



**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**

*Students may enter this program at any time of the year, after completing CHI's 200 - Hour Massage Practitioner Program. Graduates of another 200 - hour CAMTC approved school are also eligible to apply to this program.*

*Massage professionals can take individual classes for personal and professional enrichment. Courses in this program meet at varied days and hours (see below).*

**500-hour Requirements:** Business Skills & Ethics - 20hrs, Anatomy & Physiology - 56hrs, Adv. Pathology & Contraindications - 20hrs, Adv. Health & Hygiene - 8hrs. Students are required to take a combination of massage & bodywork classes from each area: Western, Eastern and Elective - 196hrs.

**If student pays for classes on an A la Carte basis, then each class requires a non-refundable enrollment fee of \$100.00 for that course at the time of their enrollment. Registration should be mailed or called into us as soon as possible. This will help guarantee your space in the class.** Class space is limited. Should a student enrolled in the 500hr program, cancel class with less than 7 days' notice, or no-show for a class, the \$100.00 non-refundable enrollment fee will be charged for late cancelation/no-show. Courses without sufficient enrollment will be cancelled (any refunds due will be issued via original method of payment within 30 days).

<b>Course</b>	<b>Hours</b>	<b>Days &amp; Hours</b>	<b>Date</b>	<b>Cost</b>	<b>Styles</b>
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	\$ 350	Western
<b>(Class starts on Wednesday)</b>					
Sports Massage I w/ Shante Kastenek	16	Monday & Wednesday 5:30 pm – 9:30 pm	2/11/2026 - 2/23/2026	\$ 350 + \$ 15 materials fee to instructor	Western
<b>*Prerequisite is Myofascial Massage Intro. class*</b>					
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 \$70-\$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	\$ 350	Western
<b>(Class starts on Wednesday)</b>					
Adv. Health & Hygiene w/ Courtney Crow	8	Fridays 5:30 pm - 9:30 pm	4/3/2026 - 4/10/2026	\$ 175	Core
<b>(ONLINE CLASS)</b>					

**\*\*Please note that this schedule is subject to change (tuition, material fees, & dates) - 2/7/2025\*\***

<i>Course</i>	<i>Hours</i>	<i>Days &amp; Hours</i>	<i>Date</i>	<i>A la Carte Cost</i>	<i>Styles</i>
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 <b>*Prerequisite is Sports Massage I class &amp; Myofascial Massage Intro.*</b>	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 Parenò	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 \$70-\$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 <b>*Note this class is held off campus in Atascadero</b>	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 + \$ 10 materials fee to instructor	Elective
Adv. Pathology & Contra. w/ <b>**Prerequisite is Anatomy &amp; Physiology Lower Extremities class**</b>	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 <b>4:30 pm – 8:30 pm</b>	9/2/2026 - 9/14/2026 <b>(Class starts on Wednesday)</b>	\$ 350	Western
Intro. to Lymph Drainage w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am – 6:00 pm	9/12/2026 - 9/13/2026	\$ 350	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
Boundaries & Self-Care w/ Dr. Julianna Englund	12	Saturday & Sunday 9:00 am – 4:00 pm	9/19/2026 9/20/2026	\$ 270	Elective
Intro to Craniosacral Level 2 w/ Flanagan MacKenzie	16	Saturday & Sunday 9:00 am - 6:00 pm	9/26/2026 - 9/27/2026	\$ 350 + \$ 15 materials fee to instructor	Elective
Adv. Health & Hygiene w/ Courtney Crow <b>(ONLINE CLASS)</b>	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	Western
Acupressure w/ Marian Martinho	24	Monday & Wednesday 5:30 pm – 9:30 pm	10/12/2026 - 10/28/2026	\$ 505	Eastern

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Injury Mgmt. for the Shoulder w/ Marian Martinho	4	Friday 5:30 pm - 9:30 pm	10/16/2026	\$ 100	Elective
Hot Stone Massage w/ Shante Kastenek	16	Saturday & Sunday 9:00 am – 6:00 pm	10/24/2026- 10/25/2026	\$ 350 + \$100 for Stone Set	Western
Comprehensive Side Lying w/ Danielle Krywko	8	Sunday 9:00 am – 6:00 pm	11/1/2026	\$ 175	Western
Pregnancy Massage w/ Danielle Krywko	16	Monday & Weds. & Friday 5:30 pm – 9:30 pm	11/2/2026 - 11/9/2026	\$ 350	Western
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	11/11/2026 - 11/30/2026 (NO CLASS on 11/25)	\$ 575 + textbook	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 **Prerequisite is Anatomy & Physiology Lower Extremities class**	20	Monday & Wednesday 5:30 pm – 9:30 pm	12/2/2026 - 12/16/2026	\$ 425	Core
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

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