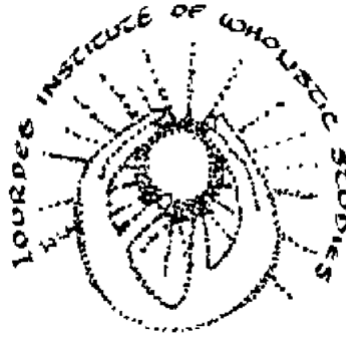


# LOURDES INSTITUTE OF WHOLISTIC STUDIES

A Division of Lourdes Wellness Center, Sponsored by Our Lady of Lourdes Health System,  
A Ministry of the Franciscan Sisters of Allegany, NY



## 2009 FALL SEMESTER

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LOURDES INSTITUTE of WHOLISTIC STUDIES  
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# LIWS/CAMDEN COUNTY COLLEGE COURSES

## **MAS-200-71 Therapeutic Massage**

**Credits:** 6

**Tuition:** \$1460

**Mandatory: New Student Orientation**

**Date:** Wednesday 9/2

**Time:** 5:00 pm-7:00 pm

**Instructor:** Administration

**Ethics Class**

**Date:** Saturday 9/12

**Time:** 10:00 am-4:00 pm

**Instructor:** Corrine Corcoran, Ed.D

**Dates:** Wednesdays 9/9-12/16 (No class: 11/25)

**Time:** 5:30 pm-9:30 pm

**Dates:** Saturdays 9/26, 10/17, 11/14, 12/19

**Time:** 9:00 am-4:00 pm

**Instructors:** Karen Murphy and Guest Instructors

**Required Text:** *Mosby's Fundamentals of Therapeutic Massage, PDQ for Massage*

**Recommended Text:** *Ethics of Touch*

**Required:** 2 flat sheets, 1 pillow, 1 towel

(holster and lotion will be provided by LIWS)

**Description:** Students will learn the basic components of Therapeutic Massage; hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage.

## **MAS-205-71 Environmental Management**

**Credits:** 1

**Tuition:** \$225

**Self Care for the Body Worker**

**Date:** Saturday 9/19

**Time:** 9:00 am-4:00 pm

**Instructor:** David Egan

**Body Mechanics for New Massage Therapists**

**Date:** Saturday, 11/21

**Time:** 9:00 am-4:00 pm

**Instructors:** Karen Murphy and Xavier Harvey

## **MAS-209-71 Structure & Functions I**

**Credits:** 4

**Tuition:** \$475

**Dates:** Tuesdays/Thursdays 9/3-10/22

**Time:** 5:30 am-9:30 pm

**Instructors:** Amanda Bennett

**Prerequisite:** Human Biology

**Required Text:** *Kinesiology: The Skeletal System and Muscular Function*

**Recommended Text:** *Trail Guides to the Body, Musculoskeletal Anatomy Coloring Book*

**Description:** This course is designed to increase the student's knowledge base in applied human anatomy, physiology and kinesiology by reviewing and expanding upon the foundational level of information presented in the Human Biology (BIO-117) course.

## **MAS-211-71 Structures & Functions II**

**Credits:** 2

**Tuition:** \$315

**Dates:** Tuesdays/Thursdays 10/27-12/3

(No class: 11/3; 11/26)

**Time:** 5:30 am-8:30 pm

**Instructor:** Amanda Bennett

**Prerequisite:** MAS-209

**Required Text:** *Basic Clinical Massage Therapy: Integrating Anatomy & Treatment*

**Recommended Text:** *Trail Guides to the Body; Musculoskeletal Anatomy Coloring Book*

**Description:** To integrate the body workers' knowledge of applied anatomy and physiology into various methods of both Eastern and Western massage.

