



Nevada State Board of Massage Therapy
 1755 E. Plumb Lane Suite 252
 Reno, NV 89502
 Phone (775) 687-9955
 Fax (775) 786-4264
 Email: nymassagebd@state.nv.us
 Website: <http://massagetherapy.nv.gov>

Continuing Education Form

- To obtain Credit for **GIVING** a Presentation
 To become a NSBMT Provider of Continuing Education for the below course. (1 course per page)n

Title of the presentation:	Aveda Institute Massage Program Curriculum
The name of the sponsor of the presentation:	Aveda Institute
Location of the presentation:	4856 S Eastern Ave. Las Vegas, NV 89119
Number of hour of the presentation:	40 requested program written for 600 hours
The Source of the information conveyed in the presentation: (attach additional sheets of paper if necessary)	See attached documents
The Inclusive dates of the presentation:	2021 - currently using curriculum
Attach a list of persons attending the presentation:	Suann Robinson, Gail Renzi, Sharon Walker, Aveda staffn
Attach syllabus or class outline for the program or course.	See attached documentn
Attach original draft of the certificate of completion what will be distributed to participants upon completion of the course.	
Attach a summary of the presentation and the information that the person who attended the presentation was expected to learn:	
Attach Biographical information:	see attached
Attach a statement of the Course objectives of the presentation:	See attached

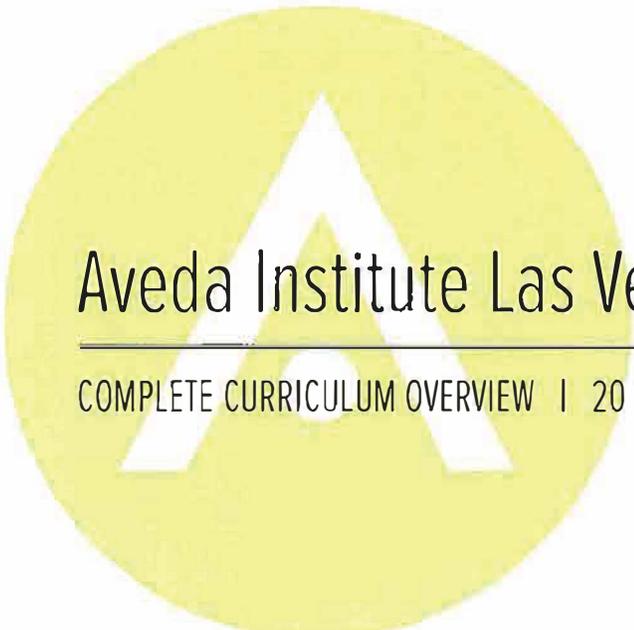
***Please attach additional sheets of paper if necessary,n**

Giving a Presentation - You will be notified in writing if your request needs to be approved at a Board Meeting under a Continuing Education Review. NSBMT Provider - You will be notified in writing of your CEH # or Notice to appear before the Board for approval/denial.

Name : **Bianca R. Smith** License Number: **NVMT.5514**
 Street: **4808 Sparkling Sky Ava.** City: **Las Vegasn** State: **NVn** Zip: **89130**

Program Description

SCHOOL NAME Aveda Institute Las Vegas		NEVADA ADDRESS 4850 S. Eastern Ave. Las Vegas, NV 89119			
NAME OF PROGRAM Professional Massage Therapy		TOTAL PROGRAM HOURS 600	NUMBER OF CLASSROOM HOURS 230	NUMBER OF PRACTICAL HOURS 370	
TOTAL HOURS OF TRAINING PER WEEK 30	LENGTH OF TRAINING IN WEEKS 20	MAX CLASS SIZE 15	IS THE PROGRAM A PRE-LICENSING COURSE? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO	AGENCY APPROVING CURRICULUM NSBMT	
PREREQUISITES:	MIN AGE 18	HS/HS EQUIVALENT? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO	ADMISSIONS TEST TITLE & REQUIRED SCORE N/A		
COST:	TUITION \$10,800	BOOKS	EQUIPMENT \$1,495	OTHER \$175	TOTAL COST \$12,470
LIST ALL MAJORS SUBJECTS, MODUALS, OR UNITS OF INSTRUCTION. A COMPLETE FORM 30B IS REQUIRED FOR EACH ENTRY:					
Title of Unit	Number of instructional hours		Title of Unit	Number of instructional hours	
A. Anatomy, Physiology, KinesiologySS	Clock Hours 125		H.	Clock Hours	
B. PathologySS	Clock Hours 40		I.	Clock Hours	
C. BusinessSS	Clock Hours 20		J.	Clock Hours	
D. EthicsSS	Clock Hours 20		K.	Clock Hours	
E. Massage Theory, Technique & Practice	Clock Hours 125		L.	Clock Hours	
F. Theory & Clinical ApplicationSS	Clock Hours 220		M.	Clock Hours	
G. Aveda Methods & StandardsSS	Clock Hours 50		N.	Clock Hours	
LIST SKILLS OR KNOWLEDGE THE STUDENT WILL OBTAIN AND DESCRIBE IN DETAIL THE EVALUATION PROCESS USED TO DETERMINE IF STUDENTS HAVE ACQUIRED THE SKILLS OR KNOWLEDGE:					
<p>At Aveda, you will learn how to create wellness through the power of touch. A balanced study of anatomy, massage theory, pathology, business, ethics, intro to Ayurveda, aromaology™, spa treatments and body movement techniques for entry level into the massage industry. Each student will learn how to use a variety of modalities that are customizable to meet the individual needs of every guest/client. Special massage tools and research literacy projects are introduced after each advancement of the program. Upon completion of the program (600 hours), students are well prepared to take the entry level MBLEx Exam and after state licensure, eligible for hire as a licensed massage therapist.</p>					
LIST APPLICABLE OCCUPATION RELATED TO THIS TRAINING & WAGE IN NEVADA					
Occupation	Wage at Placement		Occupation	Wage at Placement	
Massage Therapist	\$47,600				



Aveda Institute Las Vegas – Massage Therapy

COMPLETE CURRICULUM OVERVIEW | 20 WEEKS | 600 HOURS



Introduction

MASSAGE | WEEKS 1 - 5 | 150 HOURS

	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																														
1	<p>AM BLOCK Welcome & Getting to Know You [Aveda] Intro & Mission 4MAT Learning Test, Daymaker & Journals Policies & Procedures, iPad Distribution</p> <p>PM BLOCK Expectations [Aveda] Methods & Standards First Day Letter [Anatomy] Homeostasis [Anatomy] Physiological Effects of Massage</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Anatomy</td> <td>2</td> </tr> <tr> <td>Aveda</td> <td>8</td> </tr> </tbody> </table>	UNIT	HOURS	Anatomy	2	Aveda	8	<p>AM BLOCK [Aveda] The Stress Cycle [Pathology] Microbiology, Hormones [Anatomy] Terminology & Word Roots [Aveda] Rituals of Renewal</p> <p>PM BLOCK [Hands-On] Rituals of Renewal Application [Aveda] Introduction to Aveda Massage, Part 1</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Anatomy</td> <td>1</td> </tr> <tr> <td>Pathology</td> <td>1</td> </tr> <tr> <td>Massage Theory & Technique</td> <td>4</td> </tr> <tr> <td>Theory & Clinical Application</td> <td>2</td> </tr> <tr> <td>Aveda Methods & Standards</td> <td>2</td> </tr> </tbody> </table>	UNIT	HOURS	Anatomy	1	Pathology	1	Massage Theory & Technique	4	Theory & Clinical Application	2	Aveda Methods & Standards	2	<p>AM BLOCK Student Kits, iPads [Aveda] Introduction to Aveda Massage, Part 2</p> <p>PM BLOCK [Aveda] Elemental Nature & Ayurveda [Hands-On] Elemental Nature & Ayurveda Application</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Massage Theory & Technique</td> <td>6</td> </tr> <tr> <td>Theory & Clinical Application</td> <td>1</td> </tr> <tr> <td>Aveda Methods & Standards</td> <td>3</td> </tr> </tbody> </table>	UNIT	HOURS	Massage Theory & Technique	6	Theory & Clinical Application	1	Aveda Methods & Standards	3				
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2	<p>AM BLOCK [Anatomy] Microbiology [Pathology] Hygienic Practices; Inflammation [Masterpiece] _____</p> <p>PM BLOCK [Massage] Swedish Introduction [Hands-On] Swedish Application</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Anatomy</td> <td>4</td> </tr> <tr> <td>Pathology</td> <td>1</td> </tr> <tr> <td>Massage Theory & Technique</td> <td>4</td> </tr> <tr> <td>Theory & Clinical Application</td> <td>1</td> </tr> </tbody> </table>	UNIT	HOURS	Anatomy	4	Pathology	1	Massage Theory & Technique	4	Theory & Clinical Application	1	<p>AM BLOCK [Anatomy] The Skeletal System [Pathology] Skeletal System [Anatomy] Navigating the Body</p> <p>PM BLOCK [Massage] Swedish Massage Techniques [Massage] Full Body Massage Demonstration</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Anatomy</td> <td>5</td> </tr> <tr> <td>Pathology</td> <td>1</td> </tr> <tr> <td>Massage Theory</td> <td>4</td> </tr> </tbody> </table>	UNIT	HOURS	Anatomy	5	Pathology	1	Massage Theory	4	<p>AM BLOCK [Anatomy] Body Membranes & the Integumentary Sys [Pathology] Skin Care Diseases & Disorders</p> <p>PM BLOCK [Massage] Swedish: Shoulder & Arm [Pathology] Muscular System: Shoulder & Arm [Hands-On] Swedish Application</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Anatomy</td> <td>4</td> </tr> <tr> <td>Pathology</td> <td>3</td> </tr> <tr> <td>Massage Theory & Technique</td> <td>2</td> </tr> <tr> <td>Theory & Clinical Application</td> <td>1</td> </tr> </tbody> </table>	UNIT	HOURS	Anatomy	4	Pathology	3	Massage Theory & Technique	2	Theory & Clinical Application	1		
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3	<p>AM BLOCK [Anatomy] The Muscular System [Anatomy] The Forearm & Hand [Pathology] Muscular System: Forearm & Hand</p> <p>PM BLOCK [Massage] Swedish: Forearm & Hand [Aveda] Reflexology I</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Anatomy</td> <td>4</td> </tr> <tr> <td>Pathology</td> <td>1</td> </tr> <tr> <td>Massage Theory & Technique</td> <td>2</td> </tr> <tr> <td>Theory & Clinical Application</td> <td>3</td> </tr> </tbody> </table>	UNIT	HOURS	Anatomy	4	Pathology	1	Massage Theory & Technique	2	Theory & Clinical Application	3	<p>AM BLOCK [Massage] Physical Skills, Fitness, and Self Care [Massage] Effects of Massage and Research Literacy [Pathology] Endangerment Sites, Contraind., Cautions [Ethics] Introduction and Foundations</p> <p>PM BLOCK [Aveda] Reflexology II [Hands-On] Reflexology Application</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Pathology</td> <td>2</td> </tr> <tr> <td>Ethics</td> <td>2</td> </tr> <tr> <td>Massage Theory</td> <td>2</td> </tr> <tr> <td>Theory & Clinical Application</td> <td>4</td> </tr> </tbody> </table>	UNIT	HOURS	Pathology	2	Ethics	2	Massage Theory	2	Theory & Clinical Application	4	<p>AM BLOCK [Anatomy] The Spine & Thorax [Pathology] Muscular System: Spine & Thorax</p> <p>PM BLOCK [Massage] Swedish: Spine, Thorax, Head, Neck & Face [Pathology] Muscular System: Spine/Thorax/Head/Neck [Aveda] Scalp Massage [Hands-On] Swedish Application</p> <table border="1"> <thead> <tr> <th>UNIT</th> <th>HOURS</th> </tr> </thead> <tbody> <tr> <td>Anatomy</td> <td>4</td> </tr> <tr> <td>Pathology</td> <td>1</td> </tr> <tr> <td>Massage Theory & Technique</td> <td>3</td> </tr> <tr> <td>Theory & Clinical Application</td> <td>2</td> </tr> </tbody> </table>	UNIT	HOURS	Anatomy	4	Pathology	1	Massage Theory & Technique	3	Theory & Clinical Application	2
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Introduction

MESSAGE | WEEKS 1 - 5 | 150 HOURS

4	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																																
	<p>AM BLOCK [Aveda] Spa Service Cycle [Masterpiece] Customer Service: Service Wheel [Massage] Swedish: Lower Body</p> <p>PM BLOCK [Massage] Swedish: Introduction to Special Populations [Hands-On] Swedish Application</p>	<p>AM BLOCK [Anatomy] Head, Neck & Face [Pathology] Muscular System: Head, Neck & Face</p> <p>PM BLOCK [Aveda] Reflexology Review [Masterpiece] Art: Root Art</p>	<p>AM BLOCK [Exam] Reflexology [Anatomy] Joint Movements [Pathology] Muscular System: Joints</p> <p>PM BLOCK [Massage] Swedish Review [Hands-On] Swedish Full-Body Practice</p>																																
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	<p>AM BLOCK [Exam] Swedish: Written & Full-Body Practical [Masterpiece]</p> <p>PM BLOCK [Anatomy] Pelvis & Thigh [Pathology] Muscular System: Pelvis & Thigh [Hands-On] Pelvis & Thigh Swedish Application</p>	<p>AM BLOCK [Business] Resume & Coverletter Workshop</p> <p>PM BLOCK [Massage] Introduction to Myofascial Massage [Pathology] Myofascial Structures and Nerves [Hands-On] Myofascial Application</p>	<p>AM BLOCK [Anatomy] Leg & Foot [Pathology] Muscular System: Leg & Foot</p> <p>PM BLOCK [Massage] Introduction to Trigger Points [Massage] Introduction to Lymphatic Facilitation [Hands-On] TP and LF Application</p>																																
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Advanced 1

