



ABMP Member In Good Standing

2013/2014

Catalog of Educational Classes

Located at:

1095 Stafford Way / Suite J

Yuba City, CA 95991

530-671-6300

juliesmassagetherapyandschool.com

Massage Therapy as a Career Choice



“Massage Therapy has achieved unprecedented popularity in recent years. Twenty-five million Americans make 60 million visits to 85,000 practitioners a year”

---Life Magazine---

“Millions of Americans are discovering that the ancient art of massage may be just what the doctor ordered to relieve pain, encourage healing, and even to just plain relax their stressed out bodies”

---Chicago Sun Times---

The profession of massage therapy is growing. More and more people are becoming involved in fitness programs, stress, reduction, relaxation, techniques, wellness and preventative health care. Traditional health practitioners are discovering the damage effects of stress and chronic tension. Massage Therapy is one of the few services available that directly affects the body's responses to stress and measurably strengthens the immune system.

Career opportunities for the massage therapists include private practice, health clubs, day and resort spas, beauty salons, sports teams, corporations (on-site or seated), stress reduction/relaxation centers, and working in association with other health care practitioners such as chiropractors, medical doctors, dentists, physical therapists, and psychologists.

As a Massage Therapist, you can enjoy flexible hours working in a relaxing, peaceful environment. You will be able to establish a work schedule to accommodate family and other personal time. If you like to make a difference in the quality of other lives, Massage Therapy could be the career you're looking for.

As a way of Enriching Your Life

While career opportunities in this field are plentiful there are many personal reasons for choosing to learn massage therapy. The power of touch and the healing potential within each person becomes apparent as you work in this field. The more we are surrounded by our high-tech lifestyles, the greater is the need for human touch. Doing massage will engage you physically, emotionally, intellectually, and spiritually. Helping people heal and increasing their overall sense of comfort brings a deep personal satisfaction and doing bodywork is a rewarding and healing for the giver and fun. Everyone has people in their lives that can benefit from the healing of massage. As a science, massage therapy increases body awareness, corrects system imbalances, assists in relaxation, reduces stress, increases vitality, and promotes a sense of well-being. As an art form, massage therapy facilitates a positive exchange of mental, emotional, and spiritual energies, which promotes holistic healing. Whether you enter this field in search of a new career, to add to your existing skills or to work with family and friends, our program can help you attain these goals.

Welcome

Our mission is to train students to become skillful, responsible and sensitive massage therapists and to provide an opportunity for personal growth that can be shared with the community, our institution is a private institution that is approved to operate by the bureau

Let me introduce ourselves. We are a small school located in Yuba City, CA. We offer a 230 hour CMT program and 25 different continuing education classes. Because we are small, we are more like a big family than an institution and you will find that your education is more personal and almost like you are getting one on one instruction. Our learning environment is warm, professional, supportive and respectful. Since we offer an Animal Massage Class we are an animal friendly establishment. We let people know upfront that if you don't like animals, then this might not be the place for you. We are dedicated to providing an excellent education in anatomy, physiology, theory, practice and techniques of massage therapy. We will provide you with the knowledge and skills you will need to succeed and we will assist you in developing your confidence and knowledge so that you will be able to meet the specific massage needs of each of your clients.

We have a highly trained and caring staff and each instructor brings to the classroom their own unique blend of technical skills of knowledge and experience to enrich your learning experience.

We are committed to ensuring that every student becomes the best massage therapist possible. We do this by creating a relaxed, comfortable, and supportive environment for learning and by coaching each student individually. Our building is 2,700 square feet with our hands on classroom being able to accommodate 8 tables and 16 students at one time. For lecture we can accommodate up to 30 people. We have over 60 videos in our library and our book library has over 35 books that are available for student use.

With our training, the possibilities are almost endless with new opportunities that await you in creating your new business as Massage Therapist, working the hours you choose while serving the well-being of others. You really can enter a profession that allows you to truly enjoy your work. We do not place graduates when they have completed our program, but when we get phone calls asking us about Massage Therapists we will let the graduates know who is looking to hire.

We hope this catalog will answer many of your questions, and that you will contact us for any additional information that you may need. We update the website with current dates and if we get 4 to 6 people interested in a specific class our instructors will teach a class. We keep sign-up sheets available for people to sign up for the classes they are interested in.

