



IPSB

AT

LIFE ENERGY INSTITUTE™

Creating well-being and changing lives

BECOME AN INTEGRATIVE HEALING ARTS PRACTITIONER



YOUR CONSCIOUS BODYWORK COMMUNITY IN LOS ANGELES FOR HOLISTIC WELLNESS EDUCATION
MASSAGE • CRANIOSACRAL • POLARITY • AROMATHERAPY

FOLLOW US ON :



FB: IPSB.LosAngeles
IG: @ipsb_massage

2023 CATALOG

Register online: www.ipsb.com
310-342-7130 / info@ipsb.com

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IPSB at Life Energy Institute
 3400 Airport Ave Unit 25 Santa Monica, CA 90405
 PHONE: (310)342-7130 EMAIL: info@ipsb.com
 WEBSITE: www.ipsb.com

This catalog is updated on an annual basis, and may be updated at various times throughout the year if required. Updates will be provided in the form of an insert. Catalogs (paper and/or digital format) are provided to prospective students at the time of enrollment in a program, or to the general public when requested.

This catalog is revised annually.
 The last revision was January 2022.
 This catalog is valid from 1/1/23 to 1/1/24

TO THE PROSPECTIVE STUDENT

Thank you for your interest in IPSB at Life Energy Institute. 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 will be provided to you prior to signing Enrollment Agreement.

Benefits of Studying at IPSB AT LIFE ENERGY INSTITUTE

Flexible Payment Plans

- Comprehensive State-Approved Programs
- Be a part of our conscious community
- Help with job placement, sourcing equipment, connecting with others
- Tai Chi body mechanics -
Extends longevity of practitioners' careers, and minimizes injuries

STUDENT SUPPORT

Our friendly team is here to support you select a course of study to fulfill your personal goals and dreams. We can assist you with enrolling for a single class or an entire program, creating your transcripts and sending them to the CAMTC, processing tuition payments, and answering your questions about our various class offerings.

SCHOOL ADMINISTRATION

Gary Strauss & Tracy Griffiths
School Stewards

Sabrina Ortolano
Director / Operations Manager

Sue Heffner
Administrator/Office Manager

Trí Chung
Online Systems Coordinator

Rebecca Zoe Leigh
Scheduling Coordinator

STUDENT SERVICES

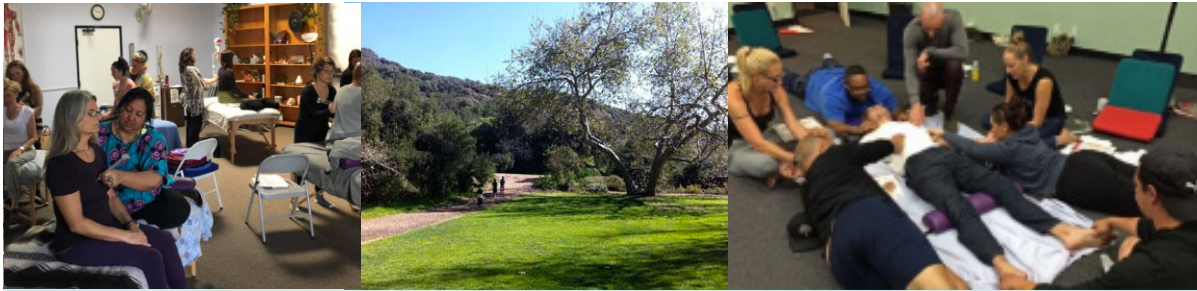
Dean Evans
Student Services Specialist

Scott Ashwell
Student Services Specialist

Chelsea McLure
Student Services Specialist / Retail

ADMISSIONS.....

Anne Dailey
Admissions Advisor



LOCATIONS MAIN BRANCH

Parking for this facility is free with lots behind and east of the building.

Administrative Office
3400 Airport Ave #25
Santa Monica, CA 90405

Main Classroom
3400 Airport Ave #76
Santa Monica, CA 90405

Satellite Classroom:
3400 Airport Ave #55
Santa Monica, CA 90405

TEMESCAL CANYON GATEWAY PARK Conference and Retreat Center

Limited free street parking or paid lot parking at this location

15601 Sunset Blvd.
Pacific Palisades, CA 90272

SATELLITE: TOPANGA

19600 Cave Way,
Topanga, CA 90290

OPEN HOUSES

Join us for a tour of our school and meet our warm and welcoming team. Massage Therapy Open House events feature dynamic presentations from our instructors demonstrating the renowned IPSB Style of massage. Craniosacral & Polarity Open Houses feature the course instructors introducing these energetic based modalities.

FREE OPEN HOUSES: Massage Therapy

IPSB at Life Energy Institute holds open houses regularly throughout the year; see the back cover or check www.ipsb.com for upcoming dates. Attendees receive an introduction to the school's history and philosophy and, at the in-person open houses, see techniques from the various classes demonstrated by instructors. These orientations are very helpful in providing prospective students the opportunity to experience the IPSB at Life Energy Institute environment. Prospective students may also contact the school to arrange a tour and informational meeting with a staff member.

FREE OPEN HOUSES: Craniosacral & Polarity Therapy

See www.ipsb.com for dates and times.
IPSB at Life Energy Institute holds a free Open House for Polarity Therapy and Integrative Craniosacral Unwinding every spring and fall. Instructors demonstrate techniques and introduce the philosophy of our training and our school. Attendees may also participate in simple energy exercises and perform basic moves with each other. These orientations are very helpful in presenting the basic principles of the work in a welcoming, creative, and fun atmosphere.

PHILOSOPHY & MISSION

Our mission is to train sensitive, self-aware bodyworkers who use creativity and self-knowledge to transform basic skills into artistic form that deeply touches the lives of others.

The objective of our educational programs is to provide a pathway to those wishing to practice the hands-on healing techniques taught in our programs as a profession. For those looking to achieve CAMTC certification our IMBP - Integrative Massage & Bodywork Program and our IEBP - Integrative Energy & Bodywork Program offer the classes required to apply for a CAMTC certificate, this is required in California. For those looking to apply for the Registered Polarity Practitioner certification through APTA we offer the ICSU - Integrative Cranio-Sacral Unwinding Program and the RPP - Registered Polarity Principles programs.

Secondarily, we offer a variety of electives that can be taken as continuing education to deepen and enrich new and established practitioners practices. Our classes are open to all who are beginning their journey into the healing arts as well as those who are currently practicing body-mind-spirit healing arts, such as massage therapists, bodyworkers, chiropractors, physical therapists, doctors, nurses, estheticians, etc.



THE EXPERIENCE

Our unique bodywork programs open the door to increased awareness of one's own body, heart and mind. Our programs approach the body holistically, revealing how our unique perspectives and experiences manifest in our physical form. This exploration gives rise to growth and transformation that is personal and expansive.

CLASSES

Our classes provide a safe, supportive, compassionate environment where authenticity and individual excellence are inspired by the learning process. By communicating with the body in a conscious and fully connected way touching the body touches the soul.

CORE VALUES

We believe that consciously touching the body can transform the recipient in a way that ripples out into the world. Our approach in all aspects of our curriculum honors the harmonizing of the whole: body, mind, and spirit. We are committed to training sensitive compassionate individuals who practice technique with an artistry that profoundly touches others and brings lasting personal and professional fulfillment. For us, touching the body... touches the soul.

MASTERFUL FORM

Mastery of all artful movements, including sports, martial arts and dance, requires learning the proper form. The IPSB Style, derived from the ancient art form known as Tai Chi Chuan, is one that engages the core, the entire physical body and the life force energy that animates all living things.

YOUR UNIQUE VOICE

Along with a diverse range of technical massage skills and sound body mechanics, at IPSB at LEI you will learn to trust your intuitive voice to feel confident working with clients.

PROGRAMS



MASSAGE THERAPY PROGRAMS

Deep Tissue Focus

Integrative Massage & Bodywork Program IMBP / 550 Hours

The 550 Hour Integrative Massage & Bodywork Program provides the hands-on training and practical experience to become a qualified and confident massage therapist, practicing an integrative blend of largely traditional technique including deep tissue and sports massage. This program is designed to meet the requirements to gain CAMTC certification. Once the program requirements are met, you will be presented with a Certificate of Completion.

Eastern/Energy Focus

Integrative Energy & Bodywork Program IEBP / 550 Hours

The Integrative Energy & Bodywork Practitioner Program is an alternative 550 Hour program option. This program is designed for the practitioner looking to practice an integrative blend of touch and energetic modalities. This hands-on training will assist integrative therapists to acquire their CAMTC certification with a program that suits this holistic approach to wellness. Once all program requirements are met, you will be presented with a Certificate of Completion.

Class Schedule

IPSB at Life Energy Institute offers year-round programs including daytime, evening, and weekend classes to accommodate students with diverse schedules. Current schedules can be found on www.ipsb.com.

CRANIOSACRAL UNWINDING & POLARITY THERAPY PROGRAMS

Integrative Craniosacral Unwinding™ Program ICSU / 489 Hours

The Integrative Craniosacral Unwinding program teaches treatment and holding space for the cerebrospinal fluid, autonomic nervous system, and connective tissue system throughout the body. It includes classical, contemporary and esoteric craniosacral techniques. Students learn how to create a relationship that is non-invasive and client centered, honoring the client's innate healing process. Upon completion of all program requirements, students receive a Certificate of Completion.

Registered in Polarity Principles Program RPP / 844 Hours

IPSB at LEI is honored to be the only healing arts institute in Los Angeles offering full Polarity Practitioner training programs approved by the American Polarity Therapy Association (APTA). In this comprehensive 844 hour Polarity program, you will experience the exciting new paradigm of energy healing as you study the human energy system and see how it influences health and disease. This program may be taken to enhance your professional skills, or to further your own personal growth and development. Polarity RPP contains qualifications for Polarity APP within it.

Graduates earn a Certificate of Excellence showing completion of 844 hours of specialization in the field of Polarity and will be eligible to apply for national certification through the American Polarity Therapy Association (APTA).



Flexible 0% APR Payment Plans Available!

If this is your passion, we will support your journey. Money doesn't need to be a reason not to follow your dreams!



ALSO AVAILABLE:

Rolling stools, bolsters, massage oils, massage sheets, towel warmers.... and more!!!!
Current students can also purchase products at a discount. Please check with Student Services.



"I started at IPSB in 2005, when I was looking for a transition in my life. Coming here I learned how to give a fabulous massage, but also learned so much more about myself. As a result, I stand taller, I walk taller, and I walk in my truth. And I am a very powerful, strong woman because of that. I credit a lot of it to attending IPSB at LEI."

Toi Beaman Leal
Instructor



"The average massage therapist career is 3-5 years before they have some sort of injury that requires rehabilitation or medical attention. What makes IPSB at LEI unique is the emphasis on body mechanics, on structural integrity, on the therapists caring for themselves. It means that there's no limit on the career. We have therapists that come back 25-30 years later who are still practicing and still healthy and feeling fulfilled in their careers."

Sabrina Ortolano,
Director / Operations Manager

IMBP

Integrative Massage & Bodywork Program 550 Hours

IPSB Foundations	120 hrs
Advanced Modalities	60 hrs
Anatomy & Kinesiology	40 hrs
Anatomy & Physiology	40 hrs
Aromatherapy – <i>Essential Oil Basics</i>	8 hrs
Business & Marketing I	7 hrs
Business & Marketing II	8 hrs
Contraindications & Pathology	30 hrs
CPR/First Aid	4 hrs
Deep Tissue I	56 hrs
Deep Tissue II	56 hrs
Elder Care Massage Intro	4 hrs
Ethics & Boundaries	9 hrs
Human Energy Systems	8 hrs
Hydro & Spa Therapies	12 hrs
Myofascial Massage I	16 hrs
Practicum (IMBP)	16 hrs
Prenatal Massage	24 hrs
Polarity Immersion	8 hrs
Sports Massage & Stretching	24 hrs

Total 550 hrs

*At the completion of this program,
a certificate is granted.*

IEBP

Integrative Energy & Bodywork Program 550 Hours

IPSB Foundations	120 hrs
Advanced Modalities	60 hrs
Acupressure & Intro to Meridians	16 hrs
Anatomy & Kinesiology	40 hrs
Anatomy & Physiology	40 hrs
Ancient Thai Massage Intro	16 hrs
Aromatherapy – <i>Essential Oil Basics</i>	8 hrs
Aromatherapy – <i>Spinal Renewal</i>	8 hrs
Business & Marketing I	7 hrs
Business & Marketing II	8 hrs
Communication I - <i>Resonance & Relations</i> ..	32 hrs
Contraindications & Pathology	30 hrs
CPR/First Aid	4 hrs
Craniosacral Unwinding I	24 hrs
Elder Care Massage Intro	4 hrs
Ethics & Boundaries	9 hrs
Craniosacral Palpation & Landmarks	8 hrs
Practicum (IEBP)	16 hrs
Myofascial Massage I	16 hrs
Prenatal Massage	24 hrs
Polarity I	16 hrs
Reiki I	8 hrs
Sensory Repatterning I	24 hrs
Shiatsu Anma Therapy Intro	20 hrs

Total 550 hrs

At the completion of this program, a certificate is granted.

Workshops to Expand Your Skills

COURSE	CLOCK / CREDIT HOURS
Lymphatic Drainage I	16 hrs
Oncology Massage Intro	16 hrs
Prenatal Massage	24 hrs
Reiki II	16 hrs
Reiki III	32 hrs
Sensory Repatterning 2	24 hrs



What is Integrative Craniosacral Unwinding?

Integrative Craniosacral Unwinding is a therapeutic modality that offers a specialty training for the bodyworker, massage therapist, chiropractor, physical therapist, and anyone working with the body in the healing arts. It teaches the practitioner how to use their palpation skills to become present in their hands, to get into harmony, resonance and rapport with the fluidic nature of the body. It also teaches a thorough treatment of the connective tissue system throughout the body, from the tips of the toes to the tops of the head.

William Garner Sutherland, D.O.

(1873–1954) was an American osteopathic physician and important figure in American osteopathic medicine. Several of his manual therapy techniques are still practiced today by practitioners of osteopathic medicine. Sutherland was the first osteopathic physician to conceptualize the cranial approach and teach it systematically. However, Sutherland acknowledged Andrew Taylor Still as the developer of all osteopathy, including the cranial approach. Sutherland was the first person to claim to feel a rhythmic shape change in the bones of the cranium. He later applied this movement to all body tissues and this movement is the agent of change in dysfunctional tissues. He later named this motion the body's "Primary Respiration."