MESSAGE | WEEKS 6 - 10 | 150 HOURS

6	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																										
	<p>AM BLOCK [Clinic] Welcome to Clinic Floor [Business] Topics for Clinic Floor & Professionalism Masterpiece</p> <p>PM BLOCK [Workshop] CPR Certification [Ethics] Boundaries; Dual & Sequential Relationships</p>	<p>AM BLOCK [Anatomy] Review for OIA Exam [Pathology] Review for OIA Exam</p> <p>PM BLOCK [Ethics] Communication, Sexuality, Touch Masterpiece</p>	<p>AM BLOCK [Massage] Introduction to Chair Massage [Aveda] Introduction to Deep Tissue [Aveda] Deep Tissue: Posterior Shoulder [Aveda] Deep Tissue: Anterior Shoulder Shoulder [Aveda] Deep Tissue: Arms [Pathology] Deep Tissue Implications of Regions</p> <p>PM BLOCK [Aveda] Deep Tissue: Levator Scapula & Rhomboids [Aveda] Deep Tissue: Hands & Feet [Aveda] Deep Tissue: Lower Body [Pathology] Deep Tissue Implications of Regions</p>																										
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7	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																										
	CLINIC FLOOR SERVICES	<p>AM BLOCK [Massage] Deep Tissue: Full Body Practice for Clinic</p> <p>PM BLOCK [Business] Laws, Legal & Local Considerations* [Business] Introduce Project 2 (Interview)* OR [Aveda] Intention with Sandra*</p>	<p>AM BLOCK MID-ADVANCEMENT EVALUATIONS [Exam] OIA</p> <p>PM BLOCK [Business] Laws, Legal & Local Considerations* [Business] Introduce Project 2 (Interview)* OR [Aveda] Intention with Sandra*</p>																										
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	<p>AM BLOCK [Kinesiology] Introduction & Review</p> <p>PM BLOCK CLINIC FLOOR Masterpiece</p>	<p>AM BLOCK [Massage] Trigger Point I: Upper Body [Hands-On] Trigger Point Application</p> <p>PM BLOCK [Aveda] Chakra Balancing Massage</p>	<p>AM BLOCK [Massage] Chair Massage: Advanced Techniques [Massage] Chair Massage: Settings [Hands-On] Chair Massage Application [Business] Introduce Business Plan Project</p> <p>PM BLOCK [Massage] Trigger Point II: Lower Body [Hands-On] Trigger Point Application</p>																										
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Advanced 1

MASSAGE | WEEKS 6 - 10 | 150 HOURS

9	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																												
	<p>AM BLOCK [Massage] Proprioceptive Neuromuscular Facilitation [Workshop] Tools of the Trade</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK [Massage] Special Populations [Pathology] Special Populations & Oncology [Hands-On] Special Populations Application</p> <p>PM BLOCK [Workshop] Application of Tools with Movement</p>	<p>AM BLOCK [Ethics] Professionalism in Practice [Masterpiece] Art: Clay & Sculpture</p> <p>PM BLOCK [Workshop] Cadaver Lab</p>																												
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Aveda Methods & Standards	3																														
10	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																												
	<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR [Product Knowledge] Stress Fix</p>	<p>AM BLOCK END OF ADVANCEMENT EVALUATIONS [Aveda] Asian & Energy Modalities [Aveda] Scalp Massage (Review)</p> <p>PM BLOCK [Aveda] Introduction to Stress Fix Massage [Aveda] Chakra Massage Review [Hands-On] Asian, Energy, Scalp, Stress Fix, Chakra</p>	<p>AM BLOCK END OF ADVANCEMENT EVALUATIONS [Exam] Chakra Massage</p> <p>PM BLOCK [Ethics] Professionalism in Practice [Aveda] Stress Fix Massage, Part 2 [Hands-On] Stress Fix Massage Application</p>																												
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Advanced 2

MESSAGE | WEEKS 11 - 15 | 150 HOURS

	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																													
11	<p>AM BLOCK [Aveda] Introduction to Advanced Massage 2 & 3 [Aveda] Policies & Procedures [Anatomy] Skin and Cautions [Pathology] Hot Stone Considerations</p> <p>PM BLOCK [Massage] Introduction to Hydrotherapy [Hands-On] Hydrotherapy Application</p>	<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK [Anatomy] The Nervous System [Pathology] The Nervous System [Massage] Craniosacral</p> <p>PM BLOCK [Workshop] Application of Tools with the Nervous System [Workshop] Cranial-Sacral Application</p>																													
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12	<p>AM BLOCK [Anatomy] The Endocrine System [Pathology] The Endocrine System [Anatomy] Special Senses [Pathology] Special Senses</p> <p>PM BLOCK [Masterpiece] ___ [Massage] Hydrotherapy: Contrast Treatments [Hands-On] Contrast Treatment Application [Aveda] Aromaology with Sandra</p>	<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK [Anatomy] The Cardiovascular System & Blood [Pathology] The Cardiovascular System</p> <p>PM BLOCK [Workshop] Cardio Lab</p>																													
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13	<p>AM BLOCK [Massage] Cranial-Sacral Review [Business] Business Preparation [Ethics] Professionalism</p> <p>PM BLOCK [Workshop] Cadaver Lab [Masterpiece] Art: Charcoal</p>	<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK [Massage] Cranial-Sacral Exam [Business] Strategic Planning & Writing a Plan [Masterpiece] ___</p> <p>PM BLOCK [Workshop] Hydrotherapy Application</p>																													
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Ethics	3																															
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Advanced 2

MASSAGE | WEEKS 11 - 15 | 150 HOURS

14	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																										
	<p>AM BLOCK [Anatomy] The Lymphatic System [Pathology] The Lymphatic System [Anatomy] The Immune System [Pathology] The Immune System</p> <p>PM BLOCK [Aveda] Hydrotherapy: Body Wraps and Scrubs [Hands-On] Hydrotherapy Application</p>	<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK [Anatomy] The Respiratory System [Pathology] The Respiratory System [Massage] Introduction to Sports & Injury Massage</p> <p>PM BLOCK [Workshop] Sports & Injury Massage</p>																										
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15	MONDAY / TUESDAY	WEDNESDAY / THURSDAY	FRIDAY / SATURDAY																										
	<p>AM BLOCK [Anatomy] The Digestive System [Pathology] The Digestive System [Massage] Applications in Digestion</p> <p>PM BLOCK [Massage] Introduction to Myofascial & Structural Work</p>	<p>AM BLOCK [Workshop] Myofascial & Structural Work</p> <p>PM BLOCK CLINIC FLOOR Masterpiece] _____</p>	<p>AM BLOCK [Massage] Hydrotherapy: Hot Stone [Hands-On] Hot Stone Application</p> <p>PM BLOCK [Workshop] Myofascial & Structural Work</p>																										
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Theory & Clinical Application	5																												



Advanced 3

MASSAGE | WEEKS 16 - 20 | 150 HOURS

16

MONDAY / TUESDAY		WEDNESDAY / THURSDAY		FRIDAY / SATURDAY	
AM BLOCK MID-ADVANCEMENT EVALUATIONS [Massage] Hydrotherapy Review [Massage] Sports Massage & Injury PM BLOCK [Workshop] Sports Massage & Injury		AM BLOCK [Exam] Hydrotherapy Exam [Massage] Myofascial Release & Structural Bodywork PM BLOCK [Workshop] Sports, Injury, Myofascial & Structural		AM BLOCK [Workshop] Kinesiology PM BLOCK CLINIC FLOOR	
UNIT	HOURS	UNIT	HOURS	UNIT	HOURS
Anatomy	1	Anatomy	1	Anatomy	2
Massage Theory & Technique	2	Massage Theory & Technique	4	Massage Theory & Technique	3
Theory & Clinical Application	7	Theory & Clinical Application	5	Clinic Services	5

17

MONDAY / TUESDAY		WEDNESDAY / THURSDAY		FRIDAY / SATURDAY	
AM BLOCK [Anatomy] The Urinary System [Pathology] The Urinary System [Anatomy] The Reproductive System [Pathology] The Reproductive System PM BLOCK [Workshop] Review for Sports, Injury, Myo, Structural		AM BLOCK [Exam] Sports, Injury, Myofascial, Structural PM BLOCK [Workshop] Advanced Massage and Modalities		AM BLOCK [Workshop] Advanced Massage and Modalities PM BLOCK CLINIC FLOOR	
UNIT	HOURS	UNIT	HOURS	UNIT	HOURS
Anatomy	3	Massage Theory & Technique	5	Massage Theory & Technique	3
Pathology	2	Theory & Clinical Application	5	Theory & Clinical Application	2
Theory & Clinical Application	5			Clinic Services	5

18

MONDAY / TUESDAY		WEDNESDAY / THURSDAY		FRIDAY / SATURDAY	
AM BLOCK [MBLEx Review] Practice Exam [Pathology] Medications Appendix [Massage] Chair Massage PM BLOCK [MBLEx Review] Anatomy and Massage Topics		AM BLOCK [Field Trip] Cadaver Lab Masterpiece Art: Collage PM BLOCK [MBLEx Review] Anatomy, Massage, Pathology Review		AM BLOCK [Workshop] Advanced Massage and Modalities PM BLOCK CLINIC FLOOR	
UNIT	HOURS	UNIT	HOURS	UNIT	HOURS
Anatomy	4	Anatomy	4	Massage Theory & Technique	3
Pathology	2	Pathology	1	Clinic Services	7
Massage Theory & Technique	2	Massage Theory & Technique	3		
Theory & Clinical Application	2	Aveda Methods & Standards	2		



Advanced 3

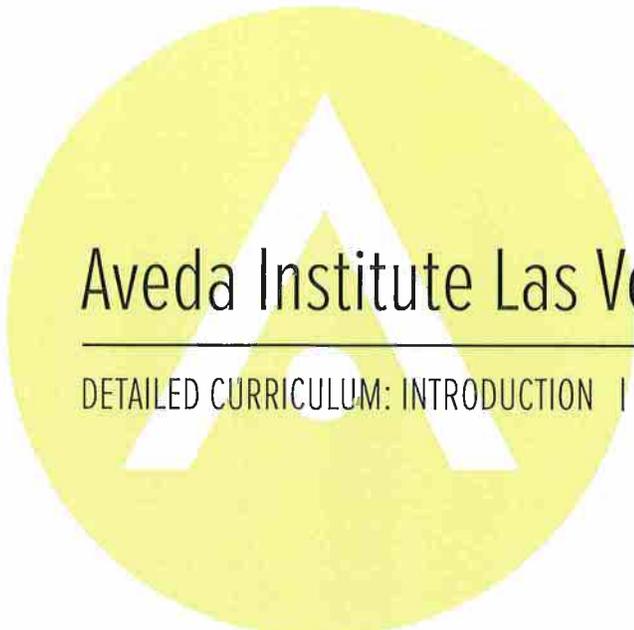
MASSAGE | WEEKS 16 - 20 | 150 HOURS

19

MONDAY / TUESDAY		WEDNESDAY / THURSDAY		FRIDAY / SATURDAY	
AM BLOCK [MBLEx Review] Anatomy, Massage, Pathology Review PM BLOCK [MBLEx Review] Anatomy, Massage, Pathology Review [Hands-On] Integrative Practice of Modalities		AM BLOCK [MBLEx Review] Massage and Applications Review Masterpiece] _____ PM BLOCK [MBLEx Review] Massage and Applications Review [Hands-On] Integrative Practice of Modalities		AM BLOCK [Workshop] Advanced Massage and Modalities PM BLOCK CLINIC FLOOR	
UNIT	HOURS	UNIT	HOURS	UNIT	HOURS
Anatomy	4	Massage Theory & Technique	4	Massage Theory & Technique	3
Pathology	1	Theory & Clinical Application	3	Clinic Services	7
Massage Theory & Technique	2	Aveda Methods & Standards	3		
Theory & Clinical Application	3				

20

MONDAY / TUESDAY		WEDNESDAY / THURSDAY		FRIDAY / SATURDAY	
AM BLOCK FINAL EVALUATIONS, PART 1 [Presentation] Project 3 (Pathology) PM BLOCK [MBLEx Review] Massage and Applications Review Aveda] Professional Development Wrap-Up Masterpiece] _____		AM BLOCK FINAL EVALUATIONS, PART 1 [Field Trip] Spa Visit PM BLOCK Masterpiece] _____ Aveda] Closing Ceremony		AM BLOCK [Presentation] Field Trip Observations / Teach Back PM BLOCK CLINIC FLOOR	
UNIT	HOURS	UNIT	HOURS	UNIT	HOURS
Pathology	2	Massage Theory & Technique	8	Massage Theory & Technique	4
Massage Theory & Technique	6	Aveda Methods & Standards	2	Clinic Services	6
Aveda Methods & Standards	2				



Aveda Institute Las Vegas – Massage Therapy

DETAILED CURRICULUM: INTRODUCTION | WEEKS 1-5 | 150 HOURS



Introduction – Schedule Details

MASSAGE | WEEKS 1-5 | 150 HOURS

Week 1

<p>MONDAY / TUESDAY</p> <p>AM BLOCK Welcome & Getting to Know You [Aveda] Intro & Mission 4MAT Learning Test, Daymaker & Journals Policies & Procedures, iPad Distribution</p> <p>PM BLOCK Expectations [Aveda] Methods & Standards First Day Letter [Anatomy] Physiological Effects of Massage [Anatomy] Homeostasis</p>	<p>AM BLOCK Handout Getting to Know You Activity CA Mission Handout 4MAT Test Handout Policies & Procedures</p> <p>PM BLOCK</p> <p>AA&P Chapter 1 Applying Anatomy and Physiology to the Practice of Manual Therapy IMT Chapter 3 (pgs 143) Body Systems (Table 3-6: Effects of Massage on Different Body Systems) IMT Chapter 9 (pgs 365-367) Massage Strokes and Flow (General Effects of Massage)</p> <p>ASSIGNMENTS</p>
<p>WEDNESDAY / THURSDAY</p> <p>AM BLOCK [Aveda] The Stress Cycle [Pathology] Microbiology, Hormones</p> <p>[Anatomy] Terminology & Word Roots</p> <p>[Aveda] Rituals of Renewal</p> <p>PM BLOCK [Hands-On] Rituals of Renewal Application [Aveda] Introduction to Aveda Massage, Part 1</p>	<p>AM BLOCK LA Foundations: Understanding the Stress Cycle AA&P Chapter 3 Chemistry, Cells, and Tissues PATH Chapter 1 Fundamental Concepts in Pathology</p> <p>AA&P Chapter 2 The Body and Its Terminology</p> <p>LA Intro: Aveda Spa Rituals of Renewal CA Rituals of Renewal</p> <p>PM BLOCK LA Introduction to Aveda Massage and Body Care</p> <p>ASSIGNMENTS Homework Based on PATH Table 1.1: Greek and Latin Word Parts [for self study], Terminology</p>
<p>FRIDAY / SATURDAY</p> <p>AM BLOCK Student Kits, iPads [Aveda] Introduction to Aveda Massage, Part 2</p> <p>PM BLOCK [Aveda] Elemental Nature & Ayurveda [Hands-On] Elemental Nature & Ayurveda Application</p>	<p>AM BLOCK LA Introduction to Aveda Massage and Body Care</p> <p>PM BLOCK LA Chapter 3 Elemental Nature Energy Massage Techniques LA Ayurveda</p> <p>ASSIGNMENTS Teach Back Product Knowledge (example of quick presentation assignment) (Due XXX) - One presentation a day, once a week? Have a sign-up sheet with a list of products for students to write about (1 page max) and present (5 minutes max).</p>

