11555 Los Osos Valley Road, # 108
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(805) 786-4808

2027 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**	**1/6/2027 - 1/20/2027**	**$ 425 + textbook $TBD**	**Core**
Intro. Lymph Drainage w/ Flanagan MacKenzie	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**1/16/2027 - 1/17/2027**	**$ 350 $ 10 Materials fee to instructor**	**Western**
Trigger Point Treating Upper Torso/Shoulder w/ Barbara Kelly	**16**	**Monday & Wednesday 4:30 pm – 8:30 pm (Class starts on Wednesday)**	**1/27/2027 - 2/8/2027**	**$ 350**	**Western**
Stretch & Release Therapy w/ Marian Martinho	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**1/30/2027 – 1/31/2027**	**$ 350**	**Western**
Anatomy & Physiology (Upper Ext.) w/ Joanne Mapalo	**28**	**Monday & Weds. & 1 Friday 5:30 pm - 9:30 pm Class dates: 2/10, 2/12, 2/15, 2/22, 2/24, 3/1, & 3/3 (NO class on 2/17)**	**2/10/2027 - 3/3/2027**	**$ 575 + textbook-$80**	**Core**
Myofascial Massage Intro. w/ Dr. Troy Smith	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**2/20/2027 - 2/21/2027**	**$ 350**	**Western**
Injury Mgmt. for Back w/ Marian Martinho	**4**	**Friday 5:30 pm - 9:30 pm**	**2/26/2027**	**$ 100**	**Elective**
Reiki 2 w/ Ginger Johnson	**8**	**Sunday 9:00 am – 6:00 pm**	**2/28/2027**	**$ 175 materials fee $ 5**	**Elective**
Deep Tissue Lower Body w/ Danielle Krywko	**24**	**Mon., Weds. Fri. & Sat. 5:30– 9:30 pm & 2:00 – 6:00 pm**	**3/8/2027 - 3/19/2027**	**$ 505**	**Western**
Class Times: Mon. 3/8 & Weds. 3/10 from 5:30 – 9:30 pm, Saturday 3/13 from 2:00 pm – 6:00 pm, Mon. 3/15, Weds. 3/17, and Fri. 3/19 from 5:30 – 9:30 pm					
Geriatric Massage w/ Danielle Krywko	**4**	**Friday 12:00 pm – 4:00 pm (may change)**	**3/12/2027**	**$ 100**	**Elective**
Chair Massage w/ Shante Kastenek	**8**	**Sunday 9:00 am to 6:00 pm**	**3/21/2027**	**$175**	**Western**
Trigger Point Therapy (Cervical / TMJ) w/ Barbara Kelly	**16**	**Monday & Wednesday 4:30 pm – 8:30 pm (Class starts on Wednesday)**	**3/31/2027 - 4/12/2027**	**$ 350**	**Western**
Adv. Health & Hygiene w/ Courtney Crow (ONLINE CLASS)	**8**	**Fridays 5:30 pm - 9:30 pm**	**4/2/2027 - 4/9/2027**	**$ 175**	**Core**
Cupping Therapy w/ Dr. Julianna Englund	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**4/17/2027 - 4/18/2027**	**$ 350.00 + $ 40 -Materials fee for cupping set**	**Western**