ICSU

Integrative Craniosacral Unwinding Program 489 Hours

The following coursework is required to complete the ICSU Program:

MODULE 1:

Cranial & Polarity Foundations	270 hrs
Clinical Development*	24 hrs
Communication I	
- <i>Resonance & Relations</i>	32 hrs
Craniosacral Unwinding I	24 hrs
Craniosacral Unwinding II	24 hrs
Craniosacral Unwinding III	24 hrs
Cranial Anatomy & Listening Skills I	16 hrs
Craniosacral Unwinding V	16 hrs
Evaluation & Preparation for Practice	17 hrs
Holding Space	16 hrs
Polarity I	16 hrs
Polarity II	42 hrs
5 Craniosacral Sessions (<i>Provided by RPP</i>)**	
30 Case Studies (<i>Reviewed by RPP</i>)**	

MODULE 2: Cranial & Polarity Advanced 219 hrs

Advanced Clinical Development*	24 hrs
Advanced Elements	24 hrs
Communication II	
- <i>Addictions & Dependencies</i>	32 hrs
Craniosacral Unwinding IV	24 hrs
Craniosacral Unwinding V	24 hrs
Cranial Anatomy & Listening Skills II	16 hrs
Cranial Autonomic Nervous System	24 hrs
Cranial Spinal Balancing	24 hrs
Spinal Renewal	8 hrs
5 Craniosacral Sessions (<i>Provided by RPP</i>)**	
30 Case Studies (<i>Reviewed by RPP</i>)**	

Total 489 hrs

**Classes to be completed at the end of the program (or on approval)*

***Case studies completed as part of the ICSU Program are applicable toward the required 100 case studies for RPP eligibility.*

Fees for case study review and sessions are in addition to total program tuition. Fees vary by instructor.

At the completion of this program, a certificate is granted.

For practitioners intending to practice Integrative Craniosacral Unwinding therapy in combination with Massage Therapy in California, it is recommended you obtain massage certification through the California Massage Therapy Council.

RPP

Registered in Polarity Practices Program
844 Hours

The following coursework is required to complete the RPP Program:

PREREQUISITE: ICSU Program
489 hrs

Online Classes

Advanced Supervision - *ONLINE* 24 hrs
Radiant Business & Ethics - *ONLINE* 32 hrs
Radiant Cleanse - *ONLINE* 21 hrs

Master RPP Classes

Anatomy & Physiology 40 hrs
Energetic Nutrition 16 hrs
Five-Pointed Star & Lymphatic Drainage. . . . 16 hrs
Integration of RPP Skills 8 hrs
Mysterious Sacrum & Six Pointed Star. 16 hrs
Polarity Reflexology 20 hrs
Polarity Yoga (*Dr Stone's Mystic Philosophy*). 14 hrs
ELECTIVES 50 hrs
40 Case Studies (*Reviewed by RPP*)**
5 Polarity Sessions (Provided by RPP)**

Total RPP Class Hours: 355

Total RPP Program Hours: 844

**Classes to be completed at the end of the program (or on approval)*

***Case studies completed as part of the ICSU Program are applicable toward the required 100 case studies for RPP eligibility.*

Fees for case study review and sessions are in addition to total program tuition. Fees vary by instructor.

At the completion of this program, a certificate is granted.



What is Polarity Therapy?

Polarity Therapy works with life energy in all of its forms, using a comprehensive system of bodywork, exercise, nutritional guidance, and verbal counseling to bring the body, mind, emotions, and spirit into a state of balance, harmony and vibrant health.

Developed by Dr. Randolph Stone, an osteopath, chiropractor and naturopath who sought to integrate Eastern and Western approaches to healing such as reflexology, acupuncture, craniosacral balancing, yoga and Ayurveda. Polarity Therapy is more than just a collection of techniques. At its heart, it is a set of principles about the balance and flow of life energy, which Dr. Stone believed to be the underlying essence of all healing arts.

This is attested to by the growing number of healthcare professionals (such as nurses, chiropractors, physical therapists, creative arts therapist, and massage practitioners) who are successfully incorporating Polarity Therapy into their work.

When we are truly well, our bodies vibrate vitality and our thoughts and emotions are in alignment with our soul's truth. The polarity model of healing sees the body's imbalances as the final "printout" of information entered long ago. Polarity Therapy serves as the key that can unlock the door to the source, thereby allowing for genuinely new choices.

Utilizing hands-on contacts, toning, breathing and gentle counseling techniques, this work embodies a full holistic healthcare system and can be used to empower other modalities as well.

CAREER POSSIBILITIES

FULL TIME OR PART TIME OPTIONS

There are a myriad of opportunities available to you in the field of bodywork. No matter what your interests or goals the demand for more integrative therapies creates opportunities for fulfilling careers and deep connections. Some of the possible places to consider when you're ready to launch your career:



ENTREPRENEURIAL: *Private Practice, Chair Massage, Charity Fundraisers, Medical Volunteer Organizations*

SPAS: *Hotels, Resorts, Cruise Ships*

SPORTS: *Fitness Centers, Health Clubs, Sporting Events, Sports Teams*

MEDICAL: *Physical Therapy, Chiropractic, Medical Offices, Hospitals, Medical Volunteer Organizations*

CHOOSING THE RIGHT SCHOOL

Many of our students find their way to our school for the first time based on passionate recommendations from alumni students. Others attend an Open House and quickly grasp the special family-community environment and massage style that only IPSB offers. The IPSB Style of massage is known around the world as being an exceptional massage to receive, and notably, also to give, as it is founded in the graceful, flowing art-form of Tai Chi. The IPSB Style of massage sets our therapists apart in the industry, with many employers specifically seeking IPSB-trained practitioners owing to their sound body mechanics, highly-effective massage techniques, and clients who return - again and again. Come experience the magic of IPSB for yourself, at one of our Open House events.



ADMISSION POLICIES

Applications

An application is required for all new students. All questions must be answered in detail. The form is available from the IPSB at Life Energy Institute main branch or on the IPSB at Life Energy Institute website:
www.ipsb.com

Admission Requirements

Students may enroll any time prior to the start of a class. Applicants are encouraged to enroll at least two weeks before the starting date in order to guarantee a place in class.

Acceptance into a program or the IPSB Foundations course is based upon a student's character and intentions for being a healing arts practitioner, and the ability to satisfy financial commitments. In addition, the applicant must:

- Be a high school graduate or equivalent.
- Be at least 18 years of age.
- Be physically fit enough to perform bodywork.
- Have a serious intention to help others.
- Have reasonable command of the English language.

IPSB at Life Energy Institute accepts applicants without regard to age, sex, race, or personal beliefs. The school may refuse applicants who it deems are not suited or qualified for this field or for the style of education of our institution.

As required by CAMTC, Enrollment agreements from public colleges or universities of the California state higher education system, as, defined in section 100850

of the Education Code and public schools accredited by an agency recognized by the United States Department of Education shall meet or exceed standards as determined by governing laws and regulations.

Foreign Students/Language Requirements

IPSB at Life Energy Institute does not offer student visas. Nor do we provide English-as-a-second language instruction, or other language services. All instruction is presented in English. Students must be proficient in all areas of the English Language, including speaking, reading, writing and oral comprehension. The applicant must demonstrate at least a 12th-grade-level proficiency in the English language, as documented by a successful completion of High School or equivalent.

Students who have had English as a second language need to demonstrate English proficiency by submitting TOEFL (Test of English as a Foreign Language) scores of 71 or higher on the Internet based test (iBT), or 60 or higher on the paper-delivered test (TOEFL PBT). Visit www.toefl.org for more information on the TOEFL.

If an individual, who is seeking admission into IPSB at Life Energy Institute's program, is not able to understand the terms and conditions of the enrollment agreement due to English as their second language, they may invite a third party to review and explain these details to the applicant in their primary language. It is the sole responsibility of the applicant to petition for an individual to provide such services.

Previous Training

Prospective students are required to meet all program and course prerequisites in order to have admission approved. No training prerequisite is required for entrance into IPSB Foundations. Individual class prerequisites are listed under each course description.

Interview

After the completed enrollment application is received, the program and the IPSB Foundations course applicant will be contacted to schedule an appointment for an in-person interview with an IPSB at Life Energy Institute staff member. This interview is to evaluate the application and to complete the IPSB at Life Energy Institute orientation.

Acceptance Into A Program

After the applicant is determined eligible for admission, an enrollment agreement is prepared and signed. 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.

TRANSFERRING CREDITS / ACCEPTANCE of CREDITS NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at IPSB at Life Energy Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in IMBP, IEBP, ICSU, and RPP programs 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 seek to transfer after attending IPSB at Life Energy Institute to determine if your certificate will transfer.

Transfer of Credits Into

IPSB at Life Energy Institute Programs

IPSB at Life Energy Institute has entered into a transfer agreement with the Institute of Psycho-Structural Balancing (IPSB). Previous IPSB students can complete their programs through IPSB at Life Energy Institute. CAMTC reserves the right, in its sole discretion, to not accept any or all transfer hours. There are no other existing agreements in place with any other college or institution.

A maximum of 80 hours of credit for equivalent Anatomy/Physiology and Kinesiology courses taken at approved institutions within three years prior to enrollment at IPSB at Life Energy Institute may be applied toward IPSB Anatomy & Physiology or Anatomy & Kinesiology for students enrolled in the IMBP or IEBP programs. Applicants who have studied sciences over three years prior to enrollment may choose exemption from course participation by passing all course exams and paying an adjusted tuition fee. Students enrolling

in advanced courses who have not completed the IPSB Foundations Course must submit documentation from an approved school showing equivalent training. Acceptance in advanced technique classes also may be subject to instructor evaluation and involve a fee.

Experiential Learning

IPSB at Life Energy Institute does not offer award of credit for prior experiential learning.

TUITION & FINANCIAL POLICIES

FINANCING / PAYMENT PLANS

We are committed to providing quality, affordable education for all our students, whether you're just beginning your exploration in the healing arts, or if you are continuing your education. For over 40 years we have offered flexible, financial plans to allow you to pay as you go, and not incur a large debt at the end of your training. Long-term payment plans are available for those enrolling in a program (payments spread over the duration of your program). Short-term payment plans are available to students taking classes a la carte (with full balance due prior to the start of class). We can help you to find the financial option that best fits your needs, and allows you manage your payments realistically.

If you have signed up for a tuition payment plan with IPSB at Life Energy Institute, please understand the importance of timely payments. Visa and MasterCard are accepted. Call our Administrative office to speak to a counselor about a payment plan to fit your financial needs.

For registration in an entire program, we offer payment plans from 2-24 months with no interest, only to students in good standing with the school, and depending on the length of your program. If special requirements are needed to extend payment plan beyond the end of your program duration, please discuss with school administration. We are willing to work with you.

Enrollment Fee.

A one-time \$95 enrollment fee is required for enrolling in a program. It is not part of the tuition, nor is it refundable.

PROGRAM TUITION

Integrative Massage & Bodywork Program (IMBP) 550 Hours

- **Program:** \$9,127 + Textbooks/Sheets/Massage Table \$400 + STRF \$22.50 = Total \$9,549.50
- **Non-Program:** \$9,673 + Textbooks/Sheets/Massage Table \$400 = Total \$10,073

Integrative Energy & Bodywork Program (IEBP) 550 Hours

- **Program:** \$9,127 + Textbooks/Sheets/Massage Table \$400 + STRF \$22.50 = Total \$9,549.50
- **Non-Program:** \$9,673 + Textbooks/Sheets/Massage Table \$400 = Total \$10,073

Integrative Craniosacral Unwinding Program (ICSU) 489 Hours

- **Program:** \$7,123 + Books (estimated) \$50 + STRF \$17.50 = Total \$7,180.50
- **Non-Program:** \$7,542 + Books (estimated) \$50 = Total \$7,592

Registered in Polarity Practices Program (RPP) 844 Hours

ICSU 489 Hours: \$7,123
RPP Class Hours 355: \$5,270

- **Program:** \$12,393 + Books (estimated) \$50 + STRF \$30 = Total \$12,473
- **Non-Program:** \$13,122 + Books (estimated) \$50 = Total \$13,172

(For more information about STRF (Student Tuition Recovery Fund) see page 46)

Payment Options

Students have the choice to sign up for classes as either 1) a program student; or 2) a workshop (a la carte) student. The training offered is the same no matter what payment option you choose.

Program Students

Program students may apply for a payment plan at the time of enrollment. Regular payments will be scheduled over the anticipated period of study. A minimum deposit of \$100 is required. The student will not be permitted to attend class until this initial payment has been made.

Some of the benefits of being enrolled in a program are:

- \$1 per class hour discounted for every program class (for example: \$546 savings on the IMBP/IEBP programs)
- Class hour discount is applied to any electives taken during program enrollment
- Preferential enrollment in classes
- Additional support from the Student Counselor & Administration
- Lock in pricing for the full length of your program
- Pay in full for an additional 5% off the total of your program

The payment rate for the entire program is the same for a period of attendance.

Non-Program Students

With the exception of the IPSB Foundations, non-program students are required to pay the full class price prior to attending the first day of class. Payment plans are not available, however, a student may arrange to make a series of payments prior to the start of the class. If all scheduled tuition payments are not received by the first day of class (including any checks returned by your bank) you will forfeit your right to participate in this class.

Additional Non-Institutional Fees: Student Tuition Recovery Fund (STRF)

The ICSU and RPP programs require the student to receive a certain number of sessions from working practitioners approved by the school. The rates for these sessions vary but generally range from \$90-\$140/hour. Cost is not included in payment plans and listed tuition fees and must be paid directly to the practitioner.

- ICSU – 10 Sessions
- RPP – 5 Sessions

Financial Aid

IPSB at Life Energy Institute does not participate in federal or state financial aid programs.

For reference only: if a student obtains a loan to pay for an educational 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 has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program fund.

IPSB at Life Energy Institute does not currently have available sponsored programs, government or otherwise, to provide grants or to pay for portions of tuition fees.

Discounts

- Re-Take Discount – 50% off any class that is a repeat course previously completed.
- Program students receive program classes at \$1 off per class hour (the CPR/First Aid class is not included)

Late Payments

If your scheduled payments become delinquent, the following measures will be taken:

1) If a payment plan payment is defaulted on, the student will not be permitted to attend any further classes until payment is made.