WEEK 1 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Terminology & Word Roots Pathology: Microbiology, Hormones (30m)
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Pathology: Microbiology, Hormones (30m) Rituals of Renewal: Theory
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Introduction to Aveda Massage (Part 1)
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Rituals of Renewal & Aveda Massage
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Rituals of Renewal & Aveda Massage
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Rituals of Renewal & Aveda Massage
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 1 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Introduction to Aveda Massage (Part 2)
BREAK	10:15AM — 10:30AM	0:15	
	10:30AM — 12:30PM	2:00	Student Kits & iPads
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Elemental Nature & Ayurveda
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Elemental Nature & Ayurveda
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Ayurveda & Aveda Massage
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Ayurveda & Aveda Massage
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Introduction – Schedule Details

MASSAGE | WEEKS 1 - 5 | 150 HOURS

Week 2

MONDAY / TUESDAY	
<p>AM BLOCK [Anatomy] Microbiology [Pathology] Hygienic Practices; Inflammation [Masterpiece]</p> <p>PM BLOCK [Massage] Swedish Introduction [Hands-On] Swedish Application</p>	<p>AM BLOCK AA&P Chapter 3 Chemistry, Cells, and Tissues PATH Chapter 1 Fundamental Concepts in Pathology -----</p> <p>PM BLOCK IMT Chapter 4 (pgs 168-177) Kinesiology and Biomechanics IMT Chapter 9 (pgs 349-360) Massage Strokes and Flow (Client Positioning, Draping, Assisting Clients) IMT Chapter 9 (pgs 369-371) Massage Strokes and Flow (Components, Stationary Massage, Basic Strokes)</p> <p>ASSIGNMENTS TGB Pre-Learning Questions (pg 19)</p>
WEDNESDAY / THURSDAY	
<p>AM BLOCK [Anatomy] The Skeletal System [Pathology] Skeletal System [Anatomy] Navigating the Body</p> <p>PM BLOCK [Massage] Swedish Massage Techniques [Massage] Full Body Massage Demonstration</p>	<p>AM BLOCK AA&P Chapter 5 The Skeletal System PATH Chapter 3 Musculoskeletal System Conditions TGB Chapter 1 Navigating the Body</p> <p>PM BLOCK IMT Chapter 9 (pgs 385-391) Massage Strokes and Flow (Flow, Sample Flow - Supine, Prone)</p> <p>ASSIGNMENTS TGB Pre-Learning Questions (pg 45)</p>
FRIDAY / SATURDAY	
<p>AM BLOCK [Anatomy] Body Membranes & the Integumentary Sys [Pathology] Skin Care Diseases & Disorders</p> <p>PM BLOCK [Massage] Swedish: Shoulder & Arm [Pathology] Muscular System: Shoulder & Arm [Hands-On] Swedish Application</p>	<p>AM BLOCK AA&P Chapter 4 Body Membranes and the Integumentary System PATH Chapter 2 Integumentary System Conditions</p> <p>PM BLOCK TGB Chapter 2 Shoulder & Arm PATH Chapter 3 Musculoskeletal System Conditions IMT Chapter 9 (pgs 400) Massage Strokes and Flow (Box 9-13: Supine Client's Arm)</p> <p>ASSIGNMENTS TGB Pre-Learning Questions (pg 107) PATH Chapter 1 Quiz</p>

WEEK 2 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Microbiology
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Microbiology (continued) Pathology: Hygenic Practices & Inflammation
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Introduction to Swedish Massage
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Swedish Massage
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Swedish
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Swedish
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 2 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Navigating the Body
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy: Skeletal System
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Skeletal System (continued) Pathology: Skeletal System
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Full Body Swedish Routine
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Swedish Massage Techniques
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Swedish Massage Techniques
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 2 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Body Membranes & Integumentary System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy (continued) Pathology: Skin Care Diseases & Disorders
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Pathology: Muscular System (Shoulder & Arm)
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Swedish Massage Techniques (Shoulder & Arm) Pathology: Shoulder & Arm
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Swedish: Shoulder & Arm
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Swedish: Shoulder & Arm
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Introduction – Schedule Details

MASSAGE | WEEKS 1 - 5 | 150 HOURS

Week 3

MONDAY / TUESDAY																									
<p>AM BLOCK [Anatomy] The Muscular System [Anatomy] The Forearm & Hand [Pathology] Muscular System: Forearm & Hand</p> <p>PM BLOCK [Massage] Swedish: Forearm & Hand [Aveda] Reflexology I</p>	<p>AM BLOCK</p> <table border="0"> <tr> <td>AA&P</td> <td>Chapter 6</td> <td>The Skeletal Muscle System</td> </tr> <tr> <td>TGB</td> <td>Chapter 3</td> <td>Forearm & Hand</td> </tr> <tr> <td>PATH</td> <td>Chapter 3</td> <td>Musculoskeletal System Conditions</td> </tr> </table> <p>PM BLOCK</p> <table border="0"> <tr> <td>LA</td> <td>Chapter 1</td> <td>Foot Reflexology I</td> </tr> </table> <p>ASSIGNMENTS TGB Pre-Learning Questions (pg 167)</p>	AA&P	Chapter 6	The Skeletal Muscle System	TGB	Chapter 3	Forearm & Hand	PATH	Chapter 3	Musculoskeletal System Conditions	LA	Chapter 1	Foot Reflexology I												
AA&P	Chapter 6	The Skeletal Muscle System																							
TGB	Chapter 3	Forearm & Hand																							
PATH	Chapter 3	Musculoskeletal System Conditions																							
LA	Chapter 1	Foot Reflexology I																							
WEDNESDAY / THURSDAY																									
<p>AM BLOCK [Massage] Physical Skills, Fitness, and Self Care [Massage] Effects of Massage and Research Literacy [Pathology] Endangerment Sites, Contraind., Cautions [Ethics] Introduction and Foundations</p> <p>PM BLOCK [Aveda] Reflexology II [Hands-On] Reflexology Application</p>	<p>AM BLOCK</p> <table border="0"> <tr> <td>IMT</td> <td>Chapter 1 (pgs 19-22)</td> <td>Welcome to the World of Massage Therapy! (Touch)</td> </tr> <tr> <td>PATH</td> <td>Appendix B (Online)</td> <td>Research Literacy</td> </tr> <tr> <td>ITM</td> <td>Chapter 9 (pgs 383-385)</td> <td>Massage Strokes and Flow (Endangerment Sites)</td> </tr> <tr> <td>PATH</td> <td>Chapter 1 (pgs 12-23)</td> <td>Fundamental Concepts in Pathology (Adverse Effects and How to Avoid them)</td> </tr> <tr> <td>IMT</td> <td>Chapter 2</td> <td>Ethics and Professionalism</td> </tr> <tr> <td>EoT</td> <td>Chapter 1</td> <td>Ethical Foundations</td> </tr> </table> <p>PM BLOCK</p> <table border="0"> <tr> <td>LA</td> <td>Chapter 2</td> <td>Foot Reflexology II</td> </tr> <tr> <td>IMT</td> <td>Chapter 11 (pgs 500-511)</td> <td>Complementary Modalities (Reflexology)</td> </tr> </table> <p>ASSIGNMENTS</p>	IMT	Chapter 1 (pgs 19-22)	Welcome to the World of Massage Therapy! (Touch)	PATH	Appendix B (Online)	Research Literacy	ITM	Chapter 9 (pgs 383-385)	Massage Strokes and Flow (Endangerment Sites)	PATH	Chapter 1 (pgs 12-23)	Fundamental Concepts in Pathology (Adverse Effects and How to Avoid them)	IMT	Chapter 2	Ethics and Professionalism	EoT	Chapter 1	Ethical Foundations	LA	Chapter 2	Foot Reflexology II	IMT	Chapter 11 (pgs 500-511)	Complementary Modalities (Reflexology)
IMT	Chapter 1 (pgs 19-22)	Welcome to the World of Massage Therapy! (Touch)																							
PATH	Appendix B (Online)	Research Literacy																							
ITM	Chapter 9 (pgs 383-385)	Massage Strokes and Flow (Endangerment Sites)																							
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IMT	Chapter 2	Ethics and Professionalism																							
EoT	Chapter 1	Ethical Foundations																							
LA	Chapter 2	Foot Reflexology II																							
IMT	Chapter 11 (pgs 500-511)	Complementary Modalities (Reflexology)																							
FRIDAY / SATURDAY																									
<p>AM BLOCK [Anatomy] The Spine & Thorax [Pathology] Muscular System: Spine & Thorax</p> <p>PM BLOCK [Massage] Swedish: Spine, Thorax, Head, Neck & Face [Pathology] Muscular System: Spine/Thorax/Head/Neck [Aveda] Scalp Massage [Hands-On] Swedish Application</p>	<p>AM BLOCK</p> <table border="0"> <tr> <td>AA&P</td> <td>Chapter 6</td> <td>The Skeletal Muscle System</td> </tr> <tr> <td>TGB</td> <td>Chapter 4</td> <td>Spine & Thorax</td> </tr> <tr> <td>PATH</td> <td>Chapter 3</td> <td>Musculoskeletal System Conditions</td> </tr> </table> <p>PM BLOCK</p> <table border="0"> <tr> <td>IMT</td> <td>Chapter 9 (pgs 397-399)</td> <td>Massage Strokes and Flow (Box 9-12: Supine Chest, Neck, Head)</td> </tr> <tr> <td>LA</td> <td>Chapter 6</td> <td>Aveda Aroma Scalp Massage</td> </tr> </table> <p>ASSIGNMENTS TGB Pre Learning Questions (pg 225)</p>	AA&P	Chapter 6	The Skeletal Muscle System	TGB	Chapter 4	Spine & Thorax	PATH	Chapter 3	Musculoskeletal System Conditions	IMT	Chapter 9 (pgs 397-399)	Massage Strokes and Flow (Box 9-12: Supine Chest, Neck, Head)	LA	Chapter 6	Aveda Aroma Scalp Massage									
AA&P	Chapter 6	The Skeletal Muscle System																							
TGB	Chapter 4	Spine & Thorax																							
PATH	Chapter 3	Musculoskeletal System Conditions																							
IMT	Chapter 9 (pgs 397-399)	Massage Strokes and Flow (Box 9-12: Supine Chest, Neck, Head)																							
LA	Chapter 6	Aveda Aroma Scalp Massage																							

WEEK 3 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Muscular System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy: Forearm & Hand Pathology: Forearm & Hand
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Reflexology I: Theory
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Reflexology; Forearm & Hand
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Reflexology; Forearm & Hand
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Reflexology; Forearm & Hand
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 3 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Pathology: Endangerment Sites, Contraindications, Cautions
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Ethics: Foundations
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Massage: Physical Skills, Fitness, Self Care, Effects of Massage Research Literacy
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Reflexology II: Theory & Demo
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Reflexology
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Reflexology
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 3 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Spine & Thorax
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy (continued) Pathology: Spine, Thorax, Head & Neck
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Massage: Spine, Thorax, Head, Neck & Face
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Aveda: Scalp Massage Swedish: Spine, Thorax, Head, Neck & Face
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Swedish: Scalp; Spine, Thorax, Head, Neck & Face
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Swedish: Scalp; Spine, Thorax, Head, Neck & Face
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Introduction – Schedule Details

MASSAGE | WEEKS 1 - 5 | 150 HOURS

Week 4

<p>MONDAY / TUESDAY</p> <p>AM BLOCK [Aveda] Spa Service Cycle [Masterpiece] Customer Service: Service Wheel [Massage] Swedish: Lower Body</p> <p>PM BLOCK [Massage] Swedish: Introduction to Special Populations [Hands-On] Swedish Application</p>	<p>AM BLOCK CA Service IMT Chapter 9 (pgs 403) Massage Strokes and Flow (Box 9-15: Supine Leg and Foot)</p> <p>PM BLOCK IMT Chapter 12 Special Populations</p> <hr/> <p>ASSIGNMENTS</p>
<p>WEDNESDAY / THURSDAY</p> <p>AM BLOCK [Anatomy] Head, Neck & Face [Pathology] Muscular System: Head, Neck & Face</p> <p>PM BLOCK [Aveda] Reflexology Review [Masterpiece] Art: Root Art</p>	<p>AM BLOCK AA&P Chapter 6 The Skeletal Muscle System TGB Chapter 5 Head, Neck & Face PATH Chapter 3 Musculoskeletal System Conditions</p> <p>PM BLOCK Reflexology Review & Trade</p> <hr/> <p>ASSIGNMENTS TGB Pre-Learning Questions (pg 275)</p>
<p>FRIDAY / SATURDAY</p> <p>AM BLOCK [Exam] Reflexology</p> <p>[Anatomy] Joint Movements [Pathology] Muscular System: Joints</p> <p>PM BLOCK [Massage] Swedish Review [Hands-On] Swedish Full-Body Practice</p>	<p>AM BLOCK [Exam] Written + Practical (Learn Aveda)</p> <p>AA&P Chapter 5 (pgs xx-xx) The Skeletal System (Joints) TGM Chapter 5 Joints, Part 1 PATH Chapter 3 Musculoskeletal System Conditions</p> <p>PM BLOCK Swedish hands-on</p> <hr/> <p>ASSIGNMENTS</p>

