



Continuing Education & Advanced Courses



Medical QiGong Technique, Beijing China 1999

Provider Number 450089-06
NCBTMB APPROVED PROVIDER



FOR CONTINUING EDUCATION

CONTENTS
Continuing Education & Advanced Courses

3 GENERAL POLICIES

ADVANCED MASSAGE COURSES

- 4 China Study Program
- 5 Thai Yoga Massage Program
- 6 Massage Therapy: Additional Single Courses
- 7 Registration, Tuition Payment & Refund Policy for
 Advanced Massage Courses

*See Massage Therapy Catalog for **Tuina Medical Acupressure Certification Course.***

**INTERNATIONAL INSTITUTE OF MEDICAL QIGONG—
ALASKA (IIMQA) COURSES**

- 8-10 Medical QiGong Energy Healing Program
- 11-12 Traditional Taoist Herbology
- 13-14 Traditional Taoist Five Element Nutrition Program
- 15-16 Traditional Taoist Weight Loss Program
- 17 Registration, Tuition Payment & Refund Policy for IIMQA
 Courses

ON-LINE COURSES

- 18-20 Essential Oil Certification Course

GENERAL POLICIES

All courses in this catalog are considered non-vocational on their own. Health care professionals may use these courses as supplemental or continuing education to your existing career. Massage therapy CEUs are offered upon request.

General Public—Self Interest

If you are not a health care professional you may take any of the IIMQA and On-Line Courses as personal, self-interest study. Personal use among family and friends is a common practice.

Admission Requirements

18 years of age or older, valid legal ID required (driver's license, passport, non-driver's ID)

Advanced Massage Courses are open to licensed health care professionals.

IIMQA and Online Courses are open to licensed health care professionals and the general public.

Alaska Institute of Oriental Medicine, Acupuncture & Massage Therapy and **International Institute of Medical QiGong - Alaska** do not discriminate against any applicant based on race, gender, physical disability, age or religion in accordance with all State and Federal guidelines.

Major Holidays Observed

No classes are held on the following days: New Years Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, and Christmas.

Classroom and Clinical Lab Facility

Most hands-on classes will be held in the 900 sq. foot main hall of The Oriental Healing Arts Center. Lecture and discussion classes may be held in one of the treatment rooms. The main hall is large and open, and will comfortably accommodate tables, chairs, and massage tables and other equipment used during the program. At certain times the main hall may be sectioned off and shared with other classes.

Materials and Equipment:

Students are to provide their own note taking supplies. Alaska Institute makes available massage tables, massage chairs, and similar equipment for classroom and clinic use. Additional materials such as charts and books for reading assignments will be provided by each instructor at the beginning of class. Students are responsible for purchasing required books on their own.

Satisfactory Completion and Certificates Provided

All classes require a minimum of 74% attendance and class participation. A Certificate of Completion is provided at the end of multi-level courses. Massage Therapists may request CEU Certificates for each individual class taken.

China Study Program

Alaska Institute offers unique education and advanced clinical training programs in China for professional and student massage therapists and acupuncturists.

These exceptional opportunities provide specialized training in:

- Advanced Clinical Protocols for Acupuncture
- Advanced Clinical Protocols for TuiNa Acupressure Massage

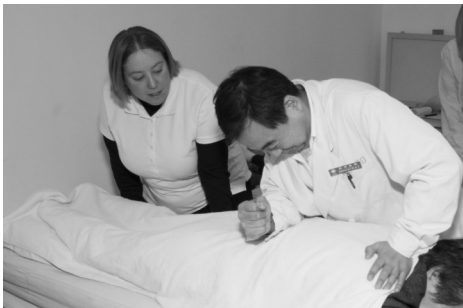
Advanced education trips are offered every 1-2 years in association with several medical and educational training centers in China chosen by us for their quality and expertise in working with foreign students.

These exclusive training opportunities are open to our own students and also to any licensed practitioners of Acupuncture, Oriental Medicine and Massage Therapy interested in advancing their knowledge and skills in the specialized field of Traditional Chinese Medicine.

The study trips are supervised by our school faculty members to ensure that they meet our high standards for advanced training.

