

# Schedule of Courses

*Fall 2007*

Course	Instructor	No. Hrs.	Day of Week	Dates	Time	Date to Register	Pre-Req	Type of Program	Course Fee
Active Isolated Stretching	AJ Maldonado	24	F/S/S	Nov 16,17,18	9a-6p	Oct 26	Y	CBW	\$581
Anatomy/Kinesiology, Opt 1	Ben Messana	36	Fri	Sep 21,28,Oct 5,12,19,26, Nov 2,9,16,30,Dec 7,14	10a-1p	Aug 31	N	CMT	\$784
Anatomy/Kinesiology, Opt 2	Larry Munn	36	Tue	Oct 2,9,16,23,30, Nov 6,13,20,27,Dec 4,11,18	7-10p	Sep 11	N	CMT	\$784
Advanced Palpatory Anatomy	Larry Munn	36	S/S	Oct 13,14,27,28,Nov 10,11	10a-5p	Sep 21	Y	ABW	\$784
Brain Function Facilitation	Jocelyn Olivier	15	Thur	Nov 29,Dec 6,13,20 Jan 3	7-10p	Nov 8	Y	CBW	\$327
Building Your Practice	Corinna Kavanagh	15	Tue	Oct 23,Nov 6,20, Dec 4,11	10a-1p	Oct 2	N	ABW	\$327
Carpal Tunnel & Wrist Problems	Larry Munn	6	Wed	Nov 28, Dec 5	7-10p	Nov 8	Y	Wrkshp	\$145
Chi Gung	Steve Seto	18	Mon	Oct 22,29,Nov 5,12,26, Dec 17	10a-1p	Oct 1	N	CBW	\$392
Clinic Orientations	Clinic Sprvsr	1	Fri	Nov 16	7-9p	n/a	N	All	FREE
Clinic Orientations	Clinic Sprvsr	1	Thur	Nov 8	10a-12p	n/a	N	All	FREE
Clinic Orientations	Clinic Sprvsr	1	Mon	Dec 10	7-9p	n/a	N	All	FREE
Clinic Orientations	Clinic Sprvsr	1	Fri	Jan 4	7-9p	n/a	N	All	FREE
CBW Level I, Opt 1	Ginger Inglis	27	Mon	Sep 24,Oct 1,8,15,22,29,Nov 5,12,19	10a-1p	Sep 4	N	CMT	\$589
CBW Level I, Opt 2	Dana Rose Arevalo	27	Mon	Oct 8,15,22,29,Nov 5,12,19,26, Dec 3	7-10p	Sep 17	N	CMT	\$589
CBW Level II, Opt 1	Ginger Inglis	24	Tue	Sep 18,25,Oct 2,9,16,23,30,Nov 6	10a-1p	Aug 28	Y	ABW	\$523
CBW Level II, Opt 2	Dana Rose Arevalo, Gretchen Grace	24	Tue	Sep 25,Oct 2,9,16,23,30,Nov 6,13	7-10p	Sep 4	Y	ABW	\$523
CBW Level III	Jocelyn Olivier	27	Thur	Sep 20,27,Oct 4,11,18,25,Nov 1,8,15	7-10p	Aug 30	Y	CBW	\$589
CMT Intensives		140	3 wks	July 9 - 29	9a-9p	Jun 9	N	CMT	Call
An Aug Intensive will be added if there is sufficient demand.				Aug 6 - 26	9a-9p	Jul 6	N	CMT	
CMT-SE Intensives		197	5 wks	June 3 - July 9	8a-4p	Jun 9	N	CMT-SE	Call
Consciousness Studies	Suresha Hill	18	M/T/W	Sep 10,11,12	9:30a-4:30p	Aug 20	N	CBW	\$392
Counseling for BodyWorkers, Opt 1	Michelle Leuschen	6	Sun	Nov 18	10a-5p	Oct 28	Y	CMT	\$145
Counseling for BodyWorkers, Opt 2	Michelle Leuschen	6	Sat	Dec 15	10a-5p	Nov 24	Y	CMT	\$145
Cranio Sacral Therapy	Maureen O'Neill	24	F/S/S	Sep 7,8,9	9a-6p	Aug 7	Y	CBW	\$581
Deep Tissue I	Michael McFarland	37	S/S Fri Sat	Sep 29,30,Oct 20,21 Oct 12,Nov 2 Nov 17	10a-5:30p 7 - 9:15p 10a-5:30p	Sep 8	Y	ABW	\$805
Deep Tissue II: Assessment Strategies & Structural Integration	Michael McFarland	24	S/S	Dec 1,2,15,16	10a-5p	Nov 16	Y	ABW	\$581
Emotional Energetic Tune-Ups	Jocelyn Olivier	9	Thur	Jan 17,24,31	7-10p	Dec 20	N	CBW	\$218
Establishing A Business, Opt 1	Corinna Kavanagh	5	Sun	Oct 28	10a-4p	Oct 5	N	CMT	\$121
Establishing A Business, Opt 2	Corinna Kavanagh	5	Sun	Dec 16	10a-4p	Nov 23	N	CMT	\$121
Ethics & Communication	Corinna Kavanagh	12	Tue	Jan 8,15,22,29	7-10p	Dec 18	Y	CBW	\$290
Face & Head	Patricia Wiltse	3	Mon	Oct 29	7-10p	Oct 8	N	Wrkshp	\$73
Focus On Radiant Health	Michael Bohdan	12	Wed	Oct 3,10,17,24	7-10p	Sep 12	Y	Wrkshp	\$290
Focus On Radiant Health FREE INTRO	Michael Bohdan	2	Wed	Sep 5	7-9p	n/a	N	Info	FREE

