



Massage Center
171 E. Thousand Oaks Blvd. #206
Thousand Oaks, CA 91360

Email: Jessica@asmt.net

Phone / Text 805-791-1561

www.ASMT.net



ACCREDITATIONS AND ASSOCIATIONS
American Massage Therapy Association Council of Schools Member (AMTA)
Associated Bodywork & Massage Professionals (ABMP)
CAMTC Certified School # SCH0009

Licensed to operate by the California State Bureau for Private Postsecondary Education

YOU have decided to **CHANGE YOUR LIFE** and because **YOU** want to have **MEANING** and purpose in your life. One of the greatest benefits to a career in massage therapy is the ability to **AFFECT** and **CHANGE** the quality of another person's life while **IMPROVING YOUR QUALITY OF LIFE**.

Last year, consumers visited Massage Therapists 230 MILLION times. 36% of Americans have received one or more massages. This figure has doubled in the past 2 years (*American Massage Therapy Consumer Survey*). Consumers spend between \$11-15 Billion Dollars on visits to massage therapists (*Associated Bodywork & Massage Professionals*). With such growth potential you can expect that **YOUR** new career can also change your income potential. As a massage therapist, you can work in such exciting environments as spas, medical offices, cruise ships, physical therapy offices, chiropractic offices, private practice and sports clubs.

WHY MY SCHOOL????????????

I was born and raised in Denmark, where massage therapy has been a part of life and accepted for many years. I understand the need that everyone has for massage. With over 31 years experience as a successful Chiropractor, I have a passion to teach the wonders of massage therapy and the various modalities of the healing arts.

My programs are **INNOVATIVE** and **EXCITING** and reflect the changing fluid environment of massage therapy.

I have customized my programs to meet each student's individual needs so **YOU** can use your education to create the massage practice of **YOUR CHOICE**.

Because of my passion to **IMPROVE PEOPLE'S LIVES** and **TO PROVIDE A BETTER QUALITY OF LIFE**, I founded the Massage Center in 1997 and have graduated hundreds of successful and skilled therapists.

I have designed the course for someone just like YOU to complete your personal goal of entering the massage therapy industry within 5 months.

Through the extensive knowledge of our faculty the student will gain intellectual knowledge that will make them a successful therapist. The student will also gain an in-depth knowledge of the body and be able to develop the skills necessary to become a successful massage therapist and be employed as such in our community.

I look forward to seeing you in the next class and I want to personally welcome you into the Massage Center family.

Dr. Helle Leap, D.C.
Director / Owner

2023

550 Hour “Silver” Massage Therapist Program



We want *YOU* to come join us!

Call or Text 805-791-1561

Or Email our Manager

Jessica@asmt.net

Find out when our next class starts.

Massage Center Thousand Oaks



All class classes / sessions will be held at our School which is located at 171 Thousand Oaks Blvd. #206 in Thousand Oaks, CA. We are an intimate school that was established in 1997.

We keep our classes small in size which allows for individual attention. We pride ourselves on educating and training balanced massage therapists who can immediately enter the field of massage to serve themselves and their community.

Registration for classes can be done in person, by mail with a check, or credit card, or by fax with a credit card. The 1000 sq. ft classroom is equipped with

massage tables of varying heights. Massage lotion will be provided to students by the school. Handouts are provided to the students for the Massage portion of instruction, A&P textbooks are checked out during the A&P portion of instruction. Lecture is done via a transparency overhead and written on the white board.

The school does not provide English-as-a-second language classes, nor do we accept International Students. All instruction is taught in English ONLY. Students must be able to read, write and understand English without the aid of an interpreter. No English language services are provided. You must be able to write and read a minimum 250 word essay in order to demonstrate that you have proficient knowledge of the English language. During the admission process you will be asked to write and read back to us a small essay stating why you want to become a massage therapist. The Massage Center is a private institution and is licensed to operate by the Bureau for Private Postsecondary Education. This means that the school meets the minimum state standards and does not imply any endorsement or recommendation by the state or by the Bureau.

Massage Center is a private institution that is licensed to operate by the Bureau for Private Postsecondary Education.

Massage Center has a Satellite location located at 21740 Devonshire Street, Chatsworth, CA 91311. This is the Chiropractic office of Dr. Helle Leap where it is possible for students get hands on practice working in a chiropractic practice. The office has 2 private rooms both equipped with adjustable massage tables. Massage lotion, sheets, bolsters & pillows will be provided.

550 Hour “Silver” Massage Therapist Program

Our 550 Hour course provides you with a solid foundation for becoming a successful Massage Therapist. We have just the right combination of “Basic Training” where you will learn Anatomy & Physiology along with Swedish Massage skills. This gives you a solid base knowledge that you can build on. You will also learn anatomy / physiology both lab and theory along with contraindications, pathology, skin disorders, health and hygiene. Once ready, you start taking our Advanced Elective Classes. The elective classes are not merely lectures about or introductions to a new modality, but rather complete stand-alone courses themselves. Most massage programs have a “one size fits all” standard curriculum that every student follows to completion. At the Massage Center we believe that the student should be able to custom design their massage and bodywork education to meet their individual preferences and scheduling requirements. The student are required to take a written midterm, final and a hands-on practical final exam before entering the clinic. There are no test given in the clinic. Each Elective class has its own open book comprehensive exam. These original documents are held in the student files.



We offer many different elective classes for you to choose at convenient times. These courses offer a very advanced level of specialized education taught by experienced instructors.

The elective portion of classes requires each student to take 230 hours total. We offer 275 hours of approved CAMTC classes. Students are allowed to choose which classes they want to take to reach 230 hours.