We look forward to sharing our knowledge and our enthusiasm for the future of massage therapy with you.

At this time we do not offer any housing, but if someone is from out of town the local hotels work with us at a discount. So please feel free to contact us.

Sincerely

Julie Stone

Julie Stone (Director) and part of the Teaching Staff of J.M.T.S.

ADMISSION REQUIREMENTS

To apply for admission to Julie's Massage Therapy and School simply give us a call and we can set up an interview for you and set up a tour of our facility. To enroll in our programs you must be at least 18 years of age. (Exceptions may be made with parental permission). Once you have completed the application, there is a \$750 down payment on the class and \$100 of which is non-refundable. Julie's welcomes applications of any race, sex, creed national and ethnic origin, sexual orientation or religion and does not discriminate on the basis of any of these.

Unfortunately at this time Julie's does not have a program set up for the transfer of credits with any school or university or credit for work experience.

FINANCIAL INFORMATION

Total cost (including handouts, any required texts and registration fee) for our 230 hour base program is \$3,200.00. Also an additional fee of \$45.00 is due the first week of school. This is an insurance fee that goes directly to ABMP not to our school. If you decide to pay your CMP/base program, class in full, in cash, 3 weeks before the class you enrolled in starts, we will take off \$100 the total cost. We do not have a financial aid program but you can set up a payment plan. On this plan we will set up a monthly payment due by the 5th of each month. There will also be 5% interest added at the end of each month. The continuing education classes are priced accordingly.

TABLE OF CONTENTS

Massage Therapy as a Career	Page - 2
Welcome	Page - 3
Admission Requirements	Page - 4
Financial Information	Page - 4
School Prices	Page - 5
Cancellation/Withdrawing	Page - 5
Refunds	Page - 6
Attendance Policies	Page - 7
Dismissal Policies	Page - 8
Grading/Graduation	Page - 7
Medical Massage	Page - 9
Student Tuition Recovery Fund	Page - 9
Complaints	Page - 10
BPPV Disclosures	Page - 10
Class Descriptions	Page - 11 - 17
Faculty	Page - 18
School Performance Fact Sheet	Page - 19
Application for Admission	Page - 21-22

CMP/CMT - We offer a 230 hour program with additional classes to meet the qualified hours to become certified by the State of California. You need 250 hours at one state approved location to become a Certified Massage Practitioner (CMP) or a total of 500 hours to become a Certified Massage Therapist (CMT).

Books, Supplies, and Equipment:

Massage tables, oils and lotions are provided free of charge for classroom use only. Students supply their own lotions and oils for homework time. Tables, chairs, lotions and oils can be purchased through the school.

SCHOOL PRICES

- Base Price \$3,200.00
- ABMP Insurance (due 1st week of School)\$ 45.00 (This is in addition to the base price and goes right to the insurance company).
- Payments made in full 30 days in advance \$3,100.00 (Cash discount \$100.00)

Payment Plan (minimum \$750 down) 5% interest will be added at the end of each month to any outstanding balance of tuition that has not been paid. A minimum payment of \$400 must be made on or before the 5th of each month (unless other arrangements have been made.) If your monthly payment has not been made by the 5th of each month then a \$15.00 late fee will be added along with the interest of 5% at the end of each month. Tuition must be paid in full before receiving any certificate. If tuition hasn't been paid in full by the start of the class, the outstanding balance will automatically be put on the payment plan and charged the 5% interest. There will be no interest or late fees charged until the class actually starts.

TOTAL FEES, CHARGES AND EXPENSES

1. Tuition: \$ _____
(Includes a \$100 non-refundable Administration fee)
2. Promotional Discount (if applicable) \$ _____
3. Down payment \$ _____
4. Books & Binder includes taxes & Shipping\$ \$225.00 (included)
(Book Title, Introduction to Massage Therapy by Mary Braun) (No Refund)
5. Balance to School \$ _____
6. Student Insurance A.B.M.P \$ 45.00
This will be a separate check made out to A.B.M.P. on or before the
First night of class (NON REFUNDABLE)
7. Students are responsible for sheets, towels, table and miscellaneous supplies.

