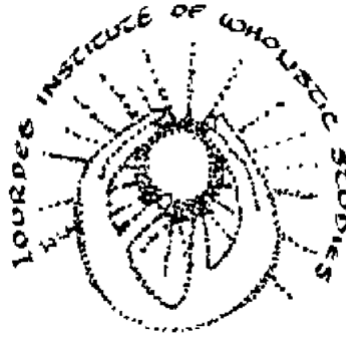


LOURDES INSTITUTE OF WHOLISTIC STUDIES

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



2011 SPRING SEMESTER



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

LIWS/CAMDEN COUNTY COLLEGE COURSES

MAS-200-71 Therapeutic Massage

Credits: 6

Tuition: \$1460

Mandatory: New Student Orientation

Date: Wednesday 1/19

Time: 5:00 pm-7:00 pm

Instructor: Administration

Ethics Class

Date: Saturday 1/29

Time: 9:00 am-3:00 pm

Instructor: Corrine Corcoran

Therapeutic Massage Classes

Dates: Wednesdays 1/26 - 5/11 (No class: 3/9, 3/16)

Time: 5:30 pm-9:30 pm

Dates: Saturdays 2/19, 3/12, 4/2, 4/23, 5/7

Time: 9:00 am-5:00 pm

Instructors: Karen Murphy, Guest Instructors

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

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

Dates: Saturdays 2/12, 4/16

Time: 9:00 am-4:00 pm

Instructor: David Egan

Description: Self care for the body worker and mechanics for new massage therapists.

MAS-209-71 Structure & Functions I

Credits: 4

Tuition: \$475

Dates: Tuesdays/Thursdays 1/20 - 3/22 (No class: 1/25, 2/1, 3/15, 3/17)

Time: 5:30 pm-9:30 pm

Instructors: Sue DiGregorio

Prerequisite for MAS:AAS Students Only: BIO-117

Required Text: *Essentials of Anatomy and Physiology*

Description: This course is designed to increase the student's knowledge base in applied human anatomy, physiology and kinesiology.

MAS-211-71 Structures & Functions II

Credits: 2

Tuition: \$315

Dates: Tuesdays/Thursdays 3/24 - 4/21 (No Class: 4/19)

Time: 5:30 pm-9:30 pm

Instructor: Sue DiGregorio

Prerequisite: MAS-209

Required Text: *Trail Guides to the Body*

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 (Intro to Aromatherapy)

Credits: 1

Tuition: \$420

Dates: Saturday 1/22

Sunday 1/23

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 (Foundations of Aromatherapy)

Credits: 2

Tuition: \$500

Date: Saturdays 2/19, 3/12
Sundays 2/20, 3/13

Time: 9:00 am-5:00 pm

Instructor: Elaine Shaughnessy

Prerequisite: MAS-215

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

Required Text: *Aromatherapy for Bodyworkers*

Description: Course follows Level I Aromatherapy education guidelines (set by the National Association of Holistic Aromatherapy) for practicing aromatherapy on friends and family. Topics include basic chemistry of essential oils, aromatic blending, essential oil pathways into the body and integration of therapeutic sensory applications with bodywork. Safe and responsible use of essential oils is emphasized.

MAS-240 Specialized Massage Techniques

Credits: 3

Tuition: \$840

Reflexology I: Sunday 1/30

Time: 9:00 am-5:00 pm

Instructor: Corrine Corcoran

Myofascial I: Sundays 2/13, 2/20

Time: 9:00 am-5:00 pm

Instructor: Pamela West

Deep Tissue: Tuesdays 4/19, 4/26, 5/3, 5/10
Thursday 5/12

Time: 5:30 pm– 9:30 pm

Instructor: Xavier Harvey

Prerequisite: MAS-200

Co-requisite: MAS-209, MAS-211

Required: Linens, 2 pillow, cream and/or lotion

Required Texts: *Footnotes*; *Rolfing*

Description: This course introduces massage students to three distinct and significant techniques: Myofascial Structural Bodywork, Foot Reflexology and Deep Tissue Massage. **(Reflex I):** Intro to the ancient system of applying pressure and massage techniques on reflex points on the feet to alleviate energy blocks that cause pain or tension. **(Myo I):** Introduction of structural myofascial bodywork. **(Deep Tissue):** To integrate anatomy and physiology, neuromuscular therapy, muscle energy techniques, Swedish massage, stretching and assessment in an easy to learn format.



