

January 1 – December 31

2026
CATALOG

11555 LOS OSOS VALLEY RD.
Office - #109 / Classroom - #108
SAN LUIS OBISPO, CA 93405
(805) 786-4808

www.californiaholisticinstitute.com

Admin. Revised 9/1/2026

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CALIFORNIA HOLISTIC INSTITUTE

EXECUTIVE OFFICE
&
SCHOOL LOCATION

Classes will be held at the address below:

11555 Los Osos Valley Rd.
Office - #109 / Classroom - #108
San Luis Obispo, CA 93405
(805) 786-4808

www.californiaholisticinstitute.com

Interactive Distance Learning via the Zoom Platform

MANAGEMENT AND INSTRUCTORS

Director	Joanne Mapalo
Registrar	Jenna Yinguez
Registrar	Emma Beck
Registrar	Inity Mapalo
Instructors	Marian Martinho
	Joanne Mapalo
	Shante Kastenek
	Danielle Krywko
	Courtney Crow
	Lacey Costa

See pages 35-39 for all instructors

California Holistic Institute is a private institute that is approved to operate by the Bureau for Private Postsecondary Education *(approval to operate means compliance with state standards as set forth in the CEC and 5, CCR).*

California Holistic Institute does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years nor has it had a petition in bankruptcy filed against it within the preceding five years

Approval Disclosure Statement

California Holistic Institute is a private institution approved to operate by the California Bureau for Private Postsecondary Education. This approval to operate means the institution is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 and Division 7.5 of the Title 5 of the California Code of Regulations *(approval to operate means compliance with state standards as set forth in the CEC and 5, CCR).*

California Holistic Institute is also approved to operate by the California Massage Therapy Council (CAMTC.org). **Our School Approval Code is SCH0012.**

California Holistic Institute is not accredited by an accrediting agency recognized by the United States Department of Education. CHI participates in federal and state financial aid programs through California Department of Vocational Rehabilitation.

The following courses are available:

Massage Practitioner Program -- 200 hours
Massage Therapist Program -- 500 hours
Any of our 500-hour course(s) on an A la Carte basis if pre-requisite has been met.

California statute requires that a student who successfully completes a course of study be awarded an appropriate diploma or certificate verifying the fact.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. Also, prospects are encouraged to visit the physical facilities of the school and to discuss personal educational and occupational plans with the school personnel prior to enrolling or signing enrollment agreements.

Persons seeking to resolve problems or complaints should first contact the instructor in charge. Requests for further action may be made to Joanne Mapalo, Director.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureau's internet web site www.bppe.ca.gov

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 N. Market Blvd., Suite 225, Sacramento, CA 95834, www.bppe.ca.gov, toll-free telephone number (888) 370-7589, (916) 574-8900 or by fax (916) 263-1897.

All information in the contents of this catalog is current and correct and is so certified as true by California Holistic Institute.

CAMTC School Approval code SCHOO12

Joanne Mapalo, Director

California Holistic Institute's Mission

"CHI" is a holistic center where training, growth and new careers begin. We are dedicated to providing the highest quality of education to individuals in the diverse area of massage and bodywork. Our instructional methods are professional, holistic and practical to your future practice. Our professional staff and faculty are very passionate about sharing their knowledge and offer a supportive environment for growth and self-expression. Our school provides a bridge between students and the community that educates, serves and promotes the benefits of therapeutic massage.

We offer two state approved programs: 200-hour Massage Practitioner and 500-hour Massage Therapist. The Massage Practitioner Program consists of 180 classroom hours and 20 internship hours. Course hours include lectures, hands-on and demonstrations, individual evaluation, basic anatomy, physiology and pathology specific to bodywork, business ethics/management, communication, and documentation skills.

The Massage Therapist (500-hour) Program covers an in-depth study of anatomy, physiology, pathology, contraindications, health & hygiene and business/ethics for body workers. Also, an additional 196 hours in myriad of massage and bodywork modalities. After completing the 500 - hour program students will be eligible to apply for California state certification to become a Certified Massage Therapist.

Mission Statement & Objectives for 200 Hour Practitioner Program:

California Holistic Institute is dedicated to providing the highest quality of education to students in areas of somatic practices. Our objective is to assist students to develop a strong foundation in massage therapy and to provide instruction which will enable the student to alleviate physical discomforts and increase mental and physical relaxation allowing for a greater sense of wellbeing to the client. The student will have the basic knowledge of anatomy, physiology, pathology, business/ethics, and will be able to integrate this knowledge into practical use through on-site 20 hours internship. The 200 Hour program is designed as an introduction to the exciting field of massage therapy. Upon completion of this program, students will have gained the necessary skills and knowledge needed to give a professional massage. Students will leave this course with a basic understanding of body structures as well as foundational skills for charting.

Mission Statement & Objectives for 500 Hour Therapist Program:

The California Holistic Institute's mission for the Massage Therapist program is to provide graduates who have already completed a minimum of 200 hours of education in the healing arts with advanced somatic studies. CHI provides advanced education in the sciences such as anatomy, physiology, pathology, contraindications, health & hygiene, and in business and ethics, which is designed to build on the foundation from the Practitioner program. In addition, we offer an array of bodywork classes in both Western and Eastern studies, also students may choose elective courses of interest. This program is designed to meet the individual interest of our students in the somatic studies, allowing students to choose their classes. Upon graduation from this program, students will have a strong foundation in the healing arts which can lead to work in a variety of settings such as, chiropractic and physical therapy offices, hospitals, health clubs, and their own practice, to name a few.

Physical Facilities

California Holistic Institute is located at11555 Los Osos Valley Road, Suite 109 (office) and Suite 108 (classroom), San Luis Obispo, CA 93405. The school is 1 mile off Hwy 101 interchange at Los Osos Valley Road exit heading west. There is plenty of parking available in the back of the complex for your convenience. The interior of the school has been designed to reflect a professional atmosphere conducive to learning. The facility provides a large classroom, massage tables, projectors, charts, and skeletons for classroom instruction. The office building has several bathrooms equipped for the handicapped, an administrative office and a lending library with books relating to the bodywork profession. The facility is large enough to maintain 16-21 students at any time. All class sessions are held at 11555 Los Osos Valley Road, San Luis Obispo, CA 93405, except Introduction to Aquatic Integration which is offsite in Atascadero, CA for use of a pool, and 2 classes that are delivered online via Zoom.

Office Hours: 11:00a.m – 5:00p.m, Mon., Tues. & Thur. We are available by appointment on Wednesday & Friday. Office staff is available to answer your questions and schedule a massage at the clinic. Please call or text if you have questions. Messages are checked frequently if we miss your call.

Tour Hours: By appointment only. Please call to schedule a time to meet and tour the school.

This catalog includes programs that are approved by the California Bureau for Private Postsecondary Education and subject to the California Private Postsecondary Education Act of 2009 and others that are not. Certain rights and protections outlined in this catalog, including but not limited to student refund rights, cancellation rights, and Student Tuition Recovery Fund (STRF) eligibility, apply only to the following state approved programs:

200 Hour Practitioner Course

Our 200 Hour Practitioner Program is where everyone begins their training in massage here at CHI. Students begin learning Swedish Massage Therapy which is fundamental to learning a variety of other therapeutic modalities. We begin with the essential methods of healing: gentle movement, massage, deep breathing and deep relaxation for benefit to self and others. Students are guided through a succession of body mechanics that deepen their capacity to transfer force, flow energy and hold presence. Once established in a state of presence, students engage in the giving and receiving of massage techniques: using gentle, fluid pushing strokes, and warming, squeezing strokes. Students learn to flow progressively through each area of the body, penetrating the tissues and inducing states of deep relaxation. Building on the relaxation techniques, students learn to warm, stretch and knead tissues with effective use of pressure to assist nutrient absorption, removal of metabolic wastes, and tissue mobilization. Concurrent with their developing massage skills, students are guided through an applied understanding of the body systems emphasizing the nervous, circulatory, lymphatic, digestive, respiratory and musculoskeletal systems. Students learn how to modulate Swedish techniques based on body type, presenting patterns and contraindications. As students gain proficiency with their massage skills and potency with their touch, they can effectively address a range of pain and tension profiles in preparation for their internship time at the school. After evaluation, students satisfy their internship requirement working with the general public within our clinic setting. This internship time provides valuable experience to the student and preparation for their future practice or employment. The second half of the program, students are introduced to a variety of modalities such as Deep Tissue massage, Trigger Point therapy, Myofascial massage, acupressure, energy work, and side-lying work. Students are then allowed time to integrate these therapies into their foundation work of Swedish Massage. The United States Department of Labor's Standard Occupational Code for Massage Therapists is 31-9011

200 Hour Course Outline

Three Massage Practitioner courses are offered each year during the day and evening consisting of 200 clock-hours broken down as follows:

Hours

Supervised Practical Experience (Swedish Massage & Integration) …..	80
Anatomy & Physiology…….	26
Pathology / Contraindications ……..	16
Business Administration (1-hour) and Ethics (4-hours)……...	5
Health & Hygiene …….....	12
Internship (on school premises)…….....	20
Passive Stretches & Integration…….....	16
Deep Tissue Intro & Integration……..…….……....	16
Various Forms of Bodywork …….....	9
Total clock hours…….....	200

Fees

Registration Fee (Non-Refundable) ……...	$ 200.00
Tuition ……	2500.00
Textbook ……	30.00
Materials Fee ……	**70.00
Student Tuition Recovery Fund (non-refundable) …….....	* 0.00
Total Charges	$ 2,800.00

Estimated charges and total cost for this program are the same.

ESTIMATED TOTAL CHARGES FOR THE ENTIRE EDUCATIONAL PROGRAM $2,800.00

TOTAL CHARGES FOR THE PERIOD OF ATTENDANCE $2,800.00

If a student is requesting individual tutoring or requires it for make-up the cost is $40.00/hour. Payment plans are available. Credit card (visa, mc, discover), ApplePay, PayPal, and Venmo payments are accepted.

*See pages 32-34 in this catalog for more information on the Student Tuition Recovery Fund

** Materials Fee: $70.00

- Massage Oil / Lotion holster; adjustable with double pocket
- 8-ounce bottle of massage oil
- 8-ounce bottle of massage lotion
- Course curriculum in digital format (PDFs, DropBox, GoogleDrive).

Textbook - $30.00

- Anatomy Coloring Book, The 4th Edition by Wynn Kapit & Lawrence M. Elson

Schedule for 200 Hour Massage Practitioner Course:
All class sessions are held at 11555 Los Osos Valley Rd, Ste # 108, San Luis Obispo, CA 93405
The school is closed most legal holidays. Each session has variations in schedule depending on holidays and other factors.

Instructional Hours:

2026 Schedule:

Day **Mon.-Thurs.** **9:00 a.m. – 1:00p.m.**	**Evening** **Tues. & Thurs. 5:30 p.m. – 9:30p.m.** **One weekend a month** **Sat. & Sun. 9:00 a.m. – 6:00 p.m.**
Jan 12 – April 01 Sept 14 – Dec. 03	May 2 – Aug 6 Sept 1 – Dec 10

500 Hour Massage Therapist Course

Students may enter this program at any time of the year, after completing CHI's 200 - Hour Massage Practitioner Program. Students will need to complete an additional 300 hours of coursework after the Practitioner program for a total of 500 hours. Or, massage professionals can take individual classes for personal and professional enhancement. Our Massage Therapist program offers advanced bodywork training, preparing graduates to address a broad spectrum of musculoskeletal, visceral and nervous system imbalances. The Massage Therapist Program prepares graduates for employment in health facilities, high-end spa industry as well as private practice. Our 500 - hour program satisfies the state's requirements for certification as a Massage Therapist and our core class requirements are in excess of the state's 500 - hour requirement to obtain that title per CAMTC. Applicants for CAMTC certification shall have attended 500 supervised hours total, with 160 of those hours satisfying CAMTC specific subjects which are a minimum of 80 hours in anatomy/physiology, 35 hours of Pathology & Contraindications, 25 hours of business and ethics, and 20 hours of health and hygiene.