STUDENTS RIGHT TO CANCEL

Cancellation shall occur when the student gives written notice of cancellation at:
1095 Stafford Way / Suite J
Yuba City, CA 95991

The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later.

This may be done by certified mail with a return receipt requested, hand delivered with a signed receipt of delivery by JMTS, or by telegram. Until a written notice is given, students are responsible for all tuition fees with no exceptions. A cancellation form may be obtained at JMTS upon request.

If a student has any JMTS equipment, books, tapes or others materials they shall be returned to the school within three (3) days following the notice of cancelation. If items are not returned in good conditions within the three day period, JMTS may deduct its documented cost of the supplies/equipment from any refund that may be due to the student.

If a student cancels the enrollment agreement, JMTS will refund what the student has paid into this agreement minus the \$100.00 administration fee, minus the \$65.00 book fee, minus the \$60.00 school binder full of massage information. There is no refund on the \$45.00 A.B.M.P. insurance because that is a separate intertie, and for any equipment / supplies not returned. And the school will determine how many days of class the student had attended and will deduct \$12.75 per hour/\$51.00 max per each day of class. Determined by hours attended.

WITHDRAWING FROM COURSES:

A student has the right to withdraw from the courses of instruction. JMTS will remit a refund, minus all items in the previous paragraph. Excluding the days attended. After the 7th business day, all of the previous paragraph applies.

REFUND INFORMATION

A student has the right to a full refund of all charges, less the administration fee, and the insurance fee if the enrollment agreement is cancelled by the student before the training begins. During the training, refunds will be pro-rated at an hourly rate of \$12.75 or \$51.00 per each day of class scheduled before JMTS receives a letter of cancelation.

EXAMPLE QUESTION

\$3,200 (Is amount paid)

Student only attends 50% of class and decides to quit	=\$1,600.00 refund
Less \$100 admin fee	-100.00
Less \$145.00 Books	-145.00
Less \$55.00 Binder	-55.00
Less \$45.00 Insurance	<u>-45.00</u>
	\$1,255.00

According to California State Regulations, no refunds will be granted to a student after 60% of a class has been taught.

If JMTS cancels or discontinues the course, the school will make a full refund of all charges. Fees paid may be applied towards future classes. Refund payments will start within thirty (30) days of cancellation.

Note: If any portion of student's tuition was paid from the proceeds of a loan or a grant, the student is responsible to the lender or agency that made the payment for the loan amount.

For determining the amount of time a student has attended, they shall be deemed to have withdrawn from the course when any of the following has occurred.

A: Student notifies the school with a written notice.

B: The school terminates the student enrollment.

REFUND NOTIFICATION FOR LEVEL 1 AND LEVEL 2

I _____ (please print) understand that there is a non-refundable \$100.00 administration fee per class with all Level 1 tuition and Level 2 package deals. With the Level 1 class, the insurance for A.B.M.P. is a non-refundable \$45.00. The Level 1 school book is non-refundable \$45.00 if the class has started. The Level 1 binder of information is non-refundable of \$60.00. I also realize that the classroom hour price will be calculated to the base price of whatever the initial receipt for that class was, less admin fees, book and binder expenses. This also applies in all Level 2 refund situations as well. All refunds will be prorated according to the percentage of classes attended at JMTS. All withdrawals must be turned in to JMTS in writing. Students are responsible until this is done. Refund payments will start within thirty (30) days of cancellation.

STUDENT SERVICES

CLASS ATTENDANCE

When enrollment agreement has been completed, agreed upon, and signed by the student and JMTS, it is agreed upon by both parties that this enrollment agreement will be used for registration in all JMTS classes. If a student fails to cancel enrollment for any class at JMTS within 48 hours prior to start of any class, student will be charged with the total hours for that class. To reschedule, student must meet with the enroller. In exceptional cases, a leave of absence may be granted. A letter requesting this leave of absence must be submitted to the school director or co-director.

LEVEL 1 ATTENDANCE

I understand that I can miss 2 classes (AM/PM) or one full day (weekend), without penalty. Each class afterwards will cost me \$15.00 an hour to make-up. This is to be paid immediately, when doing the make-up class.

