



Twin Lakes College *of the Healing Arts*

Class Schedule



Vocational Certificate Programs for Professional Careers in the Healing Arts

TwinLakesCollege.org

831-476-2152

State Approved BPPE since 1982 501(c)(3) Nonprofit Organization

Client Centered Massage Therapy™
Professional Hypnotherapy
Essential Oils Therapy BirthWise™ Doula
Continuing Education for Health Professionals

Summer 2010 Courses

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*Class hours listed are credit hours which may include
classroom & practice hours.*

Shop at the TLC Store!

BioTone Crème ~ Eye Pillows ~ Face Cradle Covers
Essential Oils ~ Neck Wraps ~ TLC T-Shirts

Monday-Friday, 9:30am-12:30pm

Qigong

Drop in: \$5 donation

Mon. 4:30 - 5:15 July 5 - Aug. 16

Learn to take a more active role in improving your physical, mental & emotional health, and increase your awareness of subtle energy internally & externally. Students will learn a basic 5 elements qigong set, and a more advanced system known as The Taoist Eight Treasures (Pa Kun Dao In).

Instructor: Austin Ahern, MT

TLC Massage-A-Thon \$35*

Friday & Saturday August 20 & 21

A relaxing one hour massage from a new level I graduate

**Payment in advance: non-refundable*

Call 476-2152

How to Apply - 3 Steps

Step 1: Review the schedule and call the office (831)476-2152 to request an application or download application from website: twinlakescollege.org/enrollment.php.

Step 2: Schedule an appointment for your registration interview - we like to meet you! The interview includes your application review, a brief health evaluation, a discussion of your professional training goals, and payment arrangements.

Step 3: Applicants will be notified of acceptance soon.

FINANCIAL INFORMATION

- **Tuition, Books & Materials fees– Visa/MC accepted.**
- **Payment plans are available.** All financial information is handled by the Registrar.
- **Early Bird Discounts** are available on many classes if full tuition is paid by the date noted on the class listing.
- **Treasure Chest Selections– free classes!**
- **Students may repeat a class for 50% off tuition.** Some restrictions may apply.

NOTICE TO NEW ENROLLEES, RETURNING & TRANSFER STUDENTS:

Students must complete the prerequisite classes (Biomechanics & Career Path Focus) before enrolling in Intermediate classes. Transfer hours are credited to Level 3 only and must be documented & pre approved.

Current curriculum requirements enacted Sept. 1, 2009, apply to all students enrolled in a massage program.

For non program inquiries, individual classes & workshops, call for class space availability. We reserve the right to provide subs if listed instructor availability changes.

For current information about California Massage Therapy Legislation, visit CAMTC.org.

Contact hours for Nurses are available – Contact the Registrar.

TLC Office Hours

Monday-Friday, 9:30am-12:30pm, & by appointment at your convenience.

Closed June 30 - July 5

831-476-2152

Level I Massage Certification

Course Requirements	Credit Hours
Massage: Swedish I (or other choices)	120 hours
Anatomy I & Physiology for Bodyworkers	40 hours
Professional Studies I: Communication	
Skills for Bodyworkers, Business Practices & Ethics	40 hours
Biomechanics for Bodyworkers	10 hours
Internship/Practice Sessions	30 hours
Massage-A-Thon: Supervised Clinic Event	10 hours
Total Credit Hours	250

Fulfills requirements for CA State Certification visit CAMTC.org

Full-Time Courses - Day, July 5 - Aug 21, Graduation Aug 21, 2010

	Mon, Wed, Fri	9am-12:30pm	
	Tues & Thurs	9am-4:00pm	
plus	Sat & Sun	10am-5pm	July 10 & 11*
plus:	Sat	10am-5pm	July 24
plus:	Fri	6-9:30pm	Aug 6

Full-Time Courses - Evening, July 5 - Aug 21, Graduation Aug 21, 2010

	Mon-Thurs	6pm-9:30pm	
plus	1 Friday	6pm-9:30pm	Aug 6
plus	Saturday & Sunday	10am-5pm	July 10 & 11*
plus	3 Saturdays	10am - 5pm	July 24, Aug 7, & Aug 14

class descriptions on page 6

Individual Class Selection Option

Allows a student to train at their own pace to complete the requirements for the Level I certificate within 4 quarters.

Level I Program Tuition & Fees

One time application fee	\$50	
Full time tuition (Day or Eve)	\$2129	👉 Discounts Save over \$200
Books & Materials Fees	contact school office	

Expand Your Knowledge - Expand Your Clientele

Advanced Certification

Intermediate, advanced & continuing education are valuable and necessary for students who are committed to a comprehensive & career oriented training.

