

## 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).

<u>500-hour Requirements:</u> 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	20	Monday & Wednesday	1/5/2026 -	\$ 425 +	Core	
w/ Shante Kastenek		5:30pm – 9:30 pm	1/21/2026	textbook \$45	(no class 1/19/26)	
Stretch & Release Therapy	16	Saturday & Sunday	1/17/2026 –	\$ 350	Western	
w/ Marian Martinho		9:00 am – 6:00 pm	1/18/2026			
Myofascial Massage Intro.	16	Saturday & Sunday	1/24/2026 -	\$ 350	Western	
w/Dr. Troy Smith		9:00 am – 6:00 pm	1/25/2026			
Trigger Point Therapy	16	Monday & Wednesday	1/28/2026 -	\$ 350	Western	
(Upper Torso/Shoulder)		4:30 pm – 8:30 pm	2/9/2026			
w/ Barbara Kelly		(Class starts on Wednesday)				
Sports Massage I	16	Monday & Wednesday	2/11/2026 -	\$ 350 +	Western	
w/ Shante Kastenek		5:30 pm – 9:30 pm	2/23/2026	\$ 15 materials fee to	instructor	
*Prerequisite is Myofascial Ma	ssage Intro. class*					
Intro. Lymph Drainage	16	Saturday & Sunday	2/14/2026 -	\$ 350	Western	
w/ Flanagan MacKenzie		9:00 am – 6:00 pm	2/15/2026	\$ 15 Materials fee to	instructor	
Deep Tissue Lower Body	24	Friday, Mon., & Wed. 5:30-9:30 pm	2/27/2026 -	\$ 505	Western	
w/ Danielle Krywko		Sat. 9am-2pm & Sunday 9am -6pm Feb. 27, 28, & March 1, 2 & 4	3/4/2026			
Geriatric Massage	4	Friday	3/6/2026	\$ 100	Elective	
w/ Danielle Krywko		12:00 pm – 4:00 pm (may change)				
Anatomy & Physiology	28	Monday & Wednesday	3/9/2026 -	\$ 575 +	Core	
(Upper Ext.) w/ Shante Kasten	ek	5:30 pm - 9:30 pm	3/30/2026	textbook \$70-\$80		
Headache Focused Massage	8	Sunday	3/15/2026	\$ 175	Elective	
w/ Dr. Julianna Englund		9:00 am – 6:00 pm				
Injury Mgmt. for Back	4	Friday	3/20/2026	\$ 100	Elective	
w/ Marian Martinho		5:30 pm - 9:30 pm				
Trigger Point Therapy	16	Monday & Wednesday	4/1/2026 -	\$ 350	Western	
(Cervical / TMJ)		4:30 pm – 8:30 pm	4/13/2026			
w/ Barbara Kelly		(Class s	starts on Wednesday)			
Adv. Health & Hygiene	8	Fridays	4/3/2026 -	\$ 175	Core	
w/ Courtney Crow (ONLINE	CLASS)	5:30 pm - 9:30 pm	4/10/2026			
Cupping Therapy	16	Saturday & Sunday	4/11/2026 -	\$ 350.00 +	Western	
w/ Dr. Julianna Englund		9:00 am – 6:00 pm	4/12/2026	\$ 40 - \$50 Materials	fee for cupping set	

