques and learning variations on the platforms. PRERQ MT 400 BW NCBTMB (AZ-CEU)

5 Weeks  
8/16/11 - 9/13/11 T 8:30 am - 12:30 pm  
3 Weeks  
11/21/11 - 12/5/11 M W 1:00 pm - 5:00 pm  
\$280.00

### Myotherapy - Meridians & Acupressure

**TE 367 Class Hours: 20 Credits: 0.75**

Students will learn basic meridian flow and principles of qi, and learn how to incorporate this information into Myotherapy 7-Step theory for a greater therapeutic benefit. PRERQ MT 400 or Licensed. BW NCBTMB (AZ-CEU)

5 Weeks  
9/20/11 - 10/18/11 T 8:30 am - 12:30 pm  
1/2/12 - 2/6/12 M 6:00 pm - 10:00 pm  
\$280.00

### Mysticism

**SP 160 Class Hours: 15 Credits: 1**

Mystics, sages and spirituality magicians all have ancient ceremonies and each unique custom and culture will be explored. Egyptian wonders are fully experienced. Discover the value of ancient religions and how their ceremonies apply to today's healing. Supplies: \$15.

4 Weeks  
4/12/12 - 5/3/12 Th 6:00 pm - 9:45 pm  
\$225.00

### Neck Release I

**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. PRERQ: MT 200 SWEDISH OR MT 400 MYOTHERAPY. NCBTMB BW (AZ-CEU)

1 Day  
12/3/11 - 12/3/11 Sa 9:00 am - 6:00 pm  
2 Weeks  
9/20/11 - 9/27/11 T 6:00 pm - 10:00 pm  
2/1/12 - 2/8/12 W 6:00 pm - 10:00 pm  
\$112.00

### Neuro Linguistic Programming (NLP)

**EL 725 Class Hours: 20 Credits: 0.5**

Neuro Linguistic Programming (NLP) is the art and science of working directly with the unconscious (subconscious) mind to bring about repeatable and predictable results and behaviors 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 class where students learn NLP for themselves and to help others. Material fee: \$10.

1 Weekend  
8/26/11 - 8/28/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
12/2/11 - 12/4/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
\$290.00 Instructor Vincent

### Neuro Linguistic Programming (NLP)

**ONLINE**

**EL 725-OL Class Hours: 20 Credits: 0.5**

5 Weeks  
8/8/11 - 9/11/11  
9/6/11 - 10/16/11  
10/17/11 - 11/20/11  
\$280.00

**ONLINE**

### Neuromuscular Techniques Featuring

**Communicative Balancing**

**EL 735 Class Hours: 12 Credits: 0.25**

The essence of this course is communicative balancing of the whole body. Keep your clients coming back and get more referrals by learning a comprehensive protocol for lowback, hip, sciatic nerve pain and a therapeutic application of treatment for the upper thoracic, neck and head using reciprocal and active isolated stretching - in concert with the parasympathetic nervous system. Learn a more balanced and efficient approach to restore circulation, resulting in a revitalizing affected areas. Please have available shorts for stretching purposes. Bring one set of sheets, two hand towels. A lesson in communicative balancing: the newest technique that will never get old! (AZ-CEU)

1 Weekend  
11/5/11 - 11/6/11 Sa 9:00 am - 6:00 pm  
Su 9:00 am - 1:00 pm  
\$168.00 Instructor Schaeffer



### Nutrition - Holistic Foundation I

**NC 110 Class Hours: 45 Credits: 3**

The essentials of basic human nutrition including digestion, absorption, functions and food sources of carbohydrates, proteins and fats; vitamins, minerals and accessory nutrients. Course is for anyone wanting to learn more about nutrition.

Text: \$40, Material fee: \$10 NCBTMB (AZ-CEU)  
12 Weeks  
8/30/11 - 10/6/11 T Th 1:00 pm - 4:45 pm  
10/11/11 - 1/10/12 T 6:00 pm - 9:45 pm  
1/30/12 - 4/16/12 M 6:00 pm - 9:45 pm  
\$640.00

### Nutrition - Holistic Foundation I ONLINE

**NC 110-OL Class Hours: 45 Credits: 3**

Text: \$40  
12 Weeks  
8/8/11 - 11/6/11  
10/24/11 - 1/29/12  
1/2/12 - 4/1/12  
\$630.00

**ONLINE**

### Nutrition - Holistic Foundation II

**NC 310 Class Hours: 60 Credits: 4**

An in-depth understanding of the physical, psychological, behavioral and educational aspects of human nutrition. How nutrition affects a person's life and the relationship between nutrition and wellness. PRERQ: NC 110 Nutrition - Holistic Foundation I or NC 110-OL. Text: \$40, Material fee: \$10  
5 Weeks  
1/17/12 - 4/24/12 T 6:00 pm - 10:00 pm  
8/2/12 - 11/8/12 Th 6:00 pm - 10:00 pm  
\$850.00

### Nutrition - Holistic Foundation II

**ONLINE**

**NC 310-OL Class Hours: 60 Credits: 4**

PRERQ: Nutrition-Holistic Foundation I.  
Text: \$40, Material fee: \$10  
12 Weeks  
9/6/11 - 12/4/11  
11/7/11 - 2/12/12  
\$850.00

**ONLINE**



### Nutrition - Adding Spice to Your Life

**NC 165 Class Hours: 4 Credits: 0.25**

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

1 Day  
9/24/11 - 9/24/11 Sa 11:00 am - 3:00 pm  
\$71.00 Instructor Albert

### Nutrition - Adding Spice to Your Life II

**NC 166 Class Hours: 4 Credits: 0.25**

Tired of the same old recipes? Looking for ways to add pizzazz to your daily meals? Chef Rachel will help you expand your recipe repertoire with more exciting and enticing recipes that highlight the flavors and fragrances of herbs and spices from around the world. Hands-on. Wheat-free, gluten-free, dairy free, sugar-free recipes; several will include fish, fowl, or meat. Supply fee: \$15/person Bring a chef's knife in a protective case/carrying bag, 3 dish towels, 1 wash cloth or small rag, paper, pen or pencil, paring knife if you have one, and apron. Please plan to arrive 10 minutes early to take your stations so we can start promptly.

1 Day  
12/10/11 - 12/10/11 Sa 11:00 am - 3:00 pm  
\$71.00 Instructor Albert

### Nutrition - Cooking & Baking with Coconut Flour

**NC 171 Class Hours: 4 Credits: 0.25**

Learn how to cook and bake with hottest new flour on the market. Coconut flour contains more fiber than any other kind of flour. It's hypo-allergenic. It's as high in protein as wheat, but gluten free, and it contains fewer carbs than other flours. Chef Rachel will show you how to make both sweet and savory recipes using this unusual product. Wheat-free, gluten-free, mostly dairy free. Mix of demo and hands on. Supply fee: \$15/person

1 Day  
8/20/11 - 8/20/11 Sa 11:00 am - 3:00 pm  
\$71.00 Instructor Albert

**Nutrition - Gluten-Free Low Sugar Baking****NC 170 Class Hours: 4 Credits: 0.25**

Wheat-free, gluten-free, dairy-free? You can still enjoy delicious breads and desserts. Learn how to make and use gluten-free flour blends, healthy fats and oils, and higher quality sweeteners in to make healthier baked goods. You will learn how to make both sweet and savory recipes from focaccia and pizza to muffins, brownies, and banana bread. Recipes will contain eggs. Mix of demo and hands on. Wheat-free, gluten-free, dairy-free, mostly vegetarian (some of the pizza recipes may include meat). **NON-REFUNDABLE ONE CALENDAR MONTH PRIOR TO START DATE.** Supply fee: \$15 per person. Bring a chef's knife in a protective case/carrying bag, 3 dish towels, 1 washcloth or small rag, paper, pen or pencil, paring knife if you have one, and apron. Please plan to arrive 10 minutes early to take your stations so we can start promptly.

1 Day  
11/5/11 - 11/5/11 Sa 11:00 am - 3:00 pm  
\$71.00 Instructor Albert

**Nutrition - Healthy Holiday Gifts from the Hearth****NC 180 Class Hours: 4 Credits: 0.25**

Savor the season without spending a fortune and give the gift of health. Learn how to delight your family, friends and co-workers with memorable, mouthwatering gifts made from inexpensive whole foods ingredients. Chef Rachel will share some of her favorite recipes, including homemade beef and bison jerky, dried fruit chips and roll ups, delicious sauces and salad dressings, spice mixes, chocolate creations, and a hot beverage. You'll help make and taste an assortment of dishes and take home tips for planning, wrapping, decorating, packing, freezing, and shipping your homemade treasures. Wheat-free, gluten-free, dairy-free, mostly vegan recipes. Some recipes will contain meat and fish. **NON-REFUNDABLE ONE CALENDAR MONTH PRIOR TO START DATE.** Material fee: \$15 Bring a chef's knife in a protective case/carrying bag, 3 dish towels, 1 washcloth or small rag, paper, pen or pencil, paring knife if you have one, and apron. Please plan to arrive 10 minutes early to take your stations so we can start promptly.

1 Day  
11/19/11 - 11/19/11 Sa 11:00 am - 3:00 pm  
\$71.00 Instructor Albert

**Nutrition - Protein & Produce on a Budget****NC 145 Class Hours: 4 Credits: 0.25**

Eating healthy produce and protein-rich meals doesn't have to cost a fortune. Once you know which foods provide the most nutrition for your money, you just need to know where to shop, what to buy, when to buy it, and how to cook and store it for efficiency, economy, and preservation of nutrients. Improve your diet while you save money. You'll learn how to cook with a broader variety of meats, how to make simple substitutions, freeze with ease, and pick the perfect vegetable side dishes. Hands-on. Wheat-free, gluten-free, dairy free, sugar-free recipes. **NON-REFUNDABLE ONE CALENDAR MONTH BEFORE START DATE.** Supply fee: \$15/person Bring a chef's knife in a protective case/carrying bag, 3 dish towels, 1 washcloth or small rag, paper, pen or pencil, paring knife if you have one, and apron. Please plan to arrive 10 minutes early to take your stations so we can start promptly.

1 Day  
9/10/11 - 9/10/11 Sa 11:00 am - 3:00 pm  
\$71.00 Instructor Albert

**Nutrition - Supplements Intro****NC 340 Class Hours: 15 Credits: 1**

With the wide range of contradictory information on dietary supplements and herbs, consumers are unsure of what to take/not to take. A representative sample of vitamins, minerals and botanical medicines are explored in detail. Text \$25.

4 Weeks  
10/13/11 - 11/3/11 Th 6:00 pm - 9:45 pm  
5/8/12 - 5/29/12 T 6:00 pm - 9:45 pm  
\$210.00

**Nutrition - Supplements Intro ONLINE****NC 340-OL Class Hours: 15 Credits: 1**

Text \$25.

4 Weeks  
7/18/11 - 8/21/11  
8/29/11 - 9/25/11  
11/21/11 - 12/18/11  
1/2/12 - 1/29/12  
1/30/12 - 2/26/12  
\$210.00

**Nutrition - Therapies****NC 140 Class Hours: 15 Credits: 1**

This course explores nutritional therapy as a way to heal the body. It focuses on food as medicine to obtain and maintain a state of health. Text 25.