2) **3 DAYS GRACE** - If payment is not received within three days of your scheduled payment date, a \$25.00 late fee will be assessed and you will not be permitted to attend class until all scheduled payments are brought current. If you are restricted from attending class due to a delinquent payment, please note that missing more than 20% of class time results in a failing grade. For payments 10 days late, a contract amendment must be made before student may attend classes. For payments 30 days late, student will be suspended from all classes.

3) **RETURNED CHECKS** - If a check is returned unpaid by your bank, you be assessed a \$35.00 fee. If the check is returned a second time, you will be assessed an additional \$15.00 fee and you must replace the unpaid check with cash or money order. If applicable, a late payment fee may be assessed and you will be subject to #1 above.

4) **FAILED PAYMENTS** - Any student failing to make contractual payments within a fourteen (14) day period, without having made arrangements with IPSB at Life Energy Institute, is subject to expulsion. Student will graduate only if all monies are paid. Failed credit card - \$15 fee / per incidence.

Program Students Withdrawals & Refund

Program students have the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. Any cancellation must be given in writing either in person or by mail or email to an administrative email address. (Students shall be given until midnight following the first day of instruction to withdraw from a course and to receive a refund of tuition.) Registration and STRF fees are not refundable. Refunds for cancellation after that period are based on a prorated calculation. Students will be charged for the hours of instruction received up to the date the student formally cancels his/her enrollment. Any refunds due will be made within forty five (45) days of the formal cancellation date. Refunds are based on the following formulas and on advanced payment in full.

10% Hours of Instruction 90% Refund
25% Hours of Instruction 75% Refund
50% Hours of Instruction 50% Refund
60% Hours of Instruction 40% Refund
75% Hours of Instruction 25% Refund
100% Hours of Instruction No Refund

Each: Less the \$95 IMBP and IEBP enrollment fee

Non-Program Student Withdrawals & Refunds

Workshop and program students who cancel a class are subject to the following policy: There is a \$5 administrative fee for a cancellation occurring at least seven (7) days before the class start date. A cancellation occurring less than seven (7) days before the class start date carries a fee of \$50 per class. A student absent at the first class meeting who has not contacted the office by the start of class will be considered a no-show and the space may be offered to any wait listed students. The \$50 late drop fee will be assessed.

FACILITIES & RESOURCES

ADMINISTRATIVE OFFICES

3400 Airport Ave. #25, Santa Monica, CA 90405

The Administrative offices are open Tuesday – Friday to address student needs and allow additional, non-class time access to the learning library. The full address for each location must be listed in the green bar for each classroom:

Class Facilities

To maintain school philosophy of personalized instruction, enrollment for technique classes is limited. Demonstration and practice of massage and bodywork techniques is performed on massage tables. The atmosphere is comfortable and informal, with an emphasis on creating a safe and supportive environment for personal growth and development. For classes that reach their limit, students will be placed on waitlist, and will be advised prior to class if they have secured a place in the class.

Classes are scheduled between our various locations with unique environment and parking conditions at each. All sites comply with any and all federal, state, and local ordinances and regulations including the requirements for fire safety, building safety, and health codes.

Massage Courses (IMBP/IEBP Programs)

IPSB at Life Energy Institute provides quality massage tables, bolsters, and massage oil for all massage classes in the main facility. Students are required to provide twin-size massage sheets for all massage technique classes.

Santa Monica Airport – Room 76

3400 Airport Ave. #76, Santa Monica, CA 90405

This is our main classroom, accommodating 18 students. It is located on the west end of the 3400 Santa Monica Airport building. It is fully stocked with massage tables, chairs, bolsters, cushions and massage oil. Parking is free, behind the building.

Santa Monica Airport – Room 55

3400 Airport Ave. #55, Santa Monica, CA 90405

This classroom is located near the east end of the 3400 Santa Monica Airport building. It can accommodate 20 students and is equipped with massage tables, chairs

and bolsters and massage oil is provided. Parking is free with the easiest classroom access from the lot on the east side of the building.

Craniosacral/Polarity (ICSU/RPP Programs) & Some IEBP Classes

For many of these classes, which take place in the Temescal satellites, students are asked to bring their personal massage tables for practice, in addition to twin-size sheets to dress the table with. The techniques that happen in these locations don't require massage oil to be performed.

Temescal – Plateau

15601 Sunset Blvd., Pacific Palisades, CA 90272

This satellite classroom in Temescal Gateway Park, accommodates up to 24 students and, weather permitting, can be extended to a large adjacent outdoor space. Students may be asked to bring their massage tables to this location. Parking is right next to the classroom and dedicated for this space. Parking in the park is an additional \$12 a day and will be charged separately. You can park on Sunset Blvd. if you do not want a parking pass. The Park closes at dusk and students must be off site at that time.

Temescal – Bungalow 1

15601 Sunset Blvd., Pacific Palisades, CA 90272

This satellite classroom is in the heart of Temescal Gateway Park, surrounded by massive trees with a grassy area behind the classroom. It accommodates up to 20 students with some massage tables onsite. When students are asked to bring their massage tables to class, they may drive up to the classroom to drop them off before parking in the designated lot.

Parking is down the hill in the first dirt lot. Parking in the park is an additional \$12 a day and will be charged separately. You can park on Sunset Blvd. if you do not want a parking pass. The Park closes at dusk and students must be off site at that time.

Topanga Classroom

19600 Cave Way, Topanga, CA 90290

This satellite in the heart of Topanga Canyon can accommodate up to 12 students. It has limited parking and carpooling is encouraged. Students will be asked to bring their massage tables.

HYBRID CLASSES:

Interactive Distance Learning (IDL)

In response to the COVID-19 pandemic, and to ensure the health and safety of our students and staff, many of our classes now follow a hybrid format consisting of Module A: Lecture, and Module B: In Person/Hands On Technique.

To participate in Interactive Distance Learning (IDL), students must have access to a computer and the internet or a smart phone, and either have knowledge and skills with using Zoom and Google Classroom, or be willing to undertake a brief training to learn these skills.

Technology.

Online Distance Learning involves instructors teaching students in an online Zoom meeting, and utilizing Google Classroom for students to access Attendance, Assessments, Handouts and any Q&A.

When using Zoom, you are required to have both video and audio available, so you can be seen and heard by your instructor and other classmates.

Google Classroom

Google Classroom works best with a Gmail email account. If you do not have one, we can help you set up one to ensure your easy access to the class materials.

As of September 14, 2021, tests in CAMTC approved programs (IMBP/IEBP) are administered in person, even if a class is primarily held in an online format. Please note testing dates and locations in your syllabi.

Meaningful Interaction/Evaluation

Teachers work to utilize tools (flash cards, games, movement) to ensure that all learning styles (kinesthetic, aural, visual, etc.) are engaged in both the online offerings and the in person classes. We are committed to your success.

Teachers utilize power-point presentations for lectures, along with break-out rooms for discussions.

Each Google Classroom is set up with the class syllabus, hand-outs and assessments. Students can complete written assignments directly in Google Classroom to minimize down-loading and printing documents.

Final assessments are due prior to the completion of the class unless an extension has been confirmed. Instructors will grade assessments prior to the completion of the class, or within 7 days.

Student Store

The store primarily offers books. Some may be required for classes though students may purchase those titles anywhere they like. Additional books as well as some other products are available to enrich student studies. The school can also assist with the purchase of Earthlite massage tables.

Library

IPSB at Life Energy Institute has a small onsite reference library, located in the Teacher's Office of Room 76 at the Santa Monica Airport location. It covers a range of massage, bodywork, health, and metaphysical related topics. The library may be accessed during office hours by requesting access verbally in the Administrative offices so they can let the student in to the library space. During and just before class the library, which is housed in the classroom area, is freely accessible to anyone in class at that time, no requests or notification is required to access it. Students are welcome to utilize these resources while on campus. We request library books not be taken off campus.

Animals on Premises

Animals are not permitted on premises at any of IPSB at Life Energy Institute locations. Guide-dogs and service animals will be permitted in the classroom with evidence they provide a function that the student is incapable of. However, animals are not permitted on massage tables, and must be well behaved so as to not create distraction in class.

Housing

All IPSB at Life Energy Institute programs are non-residential. It is the responsibility of students to secure their own housing. There are no dormitory facilities. For students wishing to secure nearby housing there are multiple hotels and residential rentals. The approximate cost of housing located near to the school is listed as \$1800 - \$2300 / month in rent, or \$65 - \$200 per night for hotel or Airbnb accommodations.

GENERAL POLICIES


Dress Code

IPSB at Life Energy Institute maintains a comfortable, professional environment and students are required to dress according to the following dress code:

- Comfortable clothing that allows bending, stretching, lunging and kneeling is recommended (similar to attire for a yoga or fitness class). Jeans are not recommended as they prevent full movement and limit correct body mechanics
- Long sleeves are not advised, as students will be working with oil on arms and forearms
- Appropriate coverage and support for breast area. No visible cleavage, under-garments, tube-tops, revealing or transparent material.
- No bare midriffs for men or women (exception: Hydro & Spa Therapies class due to wearing of swimsuits)
- Layered clothing is recommended for temperature changes
- Jewelry is not recommended to be worn in class
- Clothing with sexual or illegal content (words/art-work) is not permitted
- No long flowing material that can drag on client
- Hair should be appropriately restrained to avoid contact with client

If the dress code is not adhered to, an instructor may request the student leave the class to obtain the appropriate attire. Students will be required to make up any time missed in order to obtain proper attire.

IPSB at Life Energy Institute is not responsible for lost or stolen articles.



BODY MIND
By learning body-mind principles, students gain a greater understanding of themselves. They have increased awareness of emotional sources of pain, healthier relationships with their clients, and healthy boundaries.

Hygiene Policy

Students are requested to exercise good personal hygiene in class and to bring personal hygiene items as may be needed. Anyone who perspires heavily when active, is recommended to wear a head-band, bring a towel to wipe down, reapply deodorant during class breaks, and bring a change of clothing if necessary. Massage tables and face-rests will be cleaned with anti-bacterial spray at the end of each session.

Draping Policy

In any class that requires the students who are receiving work to disrobe, proper draping techniques are emphasized. Training in draping skills is utilized to allow only the portion of the body that is currently being massaged to be undraped, always concealing the client's genitals / personal areas.

During class, students will undress to their comfort level, under the sheet, remaining fully covered while doing so.

Attendance

Students are expected to attend all scheduled classes. The instructor of each class will record absences and tardiness. If a scheduled class is missed, the student must complete classroom hours and instructional material at a later time. No classes are scheduled on legal holidays. Failure to complete the hours of classroom attendance required for a course will result in an "incomplete" assessment by IPSB at Life Energy Institute, and any Certificate of Completion will be withheld until all required hours are completed. Students who are absent more than twenty percent of a course will be required to repeat the course.

Tardiness is recorded as follows:

1-15 minutes late = 15 minutes docked,
 16-30 minutes late = 30 minutes docked, etc.
 Excessive tardiness is grounds for dismissal from the class.

Missed Class Hours:

Missed time must be completed within six months of the class finish date. Make-up will not be accepted after this date and the course is considered failed. Incomplete assignments must be turned in within three months of class completion, or the course is considered failed.

Make-Up Choices

1. TUTORING (Mod A or Mod B)

Students may arrange private or group sessions. Students are responsible to make up topics missed in class. Make-up time must be completed within six months of last day of class.

The rates and hour credits for all training tutorials are:

- 1 student: The fee is \$40 per tutorial hour
 - 2 or more students: The fee is \$20 per person per tutorial hour
- Each student receives 1 hour of classroom credit for each tutorial hour.

2. ATTEND THE SAME CLASS (only available for Mod A/Lecture classes)

Fee: \$17.00 per hour, within 6 months from previous class end date. You must notify Student Services of your intent to attend.

Make-up Guidelines

- All make-up activity for Mod B (hands on classes) must occur on-site with IPSB at Life Energy Institute. Mod A (online) make-up must be done in the school hosted zoom accounts and scheduled in advance.
- One hour of any make-up option equals one hour of class time.
- Make-up material must be equivalent (like for like) to missed class material

Leave of Absence Policy

A leave of absence may be provided for 6-12 months for the IMBP, IEBP, ICSU and RPP programs only, on approval from the school administration. A student will need to return before 12 months to resume classes or be dropped from the program. Students are required to complete a Leave of Absence form which can be obtained from the school office.

The school will process a leave of absence within 10 business days from the date of notification. The school will notify the student if the leave of absence is approved in writing by email, or by mail when no email is available.

Student Rights

IPSB at Life Energy Institute students may expect:

- Fair and effective teaching
- Information privacy
- The right to review their school records
- Due process and an impartial hearing in any disciplinary matter.

Student Conduct

At the discretion of the instructor, a student may be dismissed from class for serious or repeated incidents of intoxication or drug use. Possession of drugs, alcohol, or a weapon, exhibiting behavior that creates a safety hazard to others, or disobedient or disrespectful behavior toward a student, teacher, or administrator are also grounds for dismissal. There is no probationary option for dismissed students. Consideration of possible readmittance will be handled on a case-by-case basis.

Disciplinary Action

Disciplinary action is enforced when IPSB at Life Energy Institute standards have not been upheld.

ACTIVITIES WARRANTING DISCIPLINARY ACTION

IPSB at Life Energy Institute may take disciplinary action for any staff member, instructor or student who is found guilty of one or more of the following:

- Complaints from staff, instructors, students or others which may concern conduct that is harmful to the public or inappropriate to the ethical practice of massage therapy, polarity therapy and craniosacral therapy
- Incompetence
- Fraud
- Unethical behavior
- Gross negligence
- Physical/mental impairment affecting performance.
- Willful misconduct in the performance of the profession.
- Violation of one or more of the provisions in the IPSB at Life Energy Institute Code of Professional Conduct for Staff & Instructors

- Criminal charges or conviction of a felony or other crime of moral turpitude
- Failure to cooperate with disciplinary investigations
- Failure to pay required fees

Sanction
If IPSB at Life Energy Institute determines that grounds exist to take disciplinary action, it may take one or more of the following actions or such other action(s) as it may deem appropriate:

- Deny a student’s application for examination or certification, or a certificate holder’s application for re-certification
- Require a student to take or retake any relevant Assessments or Exams
- Invalidate the examination score(s) of a candidate; require a candidate to wait a specified period of time before re-applying to take the examination; and/or revoke a candidate’s eligibility to sit for future examinations
- Require the individual to engage in remedial education and/or training
- Notify other affected parties of the findings and disciplinary action
- Recommend a period of probation or permanent dismissal.

Class Evaluation Policy
Students are required to complete a Class & Instructor Evaluation form at the end of each class. These forms are reviewed by administration within 1 week of the end of the class. Feedback from the forms is compiled and key findings are provided to management at the end of each month for review.