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Functional Anatomy	Brad Yantzer	18	Fri	Nov 2,9,16,30, Dec 7,14	10a-1p	Oct 12	Y	CBW	\$392
Healus Center FREE LECTURE SERIES	Guest Speakers	3	4th Fri of the Month	Sep 28, Oct 26, Nov 30	6-9p	n/a	N	Info	FREE
Hilot Therapy	Jeff Cohen	18	F/S/S	Oct 19,20,21	10a-5p	Sep 28	Y	Wrkshp	\$392
Integrative Lymph & Visceral Massage, Opt 1	Patricia Wiltse	26	F/S Sun	Sep 21,22 Sep 23	9a-6:45p 9a-6:30p	Aug 31	Y	ABW	\$567
Massage Ergonomics, Opt 1	Corinna Kavanagh	6	Wed	Oct 3,10	7-10p	Sep 12	Y	CMT	\$145
Massage Ergonomics, Opt 2	Dana Rose Arevalo	6	Sun	Oct 21	10a-5p	Sep 28	Y	CMT	\$145
Myofascial Release Techniques	Dana Rose Arevalo	12	S/S	Oct 13,14	10a-5p	Sep 21	Y	CBW	\$290
Advanced Myofascial Techniques: Arm, Wrist & Shoulder	Til Luchau or Larry Koliha	12	S/S	Aug 11,12	9:30a-5p 9:30a-4p	Jul 13	Y	Cert	\$385
Advanced Myofascial Techniques: Pelvic Girdle & Sacrum	Til Luchau or Larry Koliha	12	S/S	Nov 3,4	9:30a-5p 9:30a-4p	Oct 5	Y	Cert	\$385
National Exam Study Group	Josephine Bellisi	12	Tue	Oct 30, Nov 6,13,20	10a-1p	Oct 9	Y	CBW	\$290
NMR Basic Muscle Testing	Dana Rose Arevalo	6	Wed	Jun 20	10a-5p	May 30	Y	Wrkshp	\$145
NMR Basic Muscle Testing	Dana Rose Arevalo	6	Fri	Jan 18	10a-5p	Dec 20	Y	Wrkshp	\$145
NeuroMuscular Reprogramming (NMR)	Jocelyn Olivier, Dana Rose Arevalo Boris Vilner, Larry Munn	72	Th-Su	Jun 21,22,23,24, Jul 26,27,28,29, Aug 23,24,25,26	10a-5p	May 31	Y	Cert	\$1,916
NeuroMuscular Reprogramming (NMR)	Jocelyn Olivier, Dana Rose Arevalo, Boris Vilner	72	S/S, Sun Wed	Jan 19,20, Feb 3,17, Mar 2,16,30 & Jan 23,30, Feb 6,13,20,27, Mar 5,12,19,26	10a-5p 7-10p	Dec 19	Y	Cert	\$1,916
NMR FREE INTRO	Jocelyn Olivier	2	Wed	Dec 12	7-9p	n/a	N	Intro	FREE
NMR, Advanced	Jocelyn Olivier, Dana Rose Arevalo	30	Sat	Jan 5,12,19,26, Feb 2	10a-5p	Dec 14	Y	Cert	\$594
NMR: Scoliosis	Jocelyn Olivier	12	S/S	July 7,8	10a-5p	Jun 15	N	Wrkshp	\$290
NeuroPhysiology of Touch	Suresha Hill	12	Thur	Oct 11,18,25, Nov 1	10a-1p	Sep 19	Y	CBW	\$290
OnSite Massage	Seigun Yanagida	12	S/S	Aug 4,5	10a-5p	Jul 13	N	CBW	\$290
OPEN HOUSE	Jocelyn Olivier	2	Thur	July 26	7-9p	n/a	N	Infrml	FREE
OPEN HOUSE	Jocelyn Olivier	2	Thur	Sep 6	7-9p	n/a	N	Infrml	FREE
OPEN HOUSE	Jocelyn Olivier	2	Thur	Jan 10	7-9p	n/a	N	Infrml	FREE
Orientation, Opt 1	Staff	2	Wed	Sep 19	10a-Noon	n/a	N	CMT	FREE
Orientation, Opt 2	Staff	2	Wed	Sep 26	7-9p	n/a	N	CMT	FREE
Pathology & Contraindications	Caren Cole	18	Mon	Sep 17,24, Oct 1,8,15, Nov 5,12,19,26	7-9p	Aug 27	Y	CBW	\$392
Polarity I, Opt 1	J. Rothenberg	24	Wed	Sep 26, Oct 3,10,17,24,31, Nov 7,14	10a-1p	Sep 5	N	CMT	\$475
Polarity I, Opt 2	Bridget Ahern	24	Wed	Oct 17,24,31, Nov 7,14,28, Dec 5,12	7-10p	Sep 26	N	CMT	\$475
Pregnancy Massage, An Introduction	L.Langevin-King	6	Sat	Sep 1	10a-5p	Aug 10	N	Wrkshp	\$145
Pregnancy Massage Certification	Mahriah Blackwolf	33	F/S/S	Oct 5,6,7, Oct 26, Oct 27,28	10a-5p 2-5p 11a-5p	Sep 14	N	Cert	\$690
Reflexology, Opt 1	Gretchen Grace	15	F/S/S	Nov 9 Nov 10,11	7-10p 10a-5p	Oct 19	N	CMT	\$327

