



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

2026 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 original method of payment within 30 days).

Course	Hours	Days & Hours	Date	Cost	Styles
Business Skills & Ethics w/ Shante Kastenek	20	Monday & Wednesday 5:30pm – 9:30 pm	1/5/2026 - 1/21/2026	\$ 425 + textbook \$45	Core (no class 1/19/26)
Stretch & Release Therapy w/ Marian Martinho	16	Saturday & Sunday 9:00 am – 6:00 pm	1/17/2026 – 1/18/2026	\$ 350	Western
Myofascial Massage Intro. w/ Dr. Troy Smith	16	Saturday & Sunday 9:00 am – 6:00 pm	1/24/2026 - 1/25/2026	\$ 350	Western
Trigger Point Therapy (Upper Torso/Shoulder) w/ Barbara Kelly	16	Monday & Wednesday 4:30 pm – 8:30 pm	1/28/2026 - 2/9/2026 (Class starts on Wednesday)	\$ 350	Western
Sports Massage I w/ Shante Kastenek *Prerequisite is Myofascial Massage Intro. class*	16	Monday & Wednesday 5:30 pm – 9:30 pm	2/11/2026 - 2/23/2026	\$ 350 + \$ 15 materials fee to instructor	Western
Intro. Lymph Drainage w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am – 6:00 pm	2/14/2026 - 2/15/2026	\$ 350 \$ 15 Materials fee to instructor	Western
Deep Tissue Lower Body w/ Danielle Krywko	24	Friday, Mon., & Wed. 5:30– 9:30 pm Sat. 9am-2pm & Sunday 9am -6pm Feb. 27, 28, & March 1, 2 & 4	2/27/2026 - 3/4/2026	\$ 505	Western
Geriatric Massage w/ Danielle Krywko	4	Friday 12:00 pm – 4:00 pm (may change)	3/6/2026	\$ 100	Elective
Anatomy & Physiology (Upper Ext.) w/ Shante Kastenek	28	Monday & Wednesday 5:30 pm - 9:30 pm	3/9/2026 - 3/30/2026	\$ 575 + textbook \$70-\$80	Core
Headache Focused Massage w/ Dr. Julianna Englund	8	Sunday 9:00 am – 6:00 pm	3/15/2026	\$ 175	Elective
Injury Mgmt. for Back w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	3/20/2026	\$ 100	Elective
Trigger Point Therapy (Cervical / TMJ) w/ Barbara Kelly	16	Monday & Wednesday 4:30 pm – 8:30 pm	4/1/2026 - 4/13/2026 (Class starts on Wednesday)	\$ 350	Western
Adv. Health & Hygiene w/ Courtney Crow (ONLINE CLASS)	8	Fridays 5:30 pm - 9:30 pm	4/3/2026 - 4/10/2026	\$ 175	Core
Cupping Therapy w/ Dr. Julianna Englund	16	Saturday & Sunday 9:00 am – 6:00 pm	4/11/2026 - 4/12/2026	\$ 350.00 + \$ 40 - \$50 Materials fee for cupping set	Western