Our classes are NCBTMB and CAMTC approved.

Intermediate Massage Practitioner – 350 hours

<u>Course Requirements</u>	<u>Hours</u>
<i>Massage Practitioner Certificate</i>	250
<i>Biomechanics for Bodyworkers (transfer students)</i>	10
Career Path Focus	10
Anatomy II	40
Massage classes	50
<i>Total Credit Hours</i>	350

Professional Massage Therapist – 550 hours

<u>Course Requirements</u>	<u>Hours</u>
<i>Intermediate Massage Practitioner</i>	350
Professional Studies II	30
Prof. Studies III: Common Boundaries & Pathology	40
Adv. Anatomy III: Physiologic Systems	40
Postural Analysis & Body Reading	30
CPR	10
Electives/Massage choices	50
<i>Total Credit Hours</i>	550

Transfer hours accepted at this level

Tuition & Fees

See each individual class for tuition fees.

For assistance planning your program contact the school office.

We will be happy to answer your questions.

Class hours listed are credit hours which include classroom & practice hours.

TwinLakesCollege.org

Level 1 Classes

The following classes are entry level and can be taken as part of a certificate program, continuing education & for personal enrichment. Day and evening class schedules are listed.

1) Integrative Swedish Massage I **120 hours** **\$1029**

Students learn a relaxing and wellness-oriented full-body massage using a blend of approaches including sweeping strokes, deep pressure, and range of motion stretches. Theory of massage, use of proper biomechanics, personal hygiene, and draping are also covered. 📖

Day Schedule, Instructor: Maria Teresa Woythaler, MT, NHE

Mon, Wed & Thurs	9am-12:30pm	July 5 – Aug 19
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OR

Eve. Schedule, Instructor: Kerry Glendenning, MT

	Tues & Thurs	6-9:30 pm	July 6 – Aug 19
plus	2 Saturday	10am– 5pm	Aug 7 & 14
plus	Sat & Sun	10am– 5pm	July 10 & 11*

2) Anatomy I & Physiology for Bodyworkers **40 hours** **\$ 449**

This entry level anatomy class is designed to introduce students to basic human anatomy & physiology. Topics include the skeletal, muscular, nervous, and lymph systems, functions of the skin and contraindications. The class emphasis is on how the healthy body functions and beneficially responds to massage/bodywork. 📖

Day schedule, Instructor: Diana Compton, MT

	Fridays	9am-12:30pm	July 9 - Aug 13
Plus	2 Thursdays	1pm-4pm	July 15 & 29
	Last class Tuesday	9am-12:00pm	Aug 17

OR

Eve. Schedule, Instructor: Laurie Biggers, MT

	Wednesdays	6-9pm	July 7 - Aug 18
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Class hours listed are credit hours which may include classroom & practice hours.

Receiving a professional massage from a TLC graduate is a requirement for the Level I certificate. Students will need access to a massage table/mat for outside practice sessions.

Table info is presented in class.

Level 1 Classes (cont'd)

3) Professional Studies I 40 hours \$ 449

Communication skills, Business practices & Ethics

Topics include effective “client centered” communication skills, how to build & enhance listening skills, proper intake, setting and maintaining professional boundaries & self care. Business, record keeping, job opportunities & marketing are also covered. 📖

Day schedule, Instructor: Wendy Mann, MT, NHE

	Tuesdays	9am- Noon	July 6 - Aug 10
Plus	2 Thursdays	1pm-4pm	July 8 & 22
	Last class Friday	9am- Noon	Aug 20

OR

Eve. Schedule, Instructor: Jane Ann Clemens, MT, NHE

Mondays	6-9pm	July 5 - Aug 16
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4) Biomechanics for Bodyworkers 10 hours \$185

Avoid overuse & burnout! Our interactive training is designed to provide proper body movement education to all levels of massage students. Students learn to increase endurance, minimize stress, strain & fatigue, avoid injury and overuse. 📖

	Saturday	10am-5pm	July 24
AND	Friday	6pm-9:30pm	Aug 6

Instructor: Lynn Dunton, MT & Amy Dabb, MT

Day Level I Certificate Program includes Senior Massage Outreach

30 hours \$129

Students practice bodywork & enhance intake skills with healthy seniors. Supervision & training includes an Energy Session option for “sensitive seniors”. *Part of the Day MPC*

