



**California
Holistic
Institute**

**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 cancelation/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
Business Skills & Ethics w/ Shante Kastenek	20	Monday & Wednesday 5:30pm – 9:30 pm	1/8/2025 - 1/22/2025	\$ 400 + textbook	Core
Intro. to Craniosacral Level 1 w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am – 6:00 pm	1/18/2025 - 1/19/2025	\$ 325 + \$ 10 materials fee to instructor	Elective
Stretch & Release Therapy w/ Marian Martinho	16	Saturday & Sunday 9:00 am – 6:00 pm	1/25/2025 – 1/26/2025	\$ 325	Western
Pregnancy & Infant Massage w/ Joanne Mapalo	20	Monday & Wednesday 5:30 pm – 9:30 pm	1/27/2025 - 2/10/2025	\$ 400	Western
Injury Mgmt. for Back w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	2/7/2025	\$ 100	Elective
Myofascial Massage w/ Dr. Troy Smith	16	Saturday & Sunday 9:00 am – 6:00 pm	2/8/2025 - 2/9/2025	\$325	Western
Reiki Level 1 w/ Ginger Johnson	8	Friday & Saturday 4:00 pm – 8:00 pm	2/14/2025 - 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	\$ 325	Western
Anatomy & Physiology (Upp. Ext.) w/	28	Monday & Wednesday 5:30 pm - 9:30 pm	3/10/2025 - 3/31/2025	\$ 550 + textbook	Core (same as for Upper Ext.)
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	\$ 160	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)	\$ 325 +	Western
Injury Mgmt. of the Neck w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	4/4/2025	\$ 100	Western

****Please note that this schedule is subject to change (tuition, material fees, & dates) - 10/23/2024****

<i>Course</i>	<i>Hours</i>	<i>Days & Hours</i>	<i>Date</i>	<i>A la Carte Cost</i>	<i>Styles</i>
Cupping Therapy w/ Dr. Julianna Englund	16	Saturday & Sunday 9:00 am – 6:00 pm	4/12/2025 - 4/13/2025	\$ 325.00 + \$ 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	\$ 325 + \$ 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	\$ 160	Core
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	\$ 325 +	Western
Anatomy & Physiology (Lower extremities) w/ Joanne Mapalo	28	Monday, Wednesday & Friday 5:30 pm - 9:30 pm	5/12/2025 - 5/26/2025	\$ 550 + textbook	Core
Spa Therapies w/ Shante Kastenek	16	Saturday & Sunday 9:00 am – 6:00 pm	5/17/2025 5/18/2025	\$325 + materials fee TBD	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	\$ 475	Western
Aquatic Integration Intro. w/ Cameron West *Note this class is held off campus in Atascadero	20	Friday 1:00 pm – 5:00 pm Sat & Sun 9:00 am – 6:00 pm	6/6/2025 - 6/8/2025	\$ 400 + \$ 50 pool use fee to instructor	Elective
Adv. Pathology & Contra. w/ **Prerequisite is Anatomy & Physiology Lower Extremities class**	20	Monday & Wednesday 5:30 pm – 9:30 pm	6/11/2025 - 6/25/2025	\$ 400	Core
Intro to Aromatherapy & Herbs w/ Joanne Mapalo	8	Saturday 9:00 am – 6:00 pm	6/14/2025	\$ 160	Elective
Introduction to Essential Oils w/ Dr. Julianna Englund	8	Sunday 9:00 am – 6:00 pm	7/13/2025	\$ 160 + \$ 45 - \$50 materials fee for oil kit	Elective
Tools for Longevity w/	8	Sunday 9:00 am – 6:00 pm	7/27/2025	\$ 160	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	\$325	Eastern
Hawaiian Lomi Lomi w/ Lacey Costa	16	Monday & Wednesday 5:30 pm to 9:30 pm	8/18/2025 - 8/27/2025	\$ 325	Western
Boundaries & Self-Care w/ Dr. Julianna Englund	12	Saturday & Sunday 9:00 am – 4:00 pm	9/13/2025 9/14/2025	\$ 250	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 (Class starts on Wednesday)	\$ 325	Western
Hot Stone Massage w/ Shante Kastenek	16	Saturday & Sunday 9:00 am – 6:00 pm	10/25/2025- 10/26/2025	\$ 325 + \$TBD for Stone Set	Western
Acupressure w/ Marian Martinho	24	Monday & Wednesday 5:30 pm – 9:30 pm	11/5/2025 - 11/24/2025	\$ 475	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 -	\$ 160	Western
Intro to Ayurveda w/ Mandy Sahota-Flood	8	Sunday 9:00 am – 6:00 pm	11/16/2025	\$ 160	Eastern
Intro. to Panchakarma w/ Mandy Sahota-Flood	8	Sunday 9:00 am – 6:00 pm	11/23/2025	\$ 160	Eastern

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