NOTE: Arriving late and leaving class early counts towards missed classes.

DISMISSAL POLICY

At the discrimination of any instructor or representative teaching or representing JMETS, a student may be dismissed for the following reasons:

- * Intoxication of drugs, alcohol or inhalants**
- * Inappropriate behavior which may include abusive or vulgar languages, physical inappropriate acts or gestures, fighting or mental cruelty.**
- * Behavior that is creating safety hazards to others.**
- * Any other behavior deemed inappropriate by the staff members in charge. All final dismissals will be approved by the Director or Co/Director.**

LIBRARY AND OTHER RESOURCES

Each student is able to come in and watch any of the 57 videos and use any of the reference books that we have at anytime.

HOUSING

Julie's Massage Therapy and School does not offer housing. There are Hotels within walking distance of the school. If a person is attending the school and needs to stay overnight please call the school for additional information.

STUDENT GRIEVANCE

Any grievance or complaint can be filed in writing to the director at Julie's Massage Therapy and School. Replies will be made in a timely fashion.

LEAVE OF ABSENCE POLICY

Due to the short duration of classes, a leave of absence is not allowed. In exceptional cases, a leave of absence may be granted. A letter requesting this leave of absence must be submitted to the school director or co-director.

PROBATION & DISMISAL POLICY

Students must adhere to high standards of scholarship. An overall grade of 70 is required for graduation. Satisfactory progress is considered a grade point average of 70 or better, unsatisfactory progress is considered an overall average of below 70. If a student receives an I (incomplete) for any course of training or a grade below 70, the student may repeat the course the next time it is taught and

pay a prorated portion of the tuition for that course. A student may repeat a course only once.

A student will be considered to have unsatisfactory progress and be on probation if his/her average is below seventy. The student will be removed from probation when the overall average is above seventy percent. If a student receives less than a seventy average in two courses, the student must repeat these courses and receive a passing grade in at least one of them the next time they are taught. If a student receives less than a seventy average in three courses, the student will be terminated from the program. If the student wishes to be readmitted to the program, he/she must follow the re-admittance procedures.

GRADING SYSTEM

- A 90-100
- B 80-89
- C 75-79
- D 70-74
- F Below 70
- P Passing, C or above
- I Incomplete
- W Withdrawal

An overall average of 70 is required for graduation.

The overall grade average is obtained by averaging all grades and assigning a letter grade as defined above. A grade of I is a temporary transcript entry that will be treated as an F until changed. A grade of W will be treated as an F until the course(s) is/are completed.

Student Tuition Recovery Fund (STRF)

“The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school’s failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school’s failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.

4. There was a material failure to comply with the Act or the Division within 30-days before the school closed or, if the material failure began earlier than 30-days prior to closure, the period determined by the Bureau.

5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Complaints/Questions for Private Post Secondary

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, www.bppe.ca.gov, toll-free telephone number (888) 370-7589 or by fax (916) 263-1897.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureau's internet web site www.bppe.ca.gov.

BPPV DISCLOSURES

Julies Massage Therapy and School does not have any pending petition in bankruptcy, is not operating as a debtor in possession, never filed a petition within the preceding five years, and did not have a petition in bankruptcy filed against it within the preceding five years and resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec 1101 et seq.). [Ed. Code 94909 (a)(12)].

Julies Massage Therapy and School admits students from other countries. Students are to obtain their own visa. Julies Massage Therapy and School does not provide visa service.

There is no English language service. Foreign students are encouraged to meet basic level of English proficiency required of students as demonstrated by their own performance. Julies Massage Therapy and School does not verify language proficiency prior to admission.

Julies Massage Therapy and School does not award credit for prior experiential learning, and does not offer financial aid, nor participate in federal or state financial aid programs and/or distance learning..

If a student obtains a loan, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds.

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION"

"The transferability of credits you earn at Julies Massage Therapy and School is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in Certified Massage Practitioner is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Julies Massage Therapy and School to determine if your certificate will transfer."

Julies Massage Therapy and School currently does not accept credits earned at other institutions as our courses are sufficiently unique and innovative. We do not in general provide credits earned through challenge examinations and achievement tests, only with a very few exceptions. We also currently do not accept for transfer ability-to-benefit students.

