

# OREGON SCHOOL OF MASSAGE

## Fall 2021 Class Schedule

Version 1 8/3/2021	Monday 9/27-11/29	Tuesday 9/28-11/30	Wednesday 9/29-12/8	Thursday 9/30-12/9	Friday 10/1-12/10	Sat/Sun 10/2-12/12
<b>Morning 9am-12pm</b>		<b>STATUTES</b> Dixon Barry - Online 10/5&11/12 9a-12p  <b>APS Seminar ▲</b> Dixon Barry - Online 9a-12p	<b>Massage - Lower</b> Glover - Salem 9a-12p  <b>Massage Fundamentals ♦</b> Dixon Barry - Salem 9a-12p	<b>Massage Theory</b> Dixon - Online 9/30-10/28 -or 11/4 - 12/2 (9:30am-12:30pm)  <b>Massage - Upper B</b> Glover-Salem 9a-12p	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <b>HOLIDAY CLOSURE</b>             The school will be closed <b>6pm Nov 24 through Sun Nov 28th</b> for the Thanksgiving Holiday. Make-up days are Dec 8-10         </div>	
<b>Afternoon 1:30-4:30pm</b>	<b>Kines - Upper Lecture</b> Holden - Online 12-1pm  <b>Kines - Lower Lecture</b> Lee - Online 1:30-2:30pm  <b>Business Intro</b> Lee - Online - 3-6p (9/27-10/25)	<b>Clinic ▲</b> Berg - Portland (1-5:30pm)  <b>Massage - Upper A</b> Holden-Portland 1-4p  <b>Pathology I</b> Dixon - Online 1-4p	<b>Kines - Lower Lab</b> Lee - Salem 1:30-3:30pm  <b>Communication/Ethics</b> Glover - Salem 1-4p	<b>Anat &amp; Phys III</b> Mozingo Goodwin - Online 12-3p  <b>Clinic ▲</b> Akin - Salem (1-5:30pm)  <b>Kines - Upper Lab</b> Holden - Portland 2:30-4:30pm	<div style="border: 1px solid black; padding: 5px; background-color: #333; color: white;"> <b>REGISTRATION</b>   <b>FINAL QUARTER:</b> August 6th   <b>CONTINUING:</b> August 10th   <b>Tuition is due at time of registration.</b> </div>	
<b>Evening 6-9pm</b>	<b>Massage Basics</b> Williams - Salem 9/27-10/18 6-8:30p	<b>Pathology II</b> Lev - Online 5-8p  <b>Hydrotherapy 5 week</b> Dixon Barry - Salem (11/2-11/30)	<b>Massage - A&amp;A</b> Holden - Portland 6-9p	<b>Anat &amp; Phys I</b> Dixon Barry - Online 5-8p  <b>Anat &amp; Phys II</b> Mozingo Goodwin - Online 5-8p  <b>Palpation Skills</b> Holden - Portland 9/30-10/28 -or- 11/4-12/2 5-8pm	<b>Communication/Ethics</b> Holden - Portland 5-8p  <b>Hydrotherapy Lecture</b> Sinclair - Online 11/12 6-9p  <b>Shiatsu II</b> Ward - Portland 6-9p	<b>Hydrotherapy Lab</b> Sinclair - Portland 11/11-11/12 9a-4p

▲ 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 classed in 10/23 & 11/20..