WEEK 4 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Aveda: Service Cycle
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Massage: Introduction to Special Populations
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Swedish: Lower Body Theory
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Swedish: Lower Body
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Swedish: Lower Body
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Swedish: Lower Body
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 4 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Head, Neck & Face
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy (continued) Pathology: Head, Neck & Face
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Reflexology: Review
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Reflexology: Hands-on Review
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Masterpiece — Art: Clay & Sculpture
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Masterpiece (continued)
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 4 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
EXAM	8:45AM — 10:15AM	1:30	Reflexology: Written Exam
BREAK	10:15AM — 10:30AM	0:15	
EXAM	10:30AM — 12:30PM	2:00	Reflexology: Practical Exam
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Anatomy & Pathology: Joints & Movement
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Swedish Review: Full Body
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Swedish: Full Body
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Swedish: Full Body
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Introduction – Schedule Details

MASSAGE | WEEKS 1 - 5 | 150 HOURS

Week 5

MONDAY / TUESDAY																
<p>AM BLOCK [Exam] Swedish [Masterpiece]</p> <p>PM BLOCK [Anatomy] Pelvis & Thigh [Pathology] Muscular System: Pelvis & Thigh [Hands-On] Pelvis & Thigh Swedish Application</p>	<p>AM BLOCK [Exam] Written + Full-Body Practical</p> <p>PM BLOCK</p> <table border="0"> <tr> <td>AA&P</td> <td>Chapter 6</td> <td>The Skeletal Muscle System</td> </tr> <tr> <td>TGB</td> <td>Chapter 6</td> <td>Pelvis & Thigh</td> </tr> <tr> <td>PATH</td> <td>Chapter 3</td> <td>Musculoskeletal System Conditions</td> </tr> </table> <p>ASSIGNMENTS TGB Pre-Learning Questions (pg 343) PATH Chapter 2 Quiz</p>	AA&P	Chapter 6	The Skeletal Muscle System	TGB	Chapter 6	Pelvis & Thigh	PATH	Chapter 3	Musculoskeletal System Conditions						
AA&P	Chapter 6	The Skeletal Muscle System														
TGB	Chapter 6	Pelvis & Thigh														
PATH	Chapter 3	Musculoskeletal System Conditions														
WEDNESDAY / THURSDAY																
<p>AM BLOCK [Business] Resume & Coverletter Workshop</p> <p>PM BLOCK [Massage] Introduction to Myofascial Massage [Pathology] Myofascial Structures and Nerves [Hands-On] Myofascial Application</p>	<p>AM BLOCK</p> <p>PM BLOCK</p> <table border="0"> <tr> <td>IMT</td> <td>Chapter 10 (pgs 424-426)</td> <td>Therapeutic Applications (Principles of Therapeutic Techniques)</td> </tr> <tr> <td>IMT</td> <td>Chapter 10 (pgs 449-454)</td> <td>Therapeutic Applications (Myofascial Techniques)</td> </tr> <tr> <td>PATH</td> <td>Chapter 3</td> <td>Musculoskeletal System Conditions</td> </tr> </table> <p>ASSIGNMENTS</p>	IMT	Chapter 10 (pgs 424-426)	Therapeutic Applications (Principles of Therapeutic Techniques)	IMT	Chapter 10 (pgs 449-454)	Therapeutic Applications (Myofascial Techniques)	PATH	Chapter 3	Musculoskeletal System Conditions						
IMT	Chapter 10 (pgs 424-426)	Therapeutic Applications (Principles of Therapeutic Techniques)														
IMT	Chapter 10 (pgs 449-454)	Therapeutic Applications (Myofascial Techniques)														
PATH	Chapter 3	Musculoskeletal System Conditions														
FRIDAY / SATURDAY																
<p>AM BLOCK [Anatomy] Leg & Foot [Pathology] Muscular System: Leg & Foot</p> <p>PM BLOCK [Massage] Introduction to Trigger Points [Massage] Introduction to Lymphatic Facilitation [Hands-On] TP and LF Application</p>	<p>AM BLOCK</p> <table border="0"> <tr> <td>AA&P</td> <td>Chapter 6</td> <td>The Skeletal Muscle System</td> </tr> <tr> <td>TGB</td> <td>Chapter 7</td> <td>Leg & Foot</td> </tr> <tr> <td>PATH</td> <td>Chapter 3</td> <td>Musculoskeletal System Conditions</td> </tr> </table> <p>PM BLOCK</p> <table border="0"> <tr> <td>IMT</td> <td>Chapter 10 (pgs 455-457)</td> <td>Therapeutic Applications (Trigger Point Techniques)</td> </tr> <tr> <td>IMT</td> <td>Chapter 10 (pgs 428-439)</td> <td>Therapeutic Applications (Lymph Drainage)</td> </tr> </table> <p>ASSIGNMENTS TGB Final Review</p>	AA&P	Chapter 6	The Skeletal Muscle System	TGB	Chapter 7	Leg & Foot	PATH	Chapter 3	Musculoskeletal System Conditions	IMT	Chapter 10 (pgs 455-457)	Therapeutic Applications (Trigger Point Techniques)	IMT	Chapter 10 (pgs 428-439)	Therapeutic Applications (Lymph Drainage)
AA&P	Chapter 6	The Skeletal Muscle System														
TGB	Chapter 7	Leg & Foot														
PATH	Chapter 3	Musculoskeletal System Conditions														
IMT	Chapter 10 (pgs 455-457)	Therapeutic Applications (Trigger Point Techniques)														
IMT	Chapter 10 (pgs 428-439)	Therapeutic Applications (Lymph Drainage)														

WEEK 5 • DAY 1 • MONDAY/TUESDAY

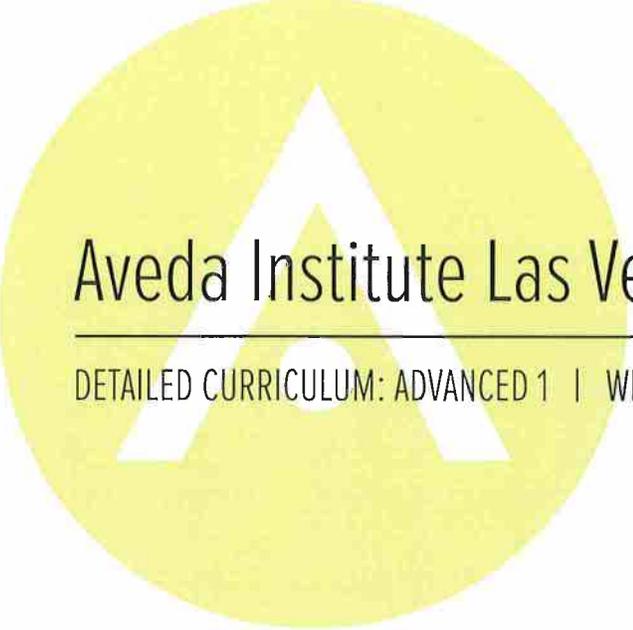
	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
EXAM	8:45AM — 9:45AM	1:00	Swedish: Written Exam
BREAK	9:45AM — 10:15M	0:30	Preparation for Practical Exam
EXAM	10:15AM — 12:30PM	2:15	Swedish: Practical Exam & Sanitation
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Anatomy & Pathology: Pelvis & Thigh
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Massage: Techniques for Pelvis & Thigh
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Massage: Techniques for Pelvis & Thigh
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Massage: Techniques for Pelvis & Thigh
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 5 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Business: Resume & Cover Letter Introduction
BREAK	10:15AM — 10:30AM	0:15	
WORKSHOP	10:30AM — 12:30PM	2:00	Business: Resume & Cover Letter
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Myofascial Release: Introduction Pathology: Myofascial Structures, Nerves
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Myofascial Release: Basics
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Myofascial Release
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Myofascial Release
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 5 • DAY 3 • FRIDAY/SATURDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy & Pathology: Leg & Foot
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy & Pathology (continued)
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Introduction to Trigger Points and Lymphatic Drainage
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Trigger Point & Lymphatic Drainage on Leg & Foot
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Application of Trigger Point and Lymphatic Drainage
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Application of Trigger Point and Lymphatic Drainage
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Aveda Institute Las Vegas – Massage Therapy

DETAILED CURRICULUM: ADVANCED 1 | WEEKS 6 - 10 | 150 HOURS

WEEK 6 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Business: Clinic Floor & Professionalism
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Welcome to the Clinic Floor
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Ethics: Boundaries & Dual Relationships
BREAK	3:30PM — 3:45PM	0:15	
WORKSHOP	3:45PM — 4:15PM	0:30	CPR
PREP	4:15PM — 4:30PM	0:15	
WORKSHOP	4:30PM — 5:20PM	0:50	CPR Certification Practice
PREP	5:20PM — 5:30PM	0:10	
WORKSHOP	5:30PM — 6:20PM	0:50	CPR Certification Test
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 6 • DAY 2 • WEDNESDAY/THURSDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: OIA Exam Review
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy: OIA Exam Review
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Ethics: Communication & Sexuality
BREAK	3:30PM — 3:45PM	0:15	
LECTURE	3:45PM — 4:15PM	0:30	Ethics: Communication & Sexuality
PREP	4:15PM — 4:30PM	0:15	
LECTURE	4:30PM — 5:20PM	0:50	Ethics: Communication & Sexuality
PREP	5:20PM — 5:30PM	0:10	
LECTURE	5:30PM — 6:20PM	0:50	Ethics: Communication & Sexuality
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 6 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Chair Massage: Introduction
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Deep Tissue: Introduction Deep Tissue: Shoulder & Arm
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Pathology: Deep Tissue Impact of Regions
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Chair Massage Demo & Trades
PREP	4:15PM — 4:30PM	0:15	
DEMO	4:30PM — 5:30PM	1:00	Deep Tissue Demo
TRADE	5:30PM — 6:30PM	0:50	Deep Tissue
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 1 – Schedule Details

MASSAGE | WEEKS 6-10 | 150 HOURS

Week 7

<p>MONDAY / TUESDAY</p> <p>CLINIC FLOOR SERVICES</p>	<p>Getting Acquainted Questions and Answers Mock Sessions (student trade) Clients (5 hours): Swedish, Deep Tissue, Reflexology Sanitation</p>
<p>WEDNESDAY / THURSDAY</p> <p>AM BLOCK [Massage] Deep Tissue: Full Body Practice for Clinic</p> <p>PM BLOCK [Business] Laws, Legal & Local Considerations* [Business] Introduce Project 2 (Interview)* OR [Aveda] Intention with Sandra*</p>	<p>AM BLOCK Review Materials Hands-On Trade</p> <p>PM BLOCK</p> <hr/> <p>ASSIGNMENTS Interview a Licensed Massage Therapist Project Assigned</p>
<p>FRIDAY / SATURDAY</p> <p>AM BLOCK MID-ADVANCEMENT EVALUATIONS [Exam] OIA</p> <p>PM BLOCK [Business] Laws, Legal & Local Considerations* [Business] Introduce Project 2 (Interview)* OR [Aveda] Intention with Sandra*</p>	<p>AM BLOCK [Exam] OIA Written Exam</p> <p>PM BLOCK</p> <hr/> <p>ASSIGNMENTS TGM Chapters 1-2 (pgs 1-18) TGM Pre-Learning Questions (pg 1; 13)</p>

WEEK 7 • DAY 1 • MONDAY/TUESDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
	8:45AM — 12:30PM	3:45	Clinic Floor Services
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 6:30PM	5:30	Clinic Floor Services
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 7 • DAY 2 • WEDNESDAY/THURSDAY

TIME			ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Deep Tissue: Full Body Theory & Demo
BREAK	10:15AM — 10:30AM	0:15	
TRADE	10:30AM — 12:30PM	2:00	Deep Tissue
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Business: Laws, Legal & Local Considerations
BREAK	3:30PM — 3:45PM	0:15	
LECTURE	3:45PM — 4:15PM	0:30	Business: Introduce LMT Interview Project
PREP	4:15PM — 4:30PM	0:15	
LECTURE	4:30PM — 5:20PM	0:50	Business: Interview LMT Project OR Intention
PREP	5:20PM — 5:30PM	0:10	
LECTURE	5:30PM — 6:20PM	0:50	Business: Interview LMT Project OR Intention
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 7 • DAY 3 • FRIDAY/SATURDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
EVALUATIONS	8:45AM — 10:15AM	1:30	Mid Advancement Evaluations
BREAK	10:15AM — 10:30AM	0:15	
EXAM	10:30AM — 12:30PM	2:00	Exam: OIA
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Business: Laws, Legal & Local Considerations
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Business: Introduce LMT Interview Project
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Business: Interview LMT Project of Intention
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Business: Interview LMT Project of Intention
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 1 – Schedule Details

MASSAGE | WEEKS 6-10 | 150 HOURS

Week 8

MONDAY / TUESDAY	
<p>AM BLOCK [Kinesiology] Introduction & Review</p> <p>PM BLOCK CLINIC FLOOR Masterpiece)</p>	<p>AM BLOCK TGM Chapter 2 The Essentials of Movement Handout OIA Review, Synergists and Antagonists, etc</p> <p>PM BLOCK</p> <p>ASSIGNMENTS TGM Review Questions (pg 19) TGM Pre-Learning Questions (pg 21; 35) TGM Chapters 3-4 (pgs 21-50)</p>
WEDNESDAY / THURSDAY	
<p>AM BLOCK [Massage] Trigger Point I: Upper Body [Hands-On] Trigger Point Application</p> <p>PM BLOCK [Aveda] Chakra Balancing Massage</p>	<p>AM BLOCK TGTP pgs 6 – 69 Shoulder & Arm; Forearm & Hand; Spine & Thorax; Head, Neck & Face</p> <p>PM BLOCK LA Chakra Balancing Massage</p> <p>ASSIGNMENTS</p>
FRIDAY / SATURDAY	
<p>AM BLOCK [Massage] Chair Massage: Advanced Techniques [Massage] Chair Massage: Settings [Hands-On] Chair Massage Application [Business] Introduce Business Plan Project</p> <p>PM BLOCK [Massage] Trigger Point II: Lower Body [Hands-On] Trigger Point Application</p>	<p>AM BLOCK PMI / Cassinossage Employer Visit</p> <p>PM BLOCK TGTP pgs 70 – 112 Pelvis & Thigh; Leg & Foot</p> <p>ASSIGNMENTS Business Plan Project</p>

