CYPRESS HEALTH INSTITUTE
1119 Pacific Avenue #300
Santa Cruz CA 95060
www.cypresshealthinstitute.com
CAMTC approval code SCH0142
BPPE code 4400301 www.bppe.ca.gov

CATALOG

Effective May 10, 2026 – December 31, 2026

Address of all courses and programs:
Cypress Health Institute
1119 Pacific Ave., Suite 300, Santa Cruz, CA 95060

Mailing address:
P.O. Box 542, Soquel, CA 95073
(831) 476-2115

Cypress shall provide a catalog pursuant to section 94909 of the Code, which shall be updated annually. Annual updates may be made by the use of supplements or inserts accompanying the catalog. If changes in educational programs, educational services, procedures, or policies required to be included in the catalog by statute or regulation are implemented before the issuance of the annually updated catalog, those changes shall be reflected at the time they are made in supplements or inserts accompanying the catalog.

Catalogues are available by request through postal mail at the above address, at the school or by email request from larry@cypresshealthinstitute.com

Printed 1982/ revised MAY 2026

Our Mission and Purpose Statement

The Cypress Health Institute is an educational organization dedicated to the teaching of preventive and holistic health care practices. We wish to provide an opportunity for interested students to acquire caring and professional training in a broad spectrum of therapeutic skills useful in facilitating a high level of physical, mental and emotional wellbeing in both themselves and others.

The Therapeutic Massage Program is designed to acquaint the student with his/her own creative healing potential. Within the framework given by the program, each practitioner is encouraged to develop his/her own unique style and approach to massage and the healing arts. To this end, our methods of instruction are structured, flexible, widely applicable, and highly personalized. Extensive, hands-on practice and guided experience under careful staff supervision are the keys to learning.

Class size is purposefully limited to best allow individual concerns to be met within the context of the larger class setting.

Program emphasis is on a commitment to professional integrity, personal growth and therapeutic effectiveness. Itis our intention that the conscientious student will graduate as a massage practitioner of the highest caliber.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

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

Business Address

Administrative matters are handled through the Institute's business address: P.O. Box 542, Soquel CA 95073. The telephone number for administrative affairs is (831) 476- 2115, available 9:00 A.M. - 5:00 P.M. Monday through Friday.

Approval Disclosure Statement

The Cypress Health Institute is a private institution and is approved to operate by the **Bureau of Private Post - Secondary Education**. Approval to operate means Cypress Health Institute is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of California Code of Regulations. The BPPE school code is #4400301. www.bppe.ca.gov

The Cypress Health Institute is approved to operate by the California Massage Therapy Council (CAMTC) through May 2, 2028. The CAMTC school code is SCH0142. The Cypress Health Institution and its programs are not accredited by an accrediting agency recognized by the United States Department of Education.

Bankruptcy

Cypress health Institute does not have a pending petition in bankruptcy, is not operating as a debtor in possession, and has not filed a petition within the preceding five years, or has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

Admission

The Therapeutic Massage Program is open to all interested persons, age 18 or over, who are high school graduates, or have a successful passing score on the ability to benefit an exam such as the Combined English Language Skills Assessment (CELSA) exam:
Publishers: Association of Classroom Teacher Testers (ACTT) 1187
Coast Village Road, Suite 1, #378, Montecito, CA 93108
Telephone: (805) 965-5704 Fax: (805) 965-5807
Email: actt@cappassoc.com
Passing score: 97
Entrance-testing is not a requirement. Cypress does not provide English as a second language instruction. Cypress does not offer ESL classes or translators. Cypress does not offer distance educational programs or on-line educational programs. All classes are in English only. The student must have the ability to read and write English at the level of a graduate of an American high school, as demonstrated by the possession of a high school diploma, GED or passage of the California high school proficiency exam. In addition, students may submit transcripts from a community college or 4-year college as an assessment of their ability to benefit from this program and their potential admission to Cypress courses and programs. Cypress does not administer or offer an Ability to Benefit Exam at the school.
Interested individuals and prospective students can request a catalog. Catalogs can be sent by email, postal mail or picked up at the school. Cypress's email address is larry@cypresshealthinstitute.com
Cypress admits students from other countries, but no visa services are provided and Cypress will vouch for student status, but not any associated charges. Foreign students must take the TOEFL exam and have a passing rate of 550 in order to be assessed as proficient to enroll in Cypress Health Institute.

Students who have completed a course of study at another approved educational institution can apply for transfer credit by supplying Cypress with official transcript documentation from a previous, approved educational institution. Cypress may grant up to 50% transfer credit. Cypress does not have specific transfer agreements with any other institution. Cypress does not grant credit for prior experiential learning. Cypress does not accept credits through challenge and/or achievement tests.

Statement of Educational Objectives

The educational objectives of the Therapeutic Massage program at Cypress Health Institute are to help students learn a broad range of physical manipulations and know how and when to apply various strokes and techniques. In addition, students are taught to focus life energy and channel it creatively for healing. Students are taught to give a nurturing massage and to help alleviate pain and provide other symptomatic relief. Additional objectives are to help students acquire insight into the dynamics of the healing process and an understanding of the underlying causes of disease. Students will also begin to understand anatomy of the human body with its structural and

functional interrelationships. Finally, students will begin developing the self-confidence and intuitive freedom to trust their innate healing abilities. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

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

STUDENT TUITION RECOVERY FUND

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

Said student is not eligible for protection from the STRF and is not required to pay the STRF assessment, if said student is not a California resident, or is not enrolled in a residency program.

It is important that the student retain all copies of their enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd.
Ste 225 Sacramento, CA 95834. Phone inquiry: (916) 574-8900
To be eligible for STRF, student must be a California resident or enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.

2. You were enrolled at an institution or a location of the institution within the 120- day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120-day period before the program was discontinued.

3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of said institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.

4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.

5. The institution has failed to pay or reimburse loan proceeds under a Federal Student Loan program, as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.

6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans

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

A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Facility, Equipment and Student Services

Cypress is located in downtown Santa Cruz above Planned Parenthood in the Logos Building, a large and well-maintained building.

- Two large, clean, light-filled classrooms, with 2 restrooms are available for classes.
- Massage tables and Massage chairs are available for student's use while in class.
- Both a projector and projection screen are available for PowerPoint presentations.
- A Smart television is available for both lectures and presentations.
- A skeleton is available to students in the classroom.
- Reference books, including but not limited to the following are available in the classroom for student use:
- ***Trail Guide to the Body by Biel***
- ***Pathology for Massage Therapists by Werner***
- Anatomy flash cards
- Anatomical charts of the musculoskeletal, skeletal and nervous systems
- **MBLEx** study guides
- A large whiteboard is available for teacher and students to use during class.
- Filtered water is available for students.
- Public transportation is available in front of the school.
- Ample, off-street parking is available at the school.
- Student handouts of material, when needed, are provided to the students for each class at no cost to the students.
- Student services: A whiteboard listing of job openings and inquiries from local

businesses is available for viewing whenever students are at school.

Library

Cypress does not offer a library. There are no library services available at Cypress. Cypress does provide students access to classroom educational resources, which include a skeleton, muscle, skeletal and other anatomical charts, copies of anatomy, pathology and physiology books.

Housing information

Cypress does not have any dormitory facilities.
The school has no responsibility to find or assist a student in finding housing. The approximate range of cost of housing is $800-1500/ for a room and $2500+month for an apartment/house. Cypress has no responsibility to find or assist a student in finding housing.

