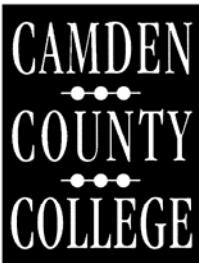


OUR LADY OF LOURDES INSTITUTE OF WHOLISTIC STUDIES

A DIVISION OF LOURDES WELLNESS CENTER, SPONSORED BY OUR LADY OF LOURDES
HEALTH SYSTEM, A MINISTRY OF THE FRANCISCAN SISTERS OF ALLEGANY, NY

SUMMER 2009



Associated Bodywork & Massage Professionals

LOURDES INSTITUTE of WHOLISTIC STUDIES
900 Haddon Avenue, Suite 114
Collingswood, NJ 08108
(856) 869-3134
www.lourdeswellnesscenter.org



LIWS-YOGA TEACHER TRAINING CERTIFICATIONS

PHASE I, II, III TOTAL TUITION \$2,630

YTT-200 Yoga Teacher Training: Phase I

Dates: 1/18, 1/24, 1/25, 1/31, 2/1, 2/8, 3/1, 3/8, 3/22, 4/18, 4/19, 5/3, 5/17, 5/31, 6/6, 6/7, 6/14/09

Final Assessment: Saturday 6/20

Time: 9:00 am-5:45 pm

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* & "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 and study their benefits & contraindications. Techniques including pranayama, kriyas, yoga nidra, meditation/Wholistic prayer and visualization/affirmation are explored.

YTT Phase Intensive-Phase I

Dates: 6/26, 6/27, 6/28, 7/10, 7/11, 7/12, 7/24, 7/25, 7/26, 8/14, 8/15, 8/16, 8/28, 8/29, 8/30, 9/12, 9/13/09

Final Assessment: Saturday 9/26

Time: 9:00 am-5:45 pm

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* & "Kripalu Posture Sheets"

Description: Same as above.

YTT Anatomy and Physiology-Phase III

Dates: Wednesdays 7/8-8/5

Time: 5:30 pm-9:30 pm

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.

YTT-The Science of Ayurveda-Phase II

Dates: Saturday 8/1, Sunday 8/2

Time: 9:00 am-4:00 pm

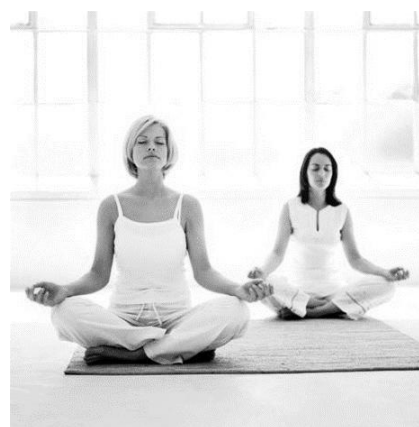
Tuition: \$790

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



LIWS CONTINUING EDUCATION CLASSES

Hot Stones I

Date: Wednesday, 6/3

Time: 5:30 pm-9:30 pm

Tuition: \$75

Instructor: Amanda Bennett

Description: Nature's Stone Massage training involves the use of basalt stones, combined with a variety of massage techniques to relax and rejuvenate the client. Students will learn about stones, how to perform a stone massage and how to integrate the stones into your everyday massage practice.

National Certification Exam Review

Date: Saturday, 6/6

Time: 9:00 am-5:00 pm

Tuition: \$125

Instructor: Dotty Atkins

Description: This course is designed to provide test-taking strategies for students preparing for the National Certification Examination. It covers a review of anatomy/physiology, pathology, massage/bodywork theory, ethics, and business practice. Students will take practice tests and have the opportunity to review answers within the classroom setting.

Fundamentals of Fitness

Date: Mondays, 6/8-6/15

Time: 5:30 pm-7:00 pm

Tuition: \$50

Instructor: Tina Bortner

Required: Loose, comfortable clothing and sneakers

Description: This course is comprised of a lecture followed by an exercise session appropriate for all levels. Students will gain an understanding of the five components of fitness and hands-on experience calculating: target heart rate, body fat and flexibility.



Scalp/Face-Hand/Foot Massage

Date: Tuesdays, 6/9-6/23

Time: 5:30 pm-9:30 pm

Tuition: \$185

Instructor: Sue Digregorio

Description: This course is designed to give students additional tools to draw from when giving a massage to create additional relaxation and therapeutic effects. The class will discuss and learn techniques that help alleviate some common client complaints, such as sinus congestion, headache, wrist pain and ankle pain.