CERTIFIED MASSAGE PRACTITIONER PROGRAM

Class is 230 hours/Price is \$3,200

Become a Certified Massage Practitioner in 230 hours. Day and night classes are available. Day classes are from 9 a.m. to 1:00 p.m. two days a week, call for scheduling. Night classes are from 6 to 10 p.m. two nights a week. The cost is \$3,200 and includes your book and binder. There is an additional \$45 due the first week of class that goes directly to ABMP insurance on an insurance policy, so that you can work/practice on people without having to worry. It does not include your massage table.

In this class you will learn: Body Awareness, Massage History and Theory, Etiquette and Clinical Practice, Creating Relaxed Environments, Anatomy and Physiology, Business Practices and Marketing, Body Mechanics, Charting, Clinic Appointments, Swedish, Chair Massage, Out of class functions, Introductions to Level 2 Classes and Reflexology. You will learn by lecture, videos, references books, demonstration and receiving and giving massage to fellow students and other therapists. The 230 hours consists of: 85 hours of Swedish, 24 hours reflexology, 6 hours chair massage, 85 hours lecture including anatomy and physiology and 30 hours of practice sessions.

For this class you need no prior level of education or testing to take the class. All course requirements and hours must be satisfied for issuance of the certificate. Student will be required to demonstrate proficiency in their course of study and will be evaluated by an instructor. Upon completion of this course the student will be prepared to get a job as a massage therapist.

CLASS DESCRIPTIONS

(Electives and Continuing Education Classes)

The classes listed below may be taken as continuing education classes for those not registered in our CMP program. In all the following classes you will learn by lecture, videos, references books, demonstration and receiving and giving massage to fellow students and other therapists. Most of the classes listed below are offered at least once a year. For current schedule please visit www.juliesmassagetherapyandschool.com

CHAIR MASSAGE

Class is 6 hours/Price is \$100

Known as seated massage, chair massage, or on-site massage, this technique involves the use of a specially designed massage chair in which the client sits comfortably. The modern chair massage was originally developed by David Palmer, but the technique is centuries-old. Seated massage includes bodywork and somatic techniques, such as shiatsu, amma, and Swedish massage, provided to the fully clothed client in a variety of settings, including businesses, airports, street fairs, malls, doctors offices, special events the possibilities are endless. Prerequisite: must be a CMP or CMT.

MEDICAL MASSAGE

Class is 16 hours/Price is \$265

Earn CE units along with your Certificate.

Performing medical massage requires a firm background in pathology and utilizes specific treatments appropriate to working with disease, pain, and recovery from injury. The therapist may work from a physician's prescription or as an adjunct healer within a hospital or physical therapy setting. In this class we will be touching on Pathology, Oncology, Lymphatic and Myofascial Trigger Points. Prerequisite: must be a CMP or CMT or nurse.

GERIATRIC

Class is 16 hours/Price is \$265

Geriatric massage, with its focus on the elderly, addresses the psychological and physiological aspects of aging and its associated diseases, Bodywork, often limited to a shorter time span, a lot of the time it is performed in residential care facilities. Prerequisite: must be a CMP or CMT.

DEEP TISSUE

Class is 40 hours/Price is \$650

The term Deep Tissue massage is defined as the use of different massage styles that are directed towards the deeper-tissue deep-muscle massage administered to affect the sub-layers and structures of the muscles and fascia. These techniques require more advanced training and a more thorough understanding of anatomy and physiology. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. The class teaches you techniques that utilize how to access the tissue, apply appropriate pressure, to understand body profiling, to do a structural analysis and it does help with chronic muscular pain and injury rehabilitation. Prerequisite: must be a CMP or CMT.

LYMPHATIC DRAINAGE

Class is 16 hours/Price is \$265

The strokes applied in manual lymph drainage are intended to stimulate the movement of the lymphatic fluids in order to assist the body in cleansing. This is a gentle, rhythmical technique that cleanses the connective tissue of inflammatory material and toxins, enhances the activity of the sympathetic nervous system. The most widely taught and generally accepted form of this technique was created by a Dr. Vodder of Austria and requires advanced training and precise movements. Lymph Drainage Therapy is unique in that healthcare professionals learn how to palpate the lymphatic flow. As they develop their skills, they can identify the rhythm, direction, and qualify the lymphatic flow. The touch of lymphatic massage is no more pressure than the weight of a nickel. Prerequisite: must be a CMP or CMT.