Student Records

Cypress retains student records for 5 years and transcripts are kept permanently. Students shall contact the Director, Larry Bernstein, in order to get a copy of their records and/or transcript.

RULES OF OPERATION

Attendance Policy

Course attendance is documented daily and all clocked hours are included in the scheduled start and finish dates and times of each class in any course. Classes start on time and important information is presented at the beginning of class. The Institution requires all students to attend classes in each course on a regular and consistent basis in order to develop the skills and aptitude necessary to compete in the highly competitive labor market. Since much of each class is conducted in a hands-on environment, attendance is critical to proper skill building. Actual attendance time is expressed in terms of clock hours.

Clock hours will be rounded off to the nearest 1/4-hour. It is important to arrive on time or before the beginning of the scheduled class or lab period. A 96% total attendance record of the Massage Therapist Certificate Program 556-hour is required to graduate. Make-up hours are required if a student falls below the 96% attendance record.
Missed time due to tardiness or leaving a class early will be recorded and students will be required to make-up that time by paying for and attending a make-up class. Any student who misses more than 15 minutes of a 4-hour class in any program, or more than 30 minutes of a 8 hour class in any program, will not be given transcript credit for that missed class time until the student attends a make-up class for the time they missed.

Applicants for CAMTC certification must attend 500 supervised hours total with 100 of those hours satisfying CAMTC specified subject. Cypress Health Institute will record any absences and track and record all make-up sessions to ensure student completion of the required hours mentioned above.

Make-up Hours Procedures

Students must make up missed hours. Students are required to attend scheduled makeup classes at the student's current program level or arrange tutorial hours with the instructor. Students will be charged $40/hour by the instructor for their make-up session time.

Attendance and/or graduation from a California Massage Therapy Council approved school does not guarantee certification by CAMTC. Applicants for certification shall meet all requirements as

listed in California Business and Professions Code section 4600 et. seq. Cypress Health Institute uses a pass/fail system of evaluation. A student passes upon demonstrated proficiency in and knowledge of the area of study taught in the program.

Completion and Graduation Requirements

Cypress Health Institute uses a pass/fail system of evaluation. A student passes upon demonstrated proficiency in, and knowledge of, the area of study taught in the program.
Such demonstration will be evidenced through the practical application of skills at the end of each course. A student must complete each course by the end date of that course. If, due to illness or emergency, a student cannot demonstrate proficiency in a course at the time that any course ends, then a student is allowed 3 months after the completion date of a course to demonstrate

proficiency in that course. If a student fails to meet these requirements, then the student can request, in writing, to demonstrate proficiency after the 3-month period. This written request may be by postal mail or email.

To complete and graduate from the Massage Therapist Certificate Program 556 hours, a student must attend at least 500 clock hours of classes in the program. A 96% total attendance record of the Massage Therapist Certificate Program 556-hour is required to graduate. Make-up hours are required if a student falls below the 96% attendance record.

Students must complete all class assignments to graduate. Students must pass all class assessments to graduate.

Applicants for CAMTC certification must attend 500 supervised hours total with 100 of those hours satisfying CAMTC specified requirements in core subjects (64 hours of Anatomy & Physiology, 13 hours of Contraindications, 18 hours of Business & Ethics, 5 hours of Health & Hygiene). Cypress Health Institute will record any absences and track and record all make-up sessions to ensure student completion of the required hours mentioned above. Students must make up missed hours.
Students are required to attend scheduled make-up classes at the student's current program level. Students will be charged by the instructor for their make-up session time.

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

Hygiene, Dress Code and Draping Policies

Students are required to be clean and neat while attending all classes at Cypress Health Institute. Bodies and clothing should be scent free during class times. Professional draping techniques are taught and used for all classes requiring exposure of client body parts and skin.

Certificate of Completion

When a student successfully completes all aspects of the program, the student will receive a Certificate of Completion from Cypress Health Institute. Cypress does not offer any degree programs.

Student Conduct: Probation and Dismissal Policy

Disrespectful, disruptive or unsafe behavior may be cause for probation and/or dismissal. A student who behaves in this manner three times will be put on probation for a period of two weeks. If the behavior occurs again during this period, the student will be dismissed. If the behavior recurs after the two-week probation, the student will also be dismissed.

Student Rights and Grievance Procedures

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

The school director, Larry Bernstein, is designated to receive and resolve student grievances. A student may lodge a complaint by communicating verbally to the director in person at the school, 1119 Pacific Avenue, #300, Santa Cruz, CA 95060. The Director is available 9:00 A.M. - 5:00 P.M. Monday through Friday.

A student may also file a complaint in writing to the Director, Larry Bernstein, at the school (P.O. Box 542, Soquel, CA 95073) or by emailing Larry Bernstein at larry@cypresshealthinstitute.com

After receiving a complaint, Cypress Health Institute shall, within ten days of receiving the complaint, provide the student with a written response, including a summary of the school's investigation and disposition of the complaint.
Larry Bernstein will be regularly accessible to all students during their time of study at Cypress Health Institute. As director, Larry Bernstein has the duty to investigate complaints thoroughly, including interviewing all people and reviewing all documents that pertain to the complaint. He shall also record a summary of the complaint, its disposition and reasons. He shall place a copy of the summary, and other related documents, in the student's file and make an appropriate entry in the log of the student's grievances.

The director will implement reasonable policies to avoid similar complaints in the future and communicate directly to any person regarding a complaint. The director may compromise or resolve the complaint in any reasonable way. If the complaint is valid and not resolved within thirty days after it was first made by the student, the director will notify the Council and authorities of the complaint investigation and resolution or lack or resolution. The director may also reject the complaint if, after investigation, it is determined to be unfounded. A student's participation in the grievance procedure and disposition of a student's complaint shall not limit or waive any of the student's rights.

Leave of Absence

By submitting a written request, a student may request a leave of absence from the program for up to one year. Personal health issues and family emergencies are examples of reasons for approval. The student will have one year from the date of the written request to return and complete the program.

Placement Assistance

Cypress Health Institute does not guarantee any job placement as part of its training.

Massage Licensing

The training received from the Cypress Health Institute will meet the requirements to practice massage in California, along with most of the United States. However, since city, county and state regulations do vary, as they relate to the licensing of massage, the prudent student should make a local inquiry of the county, clerk, or department of licenses for the city in which he/she plans to practice.

Unanswered questions

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution, may be directed to the Bureau for Private Postsecondary Education at 1747 N Market Blvd Ste 225, Sacramento, CA 95834 or mailed to: *P.O. Box 980818, West Sacramento, CA 95798-0818*
Website Address: www.bppe.ca.gov
Telephone and Fax #'s: (888) 370-7589 or by fax (916) 263-1897
A student or any member of the public with questions that have not been satisfactorily answered by the school or who would like to file a complaint about this school may contact the California Massage Therapy Council at One Capitol Mall, Suite 800, Sacramento, CA 95814, www.camtc.org , phone (916) 669-5336, or fax (916) 6695337.

DESCRIPTION OF COURSES

Cypress Health Institute Massage Therapist Certificate Program 556-hour

Program costs and applicable fees:

Massage Therapist Certificate Program 556 hour:
Program Cost: $8500 **Supplies and Books:** $0 STRF fee $0
Application Fee: $100 nonrefundable
Optional fees: transcript fee $25; instructor make up tutoring fee $40/hr
Total Program Cost: $8500 due at the time of registration.
The Massage Therapist Certificate Program is 556-hours. The courses offered in this program are listed below. There is no exit exam, internship or externship at Cypress Health Institute.

