



IPSB
 INSTITUTE
 OF PSYCHO-
 STRUCTURAL
 BALANCING

INSTITUTE OF PSYCHO-STRUCTURAL BALANCING

2010 ADVANCED SCHEDULE

- A registration card must be submitted for each class.
- Registration cards are available from IPSB and available for download from www.ipsb.com.
- \$50 deposit required per class for non-550 students.
- All classes may be taken individually
- Classes may have prerequisites.
- Many classes require purchase of textbooks and/or other materials not included in tuition.
- Some classes may require you to bring a table.
- We do our best to put out accurate information, however any class is subject to change.
- Please contact us at (310) 342-7130 for verification.
- Check IPSB.com for new classes and updates.

♥♥♥ REGISTRATION BEGINS on Dec 7, 2009 ♥♥♥

IPSB - 550 PROGRAM COURSES - 2010

Acupressure for the Bodyworker

24 HRS **\$360**

Incorporating acupressure points with massage, this course addresses some of the most common client complaint areas found in a massage practice, including headache, neck, shoulder, low back and knees. Students learn to trace all 12 Major Meridians plus two of the Extraordinary Meridians.

Prerequisite: *Massage Technician Training or Equivalent*

Winter	102031	2/24/2010 - 3/31/2010	Wednesday 6:30 PM - 10:30 PM	GIL CRUZ
Spring	102032	6/7/2010 - 7/12/2010	Monday 6:30 PM - 10:30 PM	GIL CRUZ
Fall	102033	10/8/2010 - 11/12/2010	Friday 9:30 AM - 1:30 PM	GIL CRUZ

Advanced Circulatory Massage

24 HRS **\$360**

Mastery and expansion of foundational circulatory massage skills is the objective of this class. As students learn new concepts and strokes, they build confidence that gives their work a continuity and flow that moves technique to artistry, dynamic and fun to do. Class includes discussion of the cardiovascular and lymphatic systems, and continues the application of tai chi principles at the massage table.

Prerequisite: *Massage Technician Training or Equivalent*

Winter	102081	1/17/2010 - 1/31/2010	Sunday 9:30 AM - 6:30 PM	GIL CRUZ, ANKE RICE
Spring	102082	5/13/2010 - 6/3/2010 NO CLASS 5/31	Monday/Thursday 9:30 AM - 1:30 PM	GIL CRUZ, ANKE RICE
Summer	102083	7/15/2010 - 8/19/2010	Thursday 6:30 PM - 10:30 PM	GIL CRUZ, ANKE RICE
Fall	102084	11/6/2010 - 11/20/2010	Saturday 9:30 AM - 6:30 PM	GIL CRUZ, ANKE RICE

IPSB - 550 PROGRAM COURSES - 2010

Anatomy/Physiology I

42 HRS **\$630**

A system approach to the study of the human body with specific focus on the effects of massage and bodywork. Curriculum includes tissue study, myology, osteology, immunity, and the lymphatic and cardiovascular systems.

Prerequisite: Massage Technician Training or Equivalent

Summer 102101 5/11/2010 - 8/10/2010 Tuesday 6:30 PM - 9:30 PM VINCENT PUNTURERE

Anatomy/Physiology II

42 HRS **\$630**

A system approach to the study of the human body with specific focus on the effects of massage and bodywork as related to the cellular, nervous, reproductive, digestive, respiratory, urinary, endocrine and integumentary systems. Anatomy/Physiology I is not a prerequisite for this class.

Prerequisite: Massage Technician Training or Equivalent

Winter 102151 1/12/2010 - 4/13/2010 Tuesday 6:30 PM - 9:30 PM VINCENT PUNTURERE

Fall 102152 9/14/2010 - 12/14/2010 Tuesday 6:30 PM - 9:30 PM VINCENT PUNTURERE

Business For Bodyworkers I

8 HRS **\$120**

Explore business approaches for building a successful practice. Learn financial, legal and marketing skills. Experience psychological and communication techniques for promoting yourself and create a plan of action that suits your goals.