WEEK 8 • DAY 1 • MONDAY/TUESDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Kinesiology: Introduction
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Kinesiology: Joints, Movements Review
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 6:30PM	5:30	Clinic Floor Services
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 8 • DAY 2 • WEDNESDAY/THURSDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Trigger Point: Upper Body
BREAK	10:15AM — 10:30AM	0:15	
TRADE	10:30AM — 12:30PM	2:00	Trigger Point Application
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Aveda: Chakra Balancing Massage
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Chakra Balancing
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Chakra Balancing
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Chakra Balancing
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 8 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Chair Massage: Advanced Techniques
BREAK	10:15AM — 10:30AM	0:15	
TRADE	10:30AM — 12:30PM	2:00	Chair Settings and Application of Advanced Techniques
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Introduce Business Plan Project Trigger Point: Lower Body
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Trigger Point: Lower Body
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Trigger Point: Lower Body
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Trigger Point: Lower Body
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 1 – Schedule Details

MASSAGE | WEEKS 6-10 | 150 HOURS

Week 9

MONDAY / TUESDAY	
<p>AM BLOCK [Massage] Proprioceptive Neuromuscular Facilitation [Workshop] Tools of the Trade</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK IMT Chapter 10 (pgs 439-449) Therapeutic Applications (Proprioceptive Neuromuscular Facilitation)</p> <p>PM BLOCK Tools Demos, Videos, Hands-On</p> <p>ASSIGNMENTS Research or bring tools/equipment to use with special populations</p>
WEDNESDAY / THURSDAY	
<p>AM BLOCK [Massage] Special Populations [Pathology] Special Populations & Oncology [Hands-On] Special Populations Application</p> <p>PM BLOCK [Workshop] Application of Tools with Movement</p>	<p>AM BLOCK IMT Chapter 12 Special Populations PATH Chapter 12 Cancer Concepts</p> <p>PM BLOCK Hands-On practice for special populations Potential Employer/Special Population Presenter</p> <p>ASSIGNMENTS</p>
FRIDAY / SATURDAY	
<p>AM BLOCK [Ethics] Professionalism in Practice [Aveda] Masterpiece 2: Root Art</p> <p>PM BLOCK [Workshop] Cadaver Lab</p>	<p>AM BLOCK EoT Chapter 7 Practice Management EoT Chapter 9 Business Ethics</p> <p>PM BLOCK</p> <p>ASSIGNMENTS Cadaver Lab Assignment</p>

WEEK 9 • DAY 1 • MONDAY/TUESDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
WORKSHOP	8:45AM — 10:15AM	1:30	Tools of the Trade
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Massage: PNF
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 6:30PM	5:30	Clinic Floor Services
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 9 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Massage: Special Populations
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Pathology: Special Populations & Oncology
LUNCH	12:30PM — 1:00PM	0:30	
WORKSHOP	1:00PM — 3:30PM	2:30	Application of Tools with Movement
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Massage: Special Populations — Draping & Techniques
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Special Populations — Draping & Techniques
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Special Populations — Draping & Techniques
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 9 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 12:30PM	3:45	Masterpiece: Art – Clay & Sculpture
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Ethics: Professionalism in Practice
BREAK	3:30PM — 3:45PM	0:15	
WORKSHOP	3:45PM — 6:30PM	2:45	Anatomy: Cadaver Lab
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 1 – Schedule Details

MASSAGE | WEEKS 6 - 10 | 150 HOURS

Week 10

MONDAY / TUESDAY	
<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR [Product Knowledge] Stress Fix</p>	<p>AM BLOCK TGM Chapters 3 – 4 Connective Tissue, Parts 1 & 2</p> <p>PM BLOCK Stress Fix Handout & Protocol</p>
	<p>ASSIGNMENTS Lab Activities Bony Landmark Quiz TGM Review Questions (pgs 33; 51) TGM Chapters 5-6</p>
WEDNESDAY / THURSDAY	
<p>AM BLOCK END OF ADVANCEMENT EVALUATIONS [Aveda] Asian & Energy Modalities [Aveda] Scalp Massage (Review)</p> <p>PM BLOCK [Aveda] Introduction to Stress Fix Massage [Aveda] Chakra Massage Review [Hands-On] Asian, Energy, Scalp, Stress Fix, Chakra</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	<p>ASSIGNMENTS</p>
FRIDAY / SATURDAY	
<p>AM BLOCK END OF ADVANCEMENT EVALUATIONS [Exam] Chakra Massage</p> <p>PM BLOCK [Ethics] Professionalism in Practice [Aveda] Stress Fix Massage, Part 2 [Hands-On] Stress Fix Massage Application</p>	<p>AM BLOCK LA Test Link [Exam] Hands-On Test</p> <p>PM BLOCK EoT Chapter 9 Business Ethics</p>
	<p>ASSIGNMENTS Quiz Stress Fix Fill-In Protocol Handout</p>

WEEK 10 • DAY 1 • MONDAY/TUESDAY

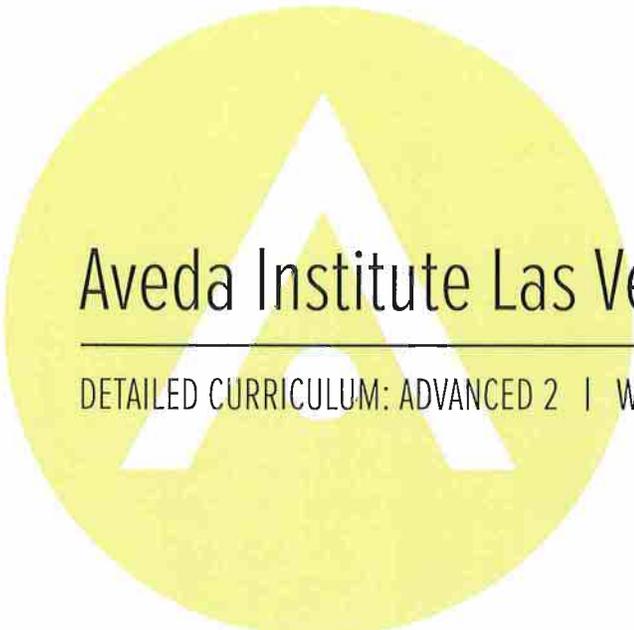
TIME			ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Kinesiology: Connective Tissue
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Product Knowledge: Stress Fix
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 6:30PM	5:30	Clinic Floor Services
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 10 • DAY 2 • WEDNESDAY/THURSDAY

TIME			ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
EVALUATION	8:45AM — 10:15AM	1:30	End of Advancement Evaluations
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Aveda: Asian & Energy Modalities Scalp (Review)
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Aveda: Stress Fix Massage
BREAK	3:30PM — 3:45PM	0:15	
LECTURE	3:45PM — 4:15PM	0:30	Chakra Massage Review
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Asian, Energy, Scalp, Stress Fix, Chakra
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Asian, Energy, Scalp, Stress Fix, Chakra
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 10 • DAY 3 • FRIDAY/SATURDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
EXAM	8:45AM — 10:15AM	1:30	Exam: Chakra Massage (written)
BREAK	10:15AM — 10:30AM	0:15	
EXAM	10:30AM — 12:30PM	2:00	Exam: Chakra Massage (practical)
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Ethics: Professionalism in Practice
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Aveda: Stress Fix Massage (continued)
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Stress Fix Massage
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Stress Fix Massage
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Aveda Institute Las Vegas – Massage Therapy

DETAILED CURRICULUM: ADVANCED 2 | WEEKS 11 - 15 | 150 HOURS



Advanced 2 – Schedule Details

MASSAGE | WEEKS 11 - 15 | 150 HOURS

Week 11*

MONDAY / TUESDAY										
<p>AM BLOCK [Aveda] Introduction to Advanced Massage 2 & 3 [Aveda] Policies & Procedures [Anatomy] Skin and Cautions [Pathology] Hot Stone Considerations</p> <p>PM BLOCK [Massage] Introduction to Hydrotherapy [Hands-On] Hydrotherapy Application</p>	<p>AM BLOCK</p> <p>PM BLOCK IMT Chapter 11 (pgs 467-481) Complementary Modalities (Hydrotherapy)</p> <p>ASSIGNMENTS</p>									
WEDNESDAY / THURSDAY										
<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK</p> <p>PM BLOCK</p> <p>ASSIGNMENTS</p>									
FRIDAY / SATURDAY										
<p>AM BLOCK [Anatomy] The Nervous System [Pathology] The Nervous System [Massage] Craniosacral</p> <p>PM BLOCK [Workshop] Application of Tools with the Nervous System [Workshop] Craniosacral Application</p>	<p>AM BLOCK</p> <table border="0"> <tr> <td>AA&P</td> <td>Chapter X</td> <td>Title</td> </tr> <tr> <td>PATH</td> <td>Chapter 4</td> <td>Nervous System Conditions</td> </tr> <tr> <td>IMT</td> <td>Chapter 10 (pg 453)</td> <td>Therapeutic Applications (Craniosacral Therapy)</td> </tr> </table> <p>PM BLOCK</p> <p>ASSIGNMENTS</p>	AA&P	Chapter X	Title	PATH	Chapter 4	Nervous System Conditions	IMT	Chapter 10 (pg 453)	Therapeutic Applications (Craniosacral Therapy)
AA&P	Chapter X	Title								
PATH	Chapter 4	Nervous System Conditions								
IMT	Chapter 10 (pg 453)	Therapeutic Applications (Craniosacral Therapy)								

WEEK 11 • DAY 1 • MONDAY/TUESDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Intro to Advanced Massage 2 & 3
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Aveda: Policies & Procedures; Anatomy: Skin
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Introduction to Hydrotherapy
BREAK	3:30PM — 3:45PM	0:15	
LECTURE & DEMO	3:45PM — 4:15PM	0:30	Pathology: Hot Stone Considerations; Hot Stone
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Hydrotherapy
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Hydrotherapy
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 11 • DAY 2 • WEDNESDAY/THURSDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Workshop: Kinesiology (Chapter 5 & 6 — Joints)
BREAK	10:15AM — 10:30AM	0:15	
CLINIC	10:30AM — 12:30PM	2:00	Clinic Floor Services
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 3:30PM	2:30	
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 11 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Nervous System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Pathology: Nervous System
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Massage: Cranial-Sacral
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Application of Tools w/Nervous System
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Cranial-Sacral
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Cranial-Sacral
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 2 – Schedule Details

MASSAGE | WEEKS 11 - 15 | 150 HOURS

Week 12

MONDAY / TUESDAY													
<p>AM BLOCK [Anatomy] The Endocrine System [Pathology] The Endocrine System [Anatomy] Special Senses [Pathology] Special Senses</p> <p>PM BLOCK Masterpiece [Massage] Hydrotherapy: Contrast Treatments [Hands-On] Contrast Treatment Application [Aveda] Aromaology with Sandra</p>	<p>AM BLOCK</p> <table border="0"> <tr> <td>AA&P</td> <td>Chapter X</td> <td>Title</td> </tr> <tr> <td>PATH</td> <td>Chapter 9</td> <td>Endocrine System Conditions</td> </tr> <tr> <td>AA&P</td> <td>Chapter X</td> <td>Title</td> </tr> </table> <p>PM BLOCK</p> <table border="0"> <tr> <td>IMT</td> <td>Chapter 11 (pgs 467-481)</td> <td>Complementary Modalities (Hydrotherapy)</td> </tr> </table>	AA&P	Chapter X	Title	PATH	Chapter 9	Endocrine System Conditions	AA&P	Chapter X	Title	IMT	Chapter 11 (pgs 467-481)	Complementary Modalities (Hydrotherapy)
AA&P	Chapter X	Title											
PATH	Chapter 9	Endocrine System Conditions											
AA&P	Chapter X	Title											
IMT	Chapter 11 (pgs 467-481)	Complementary Modalities (Hydrotherapy)											
ASSIGNMENTS													
WEDNESDAY / THURSDAY													
<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>												
ASSIGNMENTS													
FRIDAY / SATURDAY													
<p>AM BLOCK [Anatomy] The Cardiovascular System & Blood [Pathology] The Cardiovascular System</p> <p>PM BLOCK [Workshop] Cardio Lab</p>	<p>AM BLOCK</p> <table border="0"> <tr> <td>AA&P</td> <td>Chapter X</td> <td>Title</td> </tr> <tr> <td>PATH</td> <td>Chapter 5</td> <td>Cardiovascular System Conditions</td> </tr> </table> <p>PM BLOCK</p>	AA&P	Chapter X	Title	PATH	Chapter 5	Cardiovascular System Conditions						
AA&P	Chapter X	Title											
PATH	Chapter 5	Cardiovascular System Conditions											
ASSIGNMENTS													

WEEK 12 • DAY 1 • MONDAY/TUESDAY

TIME			ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Aveda: Aromaology; Masterpiece
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Aveda: Aromaology
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Hydrotherapy Contrast Treatments
BREAK	3:30PM — 3:45PM	0:15	
LECTURE	3:45PM — 4:15PM	0:30	Anatomy & Pathology: Endocrine System
PREP	4:15PM — 4:30PM	0:15	
LECTURE	4:30PM — 5:20PM	0:50	Anatomy & Pathology: Endocrine System
PREP	5:20PM — 5:30PM	0:10	
LECTURE	5:30PM — 6:20PM	0:50	Anatomy & Pathology: Special Senses
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 12 • DAY 2 • WEDNESDAY/THURSDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Workshop Kinesiology: Chapter 7 & 8 (Muscles)
BREAK	10:15AM — 10:30AM	0:15	
SERVICES	10:30AM — 12:30PM	2:00	Clinic Floor Services
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 3:30PM	2:30	
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 12 • DAY 3 • FRIDAY/SATURDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Cardiovascular System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy: Cardio & Blood
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Pathology: Cardiovascular System; Intro: Cardio Lab
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Workshop: Cardio Lab; Cardiovascular & Blood applications
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Workshop: Cardio Lab
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Workshop: Cardio Lab
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 13 • DAY 1 • MONDAY/TUESDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Cranial-Sacral Review
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Business: Preparation & Planning
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Ethics: Professionalism; Intro: Cadaver Lab
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Cadaver Lab
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Cadaver Lab (cont.)
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Masterpiece: Art (Charcoal?)
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 13 • DAY 2 • WEDNESDAY/THURSDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Kinesiology Workshop: Chapters 8-9 (Muscles)
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Clinic Floor Services
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 3:30PM	2:30	
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 13 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Cranial-Sacral Exam (Written)
BREAK/EXAM PREP	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Cranial-Sacral Exam (Hands-On) / Sanitation
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Business: Strategic Planning; Masterpiece
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Hydrotherapy
PREP	4:15PM — 4:30PM	0:15	
WORKSHOP	4:30PM — 6:20PM	1:50	Hydrotherapy
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 2 – Schedule Details