Course: Hours

Anatomy.....107
Physiology….....36
Pathology….....40
Business and Ethics.....25
Therapeutic Massage.....85
Polarity Therapy Massage 100
Craniosacral Therapy Massage.....36
Pectoral Girdle Massage.....20
Pelvic Girdle Massage.....20
Chair Massage..... 12
Clinic..... 40
Advanced Clinic.....35
Total Hours..... 556

Massage Therapist Certificate 556-hour program:

Total Program Cost..... $8500
STRF non-refundable fee $0
Application nonrefundable Fee $100
Supplies and Books $0

Optional fees:
Transcript fee.....$25
Instructor make-up tutoring fee $40/hr

Estimated schedule of total charges for program:
Payment in full at time of enrollment or
Half payment at time of enrollment and half payment due 8 weeks after enrollment.

Financial aid

There is currently no financial aid of any kind available for students through the school.
Cypress does not offer any federal or state financial aid programs.
If a student receives a loan from other sources to meet their tuition, then the student is required to repay the full amount of that loan plus interest, less the amount of any refund.
If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

1) The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.

2) The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

Cypress does not currently, and has never had, a petition in bankruptcy. Cypress is not operating as a debtor in possession, nor has filed a petition within the preceding five years, or has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec 1101 et seq.).

Cancellation Withdrawal and Refund Policies

The student has the right to cancel and obtain a refund of charges paid through attendance at the first course session, or the seventh day after enrollment, whichever is later. You may cancel this enrollment agreement and receive a refund by providing a written notice, via postal mail, to Larry Bernstein, Director, Cypress Health Institute, P.O. Box 542, Soquel, CA 95073. Students must submit a written request via postal mail by one week after the start of the course to receive a full refund less the $100 non-refundable registration fee. You may withdraw from the institution by providing a written notice to Larry Bernstein in person, or via postal mail, to Larry Bernstein,

Director, Cypress Health Institute, P.O. Box 542, Soquel, CA 95073.

Refund Information

In addition, the student may withdraw from this course after instruction has started and receive a pro rata refund for the unused portion of the tuition and other refundable charges. if the student has completed 60% or less of the instruction.

For example, if the student completes only 40 hours of a 556-hour course and paid $8500 tuition, the student would receive a refund of $7888.49:
$8500. amount paid x 40 hrs. attended of 556-hr program x/8500 = 40/556 =
$611.51 paid for 40 hrs. $8500 – $611.51 = $7888.49 refund due to student.

If a student has received federal student financial aid funds, the student is entitled to a refund of monies not paid from federal student financial aid program funds. If a student obtains a loan to pay for this program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.

If the student defaults on a federal or state loan, then 1) the federal/state/agency may take action against the student, including garnishing an income tax refund; and 2) the student may not be eligible for any other government financial assistance at another institution until the loan is repaid. The school will also refund money collected for sending to a third party on the student's behalf such as license or application fees. If the school cancels or discontinues a course the school will make a full refund of all charges. Refunds will be paid within 45 days of cancellation or withdrawal.

Course Syllabi

Anatomy

Course Lecture Lab Total Anatomy 77 30 107

Course Description:
This course is catered towards bodyworkers of all types who want to further their knowledge of the body. We will explore the various muscles and anatomical landmarks using palpation and other methods to further develop your understanding of the amazing human body. This basic

Anatomy course is a unique hands-on approach to the neuro muscular-skeletal system as well as its supportive and integrative systems. Students learn to feel, visualize and understand the body's interrelationships, in an integrated way and will be able to approach massage with a working knowledge of the anatomy and structure of the human body.

Syllabus

Title: Anatomy

Course Instructor: Dana Brown, NREMT-P

Course Objectives:

- Understand basic anatomical language
- **SWBAT** identify bony landmarks on body, origin and insertions of muscles and connective tissue
- Understand planes of reference, bony structures, classifications of movements and joints, muscle and connective tissue terminology
- Recognize and understand connective tissue structures and aponeuroses
- Recognize and understand fascia and its role in muscle structure, body structure and massage
- Perform supervised palpation of musculoskeletal structures
- Identifying, locating and describing actions of individual muscles
- Identifying, locating and describing actions of muscles groups including agonists and antagonists
- Understand the muscles of the integumentary system
- Palpation techniques for the integumentary system
- Recognize and palpate the structure and muscles of the respiratory system
- Understand the nervous system pathways in the body and palpation techniques for release of nerve pain in massage
- Knowledge of the lymphatic system and understand of the role of muscles and massage in the flow of lymphatic fluids in the body

Course Meeting Times:

SUMMER/ FALL 2026:

Tuesday	9AM – 1PM	JUL 21, 28, AUG 4, 11, 18, 25, SEP 1, 8, 15, 22
Thursday	9AM – 1PM	JUL 30, AUG 6, 13, 20, 27, SEP 10
Thursday	9AM – 3PM	SEP 3
Friday	9AM – 1PM	JUL 31, AUG 7, 14, 21, 28, SEP 11, 18

Class Hours: 107 hours

Pre-Requisites: None

Textbook/Handouts:
Handouts will be given to students in class.
Recommended textbook: ***Trail Guide to the Body*** by Andrew Beil

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- Anatomical models and charts

Assessment and Final Exam:
Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the student's practice. There will also be a written final exam on the final day of the course. The written final exam will be approximately 100 questions. Composed of

true/false, multiple choice, matching, and/or short answers. This is a pass/fail assessment exam. Students must be on time for all exams.

Physiology

Course Lecture Lab Total Physiology 26 9 36

Course Description:
Students will learn the basic principles of Human Physiology, and the general properties and functions of the internal environment. The course covers the nervous, musculoskeletal, cardiovascular, respiratory, gastrointestinal, renal, reproductive, endocrine, and sensory systems of the human body.

Syllabus

Title: Physiology

Course Instructor: Dana Brown, NREMT-P

Course Objectives:
By the end of the course the students should have a basic understanding of the nervous, musculoskeletal, cardiovascular, respiratory, gastrointestinal, renal, reproductive, endocrine, and sensory systems of the human body.
The objectives of this course are to teach students the principles of human physiology as it relates to massage therapy. This includes but is not limited to the following:

Understanding homeostasis, metabolism, feedback loops, cell transport, osmosis, diffusion, basic cell anatomy, and organization of the body from cells to tissues to organs to organ systems to organisms as well as the different tissue types nervous, epithelial, connective, muscle.

- Understanding of the basic anatomy and function of the nervous and endocrine systems, action potentials, “all or none” mechanism, and chief neurotransmitters and their functions, divisions of the nervous system including CNS, PNS, ANS, and sympathetic/parasympathetic.
- Understanding the definition of a hormone, chief hormones and their functions, chief endocrine glands, along with feedback loops in the endocrine system.
- Understanding of the special senses- basic anatomy of sensory organs, and discussion of the senses of vision, hearing, taste, smell, and different types of receptors for each, as well as specific cranial nerves involved.
- Understanding the integumentary system- basic anatomy and function of the skin • Knowledge of the basic anatomy and function of a muscle, types of muscle tissue smooth, striated, cardiac. Sliding filament model of muscle contraction. Muscle contraction and the skeleton, types of muscle contraction- concentric, eccentric, isometric
- Knowledge of the skeletal: basic anatomy of the bones, types of bones, function of the skeleton
- Knowledge of basic human anatomy and the functions of the heart, blood and circulatory system. Pathway of blood through the heart, cardiac conduction system.
- Understanding of the basic anatomy and function of the lymph system
- Knowledge of the basic anatomy and function of the respiratory system, including the

respiratory tree, alveoli, and muscles of inspiration and expiration
- Knowledge of the basic anatomy and function of the Kidneys and Urinary System. Production of urine- filtration, absorption, secretion. Regulation of the bodies' pH
- Knowledge of the basic anatomy and function of the digestive system. Pathway of food through the digestive tract, chief digestive enzymes and their functions.
- Knowledge of the basic anatomy and function of the male and female reproductive systems. Chief reproductive hormones and their influences. Changes of the female body during menstruation and pregnancy.

