

OREGON SCHOOL OF MASSAGE

Winter 2022 Class Schedule

Version 3 2/15/2022	Monday 1/10-3/14	Tuesday 1/11-3/15	Wednesday 1/21-3/16	Thursday 1/13-3/17	Friday 1/14-3/18	Sat/Sun
Morning 9am-12pm		Statutes▲ Holden - Online (1/18 & 1/25) 9a-12p APS Seminar ▲ Holden - Online 9a-12p 1/11, 2/8, 3/15	Massage - Lower Glover - Salem 9a-12p	Massage Theory Dixon - Online 9:30a-12:30p 1/13-2/10 Massage Fundamentals♦ Feldman - (Sat 2/5&3/5) Portland 9a-12p Massage - Upper Glover - Salem 9a-12p	<div style="border: 2px solid black; padding: 5px; background-color: #333; color: white;"> <p style="text-align: center; margin: 0;">REGISTRATION</p> <p style="text-align: center; margin: 0;">PRIORITY REGISTRATION: November 12th, 2021</p> <p style="text-align: center; margin: 0;">REGISTRATION OPENS: November 16th, 2021</p> <p style="text-align: center; margin: 0;">CORE REG CLOSES: December 3rd, 2021</p> <p style="text-align: center; margin: 0;">Tuition is due at time of registration.</p> </div>	
Afternoon 1:30-4:30pm	Kines-Lower Lecture Holden - Online 12-1pm Kines - Upper Lecture Lee - Online 1-2pm Business Intro Lee - Online (1/10-2/7) 3-6pm	Massage - Upper Davis - Portland 1-4p Clinic ▲ Berg - Portland (1-5:30p) Pathology 1 Dixon - Online 1-4pm	Palpation Skills Holden - Salem 2-5pm 2/16-3/16 Kines -Upper Lab B Lee - Salem 1:30-3:30p Kines - Upper Lab D Lee - Salem 5-7p Communication/Ethics Glover 1-4p Salem Shiatsu SF Clinic Ward - Portland 1-5:30p	Anat & Phys 3 Mozingo Goodwin - Online 12-3p Clinic ▲ Cahen - Salem (1-5:30p) Massage - Lower Davis - Portland 1-4p Kines - Lower Lab A Holden - Portland 2:30-4:30p	Shiatsu 2 Ward - Portland 1:30-4:30p Communication/Ethics Holden 1-4p Portland	
Evening 6-9pm	Massage Basics Williams 6-8:30pm 1/10-1/31 Salem	Pathology 2 Lev - Online 6-9p	Massage - A&A Holden - Salem 6-9p	Anat & Phys 2 Holden - Online 5-8p Anat & Phys 1 Mozingo Goodwin - Online 5-8p	Shiatsu 1 Ward - Portland 6-9p Palpation Skills Holden - Portland 5-8pm 1/14-2/11 <div style="border: 1px solid black; padding: 2px; display: inline-block;"> Hydrotherapy Sinclair - Fri 6-9p; Sat-Sun 9a-5p 1/21-1/23 - Portland -or- 3/4-3/6 - Salem </div>	

▲ 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 2/5 & 3/5. **BOLD = Core Classes**