## **MAS-215-71 Therapeutic Sensory Applications I**

**Credits:** 1

**Tuition:** \$420

**Dates:** Saturday 9/12, Sunday 9/13

**Time:** 9:00 am-5:00 pm

**Instructor:** Elaine Shaughnessy

**Required:** \$35 check for in-class essential oil supplies.

**Description:** This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life.

## **MAS-220-71 Eastern Therapeutic Concepts**

**Credits:** 1

**Tuition:** \$215

**Date:** Saturday 10/17, Sunday 10/18

**Time:** 9:00 am-4:15 pm

**Instructor:** Melanie Linton

**Description:** This course introduces basic theory originating from ancient Chinese medicine.

## **MAS-225-71 Therapeutic Sensory Applications II**

**Credits:** 2

**Tuition:** \$500

**Date:** Saturdays 10/24, 11/14; Sundays 10/25, 11/15

**Time:** 9:00 am-5:00 pm

**Instructor:** Elaine Shaughnessy

**Requirements:** \$35.00 check payable to Elaine Shaughnessy for in-class essential oil supplies.

**Required Text:** *Aromatherapy for Bodyworkers*

**Description:** An advanced approach to the understanding and developing of essential oils used for healing.

# LIWS/CAMDEN COUNTY COLLEGE COURSES

## MAS-240 Specialized Massage Techniques

**Credits:** 3

**Tuition:** \$840

**Reflexology I:** Saturday 10/3

**Time:** 9:00 am-5:00 pm

**Instructor:** Corrine Corcoran, Ed.D

**Myofascial I:** Saturday 10/10, Sunday 10/11

**Time:** 9:00 am-5:00 pm

**Instructor:** Pamela West

**Deep Tissue:** Tuesdays/Thursdays 12/8-12/17

**Time:** 5:30 pm– 9:30 pm

**Instructor:** David Egan and Amanda Bennett

**Prerequisite:** MAS-200

**Co-requisite:** MAS-209

**Required:** Linens, pillow, cream and/or lotion

**Required Texts:** *Footnotes* and *Rolfing*.

**Description:** This course introduces massage students to three distinct and significant techniques: Myofascial Structural Bodywork, Foot Reflexology and Deep Tissue Massage.

## MAS-241-71 Business Management for Massage Professionals

**Credits:** 2

**Tuition:** \$420

**Dates:** Tuesdays 9/15-11/10 (No class: 11/3)

**Time:** 5:30 pm-9:30 pm

**Instructor:** Xavier Harvey

**Required Text:** *Business Mastery*

**Description:** This course provides information regarding the business aspect of Massage Therapy and helps students gain information about themselves and their personal priorities to facilitate their success as professionals.

## MAS-243-71 Integrated Myofascial Structural Techniques—(Myofascial II)

**Credits:** 2

**Tuition:** \$630

**Dates:** Saturdays 9/19, 12/12;

Sundays 9/20, 11/8, 11/22, 12/13

**Time:** 9:00 am-5:00 pm

**Instructor:** Pamela West

**Prerequisites:** MAS-200, MAS-209, MAS-211, MAS-240

**Required Text:** *Rolfing, Integrated Myofascial Structural Techniques*

**Required:** Linens, pillows, cream and/or lotion

**Description:** This course encourages the student to develop a greater depth of experience, understanding and skill in structural myofascial bodywork. It is designed to allow for more experience in all aspects of the work: the nature of fascia, use of the myofascial hand, structural theory, observational skills and kinesthetic awareness.

## MAS-250-71 Shiatsu Therapy I

**Credits:** 4

**Tuition:** \$995

**Dates:** Wednesdays 9/2-12/16 (No class: 11/25)

**Time:** 5:30 pm-9:30 pm

**Instructor:** Melanie Linton

**Recommended Text:** *Shiatsu Theory and Practice*

**Description:** This course is designed to teach the ancient Oriental healing art of Shiatsu acupressure massage. Level I focuses on specific concepts to establish a firm foundation for more advanced study and developing students' personal skills.

## MAS-255-71 Integration & Application

**Credits:** 3

**Tuition:** \$1080

**Dates:** Sundays 9/13, 9/27, 10/11, 11/1, 11/15, 12/6

**Time:** 9:00 am-3:30 pm

**Instructor:** Karen Murphy

**Prerequisite:** Clinic, MAS-200, MAS-240

**Required:** Linens, cream and/or lotion

**Required Text:** *Basic Clinical Massage Therapy: Integrating Anatomy and Treatment*

**Description:** This course is designed to integrate various techniques, concepts and principals to effectively meet the unique needs of the individual clients.

## MAS-260 Palpation & Kinesiology

**Credits:** 3

**Tuition:** \$710

**Dates:** Saturdays 9/26, 11/7, 12/5;

Sundays 9/27, 11/8, 12/6

**Time:** 9:00 am-4:00 pm

**Instructor:** David Egan

**Prerequisite:** MAS-200, MAS-209

**Required:** Linens

**Required Text:** *Trail Guide to the Body*

**Description:** This course is designed to give the massage student an introduction to human movement and a hands-on approach to anatomy.

## MAS-261 Pathology for Massage Therapists

**Credits:** 4

**Tuition:** \$655

**Dates:** Thursdays 9/3-12/17 (No class: 11/26)

**Time:** 5:30 pm-9:30 pm

**Instructor:** Xavier Harvey

**Prerequisites:** MAS-200 and MAS-209

**Required Text:** *Massage Therapist's Guide to Pathology*

**Description:** This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

## CONTINUING EDUCATION / REFLEXOLOGY CLASSES

### Professional Ethics for the Body Worker

**Date:** Saturday 9/12

**Time:** 10:00 am-4:00 pm

**Hours:** 6

**Tuition:** \$75

**Instructor:** Corrine Corcoran, Ed.D

**Description:** This course addresses the client-therapist relationship and such aspects of boundaries, transference and counter-transference, difficult clients, vulnerabilities, protection and the healer's contract.

### Reflexology II

**Date:** Sundays 9/20, 11/1, 11/22

**Time:** 9:00 am-5:00 pm

**Tuition:** \$315

**Instructors:** Corrine Corcoran, Judy Halper

**Required Text:** *Footnotes; Practical Reflexology Interpretation and Techniques; Binder*

**Description:** This course will include the reflexes on the hands and a second system for the feet. You will learn intake procedures and documentation. You will expand on each system of the body as it relates to the reflexes. Level II prepares you for the ARCB Certification Exam.