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

Course	Hours	Days & Hours		a Carte Cost	Styles
ports Massage II	16	Monday & Wednesday	4/15/2026 -	\$ 350 +	Western
r/ Shante Kastenek <mark>Prerequisite is Sports Massag</mark>	e I class & Mynfasc	5:30 pm – 9:30 pm	4/27/2026	\$ 5 materials fee to in	nstructor
rerequisite is sports mussig	e i ciuss ee miy oluse.	The state of the s			
Ssalen Massage Intro	24	Friday, Saturday & Sunday	4/24/2026 -	\$ 505	Elective
y/ Jenny Pareno		9:00 am – 6:00 pm	4/26/2026		
natamy & Physiology	28	Manday Wadnesday & Eriday	4/29/2026 -	\$ 575 +	Core
Anatomy & Physiology Lower extremities)	20	Monday, Wednesday & Friday 5:30 pm - 9:30 pm	5/20/2026	\$ 575 + textbook \$70-\$80 (sa	
y/ Joanne Mapalo		3.30 pm - 7.30 pm	3/20/2020	textbook \$70-500 (sa	inc book)
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njury Mgmt. of the Neck	4	Friday	5/8/2026	\$ 100	Western
v/ Marian Martinho		5:30 pm - 9:30 pm			
Spa Therapies	16	Saturday & Sunday	5/16/2026	\$350 +	Elective
v/ Shante Kastenek	10	9:00 am – 6:00 pm	5/17/2026	\$20 materials fee	Elective
, shalle Hastellek		2.00 um - 0.00 pm	3/1//2020	ψ20 materials fee	
Deep Tissue Upper Body	16	Weds., Fri., Mon., & Weds.	5/27/2026 -	\$ 350	Western
/ Danielle Krywko		5:30 pm – 9:30 pm	6/3/2026		
	•••				
quatic Integration Intro.	20	Friday 1:00 pm – 5:00 pm	6/5/2026 -	\$ 425 +	Elective
/ Danielle Krywko Note this class is held off cam	nus in Atasaadans	Sat & Sun 9:00 am – 6:00 pm	6/7/2026	\$ 50 pool use fee	
vote this class is neid off cam	pus iii Atascadero				
ntro, to Craniosacral Level 1	16	Saturday & Sunday	6/13/2026 -	\$ 350 +	Elective
/ Flanagan MacKenzie		9:00 am - 6:00 pm	6/14/2026	\$ 10 materials fee to	
dv. Pathology & Contra.	20	Monday & Wednesday	6/15/2026 -	\$ 425	Core
i/		5:30 pm – 9:30 pm	6/29/2026		
*Prerequisite is Anatomy & F	Physiology Lower Ex	tremities class**			
	16	M	7/1/2027	¢ 250	W4
lawaiian Lomi Lomi / Lacey Costa	16	Monday & Wednesday 5:30 pm to 9:30 pm	7/1/2026 - 7/13/2026	\$ 350	Western
7 Lacey Costa		3.30 pm to 3.30 pm	7/13/2020		
ools for Longevity	8	Sunday	7/26/2026	\$ 175	Elective
/ Dr. Troy Smith		9:00 am – 6:00 pm		4 - 1 -	
<i>v</i>		<u> </u>			
njury Mgmt. of the Hip	4	Friday	7/31/2026	\$ 100	Elective
/ Marian Martinho		5:30 pm - 9:30 pm			
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dv. Hawaiian Lomi Lomi	16	Monday & Wednesday	8/17/2026 -	\$ 350	Western
// Lacey Costa		5:30 pm to 9:30 pm	8/26/2026		
rigger Point Therapy	16	Monday & Wednesday	9/2/2026 -	\$ 350	Western
Lower Back & Pelvis)		4:30 pm – 8:30 pm	914/2026	<b>4 2 2 3</b>	., estern
/ Barbara Kelly			lass starts on Wednesday)		
			•		
Soundaries & Self-Care	12	Saturday & Sunday	9/19/2026	\$ 270	Elective
/ Dr. Julianna Englund		9:00 am – 4:00 pm	9/20/2026		
ntuo to Cuonisco av-1112	16	Saturday & Sunday	0/24/2024	£ 250 J	Floative
ntro to Craniosacral Level 2 y/ Flanagan MacKenzie	10	Saturday & Sunday 9:00 am - 6:00 pm	9/26/2026 - 9/27/2026	\$ 350 + \$ 15 materials fee to	Elective
, Fianagan MacKenzie		2.00 am - 0.00 pm	)  L    LULU	o 15 materials fee to	sti uttoi
cupressure	24	Monday & Wednesday	10/12/2026 -	\$ 505	Eastern
y/ Marian Martinho		5:30 pm – 9:30 pm	10/28/2026		
			· ·		
• • •	4	Friday	10/16/2026	\$ 100	Elective
njury Mgmt. of the Shoulder y/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	10/16/2026	\$ 100	Elective
y/ Marian Martinho		5:30 pm - 9:30 pm			
/ Marian Martinho  Iot Stone Massage	16	5:30 pm - 9:30 pm Saturday & Sunday	10/24/2026-	\$ 350 +	Elective Western
• • •		5:30 pm - 9:30 pm			
// Marian Martinho  lot Stone Massage // Shante Kastenek	16	5:30 pm - 9:30 pm Saturday & Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026	\$ 350 + \$100 for Stone Set	Western
/ Marian Martinho  tot Stone Massage / Shante Kastenek  comprehensive Side Lying		5:30 pm - 9:30 pm Saturday & Sunday 9:00 am - 6:00 pm Sunday	10/24/2026-	\$ 350 +	