The program also includes field trips to such places as the Great Wall, the Forbidden City, the Summer Palace, the Llama Temple, Wudang Mountain and Shao Lin Village. In addition, participants are encouraged to experience Tai Chi and Qigong practice in the local parks each morning.

See our *Massage Therapy* catalog for the ***Tuina Medical Acupressure Certification Course.***



Tui Na Massage Training, Beijing China 2008



Thai Yoga Massage Each level is 5 CE UHours

Thai Yoga Massage provides a spiritual and yoga oriented alternative to Swedish massage. Massage therapists learn techniques that utilize their whole body in application, and they become very comfortable in handling and managing their client's bodies which also carries back over to Swedish massage. In addition to this, the massage therapist learns and practices special Buddhist meditations that increase *Loving Kindness* during their massage sessions. Clients stay fully clothed, so supplies are minimal and many modesty issues are not relevant.

Level 1

24 weeks, 48 hours

In Level 1 the student will learn and practice the YiJinJing QiGong system, philosophy, history, and methods of Thai Yoga Massage, traditional sitting postures and double and single foot postures used during treatments.

Level 2

24 weeks, 48 hours

In Level 2 the student will learn and practice specific techniques for the client in a supine position. These include Sen Lines of the legs, single leg postures, double leg postures, postures for the abdomen, chest, arms and hands, and working with the face and neck.

Level 3

24 weeks, 48 hours

In Level 3 the student will learn and practice specific techniques for the client in a lateral recumbent position. These include postures for the legs, postures for the hips and back, postures for the arms, hands and fingers, and stretching techniques used while in this position.

Level 4

24 weeks, 48 hours

In Level 4 the student will learn and practice specific techniques for the client in a prone position. These include postures for the feet and legs, back and shoulder postures, and stretching techniques used while in this position.

Level 5

24 weeks, 48 hours

In Level 5 the student will learn and practice specific techniques the client who is experiencing chronic pain. This includes upper back pain, lower back pain, shoulder and neck pain, headaches, and hamstring pains.

Additional Single Courses Available:

See course descriptions in the 800 Hour Massage Therapy Program section.

Oriental Medicine Clinical Techniques for Massage Therapists & Bodyworkers:

MT8MP Acupressure Theory (50 hours)

MT8T0M Oriental Medicine for Bodyworkers (56 hours)

MT8AM Acupressure Massage Lab (81 hours)

Enhance your professional skills with our awesome chair massage class that will keep you feeling strong and able to work for several hours at a time.

M58CM Chair Massage (30 hours)

Need extra hours to get your license or sit for the NCBTMB exam? Or just need a brush up on your skills? We offer:

- private tutoring with our instructors
- hours in our student clinic (upon approval)
- customized program for specific additional hours

Massage table and chair rental offered upon availability. Deposit required.



REGISTRATION, TUITION PAYMENT, AND REFUND POLICY FOR ADVANCED MASSAGE COURSES

Registration:

Registration is available on-line at www.AKInstitute.com, in person or by phone at 907-279-0135.

Method of Payment for Tuition:

Checks payable to AK Institute or MC/Visa/AMEX/Discover accepted.

Tuition must be received by the first day of class.

For classes with individual or combined tuition totaling over \$2,500.00, a payment plan is available for a minimum of 25% down with the remaining balance plus a \$200 fee divided into equal monthly installments. Tuition must be paid in full by the end of the in-class time of the last course. A separate **“Payment Plan Agreement”** form is completed for all in-house payment plans. All other payment arrangements on case-by-case basis, granted only at the discretion of the Spiritual Director of The Oriental Healing Arts Center.

Refund Policy and Students Right to Cancel Until the First Day of Class:

For exempt courses with 80 hours or less, for a period of time after instruction has begun but before the second day of class or the equivalent, Alaska Institute (hereafter AK INSTITUTE) shall refund 100 percent of the tuition paid. On or after the second day of class no refund is given.

AK INSTITUTE will acknowledge the student's cancellation or withdrawal, in writing, within five (5) business days after receipt of notification.

Refunds to the student will be made within thirty (30) days after receipt of notification of the student's withdrawal, or 30 days after the student's last recorded date of physical attendance, whichever is earlier.

For authorized courses with more than 80 hours, the following policy applies:

Refunds will be based on the date of withdrawal in relation to the Program Start Date and the amount of tuition paid at the time of withdrawal.