### Reflexology—Foot/Hand Anatomy

**Date:** Mondays 9/14-12/14 (No class: 9/21, 11/2, 11/23, 11/30)

**Time:** 6:00 pm-9:00 pm

**Tuition:** \$425

**Instructor:** Sue DiGregorio

**Required Text:** *Practical Reflexology Interpretation and Techniques; Binder*

**Recommended Text:** *Color Atlas of Foot & Ankle Anatomy; Trail Guides to the Body*

**Description:** The human musculoskeletal system of the foot, ankle, leg, pelvic girdle, fingers, hand, wrist, arm and shoulder girdle are covered. Pathologies specific to feet, ankles, wrist, hand and fingers will be studied as well. ACARET Approved.

### Infectious Disease

**Date:** Thursday, 10/29

**Time:** 5:30 pm-9:30 pm

**Hours:** 4

**Tuition:** \$75

**Instructor:** Dotty Atkins

**Description:** This course teaches the symptoms of infectious diseases and how they can be transmitted and prevented. An overview of Hepatitis and HIV is included.

## MASSAGE CLINIC - FALL 2009

### ROTATION 1

**Mondays:**

9/28, 10/19, 11/2, 11/16, 12/7

5:00 pm-9:30 pm

**Instructor:** Karen Murphy

### ROTATION 2

**Mondays**

10/5, 10/19, 11/9, 11/23, 12/14

5:00 pm-9:30 pm

**Instructor:** Karen Murphy

### ROTATION 3

**Fridays**

9/25, 10/9, 10/30, 11/13, 12/4

9:30 am-2:00 pm

**Instructor:** Amanda Bennett

### ROTATION 4

**Fridays**

10/2, 10/16, 11/6, 11/20, 12/11

9:30 am-2:00 pm

**Instructor:** Amanda Bennett

### ROTATION 5

**Saturdays**

10/3, 10/24, 11/7, 11/21, 12/5

8:00 am-12:30 pm

**Instructor:** Karen Murphy

### ROTATION 6

**Saturdays**

10/3, 10/24, 11/7, 11/21, 12/5

12:30 pm-5:00 pm

**Instructor:** Karen Murphy



**Payment Policy:**  
Class payment is due one week prior to  
the class start date.



# LIWS-YOGA TEACHER TRAINING CERTIFICATIONS PHASE I, II, III \$2630

## YTT-200 Yoga Teacher Training: Phase I

**Dates in 2009:** 9/20, 10/4, 10/10, 10/11, 11/22, 12/6, 12/13/09

**Dates in 2010:** 1/9, 1/16, 1/17, 1/30, 2/6, 2/21, 2/28, 3/14, 4/11, 4/17, 5/8, 5/15/10

**Final Assessment:** Saturday 5/22/10

**Time** 9:00 am-4:45 pm

**Hours:** 156

**Tuition:** \$1445

**Instructors:** Barbara Moeller, Michelle Carlino, Lisa O'Brien

**Required:** Loose clothing, towel or yoga mat, one pillow & journal

**Required Texts:** *Yoga: The Spirit & Practice of Moving into Stillness, Hatha Yoga, Living Your Yoga, Bhagavad Gita Gita & "Kripalu Posture Sheets"*

**Description:** LIWS is a Registered Yoga School with Yoga Alliance—our 200-hour curriculum includes Yoga Techniques & Teaching Methodology, Introduction to Ayurveda and Yoga Anatomy & Physiology. This course provides the technical/teaching skills needed to become a beginner-level teacher. Students learn to execute a series of classical yoga postures; study their benefits & contraindications. Techniques, including pranayama, kriyas, yoga nidra, meditation/Wholistic prayer and visualization/affirmation are explored.

## YTT-The Science of Ayurveda-Phase II

**Dates:** TBA in Spring Semester's Brochure

**Time:** TBA

**Hours:** 14

**Tuition:** \$790

**Instructor:** Corrine Corcoran

**Required:** Loose clothing, large pillow, mirror, two hand towels, sesame seed oil, small cooking pan, meditation pillow or chair, mug and a change of socks.

**Required Text:** *The Ayurveda Encyclopedia by Swami Sada Shiva Tirtha; Ayurveda Binder*

**Description:** This elective will introduce the student to the fundamentals of Ayurveda. It will look at the 5,000 year-old history & philosophy. Students will explore the 5-element theory and the 3 doshas.

## YTT Anatomy and Physiology-Phase III

**Dates:** TBA in Spring Semester's Brochure

**Time:** TBA

**Hours:** 30

**Tuition:** \$395

**Instructor:** Nita Spielberg

**Required Text:** *Structural Yoga Therapy*

**Description:** This component is designed to give Yoga Students an awareness of the body's anatomical & physiological functions and structure.