ABC's of Chinese Medicine - Part A	Online	30	Ward	Sep 27-Nov 29	MO 600-900p	\$615	None
Advanced Foam Rolling	Online	15	Dixon	Sep 28-Nov 30	TU 830-1000a	\$350	Myofascial Foam Rolling
<b>Advanced Practice Skills Seminar</b>	<b>Online</b>	<b>6</b>	<b>Dixon Barry</b>	Sep 28-Nov 30	<b>TU 9a-12p - 9/28,10/26,11/30</b>	<b>\$125</b>	<b>Clinic or SF Clinic, Final Quarter Declaration</b>
<b>Advanced Practice Skills Seminar</b>	<b>Online</b>	<b>6</b>	Holden	Sep 28-Nov 30	<b>TU 9a-12p - 9/28,10/26,11/30</b>	<b>\$125</b>	<b>Clinic or SF Clinic, Final Quarter Declaration</b>
<b>Anatomy &amp; Physiology 1</b>	<b>Online</b>	<b>30</b>	<b>Dixon Barry</b>	Sep 30-Dec 9	<b>TH 500-800p</b>	<b>\$575</b>	<b>None</b>
<b>Anatomy &amp; Physiology 2</b>	<b>Online</b>	<b>30</b>	<b>Mozingo</b>	Sep 30-Dec 9	<b>TH 500-800p</b>	<b>\$575</b>	<b>AP 1</b>
<b>Anatomy &amp; Physiology 3</b>	<b>Online</b>	<b>30</b>	<b>Mozingo</b>	Sep 30-Dec 9	<b>TH 1200-300p</b>	<b>\$575</b>	<b>AP 1</b>
Aromatherapy Foundations - Part 1	Online	7.5	Sidlo	Oct 9	SA 900-530p	\$270	None
Aromatherapy Foundations - Part 4	Online	7.5	Sidlo	Oct 30	SA 900-530p	\$250	Aromatherapy Part 1, 2, & 3
Building Your Ethical Body	Online	4	Dixon	Oct 22	FR 1200-400p	\$90	Comm/Ethics or LMT
<b>Business of Massage - Introduction</b>	<b>Online</b>	<b>15</b>	<b>Lee</b>	Sep 27-Oct 25	<b>MO 300-600p</b>	<b>WK 1-5</b>	<b>\$305</b> <b>Mass Up &amp; Low (Shiatsu SF Clinic, Clinic, Massage A&amp;A may be concurrent)</b>
Dao Yin Stretch	Online	7	Ward	Sep 27-Nov 29	MO 500-545p	\$140	None
Five Elements Qigong	Online	3	Dixon	Oct 29	FR 100-400p	\$75	None
Franklin Method: Muscles of Healthy Breathing	Online	3	Wesley	Nov 6	SA 900-1200p	\$75	None, Kines recommended, or LMT
Franklin Method: Hip Flexors & Extenders	Online	3	Wesley	Nov 21	SU 900-1200p	\$75	None, Kines recommended, or LMT
Franklin Method: Arthrokinematics of Knee	Online	3	Wesley	Dec 5	SU 900-1200p	\$75	None, Kines recommended, or LMT
Franklin Method: Arthrokinematics of Spine	Online	3	Wesley	Dec 4	SA 900-1200p	\$75	None, Kines recommended, or LMT
