

OREGON SCHOOL OF MASSAGE

Winter 2023 Class Schedule

Version 2 11/18/2022	Monday 1/9-3/13	Tuesday 1/10-3/14	Wednesday 1/11-3/15	Thursday 1/12-3/16	Friday 1/13-3/17	Sat/Sun
Morning 9am-12pm		Kines - Lower Casey - Portland 9a-12p	Kines -Upper Lee - Salem Communication/Ethics Glover - Salem Massage Basics Feldman 9:30a-12pm 2/1-2/22 Portland Massage - A&A Hueller - Salem	Massage Fundamentals ♦ (+Sat 2/4&2/24) Portland - Feldman Massage - Upper Glover - Salem Pathology 2 Dixon - Online 9:30a-12:30p	REGISTRATION PRIORITY REGISTRATION: November 4th, 2022 REGISTRATION OPENS: November 7th at 10AM CORE REG CLOSES: December 9th, 2022 <u>Tuition is due at time of registration.</u>	
Afternoon 1:30-4:30pm	Communication/Ethics Dixon - Portland 1-4pm	Anat & Phys 1 Mozingo Goodwin - Online Massage Basics Hueller 1:30a-4p 1/31-2/22 Salem Massage - Lower Casey-Portland Pathology 1 Dixon - Online 1-4pm Clinic ▲ Berg - Portland (1-5:30p)	Business Intro Lee - Salem (1/11-3/15) Massage Fundamentals ♦ (+Sat 2/4&2/24) Hueller - Salem	Anat & Phys 3 Moore - Online 1:30-4:30p Clinic ▲ Glover - Salem (1-5:30p)	Shiatsu 2 Ward - Portland 1:30-4:30p Statutes ▲ Aguayo - Online (2/10 & 2/17) 12-3p	
Evening 6-9pm			APS Seminar ▲ Glover - Online 6-9p 1/11, 2/8, 3/15	Anat & Phys 2 Moore - Online Massage Theory Dixon - Online 1/12-2/9 Palpation Skills Glover - Salem 1/12-2/9	Shiatsu I Ward - Portland	

▲ 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 2/4 & 2/24.