****Please note that this schedule is subject to change (tuition, material fees, & dates) - 10/17/2025****

<i>Course</i>	<i>Hours</i>	<i>Days & Hours</i>	<i>Date</i>	<i>A la Carte Cost</i>	<i>Styles</i>
Sports Massage II w/ Shante Kastenek	16	Monday & Wednesday 5:30 pm – 9:30 pm	4/15/2026 - 4/27/2026	\$ 350 + \$ 5 materials fee to instructor	Western
Prerequisite is Sports Massage I class & Myofascial Massage Intro.					
Esalen Massage Intro w/ Jenny Pareno	24	Friday, Saturday & Sunday 9:00 am – 6:00 pm	4/24/2026 - 4/26/2026	\$ 505	Elective
Anatomy & Physiology (Lower extremities) w/ Joanne Mapalo	28	Monday, Wednesday & Friday 5:30 pm - 9:30 pm	4/29/2026 - 5/20/2026	\$ 575 + textbook \$70-\$80 (same book)	Core
Injury Mgmt. of the Neck w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	5/8/2026	\$ 100	Western
Spa Therapies w/ Shante Kastenek	16	Saturday & Sunday 9:00 am – 6:00 pm	5/16/2026 5/17/2026	\$350 + \$20 materials fee	Elective
Deep Tissue Upper Body w/ Danielle Krywko	16	Weds., Fri., Mon., & Weds. 5:30 pm – 9:30 pm	5/27/2026 - 6/3/2026	\$ 350	Western
Aquatic Integration Intro. w/ Danielle Krywko	20	Friday 1:00 pm – 5:00 pm Sat & Sun 9:00 am – 6:00 pm	6/5/2026 - 6/7/2026	\$ 425 + \$ 50 pool use fee	Elective
*Note this class is held off campus in Atascadero					
Intro. to Craniosacral Level 1 w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am - 6:00 pm	6/13/2026 - 6/14/2026	\$ 350 + \$ 10 materials fee to instructor	Elective
Adv. Pathology & Contra. w/	20	Monday & Wednesday 5:30 pm – 9:30 pm	6/15/2026 - 6/29/2026	\$ 425	Core
Prerequisite is Anatomy & Physiology Lower Extremities class					
Hawaiian Lomi Lomi w/ Lacey Costa	16	Monday & Wednesday 5:30 pm to 9:30 pm	7/1/2026 - 7/13/2026	\$ 350	Western
Tools for Longevity w/ Dr. Troy Smith	8	Sunday 9:00 am – 6:00 pm	7/26/2026	\$ 175	Elective
Injury Mgmt. of the Hip w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	7/31/2026	\$ 100	Elective
Adv. Hawaiian Lomi Lomi w/ Lacey Costa	16	Monday & Wednesday 5:30 pm to 9:30 pm	8/17/2026 - 8/26/2026	\$ 350	Western
Trigger Point Therapy (Lower Back & Pelvis) w/ Barbara Kelly	16	Monday & Wednesday 4:30 pm – 8:30 pm	9/2/2026 - 9/14/2026	\$ 350	Western
(Class starts on Wednesday)					
Boundaries & Self-Care w/ Dr. Julianna Englund	12	Saturday & Sunday 9:00 am – 4:00 pm	9/19/2026 9/20/2026	\$ 270	Elective
Intro to Craniosacral Level 2 w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am - 6:00 pm	9/26/2026 - 9/27/2026	\$ 350 + \$ 15 materials fee to instructor	Elective
Acupressure w/ Marian Martinho	24	Monday & Wednesday 5:30 pm – 9:30 pm	10/12/2026 - 10/28/2026	\$ 505	Eastern
Injury Mgmt. of the Shoulder w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	10/16/2026	\$ 100	Elective
Hot Stone Massage w/ Shante Kastenek	16	Saturday & Sunday 9:00 am – 6:00 pm	10/24/2026- 10/25/2026	\$ 350 + \$100 for Stone Set	Western
Comprehensive Side Lying w/ Danielle Krywko	8	Sunday 9:00 am – 6:00 pm	11/1/2026	\$ 175	Western
Pregnancy Massage w/ Danielle Krywko	16	Monday & Weds. & Friday 5:30 pm – 9:30 pm	11/2/2026 - 11/9/2026	\$ 350	Western
Introduction to Essential Oils w/ Dr. Julianna Englund	8	Sunday 9:00 am – 6:00 pm	11/15/2026	\$ 175	Elective
Intro to Ayurveda w/ Mandy Sahota-Flood	8	Sunday 9:00 am – 6:00 pm	11/16/2026	\$ 175	Eastern
Intro. to Panchakarma w/ Mandy Sahota-Flood	16	Saturday & Sunday 9:00 am – 6:00 pm	12/12/2026 12/13/2026	\$ 350 \$ 45 materials fee	Eastern

****Please note that this schedule is subject to change (tuition, material fees, & dates) - 10/17/2025****