You will also gain practical experience where you get to practice what you learned at our Student Massage Center. You are able to do an Internship at our Satellite location as part of your Clinical Studies requirement. No Externship is required nor allowed.

The 550 hour Program meets and exceeds the requirements of the California State Massage Therapist license from CAMTC (California Massage Therapy Council)

This course prepares the graduate for employment in United States Department of Labor Standard Occupational Classification code 31-9011.

Mission: Prepare Therapeutic Massage graduates for employment in accordance with the California State regulations.

Objective: To provide quality education to adults in the Conejo Valley and surrounding communities, who wish to pursue a career in the profession of massage.

Purpose: To provide the graduate with the skills, knowledge and confidence to to give a one hour therapeutic massage to a client with the possibility of incorporating one or more of the techniques learned in his or her choice of Elective classes.

Upon completion of this course students will receive both a certificate of completion and a transcript for “Silver” Massage Therapist.

550 Hour “Silver” Massage Therapist Program Breakdown

Anatomy / Physiology Theory. Page 5	60 hours
Anatomy / Physiology Lab. Page 5	20 hours
Swedish Massage. Page 5	30 hours
Contraindications / Pathology / Skin Disorders. Page 5	35 hours
Health / Hygiene. Page 5	20 hours
Ethics / Laws (Required) Page 9	10 hours
Business Practice (Required) Page 12	16 hours
Medical Terminology (Required) Page 17	4 hours
Elective Classes (Workshops listed pg 9-18)	230 hours
Clinical Studies (Hands-On Experience)	125 hours
Total	550 hours

Requirements for graduation and certification

- ❖ Satisfactory attendance of 550 clock hours.
- ❖ Completion of 125 hours of Clinical Experience.
- ❖ Completion of all required classes.
- ❖ 70% passing grade on all exams.

Admission Requirements

To apply for admissions at Massage Center, students must be 18 years or older and must be able to provide a government issued ID. A copy of your ID will be kept in your student file.

You must schedule a personal interview. The interview will take place at our facility and includes a full tour of our classroom and clinic. During the admission process you will be asked to write and read back to us a small essay stating why you want to become a massage therapist, in order to demonstrate that you have proficient knowledge of the English language.

Acceptance to the school will be determined based on the applicants written essay and personal interview with the Manager / Admissions Representative of the school.

Successful applicants must demonstrate the ability to fulfill program requirements as determined through the interview process. All Students enrolling in the 550 Hour Massage Therapy Program must have access to an internet capable smartphone, laptop or desktop computer for the distance learning portion of the program.

Tuition & Fees

550 Hour “Silver” Massage Therapist Program



Total charges for the program

Paid in full: \$4,700*

Payment plan \$5,500*. \$700 due at the time of enrollment and 8 monthly payments of \$600.

You have 1 year to complete the program

Note: The schedule of total charges for a period of attendance and an estimated schedule of total charges for the entire program are the same.

*this includes a \$250 non-refundable registration fee and a (Student Tuition Recovery Fund) STRF of \$2.50 per thousand dollars of institutional charges. **STRF is a nonrefundable charge.**

This program will enable you to take the MBlex exam which in California currently is a voluntary examination to qualify for massage certification in other states. Currently California does not require the Mblex for certification in order to work as a massage therapist in California.

Our program enables you to apply for certification to work as a Massage Therapist in California through CAMTC. You will have just the right combination of “Basic Training” and Advanced Elective classes, that you choose, plus enough hands-on practice to become successful.

This program exceeds the minimum State requirement with an additional 50 hours of Clinical Studies.

Elective classes all have an “optional” material fee ranging from \$5-10

Our program meets and exceeds the requirements for the California State “Massage Therapist” Exam.

Massage Center is a unaccredited institution and you will not be eligible for any Federal and State financial aid programs, since we do not participate in any State or Federal Financial Aid programs. If you, the student obtains a loan to pay for an educational program, you will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If you have received State or Federal student financial aid funds, you are entitled to a refund of the moneys not paid from State or Federal student financial aid program funds.

Hygiene, Sheets and Lotion

You need to provide your own sheets. Massage lotion/ gel will be provided for your use while you are in class and in the student center. When you practice at home you will need to provide your own lotion. Students may not remove lotion from the school.



1. *Students must bring their own clean sheets and towels to the Intern Center.*
2. *You must bring one set of clean sheets for every hour you are scheduled at the Intern Center. It is recommended that you bring 1 additional set of sheets than the number of hours you signed up for.*
3. *Massage lotion will be provided by the Massage Center. You can check out Massage lotion at the front desk. If the lotion bottle needs to be refilled, please ask the front desk. Students are PROHIBITED from filling their personal lotion bottles with the Massage Center's lotion.*
4. *It is your responsibility to launder your sheets and towels.*
5. *You MUST wash your hand before and after every massage.*
6. *You must wear clean clothes, use no perfumes and have short, trimmed & clean nails. Hair must be clean and pulled back if long.*

Draping

Students are taught how to properly drape. This instruction is given in the first week of class. Proper draping of clients or students are required at all times.

Dress code

Professional appearance and proper grooming are expected at all times. Shoes must be worn AT ALL TIMES outside the massage room, No tube tops, halter tops, NO short shorts -knee length is acceptable, or unnecessary skin exposure.

You will be sent home if the instructor feels your attire is inappropriate.

Elective Classes



Deep Tissue Massage (24 Hours)

This is one of the most frequently requested modalities. When blended with massage, or used as a stand-alone therapy, deep tissue techniques leave your client feeling "longer, looser, and lighter".

Learn the theory behind deep tissue therapy, how to recognize patterns of muscular strain and compensation, and how to safely target individual muscles, rather than just "going deeper" with the strokes you already know.