BOLD = Core Classes

Online	Classes	Location	Hrs	Instructor	Dates	Times	Cost	Prerequisites
	ABC's of Chinese Medicine - Part A	Online	30	Ward	Jan 9-Mar 13	MO 6-9p	\$750	None
	Advanced Foam Rolling	Online	15	Dixon	Feb 14-Mar 14	TU 10-11:30a	\$380	Myofascial Foam Rolling
	Advanced Practice Skills Seminar	Online	6	Glover	Jan 11-Mar 15	WE 6-9p; 1/11, 2/8, 3/15	\$135	Clinic or SF Clinic, Final Quarter Declaration
	Anatomy & Physiology 1	Online	30	Mozingo	Jan 10-Mar 14	TU 1:30-4:30p	\$615	None
	Anatomy & Physiology 2	Online	30	Moore	Jan 12-Mar 16	TH 6-9p	\$615	AP 1
	Anatomy & Physiology 3	Online	30	Moore	Jan 12-Mar 16	TH 130-430p	\$615	AP 1
	Body-Based Trauma Relief	Online	4	Dixon	Feb 24	FR 12-4p	\$105	None
	Building Your Ethical Body	Online	4	Dixon	Feb 3	FR 12-4p	\$105	Comm/Ethics or LMT
	Communicating with Resonance	Online	4	Welton-Miller	Jan 23	Mo 1-5pm	\$105	None
	Five Elements Qigong:	Online	3	Dixon	Feb 10	FR 100-400p	\$85	None
	Franklin Method for the	Online	3	Wesley	Jan 22	Su 9a-12p	\$85	None, Kines recommended, or LMT
	Franklin: Bones and Joint Movement of	Online	3	Wesley	Feb 25	SA 9a-12p	\$85	None, Kines recommended, or LMT
	Franklin Method: Bones & Joints of the	Online	3	Wesley	Feb 11	SA 900-1200p	\$85	NONE, Kinesiology recommended, OR LMT
	Franklin Method for the Muscles of	Online	3	Wesley	Feb 4	SA 9a-12p	\$85	None, Kines recommended, or LMT
	Rehabilitation After Injury	Online	3	Sinclair	Feb 3	FR 9-12p	\$85	Massage Upper/Lower, Kinesiology Upper/Lower or LMT
	Inquiring into Pain Stories	Online	3	Dixon	Feb 17	FR 100-400p	\$85	NONE
	Massage Theory	Online	14	Dixon	Jan 12-Feb 9	TH 6-9p WK 1-5	\$305	Fundamentals (may be concurrent)
	Myofascial Foam Rolling	Online	7.5	Dixon	Jan 10-Feb 7	TU 10-11:30a WKS 1-5	\$190	None
	Pathology 1	Online	30	Dixon	Jan 10-Mar 14	TU 1-4p	\$615	AP 1 (recommended: AP 2)
	Pathology 2	Online	30	Dixon	Jan 12-Mar 16	TH 9:30a-12:30p	\$615	AP1, Path 1(recom:AP 2, AP 3)
	Polyvagal Theory & Bodywork	Online	4	Moore	Jan 28-Jan 29	SA-SU 10a-12p	\$105	AP 3
	Power of Conscious Engagement	Online	4	Welton-Miller	Mar 6	Mo 1-5pm	\$105	None
	Preventing Eye Strain and Upper Body	Online	3	Sinclair	Mar 3	FR 9a-12p	\$105	None
	Qigong Basics	Online	3	Dixon	Jan 27	FR 100-400p	\$85	None
	Qigong Sampler	Online	7.5	Dixon	Feb 14-Mar 14	TU 8:30-10a WKS 6-10	\$205	None
	Statutes	Online	6	Aguayo	Feb 10-Feb 17	FR 12-3p	\$130	Comm/Ethics, Clinic (may be concurrent)