The Massage Therapist Program builds on the Massage Practitioner Program. Students choose from a variety of bodywork disciplines (Western, Eastern and Electives classes). Students attending classes twice weekly and some weekends, may complete the program in a six-to-twelve-month time frame, but have up to 24 months from their first class start date after enrollment to complete. Completion of the program requires passing grade on written exams and bodywork classes. Students may enroll in any of the advanced bodywork classes on an "a la carte" basis. The United States Department of Labor's Standard Occupational Code for Massage Therapists is 31-9011

Requirements for Entry to this Course:

200 Hour Practitioner Course	**200 Hours**

500 hr. Course Requirements

200 Hour Practitioner Course	**200 Hours**
Massage Therapist Course Hours	**300 Hours**

Required Courses that Total 300 hours:

*** Massage & Bodywork classes (approx.)**	**196 Hours**
*** Anatomy & Physiology Classes**	**56 Hours**
*** Business Skills (14 hrs.) & Ethics (6 hrs.)**	**20 Hours**
*** Adv. Health & Hygiene**	**8 Hours**
*** Adv. Pathology & Contraindications**	**20 Hours**

Students may choose their bodywork hours under the following three areas:

1) Western Styles from the following list

*** Chair Massage**	**8 Hours**
*** Chair Massage Event Clinic**	**4 Hours**
*** Comprehensive Side Lying**	**8 Hours**
*** Cupping Therapy**	**16 Hours**
*** Deep Tissue Lower Body**	**24 Hours**
*** Deep Tissue Upper Body**	**16 Hours**
*** Hot Stone**	**16 Hours**
*** Hawaiian Lomi Lomi & Advanced Lomi**	**16 Hours each**
*** Myofascial Massage Intro.**	**16 Hours**
*** Pregnancy Massage**	**16 Hours**
*** Pregnancy and Infant Massage**	**20 Hours**

*** Spa Therapies**	**16 Hours**
*** Sports Massage 1 and 2**	**16 Hours each**
*** Stretch and Release Therapy**	**16 Hours**
*** Trigger Point (lower back / lower torso / pelvis)**	**16 Hours**
*** Trigger Point (cervical / TMJ)**	**16 Hours**
*** Trigger Point (shoulder / upper torso)**	**16 Hours**

2) Eastern Styles from the following list:

*** Intro to Ayurveda**	**8 Hours**
*** Intro to Panchakarma**	**16 Hours**
*** Energy Medicine Intro.**	**16 Hours**
*** Body Reading**	**16 Hours**
*** Acupressure**	**24 Hours**
*** Reflexology**	**20 Hours**
*** Reflexology & Auriculotherapy**	**24 Hours**
*** Shiatsu (Integrated)**	**24 Hours**
*** Touch for Health – Level 1 & 2**	**16 Hours each**
*** Zen Touch Shiatsu**	**16 Hours**
*** Zen Thai Touch**	**20 Hours**

3) Electives from the following list:

*** Advanced Face and Scalp**	**4 Hours**
*** Auriculotherapy**	**4 Hours**
*** Intro. to Aquatic Integration**	**20 Hours**
*** Intro. to Aromatherapy/Herb**	**8 Hours**
*** Boundaries and Self Care**	**12 Hours**
*** Clinic Internship I**	**25 Hours**
*** Clinic Internship ll**	**30 Hours**
*** Geriatric Massage**	**4 Hours**
*** Headache Focused Massage**	**8 Hours**
*** Infant Massage**	**4 Hours**
*** Intro. to Craniosacral 1 & 2**	**16 Hours each**
*** Introduction to Esalen® Massage**	**24 Hours**
*** Intro. to Essential Oils**	**8 Hours**
*** Intro. to Lymph Drain**	**16 Hours**
*** Injury Management for the Back**	**4 Hours**
*** Injury Management for the Hip**	**4 Hours**
*** Injury Management of the Neck**	**4 Hours**
*** Injury Management of the Shoulder**	**4 Hours**
*** Polarity Therapy**	**16 Hours**
*** Reiki – Level**	**8 Hours**
*** Reiki – Level 2**	**8 Hours**
*** Tools for Longevity**	**8 Hours**

Students must complete this program within a 24 - month period from the date of their first class start date after enrollment. Successful graduates will receive a 500 Hour certificate of completion

500 Hour Class Descriptions:

Acupressure (24 Hours)
Prerequisite: None

Acupressure is the application of pressure to the body to enhance the flow of energy (commonly referred to as 'Chi' or 'Ki') in the 12 main bi-lateral Meridians, according to the principles of Chinese medicine. These Meridians run throughout the body and give our body the "life force."

Our bodies can have too much of this energy ('Chi') or not enough in particular areas that create an imbalance which eventually may progress to disease. Think of a river where debris has collected and dammed up the flow of water. There is "too much" water above the dam, and "not enough" water below the dam. If you put pressure on the blocked area, the river's waters flow again, and balance is restored.

Acupressure is believed to be the 'Mother of Acupuncture,' in that it predates the use of needles to stimulate the body's energy flow. It has the same principles as Acupuncture, but the pressure is applied directly to the Acupoints of the body mainly by using the hands, fingers, thumbs or knuckles. Stimulation of the body's meridian system by touch is perhaps one of the oldest and most effective healing systems.

Advanced Face and Scalp (4 Hours)
Prerequisite: Swedish massage and basic anatomy.

The face and head are often overlooked in massage. We know that most people hold tension in their neck and shoulders. Many times, that tension is also held in the face and head and can even be where it is originating from. In this class you will learn techniques from Swedish, Acupressure and Lymphatic massage. The use of hot towels in both therapeutic and spa techniques will also be taught. By relieving tension and reducing inflammation you can help to restore balance. Since many headaches can be relieved by these techniques, it is a wonderful addition to your skill set.

Upon completion of this class the student will have knowledge of the muscles and attachments in the face and head that tend to hold tension. Students will learn various styles to achieve stress release, reduced inflammation and headache relief.

Anatomy and Physiology – Upper Extremities (28 Hours)
Prerequisite: 200 - hour Massage Practitioner basic anatomy; or college anatomy

This hand-on class offers an opportunity to explore more extensively the anatomy and physiology of the musculoskeletal system. Using the text "Trail Guide to the Body" we will become much more familiar with the skeletal structures and the muscles of the body in a way which helps us to understand how those structures normally move and interact so that we may bring that increased understanding to our practice. We will be introduced to the principles of biomechanics (the study of mechanical principles and actions applied to living bodies) and kinesiology (the study which blends the knowledge of anatomy, physiology, physics and geometry and relates them to human movement).Areas covered in Anatomy and Kinesiology Upper Extremity will include the pectoral girdle, the neck and spine, the bony thorax and the arms and hands.

Anatomy and Physiology - Lower Extremities (28 Hours)
Prerequisite: 200 - hour Massage Practitioner basic anatomy; or college anatomy

Same information as above Anatomy and Pathology class, except this class covers the following structures of the body: the abdominal area, the pelvic girdle, the legs, and the feet.

Introduction to Aromatherapy & Herbs (8 Hours)
Prerequisite: None

Students will receive a brief history of aromatherapy and its many uses. Also, students will get to experience a variety of aromas and learn their properties for healing. You will learn about carrier oils and how to make blends with the various essential oils. There will be discussion of how to choose what aromas would be most beneficial for different needs of both the physical body and mental and emotional imbalances. Blends from the Ayurvedic tradition will be experienced (Vata. Pitta, Kapha)
Students will also be introduced to medicinal herbs that are beneficial for skin, muscles, and tendons. Demonstration and directions to proper infusion of herbs into oils will be reviewed and students will be given recipes for blends of oils and infused herbs.

Auriculotherapy (4 Hours)
Prerequisite: None

This class is all about the ears! There are points on the ears that mirror the whole body – physical parts/organs, emotions, and even habits. We will explore maps of the ear points, practice locating them on a partner in class, and use simple tools to stimulate these tiny yet powerful points to aid in balancing the whole body.

Introduction to Ayurveda (8 Hours)
Prerequisite: None

With the phenomenal number of people now doing some sort of yoga we are seeing an amazing increase in interest in yoga's sister science, Ayurveda. Ayurveda is thought to be the most ancient complete form of medicine on the planet being at least 2500 years old. Still today it is practiced by 300,000 physicians who form the largest medical organization in the world. Though generally less well known in the west Ayurvedic treatments and those inspired by this ancient Indian science are fast becoming a mainstream. This class is designed to give students a practical grasp of the basic concepts behind Ayurvedic wisdom. Learn how to identify Ayurvedic body/mind types by using a variety of questionnaires, touch, observation and discussion. Then use this information to customize any massage or spa treatment in terms of:

- Treatment selection
- Type of oil/lotion
- Type of music
- Kinds of teas and snacks to serve
- Type of touch
- Selection of aromas
- Color type of sheets or covers

Introduction to Aquatic Integration (20 Hours)

Prerequisite: Massage Practitioner or basic massage training

This hands-on course provides for manual therapists an introduction to the fundamentals of working in warm water utilizing the Aquatic Integration (AI) technique.

AI was developed to enhance the Aquatic Body-worker's abilities to work with all sizes, body types, and holding patterns. This course will cover basic aquatic principles, simple movement strategies for working in water, conditions that benefit from being in warm water and how AI can bridge land-based modalities and aquatic work.

Techniques reviewed: Qi-Gong (breath), Shiatsu (basic points and meridians), Myofascial Release techniques, Basic principles of Stretch and Range of Motion (PNF).

- Please note this class is taught off campus in a therapy pool in Atascadero.

Body Reading (16 Hours)
Prerequisite: None

Learn to read clients according to a modernized version of Yin/Yang, Chakras and 5 elements makes this highly appropriate for the Western or Eastern Body worker. Meridian location and energetics are applied to physical pains along various muscles, and body areas, typical MT scope of practice client complaints and concerns and the associated behavioral/lifestyle contributions of anyone's health challenge. This course will teach participants the fundamental skills to assessing our health-the foundation of all our dreams.

Boundaries and Self Care (12 Hours)
Prerequisite: At least 100 hours of education in C.H.I.'s 200-hour Massage Practitioner program or basic massage training / program.

This is a 12-hour course open to massage professionals. In this class, students will learn the art of creating and maintaining a self-care routine and boundaries to promote career fulfillment and longevity. Healthy empathy, self-care, healing relationship design and boundaries maintenance strategies will be explored and discussed. Students will be provided ample supervised practice time to learn and incorporate their techniques into regular massage practice.

Business & Ethics (20 Hours)
Prerequisite: None

Success is a well thought out journey. In order to achieve it you must understand what you truly want, create a plan to obtain it, and see yourself having it. This class is about helping you do that.

We will cover the following topics:

*Discovering your core values
*Visualizing your ideal future
*Creating a detailed plan for success
*Business startup
*Legal structures, zoning, insurance
*Marketing, marketing, and more marketing
*Overcoming fear & insecurity
*Ethics for health care providers

Chair Massage (8 Hours)

Prerequisite: Swedish Massage / Massage Practitioner program

Learn a 15 and 20 - minute routine that helps clients feel refreshed, relaxed and rejuvenated to return to work or their busy lives. You will learn massage techniques that relieves stress and tight muscles in the neck and back of the body. It reduces the potential for repetitive motion injuries in the arms and hands. Chair massage is one of the fastest growing areas of bodywork nationwide, especially since it is more affordable for people and takes less time than a table massage. With increased awareness of the need for stress management in the workplace, and the need to decrease repetitive motion injuries, it promises to grow even more.

Chair massage is also an excellent marketing tool to help grow your table massage business. It allows you to meet new potential customers and an opportunity to build rapport with clients. During this 8-hour class, emphasis is placed on marketing the modality, as well as proper body mechanics while performing chair massage routines. The students will learn a 10-, 15-, and 20-minute routines and a manual will be given to support the material learned in class.

Chair Massage Event (4-Hours)
Prerequisite: Completion of the Massage Practitioner program & Chair Massage course

4-hour on-site event for students that want real-world practical experience at an event under the supervision of the instructor. Students will learn how to set up an event space in an efficient, organized manner; practice hands-on application of the skills learned in the Chair Massage class on the public; and rotate the schedule to take alternating breaks and maximize time for massage on the participants / public.

Clinic Internship I (25 Hours)
Prerequisite: Completion of the 200hr program

Course Description: This hand-on course allows students an opportunity to have a "clinical" experience of working with clients in a safe environment on school premises. Instructors will review the basic intake and documentation process and will introduce students to a broader range of intake forms (two versions of health history short and long versions and two versions of SOAP notes, etc.). Students will have the opportunity to practice the intake procedure and will be instructed on how to use the information gathered to identify massage modalities to be used during a one hour or 90- minute massage which they will complete. This clinic will allow advanced students the opportunity to practice new skills and techniques being learned in their other 500 - hour courses.

Clinic Internship II (30 Hours)
Prerequisite: Massage Practitioner program Anatomy & Pathology and Completion of Clinic Internship I

Course Description: This hand-on class course allows students of our 500-hour program an opportunity to be introduced to medical based abbreviations and charting. In addition, students will be introduced to various symptoms, conditions and discuss which modalities will be safe and effective in treating clients. Instructors will review with student's the intake process and documentation paperwork and will be available to answer questions that may transpire during the internship experience. This clinic will allow advanced students the opportunity to practice new skills and techniques learned recently in other program classes.

Comprehensive Side Lying (8 Hours)
Prerequisite: Completion of side lying intro in C.H.I.'s Massage Practitioner program, or previous basic massage training/program.

This is an 8 - hour course that will introduce and allow students to incorporate more advanced techniques and stretches to their massage. Side Lying massage is not just for pregnancy. It is a great way to access areas of the body that can be more challenging to get into in the prone or supine positions. Or for people that are recovering from a recent surgery that may limit them. Students will learn a variety of stretches for both the upper and lower extremities, and rocking/massage techniques. There will also be a strong emphasis on proper body mechanics for the practitioner. We will discuss correct draping and client comfort concerns. Students will also learn "SLR" which is a release to aide in increased pelvic mobility and alleviate pain in the hips and back. The last portion of the day will be spent giving and receiving a complete massage incorporating the side lying techniques into the student's regular massage routine. Upon completion of this course, the student will have knowledge of more advanced side lying techniques and stretches. Students will be able to incorporate into their regular massage routine for those who have specific musculoskeletal conditions/concerns.

Introduction to Craniosacral Therapy 1 (16 Hours)
Prerequisite: None

Craniosacral Therapy is a gentle hands-on method of evaluating and enhancing the functioning of the physiological body system called the cranial system. Comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. This system affects everything in our bodies from the physical to mental and emotional health. Craniosacral Therapy seeks to find the deeper reasons for imbalance. Improper patterns root themselves in the subconscious. Wounds are brought up to process and release, so the body does not have to hold or assimilate them anymore.

Introduction to Craniosacral Therapy 2 (16 Hours)
Prerequisite: Introduction to Craniosacral Therapy 1

This course will build on the knowledge and skills learned in the previous course with a focus on palpating the cranial vault.