Complaints
Students seeking to report problems or issue a complaint should first contact their primary instructor and may also contact the Managing Director, Sabrina Ortolano: sabrina@ipsb.com.

ADMINISTRATION

Gary B. Strauss *CEO, Executive Director*

Gary B. Strauss founded Life Energy Institute in 1986 and is dedicated to its ongoing evolution and success. Gary is founder and Executive Director of the Polarity Therapy and Integrative Craniosacral Unwinding programs offered through IPSB at Life Energy Institute in Culver City, California, the Southwest Institute of Healing Arts [SWIHA] in Tempe, Arizona and The Open Center in NYC. Gary is the senior instructor for the Polarity Wellness Network and is a current board member of American Polarity Therapy Association.

Tracy Griffiths *CAO, Executive Director*

Tracy helps to recommend and develop curriculum for students to explore the diversities of the healing arts, and to be of service to our community. She is dedicated to bringing this work out into the world, and provides the environment to assist others in their personal quest for growth and healing.

Sabrina Ortolano *COO, Managing Director*

A California native and graduate of the IPSB Massage Therapist Program, Sabrina found her passion when she joined the school in 2003. Her call to bodywork was the revelation that touch is as important as food. It was further nurtured by connection to two abiding themes for Sabrina, human services and creativity. Her background includes social justice work with homeless and incarcerated populations, and drug and alcohol counseling. She works in crafts and visual arts and enjoys experimenting in the kitchen. She is also an urban farmer, growing food and raising chickens. Sabrina has been involved with birthing support since 1995. She has studied and used essential oils for two decades and they are a regular part of her massage practice and everyday life.

Sue Heffner *Administrator/Office Manager*

An opportunity for a career change brought Sue to IPSB as a student in 1989. She joined the administrative staff the same year while pursuing the 500 Hour Massage Therapist Training. She attributes her long association with the school to the rewarding environment that attracts students with a calling for caring, and also nurtures personal growth as part of the training process.

Dean Evans *Student Services Specialist/Marketing*

Dean is a certified massage therapist and graduate of the IMBP program. He graduated from Ohio State University where he studied theater and dance. Dean is also a professional movement instructor and theatre director, and is passionate about expression through movement.

Lisa Thompson *Graphic Design*

Lisa joined the IPSB@LEI team in 2016 as graphic designer, providing her skills in mixed media along with the Aroma Yoga® and the Urban Zen Integrative Therapy programs. She is also a co-owner and illustrator for da Vinci Kids Magazine, an educational publication for elementary school age children, and is a passionate freelance artist, inspired by the colors, textures, patterns and cultures of the world.

Kara Masters *Accountant/Payroll Manager*

Kara joined the staff in spring 2017. An IPSB alumna with BA’s in political science and dance and an MA in movement therapy, Kara brings twenty years of experience in book-keeping and thirty in the healing arts.

Rebecca Leigh *Scheduling Coordinator*

Rebecca Leigh started her journey at IPSB in 2010 and has loved building her massage therapy practice in the safe and ethical way, and she was emboldened to do so by the curriculum, content, and instructors here at the school. Her passions are many, and in addition to building a massage therapy practice, she was also galvanized by her work at IPSB, to become an in-hospital medical advocate for survivors of sexual trauma. Her calling for working in the healing justice field informs her ethical massage practice even further. These days, when it might seem that building any kind of ethical practice is a lock we have to pick, Rebecca can open this up with healthy boundaries, communication, and empathy. She is thrilled and honored to be teaching at IPSB in these incredible and comprehensive programs.

Anne Dailey *Admissions Advisor / Student Services*

In 2016 Anne was laid off from the corporate job that she held for 20+ years. After a period of reflection, she attended an IPSB Open House and knew that she had found her new home. As an older student, Anne appreciated IPSB’s focus on keeping the practitioner’s body healthy and safe, and the Body/Mind philosophy resonated deeply. When the opportunity came to become part of the IPSB staff, she jumped at the chance to be able to give back to the school that she felt gave her so much more than bodywork education.

Trí Chung *Online Systems Coordinator*

Trí Faunden, is an Integrative Craniosacral and Polarity Practitioner, with over 1100 hours of training and assisting in therapeutic bodywork. Tri is passionate about the benefits of Aromatherapy, and utilizes essential oils in her private practice, workshops and classes. Trí has studied Craniosacral and Polarity extensively with Gary Strauss and is currently undertaking the Registered Polarity Educator program. Trí has dedicated herself to researching holistic healing for close to 10 years, and has used this knowledge to overcome her own severe chronic pain issues.

Scott Ashwell *Student Services Specialist/Marketing*

Scott is a graduate of the massage therapy program at the Swedish Institute College of Health Sciences. After a long career as a media producer for fashion brands in NYC, Scott moved to California in 2019 and became CAMTC certified to begin a new calling combining bodywork with his life-long passions for astrology and integrative energy. He is taking continuing education classes at IPSB At LEI, and sees being a part of the administrative staff as a great opportunity to plug in to the ever-growing holistic community in Los Angeles.

FACULTY

Gary B. Strauss, RPP, PWE, MS

CLASSES: *ICSU Program, RPP Program*

Gary brings over 30 years of training and practice to the teaching of Polarity and Integrative Craniosacral Unwinding and has trained thousands of students in the U.S. and Europe. He facilitates retreat-style intensive trainings in Hawaii, Switzerland, Japan and California, and maintains an active private practice in Los Angeles, Arizona, and New York. His intention is to activate the astounding nature of the elements in a way that expands freedom to fulfill one's highest potential.

Tracy Griffiths, RPP, PWE, CMT

CLASSES: *Polarity I, Polarity II, Communication I - Resonance & Relations, Evaluation & Preparation for Practice, Clinical Development, Business & Marketing, Spinal Renewal*

Tracy has been practicing in the healing arts since 1988. She is a graduate of the Institute of Psycho-Structural Balancing. Tracy utilizes and weaves her training in the martial arts, massage therapy, yoga and essential oils into her classes, offering diverse, integrative and practical approach to this work. Tracy is greatly devoted to sharing her knowledge with others for the purpose of personal deepening and connection to their own inner wisdom.

James Arena, RPP, RPE

CLASSES: *Mysterious Sacrum & Six Pointed Star, Cranial Spinal Balancing*

James was born and raised in New Orleans, Louisiana. He took his first Polarity Therapy training in Seattle and Orcas Island, Washington in 1979. He took further Polarity training and lived on staff at Murietta Hot Springs from 1981 until 1987 when he completed his Polarity training. James continued his training in Los Angeles with Gary Strauss and created a successful Polarity practice. James is on the teaching staff for both IPSB at Life Energy Institute in Los Angeles and our sister school, the Southwest Institute of Healing Arts (SWIHA) in Tempe, Arizona.

Toi Beaman Leal, CMT, CDC

CLASSES: *IPSB Foundations, Business & Marketing 1 & 2, Elder Care Massage Intro, Core Skills, Advanced Modalities*

Toi has been a massage instructor since 2008, bringing her compassionate nurturing and light-hearted nature to her classes. Prior to becoming a wellness Professional, Toi spent 25 years in Human Resources with a Fortune 20 company and is highly skilled in coaching and counseling individuals and groups. She is a professional life coach where she also applies her passion for holistic wellness and a strong belief in caring for one's mind, body and spirit in equal measure. She maintains private coaching and massage practices in Los Angeles and is on staff with physical therapy and chiropractic offices.

John Beaulieu, N.D., Ph.D

CLASSES: *Quantum Cranial Sound Healing & Vibrational Medicine*

Dr. John Beaulieu is one of the foremost innovators in the area of sound healing therapies. He is a world-renowned speaker, author, composer, pianist, and naturopathic doctor. Dr. Beaulieu has pioneered a technique called BioSonic Repatterning™, a natural method of healing and consciousness development using tuning forks and other sound modalities based on the sonic ratios inherent in nature. He lectures and performs worldwide and conducts training seminars for practitioners in the healing arts.

Kevin de Comines, L.Ac., PAS, CMT

CLASSES: *Myofascial Massage I*

Kevin graduated from IPSB in 1989 and has been in the health care field for over 20 years. He studied Neuromuscular Re-education with Dr. Craig Nelson focused on the healing of athletic and personal injuries. He has used NMR to treat athletes in the NBA, NFL and MLB, along with members of the Joffrey Ballet, and track and field athletes. Kevin has a Masters of Science in Oriental Medicine from SAMRA University and is currently enrolled as a Doctoral fellow at Emperor's College.

Tami Cook, BA, CMT

CLASSES: *Kansa Facial Therapy & Gua Sha*

Tami is a skin health and body wellness specialist in practice since 2008. Her journey began at the AVEDA Institute in Washington DC where she studied a holistic approach to Esthiology (a western/eastern blend of integumentary holistic wellness). Tami furthered her education at the IPSB where she developed her skills as a body worker. She has worked in the Baltimore City Public high school system and as an educator in the esthetic/massage industry. In her sessions, Tami utilizes a psychosomatic approach that acknowledges the whole person. She seamlessly integrates several modalities of bodywork and energy work to create overall body/mind balance.

Kristin Cunningham

CLASSES: *Ancient Thai Massage & Electives*

Kristin began her journey as a healer in 1996 with an introduction to various energy and breath work methods. She then dove into the Western medical side, training in Neuromuscular Therapy, Myofascial, Sports Massage and Geriatric Massage. After working in Orthopedic rehab and teaching in Colorado, Kristin was called to explore Southeast Asia. Studying at the Old Medicine Hospital in Chiang Mai, Thailand in 2004, she fell in love with traditional Thai massage. Her travels then brought her through India and the Middle East where she became impressed with the similarities of healing philosophies across cultures. Now back in the states and a mom of two boys, Kristin has found clients and students alike receptive to the combination of eastern and western modalities that she enjoys offering.

Kristina Eberle, CMT

CLASSES: *Ancient Thai Massage Intro, Part 1, Part 2, Therapeutic Applications*

Kristina began her studies in bodywork 1991 at The International Professional School of Bodywork in San Diego. She became passionate about learning Traditional Thai Bodywork and made it the focal point of her studies and private practice over the years. Kristina has studied with many teachers in Thailand and the U.S. over the years and visits Thailand regularly to stay connected to her teachers and to the divine energy of this Sacred healing art. She began teaching Traditional Thai Healing Arts at IPSB San Diego and The Pacific College of Oriental Medicine (PCOM) in 1998 after years of practice and assisting her teachers in the classroom. Kristina is a certified instructor through the Thai Healing Alliance as well as a continuing education provider with NCBTMB.

Trí Chung

CLASSES: *Aromatic Foot Massage, Clinical Development, Communications II, Evaluation & Preparation for Practice, Cranial. I, Cranial. II, Communications I*

Trí Faundeen, is an Integrative Craniosacral and Polarity Practitioner, with over 1100 hours of training and assisting in therapeutic bodywork. Trí is passionate about the benefits of Aromatherapy, and utilizes essential oils in her private practice, workshops and classes. Trí has studied Craniosacral and Polarity extensively with Gary Strauss and is currently undertaking the Registered Polarity Educator program. Trí has dedicated herself to researching holistic healing for over 10 years, and has used this knowledge to overcome her own severe chronic pain issues.

Mary Grimes, BA, BCPP, CMT

CLASSES: *Polarity I, Polarity II - Elements, Communication I - Resonance & Relations, Craniosacral Unwinding I, Practicum IEBP, Clinical Development*

Mary began her lifetime of bodywork study at IPSB in 1983, and continued training at Esalen Institute. She is a graduate of the IPSB at LEI Craniosacral and Polarity Therapy programs and received her Board Certification in Polarity Therapy from the American Polarity Therapy Association in 2018. Combining massage with her extensive training in energy modalities gives Mary a unique perspective on bodywork. In addition to teaching, she has a private practice with an integrative approach, weaving various modalities to assist her clients on their path to wellness and vitality. Mary believes that her longevity in the bodywork field can be partly credited to her longtime Taoist meditation and exercise practice.

Elizabeth Jacobowitz, MA, CMT, HHP

CLASSES: *IPSB Foundations, Sensory Repatterning 1, 2, 3*

Elizabeth brings a well-rounded approach to learning and growth by incorporating kinesthetic, artful, engaging activities to the classroom. She facilitates change and transformation by guiding students and clients in remembering, reconnecting, and rediscovering their body, mind, and soul. Elizabeth holds a Master's in Expressive Arts Therapy from the European Graduate School, as well as a Bachelor's in Health and Exercise Science from Syracuse University. She has also studied massage and bodywork at the International Professional School of Bodywork in San Diego. Elizabeth now teaches introductory bodywork, integrative somatic work, and self-care for helping professionals in Los Angeles, San Diego and Decorah, Iowa.

IPSB changed my life in so many ways; it ignited things in me I didn't know existed.

I took a leap of faith and ended up finding myself and an incredible community.

This is the place. Welcome Home. - Beth D., IMBP Student

Tsuneo Kaneko, Ph.D.**CLASSES: Shiatsu Anma Therapy Intro**

Born and raised in Japan. Dr. Kaneko is a second-generation practitioner of his family's traditional healing art practice: Anma Massage (Meridian Anma) and acupuncture. He is a graduate of Saint Paul Rikkyo University (1970), Toyo Acupuncture College (1979) and Samra University and Health Sciences (1985). He has practiced and taught the healing arts in Japan and the U. S. since 1970, and he was the founder of the Shiatsu Massage School of California where he also served as Associate Academic Director for Eastern Education. Dr. Kaneko's education, employment, qualifications, publications, awards and recognition extend to the fields of Acupressure, Shiatsu-Anma, Daoyin, Acupuncture, Moxibustion, Oriental exercises and Chinese herbs. He developed the "Short Form" of Shiatsu, as well as the "Long Form" – an advanced three posture technique.

Rebecca Leigh CMP**CLASSES: Ethics & Boundaries**

Rebecca Leigh started her journey at IPSB in 2010 and has loved building her massage therapy practice in the safe and ethical way, and she was emboldened to do so by the curriculum, content, and instructors here at the school. Her passions are many, and in addition to building a massage therapy practice, she was also galvanized by her work at IPSB, to become an in-hospital medical advocate for survivors of sexual trauma. Her calling for working in the healing justice field informs her ethical massage practice even further. These days, when it might seem that building any kind of ethical practice is a lock we have to pick, Rebecca can open this up with healthy boundaries, communication, and empathy. She is thrilled and honored to be teaching at IPSB in these incredible and comprehensive programs.