Course Meeting Times:

SUMMER/ FALL 2026:

Tuesday	9AM – 1PM	SEP 29, OCT 6, 13
Thursday	9AM – 1PM	OCT 1, 8, 15
Friday	9AM – 1PM	SEP 25, OCT 2, 9

Course Hours: 36 hours

Pre-Requisites: None

Textbook/Handouts:
Recommended Textbooks (from the fsmtb.org website):
Fritz, Sandy. ***Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics and Pathology.*** (4th edition). St. Louis: Mosby/Elsevier, 2013.
MBLEX Study Guide, fsmtb.org
Handouts provided to the students upon enrollment in the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:
- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- Anatomical models and charts

Assessment and Final Exam:
Homework as given by the instructor.
Weekly quizzes to aid in retaining information and prepare for the MBLEX exam. Students must be on time for all exams.

Pathology

Course Lecture Lab Total Pathology 30 10 40

Course Description:

This course is designed to teach students the basic concepts underlying various pathologic processes. Emphasis will be placed on the pathogenesis of diseases, their mechanisms, and how they develop. Contraindications to the application of massage therapy are examined and discussed

in detail, including endangerment areas and medications adverse to massage.

Syllabus

Title: Pathology

Course Instructor: Dana Brown, NREMT-P

Course objectives:
Common disease conditions relevant to massage therapy will be examined. Having successfully completed this course, the student will be able to make safe, appropriate and evidence informed decisions about massage therapy for clients who live with the conditions covered and when it may be necessary to refer out to other forms of therapy.
This includes but is not limited to:

- Understand the fundamental concepts of pathology
- Understand hygienic practices, and the practical applications of these practices for massage therapy
- Understand the inflammatory process and the healing process
- Understand the functions and pathologies of the skin
- Know contraindications for massage therapy
- Identify risks and appropriate adaptations, if appropriate, for massage therapy with pathologies of the skin
- Know the difference between viral, fungal and bacterial infections
- Be familiar with burns, eczema, dermatitis and other pathologies of the skin and when massage is contraindicated.
- Understand musculoskeletal conditions such as sprains, strains, cysts and bone/joint conditions and their appropriate risks and benefits in applying massage therapy.
- Understand the major cautions with chronic pain and chronic degenerative disorders.
- Understand lymph, circulatory and immune systems, their pathologies and the contraindications of massage therapy with these disorders.

Course Meeting Times:

SUMMER/ FALL 2026:

Tuesday	9AM – 1PM	OCT 20, NOV 3, 10
Thursday	9AM – 1PM	OCT 22, NOV 5, 12
Friday	9AM – 1PM	OCT 16, 23, NOV 6, 13

Course Hours: 40 hours

Pre-Requisites: None

Textbooks/Handouts:
Handouts are provided to students at the beginning of each class.

Delivery Methods:
This course utilizes the following instructional tools to present material: Lecture along with Power Point.

Hands-on work to illustrate massage therapy for certain conditions.

Assessment and Final Exam:
In class tests and quizzes are given by the instructor.
All tests and quizzes are on a pass/fail basis.
Students must be on time for all tests and quizzes.

Business and Ethics

Course Lecture Lab Total Business and Ethics 22 2 24

Course Description:

This course provides students with the skills needed to begin, maintain and promote a successful massage practice. This course also covers the importance of obtaining and maintaining credentials, adhering to laws and regulations, ethical principles for massage therapists, standards of ethical practice, and compliance with the Massage Therapy Act applicable to CAMTC certified professionals.

Syllabus

Title: Business and Ethics

Course Instructor: Shannon Cummings, CMT

Course Objectives:
The student will be able to identify laws and regulations directly related to the ethical and legal practice of massage therapy; relate physical, financial, health, and business requirements to various practice settings. This includes but is not limited to:

- Understanding basic bookkeeping and payment methods
- Create and maintain intake, release and chart forms
- Knowledge of the laws and regulations relating to practicing massage therapy
- Understanding of the health requirements in a massage business
- Ability to understand contracts and business zoning requirements

Course Meeting Times:

SUMMER/ FALL 2026:
Wednesday 2PM – 6PM JUL 29, AUG 5, 12, 19, 26
Wednesday 2PM – 7PM SEP 2

Course Hours: 25 hours

Pre-Requisites: None

Textbook/Handouts:
Provided to the students upon enrollment in the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation

Assessment and Final Exam:
Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the student's practice. Throughout each class, students take notes and are asked a series of questions which are then evaluated by the instructor personally. Feedback is given orally. Corrections are reviewed daily. There will also be a written final exam on the final day of class. The exam is a pass/fail exam. Students must be on time for all exams.

Therapeutic Massage

Course Lecture Lab Total Therapeutic Massage 40 45 85

Course Description:
In this course, students will be shown how to give a full body, therapeutic massage using several different modalities, including Swedish, Deep Tissue, and Reflexology. A different area of the body will be addressed in each class providing students techniques they can use to create a full body massage. Proper biomechanics, posture, injury prevention, table management and professional draping techniques are included in this course.

Syllabus

Title: Therapeutic Massage

Course Instructor: Donna Hayes, CMT

Course Objectives:
The student will be able to give a complete therapeutic massage by the end of this course. This includes but is not limited to:

- Perform the four basic Swedish massage strokes: effleurage, petrissage, friction, and percussion, along with several variations of each.
- Recognize and perform the appropriate use of effleurage, petrissage, friction and percussion on the back and front of the torso.
- Recognize and perform the application of effleurage, petrissage, friction and percussion on the legs and feet.
- Recognize and perform the application of effleurage, petrissage, friction and percussion on the arms and hands.
- Recognize and perform the application of effleurage, petrissage, friction and percussion on the neck and head
- Perform proper draping techniques in relation to therapeutic massage.
- Recognize client indicators of relaxation such as breathing rate and temperature.
- Recognize and apply appropriate pressure to apply during a massage
- Demonstrate an understanding of the professional conduct required to be a Certified Massage Therapist.
- Demonstrate a thorough understanding of body mechanics.
- Demonstrate the hands-on skills related to each massage technique learned in class.

- Demonstrate an understanding of the theories and philosophy of massage.
- Have an understanding of the physiological benefits of massage.
- Demonstrate competency in adhering to professional standards, conscientious client assessment, practical application, techniques and appropriate self-care.
- Students will be able to design and implement a massage session focusing on specific areas of concentration as discussed with a client.
- Understand client preparation and massage procedures.
- Recognize and perform the appropriate selection and set up of a massage table suitable for specified practice.
- Students conclude this course proficient in basic oil massage techniques and are able to confidently administer a fifty-minute Swedish massage in a spa, clinic, or other professional business environment.

Course Meeting Times:

SUMMER/ FALL 2026:

Monday	9AM – 1PM	SEP 14, 21, 28, OCT 5, 12, 19
Wednesday	9AM – 1PM	SEP 16, 23, 30, OCT 7, 14, 21
Saturday	9AM – 3PM	SEP 19, 26, OCT 3, 10, 17, 24

Course Hours: 85 hours

Pre-Requisites: None

Textbook/Handouts:
Integral Massage by Susan Matthews Scott
Provided to the students upon enrollment in this course.

