



11555 Los Osos Valley Road, # 108
San Luis Obispo, CA 93405
(805) 786-4808

2025 SCHEDULE FOR 500-HOUR MASSAGE THERAPIST PROGRAM

Students may enter this program at any time of the year, after completing CHI's 200 - Hour Massage Practitioner Program. Graduates of another 200 - hour CAMTC approved school are also eligible to apply to this program. Massage professionals can take individual classes for personal and professional enrichment. Courses in this program meet at varied days and hours (see below).

500-hour Requirements: Business Skills & Ethics - 20hrs, Anatomy & Physiology - 56hrs, Adv. Pathology & Contraindications - 20hrs, Adv. Health & Hygiene - 8hrs. Students are required to take a combination of massage & bodywork classes from each area: Western, Eastern and Elective - 196hrs.

If student pays for classes on an A la Carte basis, then each class requires a non-refundable enrollment fee of \$100.00 for that course at the time of their enrollment. Registration should be mailed or called into us as soon as possible. This will help guarantee your space in the class. Class space is limited. Should a student enrolled in the 500hr program, cancel class with less than 7 days' notice, or no-show for a class, the \$100.00 non-refundable enrollment fee will be charged for late cancellation/no-show. Courses without sufficient enrollment will be cancelled (any refunds due will be issued via check within 30 days).

Course	Hours	Days & Hours	Date	Cost	Styles
Reiki Level 1 w/ Ginger Johnson	8	Saturday 9:00 am – 6:00 pm	2/15/2025	\$ 160	Elective/Eastern
Trigger Point Therapy (Upper Torso/Shoulder) w/ Barbara Kelly	16	Monday & Wednesday 4:30 pm – 8:30 pm	2/19/2025 - 3/3/2025 (Class starts on Wednesday)	\$ 325	Western
Zen Thai Touch w/ Seymour Koblin	20	Friday 5:30 – 9:30 pm Sat & Sun 9:00 am – 6:00 pm	2/21/2025 - 2/23/2025	\$ 400	Eastern
Deep Tissue Upper Body w/ Danielle Krywko	16	Fri. 5:30 – 9:30 pm, Sat. 2:00 – 6:00 pm & Sunday 9:00 am – 6:00 pm	3/7/2025- 3/9/2025	\$ 350	Western
Anatomy & Physiology (Upp. Ext.) w/ Shante Kastenek	28	Monday & Wednesday 5:30 pm - 9:30 pm	3/10/2025 - 3/31/2025	\$ 575 + textbook	Core
Advanced Face & Scalp w/ Shante Kastenek	4	Friday	3/14/2025	\$ 100	Elective
Chair Massage w/ Shante Kastenek	8	Sunday 9:00am – 6:00 pm	3/16/2025	\$ 175	Western
Trigger Point Therapy (Cervical / TMJ) w/ Barbara Kelly	16	Monday & Wednesday 4:30 pm – 8:30 pm	4/2/2025 - 4/14/2025 (Class starts on Wednesday)	\$ 350	Western
Injury Mgmt. of the Neck w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	4/4/2025	\$ 100	Western
Cupping Therapy w/ Dr. Julianna Englund	16	Saturday & Sunday 9:00 am – 6:00 pm	4/12/2025 - 4/13/2025	\$ 350.00 + \$ 40 - \$50 Materials fee for cupping set	Western
Sports Massage I w/ Shante Kastenek *Prerequisite is Myofascial Massage Intro. class*	16	Monday, Wednesday & Friday 5:30 pm – 9:30 pm Wed. 4/16, Fri. 4/18, Mon. 4/21 & Wed. 4/23	4/16/2025 - 4/23/2025	\$ 350 + \$ 5 materials fee to instructor	Western
Adv. Health & Hygiene w/ Courtney Crow (ONLINE CLASS)	8	Fridays 5:30 pm - 9:30 pm	4/25/2025 - 5/2/2025	\$ 175	Core
Intro. to Craniosacral Level 2 w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am – 6:00 pm	4/26/2025 4/27/2025	\$ 350.00 \$ 15.00 materials fee to instructor	Elective
Sports Massage II w/ Shante Kastenek *Prerequisite is Sports Massage I class*	16	Monday & Wednesday 5:30 pm – 9:30 pm	4/28/2025 - 5/7/2025	\$ 350	Western
Anatomy & Physiology (Lower extremities) w/ Joanne Mapalo	28	Monday, Wednesday & Friday 5:30 pm - 9:30 pm	5/12/2025 - 5/26/2025	\$ 575 + textbook	Core

