

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

2007 SPRING/SUMMER BROCHURE



LIWS/ CAMDEN COUNTY COLLEGE COURSES

MAS-200-71 Therapeutic Massage

Credits: 6

Tuition: \$1390

Mandatory: New Student Orientation

January 10, 2007 Time: 5:00 – 7:00 pm

Time: 5:30 – 9:30 pm **Date:** 1/20/07 (10:00 - 4:00pm -Ethics)

Time: 5:30 – 9:30 pm **Dates:** 1/17/07, 1/24/07, 1/31/07, 2/7/07, 2/14/07, 2/28/07, 3/7/07, 3/21/07, 3/28/07, 4/4/07, 4/11/07, 4/18/07, 4/25/07, 5/2/07

Time: 9:00 – 5:00 pm **Dates:** Saturdays 2/17/2007, 3/24/2007
Saturday & Sunday 5/5/2007 and 5/6/2007

Instructors: Susan Drummond, Karen Murphy, David Egan

Required Text: Mosby's Fundamentals of Therapeutic Massage, Fritz. 3rd Edition

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-255-71 Massage Therapy Integration & Application

Credits: 3 **Tuition:** \$1030

Dates: Saturday and Sunday 1/27/07 & 1/28/07, 2/24/07 & 2/25/07 Sunday 3/25/07

Time: 9:00 – 3:30 pm **Instructor:** Susan Drummond

Prerequisite: Pre-Clinic Workshop, MAS-200, MAS-240, MAS-245

Required: Linens, Oil/Cream/Lotion

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

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

MAS-261-71 Pathology for Massage Therapists

Credits: 4 **Tuition:** \$625

Dates: Thursdays 1/18/07 to 5/3/07

Time: 5:30 – 9:30 pm **Instructors:** Arlene Deibel

Prerequisites: MAS-200 and MAS-209

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

Infectious Diseases Date: 3/19/07 **Time:** 5:30 - 9:30 pm

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.

MAS-205-71 Environmental Management

Credits: 1 **Tuition:** \$215

Dates: Saturday 1/27/2007 and 2/3/2007

Time: 9:00– 4:00 pm

Instructors: Amanda Bennett, David Egan

Required: Students will need 1 flat sheet, 1 towel, 1 pillow & case and massage oil

Description: This course explores the ways to use safe, environmentally sound practices to create a healthy workspace for both practitioner & client.

MAS-215-71 Therapeutic Sensory Applications I

Credits: 2 **Tuition:** \$400 **Dates:** Sundays 2/18/07 and 3/4/07

Time: 9:00 – 4:00 pm

Instructor: Arlene Deibel

Requirements: \$35.00 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-225-71 Therapeutic Sensory Applications II

Credits: 2 **Tuition:** \$400

Dates: Saturday 3/31/07 and 5/12/07 Saturday & Sunday 4/21/07 & 4/22/07

Time: 9:00 – 5:00pm **Instructor:** Eileen Shaughnessy

Requirements: \$35.00 check payable to Elaine Shaughnessy for in class Essential Oil supplies

MAS - 230 - M71 Therapeutic Herbal Applications

Credits:2 **Tuition:** \$375

Instructor: TBA

Dates: Saturday and Sunday 6/16/07 & 6/17/07, 7/14/07 & 7/15/07 **Time:** 9:00 - 4:00pm

MAS 209-71 Structure & Functions I

Credits: 4 **Tuition:** \$450

Dates: Tuesdays and Thursday s 1/16/07 to 3/20/2007

Time: 6:00 – 9:30 pm

Instructors: Amanda Bennett

Prerequisite: Human Biology

Required Text: *Trail Guides*

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-103) course.

LIWS/ CAMDEN COUNTY COLLEGE COURSES *continued*

MAS 211-71 Structure & Functions II

Credits: 2

Tuition: \$300

Dates: Tuesdays and Thursdays 3/22/07 to 4/19/07

Time: 6:00 – 9:00 pm

Instructors: Amanda Bennett

Prerequisite: Structures & Functions I

Required Text: *Trail Guides*

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

MAS 260-71 Palpation/Kinesiology

Credits: 4

Tuition: \$675

Dates: Saturdays 2/24/07, 3/10/07, 3/31/07, 4/21/07, and 5/12/07

Time: 9:00 – 5:00pm

Instructor: David Egan

Prerequisite: Swedish Massage and Structures & Functions I

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

MAS-220 -71 Eastern Therapeutic Concepts

Credits: 2

Tuition: \$200

Date: Saturdays 4/14/07 and 4/28/07

Time: 9:00 – 4:15 pm **Instructor:** Melanie Linton

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

MAS-240-71 Specialized Massage Techniques

Credits: 4 **Tuition:** \$800

Deep Tissue: Saturday/Sunday - 4/14/07 and 4/15/07

Time: 9:00 - 5:00 pm

Deep Tissue: Tuesday/Thursday - 4/24/07 & 4/26/07, 5/1/07 & 5/3/07, 5/8/07 & 5/10/07

