



**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).

| <b>Course</b>                                                                                      | <b>Hours</b> | <b>Days &amp; Hours</b>                                                                        | <b>Date</b>                                            | <b>Cost</b>                                        | <b>Styles</b> |
|----------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------|---------------|
| Anatomy & Physiology<br>(Upp. Ext.) w/ Shante Kastenek                                             | 28           | Monday & Wednesday<br>5:30 pm - 9:30 pm                                                        | 3/10/2025 -<br>3/31/2025                               | \$ 575 +<br>textbook \$80                          | Core          |
| Advanced Face & Scalp<br>w/ Shante Kastenek                                                        | 4            | Friday<br>5:30 pm - 9:30 pm                                                                    | 3/14/2025                                              | \$ 100                                             | Elective      |
| Chair Massage<br>w/ Shante Kastenek                                                                | 8            | Sunday<br>9:00am – 6:00 pm                                                                     | 3/16/2025                                              | \$ 175                                             | Western       |
| Trigger Point Therapy<br>(Cervical / TMJ)<br>w/ Barbara Kelly                                      | 16           | Monday & Wednesday<br>4:30 pm – 8:30 pm                                                        | 4/2/2025 -<br>4/14/2025<br>(Class starts on Wednesday) | \$ 350                                             | Western       |
| Injury Mgmt. of the Neck<br>w/ Marian Martinho                                                     | 4            | Friday<br>5:30 pm - 9:30 pm                                                                    | 4/4/2025                                               | \$ 100                                             | Western       |
| Cupping Therapy<br>w/ Dr. Julianna Englund                                                         | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                                                         | 4/12/2025 -<br>4/13/2025                               | \$ 350.00 +<br>\$ 41 Materials fee for cupping set | Western       |
| Sports Massage I<br>w/ Shante Kastenek<br><b>*Prerequisite is Myofascial Massage Intro. class*</b> | 16           | Monday, Wednesday & Friday<br>5:30 pm – 9:30 pm<br>Wed. 4/16, Fri. 4/18, Mon. 4/21 & Wed. 4/23 | 4/16/2025 -<br>4/23/2025                               | \$ 350 +<br>\$ 15 materials fee to instructor      | Western       |
| Adv. Health & Hygiene<br>w/ Courtney Crow <b>(ONLINE CLASS)</b>                                    | 8            | Fridays<br>5:30 pm - 9:30 pm                                                                   | 4/25/2025 -<br>5/2/2025                                | \$ 175                                             | Core          |
| Intro. to Craniosacral Level 2<br>w/ Flanagan MacKenzie                                            | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                                                         | 4/26/2025<br>4/27/2025                                 | \$ 350.00<br>\$ 15.00 materials fee to instructor  | Elective      |
| Sports Massage II<br>w/ Shante Kastenek<br><b>*Prerequisite is Sports Massage I class*</b>         | 16           | Monday & Wednesday<br>5:30 pm – 9:30 pm                                                        | 4/28/2025 -<br>5/7/2025                                | \$ 350<br>\$ 5 materials fee to instructor         | Western       |
| Anatomy & Physiology<br>(Lower extremities)<br>w/ Joanne Mapalo                                    | 28           | Monday, Wednesday & Friday<br>5:30 pm - 9:30 pm                                                | 5/12/2025 -<br>5/26/2025                               | \$ 575 +<br>textbook \$80 (same as for upper ext.) | Core          |
| Spa Therapies<br>w/ Shante Kastenek                                                                | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                                                         | 5/17/2025<br>5/18/2025                                 | \$ 350 +<br>\$ 20 materials fee                    | Elective      |
| Reiki Level 2<br>w/ Ginger Johnson                                                                 | 8            | Sunday<br>9:00 am – 6:00 pm                                                                    | 5/25/2025 -                                            | \$ 175<br>\$ 5 Materials fee                       | Elective      |
| Deep Tissue Lower Body<br>w/ Danielle Krywko                                                       | 24           | Mon., Wed. & Friday 5:30– 9:30 pm<br>Sunday 9:00 am -6:00 pm<br>May 28, 30, & June 1, 2 & 4    | 5/28/2025 -<br>6/4/2025                                | \$ 505                                             | Western       |

