



IPSB
 INSTITUTE
 OF PSYCHO-
 STRUCTURAL
 BALANCING

Revised 8/8/2007

2007 ADVANCED CLASS SCHEDULE

- A registration card must be submitted for each class.
- Registration cards are available from IPSB.
- \$50 deposit required per class for non-550 students.
- All classes may be taken individually (see 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.

550 HOUR TRAINING - REQUIRED CLASSES

Attention all current 550 Students: There have been changes to the program format. Please contact Sue at the IPSB office regarding how your program track may be affected.

ACUPRESSURE FOR THE BODYWORKER* (24 HOURS) **\$288**
 WINTER 272031: Feb 14 - April 4 Wed 6:30 - 9:30pm
 SPRING 272032: May 23 - July 18 (No class 7/4) Wed 6:30 - 9:30pm
 FALL 272033: Sept 10 - Oct 4 Mon, Thurs 10:00am-1:00pm
 FALL 272034: Oct 22 - Dec 10 Mon 6:30 - 9:30pm
 GIL CRUZ

Incorporating acupressure points with massage, this course addresses some of the most common areas of client complaints 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 Meridian's.

ADVANCED CIRCULATORY MASSAGE* (24 HOURS) **\$288**
 WINTER 272081: Feb 3 - Feb 17 Sat 9:00am - 6:00pm
 SPRING 272082: May 12 - June 3 Sat, Sat, Sun 9:00am - 6:00pm
 SUMMER 272083: June 25 - July 16 (No class 7/4) Mon, Wed 9:00am - 1:00pm
 FALL 272084: Oct 7 - Oct 21 Sun 9:00am - 6:00pm
 LESLIE PRELL

Recommended: Palpation Skills

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.

ANATOMY/PHYSIOLOGY I* (42 HOURS) **\$504**
 WINTER 272101: Jan 9 - April 10 Tues 6:30 - 9:30pm
 FALL 272102: Sept 11 - Dec 11 Tues 6:30 - 9:30pm
 VINCENT PUNTURERE

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

2007 IPSB 550 HOUR TRAINING - REQUIRED CLASSES

***Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes**

ANATOMY/PHYSIOLOGY II*

(42 HOURS)

\$504

SPRING 272151: May 1 - Aug 14 (No class 5/8; 7/3)

Tues 6:30pm - 9:30pm

VINCENT PUNTURERE

A/P 1 is not a prerequisite for this class.

A system approach to the study of the human body with specific focus on the effects of massage and bodywork. Curriculum includes tissue study and the integumentary, nervous, endocrine, respiratory, digestive, urinary and reproductive systems.

BUSINESS FOR BODYWORKERS I

(8 HOURS)

\$96

WINTER 272211: Jan 27

Sat 9:30 am - 6:30pm

SPRING 272212: March 25

Sun 9:30 am - 6:30pm

SPRING 272213: June 10

Sun 9:30 am - 6:30pm

SUMMER 272214: Aug 17 & 24

Fri 12:00pm - 4:00pm

FALL 272215: Oct 13

Sat 9:30am - 6:30pm

LISA MALIK

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

BUSINESS FOR BODYWORKERS II**

(6 HOURS)

\$72

SPRING 272221: June 16

Sat 10:00am - 5:00pm

Winter 272222: Nov 18

Sun 10:00am - 5:00pm

LISA MALIK

Prerequisite: Business For Bodyworkers I

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.

CPR/FIRST AID

(8 HOURS)

\$65

WINTER 272251: Feb 24

Sat 9:30am - 6:30pm

SUMMER 272252: June 23

Sat 9:30am - 6:30pm

FALL 272253: Oct 28

Sun 9:30am - 6:30pm

UNIVERSITY TRAINING CENTER

Adult/Child/Infant CPR and standard first aid.

DEEP TISSUE I*

(24 HOURS)

\$288 (+Mat'ls fee)

WINTER 272751: Feb 18 - Mar 4

Sun 9:00am - 6:00pm

SPRING 272752: Mar 22 - April 9

Mon, Thurs 9:00am - 1:00pm

SPRING 272756: Mar 24 - April 7

Sat 9:00am - 6:00pm

SPRING 272753: June 2 - June 16

Sat 9:00am - 6:00pm

FALL 272754: Sept 22 - Oct 6

Sat 9:00am - 6:00pm

WINTER 272755: Dec 2 - Dec 16

Sun 9:00am - 6:00pm

JORDAN ALLEN/VAL GUIN/CYNDI ORTOLANO

Prerequisite: Palpation Skills

Students advance their anatomy understanding and palpation skills while learning the concepts and tools of Deep Tissue. Strengthening, stretching and sensory exercises increase personal body awareness and body usage, promoting sensitive, effective and creative Deep Tissue practitioner