John Matsunaga**CLASSES: IPSB Foundations, Practicum (IMBP), Advanced Modalities**

In John's early career he was a professional photographer and also taught golf and tennis. He had long been the "family massage therapist" and the response he received influenced him to pursue massage therapy when he sought a career change. John began his massage studies in 2000, and has volunteered his services as a teacher's assistant for over 1800 hours of classes.

Cyndi Ortolano, CMT**CLASSES: Deep Tissue I, Deep Tissue II, Hydro & Spa Therapies, Event Massage, Advanced Modalities, Intro to Prenatal Massage**

Cyndi has been a body-worker since 1995 and a teacher of massage therapy since 1998. Cyndi specializes in trauma rehabilitation, which ranges from pre- & post-surgery massage, scar tissue work, accident related trauma, repetitive stress issues, emotional/physical abuse. Cyndi's approach to the body is gentle, personalizing each session to only work as deep as needed to facilitate an unwinding in the muscular tissue.

Sabrina Ortolano, CMT**CLASSES: Anatomy & Physiology; Aromatherapy – Essential Oil Basics, Raindrop Technique; Contraindications & Pathology; Ethics & Boundaries; Intro to Prenatal Massage; Prenatal Massage**

A California native and graduate of the IPSB Massage Therapist Program, Sabrina found her passion when she joined the school in 2003. Her call to bodywork was the revelation that touch is as important as food. It was further nurtured by connection to two abiding themes for Sabrina, human services and creativity. Her background includes social justice work with homeless and incarcerated populations, and drug and alcohol counseling. She works in crafts and visual arts and enjoys experimenting in the kitchen. She is also an urban farmer, growing food and raising chickens. Sabrina has been involved with birthing support since 1995. She has studied and used essential oils for two decades and they are a regular part of her massage practice and everyday life.

Tony Poland, CMT**CLASSES: Electives**

Originally from Tennessee, Tony is a graduate of the IPSB massage program. His primary focus is on sports massage, injury prevention and recovery, and he applies his understanding of the body through a variety of modalities. He has worked with various physical therapy and chiropractic clinics in the Los Angeles area and has been involved with the US Olympic Committee and USA Volleyball Medical Support Teams since 2010. Tony accompanied the USA volleyball teams to the 2012 London and 2020 Tokyo Olympic games and was part of the USOC Medical Support Team in Rio in 2016. Whether working with a professional athlete, a weekend warrior or a geriatric client, his goal is to help all achieve the best possible version of themselves.

Jennifer Sanders, RPP, RPE**CLASSES: Polarity Reflexology, Advanced Elements**

Jennifer Sanders is a Master Polarity and Integrative Cranial Sacral Unwinding instructor and holds a degree in Mind/Body Transformational Psychology. Jennifer is a passionate and innovative educator who has dedicated her work to transforming the consciousness and quality of life, for both students and clients. In her private practice she specializes in Polarity Therapy, ICSU, Life Coaching, Sound Healing and Aromatherapy. In addition to contributing her gifts with IPSB at Life Energy Institute in Los Angeles, Jennifer is Co-Director of the Polarity and ICSU Program at IPSB's sister-school, the Southwest Institute of Healing Arts (SWIHA) in Tempe, AZ.

Loren Stiteler, L.Ac**CLASSES: Acupressure and Intro to Meridians, Tai Chi - Broadening Perspectives**

A licensed acupuncturist and IPSB alumnus, Loren's zeal for traditional Chinese medicine (TCM) was born out of his lifelong fascination with Chinese culture. He has learned to speak Mandarin, lived abroad in China, graduated with honors from Yo San University of Traditional Chinese Medicine, and trains taiji quan (tai chi) two hours a day. Loren believes the value of TCM comes especially from its distinctiveness. Thus through diligent study, he endeavors to understand, offer, and in turn transmit authentic Chinese medicine.

Lisa Thompson, CMT, Usui Reiki Master**CLASSES: Reiki I, Reiki II, Reiki III**

Lisa is an Integrative Therapist trained in a myriad of somatic and energy-based modalities. She is a Certified Urban Zen Integrative Therapist (UZIT), Usui Reiki Master, NCBTMB Board Certified Massage Therapist and Ordained Minister for spiritual healing. She aspires to teach, heal and dynamically empower her clients and students to realize and live their potential, while maintaining the perspective to stay light and not take life 'too' seriously! She teaches Reiki for the Urban Zen Integrative Therapy Program at UCLA and Yogaworks, group classes at Motion Picture Television Fund and maintains a private practice in Newport Beach, CA.



COURSE DESCRIPTIONS

To gain CAMTC certification, completion of a minimum of 500 hours is required including core content on Anatomy and Physiology, Contraindications, Business, Ethics, and Hygiene. IPSB at LEI 550 hour programs have been assessed by the CAMTC as containing this core content, and are the student's best choice for attaining certification.

Intro to IPSB Massage For Anyone *WORKSHOP* / 16 hours

This workshop provides an introduction to IPSB's unique massage style and Tai Chi body mechanics. Students will have an opportunity to experience the basics of the 120-Hour IPSB Foundations Course which is the bedrock of both the IMBP and IEBP 550-hour massage programs. There is a strong emphasis on practitioner self-care and how use correct Tai Chi informed body mechanics to help prevent fatigue or injury. This is a great introduction to therapeutic massage for those interested in massaging their friends and family or for those curious about taking further classes at IPSB and becoming a certified massage therapist. **PREREQUISITE NONE** *If students decide to continue with the IMBP or IEBP program, a \$200 tuition credit will be applied.*

Core Skills *TRANSFER STUDENTS* / 12 hours

Required class for transfer students enrolling in Advanced technique classes. This course for new and seasoned massage professionals provides an overview the principles of IPSB Massage through movement explorations, hands-on bodywork and exercises in personal sensory awareness. Proper body mechanics, an introduction to Tai Chi, communications skills, professional boundaries, injury prevention and integration of body, mind and heart are emphasized. **PREREQUISITE IPSB Foundations or Equivalent**

IPSB Foundations *NEW STUDENTS* / 120 hours

This comprehensive course provides a solid introduction to the field of massage and bodywork. It is the beginning of the self-exploration process and is the building block for further studies. This is the first required class for the 550 Hour IMBP and IEBP Programs, and is the prerequisite training for many advanced classes. **PREREQUISITE NONE**

IFC IPSB Foundations Class 120 hours

This class is a core part of the IMBP and IEBP Programs. While it can be taken as a stand-alone class on it's own it does not meet the hours required for state certification. It is often recommended as a starting point for people who have trained with other schools as it is a comprehensive training in our approach to body mechanics and Tai Chi.

The 120-Hours IPSB Foundations Class is an introduction to the field of massage and bodywork. It is the beginning of the self-exploration process and is the building block for further studies. The program focuses on the traditional style of circulatory massage and includes Tai Chi Chuan, anatomy/physiology, joint mobilization, energy balancing, business, health & hygiene practices.

The following coursework is included and lays the foundation for advanced studies:

Anatomy & Physiology	20 hrs
Body Psychology & Communication	15 hrs
Circulatory Massage	59 hrs
Health & Hygiene	1 hr
Joint Mobilization	8 hrs
Self-Massage	2 hrs
Tai Chi Body Mechanics	15 hrs

Total 120 hrs

COMPLETION REQUIREMENT KEY:

All classes are graded on a Pass/Fail. The following tools are used to gauge pass/fail/completion:

- **WT** - written tests (must be 70%+ correct to pass)
- **HOA** - hands on assessments administered by the teachers,
- **HW** - written homework
- **ICD** - in class demonstration of technique comprehension and participation in class exercises, discussions & hands on work in each class. Each student is expected to partner with fellow students and give feedback to their partners

In addition, all hours must be attended (or made up if time is missed) to be considered complete with any classes.

A.....

Acupressure & Intro to Meridians (IEBP) / 16 hours / HYBRID

Mod A: 4 hours Online

Mod B: 12 hours In-Person

Non Program \$288 / Program \$272

This course addresses some of the most common client complaint areas found in a massage practice, including headache, neck, shoulder, low back and knees. Students learn to trace all 12 Major Meridians plus two of the Extraordinary Meridians. **PREREQUISITE IPSB Foundations or Equivalent / Completion: WT, HOA, ICD**

Advanced Clinical Development (ICSU) / 24 hours In-Person

Non Program \$432 / Program \$408

NCBTMB Approved

This class provides an opportunity to work with clients under direct clinical supervision. The practitioner becomes empowered through self-reflection and peer/instructor feedback in the clinical setting.

PREREQUISITE None / Completion: ICD

Advanced Elements

(ICSU) / 24 hours In-Person

Non Program \$432 / Program \$408

Gain a deeper relationship with the five elements by exploring the physical anatomy of Dr. Stone's oval fields and how the chakras shape and are shaped by our experiences. How behavior and culture impact those experiences and the psychological and spiritual implications of trauma and abuse are also discussed. Students learn to

develop clinical applications of Polarity Therapy to assist clients facing specific physical conditions.

PREREQUISITE Polarity II / Completion: ICD

Advanced Modalities

(IMBP, IEBP) / 60 hours / HYBRID

Mod A: 15 hours Online

Mod B: 45 hours In-Person

Non Program \$1080 / Program \$1020

Mastery and expansion of foundational circulatory massage skills is covered. Advanced anatomy and palpation focus on layers and depth of muscle tissue and fluid. Rhythm and tempo are utilized to affect the nervous system and fluid systems.

PREREQUISITE IPSB Foundations or Equivalent

Completion: HOA, WT, ICD

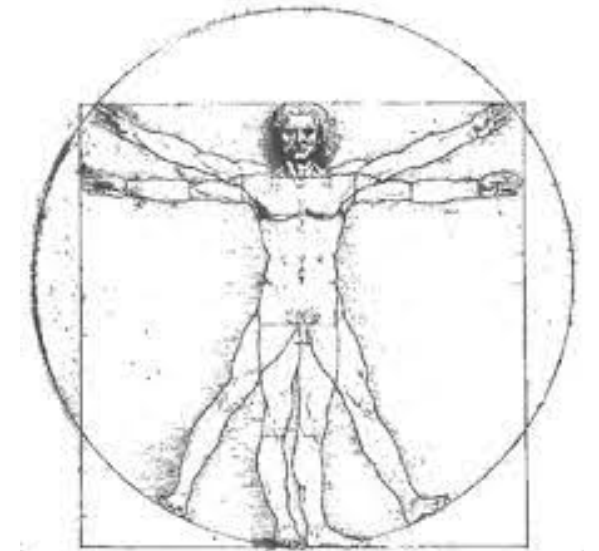
Advanced Supervision

(RPP) / 24 hours Online

Non Program \$432 / Program \$408

Students bring examples of specific case studies they have done that have been personally challenging. These examples are examined and reflected in such a way that helps students explore their personal process and practice, especially concerning transference and counter-transference issues. Supervision work is essential to keep the client/practitioner relationship clean, clear, and healthy. **PREREQUISITE ICSU Program or approval**

Completion: ICD



Anatomy & Kinesiology
(IMBP, IEBP) / 40 hours *In-Person*
Non Program \$720 / Program \$680

This course focuses on muscular kinesiology, muscle contractions, proprioceptors, locations, attachments (origins and insertions), actions and fiber directions of muscles, as well as joint structure/function and range of motion concepts.

PREREQUISITE Foundations or Approval Completion: WT, ICD

Anatomy & Physiology
(IMBP, IEBP, RPP) / 40 hours *Online*
Non Program \$720 / Program \$680

This course includes detailed instruction about circulatory, digestive, integumentary, nervous, digestive, respiratory, urinary, reproductive, special senses and endocrine systems. **The Mid Term & Final exam will be administered in person.** **PREREQUISITE Foundations or Approval / Completion: HW, WT**

Ancient Thai Massage Intro
(IEBP) / 16 hours *In-Person*
Non Program \$288 / Program \$272

This course introduces the student to an ancient form of therapeutic bodywork, which incorporates rhythmic compressions, gentle stretching, and acupressure to bring balance to the body, mind and spirit. We will cover a neck and shoulder protocol in the seated position as well as grounding through the feet and legs. Sen lines will be introduced which open the student to the understanding of this whole body energetic healing system. Students will be introduced to Reussi Da Ton, the Thai self care system or yoga, self massage and joint mobilization. **PREREQUISITE None / Completion: ICD**



+Essential Oils aromaTRE[®] *Nervous System Reboot.*

Aroma TRE[®]
(Community Wellness Workshop)
2 hours *Offered In-Person & Online*
\$25 No Program Discount

Join us for easy to follow practices to make transformative changes in your body, mind and spirit. You will learn the simple self-help tool that is scientifically proven to relieve anxiety, stress, pain and trauma. Utilizing the olfactory system, our sense of smell and TRE, which stands for Trauma Release Exercises, we can erase built up stress and tension while gently clearing challenging emotions and memories. You will learn a self-empowering series of exercises and a memory release technique which will restore an inner sense of peace and relaxation. It's easy to re-set your nervous system and feel great! Please bring a blanket and a mat. Wear comfortable clothing.
PREREQUISITE None / Completion: ICD

Aromatherapy –
Chakra Clearing for Emotional Freedom
(Elective) / 8 hours *In-Person*
Non Program \$144 / Program \$136

Students learn how to create and perform a healing ceremony that was translated and adapted from hieroglyphics on the temple walls ingest oils. Students are introduced to 20 essential oils and learn about their uses in massage and bodywork, disinfecting, first aid, quality of life and peak performance enhancement, and pain and stress management. **PREREQUISITE None / Completion: ICD**

Aromatherapy - Essential Oil Basics
(IMBP, IEBP) / 8 hours *In-Person*
Non Program \$144 / Program \$136

NCBTMB Approved
Learn why essential oils are effective, their history from ancient times, how they are produced and applied, and how to safely apply, diffuse and ingest oils. Students are introduced to 20 essential oils and learn about their uses in massage and bodywork, disinfecting, first aid, quality of life and peak performance enhancement, and pain and stress management. **PREREQUISITE None / Completion: ICD, WT**



Aromatherapy - Raindrop Technique
(Elective) / 8 hours *In-Person*
Non Program \$144 / Program \$136
NCBTMB Approved

Balance the central nervous system, release dormant viruses that hibernate along the spine and highly oxygenate the cells of all the systems. This treatment can be integrated with all types of emotional and physical therapies. **PREREQUISITE None / Completion: ICD**

Aromatic Foot Massage
(Community Wellness Workshop)
4 hours *In-Person*
Non Program \$72 / Program \$68

Learn how to create a custom massage oil blend using essential oils and how to apply that blend to the feet using a basic foot massage protocol. You will learn the basic therapeutic properties of 10 essential oil, based on their elemental (earth, water, fire, air, ether), psycho-spiritual and physical qualities. Using Polarity reflexology, energy, and massage techniques with essential oils, we will release tension in the feet that can be felt throughout the entire body.
PREREQUISITE None / Completion: ICD

B

Business & Marketing 1
(IMBP, IEBP) / 7 hours *In-Person or Online*

This course provides the student with a solid foundation from which to build a professional massage practice. Students develop their business expertise as they clarify their intentions as body-workers and discover and encourage their authentic voice. Business topics include developing a vision, effective interviewing skills, managing taxes as an entrepreneur, and contemporary marketing strategies and tools.
PREREQUISITE IPSB Foundations or Equivalent Completion: HW

Business & Marketing 2
(IMBP, IEBP) / 8 hours *In-Person or Online*

This class is designed for the bodyworker who seeks a conscious foundation of business basics and skills which support their soul's purpose and build a successful practice. You will learn how to build a strong foundation through self-assessment, gain clarity on career opportunities, and understand basic business fundamentals, regulations, operations and management. Additionally, you will begin the process of identifying your ideal client and ways to market your business which will be refined in Business & Marketing II. Effectively managing all aspects of your bodywork practice will help to create consistency and will become the cornerstone of a balanced and successful practice. This class will help to empower, prepare and motivate you to become successful. It will strengthen your business and boundary skills, honoring your work in life. **PREREQUISITE Business & Marketing 1 Completion: HW**



C

Clinical Development

(ICSU) / 24 hours Online

Non Program \$432 / Program \$408

Students have the opportunity to practice 5 complete sessions on clinic clients, along with receiving reflection and feedback from their instructors and peers. Each practitioner is encouraged to embrace personal strengths and to meet challenges that unfold.