Prerequisite: Massage Technician Training or Equivalent

Winter 102211 2/6/2010 - 2/13/2010 Saturday 2:30 PM - 6:30 PM LISA MALIK

Spring 102212 6/13/2010 - 6/20/2010 Sunday 2:30 PM - 6:30 PM LISA MALIK

Fall 102213 10/9/2010 - 10/16/2010 Saturday 2:30 PM - 6:30 PM LISA MALIK

Business for Bodyworkers II

6 HRS **\$90**

Students come prepared to discuss results of implementing action steps from Business I. Learn entrepreneurial approaches to maintaining a successful practice, including specialized branding, marketing and presentation skills. Create your business reality using a "success strategy" mindset, and see how you can develop supportive business systems.

Prerequisite: Business for Bodyworkers I

Spring 102221 5/2/2010 - 5/2/2010 Sunday 10:00 AM - 5:00 PM LISA MALIK

Fall 102222 12/4/2010 - 12/4/2010 Saturday 10:00 AM - 5:00 PM LISA MALIK

CPR/First Aid

8 HRS **\$65**

Adult/child/infant CPR and standard first aid.

Prerequisite: no prerequisite - open to all

Spring 102251 5/9/2010 - 5/9/2010 Sunday 9:30 AM - 6:30 PM UNIVERSITY TRAINING CENTER

Fall 102252 9/25/2010 - 9/25/2010 Saturday 9:30 AM - 6:30 PM UNIVERSITY TRAINING CENTER

IPSB - 550 PROGRAM COURSES - 2010

Deep Tissue I

24 HRS **\$360**

IPSB's style of deep tissue addresses tissue layer by layer, non-invasively, with the goal of producing maximum release with minimal effort and without adding trauma to tissue already traumatized. This three course series also deepens understanding of anatomy and how it functions in relation to posture and BodyMind considerations. Common musculo-skeletal pathologies and how to work with them are included in the second and third courses. Educating clients to feel for the experience of tissue release and not just pressure on the tissue is also an important component of IPSB Deep Tissue, as is self-care practices for the client and therapist.

Deep Tissue I advances anatomical understanding of individual muscles and their actions and heightens palpatory recognition of the different qualities of tension in the tissue. Adding new tools to those from the Massage Technician level, students expand techniques to create focused tension release. Tai Chi and correct body mechanics are practiced and integrated into the bodywork.

Prerequisite: Massage Tech or equiv.

Winter	102751	1/7/2010 - 1/22/2010 <i>Materials Fee</i>	Thursday & Friday 9:00 AM - 1:00 PM	CYNDI ORTOLANO, JORDAN ALLEN
Winter	102752	2/27/2010 - 3/13/2010 <i>Materials Fee</i>	Saturday 9:00 AM - 6:00 PM	JORDAN ALLEN, CYNDI ORTOLANO
Fall	102753	9/1/2010 - 9/16/2010 CANCELLED	Wednesday & Thursday 9:00 AM - 1:00 pm	CYNDI ORTOLANO
Fall	102754	9/12/2010 - 9/26/2010 <i>Materials Fee</i>	Sunday 9:00 AM - 6:00 PM	CYNDI ORTOLANO

Deep Tissue II

40 HRS **\$600**

Focus is on lower body from the diaphragm down. Anatomy becomes more in-depth including muscle origins, insertions and actions. BodyMind concepts as they relate to the lower body are explored and experienced. Understanding of common pathologies such as shin splints, plantar fasciitis, piriformis syndrome and psoas issues are covered with specific tools and technique to treat them. Practice of Tai Chi and body mechanics principles continue and new tools for self-care are introduced.

Prerequisite: Deep Tissue I, Palpation Skills

Winter	102761	2/18/2010 - 3/19/2010	Thursday & Friday 9:00 AM - 1:00 PM	CYNDI ORTOLANO, JORDAN ALLEN
Spring	102762	3/27/2010 - 5/1/2010 NO CLASS 4/3	Saturday 9:00 AM - 6:00 PM	JORDAN ALLEN, CYNDI ORTOLANO
Fall	102763	10/31/2010 - 12/5/2010 NO CLASS 11/28	Sunday 9:00 AM - 6:00 PM	CYNDI ORTOLANO

Deep Tissue III

40 HRS **\$600**

Focus is on upper body from the diaphragm up. Anatomy becomes more in-depth including muscle origins, insertions and actions. BodyMind concepts as they relate to the upper body are explored and experienced. Understanding of common pathologies such as carpal tunnel syndrome, thoracic outlet syndrome, upper cross syndrome and tennis elbow are covered with specific tools and technique to treat them. Practice of Tai Chi and body mechanics principles continue and new tools for self-care are introduced.