DEEP TISSUE II & III**

Applying the skills learned in Deep Tissue I, students therapeutically address musculoskeletal conditions, traumas and injuries by viewing the body as a whole and learning to release both primary and secondary areas to resolve clients' complaints. Classes also incorporate the core IPSB philosophies of tai chi, karmic zones, chu'a ka and body/heart/mind integration, including effective communication skills. These concepts plus exercise and self-care techniques enable the practitioner to facilitate clients' participation in their own healing process. (Class schedules listed below).

2007 IPSB 550 HOUR TRAINING - REQUIRED CLASSES

*Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes

DEEP TISSUE II

(40 HOURS)

\$480 (+Mat'ls fee)Prerequisite: Deep Tissue I

SPRING 272761: April 22 - May 20

Sun 9:00am - 6:00pm

SUMMER 272762: July 30 - Aug 30

Mon, Thurs 2:00pm - 6:00pm

FALL 272763: Oct 20 - Nov 17 (No class 11/24)

Sat 9:00am - 6:00pm

JORDAN ALLEN/VAL GUIN/CYNDI ORTOLANO

DEEP TISSUE III

(40 HOURS)

\$480 (+Mat'ls fee)Prerequisite: Deep Tissue II

SUMMER 272771: June 17 - July 15

Sun 9:00am- 6:00pm

FALL 272772: Sept 10 - Oct 11

Mon, Thurs 2:00pm - 6:00pm

JORDAN ALLEN/VAL GUIN/CYNDI ORTOLANO

HUMAN ENERGY SYSTEMS

(15 HOURS)

\$180

WINTER 272401: Mar 2 & 9

Fri 9:30am -6:00pm

SUMMER 272402: July 29 & Aug 5

Sun 9:30am -6:00pm

FALL 272403: Dec 8 & 15

Sat 9:30am -6:00pm

TRACY GRIFFITHS/GARY STRAUSS

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 will be presented and explored through lecture and hands-on experience. Students will learn how bodywork affects the balance and movement of energy.

HYDROTHERAPY*

(12 HOURS)

\$144 (+Mat'ls Fee)

SPRING 272451: Apr 9 & 14

Mon 6:30 -10:30pm and Sat 9:30am - 6:30pm

SUMMER 272452: Aug 21 & 26

Tues 6:30 -10:30pm and Sun 9:30am - 6:30pm

FALL 272453: Nov 28 & Dec 1

Wed 6:30 -10:30pm and Sat 9:30am - 6:30pm

LORRANE BONANNO/CYNDI ORTOLANO

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

PALPATION SKILLS *

(16 Hours)

\$192

WINTER 272701: Jan 14 & 21

Sun 9:00am - 6:00pm

WINTER 272702: Jan 23 - Feb 13

Tues 9:00am - 1:00pm

SPRING 272703: April 21 & 28

Sat 9:00am - 6:00pm

SPRING 272704: May 22 - June 12

Tues 9:00am - 1:00pm

SUMMER 272705: July 8 & 15

Sun 9:00am - 6:00pm

FALL 272706: Sept 8 & 15

Sat 9:00am - 6:00pm

FALL 272707: Oct 16 - Nov 6

Tues 9:00am - 1:00pm

VINCENT PUNTURERE

Required for Deep Tissue. Recommended for all advanced massage courses.

Through the art of palpation, students explore the entire body, focusing on bony landmarks, specific muscle location and soft tissue textures. Palpation is an essential skill for the advancement of any bodyworker.

PATHOLOGY**

(40 HOURS)

\$480

WINTER 272551: Feb 15 – May 10

Thurs 6:30 - 9:35pm

FALL 272552: Sept 13 – Dec 13 (No class Nov 22)

Thurs 6:30 - 9:35pm

LORRANE BONANNO

Prerequisite: Anatomy/Physiology I & II, or Approval

Survey of pathological conditions such 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 will be demonstrated. Course also covers dermatologic conditions and infectious disorders with emphasis on hygienic measures for client/therapist safety.

