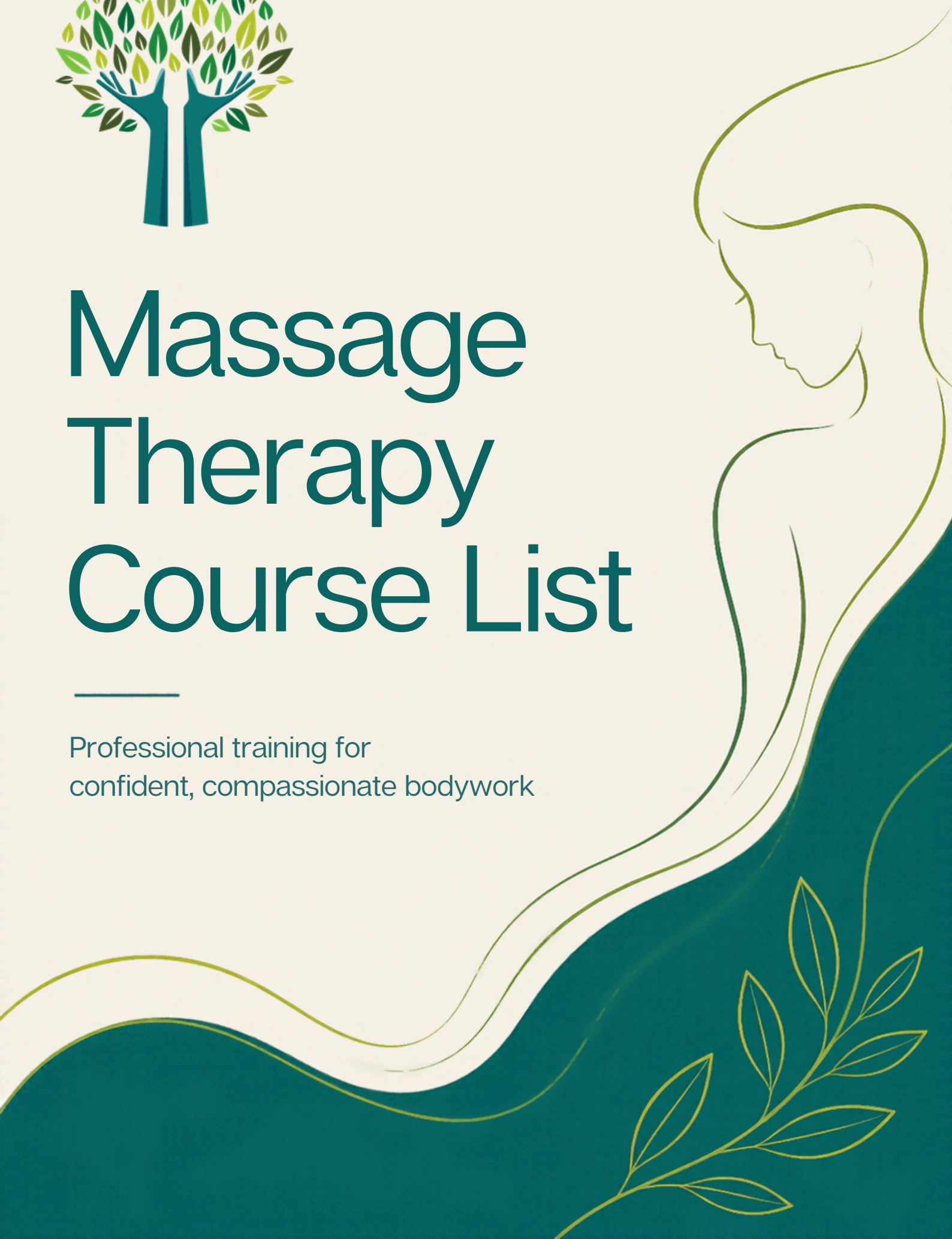
# Massage Therapy Course List

Professional training for
confident, compassionate bodywork





# Foundations of Massage Therapy

## Ethics & Therapeutic Relationships · 30 hours

Learn the professional boundaries, communication skills, and standards of practice that build trust with clients. You'll explore real-world scenarios so you're prepared to handle challenging situations with confidence and integrity.

## Introduction to Professional Practice · 30 hours

Get a clear picture of what it takes to work as a massage therapist, from client care and session flow to workplace expectations, professionalism, and boundaries.

## Swedish Massage · 60 hours

Master the foundation of massage therapy: core strokes, body mechanics, draping, and creating a smooth, full-body session.

## Physiology · 45 hours

Understand how the body's systems function and how massage affects them, from circulation and the nervous system to healing and recovery.

## Pathology · 42 hours

Learn common conditions, contraindications, and how to adapt your treatment so every session is safe and effective.

## Anatomy · 72 hours

Study the structure of the human body, with a focus on the muscles, bones, and systems massage therapists work with every day. This is the foundation for everything you'll do on the table.

## Kinesiology · 21 hours

Learn how muscles work together to create movement, so you can better understand and treat movement-related pain and dysfunction.



# Specialty Massage Studies

### Working with Trauma · 24 hours

Learn how to recognize and respond to trauma with care, safety, and clear boundaries, creating a space where every client feels secure.

### Spa Massage · 18 hours

Explore the treatments and techniques commonly used in spa settings, giving you more options for where and how you work.

### Prenatal Massage · 18 hours

Learn safe positioning, techniques, and precautions for supporting clients through every stage of pregnancy.

### Sports Massage · 24 hours

Learn pre-event, post-event, and recovery techniques to help athletes and active clients perform better and bounce back faster.

### Myofascial Release · 30 hours

Learn techniques to release restrictions in the fascia, improve mobility, and relieve chronic tension.

### Neuromuscular Therapy · 30 hours

Target trigger points and muscle dysfunction with precise, focused techniques to relieve pain at its source.

### Assessment · 21 hours

Learn how to evaluate posture, range of motion, and client concerns so you can create effective, personalized treatment plans.

### Asian Theory · 30 hours

Explore the foundations of Asian medicine and learn hands-on techniques like cupping and acupressure to expand your treatment toolkit.

# Clinical Experience & Integration



## Student Clinic • 100 hours (650-hour) / 140 hours (750-hour)

Put your skills to work with real clients from the community. You'll perform full sessions, write SOAP notes, and build the confidence and experience you need before graduating.



## Clinical Integration • 25 hours (650-hour) / 34 hours (750-hour)

Review and discuss your clinic experiences, practice any techniques you're still building confidence in, and receive bodywork yourself, so you understand the client experience firsthand.

# Professional Practice & Career Preparation

## Business · 30 hours

Learn how to start and market your own massage business, build a client base, and present yourself professionally, including a professional headshot to launch your career.



# 750-Hour Program: Additional Classes

These classes are included only in the 750-hour program.

## Wellness Living • 21 hours

Take an honest look at your own everyday habits, from self-care and nutrition to how you care for your clients. This class helps you build sustainable routines that support a long, healthy career, and gives you practical wellness guidance you can share with the people on your table.

## Energetic Modalities • 30 hours

Explore a variety of modalities beyond massage, including breathwork, sound healing, Reiki, tuning forks, and reflexology. You'll experience each one firsthand and discover how they can complement your massage practice, or open the door to a whole new direction in your career.