Time: 5:30 - 9:30 pm

Reflexology: Saturday 3/3/07

Time: 9:00 - 5:00 pm

Myofascial : Saturday & Sunday 5/5/07 and 5/6/07

Time: 9:00 - 5:00 pm

Instructors: Amanda Bennett, Corinne Corcoran, David Egan, and Pamela West

Prerequisite: MAS-200-M71-Therapeutic Massage Co-requisite: Structures & Function I

Required Texts: *Deep Tissue Massage, Footnotes, Feet First: Guide to Foot Reflexology, and Rolling.*

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

MAS-250-71 Shiatsu Therapy Level 1

Credits: 4

Tuition: \$950

Dates: Wednesdays, 1/17/07, 1/24/07, 1/31/07, 2/7/07, 2/14/07, 2/28/07, 3/7/07, 3/21/07, 3/28/07, 4/4/07, 4/11/07, 4/18/07, 4/25/07, 5/2/07, 5/9/07

Time: 5:30 – 9:30 pm

Instructor: Arlene Deibel

Recommended Text: *Shiatsu Theory and Practice, 2nd Edition*

Description: This course is designed to teach the ancient Oriental healing art of Shiatsu acupressure massage in a comprehensive certification program. Level I focuses on specific concepts of traditional and Zen Shiatsu and reinforces these concepts to establish a firm foundation for more advanced study. This course also focuses on developing students' personal skills.

MAS-243-71 Integrated Myofascial Structural Techniques

Credits: 2 **Tuition:** \$600

Dates: Saturday and Sunday 2/17/07 & 2/18/07, 3/17/07 & 3/18/07, 4/28/07 & 4/29/07

Time: 9:00am – 5:00 pm

Instructor: Pamela West

Prerequisites: Therapeutic Massage, Structures & Functions I, Structures & Functions II

Required Text: *Rolfing*

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-241-71 Business Management for Massage Professionals

Credits: 2 **Tuition:** \$400

Dates: Tuesday 2/6/07 to 4/17/07

Time: 5:30 – 9:30 pm

Instructor: Arlene Deibel

Required Text: *Business Mastery, Third Edition*

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 Yoga Teacher Training Certifications

(phase I, II, III)

Total Tuition: \$2,500



Registered Yoga School

Yoga Teacher Training – (YTT 200) – Phase I

Dates: 2/4, 2/10, 2/11, 3/4, 3/10, 3/24, 3/25, 4/15, 4/21, 4/22, 5/5, 5/6, 5/19, 5/20, 6/3, 6/9, 6/10,

Time: 9:00 am – 5:30 pm

Final Assessment: 6/23/07

Instructors: Barbara Moeller & Michelle Carlino

Location: Suite 422

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

Required Texts: *Yoga: The Spirit & Practice of Moving into Stillness, Yoga Basics, Living Your Yoga, Bhagavad-Gita Gita*, & “Kripalu Posture Sheets”

LIWS is a Registered Yoga School with Yoga Alliance - Our 200-hour curriculum includes Yoga Techniques & Teaching Methodology, Intro. 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.

Yoga Techniques & Teaching INTENSIVE – (Summer) – Phase I Summer Option

Dates: 7/5, 7/6, 7/7, 7/8, 7/11, 7/12, 7/13, 7/14, 7/15, 7/19, 7/20, 7/21, 7/22, 7/26, 7/27, 7/28, 7/29

Final Assessment: 9/16/07 **Time:** 9:00 am – 5:30 pm

Instructors: Barbara Moeller & Michelle Carlino

Location: Suite 422

YTT - The Science of Ayurveda – Phase II

Dates: 8/11, 8/25

Time: 9:00 am – 4:00 pm

Instructors: Corinne Corcoran & Barbara Moeller

Location: Suite 116

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

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

Yoga Anatomy and Physiology – Phase III

Dates: 6/20, 6/27, 7/11, 7/18, 7/25

Time: 5:30-9:30 pm

Instructor: Nita Spielberg

Required Text: *Structural Yoga Therapy*

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

Christian Yoga Teacher Training – Phase IV (Optional)

Date: 9/15/07

Time: Saturday 9:00 – 5:00 pm

Tuition: \$150

Instructor: Barbara Moeller

Required: *“Christian Yoga, The Body at Prayer”* & Christian Yoga Video

This course can be taken as an adjunct to Wholistic Yoga Teacher Training or an individual certification for certified Yoga Instructors. Students will learn how to use yoga as a sacred encounter with God-as an experience of the body at prayer.

