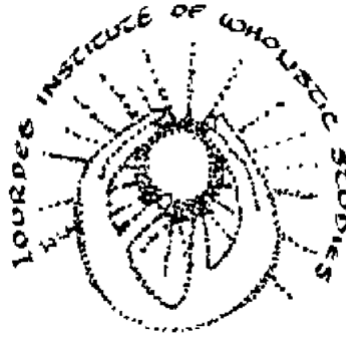


# LOURDES INSTITUTE OF WHOLISTIC STUDIES

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



## 2010 SPRING 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 1/20

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

**Instructor:** Administration

### Ethics Class

**Date:** Saturday 1/23

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

**Instructor:** Corrine Corcoran

### Therapeutic Massage Classes

**Dates:** Wednesdays 1/27 - 5/12 (No class: 2/17, 3/17)

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

**Dates:** Saturdays 2/6, 3/6, 4/17, 5/1/10

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

**Instructors:** Karen Murphy and Guest Instructors

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

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

**Required:** 1 twin sheet set, 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 2/20

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

**Instructor:** David Egan

### Mechanics for New Massage Therapists

**Date:** Saturday, 3/27

**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 1/21 - 3/11

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

**Instructors:** Sue DiGregorio

**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 3/23 - 4/22

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

**Instructor:** Sue DiGregorio and David Egan

**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 3/13

Sunday 3/14

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

**Instructor:** Elaine Shaughnessy

**Required:** \$35.00 check payable to Elaine Shaughnessy 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.

# LIWS/CAMDEN COUNTY COLLEGE COURSES

## MAS-225-71 Therapeutic Sensory Applications II

**Credits:** 2

**Tuition:** \$500

**Date:** Saturdays 1/30  
Sundays 1/31, 2/7, 2/21

**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.

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

**Credits:** 2

**Tuition:** \$420

**Dates:** Tuesdays 2/23 - 4/20 (No class: 3/16)

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

**Instructor:** David Egan and Frank Pileggi

**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-240 Specialized Massage Techniques

**Credits:** 3

**Tuition:** \$840

**Reflexology I:** Saturday 2/6

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

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

**Myofascial I:** Saturday 2/27

Sunday 2/28

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

**Instructor:** Pamela West

**Deep Tissue:** Tuesdays 4/27, 5/4, 5/11

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

**Deep Tissue:** Saturdays 5/1, 5/8

**Time:** 10:00 am- 2:00 pm

**Instructor:** Xavier Harvey

**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-243-71 Integrated Myofascial Structural Techniques—(Myofascial II)

**Credits:** 2

**Tuition:** \$630

**Dates:** Saturdays 1/23, 2/20, 4/24

Sundays 1/24, 3/7, 4/25

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

**Instructor:** Pamela West

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

**Required Text:** *Anatomy Trains; 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 1/20 - 5/12 (No class: 2/17, 3/17)

**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.



## LIWS/CAMDEN COUNTY

### MAS-255-71 Integration & Application

**Credits:** 3

**Tuition:** \$1080

**Dates:** Sundays 1/31, 2/21, 3/14, 4/11, 5/2

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

**Instructor:** Karen Murphy and Guests

**Prerequisite:** MAS-200, MAS-209, MAS-211

**Co-requisite:** Clinic, MAS-240, MAS-243, MAS-260, MAS-261

**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 3/6, 4/17, 4/24  
Sundays 3/7, 4/18, 4/25

**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 1/21 - 5/6 (No class: 3/18)

**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.

## MASSAGE CLINIC - SPRING 2010

### MANDATORY CLINIC ORIENTATION

Monday, January 25

5:00 - 7:00 pm

### ROTATION 1

**Mondays**

2/1, 2/22, 3/8, 4/5, 4/26

5:00 pm - 9:30 pm

### ROTATION 2

**Mondays**

2/8, 3/1, 3/29, 4/19, 5/3

5:00 pm - 9:30 pm

### ROTATION 3

**Fridays**

2/5, 2/26, 3/26, 4/23, 5/7

9:30 am - 2:00 pm

### ROTATION 4

**Fridays**

2/19, 3/5, 4/16, 4/30, 5/14

9:30 am - 2:00 pm

### ROTATION 5

**Saturdays**

2/13, 3/13, 3/27, 4/10, 5/8

8:00 am - 12:30 pm

### ROTATION 6

**Saturdays**

2/13, 3/13, 3/27, 4/10, 5/8

12:30 pm - 5:00 pm

### ROTATION 7

**Mondays**

2/15, 4/12, 5/17

5:00 pm - 9:30 pm

## CONTINUING EDUCATION CLASSES

### **Professional Ethics for the Body Worker**

**Tuition:** \$75

**Date:** Saturday 1/23

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

**Hours:** 6

**Instructor:** Corrine Corcoran

**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.

### **Introduction to Tai Chi**

**Tuition:** \$200

**Date:** Fridays 2/19 - 4/23 (No Class: 3/19, 4/2)

**Time:** 6:00 pm-8:00 pm

**Hours:** 16

**Instructor:** Xavier Harvey

**Description:** The ancient art of Tai Chi uses gentle flowing movements to reduce stress of today's busy lifestyles and improve health. In this class, the instructor presents an innovative method that makes learning both easy and enjoyable for beginners.