MASSAGE | WEEKS 11 - 15 | 150 HOURS

Week 14

MONDAY / TUESDAY	
<p>AM BLOCK [Anatomy] The Lymphatic System [Pathology] The Lymphatic System [Anatomy] The Immune System [Pathology] The Immune System</p> <p>PM BLOCK [Aveda] Hydrotherapy: Body Wraps and Scrubs [Hands-On] Hydrotherapy Application</p>	<p>AM BLOCK</p> <p>PATH Chapter 6 Lymphatic and Immune System Conditions</p> <p>PM BLOCK</p>
	<p>ASSIGNMENTS</p>
WEDNESDAY / THURSDAY	
<p>AM BLOCK [Workshop] Kinesiology</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	<p>ASSIGNMENTS</p>
FRIDAY / SATURDAY	
<p>AM BLOCK [Anatomy] The Respiratory System [Pathology] The Respiratory System [Massage] Introduction to Sports & Injury Massage</p> <p>PM BLOCK [Workshop] Sports & Injury Massage</p>	<p>AM BLOCK</p> <p>PATH Chapter 7 Respiratory System Conditions</p> <p>PM BLOCK</p>
	<p>ASSIGNMENTS</p>

WEEK 14 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Pathology: Lymphatic System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy: Lymphatic System
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Pathology: Lymphatic (1hr); Anatomy: Lymphatic (1hr); Hydrotherapy
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Hydrotherapy: Lymphatic Applications; Dry-Brushing; Body-Wraps
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Hydrotherapy: Body-Wraps
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Hydrotherapy: Body-Wraps
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 14 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Workshop: Kinesiology
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Clinic Floor Services
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 3:30PM	2:30	
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 14 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Respiratory System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy & Pathology: Respiratory System
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Intro to Sports & Injury Massage
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Sports & Injury Massage
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Sports & Injury Massage
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Sports & Injury Massage
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 2 – Schedule Details

MASSAGE | WEEKS 11 - 15 | 150 HOURS

Week 15

MONDAY / TUESDAY	
<p>AM BLOCK [Anatomy] The Digestive System [Pathology] The Digestive System [Massage] Applications in Digestion</p> <p>PM BLOCK [Massage] Introduction to Myofascial & Structural Work</p>	<p>AM BLOCK</p> <p>PATH Chapter 8 Digestive System Conditions</p> <p>PM BLOCK</p>
	ASSIGNMENTS
WEDNESDAY / THURSDAY	
<p>AM BLOCK [Workshop] Myofascial & Structural Work</p> <p>PM BLOCK CLINIC FLOOR [Masterpiece] _____</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	ASSIGNMENTS
FRIDAY / SATURDAY	
<p>AM BLOCK [Massage] Hydrotherapy: Hot Stone [Hands-On] Hot Stone Application</p> <p>PM BLOCK [Workshop] Myofascial & Structural Work</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	ASSIGNMENTS

WEEK 15 • DAY 1 • MONDAY/TUESDAY

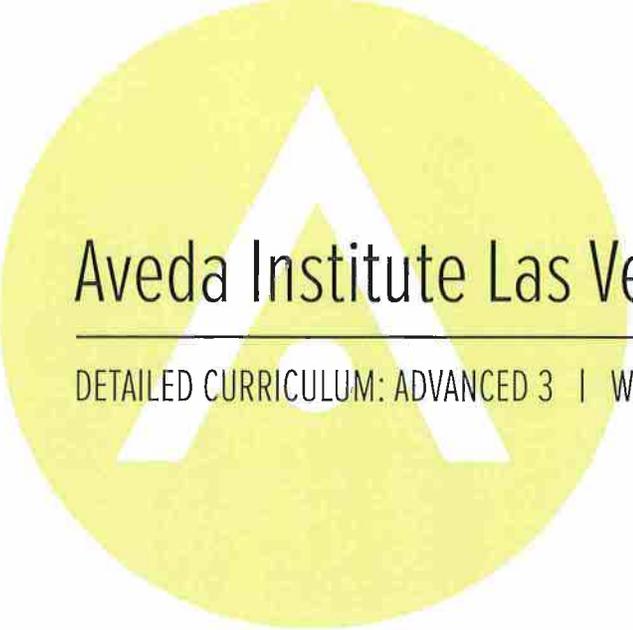
TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Digestive System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Anatomy & Pathology: Digestive System
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Massage Applications for Digestion
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Introduction to Myofascial & Structural Integration
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Myofascial & Structural Integration
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Myofascial & Structural Integration
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	Myofascial & Structural Integration
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 15 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Masterpiece
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Workshop: Myofascial & Structural Integration
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Clinic Floor Services
BREAK	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 15 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Hydrotherapy: Hot Stone
BREAK	10:15AM — 10:30AM	0:15	
TRADE	10:30AM — 12:30PM	2:00	Hydrotherapy: Hot Stone (2 groups)
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Hydrotherapy Feedbackk; Workshop: Myofascial & SI
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Myofasical & Structural Integration: Regional
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Myofasical & Structural Integration: Regional
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Myofasical & Structural Integration: Regional
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Aveda Institute Las Vegas – Massage Therapy

DETAILED CURRICULUM: ADVANCED 3 | WEEKS 16 - 20 | 150 HOURS



Advanced 3 – Schedule Details

MESSAGE | WEEKS 16 – 20 | 150 HOURS

Week 16

MONDAY / TUESDAY	
AM BLOCK MID-ADVANCEMENT EVALUATIONS [Massage] Hydrotherapy Review [Massage] Sports Massage & Injury PM BLOCK [Workshop] Sports Massage & Injury	AM BLOCK PM BLOCK
	ASSIGNMENTS
WEDNESDAY / THURSDAY	
AM BLOCK [Exam] Hydrotherapy Exam [Massage] Myofascial Release & Structural Bodywork PM BLOCK [Workshop] Sports, Injury, Myofascial & Structural	AM BLOCK PM BLOCK
	ASSIGNMENTS
FRIDAY / SATURDAY	
AM BLOCK [Workshop] Kinesiology PM BLOCK CLINIC FLOOR	AM BLOCK PM BLOCK
	ASSIGNMENTS

WEEK 16 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Mid-Advancement Evaluations; Hydrotherapy Review
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Sports Massage & Injury (Theory/Hands-On Part 1)
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Sports Massage & Injury (session planning)
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Sports Massage & Injury
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Sports Massage & Injury
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Sports Massage & Injury
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 16 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Hydrotherapy Exam (Written)
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Hydrotherapy Exam (Hands-On)
LUNCH	12:30PM — 1:00PM	0:30	
WORKSHOP	1:00PM — 3:30PM	2:30	Integration: Sports, Injury, Myofascial, Structural (Discussion)
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Integration: Sports, Injury, Myofascial, Structural
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Integration: Sports, Injury, Myofascial, Structural
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Integration: Sports, Injury, Myofascial, Structural
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 16 • DAY 3 • FRIDAY/SATURDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Workshop: Kinesiology
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Workshop: Kinesiology (cont.)
LUNCH	12:30PM — 1:00PM	0:30	
SERVICES	1:00PM — 3:30PM	2:30	Clinic Floor Services
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 3 – Schedule Details

MASSAGE | WEEKS 16 - 20 | 150 HOURS

Week 17

MONDAY / TUESDAY	
<p>AM BLOCK [Anatomy] The Urinary System [Pathology] The Urinary System [Anatomy] The Reproductive System [Pathology] The Reproductive System</p> <p>PM BLOCK [Workshop] Review for Sports, Injury, Myo, Structural</p>	<p>AM BLOCK</p> <p>PATH Chapter 10 Urinary System Conditions</p> <p>PATH Chapter 11 Reproductive System Conditions</p> <p>PM BLOCK</p>
	<p>ASSIGNMENTS</p>
WEDNESDAY / THURSDAY	
<p>AM BLOCK [Exam] Sports, Injury, Myofascial, Structural</p> <p>PM BLOCK [Workshop] Advanced Massage and Modalities</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	<p>ASSIGNMENTS</p>
FRIDAY / SATURDAY	
<p>AM BLOCK [Workshop] Advanced Massage and Modalities</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	<p>ASSIGNMENTS</p>

WEEK 17 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Anatomy: Urinary & Reproductive System
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Pathology: Urinary & Reproductive System
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Review: Sports, Injury, Myofascial, Structural
BREAK	3:30PM — 3:45PM	0:15	
TEST PREP	3:45PM — 4:15PM	0:30	Practice Test: Sports, Injury, Myofascial, Structural
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Sports, Injury, Myofascial, Structural Full Body
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Sports, Injury, Myofascial, Structural Full Body
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 17 • DAY 2 • WEDNESDAY/THURSDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
EXAM	8:45AM — 10:15AM	1:30	Sports, Injury, Myofascial, Structural Exam (Written)
BREAK	10:15AM — 10:30AM	0:15	
EXAM	10:30AM — 12:30PM	2:00	Sports, Injury, Myofascial, Structural Exam (Hands-On)
LUNCH	12:30PM — 1:00PM	0:30	
WORKSHOP	1:00PM — 6:20PM	5:20	Workshop: Advanced Massage & Modalities (2 breaks)
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 17 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
WORKSHOP	8:45AM — 10:15AM	1:30	Advanced Massage & Modalities
BREAK	10:15AM — 10:30AM	0:15	
SERVICES	10:30AM — 12:30PM	2:00	Clinic Floor Services
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 3:30PM	2:30	
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 3 – Schedule Details

MESSAGE | WEEKS 16 - 20 | 150 HOURS

Week 18

MONDAY / TUESDAY	
<p>AM BLOCK [MBLEx Review] Practice Exam [Pathology] Medications Appendix [Massage] Chair Massage</p> <p>PM BLOCK [MBLEx Review] Anatomy and Massage Topics</p>	<p>AM BLOCK PATH Appendix C (Online) Medications</p> <p>PM BLOCK</p>
	ASSIGNMENTS
WEDNESDAY / THURSDAY	
<p>AM BLOCK [Field Trip] Cadaver Lab Masterpiece] Art: Collage</p> <p>PM BLOCK [MBLEx Review] Anatomy, Massage, Pathology Review</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	ASSIGNMENTS
FRIDAY / SATURDAY	
<p>AM BLOCK [Workshop] Advanced Massage and Modalities</p> <p>PM BLOCK CLINIC FLOOR</p>	<p>AM BLOCK</p> <p>PM BLOCK</p>
	ASSIGNMENTS

WEEK 18 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
MBLEX	8:45AM — 10:15AM	1:30	MBLEEx Review: Anatomy & Massage
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Pathology: Medications Appendix
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Chair Massage
BREAK	3:30PM — 3:45PM	0:15	
MBLEX	3:45PM — 4:15PM	0:30	MBLEEx Study
PREP	4:15PM — 4:30PM	0:15	
MBLEX	4:30PM — 5:20PM	0:50	MBLEEx Study
PREP	5:20PM — 5:30PM	0:10	
MBLEX	5:30PM — 6:20PM	0:50	MBLEEx Practice Exam
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 18 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
MBLEX	8:45AM — 10:15AM	1:30	MBLEEx Review: Anatomy, Massage, Pathology
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Masterpiece: Collage
LUNCH	12:30PM — 1:00PM	0:30	
WORKSHOP	1:00PM — 6:20PM	5:20	Cadaver Lab (2 Breaks)
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 18 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
WORKSHOP	8:45AM — 10:15AM	1:30	Workshop: Advanced Massage & Modalities
BREAK	10:15AM — 10:30AM	0:15	
SERVICES	10:30AM — 12:30PM	2:00	Clinic Floor Services
LUNCH	12:30PM — 1:00PM	0:30	
	1:00PM — 3:30PM	2:30	
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 3 – Schedule Details

MESSAGE | WEEKS 16 - 20 | 150 HOURS

Week 19

MONDAY / TUESDAY	
AM BLOCK [MBLEx Review] Anatomy, Massage, Pathology Review	AM BLOCK
PM BLOCK [MBLEx Review] Anatomy, Massage, Pathology Review [Hands-On] Integrative Practice of Modalities	PM BLOCK
	ASSIGNMENTS
WEDNESDAY / THURSDAY	
AM BLOCK [MBLEx Review] Massage and Applications Review [Masterpiece] _____	AM BLOCK
PM BLOCK [MBLEx Review] Massage and Applications Review [Hands-On] Integrative Practice of Modalities	PM BLOCK
	ASSIGNMENTS
FRIDAY / SATURDAY	
AM BLOCK [Workshop] Advanced Massage and Modalities	AM BLOCK
PM BLOCK CLINIC FLOOR	PM BLOCK
	ASSIGNMENTS