Prerequisite: Deep Tissue II

Spring	102771	5/22/2010 - 6/26/2010 NO CLASS 5/29	Saturday 9:00 AM - 6:00 PM	JORDAN ALLEN, CYNDI ORTOLANO
Fall	102772	9/21/2010 - 10/21/2010	Tuesday & Thursday 9:00 AM - 1:00 PM	CYNDI ORTOLANO

IPSB - 550 PROGRAM COURSES - 2010

Human Energy Systems

15 HRS **\$225**

A cross-cultural view of energetic systems connected to the physical body. Meridian theory, chakras, aura balancing, visualization, space clearing and feng shui for personal and professional environments are presented through lecture and hands-on experience. Students learn how bodywork affects the balance and movement of energy.

Prerequisite: Massage Technician Training or Equivalent

Spring	102401	4/18/2010 - 4/25/2010	Sunday 9:30 AM - 6:00 PM	PAT BROWN

Spring	102402	7/1/2010 - 7/8/2010	Thursday 9:30 AM - 6:00 PM	GARY STRAUSS

Fall	102403	12/11/2010 - 12/18/2010	Saturday 9:30 AM - 6:00 PM	PAT BROWN

Hydrotherapy

12 HRS **\$180**

Introduction to the physiological effects of hot, cold and water treatments, plus safe, practical application of selected treatments for spa or private practice. Course also includes a survey of current spa treatments and techniques.

Prerequisite: Massage Technician Training or Equivalent

Spring	102451	5/4/2010 - 5/8/2010	Tuesday 6:30 PM - 10:30 PM Saturday 9:30 AM - 6:30 PM	CYNDI ORTOLANO
<i>Materials Fee</i>				

	102452	8/25/2010 - 8/29/2010	Wednesday 6:30 PM - 10:30 PM Sunday 9:30 AM - 6:30 PM	CYNDI ORTOLANO
<i>Materials Fee</i>				

Palpation Skills

16 HRS **\$240**

Through palpation, students explore the entire body, building tactile recognition of specific anatomical structures. Focus is on bony landmarks, muscle location and soft tissue textures. Knowledgeable palpation is an essential skill for the advancement of any bodyworker. Required for Deep Tissue II. Recommended for all advanced massage courses.

Prerequisite: Massage Technician Training or Equivalent

Winter	102701	1/12/2010 - 2/2/2010	Tuesdays 9:00 AM - 1:00 PM	VINCENT PUNTURERE

Winter	102702	2/6/2010 - 2/20/2010	Saturday 9:00 AM - 1:00 PM & 1 Saturday 9:00 AM - 6:00 PM	VINCENT PUNTURERE

Spring	102703	6/13/2010 - 6/27/2010	2 Sunday 9:00 AM - 1:00 PM & 1 Sunday 9:00 AM - 6:00 PM	VINCENT PUNTURERE

Fall	102704	9/14/2010 - 10/6/2010	Tuesdays 9:00 AM - 1:00 PM	VINCENT PUNTURERE

Fall	102705	10/9/2010 - 10/23/2010	Saturday 9:00 AM - 1:00 PM & 1 Saturday 9:00 AM - 6:00 PM	VINCENT PUNTURERE

Pathology

40 HRS **\$600**

Survey of such pathological issues as musculo-skeletal conditions, traumatic injuries and neurological disorders most commonly encountered in a massage practice. Some advanced therapy techniques applicable to injured and abnormal tissues are demonstrated. Course also covers dermatological conditions and infectious disorders with emphasis on hygienic measures for client/therapist safety.