Hydrotherapy - Lecture (online)	<b>Online</b>	<b>3</b>	<b>Sinclair</b>	Nov 12	<b>FR 600-900p</b>	<b>\$305</b>	<b>Mass - Fund., AP 1 (recommended: AP 2) Concurrent w 1st</b>
Rehabilitation After Injury	Online	3	Sinclair	Oct 29	FR 900-1200p	\$75	Massage Upper/Lower, Kinesiology Upper/Lower or LMT
Kinesiology - Lower Body Lecture	<b>Online</b>	<b>10</b>	<b>Lee</b>	Sep 27-Nov 29	<b>MO 130-230p</b>	<b>\$575</b>	<b>AP 1, Massage - Fundamentals</b>
Kinesiology - Upper Body Lecture	<b>Online</b>	<b>10</b>	<b>Holden</b>	Sep 27-Nov 29	<b>MO 1200-100p</b>	<b>\$575</b>	<b>AP 1, Massage - Fundamentals</b>
Massage for People Living with Cancer - Home	Online	6	MacDonald	Sep 4	Complete by 10/2 for LIVE Class	\$0	Must take concurrently w/ Massage for People with Cancer Live
Massage Theory	<b>Online</b>	<b>14</b>	<b>Dixon</b>	Sep 30-Oct 28	<b>TH 930-1230p</b>	<b>\$285</b>	<b>Fundamentals (may be concurrent)</b>
Myofascial Foam Rolling	Online	7.5	Dixon	Sep 28-Oct 26	TU 1000-1130a WKS 1-5	\$215	None
Pain: Getting Shame Out of Pain	Online	3	Dixon	Oct 1	FR 100-400p	\$85	None
Pain: Moving from Helplessness to Hope	Online	3	Dixon	Nov 12	FR 100-400p	\$85	None
The Cardiovascular System - Massage and	Online	3	Pullella	Nov 21	Sun 100-400p	\$130	AP 3 & Path 2 or LMT
Pathology I	<b>Online</b>	<b>30</b>	<b>Dixon</b>	Sep 28-Nov 30	<b>TU 100-400p</b>	<b>\$659</b>	<b>AP 1 (recommended: AP 2)</b>
Pathology 2	<b>Online</b>	<b>30</b>	<b>Lev, LAC</b>	Sep 28-Nov 30	<b>TU 600-900p</b>	<b>\$575</b>	<b>AP1, Path 1(recommended:AP 2, AP 3)</b>
Polyvagal Theory & Bodywork	Online	4	Moore	Oct 9-Oct 10	SA-SU 1000 - 1200p	\$85	AP 3
Preventing Eye Strain and Upper Body Tension	Online	3	Sinclair	Oct 15	FR 900-1200p	\$105	None
Qigong	Online	3	Dixon	Oct 8	FR 100-400p	\$75	None
Qigong Sampler	Online	7.5	Dixon	Nov 2-Nov 30	TU 1000-1130a WKS 6-10	\$190	None
Statutes	<b>Online</b>	<b>6</b>	<b>Dixon Barry</b>	Oct 5-Oct 12	<b>TU 900-1200p</b>	<b>WKS 2 &amp; 3</b>	<b>\$120</b> <b>Communications/Ethics, Clinic (may be concurrent)</b>
Tai Chi for Better Balance	Online	3	Dixon	Dec 3	FR 100-400p	\$75	None