*****Please note that this schedule is subject to change (tuition, material fees, & dates) - 10/21/2026*****

Course	*Hours*	*Days & Hours*	*Date*	*A la Carte Cost*	*Styles*
Anatomy & Physiology (Lower extremities) w/ Joanne Mapalo	**28**	**Mondays & Wednesdays 5:30 pm - 9:30 pm**	**4/14/2027 - 5/5/2027**	**$ 575 + textbook $80 (same book)**	**Core**
Esalen Massage Intro w/ Jenny Pareno	**24**	**Friday, Saturday & Sunday 9:00 am – 6:00 pm**	**4/30/2027 - 5/2/2027**	**$ 505**	**Elective**
Sports Massage I w/ Shante Kastenek	**16**	**Mondays & Wednesdays 5:30 pm - 9:30 pm**	**5/10/2027 - 5/19/2027**	**$350.00**	**Western**
Intro. to Craniosacral Level 1 w/ Flanagan MacKenzie	**16**	**Saturday & Sunday 9:00 am - 6:00 pm**	**5/15/2027 - 5/16/2027**	**$ 350 + $ 15 materials fee to instructor**	**Elective**
Deep Tissue Upper Body w/ Danielle Krywko	**16**	**Mon., Weds., & Friday 5:30 pm – 9:30 pm Class dates are 6/2, 6/7, 6/9, and 6/11**	**6/2/2027 - 6/11/2027**	**$ 350**	**Western**
Aquatic Integration Intro. w/ Danielle Krywko *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**	**6/4/2027 - 6/6/2027**	**$ 425 + $ 50 pool use fee**	**Elective**
Adv. Pathology & Contra. w/ Shante Kastenek **Prerequisite is Anatomy & Physiology Lower Extremities class**	**20**	**Monday & Wednesday 5:30 pm – 9:30 pm**	**6/14/2027 - 6/28/2027**	**$ 425**	**Core**
Injury Mgmt. of the Neck w/ Marian Martinho	**4**	**Friday 5:30 pm - 9:30 pm**	**6/18/2027**	**$ 100**	**Western**
Spa Therapies w/ Shante Kastenek	**16**	**Saturday & Sunday 9:00 am - 6:00 pm**	**6/26/2026 6/27/2026**	**$ 350 $ 20 Materials Fee to instructor**	**Western**
Hawaiian Lomi Lomi w/ Lacey Costa	**16**	**Monday & Wednesday 5:30 pm to 9:30 pm**	**7/7/2027 - 7/19/2027**	**$ 350**	**Western**
Tools for Longevity w/ Dr. Troy Smith	**8**	**Sunday 9:00 am – 6:00 pm**	**7/25/2027**	**$ 175**	**Elective**
Injury Mgmt. of the Hip w/ Marian Martinho	**4**	**Friday 5:30 pm - 9:30 pm**	**8/6/2027**	**$ 100**	**Elective**
Trigger Point Therapy (Lower Torso & Pelvis) w/ Barbara Kelly	**16**	**Monday & Wednesday 4:30 pm – 8:30 pm**	**8/11/2027 - 8/23/2027 (Class starts on Wednesday)**	**$ 350**	**Western**
Boundaries & Self-Care w/ Dr. Julianna Englund	**12**	**Saturday & Sunday 9:00 am – 4:00 pm**	**8/21/2027 8/22/2027**	**$ 270**	**Elective**
Intro to Lymph Drainage 2 w/ Flanagan MacKenzie	**16**	**Saturday & Sunday 9:00 am - 6:00 pm**	**9/18/2027 - 9/19/2027**	**$ 350 + $ 10 materials fee to instructor**	**Elective**
Introduction to Essential Oils w/ Dr. Julianna Englund	**8**	**Saturday 9:00 am – 6:00 pm**	**9/25/2027**	**$ 175**	**Elective**
Headache Focused Massage w/ Dr. Julianna Englund	**8**	**Sunday 9:00 am – 6:00 pm**	**9/26/2027**	**$ 175**	**Elective**
Hot Stone Massage w/ Shante Kastenek	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**10/9/2027- 10/10/2027**	**$ 350 + $100 for Stone Set or TBD**	**Western**
Pregnancy Massage w/ Danielle Krywko	**16**	**Mon., Weds., Fri. 5:30 pm – 9:30 pm and Saturday 9:00 am – 2:00 pm**	**11/3/2027 - 11/13/2027 Class is held 11/3, 11/5, 11/12, & 11/13**	**$ 350**	**Western**
Acupressure w/ Marian Martinho	**24**	**Monday & Wednesday 5:30 pm – 9:30 pm**	**11/8/2027 - 11/29/2027**	**$ 505 NO class on Wed. 11/24**	**Eastern**
Comprehensive Side Lying w/ Danielle Krywko	**8**	**Sunday 9:00 am – 6:00 pm**	**11/14/2027**	**$ 175**	**Western**
Intro to Ayurveda w/ Mandy Sahota-Flood	**8**	**Sunday 9:00 am – 6:00 pm**	**11/28/2027**	**$ 175**	**Eastern**
Injury Mgmt. of the Shoulder w/ Marian Martinho	**4**	**Friday 5:30 pm - 9:30 pm**	**12/3/2027**	**$ 100**	**Elective**
Intro. to Panchakarma w/ Mandy Sahota-Flood	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**12/11/2027 12/12/2027**	**$ 350 $ 45 materials fee**	**Eastern**

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