Prerequisite: Anatomy/Phys I & II or approval

Winter	102551	2/18/2010 - 5/13/2010	Thursday 6:30 PM - 9:35 PM	JOHN MATSUNAGA

Fall	102552	9/16/2010 - 12/16/2010	Thursday 6:30 PM - 9:35 PM	JOHN MATSUNAGA
<i>NO CLASS 11/25</i>				

IPSB - 550 PROGRAM COURSES - 2010

Polarity I - General Session

17 HRS **\$255**

Learn how to feel and palpate life energy by utilizing hands-on contacts, toning, breathing and gentle counseling techniques to create a holistic healing approach that can also enhance other modalities. Discover the energetic map to the body and how to touch and relate in this style. This course is the foundation for developing as an energetic practitioner.

Prerequisite: no prerequisite - open to all

Winter	105451	2/4/2010 - 2/12/2010	Thursday, Friday 9:00 AM - 1:15 PM	JAMES ARENA
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Spring	105452	5/16/2010 - 5/23/2010	Sunday 9:00 AM - 6:30 PM	MARY HARDIN
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Summer	105453	8/14/2010 - 8/21/2010	Saturday 9:00 AM - 6:30 PM	TRACY GRIFFITHS
<hr style="border-top: 1px dashed #ccc;"/>				
Fall	105454	10/10/2010 - 10/17/2010	Sunday 9:00 AM - 6:30 PM	JAMES ARENA

Professional Ethics I

12 HRS **\$180**

Presented as TWO courses, Professional Ethics provides students with skills to master issues related to the client/practitioner relationship including boundaries, intimacy, communication, sexuality and safety. Students gain a deeper understanding of their own process while developing their expertise as practitioners as they solidify their intentions as bodyworkers, discover and encourage their authentic voice, and find comfort in the freedom that professionalism and ethics brings to the healing profession.

Part I: Recommended to be taken soon after completion of the Massage Technician Training. The "basics" are covered, providing students with a solid foundation from which to build a professional and ethical practice.

Prerequisite: Massage Technician Training or Equivalent

Winter	102371	1/9/2010 - 1/16/2010 <i>Materials Fee</i>	Saturday 10:00 AM - 5:00 PM	JOYCE GASS
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Spring	102372	4/9/2010 - 4/30/2010 <i>Materials Fee</i>	Friday 10:00 AM - 1:00 PM	JOYCE GASS
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Summer	102373	7/10/2010 - 7/17/2010 <i>Materials Fee</i>	Saturday 10:00 AM - 5:00 PM	JOYCE GASS
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Summer	102374	8/28/2010 - 9/11/2010 <i>NO CLASS 9/4</i> <i>Materials Fee</i>	Saturday 10:00 AM - 5:00 PM	JOYCE GASS

Professional Ethics II

6 HRS **\$90**

Part II: Recommended for the experienced practitioner. With hands-on experiences to share, students develop their professional awareness and ethical expertise, and identify their unique gifts and authentic qualities as bodyworkers.

Prerequisite: Professional Ethics I

Spring	102381	5/15/2010 - 5/15/2010 <i>Materials Fee</i>	Saturday 10:00 AM - 5:00 PM	JOYCE GASS
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Fall	102382	10/30/2010 - 10/30/2010 <i>Materials Fee</i>	Saturday 10:00 AM - 5:00 PM	JOYCE GASS

IPSB - 550 PROGRAM COURSES - 2010

Sensory Repatterning I

24 HRS **\$360**

in this advanced form of passive joint mobilization, the client's body is moved, rocked, cradled and invited to let go, creating sensations of openness and freedom, fluidity and joy. Recipients connect with their core, physiologically and emotionally and practitioners learn to use their bodywork tools with more artistry and finesse. (See elective section for additional Sensory Repatterning offerings.)

Sensory Repatterning I explores the key principles of Timing, Gravity, The Skeleton, and The Wave. Students learn the complete "recipe" for a 50- minute Sensory Repatterning session. Homework requirement: Three case studies must be completed to receive credit for this course.

