

# Body & Soul Therapeutic Massage School Catalog



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## **MISSION**

Body and Soul Therapeutic Massage School's Mission is to promote quality education in the art & science of massage therapy by developing the student's personal, spiritual, and intellectual goals and helping them acquire the necessary skills and knowledge to provide professional and ethical services.

Our goal is to provide a quality education in the massage and bodywork field. We provide a comfortable and relaxed atmosphere for students to learn, grow, and have their questions answered. Our philosophy is that our way is not the only way, but rather a foundation for students to build upon. Staff are constantly learning new skills and modalities to share with our classes and our community. They feel that the learning process never stops and we hope you feel the same way too as you make your decision to enter into this field. The instructors come to this school with a great amount of experience and education so that they may pass on that knowledge and real work experience to our students. The curriculum reflects our instructors' expertise and experience, which makes it greatly diversified and unique. We offer an education in bodywork from other cultures incorporating the body, mind, and spirit; as well as our own western style of massage. Our concern is for you to feel that you have achieved your own personal and professional goals by coming to Body & Soul Massage School. Our staff recognizes that the learning experience is different for everyone and works with each individual to develop and attain their goals. We hope this profession will enrich your own life as well as the lives of your families, friends, and future clients.

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## **INFORMATION ABOUT BODY AND SOUL**

Body and Soul Massage School is an approved school through the Kansas Board of Regents. Our small class size and low teacher/student ratio allows for individualized attention and plenty of hands-on time to learn the material. The curriculum is vastly diverse, giving students the opportunity to learn styles of massage that are unique to our area and help shape their career in this ever-growing field. . The focus is on personal and professional growth for each student. Many of our students feel that Body and Soul exceeded their expectation and changed their life.

The business classes teach students how to market themselves and learn ways to be successful in this field. Anatomy classes allow students the knowledge to work with other health care professionals such as doctors, chiropractors, and physical therapists.

We offer a 150 and 500 hour course. The 150 hour Swedish Massage Program offers the Swedish massage and anatomy classes focusing on the muscular and skeletal systems. Students learn by working on each other first and then on the public by the end of their training. This program gives a strong foundation in this field for those who want to get started on this path and take additional massage courses in their own time.

Our 500 hour Professional Massage Program is for those who are on the professional career path in massage therapy. This program offers therapeutic techniques and a well-rounded education in the healing arts field including Swedish Massage, Reiki, Lymph Drainage, Pregnancy Massage, Chair Massage, Nutrition, Hawaiian Lomi Lomi Massage, Basalt Stone Massage, Deep Tissue Massage, Herbology, and Bach Flower Remedies. Both programs incorporate anatomy, physiology, pathology, ethics, and business.

The wide range of modalities help students to become more marketable in this field and adapt to the needs of their clients. Many of our students have worked in chiropractic settings, cruises, sporting events, spa resorts, or opened up their own business after completing their courses at Body and Soul.

Students wishing to take the national massage exam are well prepared upon completion of the 500 hour Professional Massage Program. Although not required in the state of Kansas, national certification maintains the high standards that are set forth for all professional massage therapists. Students are prepared to take either the national certification exam (nce) for massage therapists or the federation of state massage therapy board (fsmtb) exam.

## **INSTRUCTORS**

### **Janna Akins - Instructor**

Janna has an extensive background in the healing arts and holds a doctorate in Naturopathic Medicine, Iridology, and Homeopathy.

A native to West Texas, the southwest influence is prominent in her life. Janna began her study of natural remedies and herbs as a young child with her grandmother and spent two years in Florida studying Native American herbs. When she moved to Kansas, she was adopted into a Pottawatomie family with a Native American medicine woman as her new sister. She is a Reiki Master and a Master Herbologist.

Janna has more than 1,000 hours of training and has traveled throughout much of the United States to continue her education in the healing arts. Her other credentials include certification in La Stone Massage, Ashiatsu Oriental Bar Massage, Thai Massage, Swedish Massage, Bach Flower Essence, Lomi Lomi Hawaiian Temple Massage, and Fijian Barefoot Massage.