INTRODUCTION TO LOMI LOMI

Class is 16 hours/Price is \$265

Lomi Lomi is an ancient Hawaiian healing art that was traditionally passed down through generations of families in Hawaii. Now it is available for all massage therapists to learn. This system of massage utilizes very large, broad movements. Two handed, forearm & elbow application of strokes, which cover a broad area, are characteristic of Lomi Lomi. The knowledge of this class will be a powerful new tool that could possibly change your massage routine. In this class you will learn: the history and philosophy of Lomi Lomi, the true meaning of Aloha, how to open joints and move fluids through the body in their natural rhythm, elbow massage techniques for specific areas and experience giving & receiving Lomi Lomi. Prerequisite: must be a CMP or CMT. **Please check with us on this class because it will be changing to give you more options of the Lomi Lomi education hours from a 1 day workshop to 160 hours.**

HOT STONE

Class is 24 hours/Price is \$450

The use of the smooth stones creates a natural and effective extension of your hands. The heat enhances therapeutic treatments by warming the body, relaxing the muscles, and melting away the knots. The weight from the stones has proved physical and mental comfort to soothe the soul. Hot Stone therapy is rapidly growing among spas and private practices the world over. The price of this class includes materials needed to get started, the benefits and cautions, different types of stones, textures & shapes, full body sequence, stone massage techniques and advances restorative protocols. Prerequisite: must be a CMP or CMT.

ANIMAL MASSAGE

Taught by Lola Michelin

At Julie's Massage Therapy 530-671-6300

Class is 150 hours/ Price is \$2,000

This class is 150 hours. Most of the class is completed on-line, and the remaining 40 hours will be hands-on, taught by an experienced teacher from Washington. The small animal hands-on portion is taught at Julie's Massage Therapy in Yuba City, on 1393 Gray Ave. The large animals will also be taught at Julie's Massage and we will travel to an offsite location not

far from the school to do the actual hands on for the larger animals. You can get your application for this class either at Julie's Massage Therapy or on-line at info@nwsam.com. If you apply on-line please put (Julie's Massage Therapy) next to your name, so we will know how many students we have for the classes in Northern California. If you have any questions please call Julie at 530-671-6300. Due to the cost of this class, there is a financing program available. Both pets and performance animals experience soft-tissue damage in their daily lives just as humans do. Therapeutic massage provides significant relief, stimulates healing, and promotes stress reduction. Other benefits include enhancing performance by increasing range of motion, maintaining muscle tone and joint flexibility, increasing blood and lymph circulation, increasing oxygen to reduce muscle spasms, flushing toxins from muscles and joints, improving disposition, preventing injuries, stimulating areas affected and also relieving discomfort from arthritis. Prerequisite: none.

1 DAY MASSAGE WORKSHOP

Class is 6 hours/Price is \$125

Learn basic massage techniques to use on family and friends. Experience first-hand the benefits of giving and receiving massage. Learn how to increase the circulation and get the blood moving. This class is designed for anyone interested in an introduction the therapeutic massage. This is a 6 hour class from 9 a.m. to 4 p.m. Price: \$125.00 per person or bring a friend or partner and save \$25: 2 people = \$225.00. Price includes lunch. Prerequisite: none.

MYOFASCIAL RELEASE

Class is 16 hours/Price \$265

This is a three-dimensional application of sustained pressure and movement into the fascial system in order to eliminate fascial restrictions. Myofascial release is an effective therapeutic approach of relief of many types of pain and this class teaches you how to work with cervical pain, back pain, fibromyalgia, scoliosis, neurological dysfunction, restriction of motion, chronic pain and headaches. Prerequisite: must be a CMP or CMT.