The student must notify the Administrator in writing of their intention to withdraw from the program. Students who withdraw or otherwise fail to complete the course of study will be charged an administrative fee of 10% of the total tuition paid but not to exceed \$100. Refunds will be made with the following guidelines:

1. For a period of time after instruction has begun but before the second day of class or the equivalent, Alaska Institute (hereafter AK INSTITUTE) shall refund 100 percent of the tuition paid; after that,
2. for a period of time after the first day of class but not more than 10 percent of the class has elapsed, AK INSTITUTE shall refund at least 90 percent of the tuition; after that,
3. for a period of time after which greater than 10 percent but not more than 20 percent of the class has elapsed, the institution shall refund at least 80 percent of the tuition; after that,
4. for a period of time after which greater than 20 percent but not more than 25 percent of the class has elapsed, AK INSTITUTE shall refund at least 55 percent of the tuition; after that,
5. for a period of time after which greater than 25 percent but not more than 50 percent of the class has elapsed, AK INSTITUTE shall refund at least 30 percent of the tuition; after that,
6. AK INSTITUTE may require the student to remain committed to the entire amount of the tuition.

Medical QiGong Energy Healing Certification Program



What is Medical QiGong?

Medical QiGong is an Oriental Healing Art, also known as Traditional Taoist Healing or Qi Healing. It is a mainstream form of treatment in Chinese Hospitals, right along with acupuncture and herbs. Using meditation, cultivated Qi and other energetic techniques, Medical QiGong treats all health issues within the three energy bodies: spiritual, emotional, and physical. Bodyworkers, massage therapists, nurses, and other energy practitioners will find Medical QiGong expands their knowledge and perspective of the energetic aspects of healing and gives them new effective tools for working with their clients.

MEDICAL QIGONG ENERGY HEALING CERTIFICATION COURSE

8 Levels, 9 weeks each (144 hours + optional clinic participation)

Cost: \$450 per level

Instructor: Cynthia McMullen, Certified Medical QiGong Therapist

Course Description:

8 Levels, 9-weeks each that provides an in-depth hands-on exploration of Medical QiGong, a 2500+ year old style of Energy Healing that forms the basis of Chinese Medicine and Acupuncture. This information may be used as career enhancement for massage therapists, acupuncturists, and other health care providers. The course may also be taken by non-professionals as a self-interest class.

Clinic Participation (Optional):

Students have the option to participate in supervised clinic with the general public which takes place at the end of each level. This outstanding opportunity is provided as a way to demonstrate the quality and effect of Medical QiGong in a clinical healing setting, and allow for real-life patient situations to be observed, discussed, and mentored by experienced therapists/instructors of our school. In addition, the confidence and skill level of the student participants is greatly increased through this experience.

Level 1: 3-Centers Meditation
Microcosmic Orbit
Channels: Ren, Du, Chong Mai

Level 2: Nei Dan Meditation
Pulse Reading
Enhanced Meditation Techniques
Channels: Yin & Yang Wei and Qiao, Dai Mai

Levels 3-7 focus on the 5-elements and include the following aspects of each element. Each 5-Element section may be taken as a stand-alone course with no pre-requisite.

Element characteristics
Yin and Yang meridians
Acupoints
QiGong, Toning
Foods/Nutrition
Herbs & Essential Oils
Qi Emission techniques

Level 3: Earth
Ba Duan Jin QiGong

Level 4: Water
Qi Jing Ba Mai QiGong

- Level 5:** Wood
Tendon Changing Nei Gong
- Level 6:** Fire
Smiling Heart QiGong
- Level 7:** Metal
Shamanic Shaking & Vibration
- Level 8:** Advanced Techniques
Qi Massage
Invisible Needle
Case Studies



Stand-alone adjunct workshops will be presented by Tao Shih Pei Wo Lun, Taoist Master:

- Invoking the Healing Response
- Tai Chi as a Spiritual Path

What about certification and a career in Medical QiGong?

At the successful completion of all 8 levels of study in the Medical QiGong Program the student will receive a non-vocational Certificate of Completion and is considered to have earned the title of Medical QiGong Practitioner (MQP). This is a non-vocational title and is internal to our parent organization, The International Institute of Medical QiGong (IIMQ), based in California and with branches around the world. These titles are recognized by the public much in the same way that “Reiki Master” or “Therapeutic Touch Practitioner” are known.