WEEK 19 • DAY 1 • MONDAY/TUESDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
MBLEX	8:45AM — 10:15AM	1:30	MBLEEx Review
BREAK	10:15AM — 10:30AM	0:15	
MBLEX	10:30AM — 12:30PM	2:00	MBLEEx Review
LUNCH	12:30PM — 1:00PM	0:30	
MBLEX	1:00PM — 3:30PM	2:30	MBLEEx Review; Introduction to Integrative Practices
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Integrative Practice of Modalities
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Integrative Practice of Modalities
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Integrative Practice of Modalities
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 19 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Masterpiece
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Masterpiece
LUNCH	12:30PM — 1:00PM	0:30	
MBLEX	1:00PM — 3:30PM	2:30	MBLEx Practice Test & Review
BREAK	3:30PM — 3:45PM	0:15	
MBLEX	3:45PM — 4:15PM	0:30	MBLEx Review
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Integrative Practice
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Integrative Practice
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 19 • DAY 3 • FRIDAY/SATURDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
WORKSHOP	8:45AM — 12:30PM	3:45	Advanced Massage & Other Modalities (1 break)
LUNCH	12:30PM — 1:00PM	0:30	
SERVICES	1:00PM — 3:30PM	2:30	Clinic Floor Services
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	



Advanced 3 – Schedule Details

MASSAGE | WEEKS 16 - 20 | 150 HOURS

Week 20

MONDAY / TUESDAY	
AM BLOCK FINAL EVALUATIONS, PART 1 [Presentation] Project 3 (Pathology)	AM BLOCK
PM BLOCK [MBLEx Review] Massage and Applications Review [Aveda] Professional Development Wrap-Up [Masterpiece] ____	PM BLOCK
	ASSIGNMENTS
WEDNESDAY / THURSDAY	
AM BLOCK FINAL EVALUATIONS, PART 1 [Field Trip] Spa Visit	AM BLOCK
PM BLOCK [Masterpiece] ____ [Aveda] Closing Ceremony	PM BLOCK
	ASSIGNMENTS
FRIDAY / SATURDAY	
AM BLOCK [Presentation] Field Trip Observations / Teach Back	AM BLOCK
PM BLOCK CLINIC FLOOR	PM BLOCK
	ASSIGNMENTS

WEEK 20 • DAY 1 • MONDAY/TUESDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Final Evaluations; Pathology Presentations
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Pathology Presentations (cont.)
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Masterpiece
BREAK	3:30PM — 3:45PM	0:15	
LECTURE	3:45PM — 4:15PM	0:30	Aveda: Professional Development Wrap-Up
PREP	4:15PM — 4:30PM	0:15	
MBLEX	4:30PM — 5:20PM	0:50	MBLEx Review
PREP	5:20PM — 5:30PM	0:10	
MBLEX	5:30PM — 6:20PM	0:50	MBLEx Review
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 20 • DAY 2 • WEDNESDAY/THURSDAY

	TIME		ACTIVITY / TOPIC
MORNING RITUAL	8:30AM — 8:45AM	0:15	
FIELD TRIP	8:45AM — 10:15AM	1:30	Field Trip: Spa
BREAK	10:15AM — 10:30AM	0:15	
FIELD TRIP	10:30AM — 12:30PM	2:00	Field Trip: Spa
LUNCH	12:30PM — 1:00PM	0:30	
LECTURE	1:00PM — 3:30PM	2:30	Final Evaluations (cont.)
BREAK	3:30PM — 3:45PM	0:15	
DEMO	3:45PM — 4:15PM	0:30	Masterpiece
PREP	4:15PM — 4:30PM	0:15	
TRADE 1	4:30PM — 5:20PM	0:50	Masterpiece
PREP	5:20PM — 5:30PM	0:10	
TRADE 2	5:30PM — 6:20PM	0:50	Aveda Closing Ceremony
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

WEEK 20 • DAY 3 • FRIDAY/SATURDAY

TIME		ACTIVITY / TOPIC	
MORNING RITUAL	8:30AM — 8:45AM	0:15	
LECTURE	8:45AM — 10:15AM	1:30	Field Trip Feedback, Observations, Discussion
BREAK	10:15AM — 10:30AM	0:15	
LECTURE	10:30AM — 12:30PM	2:00	Teachback
LUNCH	12:30PM — 1:00PM	0:30	
SERVICE	1:00PM — 3:30PM	2:30	Clinic Floor Services
	3:30PM — 3:45PM	0:15	
	3:45PM — 4:15PM	0:30	
	4:15PM — 4:30PM	0:15	
	4:30PM — 5:20PM	0:50	
	5:20PM — 5:30PM	0:10	
	5:30PM — 6:20PM	0:50	
BREAKDOWN	6:20PM — 6:30PM	0:10	
SANITATION	6:30PM — 6:45PM	0:15	
CLOSING RITUAL	6:45PM — 7:00PM	0:15	

APPENDIX 1 – CODES

[Anatomy]	Includes Anatomy, Physiology, Kinesiology topics.
[Aveda]	Content found on Learn Aveda and is not necessarily only under the Aveda Methods & Standards unit.
[Exam]	
[Field Trip]	Locations determined based on availability.
[Hands-On]	Hands-On are student trades to apply skills learned with instructor observation and guidance.
[Masterpiece]	Lessons based on a unique program designed by Aveda Institute of Las Vegas incorporating 5 core elements of professional success.
[MBLEx Review]	Topics are based on student needs and practice tests.
[Pathology]	
[Presentation]	Student presentations of assignments.
[Product Knowledge]	Professional training on Aveda products and their application with clients on the Clinic Floor.
[Workshop]	All Workshops are completed on the Clinic Floor and involve demos, hands-on exercises, and interactive activities.
AA&P	Applied Anatomy & Physiology for Manual Therapists, 2nd edition
IMT	Introduction to Massage Therapy, 3rd edition
PATH	A Massage Therapist's Guide to Pathology, 7th edition
PSG	Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations, 3rd edition
TGB	Trail Guide to the Body, 6th edition
TGM	Trail Guide to Movement, 2nd edition
*TGTP	Trail Guide to the Body's Quick Reference to Trigger Points, 2nd edition
BM	Business Mastery, 5th edition
EoT	Ethics of Touch, 2nd edition
LA	Learn Aveda website
*CA	Learn Aveda website , "Connect Aveda" module (green boxes)

APPENDIX 2 – RITUALS

CALMING

Alternate Nostril Breathing

Benefit: Cleanses the energy channels in the body.

Instruct the participants to sit comfortably, and share that you are going to lead them through a breathing exercise that cleanses the body's energy channels to help reduce anxiety and nervousness. Share the following script:

"Using one hand, close the right nostril with the thumb, and inhale through the left nostril. Then close the left nostril with the ring finger, and exhale through the right nostril. Inhale through the right nostril. Then close the right nostril with the thumb, and exhale through the left nostril. This is one complete cycle. Repeat the cycle for five minutes."

Debrief the activity by asking a few participants to share their observations.

Aromatic Neck and Shoulder Massage

Benefit: Releases tension and engages the senses.

Supplies: Composition Oils™ (Aveda Men, Beautifying, Shampure™ or Stress-Fix™)

Instruct the participants to find partners and position themselves so one is sitting and one is standing directly behind them. Instruct the standing partner to emulsify a few drops of aroma in their hands, lean their forearms on their partner's shoulders and cup their hands in front of their partner's nose. Instruct the seated partner to take three deep, diaphragmatic breaths. Then instruct the standing partner to massage their partner's neck and shoulders with the remaining oil on their hands. Instruct the participants to switch positions, and repeat the exercise. Debrief the activity by asking a few participants to share their observations.

Bee Breath

Benefit: Calms and quiets the mind and body.

Explain that the bee breath is performed by inhaling deeply and then exhaling slowly while making a gentle humming sound. Demonstrate the technique, and then lead the participants a minimum of 10 breaths. Encourage the participants to customize the experience by concentrating the vibration on a particular area of congestion such as the throat, ears or sinuses.

Debrief the activity by asking a few participants to share their observations.

Breath of Expulsion

Benefit: Helps relieve feelings of stress.

Instruct the participants to stand, take a deep breath through the nose and forcefully exhale through the mouth while making an expelling sound until the lungs are completely emptied. Encourage the participants to visualize stress leaving their bodies during the exhalation. Repeat five times. Debrief the activity by asking a few participants to share their observations.

Breathing in Mountain and Prayer Pose

Benefit: Centers and calms the mind and body.

Supplies: Yoga Mats (optional)

Instruct the participants to stand in Mountain Pose, and share the following script:

"With the spine straight and shoulders relaxed, lift through the quads. Your weight should be evenly distributed between the balls of the feet and the heels. Place the hands in Prayer Pose. Inhale, and push the hands above the head. Exhale, and move the hands down and out to the sides. Inhale, and pull the hands in front of the body. Exhale, and pull the hands back to the starting position. This is one complete cycle. Repeat the cycle 10 times."

Debrief the activity by asking a few participants to share their observations.

Diaphragmatic Breathing

Benefit: Centers and calms the mind and body.

Instruct the participants to sit comfortably, and share that you are going to lead them through a deep breathing exercise that will help center and calm the mind and body. Share the following script:

"Place one hand on the diaphragm. Inhale deep and fully expand the diaphragm for 8 seconds. Then exhale slowly for 16 counts. This is one complete cycle. Repeat the cycle 10 times."

Debrief the activity by asking a few participants to share their observations.

Happy Place

Benefit: Calms the mind and body.

Instruct the participants to close their eyes, and share the following script:

"Think of a place that makes you happy. Take three deep, diaphragmatic breaths, inhaling through the nose and exhaling through the mouth. Bend at the waist with the knees slightly bent, and touch your toes very slowly using the weight of your body. Slowly straighten back up, still keeping eyes closed and still in your happy place. Take three more deep breaths, and open your eyes. Now you are ready for your day."

Debrief the activity by asking a few participants to share their observations.

APPENDIX 2 – RITUALS

ENERGIZING

Body Tapping Exercise

Benefit: Increases circulation and awakens the energy centers in the body.

Instruct the participants to stand up. Play an energetic song, and perform tapping movements with the palm of an open hand down the body (arms, torso, abdomen, lower back and legs) to the rhythm of the music. Keep the knees bent and rocking in time with the music. Debrief the activity by asking a few participants to share their observations.

Choose to Laugh

Benefit: Encourages positive thinking and overall well-being.

Share the following script:

"Web MD says that 'we change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up and we breathe faster, sending more oxygen to our tissues.' Choosing laughter is an effective way to help provide physical and emotional wellness, breakdown social barriers and promote overall well-being. We're going to do a simple, voluntarily simulated laugh exercise together."

Instruct the participants to lower their inhibitions, take a deep breath in and begin to laugh. Encourage them to laugh whether it feels genuine or not and to laugh as much as they can. Continue for at least one minute. Then instruct the participants to stop laughing, inhale deeply through their nose and exhale out of the mouth. Invite them to observe their heart rate getting slower and notice how much better they feel compared to just several moments ago. Share that we may not always feel like laughing, but we always have the power to choose to laugh and improve our sense of well-being. Debrief the activity by asking a few participants to share their observations.

Cooling Oil Shots

Benefit: Invigorates the senses.

Instruct the participants to place several drops of Cooling Oil in the palm of their hand and briskly rub their hands together. Invite them to hold their hands under their nose and take three deep breaths. Have them rub any excess oil on their hands onto their neck and shoulders. Debrief the activity by asking a few participants to share their observations.

Fast-Paced High Five

Benefit: Builds team camaraderie and stimulates both sides of the brain

Instruct the participants to find a partner and give each other a high five while focusing on their partner's elbow. Share that when they do this, they will never miss. Instruct them to alternate left and right hands in a series of fast-paced high fives, continuing to focus on their partner's elbow. Debrief the activity by asking a few participants to share their observations.

Know Your Body Massage

Benefit: Energizes the mind and body.

Supplies: Cooling Oil, Ambient Music (optional)

Instruct the participants to emulsify a few drops of aroma in their hands and take a deep, diaphragmatic breath. Guide the group through a self-massage, moving from scalp to fingers (scalp, neck, shoulders, arms, palms and fingers). Debrief the activity by asking a few participants to share their observations.

Listening Meditation

Benefit: Energizes the mind and body.

Supplies: Listening Meditation Video by Prana (Vimeo <https://vimeo.com/39911802>)

Show the video, and ask a few participants to share their observations. Challenge them to spend more time listening and living in the moment every day.

Motivational Video

Benefit: Encourages positive thinking.

Supplies: Motivational Video, "Kid Gives Speech After Learning How to Ride a Bike" (YouTube)

Show the video and ask a few participants to share their observations. Challenge them to take a minute to motivate themselves with positive words (or by watching this video) whenever they are struggling with a technique or need an extra boost of motivation.

Power Move

Benefit: Energizes the mind and body.

Share that everyone has a "power move" they perform that makes them feel motivated and energized (a martial arts move, superhero stance, yoga pose, dance move, etc.). Ask the participants to think about their personal power move, and instruct the entire group to perform their power moves simultaneously on the count of three. Repeat a few times. Debrief the activity by asking a few participants to share how they felt before and after performing their power move.

Standing Pranayama Breathing

Benefit: Energizes the mind and body.

Supplies: "Standing Deep Breathing – Bikram Hot Yoga" video (optional, Youtube).

Instruct the participants to stand with their legs and feet together while interlocking their hands and clasping their knuckles under their chin. Instruct them to inhale through the nose while raising their bent elbows up toward their ears and looking up at the ceiling. Instruct them to hold the position for a few seconds, and then release. Repeat 10 times. Debrief the exercise by asking a few participants to share their observations.

Tree Pose

Benefit: Energizes the mind and body.

Supplies: Yoga Mats (optional).

Demonstrate Tree Pose (or use video demonstration) before you begin. Instruct the participants to close their eyes and move into Tree Pose. Share that most of them will struggle to stay balanced performing the pose with their eyes closed. Instruct them to open their eyes and try the pose again. Share that when you have a focal point, it is easier to keep your eyes on the goal and perform any task with success. Debrief the activity by asking a few participants to share their observations.

APPENDIX 2 – RITUALS

Two Things at Once

Benefit: Energizes the mind and body.

Instruct the participants to sit comfortably, lift their right foot off the ground and move it in clockwise circles. Then instruct them to draw the number six in the air with their right hand (their foot will change direction automatically). Ask the participants why they think that happens. Accept any answers, and then share the following the script:

“Your foot automatically changes direction because of the difference in height between the hand and foot combined with gravity and the earth’s rotation. If you eliminate this height difference by lying down and holding your right leg and arm at the same height, your right foot will be unaffected. However, if you increase the height difference by positioning your right leg above your head and your right hand closer to the floor, the effect will be even more pronounced.”