# Fall 2021 Class Schedule

<b>Clinic</b>	<b>Portland 45</b>	<b>Berg</b>	Sep 28-Nov 30	<b>TU 100-530p</b>	<b>\$840</b>	<b>Mass Assess/App (concurrent)</b>
Communication/Ethics	<b>Portland 30</b>	<b>Holden</b>	Oct 1-Dec 10	<b>FR 500-800p</b>	<b>\$575</b>	<b>Massage - Fundamentals (may be concurrent)</b>
Craniosacral Therapy Introduction	Portland 15	Dixon	Oct 15-Oct 17	FR 6-9p & SA-SU 10a-5p	\$370	None
Craniosacral Therapy Introduction	Portland 15	Dixon	Dec 10-Dec 12	FR 6-9p & SA-SU 10a-5p	\$370	None
Hydrotherapy LAB	<b>Portland 12</b>	<b>Sinclair</b>	Nov 13-Nov 14	<b>SA-SU 900-400p</b>	<b>\$00</b>	<b>Must take concurrent w Hydrotherapy Lecture Online</b>
Kinesiology Upper Lab	<b>Portland 20</b>	<b>Holden</b>	Sep 30-Dec 9	<b>TH 230-430p</b>	<b>\$0</b>	<b>Must be registered in Kines Upper Lecture Online</b>
Lymphatic Detox Introduction	Portland 9	Dixon	Nov 19-Nov 20	FR 6-9p & Sat 10a-500p	\$205	Massage Fundamentals
Massage for People Living with Cancer-Live	Portland 24	MacDonald	Oct 3-Nov 21	SU 1000-100p	\$550	LMT, or A&P 3, Pathology 2, Massage Upper/Lower, A&A, Clinic
Massage - Assessment & Application	<b>Portland 30</b>	<b>Holden</b>	Sep 29-Dec 1	<b>WE 600-900p</b>	<b>\$575</b>	<b>Mass/Kines- Up &amp; Low, Hydro, Path 1</b>
Massage - Upper Body A	<b>Portland 30</b>	<b>Holden</b>	Sep 28-Nov 30	<b>TU 100-400p</b>	<b>\$575</b>	<b>Mass Fund., Comm, Kines Upper (may be concurrent)</b>
Palpation Skills	<b>Portland 15</b>	<b>Holden</b>	Sep 30-Oct 28	<b>TH 500-800p WK 1-5</b>	<b>\$305</b>	<b>Mass/Kines Up &amp; Low (may be taken concurrent w/ 2nd quarter)</b>
Recordkeeping/Tax Reporting	Portland 12	Moore	Dec 4-Dec 5	SA-SU 900-400p	\$300	None
The ReEmbody Method: Module 1	Portland 12.5	Moore	Oct 2-Oct 3	SA-SU 900-4:30p	\$325	Kinesiology Lower or LMT
The ReEmbody Method: Module 2	Portland 12.5	Moore	Oct 30-Oct 31	SA-SU 900-4:30p	\$325	MOD 1 (Part 1) ReEmbody Method and Kinesiology Lower or
Reiki 2nd Degree	Portland 18	Coppieters	Nov 5-Nov 7	FR 6-8p & SA-SU 9a-6p	\$410	Reiki 1st Degree (at least 3 mos prior to Reiki 2)
Shiatsu I - Short Form (Back)	<b>Portland 30</b>	<b>Ward</b>	Oct 1-Dec 10	<b>FR 130-430p</b>	<b>\$575</b>	<b>AP 1 (concurrent) or LMT</b>
Shiatsu II - Short Form (Front)	Portland 30	Ward	Oct 1-Dec 10	FR 600-900p	\$575	Shiatsu 1
<b>Clinic</b>	<b>Salem 45</b>	<b>Akin</b>	Sep 30-Dec 9	<b>TH 100-530p</b>	<b>\$840</b>	<b>Mass Assess/App (concurrent)</b>
Communication and Ethics	<b>Salem 30</b>	<b>Glover</b>	Sep 29-Dec 1	<b>WE 100-400p</b>	<b>\$575</b>	<b>Massage - Fundamentals (may be concurrent)</b>
Hydrotherapy 5 Weeks	<b>Salem 15</b>	<b>Dixon Barry</b>	Nov 2-Nov 30	<b>TU 500-800p WK 6-10</b>	<b>\$305</b>	<b>Mass Fund, AP 1 (recommended: AP 2)</b>
Kinesiology Lower - Lab	<b>Salem 20</b>	<b>Lee</b>	Sep 29-Dec 1	<b>WE 400-600p</b>	<b>\$0</b>	<b>Must be registered in Kines Lower Lecture Online</b>
Kinesiology Lower - Lab	<b>Salem 20</b>	<b>Lee</b>	Sep 29-Dec 1	<b>WE 130-330p</b>	<b>\$0</b>	<b>Must be registered in Kines Lower Lecture Online</b>
Massage Basics	Salem 10	Williams	Sep 27-Oct 18	MO 600-830p	\$90	None
Massage - Fundamentals	<b>Salem 45</b>	<b>Dixon Barry</b>	Sep 29-Dec 1	<b>WE 9a-12p &amp; SA 10/23&amp;11/20</b>	<b>\$1080</b>	<b>Recommended Concurrent with Communication/Ethics</b>
Massage - Lower Body	<b>Salem 30</b>	<b>Glover</b>	Sep 29-Dec 1	<b>WE 900-1200p</b>	<b>\$575</b>	<b>Mass Fund., Comm, Kines Lower (may be concurrent)</b>
Massage - Upper Body B	<b>Salem 30</b>	<b>Glover</b>	Sep 30-Dec 9	<b>TH 900-1200p</b>	<b>\$575</b>	<b>Mass Fund., Comm, Kines Upper (may be concurrent)</b>
Palpation Skills	<b>Salem 15</b>	<b>Holden</b>	Nov 4-Dec 9	<b>TH 500-800p WK 6-11</b>	<b>\$305</b>	<b>Mass/Kines Up &amp; Low (may be taken concurrent w/ 2nd quarter)</b>

*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)*