4 Weeks  
11/10/11 - 12/8/11 Th 6:00 pm - 9:45 pm  
6/5/12 - 6/26/12 T 6:00 pm - 9:45 pm  
\$210.00

**Nutrition - Therapies ONLINE****NC 140-OL Class Hours: 15 Credits: 1**

Texts: \$25

4 Weeks  
8/29/11 - 9/25/11  
10/3/11 - 10/30/11  
12/26/11 - 1/22/12  
1/30/12 - 2/26/12  
\$210.00

**Nutrition - Weight Management Strategies****NC 330 Class Hours: 30 Credits: 2**

Strategies for implementing healthy and effective long-range weight reduction plans, balanced in a healthy lifestyle to allow the maintenance of ideal weight. Text: \$40

8 Weeks  
2/9/12 - 3/29/12 Th 6:00 pm - 9:45 pm  
8/7/12 - 9/25/12 T 6:00 pm - 9:45 pm  
\$420.00

**Nutrition - Weight Management Strategies ONLINE****NC 331-OL Class Hours: 30 Credits: 1.5**

Text: \$40

8 Weeks  
8/8/11 - 10/2/11  
9/6/11 - 11/6/11  
10/17/11 - 12/11/11  
\$420.00

**Nutrition - Whole Food Cooking****NC 200 Class Hours: 20 Credits: 0.5**

You will develop healthy shopping habits and culinary skills; learn how to eat a produce-dominated diet; find out where to buy and how to prepare high quality vegetables, fruits, animal products, nuts, seeds, friendly fats and oils, herbs, spices, and natural sweeteners using as much local, seasonal, pasture-raised, and organic food as possible. Some classes will include the preparation of whole grains and beans; however, these foods will make up a minimal part of the course relative to fresh produce and protein rich foods. Course covers basic kitchen equipment, kitchen organization, meal planning and prep tips, and recipe modification. Each 4-hour class features a mix of demonstration, lecture, and hands-on, and includes the preparation of an entire meal. Space is limited. Recipes and menus will be gluten-free with optional dairy-products in some classes. **NON-REFUNDABLE ONE CALENDAR MONTH PRIOR TO START DATE.** Supplies \$60. Text: \$35, Material fee: \$10 NA

5 Weekends  
2/11/12 - 3/10/12 Sa 11:00 am - 3:00 pm  
5 Weeks  
10/12/11 - 11/9/11 W 6:00 pm - 10:00 pm  
1/5/12 - 2/2/12 Th 6:00 pm - 10:00 pm  
4/4/12 - 5/2/12 W 6:00 pm - 10:00 pm  
\$350.00

**Nutrition - Whole Food Cuisine ONLINE****NC 200-OL Class Hours: 20 Credits: 0.5**

NA Text + Media \$56.

5 Weeks

7/18/11 - 8/21/11  
10/10/11 - 11/20/11  
11/7/11 - 12/11/11  
12/12/11 - 1/29/12  
\$280.00

**Nutrition - Whole Food Cuisine & Recipes****NC 250 Class Hours: 15 Credits: 0.5**

Awaken your inner chef and enhance your appreciation of the nourishing power of natural foods. You'll develop greater ease, confidence, and efficiency in the kitchen; expand your recipe repertoire; learn how to expertly replace highly refined and commonly allergenic with more healthful alternatives; and make healthier and more economical alternatives to store bought soups, broths, salad dressings, and desserts. You'll also learn how to cook with Japanese and American sea vegetables. Space is limited. Gluten-free with optional dairy-products in some classes. **NON-REFUNDABLE ONE CALENDAR MONTH PRIOR TO START DATE.** Space is limited. Supplies \$60, Text \$25.

5 Weekends  
10/1/11 - 10/29/11 Sa 11:00 am - 2:00 pm  
5/12/12 - 6/16/12 Sa 6:00 pm - 9:00 pm  
5 Weeks  
8/30/11 - 9/27/11 T 6:00 pm - 9:00 pm  
9/1/11 - 9/29/11 Th 6:00 pm - 9:00 pm  
2/8/12 - 3/7/12 W 6:00 pm - 9:00 pm  
\$270.00

**Nutrition - Whole Food Cuisine II ONLINE****NC 250-OL Class Hours: 15 Credits: 0.5**

Text + Media \$55

5 Weekends

10/3/11 - 11/6/11  
11/7/11 - 12/11/11  
1/30/12 - 3/4/12  
3/5/12 - 4/8/12  
\$210.00



# MIND-BODY WELLNESS CONFERENCE 2011

Come learn from the renowned Dr. Allen Chips and other Holistic professionals.

Saturday, July 30 and Sunday, July 31

Call Student Services to register 480-994-9244

Class Descriptions 43



### Optimum Health & Sustainability

**HH 500 Class Hours: 15 Credits: 1**

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

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

### Optimum Health & Sustainability ONLINE

**HH 500-OL Class Hours: 15 Credits: 1**

NCBTMB

4 Weeks  
7/9/12 - 8/5/12  
\$210.00



### Pathology - BW

**SC 415 Class Hours: 40 Credits: 2.5**

Study a wide variety of medical conditions contraindicated for massage or if appropriate, precautions to be taken to administer massage safely. Prepares students to work on clients with medical conditions, chronic illness and disease. LEC Text: \$59.95 (AZ-CEU)

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

### Pathology - WH

**SC 425 Class Hours: 40 Credits: 2.5**

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

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

### Physiology

**MT 500 Class Hours: 60 Credits: 4**

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

15 Weeks  
9/26/11 - 1/23/12 M 6:00 pm - 10:00 pm  
8 Weeks  
9/19/11 - 11/7/11 M W 6:00 pm - 10:00 pm  
10/24/11 - 12/14/11 M W 8:30 am - 12:30 pm  
2/14/12 - 4/3/12 T Th 6:00 pm - 10:00 pm  
3/20/12 - 5/8/12 T Th 8:30 am - 12:30 pm  
\$840.00

### Polarity - Basic I

**PC 100 Class Hours: 20 Credits: 1**

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

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



### Polarity - Basic II

**PC 150 Class Hours: 48 Credits: 2.25**

Ether, Air, Fire, Water, Earth - the ancients saw our bodies as streams of energy with different qualities. Connect physical symptoms with their emotional origins and introduce music, sound, color and food as resources for balancing the entire body. Supplies: \$25 Material fee: \$15 PRERQ: PC 100 Polarity Basic I. NCBTMB BW (AZ-CEU) 2 Weekends

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

### Polarity - Communications, Resonance & Relations I

**PC 400 Class Hours: 32 Credits: 2**

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

1 Weekend  
9/15/11 - 9/18/11 Th 8:30 am - 5:30 pm  
F Sa Su 9:00 am - 6:00 pm  
12/8/11 - 12/11/11 Th 8:30 am - 5:30 pm  
F Sa Su 9:00 am - 6:00 pm  
3/15/12 - 3/18/12 Th 8:30 am - 5:30 pm  
F Sa Su 9:00 am - 6:00 pm  
\$448.00

### Polarity - Reflexology

**PC 700 Class Hours: 20 Credits: 1**

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

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

### Polarity APP/Cranial - Practicum

**PC 200 Class Hours: 30 Credits: 1.25**

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

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

### Polarity - Business and Ethics

**PC 800 Class Hours: 30 Credits: 2**

Managing the financial aspects of your Polarity practice and understanding professional ethics are the cornerstones of a balanced and successful practice. This class is to empower, prepare and motivate you to become successful financially, emotionally, consciously and spiritually. It will strengthen your business and boundary skills, honoring your work in life. NCBTMB

4 Weeks  
6/25/12 - 7/16/12 M 9:00 am - 5:30 pm  
\$420.00 Instructor Strauss

### Polarity - Cleanse & Exercise

**PC 940 Class Hours: 37 Credits: 1**

The art of cleansing the entire being through a self-exploratory process. Use various techniques and principles for spiritual, mental, emotional and physical rejuvenation. Explore a complete exercise protocol of stretching postures, muscle activation, breathing and sounding to balance the five elements and activate the movement of energy in the body. Materials fee: \$10 Text: \$34 AZ-CEU

4 Weeks  
TBD  
\$518.00 Instructor Strauss

### Polarity - Communications, Resonance & Relations II

**PC 993 Class Hours: 32 Credits: 2**

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

1 Weekend  
11/10/11 - 11/13/11 Th 8:30 am - 5:30 pm  
F Sa Su 9:00 am - 6:00 pm  
11/15/12 - 11/18/12 Th 8:30 am - 5:30 pm  
F Sa Su 9:00 am - 6:00 pm  
\$448.00

### Polarity - Energetic Nutrition

**PC 997 Class Hours: 24 Credits: 1.5**

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

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

### Polarity - Five & Six Point Star

**PC 986 Class Hours: 24 Credits: 0.75**

The 5 Point Star is an image of the body's shaping 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 Stone's work, so as to allow the structure to permit proper expression to flow in and out of the being. NCBTMB BW (AZ-CEU)

1 Weekend  
7/6/12 - 7/8/12 F Sa Su 9:00 am - 6:00 pm  
\$336.00

## 44 Class Descriptions

### **Polarity - Mystic Bible & Polar Energetic Exercises**

**PC 955 Class Hours: 12 Credits: 1**  
Dr. Randolph Stone, the father of Polarity Therapy, was a Mystic in his own right. He had a disciplined practice of meditation and a lifestyle of a modern day ascetic. He saw many internal images of an alternative reality that inspired him to create Polarity and search deeper into the realm of what true spirituality is. In this study group we will read and study Dr. Stone's Mystic Bible that relates to his sacred and fulfilling life's mission here. Polar Energetic exercises are easy stretches to release energy blocks.  
1 Weekend  
3/17/12 - 3/18/12 Sa Su 10:00 am - 5:00 pm  
\$168.00



### **Polarity - Practicum**

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

### **Polarity - 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. A culmination of Dr. Stone's techniques. Text: \$10 NCBTMB BW (AZ-CEU)  
1 Weekend  
12/2/11 - 12/4/11 F Sa Su 9:00 am - 6:00 pm  
6/8/12 - 6/10/12 F Sa Su 9:00 am - 6:00 pm  
\$336.00

### **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, we'll take a journey into our "interpersonal feedback loops" that rule our lives unconsciously keeping us from new possibilities. P\$ BW (AZ-CEU)  
1 Weekend  
1/13/12 - 1/15/12 F Sa Su 9:00 am - 6:00 pm  
\$336.00

### **Polarity - Advanced Elements**

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

### **Polarity - Advanced Supervision & Clinical Development**

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

### **Polarity - Autonomic Nervous System**

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

### **Postural Analysis**

**TE 625 Class Hours: 8 Credits: 0.25**  
Deduce the underlying cause and nature of your clients pain/tension. Learn how to assess postural distortions and how to link these indicators of muscular tension, injury, and skeletal pathology together to identify pain patterns. Learn how to analyze client's posture with visual assessment techniques and tools, range of motion testing, gait assessment, palpation, rocking, reflective anatomy, and muscle testing. Discover the most common problematic patterns and how to create a treatment plan for an optimal therapeutic outcome. Text: \$20. Also required: MT 115 Anatomy Text. NCBTMB (AZ-CEU)  
1 Day  
9/10/11 - 9/10/11 Sa 9:00 am - 6:00 pm  
2/4/12 - 2/4/12 Sa 9:00 am - 6:00 pm  
\$112.00 Instructor Lunaria

### **Posture for Massage Therapists**

**TE 512 Class Hours: 5 Credits: 0.25**  
Position yourself properly when massaging your clients to provide the most effective results and care for your body. AZ-CEU)  
1 Day  
9/24/11 - 9/24/11 Sa 9:00 am - 3:00 pm  
2/4/12 - 2/4/12 Sa 9:00 am - 3:00 pm  
\$70.00

### **Practice Development Portfolio**

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



### **Prayer Therapy**

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

### **Prayer Therapy ONLINE**

**SP 275-OL Class Hours: 15 Credits: 1**  
4 Weeks  
10/8/12 - 11/4/12  
\$210.00



### **Psychology of Addiction - Understanding the Shadow**

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

### **Psychology of Addiction - Understanding the Shadow ONLINE**

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



### **Psychology Theories - Honoring the Masters**

**CC 250 Class Hours: 30 Credits: 2**  
This course presents an overview of the cognitive, psychosexual, psychosocial, behaviorist, social-learning and sociocultural theories, highlighting how these theories often contradict each other. It profiles the work of Piaget, Freud, Erickson, Skinner, Maslow and Rogers. Text: \$72 or eText: \$30 (code for text will be provided by instructor at first class session)  
8 Weeks  
11/30/11 - 2/1/12 W 6:00 pm - 9:45 pm  
3/26/12 - 5/14/12 M 6:00 pm - 9:45 pm  
\$420.00

### **Psychology Theories - Honoring the Masters ONLINE**

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



Honour your body-it is your representation in this universe!

