



IPSB School of Integrative
Psycho-Structural Bodywork

2025 IMBP Program Classes

Required Classes - 550 Hour Program



This symbol indicates
a book is needed

IPSB Foundations (120 hours)

Required Book: Anatomy Coloring Book
by Wynn & Kapit
Prog \$2,400 Non Prog \$2,640

**John Matsunaga, Toi Beaman Leal,
Cyndi Ortolano, Sabrina Ortolano**

Winter: Jan 6 - Feb 18 M/T/W 9a-6p
Spring: Apr 1-Jun 17 Sat 9:30a-6:30p

Summer: Jul 8-Sept 20 Tue 6:30p-10:30p

Fall: Oct 7-Dec 20 Sat 9:30a-6:30p

Tue 6:30p-10:30p

Advanced Modalities (60 hours)

Required Books: Trail Guide To The Body 6th Edition
by Andrew Biel
Prerequisite: IPSB Foundations
Prog \$1,200 Non Prog \$1,320

John Matsunaga, Cyndi Ortolano

Winter: Feb 25-Mar 19 M/W 9a-6p

Feb 1-Mar 29 Sat 9:30a-6:30p

Fall: Oct 12-Nov 20 Sun 9:30a-6:30p

Thu 6:30p-10:30p

Anatomy & Kinesiology (42 hours)

Required Books: Trail Guide To The Body 6th Edition
By Andrew Biel
Applied Anatomy & Physiology for Manual Therapists
2ⁿ Edition by Archer/Nelson
Clinical Range of Motion Assessment E-Book
by Peter V. Loubert
Prog \$840 Non Prog \$924

Tony Poland

Winter: Jan 23-Apr 24 Thu 6:30p-9:30p

Summer: Jun 2-Sept 8 Mon 11a-2p

Fall: Sept 4-Dec 18 Thu 6:30p-9:30p

Anatomy & Physiology (40 hours)

Online

Required Books: Applied Anatomy & Physiology
for Manual Therapists 2nd Edition
Anatomy Coloring Book by Wynn/Kapit
by Archer/Nelson
Prog \$800 Non Prog \$880

Elizabeth Jacobowitz

Spring: May 21-Aug 13 Thu 10:30a-12:45p

Fall: Sept 17-Dec 17 Thu 6p-9:15p

Aromatherapy - Essential Oil Basics (6 hours)

Prog \$120 Non Prog \$132

Sabrina Ortolano

Spring: Mar 17 Mon 10a-5p

Summer: Jun 28. Sat 11a-6p

Business & Marketing I (7 hours)

Prog \$140 Non Prog \$154

Toi Beaman Leal

Spring: Mar 11-Mar 18

Summer: Jul 15

Fall: Oct 6-Oct 13

Tue 6:30p-10p

Tue 10a-6:30p

Mon 6:30p-10p

Business & Marketing II (8 hours)

Prog \$160 Non Prog \$176

Toi Beaman Leal

Summer: Jul 29-Aug 5

Tue 2p-6p

Contraindications & Pathology (30 hours) *Online*

Required Book: A Massage Therapists Guide
to Pathology by Ruth Werner
Prog \$600 Non Prog \$660

Sabrina Ortolano

Spring: Mar 31-May 7

Fall: Sept 2-Oct 16

M/W 10a-12:30p

Tue/Thu 6:30p-9p

CPR First Aid (4 hours)

Prog \$85 Non Prog \$85

William Wang

Spring: Mar 19.