Cupping Therapy for the Massage Therapist (16 Hours)
Prerequisite: Massage therapist level anatomy and physiology

This is a 16-hour course open to massage therapists. In this class, students will learn the art of cupping therapy, including its history, indications and cautions/contraindications, techniques and tips. Students will be provided ample supervised practice time to learn and perfect their techniques. There will be a small quiz at the end to ensure that students understand benefits and cautions/contraindications.

Deep Tissue Lower Body (24 Hours)
Prerequisite: Swedish Massage & basic anatomy

Deep Tissue Massage is a type of massage aimed at the deeper tissue structures of the muscles and fascia, also called connective tissue. Deep Tissue Massage uses many of the same techniques as Swedish Massage, but the focus is very specific to muscle, tendon and fascia structures that need to be released due to acute or chronic holding patterns. In this class you will learn techniques to treat the following conditions: Mid & Low Back Pain, Chest Pain/tension, Sciatic Pain, Hip Pain, Psoas tightness, Leg Length Imbalances, Leg Pain/Tension, Plantar fasciitis, etc. We will review anatomy of the above

structures and review Myofascial work and introduce trigger points. There will also be instruction in PNF stretching, passive stretches, and the use of proper body mechanics.

Deep Tissue Upper Body (16 Hours)
Prerequisite: Swedish Massage & basic anatomy

Deep Tissue Massage is a type of massage aimed at the deeper tissue structures of the muscles and fascia, also called connective tissue. Deep Tissue Massage uses many of the same techniques as Swedish Massage, but the focus is very specific to muscle, tendon and fascia structures that need to be released due to acute or chronic holding patterns. In this class you will learn techniques to treat the following conditions: Neck Pain/Tension, Whiplash, TMJ syndrome, Carpal Tunnel Syndrome, Thoracic Outlet Syndrome, Migraines/Headaches, Shoulder Pain, Rotator Cuff injuries, etc. We will review anatomy of the above structures and review Myofascial work and introduce trigger points. There will also be instruction in PNF stretching, passive stretches, and the use of proper body mechanics**.**

Energy Medicine Introduction (16 Hours)
Prerequisite: None

In this course, students will be introduced to what Energy Medicine (EM) is and how to balance the body's energy system to allow for it to return to its natural rhythms. Energy Medicine is the use of known subtle energy fields to therapeutically assess and treat energetic imbalances, bringing the body's systems (neurological, cardiovascular, respiratory, skeletal, lymphatic, etc.) back to homeostasis. Students will learn how to energy test via our muscles as a method of biofeedback to identify imbalances in the body's energy system. Utilizing a holistic approach, we re-balance the body's energies and activate the body's intrinsic healing process so that the body can better repair itself.

Students will learn the foundational energetic systems of the body such as the Chinese Meridians, Chakra's, Auric Field, Chinese Five Elements and Tibetan system figure 8's. Students will be introduced to a variety of techniques to help manage the physical and emotional pain that we experience living in these bodies to better aid themselves and their clients. Students will learn skills to increase their (and their clients) energy level, reduce stress and pain, increase mental clarity and enhance immune system function.

The basic balancing system includes how to energy test the body to find the imbalances in the Chinese Meridians. Students will then learn how to restore the energy imbalances via a variety of techniques including neuro-lymphatic reflex massage, holding neurovascular points, sedating or tonifying acupressure points, meridian massage, etc. They will also learn how to assess nutritional support for the energy system, and how to effectively reduce emotional stress and pain with touch. Students will be introduced to the vagus nerve and its role in our body and a variety of techniques to improve its function.

Energy Medicine is utilizing subtle energies in a non-invasive way to help restore the imbalances that daily living creates.

Introduction to Essential Oils (8 Hours)
Prerequisite: At least 100 hours of education in C.H.I.'s 200-hour Massage Practitioner program.

This is an 8-hour course open to massage professionals and students. In this class, students will learn about the production and application of various essential oils and their uses in massage therapy. Students

will learn the healing qualities of several common essential oils, their uses and how to incorporate them into their massage routines. Students will be provided ample supervised practice time to experience and incorporate their techniques into regular massage practice.

Introduction to Esalen® Massage (24 Hours)
Prerequisite: None

This three-day experiential workshop provides instruction in the foundational principles, history, and core techniques of Esalen® Massage, developed at the Esalen Institute in Big Sur, California. The course emphasizes presence-based touch, practitioner grounding, quality of contact, long integrative strokes, continuity, and rhythmic flow. Through demonstrations, guided exercises, and supervised hands-on practice, participants develop foundational skills that support relaxation, body awareness, and whole-body integration. This course is appropriate for entry-level students and licensed massage practitioners seeking to strengthen foundational skills and professional presence.

Geriatric Massage (4 Hours)
Prerequisite: Completion of related material covered in the Massage Practitioner program.

This class covers the basics of geriatric massage, including: benefits, indications, contraindications, techniques, and positioning. Students will integrate class material by applying practical skills in class with volunteers from a local assisted living facility.

Massage Therapy for Headache Relief: Myofascial, Acupressure & Setting Considerations
Prerequisite: At least 100 hours of education in C.H.I.'s 200-hour program

This is an 8-hour course open to massage professionals and current students. Students will learn to recognize common headache types, identify red flag symptoms that require referral, and apply massage and myofascial techniques appropriate for tension-type, cervicogenic, and myofascial headaches.
The class also introduces supportive care methods within the massage therapist's professional scope, including the use of specific acupressure points (such as LI4), reminders about hydration, and environmental considerations to minimize migraine triggers—such as lighting, scents, and sound.
Students will learn when the application of cold packs for migraines or warm compresses for tension headaches may be appropriate, but these modalities will be demonstrated and discussed only, not practiced in class. Ample supervised practice time will focus on assessment, palpation, and trigger-point release techniques that can be safely integrated into client sessions.

Advanced Health and Hygiene (8 hours)
Prerequisite: Completion of related material covered in the Massage Practitioner program.

Course Description: Massage Therapists are required to have an understanding of health, disease, and pathogen transmission. Following the 200-hour introductory Massage Practitioner course, this course will cover a more in-depth look at health, hygiene, and pathogen transmission for the Massage Therapist when working with clients. Students will learn massage theory, massage history and relevant terms.
Method of Delivery: Distance Learning, online through Zoom platform. Materials to be delivered through DropBox and via email with google drive, pdfs, documents, etc.

Hot Stone Massage (16 Hours)
Prerequisite: Swedish Massage / Massage Practitioner program

This course will introduce the student to the use of stones with massage, including types of stones and varying sizes of stones with their optimal use. The course will cover safety of working with stones, indications and contraindications to hot stone, as well as sanitation for cleaning hot stones. The student will learn to safely work with the stones and learn how to use it as a tool to aid in and integrate into their bodywork sessions. The student will learn to safely give a relaxing, full-body, hot stone massage.
Injury Management for the Back (4 Hours)
Prerequisite: Swedish Massage

Hawaiian Lomi Lomi - 16 hrs.
Prerequisite: Swedish Massage / Massage Practitioner program

Lomi Lomi, a form of ancient Hawaiian Bodywork, was originally done in sacred temples as a rite of passage. This transformational massage was performed by a "kahuna" (master teacher or medicine person) for many hours, or even days, until the receiver felt cleared and aligned on all levels – physically, mentally, emotionally, and spiritually. The Lomi Lomi students will be learning in this workshop is a type of massage that encompasses breath and dance. The movement is an active meditation for the practitioner, opening up and freeing holding patterns within his/her body.

Training in this bodywork style can bring about balance, fluidity, and coordination. It teaches us to work from a place of presence. You will learn to use your breath with the movement and bodywork. When both giver and receiver are focused in the movement in a heartfelt way, as well as being attuned in their breath, this experience can accelerate change and create expansion on all levels.

Hawaiian Lomi Lomi – Advanced - 16 hrs.
Prerequisite: Swedish Massage / Massage Practitioner program & Hawaiian Lomi Lomi

This hands-on course will be a review of beginning Hawaiian Lomi Lomi Massage. This course will also add in more advanced strokes to the routine learned in Beginning Hawaiian Lomi Lomi Massage. We will focus on correcting any "bad" habits, we will focus on the effectiveness of strokes, and how you can use your forearms in different ways to create a different feel. We will use different speeds and depths while giving a flowing Lomi Lomi Massage. Students will have information and hands on practice to complete a 60-90 minute Hawaiian Lomi Lomi Massage.

Injury Management for the Back (4 Hours)
Prerequisite: Swedish Massage

In this hands-on class will review the anatomy of the back region to include the lumbar spine and hip muscles and nerve innervations. Students will learn the common injuries to the back including lordosis, sciatica, herniated disc, strains and spasms and the appropriate time to treat these injuries. Then students will learn a variety of eastern and western based bodywork techniques to release these conditions such as Meridian tracing, neuro-lymphatic reflexes, origin and insertion techniques, muscle spindle cell techniques, stretches, etc.
Injury Management for the Hip (4 Hours)
Prerequisite: Swedish Massage

In this hands-on class we will review the anatomy of the hip region to include the lumbar spine and hip muscles and nerve innervations. Students will learn the common injuries to the hip including dislocation, sciatica, strains and spasms and the appropriate time to treat these injuries. Then students will learn a

variety of eastern and western based bodywork techniques to release these conditions such as Meridian tracing, neuro-lymphatic reflexes, origin and insertion techniques, muscle spindle cell techniques, stretches, etc.

Injury Management for the Neck (4 Hours)
Prerequisite: Swedish Massage

In this hands-on class will review the anatomy of the neck region to include the cervical spine, muscles and nerve innervations. Students will learn the common injuries to the neck including whiplash, torticollis and strains and spasms and the appropriate time to treat these injuries. Then students will learn a variety of eastern and western based bodywork techniques to release these conditions such as Meridian tracing, neuro-lymphatic reflexes, origin and insertion techniques, muscle spindle cell techniques, etc.

Injury Management for the Shoulder (4 Hours)
Prerequisite: Swedish Massage

In this hands-on class will review the anatomy of the shoulder region to include the scapula, clavicle, humerus and bony thorax. Students will learn the common injuries to the shoulder including rotator cuff tear, frozen shoulder, bursitis, sprain/strains and the appropriate time to treat these injuries. Then students will learn a variety of eastern and western based bodywork techniques to release these conditions such as Meridian tracing, neuro-lymphatic reflexes, origin and insertion techniques, muscle spindle cell techniques, etc. Students will learn massage history, massage theory and terminology as it relates to this modality.

Introduction to Lymph Drainage (16 Hours)
Prerequisite: Basic Massage Training / Massage Practitioner program

Students will learn the anatomy of the lymph system, the proper technique to contact the system and support the lymphatic flow throughout the body and the locations of the lymph nodes. Students will develop palpation skills, understand the anatomy and physiology of the lymph system and how to treat the system to increase its viability, and practice hands-on practical exchanges in class.

Introduction to Myofascial Massage (16 Hours)
Prerequisite: Basic Massage Training / Massage Practitioner program

This two-day workshop instructs basic principles and practices of MFR therapy, which is based on the understanding that fascial restriction is an underlying component of all physical pain. The participants will have a understanding of the function of fascial and its role in chronic pain. The focus is on identification of fascial restriction through visual assessment and palpitation. Participants are instructed in basic foundational MFR therapeutic techniques, including the awareness of subtle changes in fascial tissue during treatment. There will be both a lecture and lab portions. The hands-on lab will focus on instructing and practicing proper technique and body mechanics.

Intro. to Panchakarma (16 hours)
Prerequisite: Basic Massage Training / Massage Practitioner program & Intro. to Ayurveda class

Students will have identified their unique Doshas in our previous class and learned how to determine the Doshas of their clients. Building on Doshas and Ayurvedic theory students will learn the benefits of Abhyanga, Shirodhara, and Swedna. We will go over the setup and materials needed for the three

therapies. Then students will be able to practice the three therapies in class applying the steps and specific strokes for the different Doshas.

Abhyanga is Ayurvedic Massage of the entire body with Dosha-specific, warm, and herb-infused oil. Specific oils, herbs, and strokes are applied for each Dosha. Shirodhara is a treatment that involves warm oil gently streaming onto the forehead, then being massaged into the scalp. Swedna is an herbal steam tent.

Advanced Pathology & Contraindications (20 hours)
Prerequisite: Completion of related material covered in 200-hour Massage Practitioner program and the Anatomy & Physiology Lower Extremities course or other college level physiology course.

Course Description: Massage Therapists are responsible for recognizing health and illness when working with clients, as well as when massage is indicated, or contraindicated. Understanding pathophysiology is a lifelong process. This course gives the Massage Therapist a greater understanding of health, disease and disability, beyond the 200-hour Practitioner program for working with the general population.

Pathology, Contraindications, & Medications (part of the 200- Hour / Massage Practitioner Program) – 16 hours
Prerequisites : None

This class consists of the four 4-hour sessions of Pathology, Contraindications, & Medications lecture that are part of the 200-Hour Massage Practitioner Program. It is offered for those students who graduated other massage programs prior to 9/14/2021, and need these additional core subject hours to meet the new CAMTC requirements. Lecture will cover contraindications, indications, pathology of the skeletal, muscular, cardiovascular, lymphatic, nervous, and integumentary systems, conditions that require medication, common medication side effects, related intake communication, and ways to adapt massage sessions.