### Public Speaking

**BC 401 Class Hours: 15 Credits: 1**

Share your gifts with the world in a professional and educational way. This class is designed to teach students how to give a speech and make a formal presentation. Self-directed option is available for this course. LEC (AZ-CEU)

4 Weeks  
8/30/11 - 9/20/11 T 6:00 pm - 9:45 pm  
9/12/11 - 10/3/11 M 6:00 pm - 9:45 pm  
11/30/11 - 1/4/12 W 6:00 pm - 9:45 pm  
12/5/11 - 1/9/12 M 6:00 pm - 9:45 pm  
\$210.00

### Public Speaking ONLINE

**BC 401-OL Class Hours: 15 Credits: 1**

4 Weeks  
9/6/11 - 10/2/11  
1/30/12 - 2/26/12  
\$210.00



### Reflexology - A Western Approach

**RF 100 Class Hours: 28 Credits: 1**

Reflexology is a science that deals with the principle that there are reflex areas in the feet, hands and ears that correspond to all the glands, organs, parts and systems of the body. Explanation of various theories and the development of modern western reflexology. Concentration is on basic foot and hand protocols for the purpose of relaxation and stress reduction. Text: \$20 BW NCBTMB (AZ-CEU)

4 Weeks  
10/24/11 - 11/14/11 M W 1:00 pm - 5:00 pm  
7 Weeks  
9/21/11 - 11/2/11 W 6:00 pm - 10:00 pm  
1/6/12 - 2/17/12 F 9:00 am - 1:00 pm  
\$392.00

### Reflexology - Pathology & Assessment

**RF 101 Class Hours: 24 Credits: 1**

Concentration on a "system-by-systems" review of the ten bodily systems as related to the microcosm theory in reflexology. Pathology and symptomology reviewed in-depth. Client history taking, SOAP notes and Treatment Plans are taught. PREREQ: RF 100 or Instructor's permission. Text: \$19 NCBTMB (AZ-CEU)

4 Weeks  
11/16/11 - 12/9/11 M W 1:00 pm - 5:00 pm  
6 Weeks  
8/26/11 - 10/7/11 F 9:00 am - 1:00 pm  
11/9/11 - 1/4/12 W 6:00 pm - 10:00 pm  
2/24/12 - 3/30/12 F 9:00 am - 1:00 pm  
\$336.00

### Reflexology - Balance & Being

**RF 102 Class Hours: 20 Credits: 0.75**

Class focus is on review of modern/western reflexology theories as they relate to balance of mind, body and spirit. Zone theory as related to current reflexology practice, and continued focus on microcosm theory, combine to round out the emotional/spiritual balance that reflexology so richly offers as a current healing modality. Class includes discussion and weekly practical hands-on sessions to assist the students in working through the body by manipulation of both feet and hands. PREREQ: RF 100 and RF 101 or Instructor's permission. Text: \$18 BW NCBTMB (AZ-CEU)

3 Weeks  
1/2/12 - 1/16/12 M W 1:00 pm - 5:00 pm  
5 Weeks  
7/13/11 - 8/10/11 W 6:00 pm - 10:00 pm  
10/14/11 - 11/11/11 F 9:00 am - 1:00 pm  
1/11/12 - 2/8/12 W 6:00 pm - 10:00 pm  
\$280.00

### Reflexology - Clinic

**RF 103 Class Hours: 16 Credits: 0.25**

Information will be provided in class to increase student knowledge regarding local, national and international organizations (related to reflexology as a profession). Excellence in the profession will be emphasized through continued review and hands-on/clinic practice of modern western theories and techniques. ARCB National testing/certification preparation will be incorporated throughout class sessions. Fine tuning professional basics, personal session rhythm and flow and weekly practice with client paperwork will help to prepare the student for real client interactions and professional growth in the practice of reflexology. PREREQ: RF 100 & RF 101 (MT 115 Anatomy, MT 500 Physiology and RF 102 strongly suggested) NCBTMB 2 Weeks  
1/23/12 - 2/1/12 M W 1:00 pm - 5:00 pm  
4 Weeks  
8/17/11 - 9/7/11 W 6:00 pm - 10:00 pm  
11/18/11 - 12/16/11 F 9:00 am - 1:00 pm  
2/25/12 - 2/26/12 Sa Su 9:00 am - 6:00 pm  
\$224.00

### Reflexology - Color

**RF 104 Class Hours: 8 Credits: 0.25**

This class will explore the theory between color, the endocrine system and the reflex areas of the foot. We will experience the use of color, the knowledge of the chakra involved in this system and how to apply this to the corresponding reflex area in the foot. PREREQ: TE 560 Reflexology Intro. or RF 100 Reflexology Western Approach or instructor's permission. NCBTMB (AZ-CEU)

1 Weekend  
10/29/11 - 10/29/11 Sa 9:00 am - 6:00 pm  
2/22/12 - 2/29/12 W 1:00 pm - 5:00 pm  
\$112.00 Instructor Speen

### Reflexology - Emotional

**RF 110 Class Hours: 16 Credits: 0.5**

Emotions and stories are held in specific areas of the body and in certain organs. 'What's where' is taught on an intellectual and kinesthetic level. BW NCBTMB PREREQ: TE 560 Reflexology Intro. or RF 100 Reflexology Western Approach or Instructor's permission NCBTMB (AZ-CEU)

1 Weekend  
8/27/11 - 8/28/11 Sa Su 9:00 am - 6:00 pm  
2/18/12 - 2/19/12 Sa Su 9:00 am - 6:00 pm  
4 Weeks  
2/27/12 - 3/19/12 M 1:00 pm - 5:00 pm  
\$224.00

### Reflexology - Face

**RF 120 Class Hours: 4 Credits: 0.25**

Learn a therapeutic balancing for the face. Understand how the face is a hologram for the body. BW NCBTMB (AZ-CEU)

1 Day  
9/11/11 - 9/11/11 Su 2:00 pm - 6:00 pm  
3/26/12 - 3/26/12 M 1:00 pm - 5:00 pm  
\$56.00



### Reflexology - Hand

**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. PREREQ: TE 560 Reflexology Intro or RF 100 Reflexology Western Approach or instructor's permission. (AZ-CEU)

1 Day  
9/11/11 - 9/11/11 Su 9:00 am - 1:00 pm  
1/21/12 - 1/21/12 Sa 9:00 am - 1:00 pm  
\$56.00



### Reflexology - Intro

**TE 560 Class Hours: 8 Credits: 0.25**

Basic foot reflexology techniques are taught to create holistic health and healing in remote areas of the body. Learn the basics of history, mapping and technique. NCBTMB (AZ-CEU)

2 Weeks  
8/19/11 - 8/26/11 F 8:30 am - 12:30 pm  
11/1/11 - 11/8/11 T 6:00 pm - 10:00 pm  
12/8/11 - 12/15/11 Th 8:30 am - 12:30 pm  
3/26/12 - 4/2/12 M 6:00 pm - 10:00 pm  
\$112.00

### Reflexology - Sole Points

**RF 145 Class Hours: 16 Credits: 0.5**

Learn to combine Hot/Cold Stone Therapy with Reflexology of the Feet and Aromatherapy. This class is an intensive weekend covering the healing properties of thermal therapy, Hydrotherapy and reflexology. PREREQ: TE 560 Reflexology Intro. or RF 100 Reflexology Western Approach or instructor's permission. Please bring at least four hand towels and four large towels. Supplies: \$60. NCBTMB (AZ-CEU)

1 Weekend  
8/13/11 - 8/14/11 Sa Su 9:00 am - 6:00 pm  
11/12/11 - 11/13/11 Sa Su 9:00 am - 6:00 pm  
2/11/12 - 2/12/12 Sa Su 9:00 am - 6:00 pm  
2 Weeks  
1/17/12 - 1/26/12 Tu 9:00 pm - 5:00 pm  
\$284.00

### 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. Text: \$20 NCBTMB (AZ-CEU)

1 Weekend  
8/27/11 - 8/28/11 Sa Su 9:00 am - 6:00 pm  
10/8/11 - 10/9/11 Sa Su 9:00 am - 6:00 pm  
2/4/12 - 2/5/12 Sa Su 9:00 am - 6:00 pm  
\$224.00

### Reiki I & II - Transformational

**EC 715 Class Hours: 24 Credits: 0.75**

Transformational Reiki combines Reiki I & II over one intensive weekend, plus a night of integration. The sacred Reiki symbols are revealed from the beginning. The weekend includes a Sacred Ceremony specifically designed to help you align closer with your Source and the ancient Healer within. (AZ-CEU).

1 Weekend  
9/16/11 - 9/19/11 F M 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
11/4/11 - 11/7/11 F M 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
1/20/12 - 1/23/12 F M 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

\$336.00

### Reiki II

**EC 710 Class Hours: 8 Credits: 0.25**

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. PREREQ: EC 700 Reiki I Traditional NCBTMB (AZ-CEU)

1 Day  
11/5/11 - 11/5/11 Sa 9:00 am - 6:00 pm  
3/3/12 - 3/3/12 Sa 9:00 am - 6:00 pm  
6/23/12 - 6/23/12 Sa 9:00 am - 6:00 pm  
\$112.00

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



### Reiki III - Advanced Traditional

**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. PRERQ: EC 710 Reiki II or EC 715 Reiki I & II Transformational NCBTMB (AZ-CEU)

1 Day  
 9/17/11 - 9/17/11 Sa 9:00 am - 6:00 pm  
 12/3/11 - 12/3/11 Sa 9:00 am - 6:00 pm  
 3/31/12 - 3/31/12 Sa 9:00 am - 6:00 pm  
 \$112.00

### Reiki III - Advanced Transformational

**EC 725 Class Hours: 8 Credits: 0.25**

Reiki III increases and enhances the amount of Universal Life Force Energy that flows through you. You will receive an attunement with the Reiki Master symbol. Emphasis will be given to grounding and protecting yourself as you prepare to serve in the world as a powerful channel of healing to others. This class prepares you to move into the Reiki Master Teacher course. PRERQ: Reiki I & II AZ-CEU

1 Day  
 10/15/11 - 10/15/11 Sa 9:00 am - 6:00 pm  
 2/25/12 - 2/25/12 Sa 9:00 am - 6:00 pm  
 \$112.00

### Reiki & Beyond

**EC 730 Class Hours: 8 Credits: 0.25**

Experience ways to expand your Reiki practice utilizing other vibrational therapy methods including sound, crystals, color and aromatherapy. PRERQ: EC 715 or EC 700 & EC 710 (AZ-CEU)