Tui Na

Date: Wednesdays, 6/10, 6/24

Time: 6:00 pm-9:00 pm

Tuition: \$125

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.

Hot Stones II

Date: Wednesday, 6/17

Time: 5:30 pm-9:30 pm

Tuition: \$75

Instructor: Amanda Bennett

Description: This course is a continuation of Level I, adding advanced applications and complex techniques using hot and cold stones.

Business Management: Wholistic Practitioners

Date: Mondays/Wednesdays, 6/29-8/5

(No Class: 7/13, 8/3)

Time: 5:30 pm-9:00 pm

Tuition: \$400

Instructor: Xavier Hervey

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 priorities to facilitate their success as professionals.



LIWS CONTINUING EDUCATION CLASSES

Sports Massage I

Date: Tuesday, 7/7; Thursday, 7/9

Time: 6:00 pm-9:00 pm

Tuition: \$125

Instructor: Karen Murphy

Description: This course is an introduction to Sports Massage. Students will learn about common athletic injuries, when to utilize sports massage and when to refer to a physician. This course instructs how to give a basic, yet complete pre/post event sports massage.

Pregnancy & Infant Massage

Date: Saturday, 7/11; Sunday, 7/12

Time: 9:00 am-5:00 pm

Tuition: \$185

Instructors: Amanda Bennett, Dotty Atkins

Required Text: *Mother Massage, a Handbook for Relieving the Discomforts of Pregnancy*

Required: baby doll, massage cream, linens, pillows

Prerequisite: Therapeutic Massage

Pregnancy Description: (7/11) This course instructs the skills and techniques necessary to massage healthy pregnant clients during all three trimesters.

Infant Description: (7/12) This course will enable students to understand the purpose and benefits of infant massage.

Sports Massage II

Date: Tuesday, 7/14; Thursday, 7/16

Time: 6:00 pm-9:00 pm

Tuition: \$125

Instructor: Karen Murphy

Description: This course will focus on specific sporting events and advanced modalities for each one respectfully.

Medical Massage

Date: Tuesday, 7/28; Thursday 7/30

Time: 5:30 pm-9:30 pm

Tuition: \$125

Instructor: Karen Murphy

Required Text: *Medical Massage*

Description: This course is designed to give the massage therapist additional understanding of pathologies and knowledge of specific massage techniques helpful in the recovery from specific medical conditions and injuries. Such techniques can be utilized as a guide when treating common musculoskeletal dysfunction.

Intro. to Spirituality

Date: Tuesday, 8/4; Thursday, 8/6

Time: 6:30-8:30 pm

Tuition: \$50

Instructor: Sr. Ruthann O'Mara, SSJ

Description: What is Wholistic Spirituality and some of the roadblocks? What are the characteristics of a whole person? What role does the mind and body play within spirituality?

Corrective Solutions –AM

Date: Tuesday, 8/11

Time: 9:00 am-1:00 pm

Tuition: \$100

Instructor: Frank Pileggi, Ph.D.

Description: In this advanced therapy workshop, Dr. Pileggi helps you refine your skills to help you better understand how to correct those nagging injuries and discomforts you client's are felling, though the use of Corrective Muscle Therapy.

Isolated Stretching Techniques

Date: Saturdays, 8/1, 8/8

Time: 9:00 am-2:00 pm

Tuition: \$75

Instructor: David Egan

Recommended Text: *Active Isolated Stretching*

Description: Isolated stretching is a technique in which we pinpoint, isolate and strengthen each individual muscle used to perform as a massage therapist. This training program will help you tailor your specific goals and needs.

Introduction to Tai Chi

Date: Wednesday, 8/12, 8/26

Time: 5:30 pm-9:30 pm

Tuition: \$125

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.



LIWS CONTINUING EDUCATION CLASSES

Reflexology I

Date: Saturdays, 8/15, 8/29

Time: 9:00 pm-5:00 pm

Tuition: \$200

Instructor: Corrine Corcoran

Required Text: *Foot Notes*

Description: Students learn this ancient system of applying pressure and massage techniques on reflex points of the feet to alleviate energy blocks that cause pain or tension. ACARET Approved.

Corrective Solutions –PM

Date: Tuesday, 8/18

Time: 5:30 pm-9:30 pm

Tuition: \$100

Instructor: Frank Pileggi, Ph.D.