POLARITY I - GENERAL SESSION

(17 HOURS)

\$204

WINTER 275451: Jan 28 & Feb 4

Sun 9:00am - 6:30pm

WINTER 275452: Feb 20 - 28

Tues, Wed 9:00am - 1:15pm

SPRING 275453: May 11 & 18

Fri 9:00am - 6:30pm

SUMMER 275454: July 7 & 14

Sat 9:00am - 6:30pm

FALL 275455: Sept 8 & 15

Sat 9:00am - 6:30pm

WINTER 275456: Dec 6 - 14

Thurs, Fri 9:30am - 1:15pm

DINA FRABONI/DENYCE GIANNOSSES/TRACY GRIFFITHS

This course introduces the basic principle of energy flow. Students will learn the Polarity General Session, a complete bodywork protocol for balancing the flow of life energy. Emphasis is placed on developing the art of touch, and understanding the relationship between body, mind and spirit in the healing process.

[SEE ELECTIVE SECTION FOR ADDITIONAL POLARITY OFFERINGS.]

PROFESSIONAL ETHICS I & II

This two part course 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. Students 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*

(12 HOURS)

\$144

WINTER 272371: Jan 29 - Feb 26 (No class Feb 19)

Mon 10:00am - 1:00pm

WINTER 272372: Mar 10 & 11

Sat, Sun 10:00am - 5:00pm

SUMMER 272374: July 26 - Aug 3

Thurs, Fri 10:00am - 1:00pm

FALL 272375: Sept 23 & 30

Sun 10:00am - 5:00pm

FALL 272376: Oct 26 - Nov 16

Fri 10:00am - 1:00pm

JOYCE GASS

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.

PART II**

(6 HOURS)

\$72

SPRING 272381: May 5

Sat 10:00am - 5:00pm

FALL 272382: Dec 9

Sun 10:00am - 5:00pm

JOYCE GASS

Prerequisite: Professional Ethics Part I

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.

SENSORY REPATTERNING I *

(24 HOURS)

\$288 (+Mat'ls Fee)

WINTER 277251: Jan 5 - 7

Fri,Sat,Sun 9:30am - 6:30pm

SPRING 277252: Apr 12 - 17

Thurs,Fri,Mon,Tues 9:30am - 4:30pm

SUMMER 277253: July 20 - 22

Fri,Sat,Sun 9:30am - 6:30pm

FALL 277254: Oct 11 - 19

Thurs,Fri 9:30am - 4:30pm

WINTER 277255: Nov 9 - 11

Fri,Sat,Sun 9:30am - 6:30pm

ELIZABETH JACOBOWITZ

The key principles of Timing, Gravity, The Skeleton, The Wave, and a complete "recipe" for a 50 minute session.

See Electives Section For Additional Description and Classes

ELECTIVE CLASSES

CORE SKILLS: INTRODUCTION TO IPSB MASSAGE* (24 HOURS)

\$264

WINTER 271011: Jan 13 - 27

Sat 9:30am - 6:30pm

WINTER 271012: Feb 4 - 18

Sun 9:30am - 6:30pm

SPRING 271013: May 1 - 17

Tues,Thurs 9:30am - 1:30pm

SUMMER 271014: Aug 11 - 25

Sat 9:30am - 6:30pm

FALL 271015: Sept 11 - 26

Tues,Wed 9:30am - 1:30pm

TEACHERS TBA

Prerequisite for transfer students enrolling in Advanced Circulatory Massage & Deep Tissue classes.

For 27 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.

AROMATHERAPY

RAINDROP TECHNIQUE™ AROMATHERAPY EXPERIENCE (8 HOURS)

\$135

SPRING 276541: May 19

Sat 9:00am - 6:00pm

FALL 276542: September 22

Sat 9:00am - 6:00pm

TRACY GRIFFITHS

In this class, students learn which essential oils assist the electrical energies of the body, raise the energetic frequencies, balance the central nervous system, release dormant viruses that hibernate along the spine, and highly oxygenate and detoxify the cells of all the systems. This treatment can be integrated with all types of emotional and physical therapies.

CRANIOSACRAL UNWINDING

CRANIAL PREVIEW

FREE

WINTER: Jan 23

Tues 7:00 - 9:00pm

FALL: Sept 19

Wed 7:00 - 9:00pm

GARY STRAUSS

Lecture on CRANIOSACRAL Unwinding principles and techniques with demonstration of how the vertebral spinal fluid expresses itself through connecting tissue and impacts the body's healing abilities.