Polarity Therapy (16 Hours)
Prerequisite: None

Polarity Therapy is the art and science of stimulating and balancing the flow of life energy within the human being. The term Polarity relates to one of the fundamental laws of nature, namely the attraction and union of opposites through a balanced middle point. The human body is an energy system like a battery or magnet. It has positive, negative and neuter poles and currents of energy that flow through them. In this course we will discuss the elements in nature and their relation to our emotions. We will also discuss how the 3 currents of energy what type of touch correlates with it.

Pregnancy and Infant Massage Course (20 Hours)
Pregnancy Massage Course (16 Hours)
Infant Massage Course (4 Hours)
Prerequisite: Swedish Massage (if enrolled in Massage Practitioner program student must have passed their Midterm already)

Prenatal massage can help alleviate some of the stresses and discomforts that women experience during

pregnancy. This class is designed to show students how to meet the special needs of pregnant clients. There are pregnancy related conditions that require caution or are a contraindication for massage. These cautions as well as the many benefits of prenatal massage will be discussed. You will learn proper positioning for the comfort of the client as her body changes throughout pregnancy. What is occurring in a woman's body during each trimester of pregnancy and the baby's development during these times will be covered with a session dedicated to each trimester. Students will then learn and apply bodywork specific to each of the trimesters and labor. In Pregnancy and Infant Massage, the final class session will focus on infant massage.

Reflexology (20 Hours)
Reflexology & Auriculotherapy* (24 Hours)
Prerequisite: None

In this course we will cover the feet and hands. You will learn locations of the reflex points and the techniques used for applying reflexology. This incredible healing art produces relaxation throughout the body as we work the corresponding reflex points. Benefits include stress reduction, increased circulation, and balancing. Please bring a foot spa or tub to soak your feet in.
*We will explore maps of the ear points, practice locating them on a partner in class, and use simple tools to stimulate these tiny yet powerful points to aid in balancing the whole body.

Reiki - Level 1 (8 Hours)
Prerequisite: None

WHAT IS REIKI?
Reiki is a vibrational healing practice that promotes systemic balance. It is light touch that can be given to a clothed recipient as a treatment on its own or integrated into a massage or other treatment. It is also a self-care practice.

WHAT ARE THE COMMONLY REPORTED BENEFITS? Reduced anxiety and depression, improved sleep, improved digestion and a greater self- Clients most frequently report positive changes in relaxation, pain management, reduced awareness. (Those practicing self-care also report these benefits.

WHAT WILL I LEARN IN REIKI CLASS?

- Introduction and discussion about what Reiki and its history
- Attunements: Opening up to the Reiki energy. Each student receives his or her attunement from the instructor.
- Hands on experience. You will have the opportunity to both give and receive a treatment.
- Sharing and questions will be encouraged throughout the class.
- You will receive a certificate as a First Degree Reiki Practitioner.

Reiki – Level 2 (8 Hours)
Prerequisite: Reiki 1

Reiki, being a vibrational healing practice has many layers. In Reiki 2 we will practice connecting to the mental and emotional bodies and wellbeing of our clients. Using the Reiki symbols as tools and a second attunement, our focus will be on facilitating somatic emotional release and the opportunity for our client to release holding patterns in the body. We are always looking to bring the client into homeostasis and the ability for the body to self - correct.

Shiatsu – Integrated (24 Hours)
Prerequisite: None

Integrated Shiatsu - Shiatsu translates as "finger pressure". It is a traditional Japanese style of bodywork. This course will introduce students to 14 meridians, or energy (chi) pathways in the body. Students will learn alarm points (Mu and Shu) for each meridian and a full Shiatsu sequence designed for a 1-hour session. Points for common ailments and specific Shiatsu techniques are included in the routine. Integrating these techniques and points into a Swedish Massage will be the final aspect of the class.

Spa Therapies (16 Hours)
Prerequisite: Swedish Massage / Massage Practitioner

This course will include body wraps, scrubs and detoxifying treatments aimed to exfoliate and hydrate the skin and body. This course will also include ways to increase revenue by demonstrating "add-ons" to your massage/bodywork and bringing your clientele the ultimate relaxing experience.

Sports Massage (16 Hours)
Prerequisite: Swedish Massage / Massage Practitioner & Intro. to Myofascial Release / Massage

This hand-on class offers an introduction to the fundamental approach to working with athletic/active people ranging from the "weekend warrior" to the "professional athlete." Sports Massage techniques are used with clients ranging from serious athletes to the moderately active for injury prevention, performance enhancement, and faster recovery. This course will cover the main applications of sports massage (pre-event massage, intra-event, post-event massage, maintenance, and rehabilitative), assessment of clients (verbal, visual & palpation), range-of-motion, and P.N.F. stretches. We will review common sports injuries and discuss the psychology of working with athletes and injuries. Students will learn how to use these tools effectively to benefit clients of all activity levels.
Techniques reviewed: Applications of various techniques from Western Massage (i.e. tapotement, vibration, petrissage, etc.), Trigger Point Therapy, and Myofascial Massage. Students will learn massage history, massage theory and terminology as it relates to this modality.

Sports Massage II (16 Hours)
Prerequisite: Sports Massage I, Swedish/Massage Practitioner, & Intro. to Myofascial Massage

Building on material covered in Sports Massage I, this course will include indications/contraindications for use of ice and heat and the application of topical products, PNF stretching, K-tape uses and application, tools used for sports massage (hypervolt, muscle scraping, and manual roller), and Russian medical massage methods and applications.

Stretch & Release Therapy (16 Hours)
Prerequisite: Swedish Massage / Massage Practitioner level basic anatomy fulfilled

Stretch & Release Therapy ("SRT") affects the soft tissue of the body by releasing fascia restrictions through a combination of lengthening and stretching the muscles. The techniques you will learn work quickly to affect majority of soft tissue dysfunction. The training is hands-on, and you will learn to adapt the concepts and principles to your current practice and will maximize your effectiveness.
"SRT" works on an array of chronic conditions, such as back and neck pain, carpal tunnel syndrome,

whiplash injuries, thoracic outlet syndrome, sciatic, etc….. to name a few. It also is very beneficial for athletes and prevention of injuries for anyone.

Touch for Health - Level 1 (16 Hours)
Prerequisite: None

In TFH we use muscle testing as a method of biofeedback to identify imbalances in the body's energy system. Utilizing a holistic approach, we re-balance the body's energies and activate the body's intrinsic healing process so that the body can better heal itself.
You will learn the art of muscle testing and the basic procedure to balance the body's muscles and acupuncture meridians as presented in Dr. John Thie's book, Touch for Health. Learn skills to increase your energy level, reduce stress and pain, increase mental clarity and enhance immune system function. The basic balancing system includes how to test and correct 14 muscles/meridians, including the spinal reflexes, neurolymphatic reflexes, neurovascular points, and meridians. You will also learn how to assess nutritional support for the muscles, how to effectively reduce emotional stress and pain by touch.
Touch for Health can be used as a stand-alone method or it can be used with other healing modalities such as massage, chiropractic, acupuncture, cranio-sacral, psycho-emotional counseling, etc. Professionals using Touch for Health may be able to find and unlock their patient's "stuck" conditions, often enabling their clients to become more self-maintaining.

Touch for Health – Level 2 (16 Hours)
Prerequisite: Touch for Health – Level 1

In Touch for Health level - 2, students learn 14 more muscles to test to balance the system. We review the 14 main Chinese Meridians from level -1, discuss the "Chinese Clock" by learning the peak energy cycle of these Meridians.
We assess energy patterns in the 24-hour cycles & Five Element (seasonal) cycles and find a single key-point to balance the energy system working with charts. We continue with learning food testing and discuss foods that are energizing and draining to our system. Also, acupressure holding points and a variety of other balancing techniques are covered in this level.

Tools for Longevity (8 Hours)
Prerequisite: None

This class is dedicated to exploring the tools and attitudes it takes to have longevity in bodywork and facilitating healing for others. We are all attracted to massage because of our compassion and desire to help others. In this class we will work (and play) with methods for self-care and body mechanics.

Trigger Point (Back/Hip; Neck/TMJ & Shoulder/Torso) - (16 Hours each class)
Prerequisite: Completion of Massage Practitioner program or previous massage training

Do you want to be a "Rock Star" Deep Tissue Therapist? Do you want to learn how to break up the "viscous cycle" of sciatica, thoracic outlet syndrome, carpel tunnel, low back pain, headaches, TMJ? This class will offer you a modality to address soft tissue dysfunction in the body from stress, injuries, repetitive/overuse and restore hyper-contracted short muscles into a healthy restorative state. You will learn how to detect what and where a Trigger Point is and disperse them using a combination of specific techniques.

The foundation of this work is releasing the fascia, stimulating the pro-preceptors in the origin, insertion and belly of the muscles with a specific intention. These deep tissue moves will always be addressed by "making nice" (lymph drainage) to the tissue addressed, passive stretches, traction, PIR, CTR and follow up care for your clients to take home after treatment.

Zen Thai Touch (20 Hours)
Prerequisite: Basic Massage Program

Learn Seymour's unique approach to Asian Bodywork that combines palm, thumb, elbows, knees, feet and hand movement techniques derived from Japanese, Chinese and Thai methods.
In contrast to the typical faster massage style of these traditional forms.

Zen-Touch™ approach created by Seymour pays attention to energy flow while holding and listening to the "Sen" (Thai) / "Meridian" (Chinese & Japanese) lines. This deeply nourishing and sensitive approach allows the client's energy flow to do the healing in contrast to the manipulation approach of the traditional Thai, Shiatsu and Tui Na styles. Client's report how they can receive the stretches and pressure with complete comfort in comparison to the often intrusive traditional Thai and Shiatsu methods.

Assessment, Recommendations and Therapy based on Chakras, Yin/Yang and 5 Elements comparing Ayurveda and Chinese Medicine is also included in the class. Upon completion and after continued practice of all the techniques, participants will have the skills necessary to practice both Shiatsu and Thai massage.

Zen Touch Shiatsu (16 Hours)
Prerequisite: Basic Massage Program

ZT shiatsu, a form of energy meridian acupressure, is both an effective form of health assessment and therapy as well a nurturing form of body/energy work that mutually enhances the health of both the receiver and practitioner.... Yes, Zen-Touch™ Shiatsu is equally beneficial for both practitioner and client. The theoretical background is founded on balancing or integrating our health condition with the forces of nature described in Eastern Philosophy as t Yin/Yang and the 5 Movements or Elements. People most frequently report enhanced vitality, pain relief, and heightened health awareness accompanied by a sense of freedom and peacefulness.
ZT practitioners draw from a wide range of improvised techniques that make each session a uniquely personalized experience. When appropriate, a session can resemble a yoga- like dance that is choreographed by the practitioner to initiate increased range of movement for body mind spirit. At the opposite extreme a session may look very simple and passive when the practitioner finds it necessary to hold "points" for extended periods of time.

TUITION/FEES FOR 500 - HOUR PROGRAM

Registration Fee (Non-Refundable) ……...	$ 200.00
Tuition ($ 20.00/hour rate for 300 hours) ……	6,000.00
Textbooks** ……...	125.00+
Student Tuition Recovery Fund (non-refundable) …….....	*0.00
Materials fees***……$ depends on students' class choices	
Total Charges ……	$ 6,325.00

ESTIMATED TOTAL CHARGES FOR THE ENTIRE EDUCATIONAL PROGRAM $6,325.00

TOTAL CHARGES FOR THE PERIOD OF ATTENDANCE $6,325.00

Potential for additional fees if any of the following occur:
Tutor Fee: $ 40/hour and up for make-up time, or at the request of the student. If you go over the hours listed above, you will pay for the extra hours at the hourly rate.

Please phone the school regarding payment plans.
*See pages 30-32 in this catalog for more information on the Student Tuition Recovery Fund

** Required textbooks
Trail Guide to the Body: A hands-on guide to locating muscles, bones and more, 6th Edition – by Andrew Biel ($80.00)
Business Mastery: A Guide for Creating a Fulfilling, Thriving Practice, and Keeping It Successful, 5th Edition – by Cherie Sohnen-Moe ($45.00)
Books fees may change due to increases in the institute's costs to purchase.

***Materials fees are only paid if a student selects a course that has one. Other supplies are the student's responsibility to have for class (for example, sheets, oil, notebook, pencil).

Course materials fees:
Aquatic Integration Intro. - $50.00 fee (pool use fee)
Craniosacral Intros. 1 & 2 – $15.00 fee (each) for class study manual
Cupping Therapy - $41.00 for cupping set
Hot Stone- $100.00 for hot stone set
Panchakarma Intro - $45.00 for oils and herbs used in treatments in class
Reiki 1 & 2 – $5.00 (each) for class study manuals
Spa Therapies - $20.00 for wraps and scrub materials used in class
Sports Massage 1 – $15.00 fee for protractor, class manual
Sports Massage 2 – $5.00 for k-tape
Touch 4 Health – T4H textbook $35.00

Textbook and material fees are subject to change (if price increases from vendors, shippers, etc.)*

The United States Department of Labor's Standard Occupational Code for Massage Therapists is 31-9011

If student pays for classes on an individual basis, then each class requires a **non-refundable enrollment fee of $100.00** for that course at time of their enrollment. Registration fees should be mailed or called into us as soon as possible. This will help guarantee your space in the class.

Class space is limited. **Canceling enrollment more than 7 days before class allows your non-refundable fee to be applied to a future class within 12 months. $ 100.00 enrollment fee policy applies to payment plan students as well for additional classes / hours**. Courses without sufficient enrollment will be cancelled (any refunds due will be issued via check within 30 days).