Hot Stone Massage (12 Hours)

Hot stone massage is a luxurious body treatment being offered in all the top Spas and Resorts. This soothing and deep healing treatment is easy to learn and fun to do, and best of all it is easy on the practitioner's hands. Your clients will be amazed by how relaxed they feel afterwards.



Lomi Lomi (16 Hours)

To the ancient Hawaiians Lomi Lomi is known as "Temple Style" and "Loving Hands" massage. Lomi is one of the most profound healing forms of massage. The sacred, unique form of bodywork has been handed down through the Ancient Masters Healers of Hawaii for generations and it is my pleasure to share this modality with you. You will

learn the Philosophy of Huna and the art of the Lomi Massage utilizing a number of distinctive styling strokes. Using a rhythmic motion using forearms and flat strokes one will be at peace using the motion of the Hawaiian waves.

Ethics (REQUIRED CLASS) (10 Hours)

In this class you will learn the code of Ethics for Massage Therapist. The teacher keeps it fun for the class, by doing some role playing and hands on activities that will help you to remember what you are being taught. You will learn how to establish healthy boundaries, improving communications in business and relationships, dual relationships, professional ethical principles and client code of conduct.



Chiropractic Massage (24 Hours)

The major focus of this 2 day course is to explore the techniques of deep tissue manipulation primarily along the spinal column. We will review several of the most common ailments and injuries that you will see in a chiropractic office, (i.e.:whiplash, carpal tunnel syndrome, disk problems...) and learn different strokes and stretches that will be beneficial for you to apply in those situations. Some advanced anatomy and medical terminology, along with what to expect when working in a chiropractic office, will also be taught. You will need to bring massage sheets and be prepared to learn a lot and have fun.



Foot Reflexology Chart

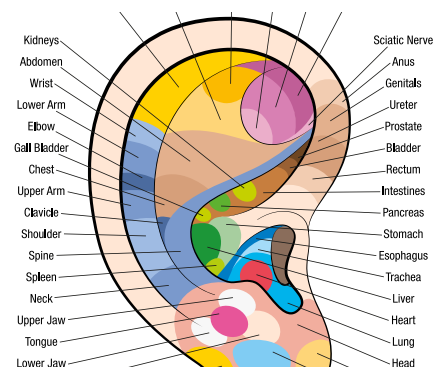


Reflexology I & II (24 Hours)

A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. By stimulating and applying pressure to the feet or hands, you are increasing circulation and promoting specific body and muscular functions.

Ear Reflexology (6 hours)

This course combines an interactive study presented as lecture style and practicum. The students will learn to identify and become familiar with Ear Anatomy, Ear reading and Basic Ear Reflexology routine. The course is perfect for estheticians, massage therapists, reflexologists or for lay people who have interest in natural health to pursue a career in a field of healthcare or massage therapy.



Facial Reflexology (10 hours)

Face Reflexology course includes 10 hours of theory and practice with working on the face reflexology points for massage and health purposes. Students will learn how to read facial diagrams and develop daily facial self-care and a client-care routine to enhance their practice. Instruction on how to use special facial tools will be provided.



Aromatherapy (12 Hours)

In this fun-filled workshop you will be introduced to the wonderful world of aromatherapy. We will go over some of the most common essential oils and how you can use them for massage and in your everyday life. There will be a \$10.00 material fee, for which you will receive a detailed hand-out along with your choice of either a 2 ounce bottle of massage oil or a 2 ounce room spray bottle, both of which you will have the opportunity to create yourself. Bring your open mind and your nose and

be prepared to go on a beautiful sensory journey.

Cranio Sacral (16 hours)

Craniosacral Therapy is a gentle method of manipulating the body's craniosacral system (consisting of thin membranes and cerebrospinal fluid which surrounds and protects the brain and spinal cord) in an attempt to improve the function of the central nervous system. This technique dissipates the negative effects of stress and enhances health and resistance to disease. This is a massage developed to help therapists connect to their clients and provide relaxing massages.



Neuro Muscular Re-Education (24 hours)

This is a massage developed to help therapists by using everything from gentle stretching to deeper manipulations that help the body function optimally. This technique works because our bodies are wonderful machines that have the capability to heal itself; sometimes it just needs a little help. By knowing the way the muscles run and by manipulating them into the correct line, the bones will follow. This is reeducating your body to be back into correct alignment and to run more effectively; the way it did before injury or pain began. This

technique can be a life saver for a person who lives a life of pain and discomfort.



Pregnancy Massage (8 Hours)

Beginning on a firm foundation of how the mother's body changes structurally during pregnancy, you will learn to perform a full-body massage during pregnancy as well as delivery. Training will cover the labor process, pre-labor coaching and back labor remedies in addition to massage.

Therapeutic Stretching (8 Hours)

The addition of stretches to your massage practice can take you from ordinary to extraordinary in the eyes of your clients. Stretches help the nervous system to better assimilate the relaxing effects of massage, reduce muscle tension, minimize musculoskeletal imbalances, and prevent or rehabilitate injuries. Learn how to perform active, isometric stretches on your clients, as well as self-stretches for the massage therapist to ensure a healthy and long-standing career.



Sciatic Massage (8 Hours)

This class is essential to solving lower extremity problems. One will learn an advanced massage technique to assess and provide relief from Sciatic nerve entrapment issues. These techniques procedures will help aching hips and soothes sciatica. The Student will learn to release nerve entrapment to benefit the entire lower extremity.