CRANIAL I

(24 HOURS)

\$360 (+Mat'l's Fee)

WINTER 275201: Feb 9, 10, & 11

Fri, Sat, Sun 9:30am - 6:30pm

SUMMER 275203: June 26, 28, & 29 (Japanese)* Tue, Th, Fri 9:30am - 6:30pm

*This class is taught in Japanese by Kyoko Hayashi)

FALL 275202: Sept 28, 29, & 30

Fri, Sat, Sun 9:30am - 6:30pm

GARY STRAUSS

An introduction to the CRANIOSACRAL rhythm, concepts and motion. The focus is on developing palpation skills, learning the art of unwinding (moving with the inherent movements in the body) and learning to find and have boundaries. This class teaches a thorough palpation

of the connective tissue system throughout the body. Intervention techniques including classic and energetic still point induction, strain and counter strain, and direction of energy are also taught.

2007 IPSB ELECTIVE CLASSES

*Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes

CRANIAL II

SPRING 275251: Mar 16, 17, & 18

FALL 275252: Nov 16, 17, & 18

GARY STRAUSS

Prerequisite: Cranial I

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

(24 HOURS)

Fri, Sat, Sun 9:30am - 6:30pm

Fri, Sat, Sun 9:30am - 6:30pm

\$360 (+Mat'ls Fee)

CRANIAL III

SPRING 275271: Apr 13, 14, & 15

FALL 275272: Nov 30, Dec 1 & 2

GARY STRAUSS

Prerequisite: Cranial I

The third class in the Cranial series provides the student with an experience of integrating techniques learned in Cranial 1 & 2. The focus will be on using communication, presencing, visualization and energy based skills to do process-oriented cranial work.

(24 HOURS)

Fri, Sat, Sun 9:30am - 6:30pm

Fri, Sat, Sun 9:30am - 6:30pm

\$360 (+Mat'ls Fee)

FENG SHUI FOR THE BODYWORKER

FENG SHUI PREVIEW

WINTER: Feb 22

HELEN ABRANOS

Learn about creating a balanced and harmonious environment that supports you and your practice. The presentation will introduce the history of Feng Shui, how it works, and the ways it can be used to overcome physical, financial, and other problems.

Thurs 7:00 - 9:00pm

FREE

INTRODUCTION TO FENG SHUI

WINTER 273171: June 14 & 21

HELEN ABRANOS

Transform your environment to transform your life! This class covers the history of Feng Shui, the principles upon which it is based, and how to apply them to create environments that support health, prosperity, and happiness. Students will design a space, as well as learn to arrange their work area, and make a kit to take with them to balance any space to which they travel.

(8 HOURS)

Thurs 6:30 - 10:30pm

\$120

FOREARM DANCE™

FOREARM DANCE™*

Save your hands! Save your body! Val Guin's Forearm Dance™ is the "practitioner friendly" massage technique that enables you to give your clients a relaxing and fluid full body massage while also safely accessing deeper layers of tissue. Using ONLY your Forearm & Olecranon (elbow) as your massage tools, give your clients the sensation and relief they want while generating energy for yourself throughout the massage. Add this fun and exciting technique to your repertoire. Enjoy the dance!

FOREARM DANCE™ INTRO

WINTER 277501: Feb 15 & 22

SPRING 277503: April 15

(the Spring section will be held at the Santa Monica Center for Healing Arts)

SUMMER 277502: June 30

Fall 277504: Oct 7

Winter 277505: Nov 6 & 8

VAL GUIN

Prerequisite: Massage Technician Training

Learn the key foundations to becoming a Forearm Dance™ practitioner. New concepts, appropriate body mechanics and exercises based in Tai Chi, Yoga and dance will help you to achieve openness, fluidity and strength. You learn to apply basic Forearm Dance™ strokes and concepts to the back and legs with finesse, power and ease.

(8 HOURS)

Thurs 9:00am - 1:15pm

Sun 8:45am - 6:15pm

Sat 8:45am - 6:15pm

Sun 8:45am - 6:15pm

Tu,Th 2:00pm - 6:00pm

\$120 (+Mat'ls Fee)

2007 IPSB ELECTIVE CLASSES

***Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes**

FOREARM DANCE™ I

SPRING 277511: April 19 - May 3
 SUMMER 277512: July 28 & Aug 4
 Fall 277513: Oct 14 & 21
 Winter 277514: Nov 12, Dec 6 & 13
 VAL GUIN

(12 HOURS)
 Thurs 9:00am - 1:15pm
 Sat 9:00 - 4:15pm
 Sun 9:00am - 4:15pm
 Thurs 9:00am-1:15pm

\$180 (+Mat'ls Fee)

Prerequisite: Forearm Dance™ Intro

Introducing the Olecranon (elbow)! Learn to apply your olecranon to achieve the depth and specificity found in deep tissue techniques without hurting yourself. Give your clients the relief and sensation they have been asking for as you build upon the key foundations of the Forearm Dance™.