Mon 9a-1p

Deep Tissue I (56 hours)

Required Book: Trail Guide To The Body 6th Edition
by Andrew Biel
Prog \$1,120 Non Prog \$1,232

Cyndi Ortolano

Winter: Jan 26-Mar 16

Spring: Apr 1-May 13

Fall: Sept 7-Sept 28

Sun 9:30a-6:30p

Tue 9a-6p

F/Su 9:30p-6:30p

Deep Tissue II (56 hours)

Required Book: Trail Guide To The Body 6th Edition
by Andrew Biel
Prog \$1,120 Non Prog \$1,232

Cyndi Ortolano

Spring: May 27-Jul 8

Fall: Oct 19-Dec 7

Tue 9a-6p

Sun 9:30p-6:30p

Elder Care (4 hours)

Prog \$80 Non Prog \$88

Sabrina Ortolano

Spring: Mar 10

Tue 9a-6p

Ethics & Boundaries (9 hours)

Prog \$180 Non Prog \$198

Rebecca Leigh

Winter: Jan 22-feb 5

Summer: Jul 21-28

Fall: Sept 2-Sept9

Wed 7p-10p

M/W 6:30p-9:30p

Tue 1:30p-6p

Hydro & Spa Therapies - Mod A (4 hours)

Prog \$240 Non Prog \$264

Cyndi Ortolano

Fall: Sept 3

Wed 12p-4p

Hydro & Spa Therapies - Mod B (8 hours)

Fee is represented in Mod A

Cyndi Ortolano

Fall: Sept 10

Wed 9a-6p

Myofascial Massage I (16 hours)

Prerequisite: Advanced Modalities

Recommended Book: Advanced Myofascial Techniques
1 by Til Luchau

Prog \$320 Non Prog \$352

Kevin DeComines

Spring: Apr 27-May 4

Summer: Aug 20-Aug 27

Sun 9:30a-6:30p

Wed 9a-6p

Prenatal Massage Intro (16 hours)

Prerequisites: Advanced Modalities

Prog \$320 Non Prog \$352

Sabrina Ortolano

Winter: Jan 5-Jan 12

Spring: May 12-May 14

Sun 9:30a-6:30p

M/W 9a-6p

Shiatsu Anma Therapy Intro (16 hours)

Prog \$320 Non Prog \$352

Dr. Tsuneo Kaneko

Spring: Feb 24-Mar 3.

Summer: Jun 22-Jun29

Winter: Dec 7-Dec 14

Mon 9a-6p

Sun 9:30a-6:30p

Sun 9:30a-6:30p

Sensory Repatterning I (24 hours)

Required Book: Sensory Binder

Prerequisite: IPSB Foundations

Prog \$480 Non Prog \$528

Elizabeth Jacobowitz

Spring: Mar 24-Mar 26

Fall: Oct 3-Oct 5.

M/T/W 9a-6p

F/S/Su 9:30a-6:30p

Sports Massage & Stretching (24 hours)

Prerequisite: Anatomy & Kinesiology

Prog \$480 Non Prog \$528

Tony Poland

Summer: Jun 1-Jun 15.

Summer: Aug 12-Aug 26

Sun 9:30a-6:30p

Tue 9a-6p

Community Workshops & Events

These Are Community Enrichment Offerings That Don't Qualify For Transcript Credit

Body Mechanics Workshop (3 hours)

\$66

Prerequisite: IPSB Student or Alumni

Cyndi Ortolano, Sabrina Ortolano

Spring: Apr 26 Sat 7:30p-10:30p

May 18 Sun 7p-10p

Summer: Jun 28 Sat 7p-10p

Jul 26. Sat 7:30a-10:30p

Aug 23 Sat 7:30p-10:30p

Fall: Sept 27 Sat 7p-10p

IPSB Hand Craft Circle (2.5 hours)

Free

IPSB Community

Summer: Jul 27 Sun 6:30p-9:p

Aug 24 Sun 6:30p-9:p

Fall: Sept 28 Sun 6:30p-9:p

Oct 26 Sun 6:30p-9:p

Winter: Nov 23 Sun 6:30p-9:p

Intro To IPSB Massage (16 hours)