### **Tui Na**

**Tuition:** \$200

**Date:** Mondays 3/29, 4/5, 4/26, 5/10/10

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

**Hours:** 16

**Instructor:** Xavier Harvey

**Description:** (Tui) means to push and (Na ) means to grasp. It's a method of Chinese Bodywork that utilizes soft tissue manipulation, acupoints, and structural realignment methods to lessen or alleviate a wide variety of musculoskeletal and internal organ disorders. This is an introduction to Tui Na and instructs on how and where to use these hand techniques, and what affect they have on underlying tissue.

### **Infectious Disease**

**Tuition:** \$75

**Date:** Thursday 4/1

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

**Hours:** 4

**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.

### **Payment Policy:**

**Class payment is due in full one week prior to the class start date.**

# REFLEXOLOGY CLASSES

## Pathology

**Tuition:** \$425

**Date:** Mondays 1/11, 2/1, 2/22, 3/8, 3/22, 4/12, 4/19, 5/3

**Time:** 5:30 pm-9:15 pm

**Hours:** 30

**Instructors:** Xavier Harvey

**Required Text:** *Massage Therapist's Guide to Pathology; Practical Reflexology Interpretation and Techniques*

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

## Reflexology III / Eastern Theory

**Tuition:** \$215

**Date:** Saturday 1/30

Sunday 2/28

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

**Hours:** 16

**Instructor:** Corrine Corcoran

**Required Text:** *Footnotes, Reflex Binder*

**Description:** Students will be introduced to traditional Chinese medicine and the meridian points on the hands and feet. ACARET Approved

## New Trends

**Tuition:** \$105

**Date:** Sunday 2/7

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

**Hours:** 8

**Instructor:** Sue DiGregorio

**Required:** 7 hand towels, 1 twin sheet set, 1 large plastic trash bag

**Description:** Students will learn how to administer a foot spa treatment and an introductory face reflexology sequence.

## Business for Reflexologist

**Tuition:** \$105

**Date:** Saturdays 4/10, 5/15

**Time:** 9:00 am-1:00 pm

**Hours:** 8

**Instructor:** Sue DiGregorio

**Required Text:** *Business Mastery*

**Description:** Students will become involved in several processes to help them discover their goals and learn how to overcome personal obstacles.

## Auricular (Ear) Therapy

**Tuition:** \$105

**Date:** Sunday 4/18

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

**Hours:** 8

**Instructor:** Sheri Kraus

**Description:** Students will explore techniques for ear reflexology using reflexology for specific conditions. ACARET Approved

## Reflexology Clinic

**Tuition:** \$290

**Date:** Thursdays 5/13 - 5/27

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

**Hours:** 20

**Instructor:** Corrine Corcoran, Judy Halper

**Description:** Clinic will be divided into three days:

Day 1: Clinic tutorial with instructor

Day 2 & 3: Supervised Community Clinic





# LIWS-YOGA TEACHER TRAINING CERTIFICATIONS SUMMER INTENSIVE—200 HOUR PROGRAM (\$2630)

## YTT—The Science of Ayurveda

**Tuition:** \$790

**Dates:** Saturday 6/5  
Sunday 6/6

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

**Hours:** 15

**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

**Tuition:** \$395

**Dates:** Saturdays 7/17, 8/28  
Sunday 7/18

**Time:** 10:00 am-2:00 pm

**Dates:** Sunday 8/29

**Time:** 9:00 am-5:45 pm

**Hours:** 20

**Instructor:** Nita Speilberg

**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.

## YTT—Techniques and Teaching Methodology

**Tuition:** \$1445

**Dates:** Fridays 6/11, 6/18, 7/9, 8/20  
Saturdays 6/12, 7/10, 7/24, 7/31, 8/14, 8/21,  
9/11  
Sundays 6/13, 6/27, 7/11, 7/25, 8/1, 8/15,  
8/22, 9/12

**Final Assessment:** Saturday 9/19/10

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

**Hours:** 165

**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.