In the State of Alaska, the Massage Therapy law has an exemption for “Light Touch/No Touch” modalities which include energy healing techniques. This means that a license is not required to practice energy healing. Please be sure to check the laws and regulations of your local area in regards to this aspect.

If you are a licensed health care professional, the Medical QiGong Energy Healing Program may be used as supplemental or advanced education to your existing career. Massage Therapy CEU’s are offered upon request.

If you are not licensed in a hands-on occupation, any of the courses in the Medical QiGong Program, introductory and related courses are considered personal, self-interest study only. Personal use among family and friends is a common practice.

Career and job opportunities include: clinics, health clubs, hospitals, spas or health food stores, health care institutions, private practice, career advancement for massage therapists and other health care providers, herbalist in Chinese herbs and medicinal substances, and as an instructor for services such as workshops, meditation and movement classes, demonstrations, community schools classes, tai chi and qigong fitness classes at health clubs, and video instruction and sales.

Traditional Taoist Herbology and Nutrition Programs



Chinese Herbs and Essential Oils

Traditional Taoist Herbology

*PRE-REQUISITE - At least one of the following introductory courses:

MT8MP Meridians & Points Level 1 (50 hours)

MT8TOM Theory of Oriental Medicine Level 1 (56 hours)

Take the mystery out of Chinese Herbs as you learn the history and logical system of categorizing herbs and how they are used to balance disharmonies. Discuss the vastly different language of Chinese Energetic Diagnosis and how knowledge of this is extremely important in herbology. Throughout each level students will become familiar with the herbs while making their own tinctures, tonics, and salves. After learning the individual herbs, learn the basics of compounding herbal formulas for various types of qi disharmonies.

Level I*

12 weeks, 18 hours 1.8 CEU's

Using the text "Chinese Herbal Medicine Materia Medica" compiled and translated by Dan Bensky and Andrew Gamble, students will go through the Introduction and discuss.

***SPECIAL NOTE:** This additional course of Taoist Herbology 1 is required to receive the non-vocational title of Medical QiGong Practitioner (MQP) at the end of the Medical QiGong Level 2 course. This course may be taken at any time it is offered during the Level 1 or 2 Medical QiGong courses. Any student that has not taken Taoist Herbology 1 by the time they have completed Medical QiGong Level 2 will still receive a non-vocational certificate of completion for Medical QiGong Level 2, but will not be named as an MQP until the Taoist Herbology 1 course is completed.

Level 2

12 weeks, 18 hours 1.8 CEU's

Using the text "Chinese Herbal Medicine Materia Medica" compiled and translated by Dan Bensky and Andrew Gamble, students will go through chapters 1-6.

Level 3

12 weeks, 18 hours 1.8 CEU's

Using the text "Chinese Herbal Medicine Materia Medica" compiled and translated by Dan Bensky and Andrew Gamble, students will go through chapters 7-12.

Level 4

12 weeks, 18 hours 1.8 CEU's

Using the text "Chinese Herbal Medicine Materia Medica" compiled and translated by Dan Bensky and Andrew Gamble, students will go through chapters 13-18.

Level 5

12 weeks, 18 hours 1.8 CEU's

Students will begin to look at the thought process of putting together herbal formulas for balancing energetic Qi disharmonies.

Traditional Taoist Five Element Nutrition Program

Level 1: General Theory and Personal Use (72 hours)

Traditional Taoist Five Element Nutrition Level 1 begins to look at how food can be used as medicine. In the Taoist hierarchy of healing, diet and nutrition is third on the list of healing methods, just after meditation and mind-body exercise. According to Chinese medicine, improper diet is one of the main causes of disease and illness.

Students should be prepared to take an active role in analyzing and modifying their own eating habits throughout the course. Attention will be given to personalizing details for each student, with student presentations given so the class as a whole can benefit from the variety of experiences from each individual.

“Ba Duan Jin QiGong” (Eight Precious Movements QiGong) will be practiced to incorporate mind and spirit with the physical aspects of nutrition, ensuring a mind-body-spirit approach that is in harmony with the Taoist philosophy of healing.