A la Carte Courses

Professionals who wish to take classes for personal and professional enhancement may enroll in a course on an A la Carte basis. Each course requires a non-refundable enrollment fee that is due at the time of enrollment, which will be applied to the course cost. The tuition balance is due on the start date of the class, or before. The cost for each course is available on C.H.I.'s website (www.californiaholisticinstitute.com) on the class schedule page and the pdf of same class calendar. These are not programs approved by the BPPE and are not designed to lead to licensure or employment.

To be eligible for admittance to an A la Carte course an applicant must:

Be 18 years of age or older

Be in good health capable of physically performing massage and receiving massage during class (if it is a bodywork course) from 30-minutes to 90-minutes.

Meet any prerequisites for the requested course (see course descriptions on pages 7 – 20 for their prerequisites).

Provide proof of relevant previous training (e.g., transcripts, certificates, licenses).

Visit the school and complete a registration packet with office staff and pay the required fees.

Provide a copy of a government issued photo ID or Driver's License.

Registration Fees:

A non-refundable fee of $100.00 is required for all A la Carte courses.

Checks, cash, credit cards (Visa, MC, Discover), ApplePay, PayPal, and Venmo payments are accepted.

Interested students should contact the office to schedule an appointment to visit the school and complete the registration packet. Call or text (805) 786-4808 to schedule an appointment.

California Holistic Institute

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

2026 SCHEDULE FOR 500-HOUR MASSAGE THERAPIST PROGRAM

Course	*Hours*	*Days & Hours*	*Date*	*Cost*	*Styles*
Business Skills & Ethics w/ Shante Kastenek	20	Monday & Wednesday 5:30pm – 9:30 pm	1/5/2026 - 1/19/2026	$ 425 + textbook $45	Core
Stretch & Release Therapy w/ Marian Martinho	16	Saturday & Sunday 9:00 am – 6:00 pm	1/17/2026 – 1/18/2026	$ 350	Western
Pregnancy & Infant Massage w/ Joanne Mapalo	20	Friday, Monday, Friday 5:30-9:30pm Saturday 9:00 am – 6:00 pm	1/23/2026 - 1/31/2026	$425.00	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. to Lymph Drainage w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am – 6:00 pm	2/14/2026 - 2/15/2026	$ 350	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 $80	Core
Massage Therapy for Headache Relief w/ Dr. Julianna Englund	8	Sunday 9:00 am – 6:00 pm	3/15/2026	$ 175	Elective
Injury Mgmt. for the 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 Courtney Crow (ONLINE CLASS)	8	Fridays 5:30 pm - 9:30 pm	4/3/2026 - 4/10/2026	$ 175	Core w/

Please note that this schedule is subject to change (tuition, material fees, & dates) - 2/7/2026

Course	*Hours*	*Days & Hours*	*Date*	*A la Carte Cost*	*Styles*
Cupping Therapy **w/ Dr. Julianna Englund**	**16**	**Saturday & Sunday** **9:00 am – 6:00 pm**	**4/11/2026 -** **4/12/2026**	**$ 350.00 +** **$ 40 - $50 Materials fee for cupping set**	**Western**
Sports Massage II **w/ Shante Kastenek** ***Prerequisite is Sports Massage I class & Myofascial Massage Intro.***	**16**	**Monday & Wednesday** **5:30 pm – 9:30 pm**	**4/15/2026 -** **4/27/2026**	**$ 350 +** **$ 5 materials fee to instructor**	**Western**
Introduction to Esalen® Massage **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**	**Mondays & Wednesdays** **5:30 pm - 9:30 pm**	**4/29/2026 -** **5/20/2026**	**$ 575 +** **textbook $80 (same book)**	**Core**
Injury Mgmt. for the Neck **w/ Marian Martinho**	**4**	**Friday** **5:30 pm - 9:30 pm**	**5/8/2026**	**$ 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** ***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**	**6/5/2026 -** **6/7/2026**	**$ 425 +** **$ 50 pool use fee**	**Elective**
Intro. to Craniosacral Level 1 **w/ Flanagan MacKenzie**	**16**	**Saturday & Sunday** **9:00 am - 6:00 pm**	**6/13/2026 -** **6/14/2026**	**$ 350 +** **$ 15 materials fee to instructor**	**Elective**
Adv. Pathology & Contra. **w/** ****Prerequisite is Anatomy & Physiology Lower Extremities class****	**20**	**Monday & Wednesday** **5:30 pm – 9:30 pm**	**6/15/2026 -** **6/29/2026**	**$ 425**	**Core**
Hawaiian Lomi Lomi **w/ Lacey Costa**	**16**	**Monday & Wednesday** **5:30 pm to 9:30 pm**	**7/1/2026 -** **7/13/2026**	**$ 350**	**Western**
Business Skills & Ethics **w/ Shante Kastenek**	**20**	**Monday & Wednesday** **5:30pm – 9:30 pm**	**7/15/2026 -** **7/29/2026**	**$ 425 +** **textbook ($45)**	**Core**
Tools for Longevity **w/ Dr. Troy Smith**	**8**	**Sunday** **9:00 am – 6:00 pm**	**7/26/2026**	**$ 175**	**Elective**
Injury Mgmt. for the Hip **w/ Marian Martinho**	**4**	**Friday** **5:30 pm - 9:30 pm**	**7/31/2026**	**$ 100**	**Elective**
Myofascial Massage **w/ Dr. Troy Smith**	**16**	**Saturday & Sunday** **9:00 am – 6:00 pm**	**8/8/2026 -** **8/9/2026**	**$350**	**Western**
Adv. Hawaiian Lomi Lomi **w/ Lacey Costa**	**16**	**Monday & Wednesday** **5:30 pm to 9:30 pm**	**8/17/2026 -** **8/26/2026**	**$ 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** **(Class starts on Wednesday)**	**$ 350**	**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**	**9/4/2026 -** **9/6/2026**	**$ 425 +** **$ 50 pool use fee**	**Elective**
Intro. to Lymph Drainage **w/ Flanagan MacKenzie**	**16**	**Saturday & Sunday** **9:00 am – 6:00 pm**	**9/12/2026 -** **9/13/2026**	**$ 350** **$10 materials fee to instructor**	**Western**
Anatomy & Physiology **(Upper extremities)** **w/ Shante Kastenek**	**28**	**Monday & Wednesday** **5:30 pm - 9:30 pm**	**9/16/2026 -** **10/7/2026**	**$ 575 +** **textbook $80**	**Core**

Please note that this schedule is subject to change (tuition, material fees, & dates) - 9/1/2026*

Course	*Hours*	*Days & Hours*	*Date*	*A la Carte Cost*	*Styles*
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**
Adv. Health & Hygiene w/ Courtney Crow (ONLINE CLASS)	**8**	**Fridays 5:30 pm - 9:30 pm**	**10/2/2026 - 10/9/2026**	**$ 175**	**Core**
Cupping Therapy w/ Dr. Julianna Englund	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**10/10/2026 10/11/2026**	**$ 350 $ 40 - $50 Materials fee for cupping set**	**Western**
Acupressure w/ Marian Martinho	**24**	**Monday & Wednesday 5:30 pm – 9:30 pm**	**10/12/2026 - 10/28/2026**	**$ 505**	**Eastern**
Reflexology & Auriculotherapy w/ Laura Adelina	**24**	**Friday, Saturday, & Sunday 9:00 am to 6:00 pm**	**10/16/2026 - 10/18/2026**	**$505**	**Eastern**
Hot Stone Massage w/ Shante Kastenek	**16**	**Saturday & Sunday 9:00 am – 6:00 pm**	**10/24/2026- 10/25/2026**	**$ 350 + $100 for Stone Set**	**Western**
Injury Mgmt. for the Shoulder w/ Marian Martinho	**4**	**Friday 5:30 pm - 9:30 pm**	**10/30/2026**	**$ 100**	**Elective**
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**
Anatomy & Physiology (Lower extremities) w/ Joanne Mapalo	**28**	**Monday, Wednesday, Friday 5:30 pm - 9:30 pm 11/11, 11/13, 11/16, 11/18, 11/20, 11/23, & 11/30 (NO CLASS on 11/25)**	**11/11/2026 - 11/30/2026**	**$ 575 + textbook $80**	**Core**
Introduction to Essential Oils w/ Dr. Julianna Englund	**8**	**Sunday 9:00 am – 6:00 pm**	**11/15/2026**	**$ 175**	**Elective**
Intro to Ayurveda w/ Mandy Sahota-Flood	**8**	**Sunday 9:00 am – 6:00 pm**	**11/22/2026**	**$ 175**	**Eastern**
Adv. Pathology & Contra. w/ Shante Kastenek	**20**	**Monday & Wednesday 5:30 pm – 9:30 pm**	**12/2/2026 - 12/16/2026**	**$ 425**	**Core**
****Prerequisite is Anatomy & Physiology Lower Extremities class****					
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) - 9/1/2026*****

Enrollment Information

The following policies apply to all courses offered in this catalog:

Prerequisites for Enrollment:
To be eligible for admittance an applicant must be 18 years of age or older with a High School diploma, or GED, or other documentation establishing a student's ability to do college level work or through an interview with the director establishing that, or be able to successfully pass an approved U.S. Department of Education examination pursuant to Section 484 (d) of the federal Higher Education Act of 1965 for applicants without the above (Ability-to-Benefit) in order to participate in this course. The Ability-to-Benefit exam accepted at "CHI" is the Combined English Language Skill Assessment (CELSA) test for students whose native language is not English and who are not fluent in English. A student must receive a minimum score of 64 for Grammar/Usage, 70 in Reading and 70 in Listening on this exam.

The applicant must be in good health, able to give and receive massages in classes, and have no criminal convictions. **Applicants will be encouraged to receive a full body massage from a professional therapist of their choice prior to admittance. The applicant is required to file a complete application, tour the school, and meet with staff.**

Applicants for the 200 - hour program may be enrolled up to the starting date of the course. Appointments are scheduled on the first come first served basis. Each person is accepted only if, in the school's opinion, the individual has the possibility of success in the chosen class. Due to the intensive format of the class, and other requirements unique to massage instruction, acceptance is not guaranteed. All applicants are reviewed by the school staff. Selection criteria are oriented toward ensuring class unity. At the time of enrollment, the applicant will submit a non-refundable $200.00 registration fee along with a completed enrollment form in order to be considered for inclusion in the course, if the application is not admitted, the registration fee will be returned in full.
500 - hour program, students may enter the 500 - hour program at any time of the year, after completing CHI's 200 - Hour Massage Practitioner Program. At the time of enrollment, the applicant will submit a non-refundable $100.00 registration fee along with a completed enrollment form.

Insurance
The school suggests each student to have student liability insurance, but liability insurance is not required. This liability insurance covers the student 24 hours/day, whether in school or outside school as long as the student is doing work related to curriculum and not being paid for services rendered.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION.
The transferability of credits you earn at California Holistic Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institute to which you may seek to transfer. If the certificate(s) that you earn at this institution are not accepted at the institution to which you seek to transfer you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending California Holistic Institute to determine if your certificate will transfer.

Student Services
California Holistic Institute has a small lending library (Ste. #109) where students may reference various books and materials related to their educational needs. Students may check out the library resources from office staff (registrars or director) during office hours (Monday, Tuesday and Thursday from 11:00 am to 5:00 pm) by completing a library check out form. Resources are to be returned to office staff or renewed within two weeks. Students may request a renewal via email to californiaholisticinstitute@gmail.com, text message to (805) 786-4808, or in person with office staff. Resources are to be returned to the office staff during office hours or may be given to a student's instructor when they are on campus for a class when the office is closed.

Student Housing
California Holistic Institute is a non-residential institution. There are no dormitory facilities available on the premises. Students have the responsibility to find their own housing.
California Holistic Institute does not aid in this process.
The school is located near a college campus so there is potential for room or house rentals in the area. The approximate cost for housing can range from $ 450 - $ 1,500 per month, and upwards. Prospective students may contact San Luis Obispo Chamber of Commerce for information on local publications that carry housing and rental information.

Transfer Policy
California Holistic Institute does not recognize or grant credit for courses of massage involving correspondence (through-the-mail) or online instruction. **California Holistic Institute has not entered into an articulation or transfer agreement with any other college or university.** CHI does not accept any transfer credits from any other institutions or through challenge examinations and achievement tests, into either the 200 -hour or 500 -hour programs.
Students can accumulate their 500 hours from more than one CAMTC approved school, however it is CAMTC that determines if your previous education is accepted.

Experiential Learning
California Holistic Institute does not award credit for prior experiential learning.

Attendance Requirements
Attendance is required and recorded. Students are expected to attend classes as scheduled just as they would be expected to be present for work. If a student is absent in either the massage Practitioner or Therapist programs all hours missed must be made up. The student must arrange make-up class work with their instructor, and there may be a fee charged to the student. If the student is required to tutor with the instructor or make-up classroom time, the fee is $ 40.00 per hour. A student can make arrangements with the instructor to attend another class schedule during the 200 - hour program for make-up.

Absence- Absence will be considered as excused if the student contacts the school or instructor under the following circumstances: illness, death or birth in the immediate family and other cases where the school approves the absence. However, it is the student's responsibility to arrange with the instructor regarding make-up of any time missed. **All missed time must be made up**. Absence from the first day of instruction could result in a dismissal from the class.

Tardiness- Tardiness is a disruption of a good learning environment and is discouraged. Tardiness beyond 5 minutes on four occasions will result in probation for 3 weeks and potential to be dropped from the program if further tardiness occurs during the probation period. The director will monitor the students' attendance throughout the probation. A tardy of 15min or later requires make-up time and possible write up.