**LOURDES INSTITUTE
OF WHOLISTIC STUDIES
STUDENT CLINIC \$30/HOUR**

Monday 10:00 am to 1:30 pm 1/22, 2/5, 2/26, 3/5, 3/26/07

Monday 5:30 pm to 9:00pm 4/16, 4/23, 4/30, 5/7, 5/14/07

Saturday 9:00 am to 12:30 pm 1/27, 2/10, 3/10, 3/17, 5/19/07

LIWS CONTINUING EDUCATION CLASSES

National Certification Exam Review

Tuition: \$125

Date: Saturday 1/13/07 and 8/11/07

Time: 9:00 am – 5:00 pm

Instructor: Dotty Atkins

Prerequisite: Completion of a formal 500-hour Therapeutic Massage/Bodywork Program

Description: Designed to provide test-taking strategies for those preparing for the National Certification Exam.

Professional Ethics for the Bodyworker

Tuition: \$75

Date: Saturday 1/20/07

Time: 10:00 am – 4:00 pm

Instructor: Corinne Corcoran

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

Self Care for the Body Worker

Tuition: \$100

Date: 1/27/07

Time: 9:00 - 4:00pm

Instructor: David Egan

Description: This course is geared toward the student or professional body worker. Since massage and bodywork is physically, spiritually, and mentally demanding, students will benefit from learning proper body mechanics, stretching and strengthening exercises. The instructor will describe how to self-massage techniques that will help them take better care of themselves and prevent repetitive stress injuries and burn out.

Creating an Environmental Friendly Space

Tuition: \$100

Date: 2/3/07

Time: 9:00 - 4:00pm

Instructor: Amanda Bennett

Description: This course is designed for students and practitioners of massage therapy and bodywork. It explores the various ways to use safe, environmentally sound practices to create a healthy massage/bodywork space for both practitioner and client. This class focuses on how our five senses can be positively affected with a knowledgeable selection of office equipment, furnishings, and accessories.

Reflexology III

Tuition: \$300 (24 hours)

Dates Sundays, 2/4/07, 2/11/07, 2/18/07

Time: 9:00 am – 5:00 pm

Instructor: Corinne Corcoran

Description: Students will be introduced to traditional chinese medicine and the meridian points on the hands and feet. Students will explore techniques for ear reflexology using reflexology for specific conditions.
ACARET Approved

Reiki III

Tuition \$ 150 (8 Hours)

Date: Sunday 2/25/07

Time: 9:00 - 5:00 pm

Instructor: Corrinne Corcoran

Prerequisite: Reiki I & II, Completion of 20 Reiki Treatments and 10 Full Absentee Reiki Treatments

Description: This master level Reiki training builds on the healing process taught in Reiki I & II. Reiki practitioners who would like to strengthen their energy healing abilities are encouraged to participate. This course prepares practitioners for teaching Reiki and giving attunement.

Mind Body Spirit

LIWS CONTINUING EDUCATION CLASSES *continued*

Foot/Hand Anatomy -Reflexology

Tuition: \$275 (32 Hours)

Dates: Weekend of 2/24/07 & 2/25/07, 3/17/07 & 3/18/07

Time: 9:00 am – 5:00 pm

Instructor: Amanda Bennett

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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.

Business For Reflexologist

Tuition: \$ 100 (8 Hours)

Dates: Friday 3/9/07, 3/16/07, and 3/23/07

Time: 5:00 - 7:30 pm

Instructor: Arlene Deibel

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

Infectious Diseases

Tuition: \$75 (4 Hours)

Date: Monday 3/19/07

Time: 6:00 - 10:00 pm

Instructor: Lori Boschetto

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

Hot Stone Level I

Tuition: \$75

Date: 5/9/07

Time: 5:30pm - 9:30pm

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 all about stones, how to perform a stone massage and how to integrate the stones into your everyday massage practice.

Hot Stone Level II

Tuition: \$75

Date: 5/16/07

Time: 5:30pm - 9:30pm

Instructor: Amanda Bennett

Prerequisite: Hot Stone Level I

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

Relaxation Response

Tuition: \$35

Date: Tuesday 5/15/07

Time: 5:00pm - 8:00pm

Instructor: Ruthann O'Mara, SSJ

Description: The relaxation response, originally developed by Herbert Benson, MD, is a simple, effective mind/body approach to relieve stress. This meditative technique is used to interrupt the stress cycle and initiate the relaxation response.

Myo III - Advanced Specialized Massage Techniques I

Tuition: \$225

Dates: Monday 5/21/07, 6/4/07, 6/18/07 **Time:** 5:30 - 9:30pm

Dates: Saturday 6/30/07 **Time:** 9:00am - 5:00pm

Dates: Sunday 7/1/07 **Time:** 9:00am - 5:00pm

Instructor: Pamela West

Description: This course continues the structural myofascial education in a study group format. Class will focus on fascial organization in body patterns, applications for hands-on work, and specific joints and their role in the fascial/structural web. Students are encouraged to research topics for discussion.