Online	Classes	Location	Hrs	Instructor	Dates	Times	Cost	Prerequisites
	Advanced Practice Skills Seminar	Online	6	Holden	Jan 11-Mar 15	TU 9a-12p - 1/12, 2/8, 3/15	\$125	Clinic or SF Clinic, Final Quarter Declaration
	Anatomy & Physiology 1	Online	30	Mozingo	Jan 13-Mar 17	TH 500-800p	\$615	None
	Anatomy & Physiology 2	Online	30	Holden	Jan 13-Mar 17	TH 500-800p	\$615	AP 1
	Anatomy & Physiology 3	Online	30	Mozingo	Jan 13-Mar 17	TH 1200-300p	\$615	AP 1
	Aromatherapy Foundations - Part II	Online	7.5	Sidlo	Jan 15	SA 900a-530p	\$295	Aromatherapy Part I
	Aromatherapy Foundations - Part III	Online	7.5	Sidlo	Feb 5	SA 900a-530p	\$295	Aromatherapy Part I and II
	Building Your Ethical Body	Online	4	Dixon	Feb 4	FR 1200-400p	\$105	Comm/Ethics or LMT
	Business of Massage - Introduction	Online	15	Lee	Jan 10-Feb 7	MO 300-600p WK 1-5	\$325	Mass Up & Low (Shiatsu SF Clinic, Clinic, Massage A&A may be concurrent)
	Franklin Method: Hip Rotators	Online	3	Wesley	Mar 6-Mar 6	SU 900-1200p	\$75	None, Kines recommended, or LMT
	Franklin Method: Pelvic Bony Markings,	Online	3	Wesley	Feb 26-Feb 26	SA 900-1200p	\$75	None, Kines recommended, or LMT
	Franklin Method: Thoracolumbar Fascia	Online	3	Wesley	Mar 5-Mar 5	SA 900-1200p	\$75	None, Kines recommended, or LMT
	Franklin Method: Mental Imagery and	Online	3	Wesley	Feb 27-Feb 27	SU 900-1200p	\$75	None, Kines recommended, or LMT
	Hydrotherapy-Lecture A	Online	3	Sinclair	Jan 21	FR 600-900p	\$326	MUST take w/ Hydro LAB A. Mass - Fund., AP 1
	Hydrotherapy - Lecture B	Online	3	Sinclair	Mar 4	FR 600-900p	\$326	MUST take w/ Hydro LAB B Mass - Fund., AP 1
	Rehabilitation After Injury	Online	3	Sinclair	Feb 11	FR 900-1200p	\$85	Massage Upper/Lower, Kinesiology Upper/Lower or LMT
	Kinesiology - Lower Body Lecture	Online	10	Holden	Jan 10-Mar 21	MO 1200-100p	\$615	MUST take with lab for this class. AP I, Massage Fund
	Kinesiology - Upper Body Lecture	Online	10	Lee	Jan 10-Mar 21	MO 100-200p	\$615	MUST take with lab for this class. AP I, Massage Fund
	Massage Theory	Online	14	Dixon	Jan 10-Feb 10	TH 930-1230p WK 1-5	\$305	Fundamentals (may be concurrent)
	Myofascial Foam Rolling	Online	7.5	Dixon	Jan 11-Feb 8	TU 1000-1130a WKS 1-5	\$225	None
	The Cardiovascular System - Massage	Online	3	Pullella	Mar 6	Sun 100-400p	\$140	AP 3 & Path 2 or LMT
	Pathology 1	Online	30	Dixon	Jan 11-Mar 15	TU 100-400p	\$660	AP 1 (recommended: AP 2)
	Pathology 2	Online	30	Lev, LAc	Jan 11-Mar 15	TU 600-900p	\$615	AP1, Path 1(recom:AP 2, AP 3)
	Polyvagal Theory & Bodywork	Online	4	Moore	Feb 5-Feb 6	SA-SU 1000 - 1200p	\$105	AP 3
	Preventing Eye Strain and Upper Body	Online	3	Sinclair	Jan 28	FR 900-1200p	\$105	None
	Qigong	Online	3	Dixon	Jan 28	FR 100-400p	\$85	None
	Qigong Sampler	Online	7.5	Dixon	Feb 15-Mar 15	TU 1000-1130a WKS 6-10	\$205	None
	Statutes	Online	6	Holden	Jan 18-Jan 25	TU 900-1200p WKS 2 & 3	\$130	Comm/Ethics, Clinic (may be concurrent)
	Tai Chi for Better Balance	Online	3	Dixon	Mar 4	FR 100-400p	\$90	None
	Understanding Chronic Pain	Online	3	Dixon	Jan 21	FR 100-400p	\$100	NONE
Portland	Classes	Location	Hrs	Instructor	Dates	Times	Cost	Prerequisites
	Communication/Ethics	Portland	30	Holden	Jan 14-Mar 18	FR 100-400p	\$615	Massage Fund (may be concurrent)
	Craniosacral Therapy: Level I	Portland	15	Dixon	Feb 25-Feb 27	Fri 600-900p; SA-SU 1000	\$380	Craniosacral Intro or instr permission