SHIATSU

Class is 20 hours/Price is \$330

This type of therapy has been around for 4,000 years. Developed in Japan, Shiatsu is a finger-pressure technique utilizing traditional acupuncture points. Shiatsu concentrates on unblocking the flow of energy and restoring balance in the meridians and organs in order to promote self-healing. Learn how working specific pressure points help stabilize the body's health. The treatment brings about a sense of relaxation while stimulating blood and lymphatic flow. As a practitioner you will learn to stimulate reflex points, massage muscles and flex joints to restore balance and harmony that increases vitality and promotes health. Prerequisite: none.

SPORTS MASSAGE & ISOLATED STRETCHING

Class is 20 hours/Price is \$330

Sports massage is designed to enhance athletic performance and recovery. There are three contexts in which sports massage can be useful to an athlete: pre-event, post-event, and injury treatment. When an athlete sustains an injury, skillful massage therapy can often speed and improve the quality of healing. In the class you will learn pre-event massage, post-event massage and what to do when an athlete sustains an injury. Prerequisite: must be a CMP or CMT.

TRIGGER POINT

Class is 16 hours/Price is \$265

Trigger point is a noninvasive therapeutic modality that can be the key for the relief and control of myofascial pain and dysfunction. Trigger point relies heavily on client-therapist inter-action, including verbal and nonverbal elements. Success may be measured by the level of pain reduction experienced by the client and objectively through range of motion, strength, endurance, and other measures of improved function. Trigger point treatment will teach you compression, myomassage, passive stretching and regime of corrective exercises. Prerequisite: must be a CMP or CMT.

REFLEXOLOGY LEVEL 1

Class is 24 hours/Price is \$400

In this class you will learn the ancient but effective techniques of working on the zones of the feet to treat problems of the body such as headaches, sinus and allergy problems, low back problems and much more. Reflexology uses specialized touch techniques specifically to the hands and feet to restore balance and harmony to the body, so it can heal. Every single organ in the body can be located in the foot. The miraculous results of the Foot and Hand Reflexology can be applied as a separate specialization or as a complement to a massage making it useful in a variety of modalities. The class consists of training in the history of reflexology, zone theory, reflex locations for all regions of the body, muscular/skeletal, glands and organs and contraindications and benefits of Reflexology. Prerequisite: must be a CMP or CMT.

PRE-NATAL MASSAGE

Class is 24 hours/Price is \$425

(Pre and Perinatal Massage Therapy by Carole Osborne-Sheets)

This class will prepare you for working with pregnant and postpartum woman. You will learn safe, comfortable prenatal positioning for all stages of pregnancy, technique, contraindications and general Swedish modifications for expectant women. You will understand the physiological and anatomical process of pregnancy and postpartum and learn a wide variety of techniques to enhance pregnant and postpartum women's comfort, health and enjoyment. Please bring at least 3 firm pillows (including one king if possible). If you wish, you may bring a pregnant woman to work on for the 3rd day of class. The instructor is from Concord and space is limited to only 12 seats. Please contact us for the next class schedule. Prerequisite: must be a CMP or CMT.

SOFT TISSUE RELEASE

Class is 16 hours/Price is \$265

Soft-tissue release (STR) is a powerful injury treatment technique developed in Europe with the world's fastest sprinters. STR affects the insidious way scar tissue is formed, and in chronic conditions STR breaks up fibrotic and adhered mass of scar tissue to quickly allow the muscle to return to its natural resting length. Once the muscle or muscle group has returned to the original resting length, there is an immediate release from the pain induced by the inflammation response. Decrease in pain and increase in range of motion are often immediate, offsetting any minor discomfort experience. STR can be modified so there is no client discomfort at all. Prerequisite: must be a CMP or CMT.

FIBROMYALGIA MASSAGE

This class will describe the systems and experiences of fibromyalgia sufferers. You will learn: how to use bodywork and various supplements to address the most common systems, how to evaluate the eighteen tender spots that are the diagnosis for fibromyalgia, as well as message sessions for sleep, pain and headaches. Topics that will be covered are defining fibromyalgia symptoms, tender point assessment, 4 theories of cause including melatonin, magnesium, vitamin D and menthol, cayenne treatment, massage for sleep, massage for pain, massage for headaches, chronic fatigue and fibro-fog. Prerequisite: must be a CMP or CMT.