Business Practice REQUIRED (16 Hours)

In this class you will be learning about good marketing skills, vision statements and goal setting. We are going to give you ways to set up your office so it will run efficiently and smoothly. We are also going to figure out what your specialty massage is, where you want to do your massage at and how much you want to earn. We will be talking about getting started, resumes and interviews. We will also look at who is your target client, how to reach them and how to keep them. And yes, even the yucky stuff like taxes, insurance, licensing and certification. And let's not forget about our future, we need to know about banking and retirement.





Sports Massage (25 Hours)

Sports Massage helps alleviate stress and tension which builds up in the soft tissues of the body during intense physical activity. Minor injuries due to overexertion heal more quickly with the help of Sports Massage. Massage prepares the athlete for peak performance, flushes the body of metabolic wastes, relieves soreness, and reduces muscular tension. Sports Massage of very beneficial when an athlete is training for an event. It is helpful for anyone who stretches their physical limits. Both professional and amateur athletes who use their body in

physically demanding ways will benefit from this form of muscle therapy.

Thai Massage I (16 Hours)

Thai massage is a blending of gentle rocking, rhythmic acupressure and deep assisted stretches to open, exercise and tone all systems of the body. Joints are loosened and opened, muscles are stretched and vitality is increased. It can be very meditative and a deep state of relaxation can be achieved. Thai massage is performed on a floor mat in loose comfortable clothing. Both the client and practitioner shift through four traditional positions; front, back, side and seated. It is often referred to as “yoga for two”.



Thai Massage II (16 Hours).

Prerequisite Thai Massage I

In Thai II you will be learning many new postures along with being introduced to Thai energy (Sen) lines. Learn how to incorporate these new postures with all that you learned in Thai I. This class will help you to expand and refine your skills and to create a more advanced 90 minute massage.



Acupressure for Relaxation (8 Hours)

Acupressure uses the same energy system as acupuncture and is a more gentle and

acceptable way in the Western World. This energy system has been effectively used by the Chinese for thousands of years. Acupuncture has written records of practice dating back from fifth century B.C., while acupressure is even more ancient. It is from this process that acupuncture was evolved. The energy system exists throughout the body.

Its even, vital flow is evidence of a healthy body. To stimulate the body or free blocked energy, pressure is applied by means of the hands and particularly the fingers along the energy lines. This is done on the comfortably clothed body and is a practical method of maintaining well-being.



Chair Massage (8 Hours)

This class will introduce you to new ways to relieve tension and relax the body quickly with chair massage techniques. Swedish, deep connective tissue and soft-subtle touch techniques will be incorporated into a routine that will last anywhere from 5 minutes to an hour.



Myofascial Release (16 Hours)

This class is a tender mixture of stretches and massage techniques. A bodywork therapy whereby a therapist directs hands-on touch and maneuvers to the entire body, Myofascial Release promotes healing and relieves pain.

Myofascial Release therapy utilizes gentle, kneading manipulation that gently stretches, softens, lengthens and realigns fascia. After careful observation of ones posture, a Myofascial Release therapist will feel for stressed areas of the body. When restricted areas are found, the Myofascial Release therapist

will gently stretch tissues found along the direction of the muscle fibers. This stretch is held for a couple of minutes until a softening or release is felt. These stretches are repeated until the tension is gone. A Myofascial Release session may last up to an hour and can be administered one to three times per week depending on a patient's condition.

Reiki I & II (20 Hours)

R e i k i , pronounced "Ray Key," means "universal life force energy," and is an ancient art designed to increase your healing energy throughout your body. There



are specific Reiki teachings along with attunements/initiations makes Reiki a universally necessary class for everyone interested in understanding their own healing potential. Reiki is a hands-on healing technique which balances the flow of energy in one's body. Reiki is simple, yet can easily be applied anywhere, with anyone, anytime, and combined with any other healing modality. Reiki is very versatile. In class, you will experience a full Reiki attunement of both Levels I and II. You will learn about the various symbols of Reiki and the hand placements to be used during a full body healing session, as well as, being useful for self healing. The class has lots of hands-on opportunities for practice. Upon completion you will receive a frame-able Reiki I and II certificate. Dusty believe's that Reiki is a "MUST HAVE" for anyone who touches in a healing capacity or just touches meaning everyone.



Geriatric/ Disabled Massage (6 Hours)

This class is designed to meet the specific needs of the elderly population. It involves using soft massage hands to manipulate the flexible tissues in the elderly client, to improve blood circulation, relieve pain and increase range of motion and flexibility. Geriatric Massage provides the elderly with comfort and connects them to

their ever change body needs. Students get a basic understanding of how to listen to their elderly clients and gain the compassion needed through practical hands-on experience. Students visit a local retirement home for their practical experience.

Lymphatic Drainage Massage (12 Hours)

Lymphatic drainage massage is a highly specialized massage technique that targets the lymphatic system, assisting it to detox and boost the body's natural elimination channels, which can in turn increase circulation and boost the body's ability to filter excess fluids, toxins and waste. The result can be a healthier immune system and less fatigue. This technique increases lymph flow throughout the body and encourages the natural drainage of



the lymph from body tissues through the use of very light pressure, as well as, long, gentle, rhythmic strokes and soft pumping movements in the direction of the lymph nodes. The benefits of lymphatic massage are many. Lymph drainage massages can help with healing after surgery. This type of massage regenerates tissues to reduce scarring at surgical incision sites. Lymph drainage massages also reduces swelling and detoxify the body, according to the International Alliance of Healthcare Educators. For the most part lymphatic drainage massage is safe. With such a light touch, the danger of causing damage to the tissue is slim: Acute inflammation, Malignant tumors, Thrombosis and major heart problems are all contraindications to lymphatic drainage massage. Lymphatic massage, has gained popularity recently due to its positive benefits with cancer patients and lymphedema, which is an accumulation of fluid that can occur after lymph nodes are removed during surgery, most often a mastectomy for breast cancer. This technique can also reduce the appearance of cellulite. If you are physically active on a daily basis, it is recommend to have year-round lymphatic massage. At least 4 times per year is a good basis for active individuals. This helps keep your immune system strong and ready to take on any physical challenges.