LIWS CONTINUING EDUCATION CLASSES *continued*

Introduction to Spiritual Direction Workshop

Tuition: \$35/Module

(I) Attentive Listening 5/23/07

Time: 9:00 - 5:00 pm

(III) Contemplative Living 5/30/07

Time: 9:00 - 5:00 pm

Instructor: Ruthann O'Mara, SSJ

CPR

Tuition: \$125

Date: 6/2/07

Time: 9:00 am - 5:00 pm

Instructor: Arlene Deibel

Description: Participants will learn about normal cardiovascular anatomy and physiology and cardiovascular dysfunction (diseases).

Wholistic Living Intensive

Tuition: \$300

Dates: 6/6/07, 6/7/07, 6/8/07, 6/9/07

Time: 9:00 - 5:00 pm

Instructor: Barbara Moeller & Guest Lecturer's

Description: This 4 day intensive experiential course is designed as a celebration of life and being fully alive in body, mind, and spirit. It is a journey of actualization that honors wholeness and holiness in relationship with ourself, others, God, and all creation. This certification training/spiritual formation program presents a comprehensive exploration of the Lourdes' paradigm of Wholistic health, with God at the center of all human activity. Experiential study areas of Lourdes Wellness Center's model include: body awareness, healthy diet, physical exercise, stress release, mental well being, prayer & meditation, healthy relationships, and creativity.

Chair Massage Certificate

Tuition: \$325

Dates: Tuesday and Thursday 6/13/07, 6/20/07, and 6/27/07

Time: 6:00 - 9:00 pm

Instructor: David Egan

Description: This course offers massage therapist instruction in a massage service direction of emerging importance. Students learn how to deliver effective on site seated massage therapy in private practice and health promotion environments.

Business Management for Wholistic Practitioners

Tuition: \$400

Date: 6/12/07, 6/19/07, 6/26/07, 7/10/07, 7/17/07, 7/24/07, 7/31/07, 8/7/07, 8/14/07, 8/21/07, 8/28/07

Time: 5:30 - 9:30 pm

Instructor: Arlene Deibel

Pregnancy and Infant Massage

Tuition \$185

Dates: 6/23/07 and 6/24/07 16 Hours

Time: 9:00 - 5:00 pm

Instructor: Susan Drummond, Dotty Atkins

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

Required: Baby Doll, Massage Oil, Sheets, Pillow

Prerequisite: Therapeutic Massage

Pregnancy Description: (6/23/2007) This course instructs the skills and techniques necessary to massage normally healthy pregnant clients during all three trimesters.

Infant Description: (6/24/07) This course will enable students to understand the purpose and benefits of infant massage.

Advanced Specialized Massage Techniques II

Tuition: \$225

Dates: 7/21/07, 7/22/07, 8/11/07

Time: 10:00 - 4:00 pm

Instructor: Amanda Bennett

Description: This advance class will focus on developing the eye and hand sensitivities to better locate areas of the body that are tight. Visual techniques used will entail:

1. Separating the body into sections and watching each section in motion or stillness.
2. Watching the body as a whole in movement and stillness to see not only the areas that seem bound but also the effect that one area is having on the whole body.

Instructor will discuss Palpatory techniques to teach students about hand sensitivity (blindfolds, textures other than skin, locating specific tendons or ligaments without looking). Technique used from Roling, Pfrimmer, and various Deep Tissue modalities will also be discussed.

Reflexology I

Tuition: \$200 (16Hours)

Dates: Saturdays 7/28/07 and 8/4/07

Time: 9:00 am - 5:00 pm

Instructor: Corinne Corcoran

Required Text: *Foot Notes, Feet First: A Guide to Foot Reflexology*

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.

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LIWS CONTINUING EDUCATION CLASSES *continued*

Isolated Stretching Techniques

Tuition: \$75

Dates: Saturday 8/4/07 and 8/18/07

Time: 10:00 - 4:00 pm

Instructor: David Egan

Description: Isolated Strengthening 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.

Sports Massage Level I

Tuition: \$125

Dates: 8/7/07 and 8/9/07

Time: 6:00pm -9:00pm

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 on how to give a basic, yet complete pre and post event sports massage.

Medical Massage

Tuition: \$125

Dates: 8/21/07 and 8/23/07

Time: 6:00 - 10:00 pm

Instructor: Amanda Bennett

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

Sports Massage Level II

Tuition: \$125

Date: 8/25/07

Time: 9:00 - 5:00 pm

Instructor: Karen Murphy

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