Probation for Unsatisfactory Attendance- Excessive absences is defined as attendance below 85%. Students with excessive absences in any program will receive a written notification of academic probation. The student must bring their attendance above 85% within a 3-week probationary period immediately following the notification date. Any absences during such probationary period will be cause for dismissal of the student from the training program. The director will inform the student of makeup options available to them for completion. The director will monitor the students' attendance and makeup time throughout the probation period and notify the student upon the probation completion of outcome.

Leave of Absence- California Holistic Institute does not offer a leave of absence. Any student who must drop or withdraw from the program due to family or health emergencies and who leaves the school in good standing will have the option to re-enroll in the future.

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. seq.

Tutoring:
Tutors will be made available at $40.00 per hour if academic progress is not satisfactory. In addition, any student that misses classroom time that requires make-up work will pay the tutor fee of $ 40/hour.

Record Retention:
California Holistic Institute maintains all student records on the premises for a period of no less than 5 years from the student's completion date or date of withdrawal. These records include but are not limited to student application, enrollment agreement, student schedule, academic records including a copy of High School diploma or equivalency or other documentation establishing a student's ability to do college level work. Also included are the payments and financial documents along with any other documentation the student signed.
It is the school's policy to scan each student's record and store it on two flash drives, one that is stored on the school premise in a fire retardant safe, the other is stored at a separate location. Student transcripts are kept for an indefinite amount of time and are also scanned and kept on two separate flash drives, one that is stored on the school premise in a fire retardant safe, the other is stored at a separate location.

Standards for student achievement
Progress/Grading System:
The schools grading system is as follows: PASS 70% or greater, Fail 69% or below.
For the 200 - hour Practitioner program, students will be quizzed five times. Practical application grading is based on demonstration of skill during class hours with ongoing instructor evaluations. At mid-term there will be a ½ hour evaluation applying learned massage techniques to the back of the body. At the end of the course a full body 1 hour and 15 - minute practical exam will be administered, and a final comprehensive written exam. Students must achieve 70% or greater in both theoretical and practical scores in order to pass the courses.
For the 500 - hour Therapist program, students have quizzes and examinations for all of the "core" classes and will receive a letter grade. Students will have to demonstrate satisfaction in performance of skill for the hands-on / bodywork classes to receive a passing grade.

Core courses:				Bodywork courses:
100% - 90%	A	79% - 70%	C	Pass or Fail
89% - 80%	B	69% - 60%	D	
59% & Below	F			

Students who successfully complete the above standards will be awarded a certificate in the 500 - hour program.

Conditions for Unsatisfactory Progress:
When the grade-average of a student is unsatisfactory for a calendar month, the student will be given the option for tutor services to improve. If, during the next 3 weeks, the student's grade average is still unsatisfactory, the student may be placed on probation. If placed on probation the student must bring their grade average above 70% with the following two graded assessments. A student having a grade-average below 70% after the following two assessments will be cause for dismissal of the student from the training program.

Satisfactory Completion:
The documents to be issued upon satisfactory completion of the 200 Hour and 500 Hour program is a certificate and transcript. This certificate and transcript will not be issued until tuition is paid in full, all library books and material are returned, and attendance requirements have been fulfilled.

Student Conduct Policy:
At the discretion of the school administration, a student may be dismissed from school for an intoxicated or drugged state, possession of drugs or alcohol upon school premises, behavior creating a safety hazard to other persons at the school,

disruptive behavior that interferes with the learning process of other students, any behavior that does not conform to rules and regulations of the school, cheating on quizzes or exams, and/or excessive absences and tardiness.

Conditions for Re-enrollment:
Re-enrollment or re-entrance will be approved only after evidence is shown to the director's satisfaction that the conditions, which caused the dismissal, have been rectified.

Hygiene, Dress Code, and Draping Policy:
Students are expected to have good hygiene while attending classes and during their internship time. Students should have showered that day, also keep fingernails short, clean and filed. Please do not wear perfumes or cologne to class. CHI requires students to wear properly fitting clothes, no short cutoffs, or holes in clothes. No clothes that are transparent, see-through, or substantially exposes the student's undergarments, breasts, buttocks, or genitals. No Swim attire, unless participating in a water-based massage course.

If a piercing or tattoo is considered by school administration to be too ornate, contains language, symbols or pictures that can be considered socially offensive the student may be asked to remove or cover such item(s). CHI's draping policy is that students drape each other and clinic clients with a flat sheet over their entire body prior to massage. And that they only undrape the area of the body that they are massaging at that time (i.e., back/neck undrape to massage that area, but every other body part covered, the only exception is arms/hands and feet if a person receiving is warm).

Student Grievance / Complaint Procedure:
A grievance or complaint can be filed in person or in writing at any time. The grievance or complaint should first be filed with the instructor. If the instructor is unable to resolve the issue the student should notify an administrative staff member. If the grievance or complaint is about the instructor, the student may file it in writing or in person with an administrative staff member for resolution.
If a student should have a grievance or complaint that cannot be resolved, the student should contact the Director, Joanne Mapalo. The Director will investigate, interview all parties and review any documents that may relate to the issue to determine if it is valid and provide a resolution. The facilities administrator will then notify the student of the disposition, this may be done verbally or in writing. The grievance or complaint will be recorded, a summary of and its disposition will then be logged in the complaint file. If the grievance or complaint is valid, any students that have been affected by the same or similar incidences will be provided a remedy. Policies and procedures would then be implemented to avoid similar circumstances in the future. A student can contact the Bureau with their grievance or complaint using the contact information on page 37 of this catalog if they chose not to use the internal process.

Non-Discrimination Policy
California Holistic Institute does not discriminate on the basis of sex, ethnic origin, race, religion or sexual orientation in its educational programs which it operates, and is prohibited from such discrimination by law. This practice of non-discrimination also extends to employment by the school and the administration of students in programs and activities operated by the school. Federal sexual harassment guidelines have been adopted as part of the school policies.

Placement Assistance
California Holistic Institute does not provide any formal placement service. Placement assistance may be provided through our informal network with employers and a job placement board located in the classroom. We gladly recommend students who have demonstrated their proficiency.

Requirements for Certification
California licensing regulations for our profession is to complete 500 hours of education from a state approved school. Students will apply to CAMTC.org for their licensing procedure. CAMTC certification requires at least a combined total of 160 hours in anatomy, physiology, contraindications, health and hygiene, business, and ethics. CHI's 500 - hour program meets and exceeds the 160 hours required by CAMTC in the above subject areas.

A graduate should begin their search at the city hall for the town they would like to work in order to determine that city's requirement since they vary.

In order to become state certified you will need to go to CAMTC.org and complete their application. Other requirements include but are not limited to, providing a passport size photo, complete a live scan, requesting transcripts from the institute to CAMTC, and paying an application fee.

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all the requirements as listed in California Business and Professions Code section 4600 et. seq.

Students wishing to practice as a state certified massage therapist must first obtain a state license. In order to qualify for Massage Therapist Certification, students must successfully complete ALL following:
• Submit an application in its entirety
• The applicant is 18 years of age or older.
• The applicant has successfully completed the curricula in massage and related subjects totaling a minimum of 500 hours, or the credit unit equivalent, that incorporates appropriate school assessment of student knowledge and skills.
• Of the 500 hours, a minimum of 100 hours of instruction shall address anatomy and physiology, contraindications, health and hygiene, and business and ethics.
• All of the 500 hours shall be from a CAMTC approved school program
• The applicant has successfully passed a Live Scan fingerprint background investigation specific to CAMTC and has not violated any of the provisions of the California Massage Therapy Act or any policy, procedures, or regulations of CAMTC.

CAMTC'S LEGISLATION:
Pursuant to California Business and Professions Code section 4611, it is an unfair business practice for a person to do any of the following:

(a) To hold himself or herself out or use the title of "certified massage therapist" or "certified massage practitioner," or any other term, such as "licensed," "certified," "CMT," or "CMP," in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the California Massage Therapy Council.

(b) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a government agency as a massage therapist of massage practitioner.

Student's Right to Cancel
The student has the right to a full 100 percent refund of all the charges less the non-refundable fees if he/she cancels this agreement in writing on or prior to the first day of instruction or within 7 days of enrollment whichever is later.

A student has the right to cancel the enrollment agreement at any time and obtain a refund if he/she completed 60% or less of the total course hours. To cancel the agreement the student must complete the Notice of Cancellation/ Withdrawal form which will be provided at the time the agreement is signed. The student has to complete the form with the date and his/her signature and hand it to the school's official or mail it. The effective date for the refund calculation will be the date the Cancellation form was handed in or postmarked (if mailed).

Any refund will be made no later than 45 days of that date. Any equipment pertaining to the school must be returned within 10 days of the cancellation date or the school will subtract the amount from the refund. Any textbook purchased by the student can be returned and refunded only if in perfect condition. STRF and Registration fee are non-refundable. The Cancellation/ Withdrawal form must be handed, delivered, or mailed to:

California Holistic Institute
11555 Los Osos Valley Rd., Ste. 109
San Luis Obispo, CA 93405

REMEMBER YOU MUST CANCEL YOUR ENROLLMENT IN WRITING. You do not have the right to cancel it by phone or by not coming to classes.

IF YOU HAVE ANY COMPLAINTS, QUESTIONS, OR PROBLEMS WHICH YOU CANNOT WORK OUT WITH THE SCHOOL, WRITE OR CALL:

THE BUREAU FOR PRIVATE POST-SECONDARY EDUCATION
1747 N. Market Blvd., Suite 225, Sacramento, CA 95834, or
P.O. Box 980818, West Sacramento, CA 95798-0818
www.bppe.ca.gov
toll-free telephone number (888) 370-7589, (916) 431-6959 or by fax (916) 263-1897

Refund Policies

200 & 500 Hour Program
The student has the right for a full 100 percent refund of all charges less the amount the non-refundable registration fee, if he/she cancels the enrollment agreement in writing prior to or on the first day of instruction, or the seventh day after enrollment, whichever is later.

In addition, a student may withdraw from the course, in writing, after instruction has started and receive a pro-rated refund for the unused portion of the tuition and other refundable charges if the student has completed 60% or less of the instruction. Malpractice insurance, student tuition recovery fund fee and registration fee are non-refundable. Textbooks can be returned and refunded only if they are in perfect condition. Students who completed more than 60% of the course are not entitled to a refund of tuition paid to the date of withdrawal.

A la Carte Courses:
One day, 4- & 8-hour courses:
The student has the right to a full 100 percent refund of all the charges less the non-refundable fees if he/she cancels this agreement **in writing** on or prior to the first day of instruction.

These courses require 100% attendance. If the course is not completed, there is no hour credit or refund that will be given. There is no make-up or tutorial time available for these classes.

12, 16, 20, 24- & 28-hour courses:
The student has the right to a full 100 percent refund of all the charges less the non-refundable fees if he/she cancels this agreement **in writing** on or prior to the first day of instruction or within 24 hrs. of enrollment, whichever is later.

In addition, the student may withdraw in writing, from a course after instruction has started and receive a pro rata refund for the unused portion of the tuition and other refundable charges ***if the student has completed 30% or less*** of the instruction (registration fees are non-refundable.)

Pro Rata Refund Policy Example:
200 & 500 Hour Program
If the student completed 60% or less of the course before withdrawing, the refund shall be a pro rata refund. Pursuant to Article 13 (commencing with Section 94919) (CEC §94909(a)(8)(B), §94919, §94920, and 5, CCR §71750) - A pro rata refund pursuant to section shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows: (1) The amount owed equals the

daily charge for the program (total institutional charge, divided by the number of days or hours in the program), multiplied by the number of days student attended, or was scheduled to attend, prior to withdrawal.
Refunds will be made no later than 45 days after the cancellation date.

Al a Carte Course:
If the student has completed 30% or less of the instruction the refund shall be pro rata refund, as stated above. For example, if the student completes 7 hours of a 24 - hour course and paid $450.00 for tuition, the student would receive a refund of $318.75, less any non-refundable charges. Refunds will be made no later than 45 days after the cancellation date.

Withdrawal Procedure
To withdraw a student must terminate their enrollment in writing. The student's written withdrawal notice can be hand delivered or mailed to the director or registrar at C.H.I., 11555 Los Osos Valley Rd., Suite # 109, San Luis Obispo, CA 93405. The actual day of withdrawal is the date the school received the withdrawal form in person or the date postmarked (if mailed). The effective date for the refund calculation will be the date the notice was received in the office, or by the postmarked date if mailed (not the date of the notice), WHETHER OR NOT THE STUDENT WAS IN ATTENDANCE. Any refunds due will be sent no later than 45 days from withdrawal notice.

Additional Charges
Any Student who does not complete a course within the allotted contract enrollment period will be charged at the same hourly rate for any additional time required for completion. Normal enrollment periods provide arguable allowance for limited excused absences.

Returned Check Fee
Students making tuition payments with checks of insufficient funds will be charged $25.00 and required to pay balance when due in cash or with certified checks.

Materials
All textbooks and training materials for the course selected will be supplied by California Holistic Institute at the stated charges. Lost, damaged, or stolen items will be replaced at the expense of the student. Once purchased, books and other materials become the property of the student. The school accepts book returns only if the student withdraws and the books are in perfect condition.

English as a Second Language
This section is applicable to applicants whose native language is not English and who are not fluent in English. California Holistic Institute offers classes in English only and does not provide any English language services. In regard to the Proficiency Level Descriptors for California English Language Development Standards, students are required to communicate at an Emerging Level.