PREREQUISITE Craniosacral Unwinding I or Polarity I. Recommended at end of Program
Completion: ICD

Communication I - Resonance & Relations

(IEBP, ICSU) / 32 hours In-Person

Non Program \$576 / Program \$544

Class one in a hallmark series of courses in verbal skills and self awareness for healing practitioners. It combines energetic principles with techniques drawn from NLP, Gestalt, Bioenergetics and Ericksonian Trancework. It is a profound accompaniment to all deep bodywork, and a favorite class for many students. **PREREQUISITE None**
Completion: ICD

Communication II - Dependencies & Addictions

(ICSU) / 32 hours In-Person

Non Program \$576 / Program \$544

NCBTMB Approved

This class is for students to review and master the skills learned in Communication I. New ways of speaking directly to the cause of client's distress will be explored. These will include pattern interruption, metaphors, and future pacing. **PREREQUISITE** Communication I -Resonance & Relations / **Completion:** ICD



Contraindications & Pathology

(IMBP, IEBP) / 30 hours Online

Non Program \$612 / Program \$578

Class content includes a survey of such pathological issues including as musculoskeletal conditions, traumatic injuries and neurological disorders most commonly encountered in a massage practice. Course also covers dermatological conditions and infectious disorders with emphasis on hygienic measures for client/therapist safety. **PREREQUISITE** Foundations or Approval
Completion: HW, WT



CPR/First Aid

(IMBP, IEBP) / 4 hours In-Person

Non Program \$85 No Program Discount

This class teaches participants how to respond to life-threatening emergencies. It focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise. At completion of class, a two-year CPR/First Aid certification is provided. **PREREQUISITE None** / **Completion:** ICD

Cranial Anatomy & Listening Skills I

(ICSU) / 16 hours / HYBRID

Mod A: 8 hours Online

Mod B: 8 hours In-Person

Non Program \$288 / Program \$272

NCBTMB Approved

This class is about deepening your palpation skills as a practitioner. It explores the physical and energetic anatomy of the cranial system and helps students learn to listen to the client's system through their hands and through space they are holding for the client. Students learn to palpate the energetic, fluid and physical levels of the client's system. **PREREQUISITE None**
Recommended: Craniosacral Unwinding I
Completion: WT, HOA, ICD

Cranial Anatomy & Listening Skills II

(ICSU) / 16 hours / HYBRID

Mod A: 8 hours Online

Mod B: 8 hours In-Person

Non Program \$288 / Program \$272

Expanding on the topics of Anatomy Listening 1, this class is intended to empower the student/practitioner in their ability to palpate and work with potent aspects of the craniosacral system. **PREREQUISITE None**
Recommended: Craniosacral Unwinding I
Completion: WT, HOA, ICD

Cranial Autonomic Nervous System

(ICSU) / 24 hours / HYBRID

Mod A: 8 hours Online

Mod B: 16 hours In-Person

Non Program \$432 / Program \$408

NCBTMB Approved

The Autonomic Nervous System is the interface between the body and the mind. This course will introduce students to the anatomy and basic principles of the Autonomic Nervous System (ANS), Parasympathetic Nervous System, and the Sympathetic Nervous System. Learn different techniques to release different holding patterns into the spine, brachial plexus, perineum, and coccyx while bringing balance to the parasympathetic/sympathetic nervous systems. We will cover an assessment protocol, Sympatheic Nervous System protocol and a Parasympatheic Nervous system protocol to address the specific presenting nature of the client's Autonomic Nervous System. **PREREQUISITE None**
Completion: WT, HOA, ICD

Cranial Spinal Balancing

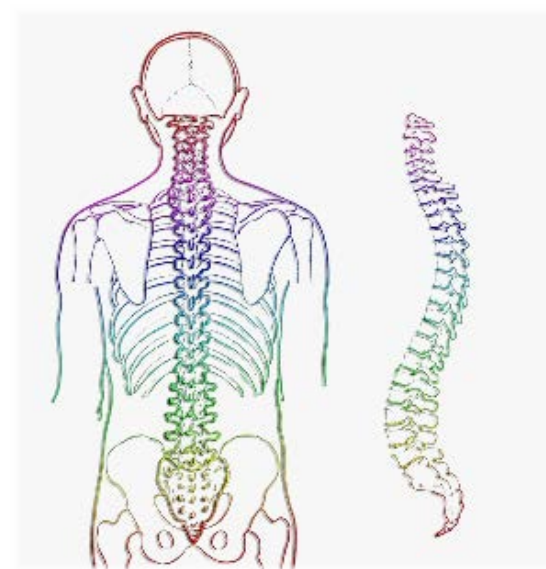
(ICSU) / 24 hours / HYBRID

Mod A: 8 hours Online

Mod B: 16 hours In-Person

Non Program \$432 / Program \$408

The spine is the tree of life which rests on the sacrum or "sacred bone." When the sacrum and spine are aligned the cranium opens like a flower. Learn alignment methods: muscle and vertebrae releases, stretch releases, spinal harmonics, and evaluation skills. Practice energetic clearing of the spinal cord, vertebrae, nerve pathways, and the ultrasonic core. This course is a culmination of Dr. Stone's techniques and furthering the study of the sacred sacrum. **PREREQUISITE None**
Completion: WT, HOA, ICD



Craniosacral Unwinding I

(IEBP, ICSU, RPP) / 24 hours / HYBRID

Mod A: 8 hours Online

Mod B: 16 hours In-Person

Non Program \$432 / Program \$408

NCBTMB Approved

This class sets the foundation for the Integrative Craniosacral Unwinding Program. It explores the concepts of the Craniosacral rhythm, fluid tides and the connective tissue system of the body. The focus of the class is on developing palpation skills or cranial touch. The way we touch the body in cranial work is unique and it allows students to listen to the client's system in a deeper way. Students are also introduced to the concept of holding space for the client so that the internal intelligence of the system can be contacted. In addition, this class also explores finding and having boundaries between practitioner and client and unwinding tissue by tracking the inherent movements in the body.

PREREQUISITE None / **Completion:** WT, HOA, ICD

Craniosacral Unwinding II

(ICSU, RPP) / 24 hours / HYBRID

Mod A: 8 hours Online

Mod B: 16 hours In-Person

Non Program \$432 / Program \$408

NCBTMB Approved

This class focuses on physical and energetic techniques for working with the bones of the cranium and their relationship to the body through the connective tissue system. Students learn to unwind facial bones and ex-

plore techniques for working in the mouth and unwinding teeth. This class also looks at classic and energetic still-point induction techniques that can be done at both the occiput and the sacrum. **PREREQUISITE None. Recommended: Craniosacral Unwinding I**
Completion: WT, HOA, ICD

Craniosacral Unwinding III (ICSU, RPP) / 24 hours / HYBRID
Mod A: 8 hours Online
Mod B: 16 hours In-Person
Non Program \$432 / Program \$408
NCBTMB Approved

Energy digestion is at the heart of life process. Cranial 3 is a clinical and integrative class that uses the spectrum of cranial techniques to help the practitioner become effective at meeting the clients' presenting issues, for the purpose of processing the energy patterning to restore health and vital Spinal Energetic Intelligence as the guiding factors for advanced levels of well-being. Students learn the place for verbal, emotional, and psychological processing. **PREREQUISITE None Recommended Craniosacral Unwinding I & II**
Completion: WT, HOA, ICD

Craniosacral Unwinding IV (ICSU) / 16 hours In-Person
Non Program \$288 / Program \$272
NCBTMB Approved

This class is an in-depth exploration of the concept of vector axis alignment within the Craniosacral system. Students learn about the anatomy of vectors, how to recognize and palpate them, and techniques for aligning the vectors at all levels of the system.

PREREQUISITE None
Recommended: Craniosacral Unwinding I, II, III
Completion: ICD

Craniosacral Unwinding V (ICSU) / 16 hours In-Person
Non Program \$288 / Program \$272
NCBTMB Approved

This class is an in-depth exploration of the concept of the point of balance tension within the Craniosacral system. Students learn to identify and release places of tension within the client's system. This class explores ways of holding one point within the Craniosacral system that allows a client's entire system to come into balance. **PREREQUISITE None Recommended: Craniosacral Unwinding I, II, III, IV / Completion: ICD**



D.....

Deep Tissue I - Lower Body (IMBP) / 56 hours / HYBRID
Mod A: 15 hours Online
Mod B: 41 hours In-Person
Non Program \$1,008 / Program \$952

This class is designed to give the student deeper study of the modality of deep tissue. Instruction addresses tissue layer by layer, non-invasively, with the goal of producing maximum release with minimal effort. This series deepens understanding of anatomy and how it functions in relation to posture, body-mind, self-care and Tai Chi practices. Muscle origins, insertions and actions as applied to the lower body. Common pathologies such as shin splints, plantar fasciitis, piriformis syndrome and psoas issues are addressed.

PREREQUISITE Advanced Modalities
Completion: WT, HOA, ICD

Deep Tissue II - Upper Body (IMBP) / 56 hours / HYBRID
Mod A: 14 hours Online
Mod B: 42 hours In-Person
Non Program \$1,008 / Program \$952

The second class in the series provides a study of deep tissue of muscle origins, insertions and actions for the upper body. Deep Tissue knowledge and techniques are layered with an understanding of common pathologies such as carpal tunnel syndrome, thoracic outlet syndrome, temporomandibular disorder with specific tools and technique to treat them. This class layers on deep I and explores more of the emotional components of body work as well as deepening the exploration of self-care, maintenance and Tai Chi.

PREREQUISITE Deep Tissue I
Completion: WT, HOA, ICD

E.....

Elder Care Massage Intro (IMBP, IEBP) / 4 hours Online
Non Program \$72 / Program \$68

Learn the compassionate skill of elder care massage. This introductory class includes an overview of how to treat the common pathologies mature clients may experience including chronic pain, arthritis, diabetes, COPD, skin-related issues, and dementia. Learn the various techniques and positioning on the table that cater to your senior clientele. With the CDC predicting the number of US residents over 65 to double from 35 million to 71 million by the year 2030, massage therapists with this skill will have a steady stream of potential massage clients for the next decade. **PREREQUISITE IPSB Foundations or Equivalent / Completion: ICD**



Energetic Nutrition (RPP) / 24 hours Online

Non Program \$432 / Program \$408
Students learn to recognize the elemental qualities of food. Students explore tools like food diaries to help them honor their clients' relationships and patterns with food. This class integrates esoteric, energetic, traditional, and scientific understanding of nutrition. It provides experience and awareness that help students guide their clients toward a balanced and holistic relationship with food. **PREREQUISITE None / Completion: HW, ICD**

Ethics & Boundaries (IMBP, IEBP) / 9 hours In-Person
Non Program \$162 / Program \$153

This course discusses the definition of Ethics as a set of specific standards of professional conduct. Course content includes boundaries, communication, and safety in the professional therapeutic relationship. Issues such as transference, counter-transference, projection, and

sexuality in a session are addressed. Students will learn how to know when to treat a client, and when to obtain a physician's release. Students engage in practice exercises to understand the possible repercussions of clients presenting with these issues. **PREREQUISITE IPSB Foundations or Equivalent / Completion: WT, ICD**

Evaluation & Preparation for Practice (ICSU) / 17 hours Online
Non Program \$306 / Program \$289

NCBTMB Approved
This class helps students integrate their polarity/cranial skills to create balanced sessions, time management skills, and appropriate boundaries. The class also helps prepare students to begin their practice. It focuses on integrating verbal and non-verbal techniques and helps the student learn to focus on the issue and to get to the point with each client they work with. The student also learns how to write up case studies using evaluative and management skills. **PREREQUISITE None / Recommended towards end of program / Completion: ICD**

Event Massage (Elective) / 8 hours In-Person
Non Program \$144 / Program \$136

Learn to utilize massage skills for special events where you will be working with clothed clients. We teach you chair and table work that can be done in public settings. Through event massage you can introduce bodywork to people without the need for them to disrobe. Use your newfound skills to increase your versatility, revitalize a practice and potentially build clientele. **PREREQUISITE Advanced Modalities**
Completion: ICD

Exam Preparation (Elective) / 8 hours Online
Non Program \$144 / Program \$136

Know what to study for the MBLEx examination – the required examination to achieve CAMTC certification. This class covers the entire process from submitting an application to taking the exam, in compliance with the Massage & Bodywork Licensing Examination Candidate Handbook. Course content including study guides, quizzes, and word definitions for ten subjects, including Anatomy & Physiology, Kinesiology, Client Assessment, and Pathology. **PREREQUISITE IPSB Foundations or Equivalent Recommended towards end of program**
Completion: ICD

F.....