**\*\*Please note that this schedule is subject to change (tuition, material fees, & dates) – 3/18/2025\*\***

| <i>Course</i>                                                                                                                                | <i>Hours</i> | <i>Days &amp; Hours</i>                                 | <i>Date</i>                                             | <i>Cost</i>                                   | <i>Styles</i> |
|----------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|---------------|
| Aquatic Integration Intro.<br>w/ Cameron West                                                                                                | 20           | Friday 1:00 pm – 5:00 pm<br>Sat & Sun 9:00 am – 6:00 pm | 6/6/2025 -<br>6/8/2025                                  | \$ 425 +<br>\$ 50 pool use fee to instructor  | Elective      |
| <b>*Note this class is held off campus in Atascadero</b>                                                                                     |              |                                                         |                                                         |                                               |               |
| Adv. Pathology & Contra.<br>w/ Courtney Crow                                                                                                 | 20           | Monday & Wednesday<br>5:30 pm – 9:30 pm                 | 6/9/2025 -<br>6/23/2025                                 | \$ 425                                        | Core          |
| <b>**Prerequisite is Anatomy &amp; Physiology Lower Extremities class** This class is online except the last night of class is in person</b> |              |                                                         |                                                         |                                               |               |
| Intro to Herbs<br>w/ Joanne Mapalo                                                                                                           | 8            | Saturday<br>9:00 am – 6:00 pm                           | 6/14/2025                                               | \$ 175                                        | Elective      |
| Intro. to Craniosacral Level 1<br>w/ Flanagan MacKenzie                                                                                      | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                  | 6/21/2025 -<br>6/22/2025                                | \$ 350 +<br>\$ 15 materials fee to instructor | Elective      |
| Reflexology<br>w/ Joanne Mapalo                                                                                                              | 20           | Monday & Wednesday<br>5:30 pm – 9:30 pm                 | 6/25/25 -<br>7/9/25                                     | \$425.00                                      | Eastern       |
| Introduction to Essential Oils<br>w/ Dr. Julianna Englund                                                                                    | 8            | Sunday<br>9:00 am – 6:00 pm                             | 7/13/2025                                               | \$ 175 +                                      | Elective      |
| Business Skills & Ethics<br>w/ Shante Kastenek                                                                                               | 20           | Monday & Wednesday<br>5:30pm – 9:30 pm                  | 7/14/2025 -<br>7/28/2025                                | \$ 425 +<br>textbook \$45                     | Core          |
| Tools for Longevity<br>w/ Dr. Troy Smith                                                                                                     | 8            | Sunday<br>9:00 am – 6:00 pm                             | 7/27/2025                                               | \$ 175                                        | Elective      |
| Injury Mgmt. of the Hip<br>w/ Marian Martinho                                                                                                | 4            | Friday<br>5:30 pm - 9:30 pm                             | 8/1/2025                                                | \$ 100                                        | Elective      |
| Energy Medicine Intro.<br>w/ Marian Martinho                                                                                                 | 16           | Monday & Wednesday<br>5:30 pm – 9:30 pm                 | 8/4/2025 -<br>8/13/2025                                 | \$ 350                                        | Eastern       |
| Myofascial Massage<br>w/ Dr. Troy Smith                                                                                                      | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                  | 8/9/2025 -<br>8/10/2025                                 | \$ 350                                        | Western       |
| Aquatic Integration Intro.<br>w/ Cameron West                                                                                                | 20           | Friday 1:00 pm – 5:00 pm<br>Sat & Sun 9:00 am – 6:00 pm | 8/15/2025 -<br>8/17/2025                                | \$ 425 +<br>\$ 50 pool use fee to instructor  | Elective      |
| <b>*Note this class is held off campus in Atascadero</b>                                                                                     |              |                                                         |                                                         |                                               |               |
| Hawaiian Lomi Lomi<br>w/ Lacey Costa                                                                                                         | 16           | Monday & Wednesday<br>5:30 pm to 9:30 pm                | 8/18/2025 -<br>8/27/2025                                | \$ 350                                        | Western       |
| Anatomy & Physiology<br>(Upper extremities)<br>w/ Shante Kastenek                                                                            | 28           | Monday & Wednesday (&Friday 9/5)<br>5:30 pm - 9:30 pm   | 9/3/2025 -<br>9/22/2025                                 | \$ 575 +<br>textbook \$80                     | Core          |
| Boundaries & Self-Care<br>w/ Dr. Julianna Englund                                                                                            | 12           | Saturday & Sunday<br>9:00 am – 4:00 pm                  | 9/13/2025<br>9/14/2025                                  | \$ 270                                        | Elective      |
| Spa Therapies<br>w/ Shante Kastenek                                                                                                          | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                  | 9/20/2025<br>9/21/2025                                  | \$ 350 +<br>\$ 20 materials fee               | Elective      |
| Trigger Point Therapy<br>(Lower Back & Pelvis)<br>w/ Barbara Kelly                                                                           | 16           | Monday & Wednesday<br>4:30 pm – 8:30 pm                 | 9/24/2025 -<br>10/6/2025<br>(Class starts on Wednesday) | \$ 350                                        | Western       |
| Polarity Therapy<br>w/ Ginger Johnson                                                                                                        | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                  | 9/27/2025 -<br>9/28/2025                                | \$ 350                                        | Elective      |
| Anatomy & Physiology<br>(Lower extremities)<br>w/ Joanne Mapalo                                                                              | 28           | Monday & Wednesday<br>5:30 pm - 9:30 pm                 | 10/8/2025 -<br>10/29/2025                               | \$ 575 +<br>textbook \$80                     | Core          |
| Cupping Therapy<br>w/ Dr. Julianna Englund                                                                                                   | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                  | 10/11/2025<br>10/12/2025                                | \$ 350<br>\$41 Materials fee for cupping set  | Western       |
| Advanced Face & Scalp<br>w/ Shante Kastenek                                                                                                  | 4            | Friday<br>5:30 pm - 9:30 pm                             | 10/17/2025                                              | \$ 100                                        | Elective      |
| Hot Stone Massage<br>w/ Shante Kastenek                                                                                                      | 16           | Saturday & Sunday<br>9:00 am – 6:00 pm                  | 10/25/2025-<br>10/26/2025                               | \$ 350 +<br>\$100 for Stone Set               | Western       |
| Acupressure<br>w/ Marian Martinho                                                                                                            | 24           | Monday & Wednesday<br>5:30 pm – 9:30 pm                 | 11/5/2025 -<br>11/24/2025                               | \$ 505                                        | Eastern       |
| Injury Mgmt. of the Shoulder<br>w/ Marian Martinho                                                                                           | 4            | Friday<br>5:30 pm - 9:30 pm                             | 11/7/2025                                               | \$ 100                                        | Elective      |