1 Day  
 7/23/11 - 7/23/11 Sa 9:00 am - 6:00 pm  
 10/1/11 - 10/1/11 Sa 9:00 am - 6:00 pm  
 2/18/12 - 2/18/12 Sa 9:00 am - 6:00 pm  
 \$112.00

### Reiki & Guides

**EC 740 Class Hours: 8 Credits: 0.25**

Moving into a spiritually-centered life requires a great re-orientation of consciousness into the transcendental realities of higher vibrational levels. In these higher ranges of consciousness and energy whole worlds of nonmaterial spiritual beings exist. Learn how to get guidance from spirit guides and allow Spirit to combine with your core essence. PRERQ: EC 715 or EC 700 & EC 710 (AZ-CEU)

1 Day  
 12/10/11 - 12/10/11 Sa 9:00 am - 6:00 pm  
 3/17/12 - 3/17/12 Sa 9:00 am - 6:00 pm  
 \$112.00

### Reiki Angels & Masters - Transformational

**EC 745 Class Hours: 8 Credits: 0.25**

As you grow in your Reiki practice you will realize that 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 all but call upon them. Learn to invite help and guidance from your Angels and ascended Masters. PRERQ: EC 715 or EC 710 (AZ-CEU) Text: \$23

1 Day  
 10/29/11 - 10/29/11 Sa 9:00 am - 6:00 pm  
 5/5/12 - 5/5/12 Sa 9:00 am - 6:00 pm  
 \$112.00

### Reiki Symbolism & Geometric

**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. PRERQ: EC 715 or EC 710 (AZ-CEU)

1 Weekend  
 11/19/11 - 11/20/11 Sa Su 9:00 am - 6:00 pm  
 1/21/12 - 1/22/12 Sa Su 9:00 am - 6:00 pm  
 \$224.00

### Reiki Symbols & Sound - Transformational

**EC 755 Class Hours: 16 Credits: 0.5**

Access the power of Reiki using traditional and nontraditional symbols, sounds, toning, and chanting. Learn about Reiki ceremony through the use of sacred tools, instruments and demonstrations. Learn to use your voice, your intention, and your intuitive creativity to facilitate powerful vibrational Reiki sessions. PRERQ: EC 715 or EC 710 (AZ-CEU)

1 Weekend  
 8/6/11 - 8/7/11 Sa Su 9:00 am - 6:00 pm  
 1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm  
 4/14/12 - 4/15/12 Sa Su 9:00 am - 6:00 pm  
 \$224.00

### Reiki Clinic

**EC 799 Class Hours: 16 Credits: 0.25**

Reiki program clinic hours - PRERQ EC 700 & EC 710 or EC 715

1 Weekend  
 9/10/11 - 9/11/11 Sa Su 9:00 am - 6:00 pm  
 1/14/12 - 1/15/12 Sa Su 9:00 am - 6:00 pm  
 4/28/12 - 4/29/12 Sa Su 9:00 am - 6:00 pm  
 \$224.00

### Reiki Clinic - Transformational

**EC 795 Class Hours: 16 Credits: 0.25**

Transformational Reiki program clinic hours - PRERQ EC 700 & EC 710 or EC 715

1 Weekend  
 7/30/11 - 7/31/11 Sa Su 9:00 am - 6:00 pm  
 11/12/11 - 11/13/11 Sa Su 9:00 am - 6:00 pm  
 3/10/12 - 3/11/12 Sa Su 9:00 am - 6:00 pm  
 \$224.00

### Reiki Master/Teacher Initiation

**EC 765 Class Hours: 20 Credits: 0.5**

Become a Reiki Master Teacher, fully initiated, with all the Master Symbols, qualified and competent to teach Reiki to others. Some may choose not to teach, but rather to use the Master Teacher initiation for personal empowerment. PRERQ: EC 720 Reiki III or EC 725 Reiki III - Advanced Transformational. Text: \$20 (AZ-CEU) BC 410

1 Weekend  
 8/26/11 - 8/28/11 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 1/27/12 - 1/29/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm  
 6/1/12 - 6/3/12 F 6:00 pm - 10:00 pm  
 Sa Su 9:00 am - 6:00 pm

\$280.00

### 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. NCBTMB BW (AZ-CEU)

1 Weekend  
 10/7/11 - 10/8/11 F 6:00 pm - 10:00 pm  
 Sa 9:00 am - 6:00 pm

3 Weeks  
 8/10/11 - 8/24/11 W 6:00 pm - 10:00 pm  
 1/3/12 - 1/17/12 T 6:00 pm - 10:00 pm  
 3/13/12 - 3/27/12 T 1:00 pm - 5:00 pm  
 \$168.00

### 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. NCBTMB BW (AZ-CEU)

1 Weekend  
 11/4/11 - 11/5/11 F 6:00 pm - 10:00 pm  
 Sa 9:00 am - 6:00 pm

3 Weeks  
 8/31/11 - 9/14/11 W 6:00 pm - 10:00 pm  
 2/7/12 - 2/21/12 T 6:00 pm - 10:00 pm  
 3/15/12 - 3/29/12 Th 1:00 pm - 5:00 pm  
 \$168.00

### 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. PRERQ: MT 115 Anatomy and MT 400 Myotherapy are preferred. NCBTMB BW (AZ-CEU)

2 Weeks  
 7/22/11 - 7/29/11 F 8:30 am - 12:30 pm  
 10/18/11 - 10/25/11 T 6:00 pm - 10:00 pm  
 1 Week  
 2/14/12 - 2/16/12 T Th 1:00 pm - 5:00 pm  
 \$112.00

### Sacred Agreements - Setting Your Spiritual Intention

**SP 400 Class Hours: 15 Credits: 1**

Have you ever wanted to have greater understanding of your life purpose? This can be a complex and fascinating process of exploration, culminating in a rewarding and life-changing awareness. The Sacred Agreements class is your opportunity to deeply examine your mission in life and the goals you set for yourself. Investigate various archetypal principles, and develop a greater understanding of self. Bring: Paper/pen/notebook.

1 Weekend  
 7/23/11 - 7/24/11 Sa Su 9:00 am - 5:30 pm  
 2/18/12 - 2/19/12 Sa Su 9:00 am - 5:30 pm  
 5/19/12 - 5/20/12 Sa Su 9:00 am - 5:30 pm  
 \$210.00

### Sacred Mudras & More

**EC 733 Class Hours: 8 Credits: 0.25**

Mudra is a Sanskrit word that means "sealing in the energy". Through the ages, specific energy techniques have evolved to help us access the power to heal and transform. The use of Mudra in the healing process is one way to create a more conscious body/mind connection. When practiced regularly, techniques that focus attention on balancing the flow of Prana (Life Energy) begin to prepare the way for transformation in ourselves and for others. This class is designed to introduce students to the art and tradition of Mudra as a form of investigating physical and mental focus and deeper spiritual awareness. Subjects covered include a basic understanding of how Prana flows, and its connection to the five elements, the chakras, and specific gestures of the hands (hasta mudras). Students will also work together in groups and pairs while learning these techniques, and have an opportunity to facilitate a partner, as well as create their own personal Sacred Mudra meditation practice.

1 Day  
 10/22/11 - 10/22/11 Sa 9:00 am - 6:00 pm  
 2/11/12 - 2/11/12 Sa 9:00 am - 6:00 pm  
 \$112.00

**Holistic Health Care -  
the original way to 'GoGreen'**

### Seated Shiatsu

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

### Self Help for Pain & Injury

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



### Seminar & Presentation

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

### SOAP Notes

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

### Spa Management - Introduction to the Spa Industry & Operations

**SM 100 Class Hours: 20 Credits: 1.25**  
This course will offer the student and overview of the general operations and administrative procedures for the spa environment. Also included will be an overview of the evolution of the spa industry from ancient civilizations to new frontiers of the spas of today. An overview of current trends, both nationally and internationally will be reviewed. Additionally the student will develop an understanding of the unique complexities required in managing and operating in the lucrative and complex industry. Other topics will include licensing, legal and ethical issues and the development of standard operating procedures. Text: \$18 NCBTMB (AZ-CEU)  
5 Weeks  
11/28/11 - 1/9/12 M 6:00 pm - 10:00 pm  
\$280.00

### Spa Management - Customer Service & The Spa Industry

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

### Spa Management - Fundamentals of Spa Design

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



### Spa Management - Feng Shui

**SM 212 Class Hours: 15 Credits: 0.5**  
What is Feng Shui? Explore the key terms and discover the principles of Feng Shui and how they can be utilized in your workspace and your life. Design a business floor plan. Present to the class of the logic behind your choices and what Principle of Feng Shui were utilized in your design. Text: TBD  
4 Weeks  
9/10/12 - 10/1/12 M 6:00 pm - 9:45 pm  
\$210.00

### Spa Management - Fundamentals of Spa Design & Feng Shui

**SM 210 Class Hours: 20 Credits: 1.25**  
NCBTMB (AZ-CEU)  
5 Weeks  
9/19/11 - 10/17/11 M 6:00 pm - 10:00 pm  
\$280.00

### Spa Management - Human Resources & Leadership

**SM 120 Class Hours: 30 Credits: 2**  
Effective leadership and the management of human resources is critical to succeeding in the spa industry. The differences between being a manager and a leader will be explored as well as learning what effective leadership means. Additional topics to be explored include employee selection, performance coaching, and employee training and motivation. NCBTMB (AZ-CEU)  
8 Weeks  
7/11/11 - 8/29/11 M 6:00 pm - 9:45 pm  
6/4/12 - 7/23/12 M 6:00 pm - 9:45 pm  
\$420.00

### Spa Management - Introduction to Spa Retail Management & Marketing

**SM 105 Class Hours: 30 Credits: 2**  
Learning effective marketing and retail management means more customers, increased sales, and branding opportunities. Spas are under increasing pressure to explore their untapped revenue sources. Once a spa has reached its maximum treatment room utilization, the only way to increase its bottom line is through spa retail. In this course, students will learn the fundamentals of developing a strategic marketing plan through sample case studies and examples of various spa models. Students will learn about analysis of trends, mission and position statements and developing step - by - step action plans. Additional topics include principles of retailing, branding, media and public relations, and building customer and employee loyalty. NCBTMB (AZ-CEU)  
8 Weeks  
1/23/12 - 3/12/12 M 6:00 pm - 9:45 pm  
\$420.00

### Spa Management - Spa Finance

**SM 222 Class Hours: 22 Credits: 1.25**  
This innovative course will equip would-be spa owners and managers with the financial tools needed to make good business decisions. The course will teach students to identify the site and location characteristics for a successful spa, understand how to research and identify a competitive spa supply, and assess the strengths and weaknesses. Students will also learn about challenges related to the competitive supply, and define existing demand segments, growth trends and new demand sources. They will evaluate comparable operations, calculate fair share analysis and market penetration, create a profit and loss statement, and develop capital budget and calculate return on investment. Text: \$58 NCBTMB (AZ-CEU)  
7 Weeks  
3/26/12 - 5/7/12 M 6:00 pm - 9:45 pm  
\$420.00

### Spa Management - Spa Portfolio & Business Plan

**SM 240 Class Hours: 45 Credits: 3**  
It all comes together in this course. Students will create and design their own spa complete with a one year and five year financial business plan. Operating budgets, income statements, cash flow analysis, policies and procedures and human resource management and responsibilities will be presented in this final project. Marketing strategies, targeted customer profile as well as facility design and service menu will be included in the presentation. PRERQ Must have taken more than half of the Spa Management program classes to qualify for this class. NCBTMB (AZ-CEU)  
1 Day  
9/12/11 - 9/12/11 M 6:00 pm - 10:00 pm  
\$630.00

### Spa Technologies

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



### Speaking Truth - Homiletics

**SP 425 Class Hours: 15 Credits: 1**

This course teaches the branch of practical theology in presenting homilies and lessons. Learn the elements of a good lesson and talk. Practice how to speak and listen from the heart. Prepare and give your "first" sermon, a creative message of inspiration.