Prerequisite: Massage Technician Training or Equivalent

Spring	107251	3/19/2010 - 3/21/2010 <i>Materials Fee</i>	Friday, Saturday, Sunday 9:30 AM - 6:30 PM	ELIZABETH JACOBOWITZ
Summer	107252	8/17/2010 - 8/20/2010 <i>Materials Fee</i>	Tuesday, Wednesday, Thursday, Friday 9:30 AM - 4:30 PM	ELIZABETH JACOBOWITZ
Fall	107253	10/1/2010 - 10/3/2010 <i>Materials Fee</i>	Friday, Saturday, Sunday 9:30 AM - 6:30 PM	HOPE BUCHBINDER

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IPSB's 2008 Course Schedule - 550 Program Courses

IPSB - ELECTIVE COURSES - 2010

Communication for Bodyworkers Level 1

14 HRS **\$210**

Learn verbal skills that allow you to guide a client to resolution. Presented as a series of three courses, Communication for Bodyworkers combines energetic principles with techniques drawn from NLP, Gestalt, Bioenergetics and Ericksonian Trancework. Emphasis is placed on integrating verbal work with bodywork and exploring the energetic meaning of physical postures, movements and responses.

Prerequisite: Any bodywork training

Summer	1055211	7/10/2010 - 7/11/2010 TRACY GRIFFITHS	Saturday/Sunday 9:30 AM - 5:30 PM <i>CANCELLED</i>
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Communication for Bodyworkers Level 2

14 HRS **\$210**

Learn verbal skills that allow you to guide a client to resolution. Presented as a series of three courses, Communication for Bodyworkers combines energetic principles with techniques drawn from NLP, Gestalt, Bioenergetics and Ericksonian Trancework. Emphasis is placed on integrating verbal work with bodywork and exploring the energetic meaning of physical postures, movements and responses.

Prerequisite: Communication for Bodyworkers Level 1

Summer	1055221	7/17/2010 - 7/18/2010 TRACY GRIFFITHS	Saturday/Sunday 9:30 AM - 5:30 PM <i>CANCELLED</i>
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Communication for Bodyworkers Level 3

14 HRS **\$210**

Learn verbal skills that allow you to guide a client to resolution. Presented as a series of three courses, Communication for Bodyworkers combines energetic principles with techniques drawn from NLP, Gestalt, Bioenergetics and Ericksonian Trancework. Emphasis is placed on integrating verbal work with bodywork and exploring the energetic meaning of physical postures, movements and responses.

Prerequisite: Communication for Bodyworkers Level 2

Summer	1055231	8/7/2010 - 8/8/2010 TRACY GRIFFITHS	Saturday/Sunday 9:30 AM - 5:30 PM <i>CANCELLED</i>
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Core Skills: An Introduction to IPSB Massage

24 HRS **\$288**

For 30 years the IPSB style of massage has helped therapists deliver a powerful, deeply moving sensory experience to clients while protecting the therapist's body from stress, injury and burnout. This course for new and seasoned massage professionals overviews the principles of IPSB Massage through movement explorations, hands-on bodywork and exercises in personal sensory awareness. Students learn tai chi-based movements to integrate into their massage repertoire as well as a kinder, gentler approach to deeper circulatory work. Proper body mechanics, an introduction to tai chi, communications skills, professional boundaries, injury prevention and integration of body, mind and heart are emphasized. (required for transfer students enrolling in IPSB Advanced Circulatory Massage & Deep Tissue classes.)

Prerequisite:

Winter	101101	2/7/2010 - 2/21/2010 DEE LONG, JOHN MATSUNAGA	Sunday 9:30 AM - 6:30 PM
Summer	101102	8/9/2010 - 8/24/2010 DEE LONG, JOHN MATSUNAGA	Monday/Tuesday 9:30 AM - 1:30 PM

Craniosacral Unwinding I

24 HRS **\$360**

An introduction to the craniosacral rhythm and its manifestation. Students acquire skills for palpation and evaluation of fascial restrictions and learn various sacral and cranial techniques for energetic release.