FOREARM DANCE™ II

FALL 277521: Sept 8 & 9
 VAL GUIN

(12 HOURS)
 Sat, Sun 9:00am - 4:15pm

\$180 (+Mat'ls Fee)

Prerequisite: Forearm Dance™ I

Refine the use of the Olecranon and add Forearm Dance™ techniques for the back, legs, chest, arms and abdomen. Upon completion of this course, you have learned enough to follow the example of a full-body Forearm Dance™ choreography or allow the artist within you to create your own.

FOREARM DANCE™ III

FALL 277531: Oct 28 - Nov 11
 VAL GUIN

(18 HOURS)
 Sun 9:00am - 4:15pm

\$270 (+Mat'ls Fee)

Prerequisite: Forearm Dance™ II

This course explores new practitioner positions, such as kneeling, sitting on the table and using a rolling chair. You also learn new applications of the Forearm Dance™ with clients in supine, prone and Side-Line™ positions. You assess specific client needs and determine the therapeutic applications of the Forearm Dance™.

INTRODUCTION TO LYMPHATIC MASSAGE*(16 HOURS)

SPRING 275381: April 17 - May 8
 FALL 275382: Oct 20 & 27
 KAREN AXELROD

Tues 6:00pm - 10:00pm
 Sat 9:00am - 6:00pm

\$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.

POLARITY ASSOCIATE CLASSES

(Please contact IPSB for full requirements.)

POLARITY I - GENERAL SESSION

(17 HOURS)

See Required Classes

POLARITY II - ELEMENTS

SPRING 275501: April 15 - 29
 DINA FRABONI

(42 HOURS)
 Sat,Sun 9:00am - 6:30pm

\$630 (+Mat'ls Fee)

Prerequisite: Polarity 1 or Human Energy Systems

An in-depth exploration of Polarity energetics and the expression of life energy through the Five Elements - Ether, Air, Fire, Water, and Earth. 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.

2007 IPSB ELECTIVE CLASSES

*Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes

PRE AND POST NATAL MASSAGE CLASSES

PREGNANCY MASSAGE*

(40 HOURS)
Sat 9:00am - 6:15pm

\$600 (+Mat'ls Fee)

WINTER 275551: Mar 3 - 31
VAL GUIN

Highly Recommended Prerequisite: Deep Tissue I

Physiology and anatomy of trimesters and appropriate techniques for each. Includes draping, bolstering, contraindication, and specific areas of concern. Also covered are labor support, interfacing with the birth team, postpartum concerns and an introduction to infant massage. Many of the techniques of this class can also be applied to non-pregnant clients with shoulder, low back, hip or edema conditions.

INFANT MASSAGE

(28 HOURS)
Tue, Wed, Thurs, Fri 9:00am - 5:00pm
Fri, Sat, Sun, Mon 9:00am - 5:00pm

\$600

SPRING 275561: APRIL 10-13
FALL 275562: NOV 2-5
SUZANNE REESE

This is an Infant Massage USA (IMUSA) certification course. Students will gain knowledge and skill in teaching parents and families how to perform infant massage, adapt the massage for special needs, and apply this knowledge and skill for use in group and private instruction. **28 hours of this course qualify for CEH's with NCTMB.**

REFLEXOLOGY FOR THE BODYWORKER

Learn simple, yet dynamic foot, hand, and ear routines that promote deep relaxation, and correct health imbalances to enhance wellness. Reflexology practitioners bring about physiological responses throughout the recipient's entire body by touching the feet, hands and ears. Learn to address common health complaints through an understanding of how and why this modality is effective. Class includes the philosophy, theories, principles and origins of Reflexology. Also taught is the basic anatomy of the different regions of the body from the point of view of the foot, hand and ear as microcosms of the entire body. Students are taught to use their fingers, thumbs, and the front, back and edges of their hands to gently palpate the designated areas with a meditative rocking motion. Plenty of hands-on practice provides the student with the confidence to work on themselves and others, at home or in a clinical or spa setting.