\$352

Cyndi Ortolano

Summer: Jul 14-Jul 23

M/W 6:30p-10:30p

IPSB Qigong Series (6 hours) Free

Dr. Tsuneo Kaneko

Summer: Jul 11-Aug 15

Fri 10a-11a

IPSB Potluck (3 hours)

Free

IPSB Community

Summer: Jun 14

Aug 9

Fall: Oct 1

Winter: Dec 13

Sat 7p-10p

Sat 7p-10p

Sat 7p-10p

Sat 7p-10p

IPSB Sound Bath (1 hours)

\$25

Nikki Schultz

Spring: May 7

Summer: Jun 4

Jul 2

Aug 6

Fall: Oct 1

Winter: Nov 5

Dec 3

Wed 7p-8p

Wed 7p-8p

Wed 7p-8p

Wed 7p-8p

Wed 7p-8p

Wed 7p-8p

Wed 7p-8p

Table Maintenance Workshop (4 hours) Free

IPSB Staff

Spring: May 30

Fri 11a-3p

DIY Holiday Gift Making Workshop (4 hours)

\$40

Sabrina Ortolano

Winter: Dec 7

Sun 11a-3:p

2025 Advanced Elective Classes

Birth Worker Electives

Advanced Prenatal Massage (24 hours)

Prerequisite: Advanced Modalities or Equivalent

Prog \$480 Non Prog \$528

Sabrina Ortolano

Summer: Jul 10-Aug 14

Thu 6:30p-10:30p

Birthworker Training - Acupressure Labor Support (4 hours)

Prerequisite: IPSB Foundations or Equivalent

Prog \$80 Non Prog \$88

Sabrina Ortolano

Summer: Aug 15

Tu 6:30p-10:30p

Birthworker Training - Body Mechanics for Labor Support (8 hours)

Prog \$160 Non Prog \$176

Sabrina Ortolano

Summer: Oct 4

Sat 9:30a-6:30p

Spiritual Womb Healing (30 hours)

Prog \$600 Non Prog \$660

Marcia Lopez

Summer: Aug 11-Aug 15

M/T/W/Th/F 10a-5p

Women's True Healing: Womb Self Care Training (25 hours)

Prog \$500 Non Prog \$550

Marcia Lopez

Summer: Jul 14-Jul 17

M/T/W/Th 10a-5:15p

Women's True Healing: Uterine & Abdominal Therapy Practitioner Level Training (30 hours)

Prerequisite: Womb Self Care Training & Bodywork

Training, Acupuncture Training

Prog \$600 Non Prog \$660

Marcia Lopez

Summer: Jul 28-Aug 1

M/T/W/Th/F 10a-5p

Compressed Contraction Foundational Concepts (20 hours)

Prog \$400 Non Prog \$440

Tony Poland

Summer: Jul 27-Aug 24

Sun 2p-6p

Compressed Contraction Advanced Concepts (20 hours)

Prerequisite: Compressed Contraction Foundational Concepts

Prog \$400 Non Prog \$440

Tony Poland

Fall: Sept 14-Oct 12

Sun 2p-6p

Intra-Oral/Buccal Massage (12 hours)

Prerequisite: Advanced Modalities, Core Skills or

Instructor Approval (Estheticians welcome)

Prog \$200 Non Prog \$220

Cyndi Ortolano

Summer: Aug 16-Aug 23

Sat 10a-5p

Kinesiology Taping for Bodyworkers (8 hours)

Prerequisite: IPSB Foundations

Supplies: 2 Rolls of Kinesio Tape & Scissors

Prog \$160 Non Prog \$176

Tony Poland

Summer: Jun 28

Sat 9:30a-6:30p

Practicum

(16 hours - Classes offered in 2 hours at a time)

Prerequisite: IPSB Foundations

Prog \$320 Non Prog \$352

IPSB Staff

Winter: Jan 27

Mon 6:30p-8:30p

Spring: Mar 24

Mon 6:30p-8:30p

Apr 10

Thu 6:30p-8:30p

May 22

Thu 6:30p-8:30p

Summer: Jun 23

Mon 6:30p-8:30p

Jul 28

Mon 6:30p-8:30p

Aug 25

Mon 6:30p-8:30p

Fall: Sept 22

Mon 6:30p-8:30p

Oct 27

Mon 6:30p-8:30p.