Level 1 is open to the general public and also health care practitioners that plan to continue with Level 2. This course will include an in-depth experiential discussion and study of:

- General Health and Dietary Transition
- Deficiency and Weakness
- Excess: Fasting and Detox
- Energetics of Food / Five Flavors
- The Art of Presentation

Required textbooks:

Healing with Whole Foods, Third Edition, by Paul Pitchford

The Seasonal Detox Diet, by Carrie L'Esperance

Level 2: Nutritional Therapy for Professional Use (72 hours)

Pre-requisite: Successful completion of level 1

Traditional Taoist Five Element Nutritional Therapy Level 2 is intended for health care professionals that want a solid foundation from which to incorporate this type of nutritional consulting and therapy into their practice. Dragon QiGong will be practiced during this level.

The professional level is divided into 5 parts, each going in-depth into a specific aspect of using nutritional therapy for a specific range of symptoms. Upon successful completion of parts 1-5 and passing the final exam, the student will receive a Certificate of Completion as a Traditional Taoist Five Element Nutrition Consultant. Upon successful completion of the additional case study assignment the student will receive a Certificate of Completion as a Traditional Taoist Five Element Nutritional Therapist.

The following topics will be covered:

Part 1. Macrobiotics

Required text: The Quick and Natural Macrobiotic Cookbook, by Aveline Kushi and Wendy Esko

Part 2. Acid Alkaline / pH Balance

Required text: The Acid-Alkaline Diet for Optimum Health, by Christopher Vasey, N.D.

Part 3. Cancer and Serious Degenerative Diseases

Required text: The Gerson Therapy, by Charlotte Gerson and Morton Walker, D.P.M.

Part 4. Healing the Digestive System (IBS, Crohns, Food Allergies, Candida)

Required text: Restoring Your Digestive Health, by Jordan S. Rubin, N.M.D. and Joseph Brasco, M.D.

Part 5. Children and the Elderly

Required text: Healing With Whole Foods, 3rd Edition, by Paul Pitchford

Comprehensive Final Exam

(Consultant Level Certification is earned)

Additional Assignment: Three Documented Case Studies

After completing Level 2, the student will have up to 36 months within which to complete and document three case studies to be reviewed by the instructor.

(Nutritional Therapist Level Certification is earned)



Nutrition Class Benefit: Trying Great Recipes Almost Every Week!

Traditional Taoist Holistic Weight Loss Program

Course Length: 72 hours (36 weeks)

Pre-requisite (at least one of the following):

- Oriental Healing Massage Therapist or
- 750 or 800 Hour Massage Therapy Program
- Theory of Oriental Medicine Level 1
- Tui Na Acupressure Massage Level 1
- Taoist Herbology, minimum level 1

Purpose:

The purpose of this program is to expand the skills of a professional massage therapist to include proficiency in a well-rounded and specialized treatment program for weight loss according to the principles of Taoist Healing and Chinese Medicine. The therapist will be able to take a client through a specially designed 12-week weight loss program with additional follow-through should the client need or request continuing services.

Certifications Available:

Upon satisfactory completion of the program, one of the following certifications will be earned. This is a non-vocational Certificate of Achievement for professional Massage Therapists showing advanced education and proficiency in Taoist Holistic Weight Loss techniques.

Consultant Level: This certification will be awarded to those who have satisfactorily completed the program and are not certified as a Traditional Taoist Herbologist Apprentice or Traditional Taoist Herbologist. This certification requires the consultant to receive supervision in recommending herbal formulas used in weight loss treatment.

Practitioner Level: This certification will be awarded to those who have satisfactorily completed the program and are certified as a Traditional Taoist Herbologist Apprentice or Traditional Taoist Herbologist.

Course Topics:

1. Dragon QiGong for Weight Loss
2. Digestive System from a TCM Perspective
3. Energetic Pattern Differentiation and Identification of 5 Patterns
 - Energetic Disharmony
 - Details of Pathology
 - Analysis of Pathology
 - Tongue and Pulse

4. Treatment Details for Each Pattern

QiGong and Tai Chi

Auricular Therapy

Tui Na Massage with Acupressure

Essential Oil Blends

Herbal Formulas

Analysis of Herbal Formulas

Dietary and Nutrition Advice

Basic Feng Shui Considerations

5. Taking the Client Through the 12-Week Program, with continuing considerations



Acupressure techniques are used in Traditional Taoist Weight Loss Treatments.