REFLEXOLOGY PREVIEW

FREE

May 16 Wed 7:00pm - 8:30pm

Get a jumpstart to Reflexology training. Learn techniques for Hands, Ears and Feet to use on yourself or clients and experience the quick relief Reflexology can provide. Come with questions, clean hands and feet and expect to leave with effective skills.

HAND & EAR REFLEXOLOGY

(15 HOURS)

\$225

Dates and Times TBD

Learn how to revitalize and rejuvenate the body's energies with basic hand and ear routines. Class includes the theory, principles, and origins of hand and ear Reflexology. Learn applications and techniques that build your confidence, hand skills, and reflexing techniques.

FOOT REFLEXOLOGY

(15 HOURS)

\$225

Dates and Times TBD

Learn how to stimulate the body's innate healing abilities, to help yourself and others feel better. Understand the techniques, purpose, anatomy, and how to interpret information that the feet convey. Students learn a primary protocol to follow for anyone and any condition, and how to adapt it to other modalities.

2007 IPSB ELECTIVE CLASSES

***Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes**

REIKI

REIKI I

WINTER 277301: March 4
SPRING 277304: March 12 & 14
SUMMER 277302: July 21
FALL 277303: Dec 16
LISA LOVEJOY

(6 HOURS)
Sun 10:00am - 5:00pm
Mon, Wed 6:30pm - 9:30pm
Sat 10:00am - 5:00pm
Sun 10:00am - 5:00pm

\$90

Reiki is an amazingly easy, safe and powerful system of hands-on healing which utilizes spiritually guided life-force energy. Reiki treats the whole person, body, emotions mind and spirit. This results in relaxation, feelings of peace and well-being, and accelerated healing. Students learn what Reiki is, its history, the ethics of using Reiki, how to treat oneself and others, including a full-body treatment, and how to use Reiki with massage. Each student receives an "attunement" which activates the channels that allow Reiki to flow through the practitioner.

REIKI II

SPRING 277311: April 1
SUMMER 277312: August 11
LISA LOVEJOY

(6 HOURS)
Sun 10:00am - 5:00pm
Sat 10:00am - 5:00pm

\$90

This class expands on the techniques taught in Reiki I, increasing the power and focus of hands-on healing as well as offering treatments for mental, emotional and karmic problems. Students learn how to use Reiki for distance healing, clearing objects and places, releasing unwanted habits, and for manifestation. Reiki symbols and how to use them are also taught. Each student receives a Reiki II attunement which increases the flow of Reiki energy through the practitioner.

SENSORY REPATTERNING

Sensory Repatterning is an advanced form of passive joint mobilization. The client's body is moved, rocked, cradled and invited to let go. This creates sensations of openness and freedom, fluidity and joy. It allows recipients to connect with their core: both physiologically and emotionally. In the process practitioners learn to use their bodywork tools with more artistry and finesse. A wonderful addition to any bodywork practice!

SENSORY REPATTERNING I*

(24 HOURS)

See Required Classes

SENSORY REPATTERNING II

SUMMER 277261: Aug 17, 18, & 19
ELIZABETH JACOBOWITZ

(24 HOURS)
Fri, Sat, Sun 9:30am - 6:30pm

\$360

Prerequisite: Sensory Repatterning I

Learn many more Sensory Repatterning techniques. Focus on vision, sensitivity and rhythm, and improve your artistic skills as an integrative bodyworker.

SENSORY REPATTERNING III

FALL 277271: Sept 14, 15, & 16
ELIZABETH JACOBOWITZ

(24 HOURS)
Fri, Sat, Sun 9:30am - 6:30pm

\$360

Prerequisite: Sensory Repatterning II

Review, refine and increase your Sensory Repatterning routine. Explore and deepen your own concepts of Healing through creative artwork.

2007 IPSB ELECTIVE CLASSES

***Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes**

SPORTS MASSAGE

SPORTS MASSAGE I*

(16 HOURS)

\$240

WINTER 275651: Feb 4 & 11

Sun 9:30am - 6:30pm

SUMMER 275652: Aug 12 & 19

Sun 9:30am - 6:30pm

VINCENT CARBAUGH

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

SPORTS MASSAGE II

(16 HOURS)

\$240

WINTER 275661: Mar 11 & 18

Sun 9:30am - 6:30pm

FALL 275662: Sept 16 & 23

Sun 9:30am - 6:30pm

VINCENT CARBAUGH

Prerequisite: Sports Massage I

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 will be covered.