Instructor: Cindy Rasmussen, MT

Tuesdays	1-4pm	July 6 - Aug 17
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Day and Evening Swedish I includes Foot Focus I*: 20 hours \$199

Students learn a relaxing & revitalizing sequence for reducing stress, improving circulation, and balancing the body through the feet. Techniques from Swedish, Polarity, Acu-pressure, and an aromatherapy foot bath are covered. *Incl. in F/T Day & Evening. MPC I programs, and Swedish I Day & Evening.*

Instructor: Gitanjali Hemp, MT, NHE

Saturday & Sunday	10am-5pm	July 10 & 11
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Beginning Level Classes

The following classes can be taken as part of a certificate program, continuing education & for personal enrichment.

Reiki I & II

Instructor: Jane Ann Clemens, MT & NHE

Reiki is a hands on healing approach dating back over 2,500 years to Ancient Tibet. In our “Client-Centered” Reiki class students learn how it is used to reduce stress, balance emotions, relieve physical pain, and promote spiritual awareness. Reiki is a complementary modality to all healing arts practices.

Intro to Acupressure

Instructor: Gitanjali Hemp, MT & NHE

Students learn an acupressure point series on the face and head which promotes deep and lasting relaxation, and enhances vitality to the head, neck and shoulders. This specialized sequence of facial acupressure points is designed for massage, spa and cosmetology applications. Beginners welcome.

Acupressure I

Instructor: Gitanjali Hemp, MT & NHE

Based on traditional Eastern health practices in this class students will learn specific acu points, acupressure techniques & energy balancing awareness to facilitate the release of tension, aches & pain. Traditional Eastern movement forms, energetic & relaxing breathing exercises, centering, grounding & shielding are included for practitioner self care.

“From the moment I entered Twin Lakes College I knew it would be a life changing experience... at Twin Lakes the staff was warm and inviting like old friends who are always ready to help you succeed.” – Ruth Kerr, MP



Wednesdays

1pm - 4pm

Reiki I: July 7 - 28

Reiki II: Aug 4 - 25

15 hours each

\$229 each  

Sunday

10am - 5pm, Aug 1

7 hours, \$89



Tuesdays

9:30 - 12:30 AND

1:30 - 4:30pm

July 6 - Aug 10

50 hours

\$529  

Continuing Education

Our classes fulfill and exceed state and national requirements for massage therapy. Our wellness approach to Anatomy, Physiology, Kinesiology and the Healing Arts is presented in a simple, clear & enjoyable way. (NCBTMB & CAMTC approved) Class choices rotate throughout the year.

Sat & Sun

10am – 6pm

July 31 & Aug. 1

20 hours

\$199  

Seated Shiatsu

Instructor: Jim Gallas, MT

Learn a potent relaxing, yet energizing, 15-30 minute Seated Session designed for clothed clients in office settings, salons, festivals, or other suitable public sites. Proper body mechanics, effective low stress techniques, and the “client-centered approach” are emphasized. The session may be performed using either a pro-model massage chair or easily adapted to a regular folding chair.

Wednesdays

1:30 – 5:30pm

July 7 - Aug. 4

25 hours

\$309  

Table Shiatsu Side Position

Instructor: Jim Gallas, MT

Students learn a deeply relaxing session for focused work on the neck, upper back and hips. The side-position is beneficial for working with clients with special positioning needs, pregnancy, and shoulder and neck concerns. Students learn creative approaches to using the palms, thumbs, fists and elbows. The techniques can easily be adapted into other modalities. An introduction to TCM theory, the uses of meridian lines, and acupoints are included. All work is performed with the client comfortably clothed on a standard massage table. The last class will integrate oil massage.

Mondays

6 – 9pm

July 5 - Aug. 16

30 hours

\$299  

Intro to Chinese Energy Medicine

Instructor: Austin Ahern, MT


In this experiential class, students will learn basic Chinese energy anatomy, & the underlying principles of Chinese Medicine. Meridian theory and key acupressure points will be presented, along with healing techniques that can be practiced alone or combined with other bodywork styles.

Continuing Education

Chakra Balancing

Instructor: Gitanjali Hemp, MT, NHE


Students are introduced to the seven major chakras of the Vedic system. Students learn acupuncture and polarity techniques to balance the chakras. A specific closing sequence to a bodywork session is presented to help clients integrate, ground, and center.