<i>Course</i>	<i>Hours</i>	<i>Days & Hours</i>	<i>Date</i>	<i>A la Carte Cost</i>	<i>Styles</i>
Spa Therapies w/ Shante Kastenek	16	Saturday & Sunday 9:00 am – 6:00 pm	5/17/2025 5/18/2025	\$ 350 + \$ 20 materials fee	Elective
Reiki Level 2 w/ Ginger Johnson	8	Sunday 9:00 am – 6:00 pm	5/25/2025 -	\$ 175	Elective
Deep Tissue Lower Body w/ Danielle Krywko	24	Mon., Wed. & Friday 5:30– 9:30 pm Sunday 9:00 am -6:00 pm May 28, 30, & June 1, 2 & 4	5/28/2025 - 6/4/2025	\$ 505	Western
Aquatic Integration Intro. w/ Cameron West	20	Friday 1:00 pm – 5:00 pm Sat & Sun 9:00 am – 6:00 pm	6/6/2025 - 6/8/2025	\$ 425 + \$ 50 pool use fee to instructor	Elective
*Note this class is held off campus in Atascadero					
Adv. Pathology & Contra. w/ Shante Kastenek	20	Monday & Wednesday 5:30 pm – 9:30 pm	6/11/2025 - 6/25/2025	\$ 425	Core
Prerequisite is Anatomy & Physiology Lower Extremities class					
Intro to Herbs w/ Joanne Mapalo	8	Saturday 9:00 am – 6:00 pm	6/14/2025	\$ 175	Elective
Intro. to Craniosacral Level 1 w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am - 6:00 pm	6/21/2025 - 6/22/2025	\$ 350 + \$ 15 materials fee to instructor	Elective
Introduction to Essential Oils w/ Dr. Julianna Englund	8	Sunday 9:00 am – 6:00 pm	7/13/2025	\$ 175 + \$ 45 - \$50 materials fee for oil kit	Elective
Business Skills & Ethics w/ Shante Kastenek	20	Monday & Wednesday 5:30pm – 9:30 pm	7/14/2025 - 7/28/2025	\$ 425 + textbook	Core
Tools for Longevity w/ Dr. Troy Smith	8	Sunday 9:00 am – 6:00 pm	7/27/2025	\$ 175	Elective
Injury Mgmt. of the Hip w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	8/1/2025	\$ 100	Elective
Energy Medicine Intro. w/ Marian Martinho	16	Monday & Wednesday 5:30 pm – 9:30 pm	8/4/2025 - 8/13/2025	\$ 350	Eastern
Myofascial Massage w/ Dr. Troy Smith	16	Saturday & Sunday 9:00 am – 6:00 pm	8/9/2025 - 8/10/2025	\$ 350	Western
Hawaiian Lomi Lomi w/ Lacey Costa	16	Monday & Wednesday 5:30 pm to 9:30 pm	8/18/2025 - 8/27/2025	\$ 350	Western
Boundaries & Self-Care w/ Dr. Julianna Englund	12	Saturday & Sunday 9:00 am – 4:00 pm	9/13/2025 9/14/2025	\$ 270	Elective
Trigger Point Therapy (Lower Back & Pelvis) w/ Barbara Kelly	16	Monday & Wednesday 4:30 pm – 8:30 pm	9/24/2025 - 10/6/2025	\$ 350	Western
(Class starts on Wednesday)					
Polarity Therapy w/ Ginger Johnson	16	Saturday & Sunday 9:00 am – 6:00 pm	9/27/2025 - 9/28/2025	\$ 350	Elective
Hot Stone Massage w/ Shante Kastenek	16	Saturday & Sunday 9:00 am – 6:00 pm	10/25/2025- 10/26/2025	\$ 350 + \$100 for Stone Set	Western
Acupressure w/ Marian Martinho	24	Monday & Wednesday 5:30 pm – 9:30 pm	11/5/2025 - 11/24/2025	\$ 505	Eastern
Injury Mgmt. of the Shoulder w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	11/7/2025	\$ 100	Elective
Comprehensive Side Lying w/ Danielle Krywko	8	Sunday 9:00 am – 6:00 pm	11/9/2025	\$ 175	Western
Intro to Ayurveda w/ Mandy Sahota-Flood	8	Sunday 9:00 am – 6:00 pm	11/16/2025	\$ 175	Eastern
Intro. to Panchakarma w/ Mandy Sahota-Flood	8	Sunday 9:00 am – 6:00 pm	11/23/2025	\$ 175	Eastern

****Please note that this schedule is subject to change (tuition, material fees, & dates) – 2/7/2025****