4 Weeks  
9/13/11 - 10/4/11 T 6:00 pm - 9:45 pm  
7/5/12 - 7/26/12 Th 6:00 pm - 9:45 pm  
\$210.00

### Spirit Releasement

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

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.

1 Weekend  
11/18/11 - 11/19/11 F 6:00 pm - 10:00 pm  
Sa 9:00 am - 6:00 pm  
4/27/12 - 4/28/12 F 6:00 pm - 10:00 pm  
Sa 9:00 am - 6:00 pm  
\$168.00 Instructor Bennett

### Spiritual Coaching

**SP 440 Class Hours: 30 Credits: 2**

Learn to facilitate a person's healing and spiritual growth through being a loving "witness" to their process and learning to "hold space" for them to experience their own awareness changes. Facilitated dialogue will be taught, so as to bring out their spiritual process, without leading or traumatizing them. Establishing healthy, non-judgmental client/practitioner relationships is the emphasis of this class. PREREQ: BC 550 Life Coaching - Intro OR previously attended courses within the Spiritual Studies program.

8 Weeks  
1/17/12 - 3/6/12 T 6:00 pm - 9:45 pm  
10/25/12 - 12/20/12 Th 6:00 pm - 9:45 pm  
\$420.00

### Sports Massage - Intro

**TE 650 Class Hours: 8 Credits: 0.25**

Fast-paced class designed to teach you the basics of on-site sports massage. Warm-up and cool down techniques are taught, plus PNI stretching. NCBTMB BW (AZ-CEU)

2 Weeks  
9/6/11 - 9/13/11 T 6:00 pm - 10:00 pm  
2/3/12 - 2/10/12 F 8:30 am - 12:30 pm  
1 Week  
2/7/12 - 2/9/12 T Th 1:00 pm - 5:00 pm  
\$112.00

### Star Teacher Training - Part I - Diversity in Learning Styles

**EL 571 Class Hours: 4 Credits: 0.25**

Based on D. Howard Gardner's Seven Intelligences work, many different learning styles are explored. This is a highly interactive class designed to create awareness around the importance of diversity in teaching techniques.

1 Day  
8/20/11 - 8/20/11 Sa 9:00 am - 1:00 pm  
\$56.00 Instructor McLaughlin

### Star Teacher Training - Part II - Developing a Successful Lesson Plan

**EL 572 Class Hours: 4 Credits: 0.25**

Based on Dr. Madelyn Hunter's landmark study on the factors needed to create successful lesson plans, this class is designed to help teachers plan and prepare an effective lesson plan.

1 Day  
8/20/11 - 8/20/11 Sa 2:00 pm - 6:00 pm  
\$56.00 Instructor McLaughlin

### Statistical Research Project

**BC 250 Class Hours: 16 Credits: 1**

Research is the basis for change. For many people, they must have things "proven" to him/her in order for them to change their minds or habits. This class is designed to teach you to set a hypothesis, format a research project, conduct the research with control groups and field studies, gather and document the data, and ultimately publish the results.

4 Weeks  
8/8/11 - 8/29/11 M 6:00 pm - 10:00 pm  
12/5/11 - 1/9/12 M 6:00 pm - 10:00 pm  
3/7/12 - 3/28/12 W 6:00 pm - 10:00 pm  
\$224.00

### Stress Management

**NC 120 Class Hours: 15 Credits: 1**

Designed to teach students to understand the elements and effects of stress physically, emotionally, mentally and spiritually. Students will learn stress management and life style skills to avoid negative effects of stress and how to present the materials to others. Emphasis will be on coping skills and developing a new perspective on stress. NO PREREQ. NCBTMB (AZ-CEU)

4 Weeks  
8/8/11 - 8/29/11 M 6:00 pm - 9:45 pm  
12/5/11 - 1/9/12 M 6:00 pm - 9:45 pm  
1/11/12 - 2/1/12 W 6:00 pm - 9:45 pm  
2 Weeks  
8/29/11 - 9/12/11 M W 1:00 pm - 4:45 pm  
\$210.00

### Stress Management ONLINE

**NC 120-OL Class Hours: 15 Credits: 1**

4 Weeks  
7/9/12 - 8/5/12  
\$120.00



### Stretching Your Client with Advanced Draping Techniques

**TE 511 Class Hours: 5 Credits: 0.25**

Learn the effectiveness of adding stretching to your massage practice. Overview, physiology and benefits of stretching your client while on the massage table, with advanced draping techniques, contraindications, in-class practice and stretching Q and A. PREREQ MT 200 or Licensed (AZ-CEU)

1 Day  
11/19/11 - 11/19/11 Sa 9:00 am - 3:00 pm  
\$70.00 Instructor Duskey



### Sugar Polish Treatments & Salt Glow Massage

**ST 355 Class Hours: 8 Credits: 0.5**

This beautiful spa treatment uses the versatility of exfoliating ingredients to smooth and soften the skin. Learn to use, salts, sugar, and other natural materials. Your clients will love the fact that you polish and rejuvenate their skin at the same time. Students will understand the benefits, indications and contraindications for exfoliating body treatments. Bring a sheet set, 6 to 8 hand towels and one large bath towel. All other supplies will be provided in class. Do not shave your legs 24 hours prior to class. Supplies \$20.00. PREREQ MT 200, NCBTMB BW (AZCEU)

1 Day  
11/13/11 - 11/13/11 Su 9:00 am - 6:00 pm  
1/21/12 - 1/21/12 Sa 9:00 am - 6:00 pm  
6/9/12 - 6/9/12 Sa 9:00 am - 6:00 pm  
\$132.00

### Support Group Facilitation

**NC 125 Class Hours: 15 Credits: 1**

Students learn how to present material to others - one-on-one or in a workshop setting. Topics covered: group dynamic skills, support group techniques and how to use this program as an entrepreneurial business opportunity. No PREREQ.

4 Weeks  
7/11/11 - 8/1/11 M 6:00 pm - 9:45 pm  
11/7/11 - 11/28/11 M 6:00 pm - 9:45 pm  
6/4/12 - 6/25/12 M 6:00 pm - 9:45 pm  
\$210.00

### Swedish Massage

**MT 200 Class Hours: 40 Credits: 1.25**

Learn how to give a relaxing professional massage. Includes proper draping and centering techniques. This is the framework onto which you can add many other modalities or use as a complete massage in itself. Text: \$17. BW (AZ-CEU)

5 Weeks  
7/26/11 - 8/25/11 T Th 6:00 pm - 10:00 pm  
8/30/11 - 9/29/11 T Th 8:30 am - 12:30 pm  
9/21/11 - 10/24/11 M W 6:00 pm - 10:00 pm  
10/24/11 - 11/28/11 M W 8:30 am - 12:30 pm  
12/6/11 - 1/19/12 T Th 6:00 pm - 10:00 pm  
\$560.00

### Swedish Sedona

**TE 700 Class Hours: 40 Credits: 1.25**

Learn to use movement and body weight to produce a flowing yet deep massage, new concepts for connecting and expanding the range of your strokes. PREREQ: MT 200 Swedish or MT 400 Myotherapy. Text: \$18. BW NCBTMB (AZ-CEU)

2 Weekends  
7/29/11 - 8/7/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
2/10/12 - 2/19/12 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

10 Weeks  
12/1/11 - 2/16/12 Th 6:00 pm - 10:00 pm  
1/5/12 - 3/8/12 Th 8:30 am - 12:30 pm  
\$560.00

### Taoist Healing with Food - Five Elements Nutrition

**OE 280 Class Hours: 8 Credits: 0.5**

This method adapts many recipes, Western, Asian and others, in order to maintain or restore health in the body. It offers a missing link between various nutritional theories. The different tastes differentiated by our taste buds guide the nutrients internally to specific organs and nourish them to health and proper function. Energy levels of foods are tailored to one's overall energy needs. Curative values of commonly available foods studied for cures within ancient Chinese medicine.

1 Day  
9/18/11 - 9/18/11 Su 10:00 am - 7:00 pm  
\$112.00 Instructor Seigneur

### Taoist Philosophy: The Way to Unstress & Succeed

**SP 250 Class Hours: 8 Credits: 0.5**

This peaceful path seeks to cure illness profoundly not by masking symptoms but by restoring balance in the body and by mastering our spiritual evolution. We are spiritual beings having a physical experience; our physical problems relate to lessons intended to bring us back on the path of our evolution. Find out how to identify the specific mind body spirit connections, solve the corresponding problems and even avoid the hard way of these lessons.

1 Day  
7/17/11 - 7/17/11 Su 10:00 am - 7:00 pm  
4/22/12 - 4/22/12 Su 10:00 am - 7:00 pm  
\$112.00 Instructor Seigneur

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

### Tarot - The Art & Science

**SP 305 24 Class Hours: 24 Credits: 1.5**  
Cards, Runes and the I-Ching are among the many tools available to access and amplify your intuitive abilities. This is a survey class, using a very hands-on interactive approach to self discovery, and ultimate mastery, enabling you to serve others. Formerly Ancient Intuitive Systems. Text: \$25

2 Weekends

9/16/11 - 9/24/11 F 6:00 pm - 10:00 pm  
Sa 9:00 am - 6:00 pm

\$336.00 Instructor Lewis

### 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 two towels. Wear clothing that will allow working on the feet and legs. Supplies: \$5 Text: \$15. (AZ-CEU)

1 Weekend

8/19/11 - 8/21/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
12/9/11 - 12/11/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

3 Weeks

3/13/12 - 3/27/12 T Th 1:00 pm - 5:00 pm

\$285.00 Instructor Evans

### Thai Massage - Traditional

**OE 620 Class Hours: 40 Credits: 1.25**  
A comprehensive full body therapy using techniques developed over 2000 years ago by the personal physician of Buddha and practiced through the centuries in the temples of Thailand. Uses slow deep pressure along energy lines coupled with yoga like stretches with the client in loose clothing on a futon. Class introduces a basic one-hour treatment with additional techniques to do up to a three hour therapy. Text: \$15. MT 115 Anatomy highly recommended. NCBTMB BW (AZ-CEU)

2 Weekends

11/4/11 - 11/13/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

\$560.00

### Thumbless Therapy "SM"

**EL 720 Class Hours: 8 Credits: 0.25**  
Designed by Julia Hutchinson, 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. NCBTMB BW (AZ-CEU)

2 Weeks

10/19/11 - 10/26/11 W 6:00 pm - 10:00 pm  
12/2/11 - 12/9/11 F 8:30 am - 12:30 pm  
3/27/12 - 4/3/12 T 6:00 pm - 10:00 pm

1 Week

1/24/12 - 1/26/12 T Th 1:00 pm - 5:00 pm

\$112.00

### TMJ Release

**TE 740 Class Hours: 4 Credits: 0.25**  
TMJ (Temporomandibular Joint Dysfunction) is primarily a muscular problem. Release the trigger points holding the jaw that create pain. Complete therapeutic massage protocol included. PRERQ: MT 200 Swedish or MT 400 Myotherapy NCBTMB BW (AZ-CEU)