Sunday
10am - 5pm
Aug 8
7 hours
\$89 

Intro to Trauma Healing

Instructor: Maria Teresa Woythaler, MT, NHE



This interactive workshop is designed to guide students in the practice of self healing techniques. Simple, yet transformative guided exercises to achieve a greater sense of well-being will be taught and practiced. Students will focus on basic body, mind and spirit practices of Tai Chi, simple, visualizations, acupuncture, TFT (also known as “thought feel therapy”) protocols to address traumatic issues like anxiety, fear, and coping with stress from the past. This workshop basis is Trauma Healing Trainings which have been offered successfully to thousands of people in many countries worldwide who hold many different world views. The protocols are of great benefit and easily become part of a more healthy daily life.

Saturday
10am - 5pm
July 17
8 hours
\$119 

Trigger Point Techniques II

Instructor: Jane Ann Clemens, MT, NHE

This class introduces pesky trigger points that are found in muscles that are less well known. **You do not need Trigger Point 1** (there is no overlap of material) before you take this class; you will learn the techniques and how to use tools that release trigger points. This class combines self work with paired practice. You do not need an anatomy background, but it is helpful. It is a fun and rewarding class that gives you very practical experience in releasing trigger points that are preventing you (and your clients) from feeling whole and healthy.

Thursdays
9am - 12:30pm
July 8 - Aug 12
25 hours
\$269  

Continuing Education

Check website for
schedule

10 hours

\$119 

Wednesdays

9:30am - 12:30pm

July 7 - Aug 18

40 hours

\$439  

Wednesdays

6 - 9:30pm

July 7 - Aug 25

40 hours

\$439  

Career Path Focus & Chair Massage Training

Instructors: Maria Teresa Woythayler, MT, NHE

& Amber White, MT

This training is designed for all intermediate level, returning and transfer students, to consider their training options along the various professional training tracks. Students gain a panoramic (re)view of the key elements necessary for ongoing career development. An overview presents the next steps on the path to exploring our school curriculum, an orientation to complementary therapies, the importance of continuing education to a successful professional massage career and the benefits of the “client-centered” approach. Students also learn a seated (chair) massage sequence in preparation for participation in our community outreach events.

Anatomy II: Origin & Insertion

Instructor: Kerry Glendening, MT

This intermediate level class takes a closer look at the skeletal and musculature systems of the body. Course content will focus on origin, insertion, action and palpation of the major muscle groups encountered in massage therapy. *This class is a requirement for Intermediate bodywork classes.*

Anatomy III

Instructor: Faculty

This class is designed to meet the requirements for National Certification and to provide essential information to intermediate students who want to deepen their anatomical knowledge base and understanding of the human body. Focus will be on the physiologic systems of the body and how these systems function in relationship to massage therapy.

Offered once per year.

*Anatomy II is **not** a pre-requisite.*

Essential Oils & Spa Treatments

“A Gathering of the Senses”

Essential Oils Therapy’s interactive, wellness oriented training will prepare students to work with essential oils in an aromatherapy practice or combined with other modalities such as bodywork or hypnosis. Instruction is firmly grounded in the “client-centered” approach, including scope of practice and related professional topics. *Instructor: Amber White, MT*

Essential Oils Therapy I



This interactive, wellness oriented training will prepare students to work with essential oils in an aromatherapy practice or combined with other modalities such as bodywork or hypnosis. Instruction is firmly grounded in the “client-centered” approach, including scope of practice, safe uses, and related professional topics.

Facial Rejuvenation Workshop

In this fun, hands-on workshop students will learn a non-invasive facial massage combination designed to reduce tension, soften ‘stress lines’ and bring forth a more vibrant appearance. Techniques include a combination of lymphatic massage, acupressure, craniosacral, and TMJ release. Also presented will be skin care basics with aromatherapy to create a full one hour rejuvenating facial session. *Instructors: Jane Ann Clemens, MT, NHE, Amber White, MT, & guests*

Intro to Acupressure - See page 8

For certification requirements, call to request an Essential Oils brochure.

Thursdays
1pm - 3:30pm
July 8 - Aug 19
30 hours
\$369  

Friday, Aug 13
6 - 9pm
Sat & Sun
Aug 14 & 15
9am - 5pm
20 hours
\$229 

TLC Treasure Chest

Foot Focus I - pg. 7 Astrology Basics: Sun, Moon & Rising Sign - pg. 13
Chakra Balancing - pg. 10 Senior Citizens Massage Outreach - pg. 7


One selection from the above list is offered at no charge  of tuition to students who register for the following:

Table Shiatsu Side Position - pg. 9 Acupressure I- pg. 8
Trigger Point Techniques II - pg. 10 Anatomy III - pg. 11

Summer Workshops

All workshops listed on this page are with instructor, Kayla Garnet Rose, CHT

Saturday

10am - 3pm

July 17

5 hours

\$69  

Journey Through the Tarot

Want to know just what's in the cards, for you or your friends? Whether a complete beginner or already an experienced reader, come to a workshop to experience the tarot. Topics include the importance of play, basic numerology, the five elements, intuition & storytelling.