REGISTRATION, TUITION PAYMENT, AND REFUND POLICY FOR IIMQA COURSES

Registration:

Registration is available on-line at www.AKInstitute.com, in person or by phone at 907-279-0135.

Method of Payment for Tuition:

Checks payable to IIMQA or MC/Visa/AMEX/Discover accepted.

Tuition must be received by the first day of class.

For classes with individual or combined tuition totaling over \$2,500.00, a payment plan is available for a minimum of 25% down with the remaining balance plus a \$200 fee divided into equal monthly installments. Tuition must be paid in full by the end of the in-class time of the last course. A separate **“Payment Plan Agreement”** form is completed for all in-house payment plans. All other payment arrangements on case-by-case basis, granted only at the discretion of the Spiritual Director of The Oriental Healing Arts Center.

Refund Policy and Students Right to Cancel Until the First Day of Class:

For exempt courses with 80 hours or less, for a period of time after instruction has begun but before the second day of class or the equivalent, IIMQA shall refund 100 percent of the tuition paid. On or after the second day of class no refund is given.

IIMQA will acknowledge the student's cancellation or withdrawal, in writing, within five (5) business days after receipt of notification.

Refunds to the student will be made within thirty (30) days after receipt of notification of the student's withdrawal, or 30 days after the student's last recorded date of physical attendance, whichever is earlier.

For authorized courses with more than 80 hours, the following policy applies:

Refunds will be based on the date of withdrawal in relation to the Program Start Date and the amount of tuition paid at the time of withdrawal.

The student must notify the Administrator in writing of their intention to withdraw from the program. Students who withdraw or otherwise fail to complete the course of study will be charged an administrative fee of 10% of the total tuition paid but not to exceed \$100. Refunds will be made with the following guidelines:

1. For a period of time after instruction has begun but before the second day of class or the equivalent, IIMQA shall refund 100 percent of the tuition paid; after that,
2. for a period of time after the first day of class but not more than 10 percent of the class has elapsed, IIMQA shall refund at least 90 percent of the tuition; after that,
3. for a period of time after which greater than 10 percent but not more than 20 percent of the class has elapsed, the institution shall refund at least 80 percent of the tuition; after that,
4. for a period of time after which greater than 20 percent but not more than 25 percent of the class has elapsed, IIMQA shall refund at least 55 percent of the tuition; after that,
5. for a period of time after which greater than 25 percent but not more than 50 percent of the class has elapsed, IIMQA shall refund at least 30 percent of the tuition; after that,
6. IIMQA may require the student to remain committed to the entire amount of the tuition..



Essential Oil Certification Course

2 hours per class, 24 hours total

This full course is going on-online in 2016, available at:

www.alaska-institute-of-oriental-medicine.thinkific.com

Cost: \$65/each topic

Suggested Textbooks:

Two textbooks are highly recommended:

- Wholistic Aromatherapy Treatment Guide by Kathryn Sharp
- Essential Oils Guide by Kathryn Sharp

Cost of set as a PDF download: \$32.

In addition, participants are directed to choose at least 2 other books of their choice to have a method of comparison of information available. Suggested Authors are Kurt Schnaubelt Ph.D., Shirley Price, Valerie Worwood, and Gabriel Mojay, however numerous quality books are easily available on the market.

Materials:

Participants may use any quality essential oil brand(s) of their choice, preferably organic.

Additional materials such as carrier oil, aroma strips, blending bottles, spritzer bottles, and cream-base supplies must be purchased as needed. Instructor recommendations for sources both local and on-line are provided.

About the Instructor:

Cynthia McMullen, Massage Therapy Program Director, has been using essential oils in her professional Massage Therapy practice since 1999. She is also certified in Taoist Herbology (Chinese herbs) and uses the essential oils as topical herbs as they are very closely related.

Cynthia is internationally certified in Aromatherapy by the highly regarded Pacific Institute of Aromatherapy. She has taught more than 25 CEU workshops in essential oils to both the general public and professional health care providers.

About the Course:

After offering numerous popular CEU workshops in Essential Oils over the past several years, we have decided to format some of the most beneficial information into a formal certification course in Aromatherapy.