1 Day

10/29/11 - 10/29/11 Sa 9:00 am - 1:00 pm  
5/5/12 - 5/5/12 Sa 9:00 am - 1:00 pm

\$56.00

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

~Aristotle

### Toe Reading - Reflexology Assessment I - Elemental

**RF 150 Class Hours: 16 Credits: 0.5**  
Take the first step towards becoming a Registered Toe Reader ~ Connect Sole to Soul! Everything that happens in our lives is recorded holographically into our feet. Major traumas, dramas, personality tendencies and destiny factors are all revealed in the shape of our toes. Level I focuses on teaching you the elemental language of toe reading. You will complete two event readings the first day and two session readings the second day. Marketing yourself as a toe reader will also be covered. You will be practicing the concept that "Everything is Something," thus implementing learned advanced observation, assessment and communication skills in the exploration of revealing of the stories and in the language of the toes metaphorically speak. NO PRERQ Binder: \$22

1 Weekend

9/24/11 - 9/25/11 Sa Su 9:00 am - 6:00 pm  
1/7/12 - 1/8/12 Sa Su 9:00 am - 6:00 pm

2 Weeks

10/24/11 - 11/2/11 M W 1:00 pm - 5:00 pm

\$224.00

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

**RF 150-OL Class Hours: 16 Credits: 0.5**  
NO PRERQ Text: \$10 w/coupon code or eText included in tuition

4 Weeks

8/8/11 - 9/4/11  
10/24/11 - 11/20/11  
1/2/12 - 1/29/12

\$234.00



### Toe Reading II - Soul Coaching

**RF 162 Class Hours: 20 Credits: 0.5**  
Level II 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 someone's perception of how they are, and how they can be. Introduction of the Royal Reading, with the use of blended oils kits, will help you create trust, ritual and sacred space to get your client to the deep discoveries from the soul in a toe reading session. Students will also explore how to complete online and phone toe readings. Come and unlock your ability to be a true Sole/Soul Coach with this powerful modality. PRERQ RF 150 or RF 150-OL

1 Weekend

10/28/11 - 10/30/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

\$280.00

### Toe Reading III - Advanced Techniques

**RF 163 Class Hours: 20 Credits: 0.5**  
Level III will further develop the focus of observation and questioning skills using advanced techniques. Using the adage "Everything is something", this class will further refine the identification of the burial sites of sacred life stories by enhancing the toe readers' ability to read and present metaphorical stories to their clients using Elementaland Chakra Archetypes. Specific toe muscle testing will be introduced and used along with aromatherapy and energetic touch for the purpose of change and transformation. PRERQ RF 150 or RF 150-OL and RF 151. Please bring two of your favorite essential oils.

1 Weekend

11/18/11 - 11/20/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

\$280.00



### Trigger Point I - Intro

**TE 690 Class Hours: 16 Credits: 0.5**  
Introduction to Trigger Point Therapy, its history, and pain relieving techniques. Emphasis is on locating and releasing the most common trigger points, using compression with the thumb or elbow. Text: \$20 NCBTMB (AZ-CEU)

4 Weeks

9/9/11 - 9/30/11 F 8:30 am - 12:30 pm  
11/15/11 - 12/6/11 T 6:00 pm - 10:00 pm

2 Weeks

1/10/12 - 1/19/12 T Th 1:00 pm - 5:00 pm

\$224.00

### Tui Na - Asian Assessment

**OS 225 Class Hours: 20 Credits: 0.5**  
Study the causes of illnesses according to Traditional Chinese Medicine through sorting diagnostic information using the four examinations, and the eight principles. Tongue and pulse diagnosis will be used to collect the signs and symptoms of the patients. Students will apply the diagnostic methods to differentiate syndromes. PRERQ OS 200 Asian Theory I or OS 210 Asian Theory II  
Text \$22: same as OS 200 or 210

3 Weeks

10/20/11 - 11/3/11 T Th 6:00 pm - 10:00 pm  
3/29/12 - 4/12/12 T Th 8:30 am - 12:30 pm

\$280.00 Instructor Salazar

### Tui Na - Clinic

**OS 260 Class Hours: 20 Credits: 0.5**  
Gain practical experience working on the public in a supervised setting. Practice interview and assessment skills and your Asian modalities with feedback. May be taken after two Shiatsu classes, or any Asian Therapy Bodywork style.

3 Weeks

1/17/12 - 1/31/12 T Th 6:00 pm - 10:00 pm  
6/7/12 - 6/21/12 T Th 8:30 am - 12:30 pm

\$280.00 Instructor Salazar

### Tui Na - Point Location

**OS 252 Class Hours: 20 Credits: 1**  
Students will learn the 12 Meridians of the Chinese medical system, palpation skills of the major acupoints, and examine energy flow. Text: \$20

3 Weeks

11/8/11 - 11/22/11 T Th 6:00 pm - 10:00 pm  
4/17/12 - 5/1/12 T Th 8:30 am - 12:30 pm

\$280.00 Instructor Salazar

### Tui Na - Technique & Bodywork

**OS 240 Class Hours: 40 Credits: 1.5**  
Learn the principles of acupuncture and soft tissue manipulation to clear unwanted accumulations, regulate the energy flows and promote self-healing. Encourage the function of all vital organs to promote optimum health. PRERQ OS 252  
Text: \$20

5 Weeks

11/29/11 - 1/12/12 T Th 6:00 pm - 10:00 pm  
5/3/12 - 6/5/12 T Th 8:30 am - 12:30 pm

\$560.00 Instructor Salazar

### Universal Law - Practical Applications

**SP 445 Class Hours: 21 Credits: 1**  
This class looks into the hermetic teachings which describe the inner and outer working of alchemical law. The course will take each law and show application in your everyday life. Text: The Kybalion \$18

7 Weeks

11/15/11 - 1/10/12 T 6:00 pm - 9:00 pm  
9/6/12 - 10/18/12 Th 6:00 pm - 9:00 pm

\$294.00

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

**WH 100 Class Hours: 30 Credits: 2**  
Course provides the basic tools of herbalism in a hands-on setting. Classes include a medicine making session and desert day field trip. Students learn herbal preparation methods, gain exposure to contemporary healing herbs and acquire knowledge to make intelligent choices in selection of medicinal herbs. This overview serves as groundwork for future studies in Western Herbalism. Text: \$40 Supplies: \$40. Date clarification from instructor.

10 Weeks  
10/5/11 - 12/14/11 W 5:30 pm - 8:30 pm  
(+1) Sa 10:30 am - 1:30 pm  
10/10/12 - 12/19/12 W 5:30 pm - 8:30 pm  
(+1) Sa 10:30 am - 1:30 pm  
10 Weeks  
10/4/11 - 12/13/11 T 1:00 pm - 4:00 pm  
\$460.00 Instructor Sanchez

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

**WH 210 Class Hours: 45 Credits: 2.5**  
History of botanical medicine, ethnobotany, cultivation, wildcrafting, taxonomy, herbarium and native plant identification. PREREQ WH 100 Supplies: \$75 Text: \$108. Date clarification from instructor.

7 Weeks  
1/19/12 - 3/1/12 T Th 5:30 pm - 8:30 pm  
(+2) Sa 10:00 am - 4:00 pm  
\$705.00 Instructor Sanchez

**Western Herbalism - Section B: Germination**

**WH 220 Class Hours: 45 Credits: 2.5**  
Materia medica, pharmacognosy, pharmacy, delivery systems, and medicine making. PREREQ WH 210 Supplies: \$75. Date clarification from instructor.

7 Weeks  
3/6/12 - 5/1/12 T Th 5:30 pm - 8:30 pm  
(+2) Sa 10:00 am - 4:00 pm  
\$705.00 Instructor Sanchez

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

**WH 230 Class Hours: 45 Credits: 2.5**  
Manufacturer's study, product reviews, diagnostic applications, code of ethics, and clinical issues. PREREQ WH 220 Supplies: \$75. Date clarification from instructor.

8 Weeks  
5/3/12 - 6/21/12 T Th 5:30 pm - 8:30 pm  
\$705.00 Instructor Sanchez

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

**WH 240 Class Hours: 45 Credits: 2.5**  
Materia medica, body systems study and intro to student clinic. PREREQ WH 230 Supplies: \$75 Date clarification from instructor.

13 Weeks  
8/18/11 - 11/13/11 Th 5:30 pm - 8:30 pm  
(+1) Sa 12:00 pm - 6:00 pm  
(+1) Su 9:30 am - 3:30 pm  
8/16/12 - 11/11/12 Th 5:30 pm - 8:30 pm  
(+1) Sa 12:00 pm - 6:00 pm  
(+1) Su 9:30 am - 3:30 pm  
\$705.00 Instructor Sanchez

**Western Herbalism - Externship: Flight**

**WH 300 Class Hours: 60 Credits: 1.25**  
Protocol generation, custom formulation, research application, education, presentation, retail training. Hours may vary - clarification from instructor. PREREQ WH 230 Supplies: \$30.

16 Weeks  
8/23/11 - 12/13/11 T 3:30 pm - 6:30 pm  
(+1) Sa Su 10:00 am - 4:00 pm  
8/28/12 - 12/18/12 T 3:30 pm - 6:30 pm  
(+1) Sa Su 10:00 am - 4:00 pm  
\$870.00 Instructor Sanchez

**Western Herbalism - Formulary Practicum**

**WH 376 Class Hours: 15 Credits: 0.75**  
This course is for advanced students interested in clinical herbalism. Compounding theories are studied followed by hands-on dispensary and formulary practicum. PREREQ WH 240 Supplies: \$50.

3 Weeks  
12/1/11 - 12/15/11 Th 11:00 am - 4:00 pm  
11/29/12 - 12/13/12 Th 11:00 am - 4:00 pm  
\$260.00 Instructor Sanchez

**Western Herbalism - Herbal Flowers**

**WH 275 Class Hours: 16 Credits: 1**  
Flower medicines for herbalists. Supply fee \$60 Text \$6  
4 Weeks  
2/23/12 - 3/15/12 Th 12:00 pm - 4:00 pm  
\$284.00 Instructor Sanchez

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

**WH 250 Class Hours: 8 Credits: 0.5**  
Explore the use of herbs and natural remedies for acute and chronic conditions for babies and young children. NO PREREQ. Supplies: \$40.

2 Weeks  
3/28/12 - 4/4/12 W 6:00 pm - 10:00 pm  
\$137.00 Instructor Sanchez

**Western Herbalism - Manufacturing & Remedy Production**

**WH 365 Class Hours: 14 Credits: 0.5**  
The professional preparation of botanicals is the focus of this two part series. Lecture information and contemporary applications of historical medicine-making leads to a field trip of observation. Supplies: \$35. PREREQ WH 100

3 Weeks  
5/2/12 - 5/16/12 W 10:30 am - 4:00 pm  
W 1:00 pm - 4:00 pm  
\$175.00 Instructor Sanchez

**Western Herbalism - Master Project**

**WH 350 Class Hours: 40 Credits: 1**  
Supervised hands-on experiential herbalism in one of four arenas: cultivation, clinical, retail or independent application. Completion varies with individual projects. Instructor will clarify schedule. PREREQ WH 100 Materials fee: \$25

1/17/12 + 9/11/12 T 5:30 pm - 8:00 pm  
\$585.00 Instructor Sanchez

**Western Herbalism - Specialties in Clinical Herbalism**

**WH 150 Class Hours: 10 Credits: 0.5**  
This series presents rationale and theory for working with children with herbal remedies as well as takes a philosophical overview of female life stages and herbal approaches for these. Alliance between aromatherapy and herbalism for this study is included. Supplies: \$40.