Winter 2022 Class Schedule

Hydrotherapy LAB A	Portland	12	Sinclair	Jan 22-Jan 23	SA-SU 900-400p	\$00	MUST take w/ Hydro LEC A
Kinesiology Lower - Lab A	Portland	20	Holden	Jan 13-Mar 17	TH 230-430p	\$00	MUST take w/ Kinesiology Lower Lecture
Lymphatic Massage for Upper Body	Portland	15	Dixon	Mar 11-Mar 13	FR 600-900p; SA-SU 1000	\$380	Lymph Detox Intro or equivalent
Massage - Fundamentals	Portland	45	Feldman	Jan 13-Mar 17	TH 9a-12p & SA 2/5 & 3/5	\$1156	Recom: Concurrent with Comm/Ethics
Massage - Lower Body	Portland	30	Davis, Angela	Jan 13-Mar 17	TH 100-400p	\$615	Mass Fund, Comm, Kines Lower (may be concurrent)
Massage - Upper Body A	Portland	30	Davis	Jan 11-Mar 15	TU 100-400p	\$615	Mass Fund., Comm, Kines Upper (may be concurrent)
Myofascial Massage - Indirect Method	Portland	15	Dixon	Mar 4-Mar 6	FR 630-930p; SA-SU 1000	\$380	Myofascial Massage Intro or Instr permission
Palpation Skills	Portland	15	Holden	Jan 14-Feb 11	FR 500-800p WK 1-5	\$326	Mass/Kines Up & Low (may be taken concurrent w/ 2nd session)
Pregnancy: MotherTouch™ Prenatal Bodywork	Portland	32	Swan	Mar 17-Mar 20	Fri-Mon 9am-6pm	\$800	Massage Up & Low or equiv (> 200 hours training)
Recordkeeping/Tax Reporting	Portland	12	Moore	Feb 19-Feb 20	SA-SU 900-400p	\$305	None
The ReEmbody Method: Module 1	Portland	12.5	Moore	Feb 12-Feb 13	SA-SU 900-4:30p	\$345	Kinesiology Lower or LMT
The ReEmbody Method: Module 2	Portland	12.5	Moore	Feb 26-Feb 27	SA-SU 900-4:30p	\$345	MOD 1 ReEmbody Method & Kines Lower or LMT.
Shiatsu I - Short Form (Back)	Portland	30	Ward	Jan 14-Mar 18	FR 600-900p	\$615	AP 1 (concurrent) or LMT
Shiatsu II - Short Form (Front)	Portland	30	Ward	Jan 14-Mar 18	FR 130-430p	\$615	Shiatsu 1
Shiatsu Short Form - Tutorial	Portland	3	Ward	Jan 12-Mar 16	TBD	\$115	Must take with Shiatsu SF Clinic.
Shiatsu Short Form Clinic	Portland	45	Ward	Jan 12-Mar 16	WE 100-530p	\$900	Shiatsu II, Comm/Ethics; Path I (concurrent)
The Belly	Portland	7	Stager	Apr 3	SU 1000-500p	\$175	LMT or AP 1, AP 2, AP 3, Kinesology & Massage Upper & Lower
The Female Pelvis	Portland	12	Stager	Apr 1-Apr 2	FR-SA 1000-400p	\$300	LMT or AP 1, AP 2, AP 3, Kinesology & Massage Upper & Lower

<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	Cahen	Jan 13-Mar 17	TH 100-530p	\$900	Mass Assess/App (concurrent)
Clinic		Salem	45	Cahen	Jan 11-Mar 15	TU 100-530p	\$900	Mass Assess/App (concurrent)
Communication and Ethics		Salem	30	Glover	Jan 12-Mar 16	WE 100-400p	\$615	Massage Fund (may be concurrent)
Hydrotherapy LAB B		Salem	12	Sinclair	Mar 5-Mar 6	SA-SU 900-400p	\$00	Must be taken w/ Hydro LEC B
Kinesiology Upper Lab B		Salem	20	Lee	Jan 12-Mar 16	WE 130-330p	\$0	Must be taken w/ lecture for UB Kinesiology Online.
Kinesiology Upper Lab D		Salem	20	Lee	Jan 12-Mar 16	WE 500-700p	\$0	Must be taken w/ lecture for UB Kinesiology Online.
Massage Basics		Salem	10	Hueller	Mar 1-Mar 22	TU 600-830p	\$90	None
Massage - Assessment & Application		Salem	30	Holden	Jan 12-Mar 16	WE 600-900p	\$615	Mass/Kines- Up & Low, Hydro, Path 1
Massage - Fundamentals		Salem	45	Hueller	Jan 12-Mar 16	WE 9a-12p & SA 2/5 & 3/5	\$1156	Recom: Concurrent with Comm/Ethics
Massage - Lower Body		Salem	30	Glover	Jan 12-Mar 16	WE 900-1200p	\$615	Mass Fund, Comm, Kines Lower (may be concurrent)
Massage - Upper Body B		Salem	30	Glover	Jan 13-Mar 17	TH 900-1200p	\$615	Mass Fund., Comm, Kines Upper (may be concurrent)
On-Site Chair Massage I		Salem	7	Aguayo	Mar 11	FR 10a-6p	\$195	Massage - Fundamentals
Palpation Skills		Salem	15	Holden	Feb 16-Mar 16	WE 200-500p WK 6-10	\$326	Mass/Kines Up & Low (may be taken concurrent w/ 2nd session)

Dates and times are subject to change.

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

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(concurrent: taken before or during the same quarter)