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- Anatomical models and charts

Assessment and Final Exam:
Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the student's practice. On the last day of the course students perform a hands-on practical exam on the instructor. This is a pass/fail assessment exam. Students must be on time for all exams.

Polarity Therapy Massage

Course Lecture Lab Total Polarity Therapy 35 65 100

Course Description:
In this course students learn the core principles of energy-based bodywork, teaching students outward, inward and neutral energy flows in the body as well as the diagonal, transverse and

longitudinal energy currents in the body. This course teaches students how to give a whole-body relaxation massage known as the General Session. Students will also learn massage protocols for the 5 Elements of Polarity: Ether, Air, Fire, Water and Earth. A review of appropriate anatomy and physiology is also included in this course.

Syllabus

Title: Polarity Therapy Massage
Course Instructor: Larry Bernstein, CST, CMT & Chris Hauze, CMT

Course Objectives:
The student will be able to give a complete Polarity massage by the end of this course.
This includes but is not limited to:

- Recognize the basic principles of Ayurveda, Asian and Western bodywork practices.
- Understand the five-element theory of Polarity (Ether, Air, Fire, Water and Earth), in relation to each element's relationships with different parts of the body.
- Recognize the concepts of light, rhythmical and deep palpation.
- Perform skeletal muscle palpation using light, rhythmical and deep palpation.
- Perform the basic strokes of Polarity palpation that form the foundation for a therapeutic Polarity massage.
- Recognize the basic planes of tissue organization in the body, transverse, superior/inferior, anterior/posterior/ clockwise/counterclockwise
- Locate the currents of diagonal, bi-lateral compensation and spiral and longitudinal meridians on the body.
- Perform a general session polarity massage.
- Open the three major poles of the body: the head and neck, abdomen, and feet.
- Perform polarity massage on the wrist, forearm and shoulder joint.
- Perform polarity massage connecting the diaphragm to the three poles of the body (the feet, the torso and the head and neck).
- Perform a polarity massage that addresses specific elements of the body.
- Perform stroke sequences for Ether, Air, Fire, Water and Earth.
- Recognize and perform the proper body mechanics for Polarity massage.
- Learn grounding and centering techniques to keep the practitioner's body and energy clear during a polarity massage.

Course Meeting Times:

SUMMER/ FALL 2026:

Monday	9AM – 1PM	JUL 20, 27, AUG 3, 10, 17, 24, 31
Wednesday	9AM – 1PM	JUL 22, 29, AUG 5, 12, 19, 26, SEP 2
Saturday	12PM – 6PM	JUL 18, 25, AUG 1, 8, 15, 22, 29, SEP 12

Course Hours: 100 hours

Pre-Requisites: None

Textbook/Handouts:

Introduction to Polarity by Larry Bernstein
Provided to the students upon enrollment in the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:
• Lecture and demonstration by instructor
• Lab consisting of students practicing in pairs with instructor observation
• Anatomical models and charts

Assessment and Final Exam:
Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice through the duration of the course. On the last day of the course, students perform a hands-on practical exam on the instructor. In addition, there will be a written final exam on the final day of course. The written final exam will be approximately 100 questions, composed of true/false, multiple choice, matching, and/or short answers. This is a pass/fail assessment exam. Students must be on time for all exams.

Craniosacral Therapy Massage

Course Lecture Lab Total Craniosacral Therapy 10 26 36

Course Description:

In this course, students learn how to give a 60-minute craniosacral session. The course provides students with a basic understanding of the history and principles of craniosacral therapy; basic anatomy and physiology of the central nervous system; anatomy of the craniosacral system and its bones, articulations, membranes and fluids; the physiology of stress and its reduction.

Syllabus

Title: Craniosacral Therapy Massage

Course Instructor: Jordan Terry, CMT

Course Objectives:

The student will be able to give a complete 60-minute basic Craniosacral therapy massage session by the end of this course.
This includes but is not limited to:

- Understand the history and principles of craniosacral therapy
- Understand the basic anatomy of the nervous system including CNS, PNS and ANS
- Understanding the anatomy of the cranial bones including the structure and function of the cranial vault bones: parietal, temporal, frontal, occipital, ethmoid and sphenoid
- Understand the anatomy of cranial membranes and cerebrospinal fluid
- Understand the physiology of stress: sympathetic nerves and the contraction of cranial membranes, bones and reduction of cerebrospinal fluid flow

- Practitioner body mechanics and perceptual skills
- Appropriate pressure and the use of body fulcrums for providing a gentle CST session
- Learn palpation skills to identify stress and tension in the craniosacral system
- Perform a full 60-minute protocol of craniosacral therapy
- Perform inducing a still point
- Knowledge of the reciprocal tension membrane between the cranium and the sacrum
- Perform relaxing protocols on the cranium and sacrum to increase parasympathetic activity and stress reduction
- Learn basic communication skills regarding stress, chronic pain and trauma

Course Meeting Times:

SUMMER/ FALL 2026:

Wednesday	9AM – 1PM	NOV 18, 25, DEC 2, 9, 16
Friday	2PM – 6PM	NOV 13, 20, DEC 4, 11

Course Hours: 36 hours

Pre-Requisites: None

Textbook/Handouts:
Handouts are provided to the students on the first day of the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- • Anatomical models and charts
- Power-point presentations

Assessment and Final Exam:

The instructor evaluates proficiency as the student's practice. There is a pass/fail practical exam on the last day of the course. There is no written final exam for this course. Students must be on time for all exams.

Pectoral Girdle Massage

Course Lecture Lab Total Pectoral Girdle 5 15 20

Course Description:
In this course, you will develop hands-on approaches to working with the shoulder girdle. With a strong focus on anatomy and the organization of connective tissue, this course will teach you a better sense of direction in how to approach your clients in a way that will encourage a sense of freedom and well-being in their lives. We will explore and develop hands-on, deep tissue techniques to encourage mobility and ease in yourself and your clients.

Syllabus

Title: Pectoral Girdle Massage

Course Instructor: Matt Lombard, CMT

Course Objectives:

The student will be able to give a complete Pectoral Girdle massage by the end of this course. This includes but is not limited to:

- Learn palpation skills for working with the pectoral girdle
- Palpate and identify deep soft tissue structures and connective tissue
- Explore and understand various movement patterns of the pectoral girdle
- Utilize manual therapy methods to work with the shoulder girdle
- Identify postural deviations and misalignments
- Identify contraindications and when to refer clients to the proper medical professional when necessary
- Develop a plan of care for clients

Course Meeting Times:

SUMMER/ FALL 2026:

Tuesday	2:30PM – 6:30PM	OCT 13, 20
Thursday	2PM – 6PM	OCT 8, 15, 22

Course Hours: 20 hours

Pre-Requisites: None

Textbook/Handouts:
Handouts By Matthew Lombard, CMT
Provided to the students upon enrollment in the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- Anatomical models and charts

Assessment and Final Exam:
Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as the students practice. Throughout each class, students perform a hands-on session which is evaluated by the instructor personally. Feedback is given orally. Corrections, contraindications, etc. are reviewed daily. There will also be a written final exam on the final day of the course. The exam is pass/fail basis. Students must be on time for all exams.