3 Weeks  
11/3/11 - 11/17/11 Th 5:30 pm - 8:30 pm  
Th 5:30 pm - 9:30 pm  
M 6:00 pm - 10:00 pm  
M 6:00 pm - 9:00 pm  
\$180.00 Instructor Sanchez

**Western Herbalism - The Green Man**

**WH 256 Class Hours: 12 Credits: 0.75**  
Western Herbalism applications for men's health. Supplies \$30

3 Weeks  
4/11/12 - 4/25/12 W 6:00 pm - 10:00 pm  
\$198.00

**Western Herbalism - The Herbal Goddess**

**WH 265 Class Hours: 18 Credits: 1**  
Explore the use of herbs and natural remedies to nourish and balance a woman throughout her cycles of life. NO PREREQ. Supplies: \$50

6 Weeks  
2/1/12 - 3/7/12 W 6:00 pm - 9:00 pm  
\$302.00 Instructor Sanchez

**Writing for Publication**

**BC 410 Class Hours: 15 Credits: 1**  
Students have an opportunity to write a personal or business mission statement, copy for brochure or ad, press release and an article ready for publication. Emphasis on getting projects actually published. Self-directed option is available for course. Material fee: \$10 LEC NCBTMB (AZ-CEU)

4 Weeks  
8/8/11 - 8/29/11 M 6:00 pm - 9:45 pm  
9/13/11 - 10/4/11 T 6:00 pm - 9:45 pm  
10/19/11 - 11/9/11 W 6:00 pm - 9:45 pm  
12/5/11 - 1/9/12 M 6:00 pm - 9:45 pm  
\$220.00

**Writing for Publication ONLINE**

**BC 410-OL Class Hours: 15 Credits: 1**  
4 Weeks  
9/6/11 - 10/2/11  
10/17/11 - 11/13/11  
11/21/11 - 12/18/11  
2/6/12 - 3/11/12  
\$220.00



**TIP-TOE your way to the  
INTERNATIONAL  
TOE READING CONFERENCE  
January 2012**

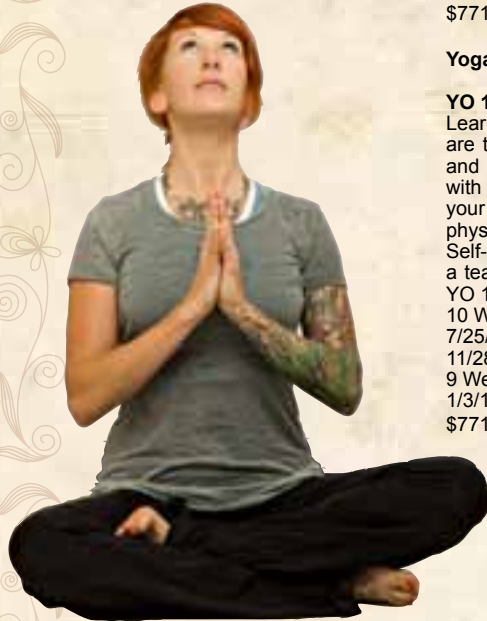
Watch [www.BeAToeReader.com](http://www.BeAToeReader.com) for details



# Yoga Teacher Training Diploma

## 200 Hour Level | Yoga Teacher Training

*Learn to share your love of yoga with your community*



### Yoga - Module I - Foundations

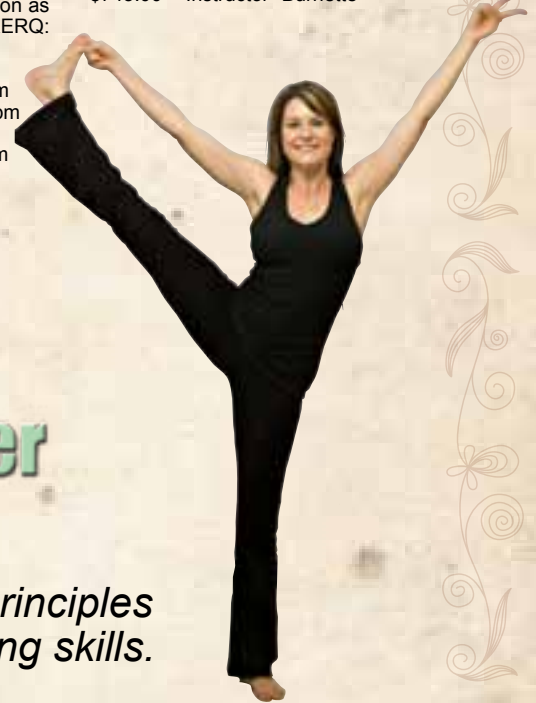
**YO 101 Class Hours: 54 Credits: 2**  
Ground your yoga practice in the wisdom of past Masters. Expand your yoga practice with the understanding of personal experience. A thorough exploration of yoga as a path of unity covering Asana, Lifestyle and Philosophy, Meditation, History, Yoga Anatomy and more. Embrace the full potential that is your birthright and rediscover the teacher within. Text: \$69 Material fee: \$15  
10 Weeks  
9/7/11 - 11/21/11 M W 9:00 am - 12:00 pm  
10/11/11 - 12/13/11 T Th 6:30 pm - 9:30 pm  
\$771.00 Instructor Burnette

### Yoga - Module II - Deepening Your Practice Both as Student & Teacher

**YO 102 Class Hours: 54 Credits: 2**  
Learn the practices, techniques and methods that are the informed Yoga Teacher's tools of healing and inspiration. Hands-on experience combined with practical classroom application increases your confidence and abilities. Understand the physical and energy bodies in a way that promotes Self-Realization while cultivating your intention as a teacher. Text: \$35. Material fee: \$15 PRERQ: YO 101 Yoga - Module I - Foundations  
10 Weeks  
7/25/11 - 10/10/11 M W 6:30 pm - 9:30 pm  
11/28/11 - 2/13/12 M W 9:00 am - 12:00 pm  
9 Weeks  
1/3/12 - 3/15/12 T Th 6:30 pm - 9:30 pm  
\$771.00 Instructor Burnette

### Yoga - Module III - The Teaching Path

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



## Advanced Yoga Teacher Training Courses

*Deepen your understanding of core yogic principles and learn advanced sequencing and teaching skills.*

### Yoga - Anatomy: Bones, Muscles & Movement

**YO 201 Class Hours: 20 Credits: 1**  
By understanding the structure and function of the body, you will become a more effective and efficient practitioner and yoga teacher. This course will focus on both Anatomy and Kinesiology as they relate to asana practice and teaching. Observation, study handouts, personal practice and research combine for a full yoga experience. Text \$35 The Key Muscles of Hatha Yoga (same text as required for YO 101, 102, 103)  
1 Weekend  
11/18/11 - 11/20/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm  
3 Weeks  
10/4/11 - 10/20/11 T Th 9:00 am - 12:20 pm  
4/30/12 - 5/16/12 M W 9:00 am - 12:20 pm  
\$280.00

### Yoga - Advanced Yoga Foundation

**YO 251 Class Hours: 72**  
Delve deeply into the science of yoga through an investigation of the classical texts of yoga. Explore the richness of the tools and paths available to yoga practitioners while developing experience and understanding of how the tools work to bring health, ease, and peace. Text: \$232. PRERQ YO 103  
10 Weeks  
10/3/11 - 12/5/11 M W 9:00 am - 1:00 pm  
1/18/12 - 4/2/12 M W 6:00 pm - 10:00 pm  
\$1,008.00

### Yoga - Advanced Yoga Strategies

**YO 252 Class Hours: 98**  
Develop and master advanced teaching skills to communicate with and serve a diverse body of students, including skilled class building and sequencing as well as increased understanding of adjustments and modifications. Investigate Yogic energetic anatomy for a deeper understanding of how to effectively design a practice. PRERQ YO 251  
13 Weeks  
7/25/11 - 11/2/11 M W 6:00 pm - 10:00 pm  
12/7/11 - 4/2/12 M W 9:00 am - 1:00 pm  
4/4/12 - 7/2/12 M W 6:00 pm - 10:00 pm  
\$1,372.00

See page 15 for more details on the 600 and 760 Yoga Teacher Training Programs.

# Yoga Nidra

with Kamini Desai

Learn to effortlessly facilitate others into a conscious, meditative sleep state. Known by ancient masters as a powerful antidote to psychological and physical afflictions, accelerate the body's ability to heal, resolve excess stress, interrupt cravings, disengage from anxiety, depression and resentment, and restore wellbeing. You will learn how yoga nidra techniques can stand alone or add a deeper dimension to yoga classes, alternative health, medical, and therapeutic settings.



## Yoga - Nidra I

**YO 401 P\$ Class Hours: 20 Credits:1**

This theoretical and experiential foundation class is designed to introduce you to yoga nidra as a little known limb of the yogic arts. Literally translated as "yogic sleep," yoga nidra enables practitioners to reach profoundly deep states of consciousness through a powerful series of interchangeable techniques performed lying down. Explore the original intent of yoga, the three states of consciousness and yoga nidra as a tool for accessing the fourth state. P\$ Text: \$25 NCBTMB 1 Weekend

7/29/11 - 7/31/11	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm
1/13/12 - 1/15/12	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm

\$360.00 Instructor Desai

## Yoga - Nidra II

**YO 402 P\$ Class Hours: 20 Credits: 1**

Learn how yoga nidra takes you to subtle realms where karmic patterns that are solid and difficult to change in the waking state are more fluid and easy to shift in the meditative sleep state. Learn about the aura, the koshas, and how yoga nidra is designed to take you to the subtlest sheath where karmic impressions are held. P\$ PRERQ YO 401 NCBTMB

1 Weekend	8/5/11 - 8/7/11	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm
	1/20/12 - 1/22/12	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm

\$360.00 Instructor Desai

## Yoga - Yoga Nidra III

**YO 403 P\$ Class Hours: 20 Credits: 1**

Explore studies on the proven effects of yoga nidra. Learn the secrets of each of the yoga nidra practices, their benefits, precautions and areas of proven efficacy from both the eastern and western perspective. You will learn how yoga nidra techniques can stand alone or add a deeper dimension to yoga classes, alternative health, medical, and therapeutic settings—both one-on-one and in a group. Using exclusive modularized yoga nidra cards learn the secrets of quickly and easily shaping your own yoga nidra sessions for students, clients, friends or family regardless of age or physical capability. P\$ PRERQ 402. Cards \$ TBD 1 Weekend

2/17/12 - 2/19/12	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm
-------------------	---

\$360.00 Instructor Desai

## Yoga - Yoga Nidra IV

**YO 404 P\$ Class Hours: 20 Credits: 1**

In this course we will survey some of the most powerful applications of yoga nidra in the realm of stress, health, habits and addictions, pain management and depression. You will learn about the latest research on relaxation training in these areas as well as learn how to create customized yoga nidra sessions for these populations. P\$ PRERQ 403 1 Weekend

2/24/12 - 2/26/12	F 6:00 pm - 10:00 pm Sa Su 9:00 am - 6:00 pm
-------------------	---

\$360.00 Instructor Desai



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

# Specialty Clinics

## How may we serve and support YOU today?

Our mission is to help people discover their Gifts and Graces and learn to serve in the world in a loving way.

As part of our training, we offer Specialty Clinics to the public.

- Sessions take place in a classroom setting and are supervised by an instructor.
- Sessions generally last one hour.
- These sessions are separate from our spa massage clinic.