Janna believes it takes a special kind of person to make a successful career of massage therapy. “It has to be in your heart to want to help others. If you have that, then you can be a wonderful therapist because the caring will come right through your hands,” she says. As a massage therapist for over a decade, her dedication to her work and continuing education bring a wealth of knowledge to her students. Janna is the director and co-owner of Body & Soul Massage School.

### **Jennifer Ethridge - Instructor**

Jennifer was born and raised in Wichita, KS. Her first massage at the age of 18 was with Janna and since then she has begun her path in the healing arts. Her passion and love of this kind of work is evident in her teaching and massage work.

Jennifer earned her science degree from Kansas State University and had taken 600 hours of training from the Milwaukee School of Massage. She was part of the cadaver team at KSU and assisted in teaching the human body to undergraduates. Nationally certified in massage therapy and bodywork, her background in the sciences, specifically human anatomy, as well as the healing arts give her insight into the knowledge therapists need to know for their anatomy and physiology in this field.

She has been a practicing massage therapist for more than 8 years and has earned additional certifications in Hot Stone Massage, Reiki I and II, Structural Integration, Deep Tissue Massage, Chair Massage, Reflexology, Myofascial Release I and II, Unwinding I, Thai Massage, Water Release Therapy, and Watsu. Jennifer is the administrator and co-owner of Body & Soul Massage School.

## **Maria Romero - Instructor**

Maria has been a practicing massage therapist since 1995. She earned her massage diploma from the Desert Institute of the Healing Arts in Tucson, Arizona with 1,000 hours of training. Her studies included Chair Massage, Deep Tissue Massage, Swedish Massage, Sports Massage, Hydrotherapy, and Shiatsu.

Maria volunteered with her caring hands at Victory in the Valley - a cancer support center here in Wichita. Recently, Maria has taken her massage career to the Southwest and works in Arizona. Her bi-lingual skills in Spanish and English are an asset as well as her vast knowledge in the massage field.

## **Jim Haynes- Instructor**

Jim studied at the New Mexico School of Natural Therapeutics and the New Mexico Academy of Massage and Advanced Healing Arts. His broad background brings authentic, specialty courses to this part of Kansas.

Jim's studies include Qi Gong in China and Tui Na in Santa Fe, New Mexico. His other studies and massage practice includes Cranio Sacral Therapy, Polarity, Biofeedback, Re-birthing, and Reflexology. He is a Reiki Master, practitioner, and teacher. Jim has been a therapist for over 13 years and just published his first book.

## **Rebecca Smith – Instructor**

Rebecca earned her Bachelor of Science degree in business management and accounting from Indiana Business College. She has taken 500 hours of training from Body and Soul Massage and apprenticed under Maria Romero and Janna Akins for over 800 hours after earning her Massage Diploma.

## **Jenn Lefevre – Instructor**

Jen currently is a professor in the Physical Education Department at Hesston College where she teaches a variety of activity courses, Fitness Concept, and Nutrition. Jen holds a B.A. from Goshen College, Goshen, IN and a Masters in Education in Physical Education/Exercise Science from Wichita State University. She is a certified Health and Fitness Instructor through the American College of Sports Medicine.

Jen received her Massage diploma in 2008 from Body and Soul. She currently owns her own business called Have-A-Fit Personal Training and Massage Therapy in her hometown of Hesston.

## **ACADEMIC CALENDAR**

Below is a list of the class times, school dates, and holiday breaks. A complete calendar with all of the class dates will be handed out on the first day of class. If you wish to know specific dates, please call the school.

### **CLASS TIMES**

The following class times are for both the 500 hour Professional Program and the 150 hour Swedish Certification course.