Prerequisite: no prerequisite - open to all

Winter	105201	2/19/2010 - 2/21/2010 GARY STRAUSS	Friday, Saturday, Sunday 9:30 AM - 6:30 PM <i>Materials Fee</i>
Fall	105202	10/22/2010 - 10/24/2010 GARY STRAUSS	Friday, Saturday, Sunday 9:30 AM - 6:30 PM <i>Materials Fee.</i>

IPSB - ELECTIVE COURSES - 2010

Craniosacral Unwinding II

24 HRS **\$360**

Expanding on the previous course, the student gains a deeper appreciation of the workings of the cranial vault and the cranial bones as well as the palpatory art of unwinding. Facilitation of the facial bones is also addressed. This class focuses on the body via the connective tissue system.

Prerequisite: Craniosacral I

Winter	105251	3/12/2010 - 3/14/2010 GARY STRAUSS	Friday, Saturday, Sunday 9:30 AM - 6:30 PM <i>Materials Fee</i>
Fall	105252	12/3/2010 - 12/5/2010 GARY STRAUSS	Friday, Saturday, Sunday 9:30 AM - 6:30 PM <i>Materials Fee.</i>

Craniosacral Unwinding III

24 HRS **\$360**

This third class in the cranial series provides students with an experience of integrating techniques learned in Cranial I & II to gain a unified approach to doing cranial work. The focus is on using communication, presencing, visualization and energy-based skills to perform process-oriented cranial work.

Prerequisite: Craniosacral I

Winter	105271	1/15/2010 - 1/17/2010 GARY STRAUSS	Friday, Saturday, Sunday 9:30 AM - 6:30 PM
Spring	105272	4/30/2010 - 5/2/2010 GARY STRAUSS	Friday, Saturday, Sunday 9:30 AM - 6:30 PM <i>Materials Fee</i>

Lymphatic Massage I

16 HRS **\$240**

The lymphatic system is a key part of the immune system. Fluid collection and stagnation of lymphatic flow can lead to toxic buildup, chronic illness, and advanced states of dis-ease. This course provides an introduction to lymphatic massage with simple protocols for the head/neck/face and upper/lower body to bolster the immune system and enhance fluid flow. Course also emphasizes anatomical understanding and palpation of the lymphatic system and proper body mechanics while working. (formerly lymphatic massage intro)

Prerequisite:

Summer	105381	6/21/2010 - 6/30/2010 KAREN AXELROD	Monday/Wednesday 6:15 - 10:15 PM
Fall	105382	10/7/2010 - 10/14/2010 KAREN AXELROD	Thursday 6:15 PM - 10:15 PM Sunday 9:00 AM - 6:00 PM

Lymphatic Massage II

16 HRS **\$240**

Students review the basic concepts of effective lymphatic massage and learn protocols for working the posterior body. Course also covers useful techniques for boosting the immune system, detoxification, allergy/sinus clearing and lympho-fascial release.

Prerequisite: Lymphatic Massage I

Summer	105391	8/2/2010 - 8/10/2010 KAREN AXELROD	Monday/Tuesday 6:15 PM - 10:15 PM <i>CANCELLED</i>
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IPSB - ELECTIVE COURSES - 2010

Oncology Massage

14 HRS **\$325**

One in four Californians receives a cancer diagnosis. Massage and bodywork therapies are increasingly being used for symptom control and to improve quality of life during cancer treatment and recovery. This course addresses the clinical and practical information bodyworkers need to be aware of in order to knowledgeably provide clinically safe and effective touch for people in or with a history of cancer treatment. Oncology Massage provides specific and tangible information for therapists wanting to address the unique and changing needs of an oncology clientele.

Prerequisite: Massage Technician Training

Spring	107601	5/14/2010 - 5/21/2010 JOHNNETTE DU RAND	Friday 9:30 AM - 5:30 PM
Fall	107602	12/10/2010 - 12/17/2010 JOHNNETTE DU RAND	Friday 9:30 AM - 5:30 PM

On-Site Massage

8 HRS **\$120**

Learn to utilize massage skills for new environments. Chair and table work is taught to be done in public settings, or to introduce bodywork to people without the need for them to disrobe. Increase versatility, revitalize a practice and potentially build clientele.

