

OREGON SCHOOL OF MASSAGE

Winter 2024 Class Schedule

Version 5 1/23/24	Monday 1/8-3/11	Tuesday 1/9-3/12	Wednesday 1/10-3/13	Thursday 1/11-3/14	Friday 1/12-3/15	Sat/Sun 1/13-3/10
Morning 9am-12pm		Kines-Lower Casey - Portland APS Seminar ▲ Hueller - Salem 1/9, 2/6, 3/12	Massage - A&A Hueller - Salem Hydrotherapy - Lawrence - Portland 1/10 - 2/7	Pathology 2 Dixon - Online 9:30a-12:30p Massage Fundamentals♦ (+Sat 2/3&2/24) Portland - Feldman	Kines -Upper McLaughlin - Salem	
Afternoon 1:30-4:30pm	Communication/Ethics Dixon - Portland 1-4pm Business Intro Romero - Portland 2/12-3/11	Massage - Lower Casey - Portland Clinic ▲ Berg - Portland (1-5:30p)	Palpation Skills Feldman - Portland 1:30-4:30pm 1/10-2/7 Shiatsu SF Clinic▲ Wendy Ward (1-5:30pm)	Clinic ▲ Glover - Salem (1-5:30p)	Statutes▲ Aguayo - Online (1/19&26) 1-4p Shiatsu I Ward - Portland	
Evening 6-9pm	Anat & Phys 3 Wesley - Online	Anat & Phys 2 Fong - Online	Anat & Phys 1 Mozingo Goodwin - Online	Massage Theory Dixon - Online 1/11-2/8	Shiatsu 4 Ward - Portland	

REGISTRATION

PRIORITY REGISTRATION:
November 3rd

REGISTRATION OPENS:
November 7th

CORE REGISTRATION
CLOSES:
December 15th

Tuition is due at time of
registration.

▲ 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 2/3 & 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 8-Mar 11	MO 6-9p	\$750	None
	Advanced Foam Rolling	Online	7.5	Dixon	Feb 13-Mar 12	TU 1000-1130a	\$190	Myofascial Foam Rolling
	Anatomy & Physiology 1	Online	30	Mozingo	Jan 10-Mar 13	WE 6-9p	\$615	None
	Anatomy & Physiology 2	Online	30	Fong	Jan 9-Mar 12	TU 600-900p	\$615	AP 1
	Anatomy & Physiology 3	Online	30	Wesley	Jan 8-Mar 11	MO 6-9p	\$615	AP 1
	Body-Based Trauma Relief	Online	4	Dixon	Jan 19	FR 12-4p	\$105	None
	Communicating with Resonance	Online	4	Welton-Miller	Jan 10	Wed 1-5pm	\$105	None
	Franklin Method for Pelvic Floor Muscles	Online	3	Wesley	Jan 21	SU 9-12p	\$75	None, Kines recommended, or LMT
	Franklin Method - Muscles of Head/Neck	Online	3	Wesley	Feb 3	SA 9a-12p	\$85	None, Kines recommended, or LMT
	Inquiring into Pain Stories	Online	3	Dixon	Feb 23	FR 100-400p	\$85	NONE
	Massage Theory	Online	14	Dixon	Jan 11-Feb 8	TH 6-9p	\$305	Fundamentals (may be concurrent)
	Pathology 2	Online	30	Dixon	Jan 11-Mar 14	TH 9:30a-12:30p	\$615	AP1, Path 1(recom:AP 2, AP 3)
	Qigong Basics	Online	3	Dixon	Feb 9	FR 100-400p	\$85	None
	Statutes	Online	6	Aguayo	Jan 19-Jan 26	FR 1-4p	\$130	Comm/Ethics, Clinic (may be concurrent)
	Tai Chi for Better Balance	Online	3	Dixon	Mar 1	FR 100-400p	\$85	None
	Understanding Chronic Pain	Online	3	Dixon	Feb 2	FR 100-400p	\$85	NONE

Portland	Classes	Location	Hrs	Instructor	Dates	Times	Cost	Prerequisites
	Barefoot Shiatsu Massage	Portland	12	Ward	Mar 10-Mar 17	SU 10a-5p	\$370	None
	Business of Massage - Introduction	Portland	15	Romero	Feb 12-Mar 11	MO 1:30-4:30p	\$325	Mass Up & Low (Shiatsu SF Clinic, Clinic, Massage A&A may be concurrent)