For clinic dates, times and to book an appointment go to [www.swiha.edu](http://www.swiha.edu) and choose Our Clinics tab for Specialty Clinics or email [specialtyclinics@swiha.edu](mailto:specialtyclinics@swiha.edu) • 480-393-1411

1100 E. Apache Blvd. Tempe AZ 85281 • [www.swiha.edu](http://www.swiha.edu)





**Now available at**  
*Spirit of Yoga*

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

~ Michael Lee, Founder, Phoenix Rising Yoga Therapy

- Introduction to fundamental techniques of Phoenix Rising Yoga Therapy
- Learn metaphysical and physical aspects of assisted postures
- Understand theory of transformational bodywork from a yogic perspective
- Understand and explore the therapeutic value of PRYT dialogue process

**Yoga - Phoenix Rising I**

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

**Yoga - Phoenix Rising II**

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

To register go to [www.SWIHA.edu](http://www.SWIHA.edu) or call student service 480-994-9244

**Zen Shiatsu - Clinical Assessment**

**OS 320 Class Hours: 40 Credits: 1.25**  
Study assessment skills, Masunaga's assessment points, navel pulls, the 4 examinations, body-reading, pulse assessment, Asian medical astrology, 5 element theory, building a practice and record keeping. Hands-on experience provided. Open to any Asian program student who has completed one semester of a primary Asian modality. Text: Book from OS 310 BW (AZ-CEU)

2 Weekends  
3/9/12 - 3/18/12 F 6:00 pm - 10:00 pm  
Sa Su 8:30 am - 5:30 pm

2 Weeks  
11/8/11 - 11/19/11 T Th 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

\$560.00

**Zen Shiatsu - Form**

**OS 300 Class Hours: 36 Credits: 1**  
Learn Shiatsu massage using thumb, palm, finger, forearm, knee and elbows, range of motion, meridian stretches, healing, with energy work, use your body effortlessly, feel imbalances in the body and promote deep relaxation; includes self-shiatsu. Text: Book for OS 310 is optional. Material fee: \$10. NO PRERQ BW (AZ-CEU)

2 Weekends  
9/30/11 - 10/9/11 F 6:00 pm - 10:00 pm  
Sa Su 9:00 am - 6:00 pm

5 Weeks  
1/17/12 - 2/14/12 T Th 6:00 pm - 10:00 pm  
\$514.00

**Zen Shiatsu - Meridian Therapy**

**OS 310 Class Hours: 40 Credits: 1.25**  
Feel and locate traditional meridians and imbalances, balance them, balance kyo and jitsu meridians in various Shiatsu positions, diagnostic points, tonification, sedation points, exercises to strengthen each meridian. Material fee: \$10. Recommended PRERQ: OS 300 Zen Shiatsu Form BW (AZ-CEU)

2 Weekends  
2/17/12 - 2/26/12 F 6:00 pm - 10:00 pm  
Sa Su 8:30 am - 5:30 pm

5 Weeks  
9/29/11 - 11/1/11 T Th 6:00 pm - 10:00 pm  
\$570.00

# Holistic Health Gathering

A Body - Mind - Spirit Celebration

**Sunday, October 23, 2011**

**Noon - 6:00 pm**



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

**Held at**

**Southwest Institute of Healing Arts**  
1100 E. Apache Blvd. Tempe AZ 85281  
[www.swiha.edu](http://www.swiha.edu) or [www.aznetnews.com](http://www.aznetnews.com)

**To Become a Vendor Call 480-393-1420**

Sponsored by:



# Tuition Guide

Degree Program	Hours	Credits	Tuition	Fees	Estimated Books/Supplies (Core Program)
Associate Degree in Holistic Health Care with Concentration choices in:					
- Advanced Bodyworker Practitioner	930-1230	60	\$13,100-\$17,300	\$75	\$504/\$40
- Mind Body Transformational Psychology	1000-1300	60	\$14,080-\$18,280	\$75	\$532/\$55
- Professional Massage Practitioner	1100-1300	60	\$15,480-\$18,280	\$75	\$700/\$40
- Spa Management and Leadership	1300-1460	60	\$18,280-\$20,520	\$75	\$371/\$50
- Western Herbalism	1010-1070	60	\$14,220-\$16,800	\$75	\$834/\$475

Diploma Programs	Hours	Credits	Tuition	Fees	Estimated Books/Supplies (Core Program)
Advanced Bodyworker Practitioner	600	26.75-32.25	\$8,400	\$75	\$221/\$40
Master Massage Practitioner	1000	39.25-50.75	\$14,000	\$75	\$417/\$40
Mind Body Wellness Practitioner	600	29.75-35.00	\$8,480-8,800	\$75	\$460/\$20
Professional Massage Practitioner	750	32.00-38.25	\$10,500	\$75	\$417/\$40
Western Herbalism	700	38.5	\$9,880	\$75	\$551/\$525
Yoga Teacher Training 600 hour level	600	24.00	\$8,400	\$75	\$215/\$45
Yoga Teacher Training / Yoga Therapist	760	32.00	\$10,640	\$75	\$370/\$50

Primary Specialty/Certificates of Excellence / Primary Specialties are not designed to be stand-alone vocational training.	Hours	Credits	Tuition	Fees	Books/Supplies Estimated
Aromatherapy	100	5.50	\$1,400	\$25	\$108/\$400
Cranial Unwinding	200	8.50	\$2,800	\$25	\$78/\$0
Holistic Nutrition Specialist	200	12.00	\$2,800	\$25	\$190/\$150
Hypnotherapy	100	4.75	\$1,400	\$75	\$111
Life Coaching (Premium\$)	100	5.00	\$1,800	\$75	\$95
Medical Massage	100	3.75	\$1,400	\$25	\$0
Myofascial	100	3.0	\$1,400	\$25	\$18/\$0
Myotherapy	200	6.00	\$2,800	\$25	\$56/\$65
Polarity APP	200	9.00	\$2,800	\$25	\$122/\$40
Polarity RPP (includes APP)	700	31.25	\$9,800	\$25	\$372/\$10
Reflexology	200	7-7.25	\$2,800	\$25	\$236/130
Reiki	100	2.75	\$1,400	\$25	\$85
Spa Management	200	10.75	\$2,800	\$25	\$96
Spa Treatments (Premium\$)	200	7.50	\$3,065	\$25	\$248/\$265
Special Touch	100	3.00	\$1,400	\$25	\$38
Spiritual Studies	300	20.00	\$4,200	\$25	\$195/\$30
Tui Na	200	10.50	\$2,800	\$25	\$42
Yoga Teacher Training	200	7.25	\$2,800	\$75	\$140/\$45
Yoga Nidra	100	4.5	\$1,800	\$25	\$25
Zen Shiatsu	200	7.00	\$2,800	\$25	\$142/\$30

ONLINE	Hours	Credits	Tuition	Fees	Books/Supplies Estimated
Associate Degree in Holistic Health Care with a Concentration in Mind Body					
Transformational Psychology	1125	60	\$14,890	\$75	\$110
Mind Body Wellness Practitioner	600	31.5-32	\$8,800	\$75	\$800/\$45
Life Coaching	100	5.0	\$1,800	\$75	\$110
Hypnotherapy	100	4.75	\$1,400	\$75	\$200
Holistic Nutrition Specialist	200	12.00	\$2800	\$25	\$300
Homeopathy	100	5.25	\$1,400	\$25	\$11.95

Southwest Institute of Natural Aesthetics Program	Hours	Credits	Tuition	Fees/Licensing	Books & Licensing Fee
Natural Aesthetics Practitioner	600	24.00	\$8,400	\$75/\$185	\$2,500
Natural Aesthetics Master Educator	600	24.75	\$8,400	\$75/\$185	\$295
Advanced Skin Care Practitioner & Laser Technician	780	31.0	\$12,400	\$75/\$185	2,950
Laser Technician	180	7.00	\$4,000	\$75	\$450

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







## Natural Aesthetics Practitioner Diploma

600 Classroom Hours – 24 Credit Program

May be used as a specialty within select Associates Degree Programs or the Master Massage Practitioner Diploma Program

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

### Start Dates:

**Day Program, 30 Weeks:** 7/26/11, 9/20/11, 11/15/11  
1/31/12, 4/3/12, 5/29/12, 7/31/12, 9/25/12, 11/27/12

**Night Program, 50 Weeks:**  
10/18/11, 2/28/12, 6/26/12, 10/23/12

### Courses:

Natural Aesthetics Core		Hours:	Credits:
NA 500	White Block: Foundations & Theory	224	11
NA 505	Red Block: Makeup & Waxing	64	3
NA 510	Green Block: Holistic Theory & Business	64	3
NA 515	Blue Block: Spa Technologies	64	3
NA 932	Clinic I - Practical Application	32	0.75
NA 152	Clinic II - Practical Application	152	3.25
<b>Total:</b>		<b>600</b>	<b>24</b>

## Natural Aesthetics Master Educator Diploma

600 Classroom Hours – 24.75 Credit Program

May be used as a specialty within select Associates Degree Programs

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

### Start Date: 9/19/11

### Courses:

Master Educator Core		Hours:	Credits:
NA 550	Foundations for Career Education Instructors	100	5
NA 555	Education Theory & Professional Development	100	5
NA 560	Classroom Experience & Skillset Integration	100	2.75
NA 565	Advanced Education Methods & Practical Application	200	7

### Life Coaching Specialty

BC 550 P\$	Life Coaching - Foundation	20	1.25
Or BC 550-OL	Life Coaching - Foundation Online		
BC 560 P\$	Life Coaching Core - Strategies, Techniques & Implementation	80	3.75
Or BC 560-OL	Life Coaching Core—Strategies, Techniques & Implementation		
<b>Total:</b>		<b>600</b>	<b>24.75</b>



*An Educational Approach  
to Wellness & Beauty*

  
Swina

Southwest Institute of Natural Aesthetics

1460 E. Southern Ave. Tempe, AZ 85282  
Call us at 480-393-1415 or visit us  
online at [www.NaturalBeautyAZ.com](http://www.NaturalBeautyAZ.com)

## Advanced Skincare Practitioner and Laser Technician Diploma

780 Classroom Hours – 31 Credit Program

May be used as a specialty within select Associates Degree Programs

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

### Start Dates:

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

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

### Courses:

#### Natural Aesthetics Core

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

#### Laser Technician Certification

NAL 180	180	7
<b>Total:</b>	<b>780</b>	<b>31</b>

## Laser Technician Certificate

180 Classroom Hours – 7 Credit Program

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

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

### Start Dates:

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

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

### Courses:

	Hours:	Credits:
<b>Laser Technician Certification</b>		
NAL 180	180	7

#### Core Proficiencies Include:

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

*Where Caring is Natural*



### Dr. Laree Hooker – Medical Director

Dr. Hooker, NMD, is a graduate of Southwest College of Naturopathic Medicine and specializes in Laser Skin Resurfacing, IPL, Skin Rejuvenation, Laser Collagen Stimulation, and Injectables. Voted one of 2009's Best Doctors by "Phoenix Magazine," Dr. Hooker was the Medical Director of a well-known Med Spa for over six years and has frequently taught continuing education courses at SWIHA.

She brings a powerful enthusiasm and much sought-after expertise to our educational team, teaching our Laser Certification Program, overseeing public treatments in our student laser clinic, and managing our laser curriculum.

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

**Swina**

Southwest Institute of Natural Aesthetics

1460 E. Southern Ave. Tempe, AZ 85282  
Call us at 480-393-1415 or visit us  
online at [www.NaturalBeautyAZ.com](http://www.NaturalBeautyAZ.com)

# GIFTS & GRACES



**Join us the First Friday  
of each month at 6:00pm**

for an extraordinary evening  
featuring a dynamic motivational  
presentation with a unique monthly  
theme of self-discovery and healing

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

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

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

**Healing is more than just  
one dimensional**

**True healing takes place on many  
levels – body, mind, and spirit.**

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

**Complimentary Sessions  
offered after each event include:**

Life Coaching, Toe Reading, Energy work  
Cranial Sacral, and Reflexology.

**Call us today at  
480.994.9244  
to RSVP**