Documentation of this proficiency that will be accepted is:
A U.S. High school diploma or equivalent, GED, college diploma or transcripts OR
The applicant may opt to take the CELSA Placement test to demonstrate sufficient proficiency and must pass with a minimum score of 64 for Grammar/Usage, 70 in Reading and 70 in Listening on this exam OR demonstrate that they are a qualified candidate for admission by completing an interview with the director to evaluate prior education, training, experience, preparation, and skills.

Student Visas
We welcome students from other countries; however, we do not provide student visas or visa services. We will vouch for student status by providing copies of attendance, transcripts, and tuition statements to required agencies for a charge of $15.00 USD per documentation type.

Student Tuition Recovery Fund Disclosures

THE STATE OF CALIFORNIA ESTABLISHED THE STUDENT TUITION RECOVERY FUND (STRF) TO RELIEVE OR MITIGATE ECONOMIC LOSS SUFFERED BY A STUDENT IN AN EDUCATIONAL PROGRAM AT A QUALIFYING INSTITUTION, WHO IS OR WAS A CALIFORNIA RESIDENT WHILE ENROLLED, OR WAS ENROLLED IN A RESIDENCY PROGRAM, IF THE STUDENT ENROLLED IN THE INSTITUTION, PREPAID TUITION, AND SUFFERED AN ECONOMIC LOSS. UNLESS RELIEVED OF THE OBLIGATION TO DO SO, YOU MUST PAY THE STATE-IMPOSED ASSESSMENT FOR THE STRF, OR IT MUST BE PAID ON YOUR BEHALF, IF YOU ARE A STUDENT IN AN EDUCATIONAL PROGRAM, WHO IS A CALIFORNIA RESIDENT, OR ARE ENROLLED IN A RESIDENCY PROGRAM, AND PREPAY ALL OR PART OF YOUR TUITION. YOU ARE NOT ELIGIBLE FOR PROTECTION FROM THE STRF AND YOU ARE NOT REQUIRED TO PAY THE STRF ASSESSMENT, IF YOU ARE NOT A CALIFORNIA RESIDENT, OR ARE NOT ENROLLED IN A RESIDENCY PROGRAM.

IT IS IMPORTANT THAT YOU KEEP COPIES OF YOUR ENROLLMENT AGREEMENT, FINANCIAL AID DOCUMENTS, RECEIPTS, OR ANY OTHER INFORMATION THAT DOCUMENTS THE AMOUNT PAID TO THE SCHOOL.

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education 1747 N. Market Blvd., Suite 225, Sacramento, CA 95834, or P.O. Box 980818, West Sacramento, CA 95798-0818. Website address: **www.bppe.ca.gov**

Toll - free phone number: (**888) 370-7589, (916) 431-6959 or Fax: (916) 263-1897**.

TO BE ELIGIBLE FOR STRF, YOU MUST BE A CALIFORNIA RESIDENT OR ARE ENROLLED IN A RESIDENCY PROGRAM, PREPAID TUITION, PAID OR DEEMED TO HAVE PAID THE STRF ASSESSMENT, AND SUFFERED AN ECONOMIC LOSS AS A RESULT OF ANY OF THE FOLLOWING:

1. THE INSTITUTION, A LOCATION OF THE INSTITUTION, OR AN EDUCATIONAL PROGRAM OFFERED BY THE INSTITUTION WAS CLOSED OR DISCONTINUED, AND YOU DID NOT CHOOSE TO PARTICIPATE IN A TEACH-OUT PLAN APPROVED BY THE BUREAU OR DID NOT COMPLETE A CHOSEN TEACH-OUT PLAN APPROVED BY THE BUREAU.

2. YOU WERE ENROLLED AT AN INSTITUTION OR A LOCATION OF THE INSTITUTION WITHIN THE 120 DAY PERIOD BEFORE THE CLOSURE OF THE INSTITUTION OR LOCATION OF THE INSTITUTION, OR WERE ENROLLED IN AN EDUCATIONAL PROGRAM WITHIN THE 120 DAY PERIOD BEFORE THE PROGRAM WAS DISCONTINUED.

3. YOU WERE ENROLLED AT AN INSTITUTION OR A LOCATION OF THE INSTITUTION MORE THAN 120 DAYS BEFORE THE CLOSURE OF THE INSTITUTION OR LOCATION OF THE INSTITUTION, IN AN EDUCATIONAL PROGRAM OFFERED BY THE INSTITUTION AS TO WHICH THE BUREAU DETERMINED THERE WAS A SIGNIFICANT DECLINE IN THE QUALITY OR VALUE OF THE PROGRAM MORE THAN 120 DAYS BEFORE CLOSURE.

4. THE INSTITUTION HAS BEEN ORDERED TO PAY A REFUND BY THE BUREAU BUT HAS FAILED TO DO SO.

5. THE INSTITUTION HAS FAILED TO PAY OR REIMBURSE LOAN PROCEEDS UNDER A FEDERAL STUDENT LOAN PROGRAM AS REQUIRED BY LAW, OR HAS FAILED TO PAY OR REIMBURSE PROCEEDS RECEIVED BY THE INSTITUTION IN EXCESS OF TUITION AND OTHER COSTS.

6. YOU HAVE BEEN AWARDED RESTITUTION, A REFUND, OR OTHER MONETARY AWARD BY AN ARBITRATOR OR COURT, BASED ON A VIOLATION OF THIS CHAPTER BY AN INSTITUTION OR REPRESENTATIVE OF AN INSTITUTION, BUT HAVE BEEN UNABLE TO COLLECT THE AWARD FROM THE INSTITUTION.

7. YOU SOUGHT LEGAL COUNSEL THAT RESULTED IN THE CANCELLATION OF ONE OR MORE OF YOUR STUDENT LOANS AND HAVE AN INVOICE FOR SERVICES RENDERED AND EVIDENCE OF THE CANCELLATION OF THE STUDENT LOAN OR LOANS.

TO QUALIFY FOR STRF REIMBURSEMENT, THE APPLICATION MUST BE RECEIVED WITHIN FOUR (4) YEARS FROM THE DATE OF THE ACTION OR EVENT THAT MADE THE STUDENT ELIGIBLE FOR RECOVERY FROM STRF.

A STUDENT WHOSE LOAN IS REVIVED BY A LOAN HOLDER OR DEBT COLLECTOR AFTER A PERIOD OF NONCOLLECTION MAY, AT ANY TIME, FILE A WRITTEN APPLICATION FOR RECOVERY FROM STRF FOR THE DEBT THAT WOULD HAVE OTHERWISE BEEN ELIGIBLE FOR RECOVERY. IF IT HAS BEEN MORE THAN FOUR (4) YEARS SINCE THE ACTION OR EVENT THAT MADE THE STUDENT ELIGIBLE, THE STUDENT MUST HAVE FILED A WRITTEN APPLICATION FOR RECOVERY WITHIN THE ORIGINAL FOUR (4) YEAR PERIOD, UNLESS THE PERIOD HAS BEEN EXTENDED BY ANOTHER ACT OF LAW.
HOWEVER, NO CLAIM CAN BE PAID TO ANY STUDENT WITHOUT A SOCIAL SECURITY NUMBER OR A TAXPAYER IDENTIFICATION NUMBER.

Office of Student Assistance and Relief

The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling (888) 370- 7589 or by visiting www.bppe.ca.gov

California Department of Vocational Rehabilitation Benefits

C.H.I. is not accredited by any accrediting agency recognized by the US Department of Education. C.H.I. participates in federal and state financial aid programs through the Department of Veteran's Affairs and the California Department of Vocational Rehabilitation.

Progress will be monitored each month (evaluation period) for all students receiving Vocational Rehabilitation benefits. If the student grade is FAIL or below 70%, or if attendance falls below 85% at the end of any given evaluation period, the student will be placed on probation for the next evaluation period. If the student's grade is not raised to PASS or above 70%, or overall attendance is not raised to 85% by the end of the probation period, the Vocational Rehabilitation administration will be notified, and benefits may be interrupted by the D.O.R.

A student using Vocational Rehabilitation benefits will be allowed to enroll in and attend courses and access campus facilities while the institute awaits payment for tuition and fees from the California Department of Rehabilitation (D.O.R.) While awaiting receipt of funds from the D.O.R. the institute will not impose any penalty, charge late fees, or require an eligible student to pay tuition or fees. This waiting period begins the date the student provides appropriate documentation and continues either until funds are received from the D.O.R. or until 60 days after program start. To demonstrate current eligibility and intent to use the California Department of Vocational Rehabilitation benefits a student or their D.O.R. counselor must provide the following document:

DR 297F AUTHORIZATION AND INVOICE FOR DIRECT SERVICE FEES

Student Loans / Financial Aid

California Holistic Institute is not accredited by an accrediting agency recognized by the United States Department of Education. Therefore, our students are not eligible for federal financial aid loan programs. However, CHI does participate in the federal and state financial aid program through California Department of Vocational Rehabilitation. This agency pays tuition directly to the school and any refunds for incomplete training are returned directly to the agency.

A student using Vocational Rehabilitation benefits will be allowed to enroll in and attend courses and access campus facilities while the institute awaits payment for tuition and fees from the California Department of Rehabilitation (D.O.R.) While awaiting receipt of funds from the D.O.R. the institute will not impose any penalty, charge late fees, or require an eligible student to pay tuition or fees. This waiting period begins the date the student provides appropriate documentation and continues either until funds are received from the D.O.R. or until 60 days after program start. To demonstrate current

eligibility and intent to use the California Department of Vocational Rehabilitation benefits a student or their D.O.R. counselor must provide the following document:

DR 297F AUTHORIZATION AND INVOICE FOR DIRECT SERVICE FEES

If a student obtains an outside loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If a student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds.

Instructors:
All faculty members have at least three years of experience in the field they are teaching.

Laura Adelina, CMT is a lifelong student of the healing arts, weaving together science, touch, and intuition. She became certified in Swedish Massage in 2005, earned her bachelor's degree in Kinesiology in 2010, and completed a Master's degree in Traditional Chinese Medicine in 2015.
Deeply committed to ongoing learning, Laura has pursued extensive continuing education across mind–body–spirit disciplines. Her training includes Tuina Chinese Medical Massage, Esalen Massage, Deep Bodywork with the Hollomans, Visceral Manipulation through the Barral Institute, and Medical Intuition with Tina Zion. These diverse modalities inform a holistic, integrative approach to healing that honors both the physical body and the subtle energetic field.
Laura currently maintains a private practice in Atascadero, Adelina Acupuncture, where she offers Acupuncture, Bodywork, Energy Work, and Medical Intuition sessions. She also co-runs Energy School, which provides online and in-person classes designed to help students cultivate and trust their intuitive abilities, bridging practical skills with inner awareness.

Lacey Costa is a dedicated massage therapist who graduated from the California Holistic Institute in June 2013. She began her career as an independent contractor at a local salon for two years before gaining diverse experience at a wellness center, various salons, and the prestigious Dolphin Bay Spa & Resort for four years. Following the pandemic, Lacey established her private practice as a mobile massage therapist, bringing personalized, therapeutic care directly to clients' homes.

Specializing in Hawaiian Lomi Lomi, deep tissue, stretching, aromatherapy, prenatal and infant massage, and hot stone therapy, Lacey tailors each session to her clients' needs. She recently incorporated cupping into her practice, a modality that has yielded remarkable benefits for both her clients and herself.

A passionate educator, Lacey began teaching at the California Holistic in 2023, where she instructs the Massage Practitioner course, Hawaiian Lomi Lomi, and serves as the student clinic internship supervisor. Her vibrant, positive teaching style inspires students to embrace bodywork with confidence and enthusiasm.

Lacey's commitment to nurturing others' well-being shines through in every interaction, radiating warmth and positivity like a ray of sunshine. In her free time, she cherishes moments with her twin sister, boyfriend, baby niece, and beloved animals. An avid hiker, traveler, and food enthusiast, Lacey is a self-proclaimed "mermaid at heart," always seeking opportunities to swim and explore. She dreams of attending a weekend retreat at Esalen in Big Sur to deepen her practice and personal growth.

Courtney Crow, M.S., CMT, started her career as a Massage Therapist in 2003, and has been a California State Certified Massage Therapist since 2010. Courtney has spent time in many environments within the Massage industry, including spa, and clinical settings, and had her own practice in San Luis Obispo. Courtney completed her Bachelor's Degree in Kinesiology 2010 and her Master's Degree in Kinesiology in 2015. She has a strong, and in-depth understanding of the body and the external physical and emotional stressors that lead to imbalances in the body. She has been teaching in the field of massage therapy since 2009 and has been teaching with CHI since 2014.

Dr. Julianna Englund is a licensed naturopathic doctor, acupuncturist, herbalist, craniosacral therapist, certified Yi Ren® Qigong and cupping therapy teacher. She integrates Eastern and Western medical knowledge and skills with an intuitive healing approach. The heart of Dr. Englund's practice is education, empowerment and caring for the whole person: body-mind-spirit. She provides acupuncture, naturopathic medical care and craniosacral therapy at East West Natural Medicine Center in San Luis Obispo and offers various wellness and Yi Ren® Qigong classes in several locations, including in San Luis Obispo County.