Foot Lymphology (8 Hours)

This is a course about getting to know the Lymphatic system, which is one of the basic systems that affects everything in the body and is important that it is working properly. This manual (using the hands) gentle system can be done in several ways on the body - the back, neck, arms and the feet (Reflexology). Exercise keeps the energy moving in the body for all our body functions. Lymphatic drainage is a light touch, gentle method of exercise through the feet and other parts of the body to help unblock this system. Once this system is learned in class, students can apply this skill with clients.





Infant Massage (4 Hours)

Infant massage is a holistic and natural way to promote infant health, improve parenting skills and deepen the bonding between the infant and their parents.

Infant Massage incorporates nurturing touch in a loving and fun one-on-one interaction that is nourishment for baby's healthy development of mind, body and spirit.

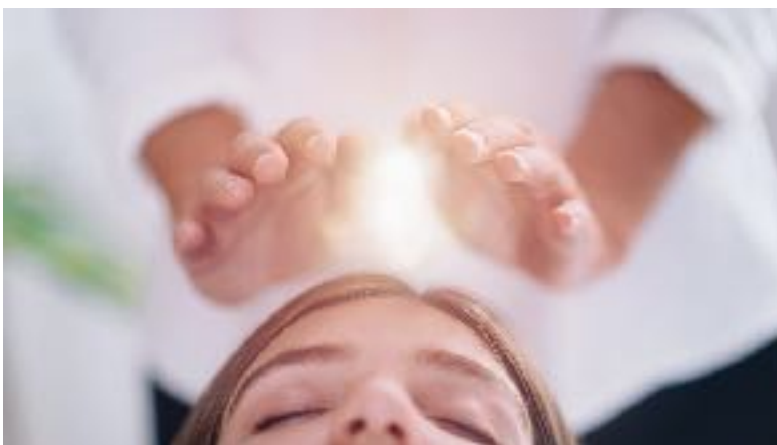
You will learn a simple and easy routine to educate the new mother to soothe her infant. Great modality to offer to your pregnant clients. Bring a doll to class. Class includes practical experience with Infants.

Medical Terminology REQUIRED (4 Hours)

The purpose of this course is to familiarize students with common medical terms. Familiarity of these terms can help students discern the answers to more complicated questions. Students will also reinforce their learning of anatomical planes and position as well as heart circulation to better answer questions that refer to them.



Energy Class (4 hours)



This course combines an interactive study presented as lecture style and practicum. It is a comprehensive overview of seven (7) major chakras and chakra balancing techniques using muscle testing (body/hands) and pendulum use. Tools like dowsing rods and cosmic chakra set will be demonstrated. The course is perfect for healers, massage therapists, or lay people who have interest in natural health or pursuing a career in a field of healthcare or massage therapy.

Ayurvedic Head Massage (16 hours)

First day of the course the students will learn to identify and become familiar with individual body constitution and develop a practical daily routine. Second day of the course the students will learn and practice Ayurvedic bodywork. The course is perfect for massage therapists or for lay people who are interested in Ayurveda and natural health to pursue a career in a field of healthcare or massage therapy.



Foundations of Ayurveda (16 hours)

First day of the course the students will learn the basic understanding and history of Ayurveda. Students will learn about individual body constitution and how to apply the knowledge with clients. Second day of the course the students will learn and practice Ayurvedic bodywork techniques.. The course is perfect for massage therapists or for lay people who have interest in Ayurveda and natural health to pursue a career in a field of healthcare or massage therapy.



Trigger Point Therapy (16 Hours)

Trigger point therapy is based on the phenomenon of painful trigger points that develop in the muscle. These can occur as a result of muscle spasm or from tangled knots of normally smooth muscle fibers. In people who suffer from muscular aches and pains, the trigger point is characterized by knotted muscles and a painful tender spot. A trigger point can radiate pain and sensation through nerves to other places in the body.

*course content subject to change. Not all classes are offered at all time. Check our website for the most current schedule of Elective classes.

School Brochure

Our school catalog is available on our website.

We email all our prospective students the above link to our brochure. Anyone is welcome to pick up a printed copy from the schools front office.

Materials & Equipment

All material necessary for completion of the programs at the Massage Center are provided by the Massage Center unless otherwise noted. The student will have to provide bed sheets to cover the massage tables. Advanced classes may require the student to purchase material and/or books not included in tuition. Text books are available for purchase at the Massage Center business office. These books are recommended not required.

Each elective class has an optional material fee of up to \$10 per class.

Transfer Students Policy & Procedure

In order to receive credit for prior education from another massage school, you must be able to demonstrate, either by letter or transcript, that you have received equal or more hours in the subjects listed on page 6 in this catalog.

After teachers and faculty have reviewed your previous training, it will be determined what courses must be taken at the Massage Center in order to receive a completion certificate.

At least 51% of your training must be done at our school in order to receive a certificate from the school.

Your tuition will be pro-rated based on the hours you will compete at Massage Center. There is no fee for the transfer application itself.

If you disagree with our decision, you may send a request for an appeal to: Helle Leap 171 E. Thousand Oaks Blvd. #206, Thousand Oaks, CA 91360

Massage Center has not entered into an articulation or transfer agreement with any other college or university.



We do not award credit for prior experiential learning.

Job & Career Opportunities

The Massage Center offers several innovative programs to assist our graduates. We provide contact information about local massage business recruiters.