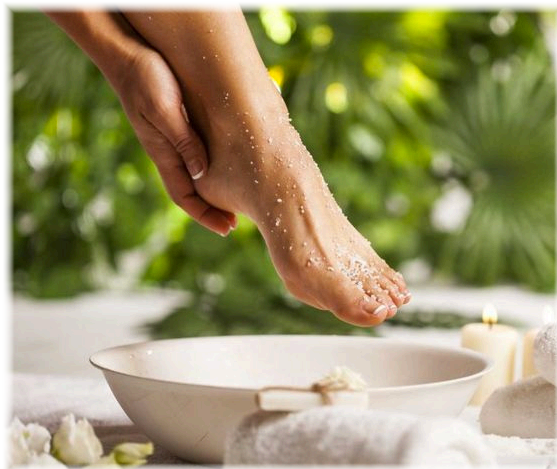
Five Pointed Star & Lymphatic System

(RPP) / 16 hours *In-Person*

Non Program \$288 / Program \$272

NCBTMB Approved

The five-pointed star in the body can reveal how we experience life. This class involves recognizing this image in our clients and learning techniques for bringing the system into balance. It also focuses on cleansing and fortifying the body's energetic lymphatic system by understanding its anatomy and physiology and using energetic lymphatic massage. Students learn which herbs, essential oils, and food facilitate keeping the system clean and healthy. **PREREQUISITE None**
Completion: ICD



H.....

Holding Space

(ICSU) / 16 hours *Online*

Non Program \$288 / Program \$272

Holding Space teaches a practical way to organize your life energy system to tap into the potency of the natural energy of the world we live in for healing and the optimization of your intentions around all aspects of life. More than a technique, Holding Space offers a practice that can empower you to bring resources and strength to the energetic, digestive processes of life. Holding Space is a way to optimize life-energy based living, bringing greater depth and dimension to any healing practice and modality. This class integrates the tools of holding space into the vast world of distance or remote healing. **PREREQUISITE None / Completion: ICD**

Human Energy Systems

(IMBP) / 8 hours *In-Person or Online*

Non Program \$144 / Program \$136

A cross-cultural view of energetic systems connected to the physical body. Meridian theory, chakras, aura balancing, visualization, space cleaning and feng shui for personal and professional environments are presented and explored through lecture and hands-on experience. Students learn how bodywork affects the balance and movement of energy. **PREREQUISITE None / Completion: ICD**

Hydro & Spa Therapies

(IMBP) / 12 hours / HYBRID

Mod A: 4 hours *Online*

Mod B: 8 hours *In-Person*

Non Program \$216 / Program \$204

Introduction to the physiological effects of hot, cold and water treatments as used in a spa or therapeutic environment. The practical hours will integrate the application of hydrotherapy and aromatherapy with the introduction of several spa techniques and tools. These tools will equip the therapist to confidently approach modalities utilized in the spa environment in a safe and responsible manner. Practical application of selected treatments will be demonstrated for private practice
PREREQUISITE IPSB Foundations or Equivalent
Completion: WT, HOA, ICD

Integration of RPP Skills

(RPP) / 8 hours *Online*

Non Program \$144 / Program \$136

NCBTMB Approved

This class explores ways for students to incorporate all of the skills and tools they've learned and to use them in a polarity session. **PREREQUISITE ICSU Program**
Completion: ICD

IPSB Movement Series

(Community Workshop) 10 hours *Online*

\$180 No Program Discount

In this course, the student will learn the IPSB Movement Series. Originally developed by faculty at the Institute of Psycho-Structural Balancing in San Diego, the Series leads bodyworkers to develop and enhance their kinesthetic awareness, flow, rhythm, internal sense of anatomy and the "dance around the table." It is an excellent self-care technique and helps even seasoned practitioners to drop back into embodiment. This class will also use simple art-making as a part of self-reflection and articulation. **PREREQUISITE None**

Completion: HW, ICD

Introduction to IPSB Massage

(Workshop) / 16 hours

This two-day workshop provides an introduction to IPSB's unique massage style and Tai Chi body mechanics. Students will have an opportunity to experience the basics of the 120-Hour IPSB Foundations Course which is the bedrock of both the IMBP and IEBP 550-hour massage programs. There is a strong emphasis on practitioner self-care and how use correct Tai Chi informed body mechanics to help prevent fatigue or injury. This is a great introduction to therapeutic massage for those interested in massaging their friends and family or for those curious about taking further classes at IPSB and becoming a certified massage therapist.

PREREQUISITE None / Completion: ICD

If students decide to continue with the IMBP or IEBP program, a \$200 tuition credit will be applied.

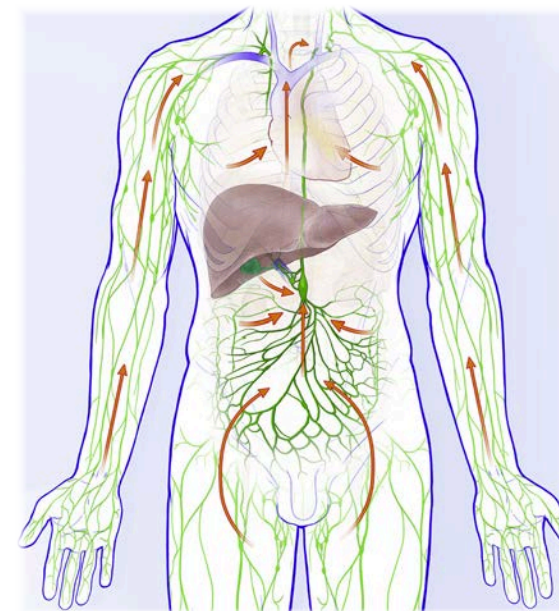
K.....

Kansa Facial Therapy & Gua Sha

(Elective) / 16 hours *In-Person*

Non Program \$288 / Program \$272

This class is designed for the massage therapist or esthetician, with routines that can stand alone, or be integrated into any bodywork session. Learn how to massage the face neck and décolleté to achieve a natural lift and healthy glowing skin. Class includes information on trapped emotions, face mapping, holding patterns, myofascial releasing techniques, and kansa therapy. Kansa Wand included. **PREREQUISITE None / Completion: ICD**



L.....

Lymphatic Drainage I

(Elective) / 16 hours *In-Person*

Non Program \$288 / Program \$272

This class will focus on the anatomy and physiology of the lymphatic system as well as indications, contraindications and massage protocols. Students will learn to assess and palpate the lymph node and channels as well as demonstrate the appropriate technique.

PREREQUISITE IPSB Foundations or Equivalent

Completion: ICD, HOA

Lymphatic Drainage II

(Elective) / 16 hours *In-Person*

Non Program \$288 / Program \$272

This course is the follow up class to Lymphatic Massage I and will focus on the anatomy of deeper vessels and organs of the lymphatic and the immune systems. Presenting more conditions and pathologies with the system and manual drainage techniques.

PREREQUISITE Lymphatic Massage I

Completion: ICD, HOA

M

Myofascial Massage I (IMBP, IEPP) / 16 hours In-Person Non Program \$288 / Program \$272

This course introduces the student to this effective hands-on (no or minimal oil) technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and myofascial restriction causes by trauma, surgery or inflammatory responses. This essential "time element has to do with the viscous flow and the piezoelectric phenomenon: a low load (gentle pressure) applied slowly will allow the fascia to elongate. The class will focus on proper body mechanics and movement, self treatment instruction, enhancement of strength, improved flexibility, and postural and movement awareness. **PREREQUISITE IPSB Foundations or Equivalent Completion: ICD**

Mysterious Sacrum and Six-Pointed Star (RPP) / 16 hours In-Person Non Program \$288 / Program \$272

In this class we explore the sacred geometry of the six-pointed star as reflected in our anatomy. This class focuses on advanced Polarity Therapy concepts, the anatomy of the colon and the body-based, six-pointed star polarity therapy protocol. The Six Pointed Star has two triangles and is a perfectly polarized expression of both our involuntary being and our evolutionary being; one triangle is facing up, and the other facing down. Dr. Stone said, "As able, as below". In this class you'll learn to integrate these fields through energetic point location as outlined in Randolph Stone's work, to allow the structure to permit proper expression to flow in and out of the being. As essential component of this class is the laying on of hands through the application of professional therapeutic touch.

**PREREQUISITE ICSU Program or approval
Completion: ICD**

Mystic Sound Gathering (Community Wellness Workshop) 3 hours Online \$20 No Program Discount

Held by The Mystic Agent, Shannon McLaren a BCPP, Integrative Craniosacral practitioner and Seer. Join us to reset and reboot your energy system at the Soul-u-lar level! We come together in the spirit of authenticity, to meet other people in a safe space of choice to listen to others or share and be heard in a way that nurtures the heart and nourishes the soul! No competition, cross-

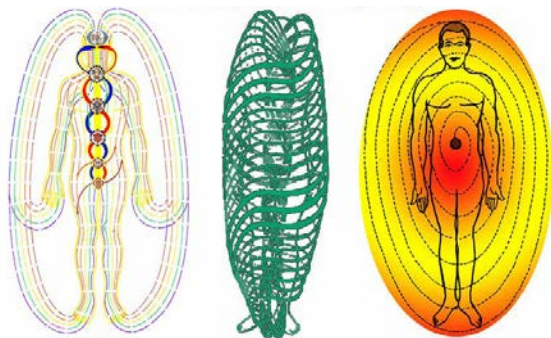
talking or "you shoulds" here!" Shannon weaves: ancient ceremonial tools, facilitates breathwork, sounding and a sound healing/bath. Benefits: Brings a deep awareness and understanding of self: internal voice and how one connects with others. Boundaries engagement; sensing of likes and dislikes, breath usage, heightening sensitivities to sounds, body movements, and thoughts. *What to bring: Yoga Mat, altar item, & blanket.*

PREREQUISITE None / Completion: ICD

P

Polarity Immersion (IMBP) / 8 hours In-Person Non Program \$144 / Program \$136

Learn the fundamentals of Polarity Therapy. Come away with knowledge of how to perform a full hour session using twenty seven different energy techniques that help integrate body, mind and spirit. **PREREQUISITE None / Completion: ICD**



Polarity I - General Session (IEBP, ICSU) / 16 hours In-Person Non Program \$288 / Program \$272

NCBTMB Approved
This class sets the foundation for all the other classes in the Polarity programs and introduces the basic principles of how energy flows in the body. Students learn the Polarity General Session, a complete bodywork protocol for aligning and balancing Life Energy. Emphasis is placed on developing the art of touch and understanding the relationship between body, mind, and spirit in the healing process. Using hands-on contacts, toning, breathing, and gentle counseling techniques, Polarity Therapy embodies a complete holistic health care approach that can be used with many other bodywork modalities. **PREREQUISITE None / Completion: ICD**

Polarity II - Elements Language of the Chakras (ICSU) / 42 hours In-Person Non Program \$756 / Program \$714

NCBTMB Approved
An in-depth exploration of Polarity energetics and the expression of life energy through the five elements: ether, air, fire, water and earth. Students learn bodywork sessions for balancing each element and basic Polarity exercises. Emphasis is placed on developing the art of touch and understanding the relationship between body, mind, and spirit in the healing process. Using hands-on contacts, toning, breathing, and gentle counseling techniques, Polarity Therapy embodies a complete holistic health care approach that can be used with many other bodywork modalities. **PREREQUISITE None / Completion: ICD**

Polarity Reflexology (RPP) / 20 hours In-Person Non Program \$360 / Program \$340

Polarity Reflexology is about exploring foot, hand and ear Reflexology from an energy perspective. In addition to learning the reflex points, students will be hooking up currents of energy and using breath and sound for more complete healing. **PREREQUISITE ICSU Program or approval / Completion: ICD**

Polarity Yoga (Dr. Stone's Mystic Philosophy) (RPP) / 14 hours / HYBRID Mod A: 8 hours Online Mod B: 6 hours In-Person Non Program \$252 / Program \$238

In this class students explore stretching postures, breathing, and sound as a way of increasing vitality and flexibility and to balance each of the five elements within the body. Students learn ways of using Dr. Stone's exercises with their clients to help continue on their own the work that begins during a polarity session. Polarity exercise is easy and fun and can be done by almost anyone regardless of age or physical condition. **PREREQUISITE ICSU Program or approval
Completion: WT, HOA, ICD**

**Postnatal Massage
(Elective) / 24 hours In-Person** This course focuses on how to use massage to support mom and baby in the postnatal period from birth for the first year. Implications considered include vaginal birth, cesarean birth/working with scar tissue, supporting pelvic floor recovery, how breastfeeding affects the body and how

to work with that. Techniques include working with birth parent and baby on the massage table, suggestions for how to navigate a session with a fussy baby, and an emphasis on appropriate work for both birth parent and baby. There will be a clinic day where postpartum parents will come in to receive sessions from the practitioners in a supervised classroom setting to help provide real world experience.

**PREREQUISITE Prenatal Massage or approval
Completion: HW, ICD**



Practicum IEPP (IEBP) / 16 hours In-Person Non Program \$288 / Program \$272

This course is meant for the student who is at the end of their training. It provides a forum for mentorship with teacher oversight. Students will review SOAP noting and client record keeping in depth, bring challenges they are experiencing with clients and review specific conditions and ways of approaching them through the integration of all their techniques.