Pelvic Girdle Massage

Course Lecture Lab Total Pelvic Girdle 15 5 20

Course Description:
In this course, you will develop hands-on approaches to working with the Pelvic girdle. We will

explore various movement patterns with a thorough and in-depth approach, which will give you the confidence to know what is happening under the skin of your clients and how to approach the stories that their bodies tell. With a strong focus on anatomy and the organization of connective tissue, this course will teach you a better sense of direction in how to approach the pelvic girdle.

Syllabus

Title: Pelvic Girdle Massage

Course Instructor: Matt Lombard, CMT

Course Objectives:
The student will be able to give a complete pelvic girdle massage by the end of this course. This includes but is not limited to:

- Palpate and identify deep soft tissue structures and connective tissue • Utilize manual therapy methods to work with the Pelvic girdle
- Identify postural deviations and misalignments
- Identify contraindications and when to refer clients to the proper medical professional when necessary
- Develop a plan of care for clients

Course Meeting Times:

SUMMER/ FALL 2026:

Tuesday	2:30PM – 6:30PM	NOV 24, DEC 1, 8
Thursday	2PM – 6PM	NOV 19, DEC 3

Course Hours: 20 hours

Pre-Requisites: None

Textbook/Handouts:
Handouts By Matthew Lombard, CMT
Provided to the students upon enrollment in the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- Anatomical models and charts

Assessment and Final Exam:
Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas and to recognize and reward achievements. The instructor evaluates proficiency as each student practices. Throughout each class, students perform a hands-on session, which is evaluated by the instructor personally. Feedback is given orally. Corrections, contraindications, etc. are reviewed daily. There will also be a written final exam on the final day of the course. The exam is on a pass/fail basis. Students must be on time for all exams.

Chair Massage

Course Lecture Lab Total Chair Massage 4 8 12

Course Description:
In this course students learn how to give a 5-30minute relaxing seated chair massage. The course teaches students how to address stress through kneading, soothing and compression strokes on the muscles of the back, shoulders, arms and neck. Students learn how to combine these strokes and proper body mechanics to customize a chair massage routine that suits each client's needs.

Syllabus

Title: Chair Massage

Course Instructor: Shannon Cummings, CMT

Course Objectives:

The student will be able to give a complete 5-30minute chair massage by the end of this course. This includes but is not limited to:

- How to set up and adjust a massage chair for clients
- Proper body mechanics for the chair massage
- Appropriate pressures and the proper use of thumbs, hands and forearms in chair massage
- Learn palpation skills to identify stress and tension in the muscles
- Perform a protocol for relaxing muscles on the back, shoulders, arms and neck
- Perform a chair massage routine with a fully clothed client.
- Learn grounding and centering techniques to keep the therapist's body and energy clear during a chair massage.

Course Meeting Times:

SUMMER/ FALL 2026:

Monday	9AM – 1PM	OCT 19
Wednesday	9AM – 1PM	OCT 21
Friday	9AM – 1PM	OCT 23

Course Hours: 12 hours

Pre-Requisites: None **Textbook/Handouts:**
Handouts are provided to the students upon enrollment in the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs with instructor observation
- Anatomical models and charts

Assessment and Final Exam:
The instructor evaluates proficiency as the student's practice. On the last day of the course

students perform a hands-on practical exam on the instructor. This is a pass/fail assessment exam. There is no written final exam for this class.

Clinic Massage

Course Lecture Lab Total Clinic Massage 6 34 40

Course Description:
In this course students learn how to work in a clinical setting performing several massages in a row. Clinic course provides experience in massage therapy providing an opportunity for students to practice, under direct supervision of a clinical instructor, skills that have been have learned.

Syllabus

Title: Clinic

Course Instructor: Larry Bernstein, CST, CMT & Donna Hayes, CMT

Course Objectives:
The student will be able to give several professional massages in a row by the end of this course. This includes but is not limited to:

- How to set up a massage room for clients, including supplies and necessary forms.
- How to prepare for employment including being on time, turning off cell phone while working, asking about and knowing the employment rules at a job
- Proper use and completion of forms used in professional settings, including registration, release of liability, SOAP and client evaluation forms.
- Learn essential clinical skills such as how to greet clients at the door or reception area and bring them to their massage room and walk them to the door after their session and beginning and ending on time.
- Learn how to pace themselves and give 3-4 massages in a row.
- Learn grounding and centering techniques to keep the practitioner's body and energy clear during a work shift in massage therapy.

Course Meeting Times:

SUMMER/FALL 2026

Monday	2PM – 6PM	OCT 26, NOV 2, 9, 16, 23, 30, DEC 7
Tuesday	2PM – 6PM	OCT 27
Wednesday	2PM – 6PM	OCT 28, NOV 4, 11, 18, 25, DEC 2, 9
Thursday	2PM – 6PM	OCT 29
Friday	2PM – 6PM	OCT 30
Saturday	10AM – 2PM	OCT 31, NOV 7, 14, 21, DEC 5, 12

Course Hours: 40 hours

Pre-Requisites:
Anatomy, Physiology, Pathology, Therapeutic Massage, Polarity Therapy Massage, Craniosacral Therapy Massage, Pectoral Girdle Massage, Pelvic Girdle Massage, and Chair Massage

Textbook/Handouts:
Handouts are provided to the students upon enrollment in the course.

Delivery Methods:
This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs and on clients with instructor observation
- Anatomical models and charts

Assessment and Final Exam:
The instructor evaluates proficiency as the student's practice. This is a pass/fail assessment. There is no written final exam for this course.

Advanced Clinic Massage

Course Lecture Lab Total Advanced Clinic 2 33 35

Course Description:
In this course students continue to learn how to work in a clinical setting performing several massages in a row. Advanced clinic course provides experience in massage therapy providing an opportunity for students to practice, under direct supervision of a clinical instructor, skills they have learned.

Syllabus

Title: Clinic

Course Instructor: Larry Bernstein, CST, CMT & Donna Hayes, CMT

Course Objectives:
The student will be able to give several professional massages in a row by the end of this course. This includes but is not limited to:

- How to set up a massage room for clients, including supplies and necessary forms.
- How to prepare for employment including being on time, turning off cell phone while working, asking about and knowing the employment rules at a job
- Proper use and completion of forms used in professional settings including registration, release of liability, SOAP and client evaluation forms.
- Learn essential clinical skills such as how to greet clients at the door or reception area and bring them to their massage room and walk them to the door after their session and beginning and ending on time.
- Learn how to pace themselves and give 3-4 massages in a row.
- Learn grounding and centering techniques to keep the practitioner's body and energy clear during a work shift in massage therapy.

Course Meeting Times:

SUMMER/FALL 2026
Monday 2PM – 6PM OCT 26, NOV 2, 9, 16, 23, 30, DEC 7

Tuesday	2PM – 6PM	OCT 27
Wednesday	2PM – 6PM	OCT 28, NOV 4, 11, 18, 25, DEC 2, 9
Thursday	2PM – 6PM	OCT 29
Friday	2PM – 6PM	OCT 30
Saturday	10AM – 2PM	OCT 31, NOV 7, 14, 21, DEC 5, 12

Course Hours: 35 hours

Pre-Requisites:

Anatomy, Physiology, Pathology, Therapeutic Massage, Polarity Therapy Massage, Craniosacral Therapy Massage, Pectoral Girdle Massage, Pelvic Girdle Massage, and Chair Massage

Textbook/Handouts:

SOAP notes are provided to the students upon enrollment in this course.

Delivery Methods:

This course utilizes the following instructional tools to present material:

- Lecture and demonstration by instructor
- Lab consisting of students practicing in pairs and on clients with instructor observation
- Anatomical models and charts

Assessment and Final Exam:

The instructor evaluates proficiency as each student practices. This is a pass/fail assessment. There is no written final exam for this course.