We offer employment opportunities for our graduates to work in our Massage Center.

You can apply to become a Graduate therapist employee at Massage Center where you will provide massage therapy to the public and be compensated at an hourly rate.

Not all graduated students will be accepted for this employment opportunity. You will need to submit and employment application and sit for an interview with our Manager.

Working in the field of massage is a very rewarding experience where you will be helping people feel better physically and emotionally.

The School has a job board which is updated weekly.

Student Practice Center



Thousand Oaks
Hours of Operation

Tuesday thru Friday 12 p.m. - 8 p.m.
Saturday 10 a.m. - 6 p.m.
Sunday 10 a.m. - 4 p.m.

The Massage Center is dedicated to providing the best education in massage therapy. We offer a state-of-the-art practice center with private rooms and a soothing ambiance.

At the student practice center students gain valuable practical experience by working on a variety of clients provided for them by the school. We have been offering this service to the Thousand Oaks community since the introduction of our school in 1997.

This experience is one of the tools we use to prepare our students for a successful career in massage therapy.

School Performance Fact Sheet.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement. Information regarding completion rates, placement rates, license examination rates, and salary or wage information included in the School Performance Fact Sheet.

Student Tuition Recovery Fund

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.

In addition to the statement required under subdivision (a) of this section, a qualifying institution shall include the following statement in its school catalog:

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd, Suite 225, Sacramento, CA 95834. (916) 574-8900 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

Cancellation Policy



STUDENT'S RIGHT TO CANCEL: You (student) have the right to cancel the enrollment agreement and obtain a refund of charges paid (as outlined on the enrollment agreement) through attendance at the first class session, or the seventh day after registration, whichever is later.

You (student) have the right to withdraw from the course at any time.

All requests for cancellation and/or withdraw must be in writing and submitted to: Massage Center Attn: Helle Leap 171 E.

Thousand Oaks Blvd., #206 Thousand Oaks, Ca. 91360

Refund Policy

If the amount that you have paid is more than the amount that you owe for the time attended, a refund will be made within 30 days of withdrawal. If the amount you owe is more than the amount you have already paid you will have to make arrangements to pay the amount owed.

*Attendance in class is assumed up until the day written notification is received even if the student is not physically in class.

A pro rata refund pursuant to section 94919(c) or 94920(d) or 94927 of the Code shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows:

The amount owed equals the daily charge for the program (total institutional charge, divided by the number of days or hours in the program), multiplied by the number of days student attended, or was scheduled to attend, prior to withdrawal.

Refund Example

A student signs up for the 550 Hour Silver Massage Therapist Program and pays \$4,500 in tuition.

The hourly charge for the program is (\$4,500 divided by 550) \$8.18 / hour.

If the student attended 150 hours of class and was signed up for 130 hours of Elective classes = total 280 hours. (280 hours X \$8.18 = \$2290.40)

The student would receive a refund of (\$4,500 - \$2290.40) = \$2,209.60

Grading Policy

Grading Standards:

90-100% A Average
80-89% B Average
70-79% C Average
60-69% D Average
59% or less F Average

Each class has required tests which determine these grades. A cumulative grade point average of "C" or better is required for students to graduate successfully.

If, after taking the midterm or final, a student's average falls below a "C", the student will be given two weeks to write out the midterm or final review, study this, and retake the appropriate test within two weeks. After the midterm or final is re-taken and the student's average is still below a "C", the course must be repeated the next time it is offered. If the student is unable to maintain a "C" average after repeating the course, graduation from the program will be affected.

Re-registration will be accepted if the student can demonstrate that conditions causing the low grade point average have been resolved.

If a student does not complete the program as scheduled, the letter "I" will be placed on the student's transcript to designate "incomplete". An "I" grade becomes a grade "F" if the student does not complete required course work within six months.

School records: The Massage Center will keep all school and student records for five years from the student's date of completion or withdrawal. Transcripts are retained permanently.

Attendance Policy

We expect you to attend all classes as scheduled and require that you make-up any class hours missed. You will be required to sign in at the beginning of every class and sign out at the completion of every class.

Make-Up work: If you are not able to attend a class, we ask that you inform the instructor. The instructor will request that you review the material that was taught by obtaining class notes from a fellow student. Make-up work required is clearly explained on the student syllabus. Students may not make up more than 15% of the total classroom hours.

Tardiness: We expect you to arrive for class on time. If you are more than 15 minutes late for class that time must be made up.

Leave of Absence: Any request for a leave of -absence must be submitted in writing and addressed to the school administrator. A max of 6 month leave of absence will be granted at a time. You can request a leave of absence twice. (Total of 12 month max)

STUDENT CONDUCT & PROBATION POLICY

Any student may be dismissed at the discretion of the administrator for serious incident or repeated incident of intoxicated or drugged behavior, behavior deemed inappropriate, or repeated absence without valid excuse. Behavior deemed inappropriate includes, but is not limited to, violation of the Student Code of Conduct, inappropriate (sexual or aggressive) touch with fellow students or cheating on exams. Be Mindful of the fact that we teach massage as a healing modality.

Possession of a weapon or behavior creating a safety hazard to other persons at the school is grounds for immediate dismissal.

SEXUAL HARASSMENT AND VIOLENCE POLICY

Students are required to follow all school rules and policies. We expect our students and staff to behave in a manner that effect positively upon themselves as professionals and upon their professional colleagues. No sexual harassment or violence of any form will be allowed.