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Reflexology, Opt 2	Trish Cooke-Padilla	15	Thur	Nov 8,15,29, Dec 6,13	7-10p	Oct 18	N	CMT	\$327
Shiatsu	Ryan Brandenburg	12	S/S	Feb, 2008	10a-5p	n/a	N	Wrkshp	\$290
SPI - Educating Clients	mix	3	Fri	Oct 19	7-10p	Sep 28	N	CBW	\$73
SPI - Integration	mix	3	Fri	Nov 9	7-10p	Oct 19	N	CBW	\$73
SPI - Quality of Touch	mix	3	Fri	Dec 7	7-10p	Nov 16	N	CBW	\$73
Sports Injury	Bob Gaszo	18	S/S/M	Dec 8,9,10	10a-5p	Nov 16	Y	CBW	\$392
Trigger Point Release	Michael Westgate	12	S/S	Jan 12,13	10a- 5p	Dec 14	Y	CBW	\$290
Unwinding	Dana Rose Arevalo	6	Sat	Nov 3	10a- 5p	Oct 12	N	CBW	\$145
What Is Healing?	Peter Winchell	9	Wed	Sep 12,19,26	7-10p	Aug 12	Y	CBW	\$145

## What Is Healing?

*Peter Winchell*

*A series of dialogues for Health Professionals.*

- ▶ What is the role of community in healing?
- ▶ How do we address the whole person?