/ Marian Martinho fot Stone Massage / Shante Kastenek omprehensive Side Lying	16	5:30 pm - 9:30 pm Saturday & Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026	\$ 350 + \$100 for Stone Set	Western
/ Marian Martinho fot Stone Massage / Shante Kastenek omprehensive Side Lying / Danielle Krywko	16	5:30 pm - 9:30 pm Saturday & Sunday 9:00 am - 6:00 pm Sunday	10/24/2026- 10/25/2026	\$ 350 + \$100 for Stone Set	Western
/ Marian Martinho  fot Stone Massage / Shante Kastenek  comprehensive Side Lying / Danielle Krywko  regnancy Massage	8	5:30 pm - 9:30 pm Saturday & Sunday 9:00 am - 6:00 pm Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026 11/1/2026	\$ 350 + \$100 for Stone Set \$ 175	Western Western
/ Marian Martinho lot Stone Massage // Shante Kastenek  comprehensive Side Lying // Danielle Krywko  regnancy Massage // Danielle Krywko	16 8 16	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday	10/24/2026- 10/25/2026 11/1/2026 11/2/2026 - 11/9/2026	\$ 350 + \$100 for Stone Set \$ 175 \$ 350	Western Western
// Marian Martinho  lot Stone Massage // Shante Kastenek  Comprehensive Side Lying // Danielle Krywko  regnancy Massage // Danielle Krywko  ntroduction to Essential Oils	16 8 16	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday 5:30 pm - 9:30 pm  Sunday	10/24/2026- 10/25/2026 11/1/2026	\$ 350 + \$100 for Stone Set \$ 175	Western Western
/ Marian Martinho  Iot Stone Massage	16 8 16	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday 5:30 pm - 9:30 pm	10/24/2026- 10/25/2026 11/1/2026 11/2/2026 - 11/9/2026	\$ 350 + \$100 for Stone Set \$ 175 \$ 350	Western Western
Interval of the Interval of In	16 8 16 8	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday 5:30 pm - 9:30 pm  Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026 11/1/2026 11/2/2026 - 11/9/2026 11/15/2026	\$ 350 + \$100 for Stone Set \$ 175 \$ 350	Western Western Elective
/ Marian Martinho lot Stone Massage // Shante Kastenek  comprehensive Side Lying // Danielle Krywko  regnancy Massage // Danielle Krywko  atroduction to Essential Oils // Dr. Julianna Englund  atro to Ayurveda	16 8 16	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday 5:30 pm - 9:30 pm  Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026 11/1/2026 11/2/2026 - 11/9/2026	\$ 350 + \$100 for Stone Set \$ 175 \$ 350	Western Western
/ Marian Martinho lot Stone Massage / Shante Kastenek  comprehensive Side Lying / Danielle Krywko  regnancy Massage / Danielle Krywko  atroduction to Essential Oils / Dr. Julianna Englund  htro to Ayurveda	16 8 16 8	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday 5:30 pm - 9:30 pm  Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026 11/1/2026 11/2/2026 - 11/9/2026 11/15/2026	\$ 350 + \$100 for Stone Set \$ 175 \$ 350	Western Western Elective
/ Marian Martinho lot Stone Massage // Shante Kastenek  Comprehensive Side Lying // Danielle Krywko  regnancy Massage // Danielle Krywko  ntroduction to Essential Oils // Dr. Julianna Englund  ntro to Ayurveda // Mandy Sahota-Flood	16 8 16 8	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday 5:30 pm - 9:30 pm  Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026 11/1/2026 11/2/2026 - 11/9/2026 11/15/2026	\$ 350 + \$100 for Stone Set \$ 175 \$ 350 \$ 175	Western Western Elective Eastern
/ Marian Martinho lot Stone Massage // Shante Kastenek  comprehensive Side Lying // Danielle Krywko  regnancy Massage // Danielle Krywko  ntroduction to Essential Oils // Dr. Julianna Englund	16 8 16 8	5:30 pm - 9:30 pm  Saturday & Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm  Monday & Weds. & Friday 5:30 pm - 9:30 pm  Sunday 9:00 am - 6:00 pm  Sunday 9:00 am - 6:00 pm	10/24/2026- 10/25/2026 11/1/2026 11/2/2026 - 11/9/2026 11/15/2026	\$ 350 + \$100 for Stone Set \$ 175 \$ 350	Western Western Elective

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