

# OREGON SCHOOL OF MASSAGE

## Spring 2021 Class Schedule

Version 3 3/12/2021	Monday 4/5-6/7	Tuesday 4/6-6/8	Wednesday 4/7-6/9	Thursday 4/8-6/10	Friday 4/9-6/11	Sat/Sun 4/10-6/12		
<b>Morning 9am-12pm</b>		<b>Statutes▲</b> Conary - Online (4/13 & 4/20) 9a-12p  <b>APS Seminar ▲</b> Conary - Online 9a-12p	<b>Massage - Lower</b> Dixon Barry - Salem 9a-12p	<b>Massage Theory</b> Dixon - Online 9:30a-12:30p 4/8-5/6 or 5/13-6/10  <b>Communication/Ethics</b> Bettincourt 9a-12p	<div style="border: 2px solid black; padding: 10px; background-color: #333; color: white;"> <p><b>REGISTRATION</b></p> <p><b>OPEN REGISTRATION:</b> begins February 23rd, 2021</p> <p><b>LAST DAY TO REGISTER:</b> March 19th, 2021</p> <p><b>Tuition is due at time of registration.</b></p> </div>			
<b>Afternoon 1:30-4:30pm</b>	<b>Kines-Lower Lecture</b> Lee - Online 1:30-2:30pm  <b>Business Intro</b> Lee - Online (4/5-5/4) 3:30-6:30pm	<b>Clinic ▲</b> Berg - Portland (1-5:30p)  <b>Pathology I</b> Dixon - Online 1-4pm	<b>Kines - Upper Body</b> Holden -Portland 1-4pm  <b>Massage Fundamentals◆</b> Lloyd - Portland 1-4p  <b>Massage - Upper</b> Dixon Barry - Salem 1-4p  <b>Kines - Lower Lab A</b> Lee - Salem 1:30-3:30p  <b>Kines - Lower Lab B</b> Lee - Salem 4-6p	<b>Clinic ▲</b> Akin - Salem (1-5:30p)  <b>Anat &amp; Phys III</b> Holden - Portland 1-4p			<b>Communication/Ethics</b> Holden 1-4pm	<b>Hydrotherapy Lab A - Salem</b> Marybetts Sinclair 5/22&5/23, 9a-5p  <b>Hydrotherapy Lab B - Portland</b> Marybetts Sinclair 6/12&6/13, 9a-5p
<b>Evening 6-9pm</b>	<b>Dao Yin Stretch</b> Ward 6-6:45pm	<b>Pathology II</b> Lev - Online 6-9p  <b>Massage Fundamentals◆</b> Williams-Salem 4:30-7:30p	<b>Massage Fundamentals◆</b> Lloyd - Portland 1-4p	<b>Massage - A&amp;A</b> Holden - Portland 6-9p  <b>Anat &amp; Phys II</b> Mozingo Goodwin - Online 6-9p  <b>Anat &amp; Phys I</b> Dixon Barry - Online 6-9p			<b>Palpation Skills</b> Holden - Portland 5-8pm 4/9-5/7 or 5/14-6/11  <b>Hydrotherapy Lecture</b> Marybetts Sinclair (5/21) - 5-8pm	

▲ Attendance is required at ALL sessions of this class. **Clinic:** We recommend students arrive 15 mins early to set up tables.

◆ **Massage Fundamentals requires TWO Saturday classes 5/1 & 5/29 and a weekend TBD.**