SKILLS IN STRUCTURAL INTEGRATION

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 mobilization and myofascial techniques for pain relief and increased range of motion are primary themes.

STRUCTURAL INTEGRATION PREVIEW

FREE

WINTER: Jan 10

Wed 7:00pm - 8:30pm

SPRING: June 6

Wed 7:00pm - 8:30pm

BRUCE SCHONFELD

Survey of the Structural Integration offerings, including general information on theory and techniques, demonstration of techniques and the opportunity for Q&A.

POSTURAL & PALPATORY ANALYSIS*

(6 HOURS)

\$90

SUMMER 276991: Aug 1 & 8

Wed 7:00pm - 10:00pm

BRUCE SCHONFELD

Comprehensive body analysis is the objective of this class. Students will hone *visual assessment skills* to see anatomical relationships in a client's structure and expand *palpation skills* to specifically motion test the body for restrictions. Together these fundamental tools increase a therapist's ability to strategize an effective intervention and work with more anatomical precision. Class is also appropriate to enhance skills of teachers and students of somatic psychology, yoga, pilates and personal training.

DIAPHRAGM, RIBS & RESPIRATION*

(6 HOURS)

\$90

SPRING 276911: May 17 & 24

Thurs 7:00pm - 10:00pm

BRUCE SCHONFELD

Achieving full range of motion of the respiratory mechanism, essential to optimal whole body wellness, is the goal of this class. The respiratory diaphragm, ribs, sternum, thoracic spine and related soft tissues involved in natural breathing are covered. Structural implications of scoliosis, mastectomy, breast augmentation, visceral restrictions and scar tissue are discussed.

LEGS AND FEET

(6 HOURS)

\$90

SPRING 276901: Mar 21 & 22

Wed, Thurs 7:00pm - 10:00pm

FALL 276902: Dec 8

Sat 10:00am - 5:30pm

BRUCE SCHONFELD

The consequences of uneven weightbearing, a shorter leg, or a more elusive fetal form can all be the underlying root of whole body compensation and misalignment. The architectural metaphor of having a strong foundation is in full effect in this class focusing on balance and order in the legs and feet. Organization in the lower extremities is the groundwork to maintaining integrity above. General concepts regarding shoes and orthotics are also covered.

2007 IPSB ELECTIVE CLASSES

*Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes

SPINAL BIOMECHANICS* (Formerly The Spine)(6 HOURS)**\$90**

SPRING 276941: April 7

Sat 10:00am - 5:30pm

BRUCE SCHONFELD

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. Associated CRANIOSACRAL and visceral anatomy are discussed in terms of their structural relationships to the spine.

ADVANCED NECK TECHNIQUES*

(6 HOURS)

\$90

SUMMER 276951: June 30

Sat 10:00am - 5:30pm

BRUCE SCHONFELD

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.

WHIPLASH*

(6 HOURS)

\$90

FALL 276981: Nov 7 & 14

Wed 7:00pm - 10:00pm

BRUCE SCHONFELD

Unresolved whiplash injuries can often be the unidentified and/or underestimated cause of ongoing pain troubling the body. If left unresolved, the body's posture at time of impact and the ensuing disorganizing movement sequence become the very positions the body organizes itself around avoiding. Effective manual therapy interventions are crucial when working with recent or chronic whiplash injuries to restore normal range of motion. Whiplash is a whole body injury and will be considered from orthopedic, holistic, structural and energetic perspectives.

THAI MASSAGE

Nuad Bo Rarn, or Ancient Healing Massage from Thailand, is a modality that is growing in use and application in the West and integrates well into other styles of bodywork. It is a very physical approach to "energy" work using a slow meditative pace, integrative stretches and energy Meridian's called sen lines. It is a complete method of caring for the body, mind and spirit.

INTRODUCTION TO THAI MASSAGE*

(8 HOURS)

\$120 (+Mat'ls Fee)

WINTER 277211: Jan 20

Sat 9:30am - 6:30pm

WINTER 277215: Feb 2 & 12

Mon 6:30 - 10:30pm

SPRING 277212: Apr 30 & May 7

Mon 6:30pm - 10:30pm

SUMMER 277214: July 13 & 20

Fri 10:00am - 2:00pm

SUMMER 277213: July 29

Sun 9:30am - 6:30pm

BRIAN MARKOVITZ

This class introduces the foundational tools, stretches and positions of traditional Thai Massage.