Debrief the activity by asking a few participants to share their observations.

Yoga Cards

Benefit: Energizes the mind and body

Supplies: Yoga Cards (purchased or handmade; many varieties are available on Amazon), Aveda Aromas

Instruct the participants to choose an aroma and a yoga card from their tables and practice the movement on the card while experiencing the aroma. Then instruct the participants to stand in a circle, and ask a few volunteers to share their experiences. As they share, the volunteers should lead the entire group in their yoga pose.

BONDING

Gratitude Circle

Benefit: Builds class camaraderie and encourages positive energy.

Instruct the participants to stand in a circle. Share this quote by Marcel Proust: “Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” Go around the circle, and ask each participant to share someone they are grateful for today.

Guess Who

Benefit: Builds class camaraderie.

Supplies: Paper strips (1 per participant), Pens or Pencils, Cup.

Give each participant a strip of paper, and instruct them to write something about themselves that no one knows on the strip of paper (interest, hobby, experience, etc.). Collect the participants’ strips of paper in the cup. Draw one fact at a time from the cup, and have the group guess who wrote the interesting fact. Continue until all the facts have been read and the cup is empty. Debrief the activity by asking a few participants to share their observations.

Paper Telephone

Benefit: Builds class camaraderie.

Supplies: Paper (blank or construction), Stapler, Pens or Pencils.

Staple together as many pieces of paper as there are participants in the class. Starting with one participant, instruct them to write down a word or phrase that inspires them (or a muscle, bone, or movement), and pass it to the participant on their right. That participant then draws a picture of the word or phrase on the next piece of paper and passes it to the participant on their right, making sure to conceal the original word or phrase. That participant then looks at the picture and writes the word or phrase they think is being conveyed on the next piece of paper. Continue until every participant has had a chance to draw or write the word or phrase. Share the results with the entire group. Debrief the activity by asking a few participants to share their observations.

Tea Exchange

Benefit: Hydrates the body and builds class camaraderie.

Supplies: Individual Tea Bags (participants to bring; educator to bring extras), Hot Water, Mugs or Disposable Hot Cups.

Instruct the participants to bring in an individual tea bag of one of their favorite teas. Ask each participant to share which tea they brought and why. Then place all the tea bags into a bag or bowl, pass it around the room and have each participant choose a different tea bag. Encourage the participants to enjoy their tea at some point during the day. Debrief the activity at the end of the day by asking a few participants to share how they liked their new variety of tea.

Trust Balance

Benefit: Builds class camaraderie and encourages positive thinking.

Instruct the participants to stand in two lines facing each other. Make sure each person has a partner across from them. Instruct the pairs to touch their toes together and grasp their hands while slowly leaning back to find the balance point. Encourage the participants to trust each other, be conscious in the moment and try to maintain a steady balance. If time allows, have the participants try the exercise with different partners. Debrief the activity by asking a few participants to share their observations.

Two Truths & a Lie

Benefit: Builds class camaraderie.

Instruct the participants to write down two truths and one lie about themselves on a piece of paper. Ask each participant to read their three statements to the group, and instruct the group to guess which one is the lie.

Wish Bracelet

Benefit: Builds class camaraderie.

Supplies: Assorted Beads (1 per participant), Hemp String (1 pre-cut strand (6–7”) per participant).

Instruct each participant to choose a string and a bead and place the bead on the string. In pairs, instruct the participants to make a wish while their partner ties the bracelet on their wrist. Debrief the activity by asking a few participants to share their observations.

APPENDIX 2 – RITUALS

MOVEMENT

Beginning Stretches

Benefit: Helps relieve feelings of stress and tension.

Share the importance of wellness in the massage industry, and lead the participants in low impact stretches (child's pose, cat-cow, toe touches, wrist and forearm, and neck) relieve feelings of stress and tension. Debrief the activity by asking a few participants to share their observations.

Sun Salutation

Benefit: Energizes the mind and body.

Supplies: Video with step-by-step Sun Salutation (Youtube), yoga mats (optional), handout with steps (optional).

Explain that the Sun Salutation is a sequence of 12 positions that form one continuous exercise that should be performed every morning. Instruct the participants to stand on their yoga mats or find a space where they can move freely. Lead the group through the steps on the handout or by showing the video. Debrief the activity by asking a few participants to share their observations.

Chair Stretching

Benefit: Relieves tension in neck, shoulders, low back and glutes after long periods of sitting.

Instruct participants to perform lateral flexion of the neck, reaching the stretched side's arm towards the floor, and switch sides. Then, perform neck flexion with partial rotation with arms stretching towards the floor. Finish the upper body stretch with shoulder rolls and horizontal adduction of each arm. Perform a seated piriformis stretch by placing one ankle on the opposite leg and reach forward with arms towards the floor. Each stretch should be held for at least 30 seconds, performed slowly with intention, and deep breathing. Debrief by asking a few participants to share their observations.

Seated Twist

Benefit: Activates the recovery process in the mind and body

Supplies: Yoga Mats (optional)

Instruct the participants to sit comfortably on the floor with the spine erect, and share the following script:

"Twist to the right at the waist. Hold this position, and inhale while lengthening the spine. Now exhale, and twist to the right even farther. Repeat the inhale and exhale cycle three times. Hold the final position for three seconds, and relax back to the center. Repeat on the left side."

Debrief the activity by asking a few participants to share their observations.

FOCUS

Draw the Mission

Benefit: Focuses the mind in a creative way on the Aveda Mission.

Supplies: PowerPoint slide or printed copy of Aveda's Mission, paper, coloring/art supplies

Instruct the participants to read the Aveda mission silently. After a few minutes, ask the participants to draw a visual image of what the Aveda mission means to them. Hang the drawings on the wall, and/or ask each participant to share their drawing with the rest of the group.

Drink in Your Intention

Benefit: Encourages positive thinking.

Supplies: Glasses of Water, Sticky Notes, Markers

Ask the participants to think about all the goals they want to achieve in their life and write words that describe their goals on the sticky note. Instruct them to attach the sticky note to their cup/glass of water. Share that throughout the day, as they drink from their glass, they are ingesting their intentions and bringing wellness to the body by manifesting the intention. Debrief the activity at the end of the day by asking a few participants to share their observations.

Live Laugh Love Learn

Benefit: Stretches the body and encourages positive thinking.

Instruct the participants to stand up and create space around them. Explain that they will practice breathing and stretching with the positive actions of LIVE, LOVE, LAUGH and LEARN. Use the following script:

"We will take in four breaths, inhaling while we raise our arms and exhaling while we lower them. With each exhale, we will say one positive word. Let's begin. Take in a deep breath through your nose as you raise your arms above your heads. As you exhale, say LIVE and bring your arms back down. Again, inhale full and deep through your nose and raise your arms, and say LOVE as you exhale. Slowly, inhale, raise the arms, and say LAUGH as you exhale and lower your arms. One last time, full and deep, inhale, raise the arms, and slowly exhale and say LEARN. Lower your arms."

Instruct the participants to find a partner and share how they will implement all four positive actions into their daily life. Conclude the activity by reminding the participants to stay positive every day.

Look Up

Benefit: Encourages positive thinking.

Supplies: "Look Up" Video (YouTube)

Show the video and ask a few participants to share their observations. Challenge the participants to "look up" and be present more often this week.

APPENDIX 2 – RITUALS

Secret Smile

Benefit: Encourages positive thinking

Share the following script:

"Happiness does not happen to us—it happens by us. We can have what we want by wanting it and not focusing on what we don't want. This meditative technique can help cultivate an atmosphere that improves our work, relationships and outlook on life simply by being in a happy environment."

Instruct the participants to sit or stand quietly and take five deep, diaphragmatic breaths. Invite them to think about what they want today and how they will bring happiness to themselves and those around them. Instruct them to reflect on a happy moment in their life and bring a smile to their face. Have them keep smiling and close their eyes, feeling the effects of their smile and feeling joy and happiness throughout their entire body. Invite them to inhale through the nose and exhale slowly through the smile. Allow the participants to keep smiling and experiencing happiness for one more minute. Debrief the activity by asking a few participants to share their observations and encouraging the participants to make it a beautiful and happy day.

Negative Thought Throwaway

Benefit: Encourages positive thinking.

Supplies: Paper, Pens/Pencils, Chakra™ Balancing Body Mist 4

Instruct the participants to write down a negative thought currently in their minds on a piece of paper or sticky note. As a group, instruct the participants to crumple or tear up their negative thought and throw it in the recycle bin. Then spray Chakra™ Balancing Body Mist 4 around the room, and instruct the participants to take a few deep breaths. Share that chakra 4 represents harmony and is the center of sympathy, empathy and love. Debrief the activity by asking a few participants to share their observations.

What are You Grateful For?

Benefit: Encourages positive thinking.

Instruct the participants to identify something they are grateful for today and write it in their journal. After, have participants share their answers with the rest of the group. Debrief the activity by asking a few participants to share their observations.

Yesterday, Today & Tomorrow

Benefit: Encourages participants to live in the present moment.

Supplies: Yesterday, Today & Tomorrow Poem, Journals, Pens/Pencils

Read this poem out loud to the group:

Today is the tomorrow I worried about yesterday
And today was such a lovely day,
that I wondered why I worried about today yesterday
So today I am not going to worry about tomorrow
There may not be a tomorrow anyway
So today I am going to live as if there is no tomorrow
And I am going to forget about yesterday.

Today is the tomorrow I planned for yesterday
And nearly all my plans for today did not plan out the way I thought they would yesterday
So today I am forgetting about tomorrow and I will plan for today
But not too strenuously
Today I will stop to smell a rose
I will tell a loved one how much I love her
I will stop planning for tomorrow and plan to make today the best day of my life.

Today is the tomorrow I was afraid of yesterday
And today was nothing to be afraid of
So today I will banish fear of the unknown
I will embrace the unknown as a learning experience full of exciting opportunities
Today, unlike yesterday, I will not fear tomorrow.

Today is the tomorrow I dreamed about yesterday
And some of the dreams I dreamt about yesterday came true today
So today I am going to continue dreaming about tomorrow
And perhaps more of the dreams I dream today will come true tomorrow.

Today is the tomorrow I set goals for yesterday
And I reached some of those goals today
So today I am going to set slightly higher goals for today and tomorrow
And if tomorrow turns out to be like today
I will certainly reach all of my goals one day!

Ask the group to write down any reflections or responses after hearing the poem in their journals. Give them a few minutes to complete the activity, and then ask a few volunteers to share their thoughts with the rest of the group. Debrief the activity by asking a few participants to share their observations.



Nevada State Board of Massage Therapy

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Website: <http://massagetherapy.nv.gov>

July 22, 2022

Bianca R. Smith
4908 Sparkling Sky Ave.
Las Vegas, NV 89130

Re: Notice of meeting of the Nevada State Board of Massage Therapy to consider your character, alleged misconduct, competence, or physical or mental health.

Dear Ms. Smith:

In connection with your Continuing education hours for Aveda Institute Massage Program Curriculum Review, the Nevada State Board of Massage Therapy (Board) may consider your character, alleged misconduct, competence or physical or mental health at its meeting on August 10, 2022. There will be no physical location for this meeting. Participants can join the meeting via Zoom. The meeting will begin at 9:00 a.m:

Zoom sign-in available at 8:30 a.m.

Register in advance:

<https://us06web.zoom.us/j/82173853899?pwd=K3dVNDh1Y09jYnBJZ3oxQkFTSkdtUT09>

Meeting ID: 821 7385 3899

Password: 788395

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 821 7385 3899

Passcode: 788395

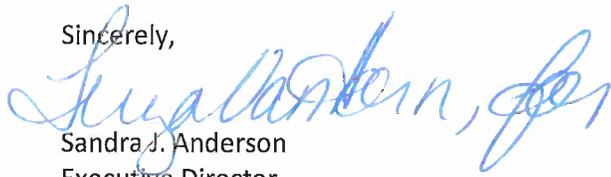
The meeting is a public meeting. You are not required to attend; however, attendance is recommended. Pursuant to NAC 640C.070 your completed investigation results may be discussed. You may choose to have an attorney or other representative of your choosing present during the meeting, present written evidence, provide testimony, present witnesses relating to your character, alleged misconduct, professional competence, or physical or mental health. Please be aware you are one of many agenda items, and the Board may take items out of order. The meeting may last until 4:30 p.m.

If the Board determines it necessary, after considering your character, alleged misconduct, professional competence, or physical or mental health whether in a closed meeting or open meeting, it may take administrative action against you at this meeting. This informational statement is in lieu of any notice that may be required pursuant to NRS 241.034. This notice is provided to you under NRS 241.033.

In the event you need an interpreter, please provide one at your own expense.

If you have any questions, please feel free to contact the office at (775) 687-9955.

Sincerely,

A handwritten signature in blue ink, appearing to read "Sandra J. Anderson, JES". The signature is written in a cursive style with a large, stylized initial "S".

Sandra J. Anderson
Executive Director



Nevada State Board of Massage Therapy

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WAIVER OF OPEN MEETING LAW SERVICE REQUIREMENTS

I, Bianca R Smith, the undersigned, being apprised
First Name MI Last Name

of the requirements under NRS 241.033 and NRS 241.034 for a public body to notify a person by certified mail 21 working days in advance or by personal service 5 working days in advance of a meeting in which that public body will consider that person's character, professional competence, or physical or mental health or take administrative action against that person, knowingly and voluntarily waive these service and notification requirements as to the undersigned for (an) agenda item(s) pertaining to the undersigned at the meeting of the Nevada State Board of Massage Therapy set for 9:00 a.m. on Wednesday, August 10, 2022, via Zoom:

Zoom sign-in available at 8:30 a.m.

Register in advance:

<https://us06web.zoom.us/j/82173853899?pwd=K3dVNDh1Y09jYnBJZ3oxQkFTSkdtUT09>

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+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 821 7385 3899

Passcode: 788395.

Dated this 26th day of July, 2022.

A handwritten signature in black ink, appearing to read "B. R. Smith", written over a horizontal line.

Signature

Bianca R Smith

Printed First

MI

Last