These and other cutting edge topics will be explored in this series as we delve deeper into understanding the nature of healing: What are the components of healing? What contributes to healing? What interferes with healing? What potentiates healing? Benefit from hearing new perspectives. The understanding constructed by the group will be deeper, broader, and greater than you could achieve alone.

**9 hours ONLY \$145 first night FREE Wed Sep 12, 19, 26 7 - 10 pm**

## Focus On Radiant Health

*Michael Bohdan*

*A workshop with Michael Bohdan OMD LAc*

*Do you know what it feels like to be radiantly healthy, fully Alive & Well?*

Health is a powerful reflection of all dimensions of your life. In this series we will explore Radiant Health through the dimensions of self responsibility / self love, breathing, sensing and moving. Each week we will build on the next giving you the opportunity to experience how fully alive you can be!

This technique involves engaging all of one's sense-abilities so that listening expands beyond hearing to feeling, tasting, smelling and seeing. It involves communicating your experience and being received without judgement or evaluation. Health professionals will find this a powerful tool to use in their practice with clients to clear detrimental subconscious images and beliefs.

**12 hours \$290 Wed Oct 3, 10, 17, 24 7 - 10 pm**

*A FREE Introductory Evening with Michael Bohdan*

This evening event will provide you with an opportunity to open deeply to a state of well being. Through the use of the dyad technique, a practice in the art of listening, we will open into the energetic frequency of harmonizing the being, mind and body.

**FREE Intro Wed Sept 5 7 - 9 pm**

# FREE Events & Ongoing Classes

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*You are invited to*

**Conscious BodyWork Certifications in Massage Therapy**      **Thursdays Jul 26, Sept 6, Jan 10**  
with Jocelyn Olivier & Staff      **7 - 9 pm      FREE**

Open House with Jocelyn Olivier, founder and director of Alive & Well! and Healus Center and creator of Conscious BodyWork® and NeuroMuscular Reprogramming®. Jocelyn discusses the programs at Alive & Well!, the rapidly growing field of massage and bodywork, and what is unique about our Conscious BodyWork approach. A demonstration of techniques ends the evening.

**Dialogue on What Is Health?**      with Peter Winchell      **Wednesday Sept 12, 7-9pm      FREE**

**Focus On Radiant Health**      with Michael Bohdan      **Wednesday Sept 5, 7-9pm      FREE**

**NeuroMuscular Reprogramming®** with Jocelyn Olivier      **Wednesday Dec 12, 7-9pm      FREE**

***Come prepared to take advantage of our Intro Evening enrollment offers!***

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*Feel Great in Your Body*  
*with Ongoing Classes at Healus Center!*

## Active Isolated Stretching (AIS)

*with AJ Maldonado*

Make daily activities easier with increased range of motion and comfort. This system gives you a great at home, self-assisted stretching routine. This is a series of six progressive sessions. **\$90 for the series**

## Massagercise

*with Ralph Pinkerton*

Experience improved health and higher energy while feeling more relaxed. Improve flexibility, coordination, vitality and ease of movement; regardless of your age or physical ability. **\$15ea**

## Smart Yoga

*with Megan Scott PhD*

Use the universal principles of alignment to open the body and connect to your own highest potential and consciousness. **\$15ea**

## Wowzacise: Ecstatic Aerobics *New!*

*with Elisa Lodge*

Become a radiant expression of life force! Regardless of age or physical condition, come and breathe, sound and move with a dazzling kaleidoscope of feeling rhythms that oxygenate and rejuvenate all the cells in your body with exhilarating aliveness. *Experience the physiology of natural ecstasy.* **\$35ea**

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***Call for dates and times of classes 415.945.9945 ext 225***