



Master Massage Practitioner (MT 1000) - Ayurvedic Bodywork Track

Diploma

1000 Classroom Hours
39.5-47.25 Credit Hours
55 Instructional Weeks/60-62 Calendar Weeks

| Code | Course | Clock Hours | Credit Hours | Pre-Requisite | Course Dates |
|---|---|-------------|--------------|-------------------------|--------------|
| Massage Core Courses | | | | | |
| BC 110 | SOAP Notes | 6 | 0.25 | | |
| BC 301 | Ethics for Massage Therapists | 8 | 0.50 | | |
| BC 304 | Business Practices for Massage Therapists | 20 | 1.25 | | |
| BC 441 | Resiliency and Self-Care for Massage Therapists | 7 | 0.50 | | |
| MT 115 | Anatomy | 60 | 4.00 | | |
| MT 151 | Kinesiology - Anatomical Applications | 36 | 2.25 | MT 115 | |
| MT 500 | Physiology | 60 | 4.00 | | |
| MT 520 | First Aid | 7 | 0.25 | | |
| MT 540 | Comprehensive CPR | 5 | 0.25 | | |
| PC 100 | Polarity – Basic I | 20 | 1.00 | | |
| PC 400 | Polarity Communications, Resonance, & Relations 1 | 32 | 2.00 | | |
| SC 415 | Pathology - BW | 40 | 2.50 | | |
| Massage Core Course Subtotal | | 301 | 18.75 | | |
| Massage Hands-On Core Courses | | | | | |
| EV 003 | Massage Clinic Orientation | 0 | 0.00 | | |
| MT 200 | Swedish Massage | 40 | 1.25 | | |
| MT 400 | Myotherapy - 7 Step Release System | 40 | 1.25 | MT 200 or Licensed | |
| MT 993a | Massage Clinic - Supervised - Block I | 23 | 0.50 | MT 200 & MT 115 | |
| MT 993b | Massage Clinic - Supervised - Block II | 23 | 0.50 | MT 200 & MT 115 | |
| MT 993c | Massage Clinic - Supervised - Block III | 23 | 0.50 | MT 200 & MT 115 | |
| MT 993d | Massage Clinic - Supervised - Block IV | 23 | 0.50 | MT 200 & MT 115 | |
| OE 320 | Hand & Wrist Health Maintenance | 4 | 0.25 | MT 200 or Licensed | |
| PC 850 | Cranial Unwinding | 20 | 1.00 | | |
| RF 201 | Reflexology - A Western Approach | 20 | 0.75 | | |
| TE 220 | Deep Tissue Sculpting | 24 | 0.75 | MT 200 or Licensed | |
| TE 364 | Massage Sideline Techniques w/Deep Listening | 16 | 0.50 | MT 200 or Licensed | |
| Massage Hands-On Core Course Subtotal | | 256 | 7.75 | | |
| Ayurvedic Bodywork Track Courses | | | | | |
| EC 700 | Reiki I - Traditional | 16 | 0.50 | | |
| EC 711 | Reiki II – Traditional | 16 | 0.50 | EC 700 | |
| EC 720 | Reiki III - Traditional | 8 | 0.25 | EC 711 | |
| PC 150 | Polarity - Basic II (Ayurvedic Elements) | 48 | 2.25 | PC 100 | |
| PC 200 | Polarity APP/Cranial - Practicum | 30 | 1.25 | PC 150 & PC 400 | |
| PC 700 | Polarity - Reflexology | 20 | 1.00 | | |
| PC 860 | Cranial Unwinding II | 24 | 1.00 | PC 850 | |
| PC 870 | Cranial Unwinding III | 24 | 1.00 | PC 850 | |
| PC 960 | Polarity- Sessions Given | 30 | 0.50 | PC 150, PC 400 & PC 200 | |
| Ayurvedic Bodywork Track Course Subtotal | | 216 | 8.25 | | |

Choose 227 Hours of Specialties and/or Electives

| | | | | | |
|------|-------------------------------|-----|-------|--|--|
| AR | Aromatherapy | 100 | 5.50 | | |
| CRA | Cranial Unwinding | 70 | 2.25 | | |
| HN | Holistic Nutrition Specialist | 200 | 11.50 | | |
| HY | Hypnotherapy | 100 | 4.75 | | |
| MEDM | Medical Massage | 84 | 3.00 | | |
| MYO | Myotherapy | 60 | 1.75 | | |
| RF | Reflexology | 100 | 3.75 | | |

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

| | | | | | |
|---|---|-------------|---------------|--------------------|--|
| RE | Reiki | 60 | 1.75 | | |
| YO-N | Yoga Nidra | 100 | 4.50 | | |
| YO-BP | Yoga Body Psychology | 100 | 4.50 | YTT, APP, MT | |
| YO | Yoga Teacher Training | 200 | 6.25 | | |
| EL 220 | Face Lift Acupressure | 4 | 0.25 | | |
| EL 600 | Canine Massage | 4 | 0.25 | | |
| MT 301 | Corporate Chair | 8 | 0.25 | MT 200 or Licensed | |
| MT 604 | Advanced Lymphatic Massage | 8 | 0.25 | MT 200 or Licensed | |
| MT 605 | Neurotouch | 20 | 1.00 | MT 200 or Licensed | |
| OE 620 | Thai Massage | 40 | 1.25 | | |
| OE 640 | Thai Foot Massage | 20 | 0.50 | | |
| RF 202 | Reflexology - Pathology & Assessment for Bodyworkers | 20 | 0.75 | RF 201 | |
| RF 203 | Reflexology - Emotional Balance & Being for Bodyworkers | 20 | 0.75 | | |
| TE 142 | Scar Tissue | 8 | 0.25 | MT 200 or Licensed | |
| TE 662 | Hydrotherapy/Injury Management | 20 | 0.75 | MT 200 or Licensed | |
| Specialties & Electives Subtotal | | 227 | Varies | | |
| TOTAL | | 1000 | | | |

These program requirements fulfill the requirements for the state of AZ. If you plan to obtain a massage license in another state, you will need to check with that state's board for their specific requirements.

Student

Date

Advisor Initials