Ginger Johnson, CMT, an Usui Reiki Master/Instructor, in private practice for over 20 years, Ginger's intentions are promoting peace, comfort, and whole-being balance. Some of her specialties are Swedish/Esalen Massage, Lomi Lomi, Polarity Therapy, Myofascial Release, Somatic-Emotional Release and Cranio-Sacral Therapy. She brings lots of real-world experience having worked in a wide variety of environments including spas, retreat centers, resorts, festivals, private parties, health expos, and alongside other integrative health professionals. Moving to the 5 cities area in 2015 she collaborated in the creation of a healing hub called Firefly Haven, and now shares a lovely clinic, with her Acupuncturist husband, inside the Therapeutic Body Center in Arroyo Grande.
Ginger teaches Energywork both at CHI, and in the community, and loves to witness students get excited about what's possible. She promotes doing the inner work to keep learning and growing, encouraging students to develop deep intuitive listening and communication skills through gentle, focused touch. Some other things that warm her heart: sharing experiences with loved ones, being in nature, making jewelry and singing.

Shante Kastenek, CMT, graduated from the Lincoln Institute of body therapy in October of 2012. She started her career in a spa setting and was eager to learn more of the trade. She continued her education at the Southern California Health Institute in Burbank California in 2014. She attended classes on the central coast to get additional training in Oncology massage and regional massage. After graduating from the physical therapist aide program, she worked as a massage therapist for an amateur hockey team. She specializes in sports, deep tissue, and neuromuscular work. Shante also owns and runs a local day spa.

Barbara Kelly, CMT, is also a Licensed Massage Therapist in Hawaii. She graduated from the Hawaiian Islands School of Body Therapies 1,000 hour comprehensive medical massage program in 1994. Her training and massage therapy repertoire include Myofascial Release, N.M.T. (neuromuscular therapy) or Trigger Point Therapy. She has built a successful private practice of her own specializing in pain and injury care in Atascadero and now Templeton, California since 1996. Barbara has been an instructor of massage at various schools since 1998. She was also an instructor to Japanese students at Dreamland Massage Training on the Big Island of Hawaii for 2 years. Barbara offers Trigger Point Therapy classes in the 500 - hour program at the California Holistic Institute, since 2006. Barbara's hope for the future is to continue giving the gift of massage instruction and the healing touch of massage to people always.

Seymour Koblin began his career as a holistic practitioner and educator in 1978 in New York City while studying with Master C.K. Chu, Wataru Ohashi, Michio and Aveline Kushi, Shizuko Yamamoto and Anne Marie Colbin. He moved to San Diego in 1987, when he began his role as an instructor and the eventual director and founder of the School of Healing Arts in San Diego. He is the creator of Zen-Touch™, a health-balancing system that incorporates traditional Asian philosophy and healing methods into a flowing system of bodywork and assessment/recommendation counseling. Known for his uncanny ability to intuitively understand a person's most relevant life issues, he guides people to integrate their health with the cycles of nature. Exercise (based on Eternal Spring Chi Kung, Nei Kung, and Tai Chi Chuan), Whole Foods Nutrition, and Way of Life Recommendations are included in his work. As an educator, Seymour creates an interactive environment where participants experience many different facets of themselves through humor, movement, music, touch, intuition, art and poetry.

Danielle Krywko, CMT, graduated from California Holistic Institute in 2009. She continues to take classes to further develop her knowledge and practice. She has a private massage practice in Paso Robles, CA and in North Carolina. She specializes in deep tissue, therapeutic massage, and Aquatic Integration. Danielle is also a certified yoga instructor with 300 hours of training, which enhances her understanding of anatomy and body mechanics. She owned a yoga studio in Atascadero from 2009 – 2014. She continues to teach a loyal following of yoga students. Danielle has a great love for teaching and healing. She very much looks forward to sharing and learning with others.

Flanagan MacKenzie, CMT, is certified through Upledger Institute at the Diplomate Level and works as a Certified Teaching assistant on the Upledger Staff, and as a Certified Mentor. She has been practicing in San Luis Obispo since 2001. She is trained in Pediatric and OB craniosacral and concussion and other traumatic brain injuries. She works with whole families, pre- and post-surgical clients, and many who just want support in finding their own balance in their bodies and their lives.

Joanne Mapalo, CMT, B.A. Sp. Ed., has been an instructor in both our 200–hour and 500-hour programs here at CHI since 2005. She was an instructor and Associate Director for a massage school in Riverside, California from 1999 to 2003, before moving back to the Central Coast in 2003. She has practiced massage therapy and Reflexology for over 30 years and has been teaching bodywork classes for over 25 years. She also has a bachelor's degree in Special Education and holds dual teaching credentials for Education Specialist and Multiple Subjects, with authorizations for and experience working with, English Language Learners and students on the autism spectrum. Some of her specialties in massage therapy include: Reflexology, Pregnancy & Infant massage, Shiatsu, Deep Tissue, Energy Work, Aromatherapy, and Sports Massage. Joanne is excited about the opportunity to teach and share her knowledge and loves helping others learn.

Marian Martinho, CMT, is the founder of C.H.I. and has been an instructor of massage therapy for over 25 years and has been in the healing arts profession for over 30 years! She taught massage therapy for over eight years at California State University, Fresno. Also, she has taught various massage therapy courses for over 20 years at BPPE state approved schools. She currently teaches various courses in the 500-hour program, such as: Stretch and Release Therapy "SRT," Acupressure, Injury Management classes, Energy Medicine Intro., and Touch for Health. Ms. Martinho has worked as a sole proprietor in the massage profession, and has worked closely with physical therapists, and chiropractors. She owned the California Massage & Wellness Center in Fresno prior to moving to the Central Coast. The center had six massage therapists all who practiced various forms of massage and body work. She is very energetic and is passionate about sharing her knowledge and experience with others.

Ernest Natividad, CMT, has a bachelor's degree in Occupational Education and is a California Holistic Institute graduate. After completing his Massage Therapist (500 Hour) Program in 2017 and becoming certified he worked for a local athletic club and also began his private practice. His current specialties include, Therapeutic massage, Ashiatsu, Aquatic Integration, Lomi Lomi, and he has training in Oncology Massage. Ernie continues to take classes to further his knowledge and practice. He also volunteers within his community to work with Cancer Well Fit patients, assists with Aquatic Integration classes, and other specialized events. Ernie is the substitute student clinic supervisor at CHI.

Jenny Pareno, CMT is a Certified Esalen Massage Practitioner, Esalen Massage Teacher, and Certified Deep Bodywork Practitioner. In addition to her extensive experience as a massage therapist, she has been an integral part of the Esalen community for over a decade. She also manages her own private massage practice in San Luis Obispo, where she calls home. Beyond her nurturing hands, she loves trail running and connecting with nature.

Mandy Sahota-Flood was born in India and grew up in Scotland. Mandy attended nursing school in Scotland, but an arranged marriage didn't allow her to finish her schooling. Her upbringing and lifestyle were very true to the Indian culture of Ayurveda, she knew no different type of lifestyle, there were no labels that said this was the Ayurvedic way of living - it just was. Mandy immigrated to California and worked in the medical field as a Medical Transcriber. Out of her culture for a few years, Mandy realized she needed to understand the other side of western medicine. This was a journey that took her into natural healing modalities. She completed training at the Holistic Life Institute in Oakdale, California in 2001 and is a Certified Reiki Master/Teacher, and a Certified Iridologist. Mandy continued her passion for learning by enrolling at the California College of Ayurveda in Grass Valley to become a Clinical Ayurveda Specialist and Panchakarma Specialist, graduating in 2003. Mandy has been practicing Ayurveda since that time. Mandy taught at the Holistic Life Institute in Oakdale for eight years and has also taught classes at Merced Community College, Modesto Community College, and most recently at Cuesta College in San Luis Obispo.

Dr. Troy Smith is the chiropractor at Pismo Beach Wellness at The Pismo Beach Medical Center. He has been treating all ages of patients for more than 15 years in a practice that specializes in incorporating myofascial bodywork into his chiropractic treatments. Dr. Smith is a well-rounded, holistic natural health doctor. Nutrition and herbal medicine, as well as mind-body techniques are clinical passion of his. Outside of treating patients, Dr. Smith can be found in the garden, surfing with his son, camping with his dog, and playing music with his friends.

Cameron West, CMT, SEP, APE, is the creator of Aquatic Integration technique and owner of the Aqua Zen Center. She has been a practitioner and an internationally known teacher of Watsu for over 17 years and has been instrumental in promoting Watsu, Aquatic Integration and Ai Chi into the clinical therapeutic arena. From 1984-1998 Cameron served as the Aquatics Director at Easter Seals Rehabilitation Center in Ventura, CA. She served on the faculty of Oxnard and Ventura Colleges as an Adapted Physical Education teacher from 1987–2001. Her work has been featured in 2001 *Massage Today* and June 2006 *the Aquatic Therapist* on Aquatic Integration and Substance Abuse. Cameron currently travels all over the world teaching, maintains a private practice and directs the aquatic programs at the Aquatic Integration Institute in Templeton, CA.

Jenna Yinguez, CMT, Jenna graduated from C.H.I. and has taken most of the classes we offer. She loves to learn and is continuing her education in advanced modalities and Ayurveda. She has been providing massage therapy in her private practice for 3 years, and has worked in day spas and chiropractic office as well.

Notice of Student Rights

1. A student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later.
Read the Notice of Cancellation form for an explanation of your cancellation rights and responsibilities. If you have lost your Notice of Cancellation form, ask the school for a sample copy.

2. After the end of the cancellation period, you also have the right to stop school at any time, and you have the right to receive a refund for the part of the course not taken. Your refund rights are described in the contract. If you have lost your contract, ask the school for a description of the refund policy.

3. If the school closes before you graduate, you may be entitled to a refund. Contact the Bureau for Private Postsecondary Education at the address and telephone number printed below for information.

4. If you have any grievance, complaint, questions, or problems which you cannot work out with the school, write or call:

BUREAU FOR PRIVATE POSTSECONDARY EDUCATION

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the **Bureau for Private Postsecondary Education at 1747 N. Market Blvd., Suite 225, Sacramento, CA 95834, or P.O. Box 980818, West Sacramento, CA 95798-0818.** Website address: **www.bppe.ca.gov**
Toll - free phone number: (**888) 370-7589, (916) 574-8900 or Fax: (916) 263-1897**.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling toll free (888)-370-7589 or (916) 431-6959 or by completing a complaint form, which can be obtained on the bureau's Internet web site (www.bppe.ca.gov **)**

CAMTC

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at: One Capitol Mall, Suite 800, Sacramento, CA 95814; www.camtc.org, phone (916) 669-5336 or fax (916) 669-5337.

CHI'S CAMTC SCHOOL APPROVAL CODE IS SCH0012

Catalog

California Holistic Institute updates its catalog on an annual basis unless specific changes are needed in which case the catalog is updated as needed.

The catalog is available on the school website www.californiaholisticinstitute.com under the "catalog" tab. Potential students are asked to review the catalog prior to their first appointment with the school. If a potential or current student is unable to view the catalog via the school website, we will provide a printed copy of the catalog.

INTERACTIVE DISTANCE LEARNING (IDL):

Tuition, fees, class hours and all school requirements and policies remain the same although there are additional requirements. The following are additional requirements that have been implemented to allow for smooth and successful learning through IDL. All distance learning hours must be **synchronous**, meaning instruction that occurs in real time, but not in person, through live stream with instructors and students visible to and interacting with one another via webcams, microphones, and chat or message boards. **Assessments for distance learning hours must be in person**. ***If*** an IDL class has an assessment it will be completed on campus, in-person, with an instructor to proctor. For example, the Adv. Pathology & Contraindications course may meet synchronously online for the first four sessions and in-person for the final session to have assessments. Final grades will be sent via email to the student no more than two weeks after class concludes (or within two weeks of a student completing their course requirements).

REQUIREMENTS OF STUDENTS – All students will need the following:

• Laptop or tablet or cell phone (with tilt adjust tripod). Device must have functioning speaker and microphone.

• Internet connection that will support the Zoom platform and allow for smooth video streaming.

• Quiet private environment for class time and adequate lighting for instructor to easily observe student.

CAMTC's guidelines:

Interactive Distance Learning.

a. For students who completed education at approved schools from March 12, 2020, through September 13, 2021, CAMTC will accept interactive distance learning hours that comply with CAMTC's "Coronavirus (COVID-19) Contingency Plan for Schools" documents dated March 12, 2020, March 27, 2020, and May 11, 2020; CAMTC's Temporary Policy to Accept Interactive Distance Learning Hours approved July 27, 2020, and revised December 10, 2020; and the Clarification of Temporary Policy to Accept Interactive Distance Learning Hours for Hands-on Practice dated February 23, 2021. Students completing education during this time have until September 13, 2022, or the completion of their program, whichever occurs first, to complete education under these temporary measures.

b. For students beginning their education at an approved school on or after September 14, 2021, CAMTC will accept interactive distance learning hours in accordance with the requirements for approval set forth herein. Approved schools that have offered distance learning hours for a minimum of 90 days prior to September 14, 2021, in compliance with CAMTC's Temporary Policy to Accept Interactive Distance Learning Hours, may continue to offer interactive distance learning hours in accordance with the requirements for approval set forth herein without specific additional approval from CAMTC to do so as CAMTC has already approved these modifications; schools that have not offered distance learning hours for a minimum of 90 days prior to September 14, 2021, in compliance with CAMTC's Temporary Policy to Accept Interactive Distance Learning Hours and that begin offering interactive distance learning hours on or after September 14, 2021, must seek specific approval from CAMTC to do so pursuant to section 5.A.g. c. CAMTC will not accept any distance learning hours completed before March 12, 2020.