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Winter 2024 Class Schedule

Clinic	Portland	45	Berg	Jan 9-Mar 12	TU 100-530p	\$900	Mass Assess/App (concurrent)
Communication/Ethics	Portland	30	Dixon	Jan 8-Mar 11	MO 100-400p	\$615	Massage Fund (may be concurrent)
Craniosacral Therapy Level One	Portland	15	Dixon	Jan 26-Jan 28	FR 6-9p & SA-SU 10a-5p	\$380	Craniosacral Therapy Introduction
Cupping Massage: Theory & Application	Portland	6	Lev, LAc	Jan 9-Jan 23	TU 6:15-9:15p	\$150	Mass and Kines Upper&Lower, or LMT
Foot Reflexology Basics	Portland	7	Butler	Feb 7-Feb 8	WE 6:30-9:30p & TH 5:30	\$195	None
Hydrotherapy 5 Weeks	Portland	15	Lawrence	Jan 10-Feb 7	WE 9:00-12:00P	\$326	Mass Fund, AP 1 (recommended: AP 2)
Insurance Billing for LMTs	Portland	3	Davis	Feb 25	Sun 9am-12pm	\$85	Massage Fundamentals or equivalent.
Intro to Sports Massage	Portland	6	Verschlingel	Mar 8-Mar 8	FR 10am-5pm	\$165	Massage - Fundamentals
Kinesiology - Lower Body	Portland	30	Casey	Jan 9-Mar 12	TU 9:00-12:00p	\$615	AP I, Massage Fundamentals
Lymphatic Massage for Lower Body	Portland	12	Dixon	Mar 2-Mar 3	SA-SU 10a-5p	\$300	Lymph Detox Intro or instr permission
Massage Basics	Portland	10	Feldman	Feb 7-Feb 28	WE 930-1200p	\$90	None
Massage Room Design	Portland	5	Smith	Feb 17	Sa 10a-3:30p	\$105	
Massage - Fundamentals	Portland	45	Feldman	Jan 11-Mar 14	TH 9a-12p & SA 2/3 & 2/24	\$1156	Recom: Concurrent with Comm/Ethics
Massage - Lower Body	Portland	30	Casey	Jan 9-Mar 12	TU 1:00-4:00p	\$615	Mass Fund., Comm, Kines Lower (may be concurrent)
Myofascial Massage - Indirect Method	Portland	15	Dixon	Feb 16-Feb 18	FR 6-9p; SA-SU 10a-5p	\$380	Myofascial Massage Intro or Instr permission
On-Site Chair Massage I	Portland	6	Aguayo	Mar 4	Mon 10a-5p	\$165	Massage - Fundamentals
Palpation Skills	Portland	15	Feldman	Jan 10-Feb 7	WE 1:30-4:30p	\$326	Mass/Kines Up & Low (may be taken concurrent w/ 2nd session)
Reiki Healing	Portland	18	Knorr	Jan 26-Jan 28	FR 6-8p; SA+SU 9a-6p	\$450	None
Reiki 2nd Degree	Portland	18	Knorr	Feb 23-Feb 25	FR 6-8p & SA-SU 9a-6p	\$450	Reiki 1st Degree (at least 3 mos prior to Reiki 2)
Shamanic Healing	Portland	14	Knorr	Mar 9-Mar 10	Sat-Sun 10am-6pm	\$350	None
Shiatsu I - Short Form (Back)	Portland	30	Ward	Jan 12-Mar 15	FR 130-430p	\$615	AP 1 (concurrent) or LMT
Shiatsu IV - Long Form (Front)	Portland	30	Ward	Jan 12-Mar 15	FR 600-900p	\$750	SF Clinic or Shiatsu III
Shiatsu Short Form - Tutorial	Portland	3	Ward	Jan 8-Mar 15	TBD	\$115	Must take with Shiatsu SF Clinic.
Shiatsu Short Form Clinic	Portland	45	Ward	Jan 10-Mar 13	WE 100-530p	\$900	

<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>
	Advanced Practice Skills Seminar	Salem	6	Hueller	Jan 9-Mar 12	TU 9a-12p; 1/9, 2/6, 3/12	\$135	Clinic or SF Clinic, Final Quarter Declaration
	Clinic	Salem	45	Glover	Jan 11-Mar 14	TH 1-5:30p	\$900	Mass Assess/App (concurrent)
	Kinesio-Lee Method - Lower Body	Salem	14	Lee	Feb 24-Feb 25	Sat&Sun 9a-5p	\$350	Kinesiology-Lower, or LMT
	Kinesiology - Upper Body	Salem	30	McLaughlin	Jan 12-Mar 15	Fri 9-12p	\$615	AP I, Massage - Fundamentals
	Massage Basics	Salem	10	Hueller	Feb 6-Feb 27	TU 1:30-4p	\$90	None
	Massage for Eye Strain and Upper Body	Salem	7	Sinclair	Mar 2	SA 9a-5p	\$175	None
	Massage - Assessment & Application	Salem	30	Hueller	Jan 10-Mar 13	WE 900-1200p	\$615	Mass/Kines- Up & Low, Hydro, Path 1
	Myofascial Trigger Point Therapy	Salem	15	Libby	Mar 23-Mar 24	Sat-Sun 9am-5:30pm	\$340	Kinesiology - Upper or Lower Body

Dates and times are subject to change.

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