Evening classes

- Mon: 6pm-10pm
- Tues: 6pm-10pm
- Wed: 6pm-10pm
- Thurs: 6pm-10pm
- Alternate Saturdays: 10:00 am - 6:00 pm (every other Saturday)

### **SCHOOL DATES**

#### 150 hour Swedish Massage Certification Courses

October 5, 2009 - November 24, 2009

April 19, 2010 - June 5, 2010

June 14, 2010 - August 4, 2010

#### 500 hour Professional Massage Program

January 5, 2009 – July 11, 2009

#### 500 hour Professional Massage Program

October 5, 2009 - April 6, 2010

June 14, 2010 - December 21, 2010

### **HOLIDAY BREAKS**

Labor Day: September 4, 2009 – September 7, 2009

Thanksgiving: November 25, 2009 – November 29, 2009

Christmas: December 20, 2009 – December 27, 2009

New Years: December 31, 2009

Memorial Day: May 28, 2010 – May 31, 2010

Fourth of July: July 2, 2010 – July 4, 2010

Fall Break: August 8, 2010 – August 14, 2010

Labor Day: September 3, 2010- September 6, 2010

Thanksgiving: November 2, 2010 – November 28, 2010

Workshops are given throughout the year, so check our web site for current updates of dates and prices.

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

## ADMISSION REQUIREMENTS

- Applicants must be at least 18 years of age, emotionally stable, and physically able to perform techniques in the program
- Applicants must present two letters of recommendation from an employer, teacher, or a health care professional.
- Applicants must present a high school diploma or equivalent.
- Applicants must be capable of honoring financial obligations for the tuition and materials.
- Applicants must present a letter from a health professional stating that she/he is in good physical, mental, and emotional health and is physically able to give and receive massage with no adversity to her/his well being.

## TUITION AND FEES - 500 Hour Program

*The total tuition includes the cost of all required textbooks and workbooks, massage oil and/or lotion, student massage insurance, and use of massage tables during class hours. No additional fees will be required for the course.*

The total tuition for the Professional Massage Program is 5,500.00. Students have the option of paying for the tuition in 4 installments. Please call the school for exact payment plans. A 10% discount will be given to students who pay the total tuition on or before the enrollment deadline. **The total tuition, including the 10% discount, is 4,950.00.** Tuition may be paid with a check or credit card. After acceptance into the program, there is a non-refundable deposit of 150.00 to hold your space in the class. The \$150.00 deposit applies towards the tuition cost.

## TUITION AND FEES - 150 hour Program

*The total tuition includes the cost of all required textbooks and workbooks, massage oil and/or lotion, student massage insurance, and use of massage tables during class hours. No additional fees will be required for the course.*

The total tuition is \$1,875.00. Students may pay the tuition in full on or before the enrollment deadline or students may choose a payment plan for the tuition in two installments. Please call the school for the school regarding the payment plan for this course. Tuition may be paid with a check or credit card. After acceptance into the program, there is a non-refundable deposit of 150.00 to hold your space in the class. The \$150.00 deposit applies towards the tuition cost.

## **COURSE CURRICULUM 500 Hour Professional Massage Program**

### **200 Hours - Massage Therapy Theory, Technique, and Practice**

This includes studying the history, theory, techniques, and practices of massage therapy and learning the Swedish Massage style sequence. Massage on the public in a supervised setting is also part of this course.

### **10 Hours - Business and Ethics**

This consists of the information necessary to start a business, career options, and ethical issues relating to massage therapy.

### **165 Hours - Anatomy, Physiology, Pathology, Kinesiology**

This course is divided into three sections, please see course descriptions for more details. It consists of studying the systems of the body, their movements, functions, and dysfunctions.

### **125 Hours - Additional Bodywork Courses**

Deep Tissue Massage, Reflexology, Lymphatic Drainage, Herbology, Reiki, Pregnancy Massage, Chair Massage, Lomi Lomi Hawaiian Massage, Basalt Stone Massage, and Bach Flower Remedies.