Description: In this advanced therapy workshop, Dr. Pileggi helps you refine your skills to help you better understand how to correct those nagging injuries and discomforts your client's are feeling, through the use of Corrective Muscle Therapy.

Chair Massage

Date: Thursday, 8/20

Time: 5:30 pm-8:30 pm

Tuition: \$50

Instructor: Ralph Casciato

Description: Students learn how to deliver effective seated (on-site) massage therapy in private practice and health promotion settings. Physical, mental, and emotional preparation skills are emphasized as well as technical proficiency in the use of equipment and supplies.

CPR

Date: TBA

Time: TBA

Tuition: TBA

Instructor: Karen Murphy

Description: Participants will learn normal cardiovascular anatomy and physiology and cardiovascular dysfunction (diseases). This course will also cover the principals of primary and secondary prevention of unnecessary death and disability from heart attack and other causes of sudden death. Finally students will learn CPR and relief of foreign body airway obstruction (FBAO).

WHOLISTIC LIVING SERIES

Option 1:

Myo I/Creative Movement

Date: Thursdays, 6/4-6/25

Time: 9:00 am-5:00 pm

Total Hours: 32 hours

Instructor: Pamela West

Description: This introductory course combines the skills and objectives of the hands-on Myofascial work with movement experience and analysis. Includes: Myofascial hand technique, properties/theory of fascia, structural theory, observational skills, basic movement warm-ups, and simple movement sequences.

Option 2: Classes must equal at least 32 hours.

Choose from the following classes:

Fundamentals of Fitness

Date: Mondays, 6/8-6/15

Time: 5:30 pm-7:00 pm

Total Hours: 3 hours

**See Page 3 for additional information*

Scalp/Face-Hand/Foot Massage

Date: Tuesdays, 6/9-6/23

Time: 5:30 pm-9:30 pm

Total Hours: 12 hours

**See Page 3 for additional information*

Tui Na

Date: Wednesdays, 6/10, 6/24

Time: 6:00 pm-9:00 pm

Total Hours: 6 hours

**See Page 3 for additional information*

Intro. to Spirituality

Date: Tuesday, 8/4; Thursday, 8/6

Time: 6:30-8:30 pm

Total Hours: 4 hours

**See Page 4 for additional information*

Isolated Stretching Techniques

Date: Saturdays, 8/8, 8/15

Time: 9:00 am-2:00 pm

Total Hours: 10 hours

**See Page 4 for additional information*

Introduction to Tai Chi

Date: Wednesday, 8/12, 8/26

Time: 5:30 pm-9:30 pm

Total Hours: 8 hours

**See Page 4 for additional information*



MAS-220 Eastern Therapeutic Concepts

Credits: 1

Tuition: \$215

Dates: Saturday, 5/23, 5/30

Time: 9:00 am-4:15 pm

Instructor: Melanie Linton

Description: Eastern therapeutic concepts are fundamental to the understanding of Eastern medicinal theory and healing arts. This course links fundamental Eastern medicine concepts to the diagnosis and treatment of disharmony and disease. The course first covers the basic concepts of this medicine and how it relates to human health. Building on this foundation, students learn the significance of signs and symptoms of disease.

MAS-230 Therapeutic Herbal Applications

Credits: 2

Tuition: \$395

Dates: Saturday, 6/27, 7/25; Sunday, 6/28, 7/26

Time: 9:00 am-3:00 pm

Instructor: Amanda Bennett

Description: This course will cover approximately 48 herbs that are used for both pharmaceutical and culinary purposes. Information will be given about an herb's flavor, properties and clinical applications. This course will familiarize the students with the therapeutic herbal applications in relation to specific conditions.



Rotation 1—Mondays

Dates: 6/22, 7/13, 8/3, 8/10, 8/17

Time: 5:00 pm-9:30 pm

Instructor: Karen Murphy

Rotation 2—Fridays

Dates: 6/19, 7/10, 7/31, 8/7, 8/14

Time: 9:30 am-2:00 pm

Instructor: Amanda Bennett

Rotation 3—Saturdays

Dates: 6/13, 6/27, 7/18, 7/25, 8/22

Time: 8:00 am– 12:30 pm

Instructor: Karen Murphy

Rotation 4—Saturdays

Dates: 6/13, 6/27, 7/18, 7/25, 8/22

Time: 12:30 pm-5:00 pm

Instructor: Karen Murphy