THAI MASSAGE I

(24 HOURS)

\$360 (Mat'ls Fee)

WINTER 277221: Feb 16, 17, & 18

Fri,Sat, Sun 9:30am - 6:30pm

SUMMER 277222: Aug 3, 4, & 5

Fri,Sat,Sun 9:30am - 6:30pm

BRIAN MARKOVITZ

Prerequisite: Intro to Thai Massage

Building on the techniques from the introductory course, students will learn how to perform a full Thai Massage routine of 90-120 minutes

THAI MASSAGE II

(24 HOURS)

\$360 (+Mat'ls Fee)

TBD

BRIAN MARKOVITZ

Prerequisite: Thai Massage 1

In support of the use of Thai massage in a professional therapeutic practice, this class will increase practitioner confidence and comfort with the session learned in Thai I. There will be focus on body mechanics, timing, and accuracy of technique including sen line location, plus exploration of alternative positions and movements.

2007 IPSB ELECTIVE CLASSES

***Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes**

TOUCH FOR HEALTH KINESIOLOGY

TOUCH FOR HEALTH KINESIOLOGY: Introduction (6 HOURS)

\$90 (+Mat'ls Fee)

In this class, students learn how to do accurate muscle testing to find structural and energetic imbalances, activate the entire lymphatic system to relieve pain anywhere in the body, determine the key meridians that are blocked and how to alance them, learn quick and easy ways to eliminate physical and emotional pain and stress, and integrate these skills into your client sessions.

JOHN MAGUIRE

WINTER 276321: Mar 19

Mon 10:00am - 5:00pm

WINTER 276322: Mar 19 & 26

Mon 6:30pm - 9:30pm

TOUCH FOR HEALTH: STRUCTURAL KINESIOLOGY I

(48 HOURS)

\$720 (+Mat'ls Fee)

JOHN MAGUIRE

SCHEDULE: TBA

Prerequisite: Touch for Health Kinesiology Intro

TOUCH FOR HEALTH: STRUCTURAL KINESIOLOGY II

(48 HOURS)

\$720 (+Mat'ls Fee)

JOHN MAGUIRE

SCHEDULE: TBA

Prerequisite: Touch for Health Structural Kinesiology I

CLINICAL STUDIES

Clinical Studies*

(30 HOURS)

\$225

JOYCE GASS & CYNDI ORTOLANO

Class room hours for all segments:

Mon 6:30pm-9:30pm

This course gives graduates of the 150 hour massage technician program an opportunity to utilize their tools and techniques in a clinical setting. Class time includes discussion of the client/therapist relationship, communication, refinement of body mechanics and massage techniques, self-care and specific feedback to issues encountered in the clinic experience. The practical hands-on experience in the clinic will solidify and encourage students to discover their strengths and work with their challenges. Students will enhance and build their confidence, feel empowered to cultivate their professionalism and develop a unique artistry in their work. This course is on-going giving students the opportunity to begin their 30 hour requirement at any time. Clinic hours will be at the IPSB Massage Clinic in Santa Monica.

Segment 1- 277701:	June 11- July 16, no class 7/2
Segment 2- 277702:	June 18 - July 23, no class 7/2
Segment 3- 277703:	June 25 - July 30, no class 7/2
Segment 4- 277704:	July 9 - August 6
Segment 5- 277705:	July 16 - August 13
Segment 6- 277706:	July 23 - August 20
Segment 7- 277707:	July 30 - September 10, no class 8/27 & 9/3
Segment 8- 277708:	August 6 - September 17, no class 8/27 & 9/3
Segment 9- 277709:	August 13 - September 24, no class 8/27 & 9/3
Segment 10- 2777010:	August 20 - October 1, no class 8/27 & 9/3
Segment 11- 2777011:	September 10 - October 8
Segment 12- 2777012:	September 17 - October 15
Segment 13- 2777013:	September 24 - October 22
Segment 14- 2777014:	October 1 - October 29
Segment 15- 2777015:	October 8 - November 5
Segment 16- 2777016:	October 15 - November 12
Segment 17- 2777017:	October 22 - November 19
Segment 18- 2777018:	October 29 - December 3, no class 11/26
Segment 19- 2777019:	November 5 - December 10, no class 11/26
Segment 20- 2777020:	November 12 - December 17, no class 11/26

2007 IPSB ELECTIVE CLASSES

*Prerequisite - Massage Technician Training **Prerequisite - Massage Technician Training and other Advanced Classes

2007 IPSB ELECTIVE CLASSES

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