Absence: *Absence in excess of 10% of the total class will necessitate a meeting with the director and a 30 day probationary period. During the probation period you must comply with all attendance requirements as well as all behavior requirements or be subject to dismissal from the program.*

Probation: *Failure to adhere to any of the policies as stated in this catalog and/or the registration agreement, may cause the student to be placed on probation. Should the student be placed on probation, they will meet with our Manager daily for 5 days in order to address whether the issues that placed the student on probation i the first place have been resolved. If the Manager finds that the issues have ot been resolved after the 5 days, the student will be terminated from the program and will be held responsible for all monies due up to the date of termination.*

Dismissal: *The Massage Center reserves the right to dismiss any student who does not exhibit proper physical behavior. Anyone who has been using drugs or alcohol at the school or at any school function and anyone violating the sexual harassment and violence policy will be dismissed.*

Grades: *Student must receive 70% or higher on all exams.*

Attendance: *Students must complete all 550 of the program. Students must makeup an missed class time.*

The school will take whatever disciplinary action it deems necessary, unless otherwise proscribed by law. This may include, but is not limited to warning, probation, suspension, or termination.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Massage Center is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Massage Center to determine if your certificate will transfer.

California State Certification

Because requirements vary from city to city and from county to county, it is advised that the individual student consult the licensing authorities in the area in which he/she plans to practice. City licensing around us vary from 200 to 550 hour requirements.

The Board who issues voluntary certification for Massage Therapists in California is called: California Massage Therapy Council (CAMTC).

CAMTC has the following requirements:

To be granted the title, CMT - Certified Massage Therapist; You must have successfully completed, at a CAMTC approved school, curricula in massage and related subjects totaling a minimum of 500 hours (or the credit unit equivalent), which incorporates appropriate school assessment of student knowledge and skills. Of the 500 hours, a minimum of 100 hours shall be in anatomy and physiology, contraindications, health and hygiene, and business and ethics; and Have not violated any of the provisions of the California Massage Therapy Act or any policy, procedure, or regulation of CAMTC.

Massage Center and its programs are not accredited by an accrediting agency recognized by the United States Department of Education.

Disclosure: Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as listed in California Business and Professions Code section 4600 et. seq.”

Policies on Student Rights and Student Grievances

Massage Center believes that the quality of the educational program can improve when the Teachers, Managers and Administrators listens to complaints, considers differences of opinion, and resolves disagreements through an established, objective process. Massage Center encourages complainants to resolve problems early and informally whenever possible. If a problem remains unresolved, the individual should submit a formal complaint to a Manager as early as possible.

Our Managers have the authority to deal with concerns and grievances. If your first efforts to address a problem with your student's teacher or Managers are unsuccessful, please contact the school Administrator, Helle Leap. It is expected that your concerns will be treated fairly and every effort made to resolve any concerns.

STUDENT'S RIGHT TO CANCEL:

You have the right to cancel the enrollment agreement and obtain a refund of charged paid through attendance at the first class session, or the 7th day after enrollment, whichever is later.

Cancellation shall occur when you give written notice of cancellation at the address of the School shown on the top of the first page of the Enrollment Agreement. You can do this by mail or hand delivery. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addresses with postage prepaid.

WITHDRAWAL FROM COURSE

You have the right to withdraw from a course of instruction at any time. The institutional refund policy for students who have completed 60 percent or less of the course of instruction shall be a pro rata refund.

You have the right to withdraw from the course and obtain a refund of charged paid through attendance at the first class session, or the 7th day after enrollment, whichever is later.

You are obligated to pay only for educational services rendered and for unreturned equipment.

Student Services

At Massage Center, we want to help you feel at home as you work toward a better career future. That's why we offer several student services to aid you. The instructors and staff members at Massage Center are here to support you.

Here are just a few of the resources we offer to help keep your education and your career future on track:

- **550 Hour Silver Massage Therapy Program Payment Plans** – Payment Plans are available for 550 hour program. The total charges for a period of attendance is \$4700 if paid in full and \$5500 if on payment plans. The total charges for a period of attendance and estimated schedule of total charges for the entire program is the same amount. See page 9 for payment amounts.
- **Business Practice** - Students will gain an insight into what it takes to be successful in the massage field. Class taught by a local highly successful massage therapist.
- **Student Clinic** - Massage Center students can start participating in the student massage clinic after they have completed 80 hours of their education. This is still a learning process and our massage clients are required to fill out a form with constructive feed-back after their massage.
- **Library resources** – The Massage Center library provides access to text materials, reference books, trade journals and periodicals which may be used as supplemental reading for coursework and for general background information. Students are asked to comply with the library rules on book checkout and return as explained during orientation. You may borrow up to 2 items at a time for a time period no longer than 3 weeks. You will be required to “sign the items out” on our log sheet. Failure to return the items in due time will result in loss of your library privileges. If you fail to return the borrowed items, you will be held financial responsible for the items.

California Business & Professional Code section 4611 related to unfair business practice as related to massage.

4611. (a) It is an unfair business practice for a person to do any of the following:

(1) To hold himself or herself out or to use the title of “certified massage therapist” or “certified massage practitioner,” or any other term, such as “licensed,” “certified,” “CMT,” or “CMP,” in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the council pursuant to this chapter.

(2) To falsely state or advertise or put out any sign or card or other device, or to falsely represent to the public through any print or electronic media, that he or she or any other individual is licensed, certified, or registered by a governmental agency as a massage therapist or massage practitioner.

(b) In addition to any other available remedies, engaging in any of the prohibited behaviors described in subdivision (a) constitutes unfair competition under Section 17200.

Your Teachers

We have many teachers on staff. They are all experienced instructors in the specific field they are teaching.