The course curriculum and training is intended to prepare students with a well-rounded education in the art and science of massage, to become proficient at Swedish Massage, and graduate as a Massage Therapist.

## **COURSE CURRICULUM 150 Hour Swedish Massage**

### **32 Hours - Anatomy, Physiology, Pathology, Kinesiology**

This consists of studying the systems of the body, their movements, functions, and dysfunctions. Please see Anatomy, Physiology, and Pathology I in the Course Descriptions of this catalog for more details.

### **10 Hours - Business and Ethics**

This consists of the information necessary to start a business, career options, and ethical issues relating to massage therapy.

### **108 Hours - Massage Therapy Theory, Technique, and Practice**

This includes studying the history, theory, techniques, and practices of massage therapy and learning the Swedish Massage style sequence. Massage on the public in a supervised setting is also part of this course.

The course curriculum and training is intended to prepare students to become proficient at Swedish Massage. Upon graduation, students will receive a 150 Swedish Massage Certification.

\*Students do not have to enroll in the 150 hour Swedish Certification Course prior to enrolling in the 500 hour Professional Massage Program.

## **COURSE DESCRIPTIONS**

### **500 Hour Professional Program**

#### *SWEDISH MASSAGE THERAPY*

Focuses on mastering the Swedish massage which is the foundation for most other massage modalities. The Swedish massage includes strokes such as effleurage, petrissage, friction, tapotement, and vibration. Students learn contraindications, therapeutic value and applications of this type of therapy. The Swedish massage is practiced on fellow students, family and friends, and then the general public in a supervised setting.

#### *ANATOMY, PHYSIOLOGY, AND PATHOLOGY I*

Detailed study of the skeletal system and musculature emphasizing hands-on palpation and kinesthetic learning is the basis for this course. Students gain a deeper understanding of the muscular system through building clay muscles on models of the human skeleton. Also includes cell structures, anatomical terminology, and directional terminology. The purpose is for students to understand how these systems work, know the common dysfunctions their clients may have, and be able to integrate this knowledge into their massage practice.

#### *PREGNANCY MASSAGE*

Pre-natal massage for the first, second, and third trimester are addressed in this course. Benefits of pregnancy massage for the mother-to-be are discussed with emphasis placed on easing common low back and hip pain. Unique draping, body mechanics, and use of pillows and bolsters are essentials. Contraindicated pressure points and common problems with edema will be taught.

#### *BUSINESS AND ETHICS*

This course is designed to give students the necessary information for starting their massage therapy practice by combining ethical issues and business skills. Included is marketing, professionalism, ethics, record keeping, setting fees, career options, and other concepts for a successful practice.

#### *CHAIR MASSAGE*

A 15-minute and 30-minute chair massage sequence will be taught with acupressure points on the neck, shoulders, back, arms, and scalp. Chair massage is versatile where the therapist can work in a multitude of settings. Marketing for your practice with chair massage will also be covered.

#### *ANATOMY, PHYSIOLOGY, AND PATHOLOGY II*

An in-depth look at the other body systems are covered; particularly the integumentary, lymphatic, and nervous systems. This course also covers the definitions, etiology, signs and symptoms for conditions of the body systems commonly encountered by massage therapists. Games, creative stories, and real-life applications support students in the learning process and retaining the information.

#### *HAWAIIAN LOMI LOMI MASSAGE*

This ancient temple style massage was originally performed on priests in the caves of Hawaii hundreds of years ago. Primarily using the forearm, this style of massage implements long, flowing strokes from head to toe. Students learn the unique body mechanics, traditional attire, and draping techniques for this type of massage as well as a 90 minute sequence. A typical Lomi Lomi session may last anywhere from a full hour and a half to two hours.

#### *BASALT STONE MASSAGE*

River Basalt Stones are heated and placed in a spinal layout along the client's body. The therapist then uses the hot stones instead of their hands during their massage session. The warm heat radiated from the stones are very beneficial and feel wonderful to many clients. Proper care of the stones, equipment, and indications/contraindications will be taught.