**\*\*Please note that this schedule is subject to change (tuition, material fees, & dates) – 3/18/2025\*\***

| <i><b>Course</b></i>                                                                                               | <i><b>Hours</b></i> | <i><b>Days &amp; Hours</b></i>          | <i><b>Date</b></i>         | <i><b>Cost</b></i>           | <i><b>Styles</b></i> |
|--------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------|----------------------------|------------------------------|----------------------|
| Comprehensive Side Lying<br>w/ Danielle Krywko                                                                     | 8                   | Sunday<br>9:00 am – 6:00 pm             | 11/9/2025                  | \$ 175                       | Western              |
| Adv. Health & Hygiene<br>w/ Courtney Crow                                                                          | 8<br>(ONLINE CLASS) | Fridays<br>5:30 pm - 9:30 pm            | 11/14/2025 -<br>11/21/2025 | \$ 175                       | Core                 |
| Intro to Ayurveda<br>w/ Mandy Sahota-Flood                                                                         | 8                   | Sunday<br>9:00 am – 6:00 pm             | 11/16/2025                 | \$ 175                       | Eastern              |
| Intro. to Panchakarma<br>w/ Mandy Sahota-Flood<br>Prerequisite is Intro. to Ayurveda                               | 8                   | Sunday<br>9:00 am – 6:00 pm             | 11/23/2025                 | \$ 175<br>Materials fee \$42 | Eastern              |
| Adv. Pathology & Contra.<br>w/ Shante Kastenek<br>**Prerequisite is Anatomy & Physiology Lower Extremities class** | 20                  | Monday & Wednesday<br>5:30 pm – 9:30 pm | 12/1/2025 -<br>12/15/2025  | \$ 425                       | Core                 |
| Chair Massage<br>w/ Shante Kastenek                                                                                | 8                   | Saturday<br>9:00am – 6:00 pm            | 12/13/2025                 | \$ 175                       | Western              |
| Reiki Level 1<br>w/ Ginger Johnson                                                                                 | 8                   | Sunday<br>9:00 am – 6:00 pm             | 12/14/2025 -               | \$ 175<br>\$ 5 Materials fee | Elective             |

**\*\*Please note that this schedule is subject to change (tuition, material fees, & dates) – 3/18/2025\*\***