Online	Classes	Location	Hrs	Instructor	Dates	Times	Cost	Prerequisites
	ABC's of Chinese Medicine - Part B	Online	30	Ward	Apr 9-Jun 11	F 500p - 800p	\$640	ABC's of Chinese Medicine - Part A
	Advanced Practice Skills Seminar	Online	6	Conary	Apr 6-Jun 8	T 900a-1200p	\$125	Clinic or SF Clinic, Final Quarter Declaration
	Advanced Foam Rolling	Online	15	Dixon	Apr 6-Jun 8	TU 830A - 10A	\$325	Myofascial Foam Rolling
	Anatomy & Physiology I	Online	30	Dixon Barry	Apr 8-Jun 10	TH 600p-900p	\$575	None
	Anatomy & Physiology II	Online	30	Mozingo	Apr 8-Jun 10	TH 600p- 900p	\$575	AP I
	Anatomy & Physiology III	Online	30	Holden	Apr 8-Jun 10	Thu 1:30 - 4:30pm	\$575	AP I
	Aromatherapy Foundations - Part II	Online	7.5	Sidlo	May 16	SU 9am-5:30pm	\$270	Aromatherapy Part I
	Aromatherapy Foundations - Part III	Online	7.5	Sidlo	May 23	SA. 9am - 5:30pm	\$270	Aromatherapy Part I and II
	Building Your Ethical Body	Online	4	Dixon	Apr 30	Fri 900A - 100P	\$90	Comm/Ethics or LMT
	Business of Massage - Introduction	Online	15	Lee	Apr 5-May 4	M 330p-630p	\$305	Mass Up & Low (Shiatsu SF Clinic, Clinic, Massage A&A may be Concurrent)
	Dao Yin Stretch	Online	7	Ward	Apr 5-Jun 7	Mon 6-6:45pm	\$140	None
	Five Elements Qigong:	Online	3	Dixon	May 21	Fri 1-4pm	\$75	None
	Hydrotherapy - Lecture (online)	Online	3	Sinclair	May 21	FR 500pm - 800pm	\$305	MUST TAKE CONCURRENT WITH HYDROTHERAPY LAB A or
	Kinesiology - Lower Body Lecture	Online	10	Lee	Apr 5-Jun 7	M 130p-230p	\$575	AP I, Massage - Fundamentals
	Massage for People Living with Cancer -	Online	6	MacDonald	Apr 10-May 8	100p - 400p See Note for	\$0	Massage - Fundamentals / Must take concurrently with Massage
	Massage for People Living with Cancer -	Online	24	MacDonald	Apr 10-May 8	10am - 100p (See dates in	\$550	LMT, or A&P 3, Pathology 2, Massage Upper/Lower, A&A, Clinic
	Massage Theory	Online	14	Dixon	Apr 8-May 6	TH 930a-1230p	\$285	Fundamentals (may be concurrent)
	Massage Theory	Online	14	Dixon	May 13-Jun 10	TH 930a-1230p	\$285	Fundamentals (may be concurrent)
	Myofascial Foam Rolling	Online	7.5	Dixon	Apr 6-May 4	TU 10-1130am, weeks 1-5	\$215	NONE
	Pain and Inflammation	Online	3	Dixon	Apr 16-Apr 16	FR. 900a - 12p	\$85	None
	Pain and Trauma	Online	3	Dixon	May 14	FR. 900a - 12p	\$85	None
	The Cardiovascular System - Massage	Online	3	Pullella	Apr 18	SU. 9am-12pm	\$130	AP III & Path 2 or LMT
	Pathology I	Online	30	Dixon	Apr 6-Jun 8	T 100p-400p	\$575	AP I (recommended: A&P II)
	Pathology II	Online	30	Lev, LAC	Apr 6-Jun 8	T 600p-900p	\$575	A&P1 , Path I (recommended: AP II, AP III)
	Preventing Eye Strain and Upper Body	Online	2	Sinclair	Apr 23	Fri 10a - 1200p	\$50	None
	Qigong Sampler	Online	7.5	Dixon	May 11-Jun 8	TU 10A - 1130A	\$190	None
	Rehabilitation After Injury	Online	3	Sinclair	May 28	FR. 900AM - 12PM	\$75	LMT or Student with Massage Upper/Lower, Kinesiology
	Statutes	Online	6	Conary	Apr 13-Apr 20	T 900a-1200p	\$120	Communications/Ethics, Clinic (may be concurrent)



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Tai Chi for Better Balance	Online	3	Dixon	Jun 4-Jun 4	FR. 100P - 400P	\$75	None
Tai Chi for Better Balance	Online	3	Dixon	Apr 23	FR. 100P - 400P	\$75	None