### *DEEP TISSUE MASSAGE*

Deep tissue massage is an integral part to any therapist's practice. Proper training and techniques are designed to accomplish more profound work with less effort by integrating proper body mechanics and specific strategies. Students learn to slowly work their way to the deeper muscles and release holding patterns in the body.

### *ADVANCED DEEP TISSUE MASSAGE*

This class builds upon the first deep tissue class. Student's learn to work in specific areas of the body as well as strategies to help with common complaints and injuries such as sciatica or tennis elbow. Techniques such as stretching, positional release, and Myofascial release are incorporated.

### *REFLEXOLOGY*

Reflex points on the hands and feet will be covered along with their corresponding organ, gland or structure in the body. Pressure point techniques, zoning of the body, and additional massage techniques will be taught.

### *REIKI*

A traditional Japanese practice that calls upon the energy of the practitioner and the client. Through a Reiki session, a person's energy may be balanced to promote relaxation and a sense of well-being. Students will learn how to feel the energy from their hands and on the chakras of a person's body. A full Reiki session will be taught with proper hand placement and a full attunement from a Reiki Master will be given as an option.

### *ANATOMY, PHYSIOLOGY, AND PATHOLOGY III*

This section encompasses the digestive, endocrine, respiratory, cardiovascular, and urinary system. Common pathologies of the systems will be covered as well as their structure and functions. An emphasis will be on interdependence of all the body systems to maintain homeostasis and how through massage therapy and stress reduction each system is affected.

### *BACH FLOWER REMEDIES*

Energetic and emotional imbalances may be re-balanced through the use of Bach Flower Remedies. The Bach Flower Assessment Packet assists the person to help themselves find the core issue and will suggest certain Bach Flower Remedies. Students will learn the different flower essences, their positive qualities, and how to cross-reference them.

### *HERBOLOGY*

Basic principles and theory behind the use of herbs and general nutrition are the foundation for this course. Recognizing a variety of herbs and their uses as well as precautionary measures and potential contraindications will be taught.

### *LYMPHATIC DRAINAGE MASSAGE*

Light effleurage strokes move the lymph along towards the lymph nodes located in various parts of the body. Excellent for slight swelling or a run-down system, many clients can benefit from this type of massage. A review of the lymphatic system and a full hour lymphatic massage sequence is taught.

### *NUTRITION*

Students will learn basic nutritional information that will assist them in selecting a healthy diet. Basic properties of food metabolism and absorption will also be included.

## **ACADEMIC PROGRESS**

A grade of 75% or higher must be achieved in all course work to be in good standing. Graduation is available only to those with a grade of 75% or higher in all clinical and academic course work and those that complete the full 500 hours of the Professional Program (or 150 hours of the Basic Swedish Massage).

All exams and quizzes can be made up or retaken if the grade is 74% or lower or is not taken at the scheduled date. There is a limit of two retakes. Grades from makeups and retakes are computed the same as regular exams and quizzes.

It is highly recommended that all absences be made up within 10 days of their occurrences.

An entire class section may be repeated on a space available basis and by repaying the pro-rated tuition.

## **ENROLLMENT PERIOD**

Enrollment is open anytime one month prior to the class start date. All materials must be turned in one month in advance of the class start date to be accepted into the program.

## **EDUCATIONAL EQUIPMENT/CLASSROOM**

Classes will be taught on the upper level of the Body and Soul Therapeutic Massage building at 353 N. Hillside in Wichita, KS. This spacious classroom will accommodate a class up to 14 people. A men's restroom and a woman's restroom are provided on the first floor as well as a small kitchenette. Students will be provided with usage of massage tables, bolsters, and blankets during class hours.

\*\*\*BSTMS does not discriminate on the basis of race, creed, color, gender, age, sexual orientation, or national origin.

