

MASSAGE FOUNDATION

700 Hour Daytime Massage Certification Program

Sample Schedule

Semester I - 16 weeks

| TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SUNDAY |
|----------|---|---|--|---|---|
| 9 - 12 | ANATOMY & PHYSIOLOGY I <i>NMAHA Faculty</i> | CORE INTEGRATION <i>NMAHA Faculty</i> Wks 1 - 8 PROFESSIONAL ETHICS & BUSINESS I <i>NMAHA Faculty</i> Wks 9 - 16 | ANATOMY & PHYSIOLOGY I <i>NMAHA Faculty</i> Wks 1-2, 7-12, 15, & 16 <i>SOUTH</i> BODY MECHANICS I <i>NMAHA Faculty</i> Wks 3-6, 13, & 14 | COMMUNICATIONS & PROFESSIONAL ETHICS I <i>NMAHA Faculty</i> | CLINIC TRAINING <i>NMAHA Faculty</i> Wks 1 - 5 9:00 - 4:30 STUDENT CLINIC <i>NMAHA Faculty</i> Wks 6 - 16 (hours to be assigned) |
| 12 -1:30 | <i>L U N C H</i> | | | | |
| 1:30 - 5 | MASSAGE I <i>NMAHA Faculty</i> | ANATOMY & PHYSIOLOGY I <i>NMAHA Faculty</i> | MASSAGE I <i>NMAHA Faculty</i> | MASSAGE I <i>NMAHA Faculty</i> | |

Semester II - 6 weeks

| TIMES | MONDAY | TUESDAY | WEDNESDAY | SAT. & SUN. |
|---------|--|--|---|--|
| 6 - 9pm | ORTHO-BIONOMY <i>Christina Montes de Oca</i> | ORTHO-BIONOMY <i>Christina Montes de Oca</i> | ANATOMY & PHYS. II <i>(4:30PM-5:30PM) NMAHA Faculty</i> PRO. ETHICS & BUS. II <i>NMAHA Faculty</i> | STUDENT CLINIC <i>NMAHA Faculty</i> Wks 1 - 5 (hours to be assigned) |
| 6 - 9pm | ORTHO-BIONOMY <i>Christina Montes de Oca</i> | ORTHO-BIONOMY <i>Christina Montes de Oca</i> | ANATOMY & PHYS. II <i>(4:30PM-5:30PM) NMAHA Faculty</i> PRO. ETHICS & BUS. II <i>NMAHA Faculty</i> | |
| 6 - 9pm | TRAGER APPROACH <i>Elisabeth Farley</i> | TRAGER APPROACH <i>Elisabeth Farley</i> | ANATOMY & PHYS. II <i>(4:30PM-5:30PM) NMAHA Faculty</i> PRO. ETHICS & BUS. II <i>NMAHA Faculty</i> | |
| 6 - 9pm | TRAGER APPROACH <i>Elisabeth Farley</i> | TRAGER APPROACH <i>Elisabeth Farley</i> | ANATOMY & PHYS. II <i>(4:30PM-5:30PM) NMAHA Faculty</i> PRO. ETHICS & BUS. II <i>NMAHA Faculty</i> | |
| 6 - 9pm | HAKOMI FOR BODYWORKERS <i>Morgan Holford</i> | HAKOMI FOR BODYWORKERS <i>Morgan Holford</i> | ANATOMY & PHYS. II <i>(4:30PM-5:30PM) NMAHA Faculty</i> PRO. ETHICS & BUS. II <i>NMAHA Faculty</i> | |
| 6 - 9pm | FELDENKRAIS <i>Marilyn Hardy</i> | FELDENKRAIS <i>Marilyn Hardy</i> | GRADUATION CEREMONY | |