Faculty

***Julie Stone received her massage certificate from Chico Therapy Wellness Center 08/28/05. Teaching hands on in the class and Chair Massage. Certified for 8 years, has 600+ hours of schooling and 4 years of Teaching Assistant and 5 years teaching.**

***Melody Bryant has over 700+ hours of schooling. She learned Reflexology from a reflexologist in 1985 and was officially certified in 2000. She received her massage certificate from School of Alternative Healthcare in 02/28/01.**

***Dr. Michael McClaskey is a licensed Doctor of Chiropractic Medicine. He has a medical office in Yuba City California.**

***Bridget Scading is a Pre-natal Instructor and teaches in multiple locations including Davis School of Massage. She received her certification from Carol Osborn Sheets.**

***Lola Michelin from Northwest School of Animal Massage teaches the animal massage all over the United States. She is the owner and instructor of the School of Animal Massage.**

***Eric Jones has over 700 hours of schooling and received his massage certificate from Chico Therapy Wellness Center. He works with the elderly at retirement homes and teaches the Geriatrics class.**

School Performance Fact Sheet

2011 & 2012 Calendar Years

Certified Massage Practitioner (Program Length – 230 Hours)

Calendar Year	Number of Students Who Began Program ¹	Students Available for Graduation ²	Number of Graduates ³	Completion Rate
2011	8	5	5	100%
2012	5	5	5	100%

Reflexology (Program Length – 24 Hours)

Calendar Year	Number of Students Who Began Program ¹	Students Available for Graduation ²	Number of Graduates ³	Completion Rate
2011	3	3	3	100%
2012	6	6	6	100%

Hot Stone (Program Length – 24 Hours)

Calendar Year	Number of Students Who Began Program ¹	Number of Graduates ²	Graduates Available for Employment ³	Placement Rate % Employed in the Field ⁵
2011	4	4	4	100%
2012	5	5	5	100%

Lomi Lomi (Program Length – 16 Hours)

Calendar Year	Number of Students Who Began Program ¹	Number of Graduates ²	Graduates Available for Employment ³	Graduates Employed in the Field ⁴
2011	5	5	5	5
2012	0	0	0	0%

Trigger Point (Program Length – 20 Hours)

Calendar Year	Number of Students Who Began Program ¹	Number of Graduates ²	Graduates Available for Employment ³	Graduates Employed in the Field ⁴
2011	0	0	0	0
2012	3	3	3	100%

Animal Massage (Program Length – 150 Hours)

Calendar Year	Number of Students Who Began Program ¹	Number of Graduates ²	Graduates Available for Employment ³	Graduates Employed in the Field ⁴
2011	5	5	5	100%
2012	0	0	0	0

Retention of Student Records

Student records are maintained at the school, and may be seen by the students by contacting the Director. Student records are kept permantly at this time.



APPLICATION FOR ADMISSION

School Name: Julie's Massage Therapy and School (JMTS)

Address: 1095 Stafford Way / Suite J, Yuba City, CA 95991

Phone: (530) 671-6300 (School) (530) 682-4930 (Julie's Cell)

Name: _____

Phone: (H) _____ (W) _____ (C) _____

Print name as you want it to read on Certificate: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Date of Birth: _____ Sex: _____

S.S.# _____ - _____ - _____ Drivers License#: _____ Exp.: _____

Occupation: _____ Employer: _____

Phone: _____ How Long: _____

Have you ever been convicted of a felony? Yes or No

If yes, please explain:

Emergency Contact: _____ Phone: _____

Relationship: _____ Address: _____

Person Responsible for payment (if other than listed above): _____

Signature of Responsible Party: _____ S.S.# _____ - _____ - _____

Drivers License: _____ Phone (H) _____ (W) _____

Address: _____ City: _____ State: _____ Zip: _____

ACADEMIC EDUCATION

Please circle highest grade completed: 1 2 3 4 5 6 7 8 9 10 11 12 01 02 03 04 05

Colleges, Universities or Trade Schools Attended

Name _____ From/To _____ Degree _____

Name _____ From/To _____ Degree _____

Name _____ From/To _____ Degree _____

HEALTH

Describe any physical limitations: _____

Describe any health conditions you may have: _____

Previous Surgeries: _____

Current Medication: _____

Name of Physician: _____ Phone: _____

Address: _____