## **CLASSROOM CONDUCT**

All rules apply to both students and staff of Body & Soul Therapeutic Massage School.

1. Be respectful and courteous to everyone, at all times.
2. Demonstrate honesty, integrity, and professionalism.
3. Respect the physical and emotional boundaries of others.
4. Show up on time for class.
5. Be free from the influence of unlawful drugs or alcohol at all times.

\*\*Theft, lying, cheating, sexual impropriety, the unlawful possession, distribution or use of illegal substances or physical/verbal abuse of anyone in the facility is grounds for dismissal by the school.

## **GRIEVANCE PROCEDURE**

Student complaints are handled fairly and promptly by teaching and administrative staff. Students must first address their concern with the person or persons involved to try and resolve the conflict. If there is a need for further resolution, they may speak to the administrator of the school and a meeting may be set up. After all of the above has been attempted, then a meeting with the director of the school may be scheduled.

## **TRANSFER CREDITS/ADVANCED STANDING EXAMS**

BSTMS will grant advanced standing for prior education and training. Students may test out of classes when they can document that they have already satisfactorily completed the course work from an accredited institution or a certified instructor. Tuition refunds will not be granted for transfer credits or advanced standing exams. A request for testing out should be scheduled with the classroom instructor at least a week before the class hours in question are scheduled to be taught.

## **GRADUATION REQUIREMENTS**

Students must pass all clinical and academic course work with a grade of 75% or higher **and** complete the full amount of hours required in the course(150 hours or 500 hours) to graduate from Body and Soul Therapeutic Massage School. Students will have the opportunity to make up missed hours on scheduled “make-up” days or by scheduling time in advance with their instructor.

## **REFUNDS**

The following refund policy applies to the 500 Hour Program and the 150 Hour Program.

Tuition refunds are determined by the date of withdrawal as follows:

1. A 100% refund will be granted in the event the student cancels the enrollment by midnight of the 5<sup>th</sup> business day after the student receives a written and final notice of acceptance from the school by delivering or mailing a signed written notice to BSTMS. The refund owing will be mailed within 10 business days after receiving the notice of cancellation from the student. The student’s obligations will be terminated.
2. If for any reason a student withdraws or is dismissed by the school prior to attending any classes, a \$50.00 fee will be retained by the school. The refund owing will be mailed within 30 calendar days after the dismissal or withdrawal.
3. If for any reason a student is dismissed by the school or withdraws anytime between the first class and the end of the second week of class, a surcharge of \$100.00 plus the pro rata portion of the total cost of the course of instruction will be charged. The refund owing will be mailed within 30 calendar days after the dismissal or withdrawal.
4. If for any reason a student withdraws or is dismissed by the school after the second week of class, there will be no refund granted.

## **CANCELLATION**

A student may cancel the enrollment agreement by delivering or mailing a signed written notice to Body and Soul Massage School at 353 N. Hillside, Wichita, KS 67214. If the cancellation letter is delivered to the school by midnight of the 5<sup>th</sup> business day after the student receives the letter of acceptance, then a 100% refund will be granted. If the student wishes to withdraw after the 5-business-day cancellation period as described above, a portion of the remaining tuition will be returned after a surcharge is given as is outlined in the REFUND section of this catalog.

## **ATTENDANCE**

100% attendance is required for graduation. All absences must be made up. These make ups are designed to meet the needs of the student while maintaining the integrity of the course work. They may range from, but are not limited to, viewing the pertinent videos, study hall, clinical make ups, and study projects. It is the student's responsibility to obtain missed notes, hand outs, or homework assignments.

## **JOB PLACEMENT**

Body & Soul Therapeutic Massage School prepares students to work in a variety of settings from independent private practices, chiropractors' offices, health clubs, spas, or massage clinics. While Body and Soul Massage School does not provide job placement services, we do offer a variety of courses to make yourself more marketable as a massage therapist and courses in business. Class time is spent evaluating the pros and cons of starting your own business, working out of your home, or for an employer.