Lila Grace

Lila Grace began her massage education in 2008 at the Institute of Psycho-Structural Balancing (IPSB) in Culver City in order to expand her knowledge of the body to support her life-long addiction to dance. She has also been a Personal Trainer and Pilates Instructor since 2009. She's a self-described anatomy geek and loves the integrative aspects of massage and movement to give a broad perspective of the way the miraculous human body works. Her personal interest in health and fitness has kept her focused on the therapeutic aspects of massage, particularly for active and athletic bodies. She is also an avid rock climber, hiker and world traveler.



Robyn Schwartz

Robyn is a licensed massage therapist and a certified instructor living in Southern California. Her work is energetic and healing. She specializes in many different types of massage such as Swedish, Shiatsu, Acupressure, Kinesiology, Reiki, Reflexology, Pregnancy & Infant Massage, Deep Tissue, Aromatherapy as well as office chair massage.

Since September 1996, she has had her own practice benefiting clients of all walks of life. Throughout the years, Robyn continues to take various courses to keep her skills ongoing and to learn new and exciting techniques. Robyn studied at Ahern's Massage Therapy School, studying under massage guru Thomas Ahern, in Mariposa, California and set up her first practice in Connecticut. Since completing her studies from Tom Ahern's school, she has received her certificates in Reiki I & II, and also became a Certified Infant Massage Instructor. Recently, Robyn was an instructor of Pregnant & Infant Massage, Aromatherapy and Reflexology at the Thousand Oaks Healing Arts Institute.



Sofia Ianovskaia

Sofia Ianovskaia is the owner of Ayurvedic Insights Lifestyle Consultations and Massage Therapy/Reflexology. Being a certified Ayurveda Wellness Counselor and a Certified Massage Therapist/Reflexologist, she is passionate about delivering educational workshops on diet, daily routine, and lifestyle from the Ayurvedic prospective. Sofia is a graduate of Kerala Ayurveda Academy and has undergone an extensive internship with Vaidya Mishra (vaidyamishra.com) learning SVA Shaka Vansya Ayurveda principles.



Tina Meyer

A graduate from the Institute of Psycho-Structural Balancing in Los Angeles, California, Tina also received her certificate in Thai Massage while studying at Banrai Traditional Thai Massage in Chiang Mai, Thailand. She has enjoyed a successful private practice here in Thousand Oaks and surrounding areas since 1996. Tina is always looking for new ideas to incorporate into her massage practice.



April Hath

A holistic and energy healer certified Licensed Massage Therapist .My skills, past experience, and life's work is my passion for helping people heal, feel better and transform their lives through the experience of holistic healing, energy healing and touch.. I am a certified Reiki Master,I have spent the last twenty years studying and learning every metaphysical ,holistic and energy modality I could get my hands on as this is my life's purpose and comes very naturally to me. I graduated from the Sedona School of Massage and taught Reiki in Arizona. I am dedicated to guiding our bodies to reach health, balance, and well being.



Sierra Valasquez

Sierra Velasquez is a massage therapist and Certified Manual Lymph Drainage Therapist (CMLDT). After years of working in luxury spas around the globe, she started volunteering with the Heart Touch Project, giving touch to patients undergoing cancer treatment at USC Wellness Center. This led to undergoing further training in medical massage through the Mayo Clinic and learning manual lymph drainage therapy in the Vodder technique, to better provide relief from pain to patients with medically fragile conditions. She is passionate about advancing the role of skilled and compassionate touch in healthcare.



Amanda Tardif

Amanda is a Certified Massage Therapist from Thousand Oaks who specializes in custom bodywork, adapting to the clients specific requirements to heal from and enjoy their session. She incorporates trigger point and chakra balancing with every massage and provides guidance for students who wish to learn how to relieve Sciatica as well as Therapeutic Stretching.

Housing Information

- Massage Center does not provide any housing or dormitory facilities.
- Thousand Oaks has many housing opportunities. There are several large apartment complexes within a 15 radius from our school. Rent starts at approximately \$800 per month.
- Massage Center is not responsible for nor will we assist in finding housing for any students.

Any questions a student may have regarding this catalogue that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at

1747 N. Market Blvd Ste 225

Sacramento, CA 95834

OR

PO Box 980818

West Sacramento, CA 95798-0818

www.bppe.ca.gov

toll-free telephone # (888) 370-7589 or by fax (916) 263-1897

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the bureau's internet website www.bppe.ca.gov .

A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 320, Sacramento, CA 95814, www.camtc.org, phone (916) 669-5336, or fax (916) 669-5337.”

Massage Center does **not** have a pending petition in bankruptcy, is **not** operating as a debtor in possession, has **not** filed a petition within the preceding five years, and we have **not** had a petition in bankruptcy filed against us within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

DIRECTIONS



Massage Center

171 Thousand Oaks Blvd. #206
Thousand Oaks, CA 91360
805-495-1353

From Northern San Fernando Valley, Simi Valley, Moorpark

Take the 118 west which will turn into the 23 Frwy south. Exit on Thousand Oaks Blvd..., go to the second light make a right on Thousand Oaks Blvd. We are located on the right in the El Cid Plaza next to the "Topsy Goat" Restaurant and directly across from Wells Fargo Bank.

From Southern San Fernando Valley, Calabasas, Westlake, Agoura

Take the 101 Frwy west toward Ventura, exit Moorpark Rd. and make a right on Thousand Oaks Blvd. We are located on the left in the El Cid Plaza next to the "Topsy Goat" Restaurant and directly across the street from Wells Fargo Bank.

From Newbury Park, Camarillo, Oxnard, Ventura

Take the 101 Frwy east, exit at Moorpark Rd and turn right on Thousand Oaks Blvd. We are located on the left in the El Cid Plaza and directly across the street from Wells Fargo Bank.