Saturday

10am - 3pm

July 31

5 hours

\$69  

Creative Journaling:

Engage your Right Brain & your Left Brain

Journaling is one of the steps you can take to put into action what you have been contemplating. Just as your checkbook is a record of your spending habits, journals can reflect your patterns and serve as a reminder of the positive "emotional deposits" in your life. Come to a fun and informative lecture, & see samples of creative exercises to encourage your own personal journal, whether you use a notebook, typewriter, blog, or travel log.

Saturday

10am - 3pm

August 7

5 hours

\$69  

Astrology Basics: Sun, Moon & Rising Sign

Curious about what's in the stars and what your birth chart could reveal about your personality? Come to an introductory workshop that focuses on your sun (soul's purpose), moon (basic human needs) and rising sign (gateway to the world). Learn how to tap into current transits to further your life path.

Sunday

10am - 3pm

August 22

5 hours

\$69  

Your Body Believes Every Word You Say

"Recognize your Inner Beauty & Radiate your Joy!" Want to learn how to smooth on good boundaries everyday? Eager to anoint your chakras with sacred oils for wealth, health, love & success? True beauty comes from within - Come learn a host of rituals to boost self esteem, affirm sexuality & sensuality, instill confidence & pride, and to feel beautiful from the inside out.

Sneak Peak at Fall

HYPNOTHERAPY PROGRAM

150 hours, \$2199 plus \$50 app fee

October - February

2 Saturdays & Sundays per month, 9am - 4:30pm

Specific dates will be announced in fall quarter schedule.

This professional level dynamic interactive course provides an in-depth training in the facilitation and application of therapeutic trance techniques. Students learn and practice how to assist their clients in accessing their own inner resources for managing pain, reducing anxiety, overcoming habits, enhancing self esteem, and supporting the healing process.

Books & materials fees included.

Call our school office to request a Hypnotherapy brochure and application.

Fall 2010 Classes

Postural Analysis and Body Reading

Thai Massage I

Professional Studies II

Intrinsic Touch I

Swedish II: Non-Clinical

Deep Tissue Techniques

And many more!

Early Bird Discounts for Fall

15% Early Bird Discount Wed, Aug 25

10% Early Bird Discount Wed, Sept 8

TLC's Seven Guiding Principles

- The “healer” in the practitioner/client relationship is the client and their own creative body/mind/spirit wisdom.
- The role of the practitioner is to be the creator and holder of safe space, a facilitator, and a guide who provides a positive, powerful wellness orientation to the process of personal healing and growth.
- The practitioner is trained to establish and maintain rapport. The practitioner does not impose their own beliefs, needs or agenda on the client or the unfolding work.
- The practitioner/client relationship is based on mutual trust & client-empowerment. The client is empowered by defining their primary issues, developing goals, and discussing and negotiating their own session with guidance from the practitioner.
- The practitioner respects and follows the scope of practice of their training including ethics, professional and sexual boundaries, and maintains and utilizes appropriate referral networks with other health professionals.
- The practitioner is trained to be aware of relevant physical and mental health issues toward making skillful referrals.
- The practitioner neither diagnoses or treats illness, medical conditions or disease nor prescribes medicines or medical advice. They agree to refrain from using terms such as curing, fixing, repairing and correcting.

Client-Centered Approach to Therapy™

Twin Lakes College of the Healing Arts has **innovated** and developed a unique and distinguished “Client Centered Approach to Complimentary Therapy”™. Instructors and graduate students have discovered that this valuable approach expands outcomes of practice beyond expectations.

Our “Client-Centered Approach”™ and its principles are woven into all of our programs: Client-centered Massage Therapy™, Inner Resources Hypnotherapy™, Gathering of the Senses Essential oils Therapy™, and BirthWise Doula™.

Twin Lakes College of the Healing Arts

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twinlakescollege.org

Presorted
First Class Mail
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Return Service Requested

Please call us today with changes or deletions.

LOVE^{your}WORK



Twin Lakes College
of the Healing Arts