CYPRESS HEALTH INSTITUTE COURSE CALENDAR

All classes and programs subject to change

SUMMER/FALL 2026

All classes and programs subject to change

COURSE	DAYS	TIMES	DATES
THERAPEUTIC MASSAGE			
Monday		9AM – 1PM	SEP 14, 21, 28, OCT 5, 12 19
Wednesday		9AM – 1PM	SEP 16, 23, 30, OCT 7, 14, 21
Saturday		9AM – 1PM	SEP 19, 26, OCT 3, 10, 17,
Saturday		9AM – 4PM	OCT 24
ANATOMY			
Tuesday		9AM – 1PM	JUL 21, 28, AUG 4, 11, 18, 25, SEP 1, 8, 15, 22
Thursday		9AM – 1PM	JUL 23, 30, AUG 6, 13, 20, 27, SEP 10, 17, 24
Friday		9AM – 1PM	JUL 24, 31, AUG 7, 14, 21, 28, SEP 11, 18
BUSINESS & ETHICS			
Wednesday		2PM – 6PM	JUL 29, AUG 5, 12, 19, 26

Wednesday	2PM – 7PM	SEP 2

CHAIR MASSAGE

Monday	2PM – 6PM	OCT 19
Wednesday	2PM – 6PM	OCT 21
Friday	2PM – 6PM	OCT 23

POLARITY

Monday	2PM – 6PM	JUL 20, 27, AUG 3, 10, 17, 24, 31
Wednesday	2PM – 6PM	JUL 22, 29, AUG 5, 12, 19, 26, SEP 2, 9
Saturday	12PM – 6PM	JUL 18, 25, AUG 1, 8, 15, 22, 29

PECTORAL GIRDLE

Tuesday	2:30PM – 6:30PM	OCT 13, 20
Thursday	2PM – 6PM	OCT 8, 15, 22

PELVIC GIRDLE

Tuesday	2:30PM – 6:30PM	NOV 24, DEC 1, 8
Thursday	2PM – 6PM	NOV 19, DEC 3

CRANIOSACRAL

Wednesday	9AM – 1PM	NOV 18,25, DEC 2, 9, 16
Friday	2PM – 6PM	NOV 13, 20, DEC 4, 11

PHYSIOLOGY

Tuesday	9AM – 1PM	SEP 29, OCT 6, 13
Thursday	9AM – 1PM	OCT 1, 8, 15
Friday	9AM – 1PM	SEP 25, OCT 2, 9

PATHOLOGY

Tuesday	9AM – 1PM	OCT 20, NOV 3, 10
Thursday	9AM – 1PM	OCT 22, NOV 5, 12
Friday	9AM – 1PM	OCT 16, 23, NOV 6, 13

CLINIC

Monday	2PM – 6PM	OCT 26, NOV 2, 9, 16, 23, 30, DEC 7
Tuesday	2PM – 6PM	OCT 27
Wednesday	2PM – 6PM	OCT 28, NOV 4, 11, 18, 25, DEC 2, 9
Thursday	2PM – 6PM	OCT 29
Friday	2PM – 6PM	OCT 30
Saturday	10AM – 2PM	OCT 31, NOV 7, 14, 21, DEC 5, 12

Textbooks and Other Written Material

Cypress Health Institute provides two manuals of instruction for each student. These manuals are 'Integral Massage' by Susan Matthews-Scott and 'An Introduction to Polarity' by Larry Bernstein. There is no charge to students for the two manuals. The following is a list of citations for various courses.

Anatomy:

Trail Guide to the Body by Biels
The Anatomy Coloring Book by Elson and Kapit
Essential Anatomy 5 app https://3d4medical.com/apps/essential-anatomy5
Website https://booksofdiscovery.com/product/trail-guide-to-the-body/
Anatomy Trains by Thomas Meyers
Trigger Point Therapy by Finando and Finando
Shiatsu Theory and Practice by Beresford-Cooke
Body, Mind, Sport by John Douillard

Chair Massage:

Integral Massage by Susan Matthews Scott *Chair Massage* by Sandra Anderson
https://www.amazon.com/Chair-Massage-Patricia-Holland/dp/0323025595
Handout Chair Massage Protocols by Larry Bernstein, emailed to students

Craniosacral Therapy Massage:

Craniosacral Therapy by John Upledger, DO https://www.amazon.com/CraniosacralTherapy-John-Upledger/dp/0939616017
Craniosacral Therapy II by John Upledger, DO https://www.amazon.com/CraniosacralTherapy-II-Beyond Dura/dp/0939616939/ref=asc_df_0939616939/?tag=hyprod 20&linkCode=df0&hvadid=475789621852&hvpos=&hvnetw=g&hvrand=76179317492 78096629&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy = 9032127&

Pathology:

A Massage Therapist's Guide to Pathology by Ruth Werner
https://booksofdiscovery.com/product/amassage-therapists-guide-to-pathology-7th edition/
Power Points from Instructor's Resources from the publishers, located at Booksofdiscovery.com
Applications suggested: *Trail Guide to the Body* https://booksofdiscovery.com/forstudents/

Pectoral Girdle:

Textbook *Trail Guide to the Body* by Andrew Biels
App 3D Anatomy https://3d4medical.com/
Website https://booksofdiscovery.com/product/trail-guide-to-the-body/

Pelvic Girdle:

Textbook *Trail Guide to the Body* by Andrew Biels
App 3D Anatomy https://3d4medical.com/
Website https://booksofdiscovery.com/product/trail-guide-to-the-body/

Physiology:

Textbook *Applied Anatomy & Physiology for Manual Therapists* by Pat Archer & Lisa Nelson
Power Points from Instructor's Resources from the publishers, located at Booksofdiscovery.com

Polarity Therapy Massage:

Textbook *Introduction to Polarity* by Larry Bernstein
Textbook *Therapeutic Massage*
Integral Massage by Susan Matthews Scott

Statement of Educational Objectives

The educational objectives of the Massage Therapist Certificate Program 556 hour at Cypress Health Institute are to help students learn a broad range of physical manipulations and modalities, to know how and when to apply various strokes and techniques and to give a professional massage

to each client. In addition, students are taught to focus life energy and channel it creatively for healing. Students are taught to give a nurturing massage and to help alleviate pain and provide other symptomatic relief. Another objective is to help students acquire insight into the dynamics of the healing process and an understanding of the underlying causes of disease. Students will also begin to understand anatomy, physiology and pathology of the human body with its structural and functional interrelationships. Students will learn the importance of obtaining and maintaining credentials, adhering to laws and regulations, ethical principles for massage therapists, standards of ethical practice, and compliance with the Massage Therapy Act applicable to CAMTC certified professionals. Finally, a student will begin to develop the self-confidence and intuitive freedom to trust his/her innate healing abilities.

Every semester, the Administrator for the Cypress Health Institute meets with each faculty member to create, review and/ or update course curriculum.

As a prospective student you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

List of Job Titles and Occupations

While Cypress Health Institute does not offer instruction that is represented to lead to employment that requires licensure, the following is a list of occupations and job titles some of our students pursue:

Massage Therapist	31-9011
Physical Therapy Aide	31-2022
Masseur/Masseuse	31-9011

Students were called and asked about their income levels, which were then reported on the Student Performance Fact sheet.