MAS-241-71 Business Management for Massage Professionals

Credits: 2

Tuition: \$420

Dates: Tuesdays 2/1 - 4/12 (No class: 3/15)

Time: 5:30 pm-8:30 pm

Instructor: David Egan, Amanda Simone 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-243-71 Integrated Myofascial Structural Techniques - (Myo II)

Credits: 2

Tuition: \$630

Dates: Saturdays 1/22, 2/26, 4/9
Sundays 1/23, 2/27, 4/10

Time: 9:00 am-5:00 pm

Instructor: Pamela West

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

Required Text: *Anatomy Trains*; *Rolfing*

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-255-71 Integration & Application

Credits: 3

Tuition: \$1,080

Dates: Sundays 1/30, 2/6, 3/6, 4/3 (Additional 8 In-Patient hours)

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*

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 3/26, 4/9, 4/30
Sundays 3/27, 4/10, 5/1

Time: 9:00 am-5:00 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 1/20 - 5/5 (No class: 3/17)

Time: 5:30 pm-9:30 pm

Instructor: Xavier Harvey

Prerequisites: MAS-200, 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.

MANDATORY CLINIC ORIENTATION

Monday, January 24

5:00 pm - 7:00 pm

ROTATION 1

Mondays

2/7, 2/21, 3/21, 4/11, 5/9

5:00 pm - 9:30 pm

ROTATION 2

Fridays

2/4, 2/18, 3/11, 4/1, 4/22

9:30 am - 2:00 pm

ROTATION 3

Saturdays

2/12, 3/5, 3/26, 4/16, 4/30

8:00 am - 12:30 pm

ROTATION 4

Saturdays

2/12, 3/5, 3/26, 4/16, 4/30

12:30 pm - 5:00 pm

ROTATION 5

Mondays

1/31, 4/4, 4/25

5:00 pm - 9:30 pm

Fridays

4/8, 5/6

9:30 am - 2:00 pm

Dates Subject To Change After 1/24/11

CONTINUING EDUCATION CLASSES

Registration Procedure for CEU Classes

New Students:

- Fill out an “Application for Admission” form minus the essay and application fee (found on our website).

All Students (New and LIWS Students):

- **Register Early!**
- Fill out a CEU-Registration form (found on our website).
- If the enrollment is low, a class may get canceled one week prior to the first day of class.
- **Registration Confirmation or Cancellation:**
One week prior to the first day of class, you will receive one of the emails.
- Once you receive a Registration Confirmation email, payment is due **in full** immediately after.
- Payment Forms: Check, Money Order, Visa or MasterCard.
- Checks can be made payable to: *Loudes Institute of Wholistic Studies or (LIWS)*.

If you have any questions or need additional information, please contact Angel Austin at (856) 869-3134 or by email at austina@lourdesnet.org.

Professional Ethics for the Body Worker

Tuition: \$75

Date: Saturday 1/29

Time: 9:00 am-3:00 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.

National Certification Review

Tuition: \$75

Date: Sunday 3/6

Time: 9:00 am-5:00 pm

Hours: 8

Instructor: Dorothea 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.

Infectious Disease

Tuition: \$75

Date: Thursday 4/14

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:

CEU class payment is due in full one week prior to the class start.

REFLEXOLOGY CLASSES

Pathology (Reflex)

Tuition: \$425

Date: Mondays 1/24, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18, 5/2

Time: 5:30 pm-9:15 pm

Hours: 30

Instructors: Xavier Harvey

Required Text: TBA

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: Sundays 2/27, 3/20

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

Business for Reflexologist

Tuition: \$105

Date: Saturdays 3/5, 4/2

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.

New Trends

Tuition: \$105

Date: Sunday 3/13

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.

Auricular (Ear) Therapy

Tuition: \$105

Date: Sunday 3/27

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: Saturday 5/14

Time: 9:00 am-5:00 pm

Date: Saturdays 5/21, 6/4

Time: 9:00 am-1:00 pm

Hours: 20

Instructor: Corrine Corcoran

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 200 HOUR PROGRAM (\$2630)

YTT—Techniques and Teaching Methodology

Tuition: \$1445

Dates in 2010: 9/25, 10/2, 10/9, 10/10, 11/20, 12/5, 12/12

Dates in 2011: 1/8, 1/15, 1/16, 1/29, 2/5, 2/20, 3/13, 3/26, 4/9, 4/16, 5/14, 5/15

Final Assessment: Saturday 5/21/11

Time 9:00 am-4:45 pm

Hours: 165

Instructors: Barbara Moeller, Michelle Carlino, Lisa O'Brien, Nita Spielberg

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; Yoga Binder (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's and all-level teacher. Students learn to execute a series of classical yoga postures; study their benefits & contraindications. Emphasis is also placed on vinyasa flows as well as therapeutic components. Techniques, including pranayama, kriyas, yoga nidra, meditation/Wholistic prayer and visualization/affirmation are explored.

YTT—Anatomy and Physiology

Tuition: \$395

Dates: Tuesdays 1/4/11 - 2/1/11

Time: 5:30 pm-9:30 pm

Hours: 20

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

Tuition: \$790

Dates: Saturday 6/11/11

Sunday 6/12/11

Time: 9:00 am-5:00 pm

Hours: 15

Instructor: TBA

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; 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.