There are currently no national regulations concerning the use of Essential Oils, also known as Aro-

mathery. However, because it is a very popular modality for massage therapists to use we feel that offering a certification will show that a person has taken the time to study Essential Oils in depth, is knowledgeable about using them in a variety of ways, and most importantly understands and applies this knowledge safely by knowing how to research essential oils and follow safety cautions and health guidelines.

Participants take one 2-hour class offered on-line each month which goes over information and provides demonstration and group hands-on activities. Participants are then given homework for the month, to explore and use the information provided and turn in a written report documenting their experience.

A time frame of 2-years total is given to take all 12 classes and complete all homework. This realistically provides the amount of time required to fully explore and use essential oils in order to be considered proficient in their applications and usage.

In addition, massage therapists may request 2 CEUs for each class.

Goals of the Course:

- Participants are confident, knowledgeable, creative, and safe.
- Participants have a valuable skill that can be applied to their personal life with family and friends, and also used in a professional setting.
- Professional massage therapy or bodywork practice is enhanced, and client retention rates increase.
- Participants use the oils and experience results firsthand for quality knowledge.

12 Topic Course Outline:

Connecting with the Plant Spirit, How Essential Oils Can Change Your Life

Connecting with the Spirit of the Plant – Communication through the heart, developing intuition for direct knowledge to be used in conjunction with current research and documented usage. This introduction touches on information found in Taoist Medical QiGong Energy Healing and Shamanic practices from numerous indigenous tribes on learning personal knowledge about herbs.

How Essential Oils Can Change Your Life – Explore the wide range of uses for essential oils – from scents affecting moods to therapeutic use in massage and Chinese Medical Aromatherapy.

Turn Yourself Into a Research Expert

Methods of research and resources, known uses of essential oils – physical and emotional actions, medical terminology, chemistry and toxicology, testing for purity or adulteration, cautions and contraindications.

Topical Application – Thru the Skin

This hands-on class goes over several methods of topical application, including safety guidelines, proper dosage measurements for desired effects, overlay of chakra and five element systems, and carrier oils.

Emotional Energy of Aroma

This hands-on class provides an overview of the sense of smell and how it relates to emotions through the Limbic System of the brain. 5-Element energetic correspondences to emotions are explored, and methods of choosing appropriate essential oils to create or change a mood or emotion. Participants try a variety of tools for diffusing scent into the air.

Ingesting Essential Oils Safely

Controversy about this topic is discussed along with research and evidence. Safety issues, cautions and considerations are highlighted. Variety of methods for full strength and homeopathic strength for

ingesting oils is gone over with specific indications for effective use, and desired results.

Suppositories, Dental, Pets

Miscellaneous and highly underutilized uses of essential oils. This class demonstrates how to make suppositories, discusses dental and oral health care, and provides a broad overview of using essential oils safely with pets. Benefits, cautions, and suggested uses for all methods are discussed in detail.

Making Therapeutic Blends

Introduction on how to blend different essential oils together for health purposes. Importance of research, cautions and contraindications, and proper dosage levels are discussed. Both Western and Eastern viewpoints are utilized, plus methods of application to achieve desired results.

All About Flower Essences

This class goes over what flower essences are, how they are made, and how they are used. They are often combined with massage, bodywork, acupressure and acupuncture, and are a wonderful support to essential oil therapy.

All About Hydrosols

This class goes over what hydrosols are, how they are made, and how they are used. They are often combined with massage, bodywork, acupressure and acupuncture, and are a wonderful support to essential oil therapy.

Pro-Aging Secrets, Beauty

Overview of essential oils with hormone balancing properties, carrier oils for mature skin, how to make facial blends, hair treatments, clay mask, herbal facial steam, and body-skin care.

Immune System Uber Boosters

Using essential oils preventatively, as a natural way to enhance the immune system via 3 main pathways: Internal, Topical, and Air Diffusion. Includes cleaning the home environment, and a specialized abdominal massage.

Prevent & Treat Colds & Flu

Overview of specific oils to use, and which to avoid. Learn methods of application including a variety of topical and diffusion treatments. Practice the somewhat aggressive nature of use required in a way that is safe and effective for both adults and children.