CAMTC's Law related to unfair business practices as related to massage:

1) Pursuant to California Business and Professions Code section 4611. It is an unfair business practice for a person to do any of the following:

(a) To hold himself or herself out or to use the title of "certified massage therapist" or

"certified massage practitioner," or any other term, such as "licensed," "certified," "CMT," or "CMP," in any manner whatsoever that implies or suggests that the person is certified as a massage therapist or massage practitioner, unless that person currently holds an active and valid certificate issued by the California Massage Therapy Council.

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

Faculty

Larry Bernstein, C.S.T. CMT, C.P.T, F.Soc OB.

Larry is a certified orthobionomist, polarity and therapeutic massage therapist, with over 20 years of experience in the field. He is a state authorized teacher of massage and polarity. He is also a state authorized administrator. As Director of Operations at the Plaza Santa Maria Hospital in Baja, Mexico, Larry worked with an international team of health care professionals. He presently has an active private practice, Body-Mind Integration, in Soquel, CA. Larry has conducted workshops in various aspects of health care. Larry holds current certificates of authorization, number 012342193, for both director and instructor.

Mikyö Black, CMT

Mikyö has been Certified as a Massage Therapist, Yoga Teacher and Therapist, and Meditation Instructor for over 14 years.

She is also trained in the healing and spiritual arts of the East and West, including being an Ayurvedic Intern, Tibetan Buddhist, ERT and QRA Practitioner.
She is currently earning a degree in Communications Studies, Medical Qigong, and practices Shaolin Kung Fu and Qigong.
She has a passion for teaching about the body, health, and wellness. She aims to pass on a thorough scientific knowledge of the body along with a deep, experiential, and embodied connection to it, bridging and integrating body, mind, and emotions.

Matthew Lombard, CMT

Matt is a Certified Advanced Rolfer™, Certified Rolf® Movement Practitioner and a CMT in the state of California. He has been working with the art, science and clinical application of Rolfing® Structural Integration for the last eight years. Matt has studied and is engaged in continuing education at the Dr. Ida Rolf Institute® in Boulder, Munich, and Sao Paulo with a wide range of advanced Faculty. Besides an Advanced Rolfing® certification and 2 Rolf® Movement certifications, Matt has also received accreditations in Visceral Manipulation based on the teachings of French Osteopath Jean-Pierre Barral. As a certified instructor of Ginastica Natural, the lifelong movement practice and study of the Brazilian physical therapist Alvaro Romano, Matt is also an avid student of Brazilian Jiu Jitsu.

Matt's fascination with movement practices, biomechanics and anatomy comes from childhood pursuits of year-round competitive sports and outdoor adventures. As an adult, Matt has a similar active and adventurous lifestyle along with his wife, that keeps him passionate about health and wellness.
Through personal experience of traumatic injuries and periods of chronic pain that followed, it is Matt's belief that with a balanced structure and perceptive movement, a body can achieve a

harmonic relation with the field of gravity and move through life with less stress and pain.

Chris Hauze, CMT

Chris Hauze has been studying and practicing massage since 1980. Chris is a licensed CAMTC Massage Therapist.
In the course of his work, he has developed a deep faith in the healing power of the human body. His aim as a teacher at Cypress is to help his students become aware of, and be in harmony with, their own healing energy. Chris has a private massage practice in Santa Cruz.

Donna Hayes, CMT

Donna maintains a private massage therapy practice in Santa Cruz, CA. She has been studying health care for over ten years. Donna is a graduate of Cypress Health Institute and has been involved with the school since her graduation and certification in 2012. She is actively involved in community events, volunteering her time with loving dedication. She strongly believes in the body's natural ability to heal itself, including physical and emotional wounds from past traumas. In her private practice, Donna offers a healing, therapeutic touch guided by a strong desire and commitment to help others heal.

Conrad Santos, CMT

Conrad was first introduced to massage therapy in the mid '70's. Since that time he has been extremely fortunate to have worked with many great teachers and bodyworks. His 15 years of teaching massage has provided him with personal insights and awareness that he brings to the classroom and to his private sessions. Steeped in the richness of Eastern, Rosen and self-awareness practices, Conrad enjoys sharing many aspects of each in all of his classroom settings. Conrad received his California Certification for teaching Adult Vocational College Education in 2003. He has been an instructor at the National Health Institute for over a decade.

Alexandra Kaufman, DOMP, AO, MA, CMT

Alexandra has studied Osteopathy extensively since 1996. She began her osteopathic studies when her career path delivered her to the doorstep of three osteopathic mentors based throughout the U.S. from 1996-2009. She completed more than 3000 hours of therapeutic study and training during that period. For an additional six years, she earned her degree as a classically trained manual osteopath from the Canadian School of Osteopathy in Vancouver, Canada. Alexandra also earned a degree as an animal osteopath (A.O.) from the London College of Osteopathy in Toronto, Canada. Alexandra's passion for optimizing health and healing via intelligent biological design is unwavering. In private practice in Northern California since 1995, she is known to be compassionate, measured, yet tenacious in her approach. She feels her therapeutic strength lies in sensing and dialoguing with biological tissues and has a passion to assist in the growth and skill development of the manual therapy community. Leveraging her training and experience, Alexandra developed her own gentle and non-invasive proprietary osteopathic method of treatment called 'Dynamic Motility Balancing' (DMB) to harness the inner physician of each patient. She practices osteopathy in her private clinic called 'Quantum Osteopathy' in Aptos, California.

Dana Brown, NREMT-P

As a licensed paramedic & CMT, Dana Brown, a Cypress 2010 alumni, is a SF Bay Area native with extensive ties to the beautiful mountains of Northern California. She started her career in

healthcare in 2005 and found that she was both strong in teaching and practicing. Throughout Dana's career she has held numerous positions ranging from field training officer to TA at Cypress Health Institute, while most recently holding the position of Clinical Education Specialist for the 911 provider in Santa Clara County. As a seasoned educator, Dana is excited to come back to her roots at Cypress and facilitate a strong foundation for emerging massage practitioners.

Dr. Jeff Boyajian, D.C.

Dr. Jeff Boyajian, D.C. is a chiropractor and bodyworker specializing in wellness and injury prevention. He has 25 years of experience learning from a broad array of teachers and styles ranging from Watsu to Sacro Occipital Technique, Traditional Thai massage, Shiatsu, Hot Stone, Sports, Deep Tissue massage, CST, AMR, PNF, Bernal Abdominal technique, pregnancy/pediatric chiropractic methods and more. He has worked for renowned spas and resorts, as well as opening and operating three successful private practices and is currently in private practice part-time in Capitola, CA. He has a passion for sharing skill building moments with others and a rich history of four generations of D.C.s in his family to glean wisdom from. He is a father of three wonderful children and enjoys a busy family life. His wish for those at Cypress Health Institute is that they are empowered and inspired to bring more healing into our world!

Jordan Terry, CMT

Jordan Terry B.S. Arch, CAMTC Certified Massage Therapist Human Helper, Movement Detective, Body Listener and eternal Student & Teacher. Initially formally-trained as an architect, it was a relatively easy switch from the structure and flow of buildings to that of the human body and being. Jordan earned his license to touch through Santa Barbara Body Therapy Institute in 2008 where he began his career of bodywork and teaching. Stemming from a neuromuscular based practice into the science of touch and healing, helping humans understand and inhabit their bodies has taken him across the globe in ways he never imagined.

Each instructor shall maintain their knowledge by completing continuing education courses within their subject area, along with classroom management or other courses related to teaching.

Each faculty member shall complete at least one course of instruction every two years and will provide documentation to Cypress of their successful completion of that program.