<u>Portland</u>	<u>Classes</u>	<u>Location</u>	<u>Hrs</u>	<u>Instructor</u>	<u>Dates</u>	<u>Times</u>	<u>Cost</u>	<u>Prerequisites</u>
Clinic		Portland	45	Berg	Apr 6-Jun 8	T 100p- 530p	\$840	Mass Assess/App (concurrent)
Communication/Ethics		Portland	30	Bettencourt	Apr 8-Jun 10	TH 900a-1200p	\$575	Massage - Fundamentals (may be concurrent)
Communication/Ethics		Portland	30	Holden	Apr 9-Jun 11	F 100p-400p	\$575	Massage - Fundamentals (may be concurrent)
Hydrotherapy - LAB B		Portland	12	Sinclair	Jun 12-Jun 13	SA 6/12 900AM - 400PM and	\$00	MUST TAKE CONCURRENT WITH HYDROTHERAPY LAB A or
Kinesiology - Upper Body		Portland	30	Holden	Apr 7-Jun 9	W 100p-400p	\$575	AP I, Massage - Fundamentals
Massage - Assessment & Application		Portland	30	Holden	Apr 8-Jun 10	TH 600p-900p	\$575	Mass/Kines- Up & Low, Hydro, Path I
Massage - Fundamentals		Portland	45	Lloyd	Apr 7-Jun 9	Wed 100p - 400p & Sat 5/1	\$1080	Recommended Concurrent with Communication/Ethics
Massage - Lower Body		Portland	30		Apr 7-Jun 9	W 100p-400p	\$575	Mass - Fund., Comm, Kines Lower (may be concurrent)
Massage - Upper Body A		Portland	30		Apr 7-Jun 9	W 900a-1200p	\$575	Mass Fund., Comm, Kines Upper (may be concurrent)
Neuromuscular Therapy 2		Portland	24	Lloyd	Apr 17-Jun 19	Sat 9am-5pm 4/17, 5/15,	\$550	A&P 1 and 2, Pathology, Kinesiology Upper and Lower, OR LMT
On-Site Chair Massage I		Portland	7	Barton	Jun 5	SA 900A - 500P	\$180	Massage - Fundamentals
On-Site Chair Massage II		Portland	7	Barton	Jun 6	Sun 9am-5pm	\$180	On-Site I
Palpation Skills		Portland	15	Holden	Apr 9-May 7	Fri 5 - 8pm	\$305	Mass/Kines Up & Low (concurrent w/ 2nd series)
Palpation Skills		Portland	15	Holden	May 14-Jun 11	Fri 5 - 8pm	\$305	Mass/Kines Up & Low (may be taken concurrent w/ 2nd series)
The Reembody Method: Module 1		Portland	12.5	Moore	Apr 6-May 4	Tue 10:30am - 1pm weeks 1	\$325	Kinesiology Lower or LMT
The Reembody Method: Module 2		Portland	12.5	Moore	May 11-Jun 8	Tue 10:30am - 1pm weeks	\$325	Mod 1 (Part 1) ReEmbody Method and LMT, or Kinesiology
Spa Essentials: Lost Resort		Portland	12	Barton	Apr 24-Apr 25	Sat-Sun 9am-4pm	\$325	LMT, OR: Massage -Upper and Lower, Pathology 1

<u>Salem</u>	<u>Classes</u>	<u>Location</u>	<u>Hrs</u>	<u>Instructor</u>	<u>Dates</u>	<u>Times</u>	<u>Cost</u>	<u>Prerequisites</u>
Clinic		Salem	45	Akin	Apr 8-Jun 10	TH 100p- 530p	\$840	Mass Assess/App (concurrent)
Hydrotherapy - LAB A		Salem	12	Sinclair	May 22-May 23	SA 5/22 900AM - 400PM and	\$00	MUST TAKE CONCURRENT WITH HYDROTHERAPY LAB A or
Kinesiology Lower - Lab A		Salem	20	Lee	Apr 7-Jun 9	W 1:30pm - 3:30pm	\$0	Must be registered in Kinesiology Lecture
Kinesiology Lower - Lab A		Salem	20	Lee	Apr 7-Jun 9	W 400pm - 600pm	\$0	Must be registered in Kinesiology Lecture
Massage - Fundamentals		Salem	45	Williams	Apr 6-Jun 8	Tue 4:30p-7:30p+5/1&5/29	\$1080	Recommended Concurrent with Communication/Ethics
Massage - Lower Body		Salem	30	Dixon Barry	Apr 7-Jun 9	W 900a - 12p	\$575	Mass - Fund., Comm, Kines Lower (may be concurrent)
Massage - Upper Body A		Salem	30	Dixon Barry	Apr 7-Jun 9	W 100p - 400p	\$575	Mass Fund., Comm, Kines Upper (may be concurrent)
Massage Basics		Salem	10	Williams	Apr 12-May 3	Mo 600pm - 830pm	\$90	None
On-Site Chair Massage I		Salem	7	Barton	May 9	SU. 900A - 500P	\$180	Massage - Fundamentals

*Dates and times are subject to change.*

**Keep your eyes open for updated versions - new classes may be added!**

*(concurrent: taken before or during the same quarter)*