Prerequisite: Massage Technician

Summer	106831	8/27/2010 - 8/27/2010 GIL CRUZ	Friday 9:30 AM - 6:30 PM
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Polarity II - Elements

42 HRS **\$630**

An in-depth exploration of Polarity energetics and the expression of life energy through the Five Elements: Ether, Air, Fire, Water and Earth. Students learn bodywork sessions for balancing each element and basic Polarity exercises. Emphasis is on understanding the activity of elemental energies in our own lives so we can work with these energies in others. Weather permitting, students will be led on excursions to experience and embody the elements in nature. Prerequisite: Polarity I.

Prerequisite: Polarity I

Spring	105501	6/4/2010 - 6/13/2010 MARY HARDIN	Friday, Saturday, Sunday 9:30 AM - 5:30 PM
Fall	105502	11/12/2010 - 11/21/2010 JAMES ARENA	Friday, Saturday, Sunday 9:30 AM - 5:30 PM

Polarity/Craniosacral Evaluation

17 HRS **\$255**

Learn how to address issues related to establishing a successful practice, including session strategies, time management, prosperity, energetic relationships and boundaries, self-evaluation, and writing case studies using proper evaluative and management skills.

Prerequisite: Polarity II or Craniosacral I-III

Summer	105531	8/21/2010 - 8/22/2010 TRACY GRIFFITHS	Saturday/Sunday 9:00 AM - 6:30 PM <i>CANCELLED</i>
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Pregnancy Massage I

24 HRS **\$360**

Geared toward the practitioner who would like to offer safe and knowledgeable bodywork techniques for pregnant clients, this course presents the basics of pregnancy massage. The focus is to develop the therapist's confidence to provide for pregnant clients with a thorough understanding of basic anatomy/physiology during pregnancy, contra-indications, client positioning, communication skills, responsible record keeping, and liability issues. Students learn a foundational massage routine and experience working on expectant mother volunteers.

Prerequisite: Massage Technician Training

Winter	107401	1/16/2010 - 1/30/2010 CYNDI ORTOLANO	Saturday 9:00 AM - 6:00 PM <i>Materials Fee</i>
Spring	107402	6/3/2010 - 6/24/2010 CYNDI ORTOLANO	Thursday 9:00 AM - 6:00 PM <i>No Class June 17. Materials Fee</i>

IPSB - ELECTIVE COURSES - 2010

Pregnancy Massage II

24 HRS **\$360**

For the therapist who wants a specialty in pregnancy work, this course builds on Pregnancy Massage I with more in-depth anatomy information, detailed discussion of basic complaints and pathologies, and exploration of additional and specialized pregnancy massage techniques including deep tissue. Practical hands-on work with expectant mother volunteers is included.

Prerequisite:

Spring	107411	8/8/2010 - 8/22/2010 CYNDI ORTOLANO	Sunday 9:00 AM - 6:00 PM <i>CANCELLED</i>
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Raindrop Technique Aromatherapy Experience

8 HRS **\$120**

Raindrop, a powerful, detoxifying technique, uses a sequence of essential oils that are immune enhancing, supporting the body's natural defenses, as well as the circulatory, respiratory, endocrine, digestive, nervous, and other body systems. These oils, which are high in antioxidants, are also mood elevating and antiseptic, creating an unfavorable environment for harmful viruses and bacteria that can hibernate in the body, particularly in the cerebrospinal fluid. Essential oils are known to boost stamina and energy, help you relax, help manage stress and frustration and promote overall health, vitality, and longevity.

Prerequisite:

Spring	106541	5/7/2010 - 5/7/2010 SABRINA ROBERSON	Friday 9:30 AM - 6:30 PM <i>Materials Fee</i>
Fall	106542	9/10/2010 - 9/10/2010 SABRINA ROBERSON	Friday 9:30 AM - 6:30 PM <i>Materials Fee</i>

Sports Massage I

16 HRS **\$240**

This hands-on class focuses on pre-and post-event massage techniques for various competitive athletes. Stretching techniques, cramp relief techniques, cryotherapy and hypo/hyperthermia are also discussed.