Nov 24

Mon 6:30p-8:30p

Winter: Dec 15

Mon 6:30p-8:30p

Sensory Repatterning II (24 hours)

Required Book: Sensory Manual Segment 2

Prerequisite: Sensory Repatterning I

Prog \$480 Non Prog \$528

Elizabeth Jacobowitz

Summer: Jul 18-Jul 20

F/S/Su 9:30a-6:30p



Craniosacral Unwinding Electives

Core Competencies

Craniosacral Unwinding I (24 hours)

Prog \$480 Non Prog \$528

Gary Strauss, Tri Chung

Winter: Feb 14-Feb 16

F/S/Su 9:30a-6:30p

Fall: Sept 5-Sept 7

F/S/Su 9:30a-6:30p

Craniosacral Unwinding II (24 hours)

Prog \$480 Non Prog \$528

Gary Strauss, Tri Chung

Spring: Mar 28-Mar 30

F/S/Su 9:30a-6:30p

Fall: Oct 10-Oct 12

F/S/Su 9:30a-6:30p

Craniosacral Unwinding III (24 hours)

Prog \$480 Non Prog \$528

Gary Strauss, Tri Chung

Spring: Apr 11-Apr 13

F/S/Su 9:30a-6:30p

Winter: Dec 12-Dec 14

F/S/Su 9:30a-6:30p

Advanced Skills

Clinical Development (8 hours)

Prog \$160 Non Prog \$176

Tri Chung

Summer: Jun 6.

Fri 9:30a-6:30p

Jun 7

Fri 9:30a-6:30p

Jun 8

Fri 9:30a-6:30p

Craniosacral Unwinding IV (16 hours)

Prog \$320 Non Prog \$352

Gary Strauss

Summer: Jun 21-Jun 22

S/Su 9:30a-6:30p

Craniosacral Unwinding V (16 hours)

Prog \$320 Non Prog \$352

Gary Strauss

Summer: Jul 12-Jul 13

S/Su 9:30a-6:30p

Cranial Anatomy & Listening Skills I (16 hours)

Prog \$320 Non Prog \$352

Gary Strauss

Spring: Apr 26-Apr 27

S/Su 9:30a-6:30p

Cranial Anatomy & Listening Skills II (16 hours)

Prog \$320 Non Prog \$352

Tri Chung

Summer: Jul 10-Jul 11

S/Su 9:30a-6:30p

Cranial Autonomic Nervous System (24 hours)

Prog \$480 Non Prog \$528

Tri Chung

Spring: May 30-Jun 1

F/S/Su 9:30a-6:30p

Shiatsu Anma Electives

Prerequisites: Bodywork training or Approval

Advanced Shiatsu Anma - Entire Back & Hip Pain (4 hours)

Prog \$80 Non Prog \$88

Dr. Tsuneo Kaneko

Fall: Sept 13.

Sat 9:30a-6:30p

Advanced Shiatsu Anma - Head, Neck & Shoulder Pain (4 hours)

Prog \$80 Non Prog \$88

Dr. Tsuneo Kaneko

Summer: Aug 9 .

Sat 9:30a-6:30p

Advanced Shiatsu Anma - Immune Boosting (4 hours)

Prog \$80 Non Prog \$88

Dr. Tsuneo Kaneko

Fall: Oct 19 .

Sat 9:30a-6:30p

Advanced Shiatsu Anma - Stress, Anxiety & Insomnia (4 hours)

Prog \$80 Non Prog \$88

Dr. Tsuneo Kaneko

Winter: Nov 9 .

Sat 9:30a-6:30p