Winter 2023 Class Schedule

Tai Chi for Better Balance	Online	3	Dixon	Mar 3	FR 1-4p	\$85	None
Understanding Chronic Pain	Online	3	Dixon	Jan 20	FR 100-400p	\$85	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>
	Bowenwork® Module 1	Portland	14	DiLorenzo	Feb 4-Feb 5	Sat-Sun 9am-5pm	\$395	Massage Fundamentals, Kines Upp & Low or equiv
Clinic		Portland	45	Berg	Jan 10-Mar 14	TU 1-530p	\$900	Mass Assess/App (concurrent)
Communication/Ethics		Portland	30	Dixon	Jan 9-Mar 13	MO 1-4p	\$615	Massage Fund (may be concurrent)
	Craniosacral Therapy Level One	Portland	15	Dixon	Feb 24-Feb 26	FR 6-9p & SA-SU 10a-5p	\$380	Craniosacral Therapy Introduction
	Foot Reflexology Basics	Portland	7	Butler	Feb 8-Feb 9	WE 630-930p & TH 530-930p	\$195	None
	Hot Stone Massage	Portland	14	Fossek	Feb 25-Feb 26	Sat&Sun 9am-5pm	\$420	Massage Fundamentals or LMT
	Hydrotherapy 5 Weeks	Portland	15	Lawrence	Feb 13-Mar 13	MO 9a-12p WK 6-10	\$326	Mass Fund, AP 1 (recommended: AP 2)
Kinesiology - Lower Body		Portland	30	Casey	Jan 10-Mar 14	TU 9a-12p	\$615	AP I, Massage Fundamentals
	Lymphatic Massage for Upper Body	Portland	15	Dixon	Mar 10-Mar 12	FR 6-9p; SA-SU 10a-5p	\$380	Lymph Detox Intro or equivalent
	Massage for End of Life Care	Portland	6	Casey	Jan 28	SA 900-400p	\$150	Massage Fundamentals
	Massage Basics	Portland	10	Feldman	Feb 1-Feb 22	WE 9:30a-12p	\$90	None
	Massage Room Design	Portland	4	Smith	Jan 30	MO 10a-3p	\$105	
Massage - Fundamentals		Portland	45	Feldman	Jan 12-Mar 16	TH 9a-12p & SA 2/4 & 2/25	\$1156	Recom: Concurrent with Comm/Ethics
Massage - Lower Body		Portland	30	Casey	Jan 10-Mar 14	TU 1:30-4:30p	\$615	Mass Fund, Comm, Kines Lower (may be concurrent)
	Myofascial Massage - Indirect Method	Portland	15	Dixon	Jan 20-Jan 22	FR 6-9p; SA-SU 10a-5p	\$380	Myofascial Massage Intro or Instr permission
	The ReEmbody Method: Module 1	Portland	12.5	Moore	Feb 4-Feb 5	SA-SU 9a-4:30p	\$345	Kinesiology Lower or LMT
	The ReEmbody Method: Module 2	Portland	12.5	Moore	Mar 4-Mar 5	SA-SU 9a-430p	\$345	MOD 1 ReEmbody Method & Kines Lower or LMT.
	Reiki Healing	Portland	18	Knorr	Mar 3-Mar 5	FR 6-8p; SA+SU 9a-600p	\$450	None
Shiatsu I - Short Form (Back)		Portland	30	Ward	Jan 13-Mar 17	FR 6-9p	\$615	AP 1 (concurrent) or LMT
	Shiatsu II - Short Form (Front)	Portland	30	Ward	Jan 13-Mar 17	FR 1:30-4:30p	\$750	Shiatsu 1
	Shiatsu Short Form - Tutorial	Portland	3	Ward	Jan 9-Mar 18	TBD	\$115	Must take with Shiatsu SF Clinic.
	Shiatsu Short Form Clinic	Portland	45	Ward	Jan 11-Mar 15	WE 100-530p	\$900	Shiatsu II, Comm/Ethics; Path I (concurrent)
	Thai Massage - Level I	Portland	16	Weitzer	Feb 10-Feb 12	Fri 6:30-8:30pm; Sat-Sun	\$440	None

<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>
	Business of Massage - Introduction	Salem	15	Lee	Jan 11-Feb 8	WE 1:30-4:30p WK 1-5	\$325	Mass Up & Low (Shiatsu SF Clinic, Clinic, Massage A&A may be concurrent)
Clinic		Salem	45	Glover	Jan 12-Mar 16	TH 1-530p	\$900	Mass Assess/App (concurrent)
Communication/Ethics		Salem	30	Glover	Jan 11-Mar 15	WE 9a-12p	\$615	Massage Fund (may be concurrent)
Kinesiology - Upper Body		Salem	30	Lee	Jan 11-Mar 15	WE 9a-12p	\$615	AP I, Massage - Fundamentals
	Massage Basics	Salem	10	Hueller	Jan 31-Feb 21	TU 1:30-4p	\$90	None
Massage - Assessment & Application		Salem	30	Hueller	Jan 11-Mar 15	WE 9a-12p	\$615	Mass/Kines- Up & Low, Hydro, Path 1
Massage - Fundamentals		Salem	45	Hueller	Jan 11-Mar 15	WE 1:30-4:30p & SA 2/4 & 2/25 9a-5:30p	\$1156	Recom: Concurrent with Comm/Ethics
Massage - Upper Body		Salem	30	Glover	Jan 12-Mar 16	TH 9a-12p	\$615	Mass Fund., Comm, Kines Upper (may be concurrent)
	On-Site Chair Massage I	Salem	7	Aguayo	Jan 30	Mon 10a-6p	\$195	Massage - Fundamentals
Palpation Skills		Salem	15	Glover	Jan 12-Feb 9	TH 6-9p	\$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!