Prerequisite: Massage Technician Training or Equivalent

Winter	105651	2/28/2010 - 3/7/2010 TONY POLAND	Sunday 9:30 AM - 6:30 PM
Summer	105652	7/31/2010 - 8/7/2010 TONY POLAND	Saturday 9:30 AM - 6:30 PM

Sports Massage II

16 HRS **\$240**

The second class in this series discusses how and why common athletic injuries occur and looks at rehabilitative and preventative techniques. Cross-fiber friction, trigger point work, myofascial release and PNF techniques are covered. Prerequisite: Sports Massage I.

Prerequisite: Sports I

Spring	105661	4/11/2010 - 4/18/2010 TONY POLAND	Sunday 9:30 AM - 6:30 PM
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Trigger Point Integration - Lower Body

24 HRS **\$360**

Geared to the Massage & Bodywork Professional, Trigger Point Integration uses texts, graphics and hands-on techniques to help students identify and target Trigger Points that correspond to common client muscular complaints. Focus is on specific anatomy, formation theories, treatment protocols and recovery recommendations. Upper and Lower may be taken in either sequence. (Lower - Diaphragm to Feet)

Prerequisite: Deep Tissue I

Summer	105711	7/7/2010 - 7/18/2010 TONY POLAND	Sunday 9:30 AM to 6:30 PM Wednesday 6:30 PM to 10:30 PM <i>Bring Required Book To First Class</i>
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IPSB's 2008 Course Schedule - Elective Courses

STRUCTURAL INTEGRATION AT IPSB

In the tradition of Ida Rolf, Structural Integration offers orthopedic and holistic approaches to the restoration and evolution of the human form. Body analysis, structural strategies, practitioner biomechanics, palpatory accuracy, joint mobilizations and myofascial techniques for pain relief and increased range of motion are primary themes.

STRUCTURAL INTEGRATION SERIES 2010

Advanced Neck Techniques

6 HRS **\$90**

Trading increased mobility for decreased stability, the neck is a common site of strain and discomfort. Alleviating cervical pain and restoring normal range of motion are the focus of this class. Direct and indirect technique manipulation styles are covered. Also discussed are self-help skills and personal ergonomics to functionally decrease body tension.

Prerequisite: Massage Technician Training or Equivalent

Fall **106951** 9/11/2010 - 9/11/2010 Saturday 10:00 AM - 5:30 PM
BRUCE SCHONFELD

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Spinal Biomechanics

6 HRS **\$90**

Offering new ways of helping clients with back pain by releasing the spine at core levels, this class covers basic spinal biomechanics and accompanying myofascial strain patterns. Palpatory assessment and range and leverage concepts are taught. Associated craniosacral and visceral anatomy are discussed in terms of their structural relationships to the spine.

Prerequisite: Massage Technician Training or Equivalent

Spring **106941** 6/11/2010 - 6/11/2010 Friday 10:00 AM - 5:30 PM
BRUCE SCHONFELD

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Structural Craniosacral

6 HRS **\$90**

A fascial anatomy approach to Craniosacral Therapy, this course teaches precise manipulations of the membranes and fascia associated with the cranial, facial and sacral bones, to support a higher order of structural integrity in the body. This poly-fascial "systems" perspective also bridges anatomy and energy by embracing their interrelationship as a natural symbiotic state. Decompression and mobilization techniques are explained, demonstrated and practiced.

Prerequisite:

Fall **106881** 10/27/2010 - 10/27/2010 Wed 10:00am - 5:30pm
BRUCE SCHONFELD

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Structural Visceral

6 HRS **\$90**

Through precise manipulations of the membranes and fascia associated with the thoracic, abdominal and pelvic cavities, the visceral system is brought to a higher order of structural integrity which in turn allows the compensating musculoskeletal system to relax. Particular attention is paid to the interrelationship between bones and membranes (pleura, peritoneum and pelvic floor). Decompression and mobilization techniques are explained, demonstrated and practiced.

Prerequisite:

Fall **106891** 12/17/2010 - 12/17/2010 Friday 10:00 AM - 5:30 PM
BRUCE SCHONFELD

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IPSB's 2009 Course Schedule - Elective Courses