PREREQUISITE All other IEPP program classes or approval / Completion: HW, ICD

Practicum IMBP (IMBP) / 16 hours In-Person
Non Program \$288 / Program \$272

This course is meant for the student who is at the end of their training. It provides a forum for mentorship with teacher oversight. Students will review SOAP noting and client record keeping in depth, bring challenges they are experiencing with clients and review specific conditions and ways of approaching them through the integration of all their techniques. **PREREQUISITE All other IMBP program classes or approval / Completion: HW, ICD**

Practicum/ Internship (RPP) / 45 hours

This is the final classroom experience for students who have completed all the other RPP classes. Each student gives a session to a client in front of the entire class and then receives feedback from teachers and classmates. It is an empowering experience and a rite of passage into private practice. **PREREQUISITE None Recommended at the end of the RPP Program / Completion: ICD**



Intro to Prenatal Massage (IMBP, IEBP) / 24 hours / HYBRID

Mod A: 8 hours Online
Mod B: 16 hours In-Person
Non Program \$432 / Program \$408

This course is geared to the practitioner who would like to offer safe and knowledgeable bodywork techniques for pregnant clients, and other clients in side-lying position. The focus is on developing the therapist's confidence with a sound understanding of anatomy/physiology during pregnancy, contraindications, and basic complaints and pathologies. **PREREQUISITE Advanced Modalities Completion: WT, HOA, ICD**

Prenatal Massage (Elective) / 24 hours In-Person

This course is geared to the practitioner who would like to offer safe and knowledgeable bodywork techniques for pregnant clients at any stage of gestation including tips for healthy body mechanics for the practitioner who provides support during the birthing process. The emphasis will be on protecting the practitioner tools, body mechanics, and ways to approach the body in all stages of gestation to alleviate the primary complaints of a healthy pregnancy. There will be a clinic where pregnant parents will come in to receive sessions from the practitioners in a supervised classroom setting to help provide real world experience. **PREREQUISITE Advanced Modalities / Completion: HW, WT, ICD**



Q

Quantum Cranial Sound Healing and Vibrational Medicine

(Elective) / 16 hours Online
Non Program \$288 / Program \$272
This class integrates craniosacral, vibrational and homeopathic medicine, intuition, quantum biology, and sound healing with tuning forks. The course focuses on cerebral spinal fluid (CSF), intuition / sensory kinesiology, and how to tune into and potentize CSF through succession methods (traditionally called tapping) The potency of this class will vitalize the dimensionality of your body, your life and the modalities of your current practice. **PREREQUISITE None / Completion: ICD**

R

Radiant Business (RPP) / 32 hours Online
Non Program \$576 / Program \$544

This inspiring class gives students a solid foundation in professional bodywork ethics and helps strengthen their business and boundary skills. The intention is to empower, prepare and motivate students to become successful financially, emotionally, consciously, and spiritually, while honoring their work in life. **PREREQUISITE ICSU Program or approval Completion: HW**

Radiant Cleanse (RPP) / 21 hours Online
Non Program \$378 / Program \$357

Cleanse your body, improve your life. As one makes the commitment to cleanse and the old debris falls away, our life energy becomes lighter and clearer. Cleansing can be an extremely insightful and inspirational process as it helps us create the space in our lives to become more vibrant and stronger. Using Dr. Stone's Health Building techniques as our guideline, this class includes concepts of cleansing through a self-exploratory process. Students work at their own pace and learn to apply principles for spiritual, mental, emotional and physical rejuvenation. Learn how the inner can be a reflection of the outer and how to improve your well being while up-leveling your life! Classes will be recorded so you can watch them later. **PREREQUISITE ICSU Program or approval Completion: HW**

Reiki I (IEBP) / 8 hours In-Person
Non Program \$144 / Program \$136

Experience the Universal Life Force Energy known as Reiki with this training based on the Usui Reiki System. Level I emphasizes self-treatment to support mind/body balance. Topics include the history of Reiki, The Five Principles, Three Pillars, how Reiki works, a Reiki attunement/initiation and their applications as a self-treatment protocol and treatments for working with others. Upon completion of this course students are certified as Reiki Level I Practitioners. **PREREQUISITE None Completion: ICD**



Reiki - Level II (Elective) / 16 hours In-Person
Non Program \$288 / Program \$272

Reiki Level II deepens the Reiki connection with a second attunement/initiation and learn three of the four Reiki symbols that strengthen and focus Reiki for physical, mental/emotional and distant healing for both individuals and groups. Traditional Japanese techniques & meditations that support the students Reiki journey will be introduced. Upon completion of this course students are certified as Reiki Level II Practitioners. **PREREQUISITE Reiki I / Completion: ICD**

Reiki - Level III (Elective) / 32 hours In-Person
Non Program \$544 / Program \$576

Reiki III is an interactive and experiential training that builds on the foundations established in Levels I & II, deepening the Practitioner's connection to the Reiki energy. It is at this level in traditional Usui Reiki a commitment to creating a life-long personal practice is taken. Master Level Reiki students will learn the rituals of Reiju/Attunements. These teachings can be developed into a professional teaching practice if desired. Upon completion of this course, students are certified as Reiki Master practitioners. **PREREQUISITE: Reiki II / Completion: ICD**

IPSB created a strong manual therapy foundation, on which I've built a thriving practice. IPSB set up a solid path to grow a career as a manual therapist. Only by attending other schools around the world did I understand the brilliance of the IPSB curriculum. - James B. / IMBP Alumni

S

Sensory Repatterning 1

(IEBP) / 24 hours *In-Person*

Non Program \$432 / Program \$408

In this advanced form of passive joint mobilization, the client's body is moved, rocked, cradled and invited to let go, creating sensations of openness and freedom, fluidity and joy. Sensory Repatterning I explores the key principles of Timing, Gravity, The Skeleton and the Wave. Students not only learn an amazingly elective 50-minute "treatment", but also deeply enhance the quality of touch and movement they bring to the table when giving any type of bodywork. Sensory Homework: Three full 50-minute sessions must be completed and logged to receive credit for this course.

PREREQUISITE IPSB Foundations or Equivalent

Completion: HW, ICD

Sensory Repatterning 2

(Elective) / 24 hours *In-Person*

Non Program \$432 / Program \$408

Learn more Sensory Repatterning techniques. Focus on vision, sensitivity and rhythm, and improving your artistic skills as an integrative body-worker.

PREREQUISITE Sensory Repatterning I

Completion: HW, ICD

Sensory Repatterning 3

(Elective) / 24 hours *In-Person*

Non Program \$432 / Program \$408

Review and refine the Sensory Repatterning routine. This class allows exploration and deepening of the concepts of healing through creative artwork.

PREREQUISITE Sensory Repatterning II

Completion: HW, ICD



Shiatsu Anma Therapy Intro

(IEBP) / 20 Hours *In-Person*

Non Program \$360 / Program \$340

Shiatsu Anma Therapy is a form of traditional Japanese massage. Students will learn the basic Shiatsu theory skills and techniques to support clients. Various techniques will be taught on massage tables that can be integrated into other modalities or be practiced on their own. Emphasis will be given to self-practice, sensing body conditions, correct body mechanics and simplicity in understanding the body.

PREREQUISITE IPSB Foundations or Equivalent

Completion: ICD

Spinal Balancing

(ICSU) / 24 hours *In-Person*

Non Program \$432 / Program \$408

NCBTMB Approved

The spine is the tree of life which rests on the sacrum or "sacred bone." When the sacrum and spine are aligned the cranium opens like a flower. Learn alignment methods: muscle and vertebrae releases, stretch releases, spinal harmonics, and evaluation skills. Practice energetic clearing of the spinal cord, vertebrae, nerve pathways, and the ultrasonic core. This course is a culmination of Dr. Stone's techniques and furthering the study of the sacred sacrum.

PREREQUISITE ICSU Program Recommended

Completion: ICD

Spinal Renewal - Aromatherapy

(IEBP, ICSU) / 8 hours *In-Person*

Non Program \$144 / Program \$136

This one-day class blends aromatherapy and the basic principles of Craniosacral Unwinding in tandem with using Otto tuner tuning forks, and special bodywork techniques utilized in Ecuador. Learn gentle frequency based techniques that have spines humming. Students and clients who have received this protocol report feeling more ease, space and openness after this session. Learn how to work smarter, not harder and let the essential oils to the heavy lifting. Includes use of essential oils in class. Please bring a set of sheets and a journal to write in. **PREREQUISITE** None / **Completion:** ICD



Sports Massage & Stretching

(IMBP) / 24 hours *In-Person*

Non Program \$432 / Program \$408

This hands-on class focuses on stretching (passive, active, PNF, and MET), range of motion, passive joint mobilization, pre- and post-event massage concepts, cramp relief techniques, dehydration, and hyper/hypothermia. Intended to introduce students to the concept and definition of Sports Massage, offering various examples of real life scenarios. Concepts of active and passive range of motion and measurement are covered. This class is intended to reinforce body mechanics for career longevity, teach the principle concepts of stretching, and a variety of effective self-stretches for practitioners and athletes. Also teaching some detailed examples of passive stretches and passive joint mobilizations.

PREREQUISITE Advanced Modalities and Anatomy & Kinesiology / **Completion:** ICD

As a practitioner, my training at IPSB taught me to simply meet the challenge of just being with another person and allowing the groundswell of their own intelligence to do the work, and most importantly, to get out of the way.

Having studied Polarity, Craniosacral, and massage therapy at several other institutions before finally coming to IPSB, this work has become the thru-line around which all other practices I do revolve. I would highly recommend these classes for anyone interested in deepening their understanding and practice of energy medicine.

- Jonathan L. // RPP student

NCBTMB
CHOOSE BOARD CERTIFIED.™



Nothing is so healing
as the human touch.

Bobby Fischer

ASSESSMENT & GRADUATION POLICY

California statute requires that a student, who successfully completes a course of study, be awarded a diploma or certificate verifying the fact. A Certificate of Completion is awarded upon satisfactory completion of the offered programs.

Graduation/Course Completion Requirements

The following criteria is used to evaluate a student's mastery of the theory and techniques presented within the program, and to confirm eligibility for graduation:

Grades (Pass or Fail) based on:

100% attendance of all required program clock-hours. Students can miss up to 20% of total classroom hours but these hours must be made up with similar content. If more than 20% of the total classroom hours are missed, students are required to retake the course from the beginning. Students may re-take classes at 50% of class price.

Grading Policy

Grades are based on an evaluation of Pass or fail, measured by a combination of factors:

Completion Requirements:

All classes are graded on a Pass/Fail. The following tools are used to gauge pass/fail/completion:

- **WT** - written tests (must be 70%+ correct to pass)
- **HOA** - hands on assessments administered by the teachers,
- **HW** - written homework
- **ICD** - in class demonstration of technique comprehension and participation in class exercises, discussions & hands on work in each class. Each student is expected to partner with fellow students and give feedback to their partners

In addition, all hours must be attended (or made up if time is missed) to be considered complete with any classes.

LICENSING REQUIREMENTS

Polarity Therapy & Craniosacral Therapy Licensing

There is no specific license required to practice Polarity Therapy or Integrative Craniosacral Unwinding in California. For practitioners intending to practice Polarity Therapy and Craniosacral Unwinding in California, it is recommended that you obtain a massage license for the city or county through the California Massage Therapy Council in Sacramento.

Certification - CAMTC

- Complete your application on the CAMTC website at camtc.org
- Submit an IPSB at LEI Transcript Request Form (must be 500+ hours) to info@ipsb.com or in person to the Student Services desk. Once completed, the school will forward a copy to the CAMTC (and to the FSMTB for those students wishing to sit the MBLEx exam)
- Submit LiveScan fingerprints, see their website for details

Curriculum As Required by CAMTC

All 500 clock hours of education (or credit unit equivalent) required for CAMTC Certification must be provided under the active and direct supervision of qualified instructors, meet or exceed the minimum requirements for approval set forth herein, and be substantially related to the massage profession. CAMTC reserves the right, in its sole discretion, to determine whether curriculum is substantially related to massage or not.

For programs in excess of 500 hours, the hours above and beyond 500 do not have to meet these requirements; however, hours that do not meet these requirements cannot be used towards CAMTC Certification.

Licensing

As of January 1, 2015 bill AB 1147 requires CAMTC applicants to have 500 hours of education from CAMTC approved schools, as well as meet all of the other requirements in the law in order to be certified.

CAMTC approved schools have met minimum standard for training and curriculum, and training hours may be accepted toward education requirements for Certified Massage Therapist applicants. Applicants for CAMTC certification shall have completed at least 500 supervised hours with a minimum of 100 of those hours satisfying CAMTC specified subjects.

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

Using titles of CMP or CMT

Pursuant to California Business and Profession Code section 4611, it is an unfair business practice for a person to do any of the following:

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

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

RECORDS, DOCUMENTS & TRANSCRIPTS

Transcript / Certificate Fees

\$25 Transcripts
For classes completed after 7.1.16

\$75 Transcripts
For classes completed prior to 7.1.16

\$10 For each additional copy of a Transcript or Certificate

IPSB at LEI Record Retention

Records are retained on-site for a period of no less than five years. Transcripts are available permanently and may be requested with the payment of a \$25 fee.

Additional copies of transcripts or certificates is \$10 each. Release of records including transcripts requires student's written authorization

IPSB Custodian of Records / Acceptance of Education

IPSB at Life Energy Institute is the official custodian of records for Institute of Psycho-Structural Balancing (IPSB) students who attended the school prior to 7/1/16. Please contact the school administrative office to request a transcript, or download a transcript request form at www.ipsb.com. As noted in the CAMTC Schools Policies and Procedures for Approval of Schools guidebook, 'CAMTC approved schools that are closed or merged with a CAMTC approved school on or after July 1, 2016 and are in good standing with CAMTC at the time of closure or merger: Education will be accepted from the lawful custodian of records as long as the closed school is or was not subject to any disciplinary actions or pending investigations by any approval or accrediting agencies, law enforcement agencies (LEA), government agencies, CAMTC or other massage or school related entities. CAMTC reserves the right to review and accept or deny all or part of any education submitted for individual CAMTC certification purposes from a closed, sold or merged school described herein.

IPSB at Life Energy Institute is approved for continuing education units by:

- **CAMTC School Code SCH0077** (The School approval code issued by CAMTC is for a single campus and approved satellite locations)
- The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)
School code: 290146-00
- The American Polarity Therapy Association (APTA)



LIFE AFTER YOUR PROGRAM

Being a part of the alumni community brings more benefits and learning opportunities.

Placement and Salary Claims

The school does not have a formal placement service however does receive employment postings which are made available to students. IPSB at Life Energy Institute does not make salary or job placement claims.

EMPLOYMENT PLACEMENT SUPPORT

We work with a number of massage and bodywork businesses, including day spas, chiropractic offices, physical therapy clinics and upscale gyms.

WE CAN ASSIST WITH:

- career coaching
- insurance information
- interview preparation
- on-site employer visits
- licensing information
- resume development
- job postings

Services for the Holistic Entrepreneur

Many of our staff have independent private practices offering personalized therapeutic care. We are honored to assist and support our graduates build their holistic businesses with the following resources:

- Business & Marketing Classes
- Entrepreneurial Coaching
- Marketing Guidance

TEACHER ASSIST CLASSES

Assisting classes is a valuable way to stay connected to the community and lessons without the stress of having to master new things. As a TA you would be able to listen to lessons again, partner with students and have the opportunity to be a part of the fabric of the next group's experiences. If you would like to be on a list to assist classes, reach out to your teachers or contact the administrative office at **(310) 342-7130** or **info@ipsb.com** and we will make sure the teaching staff know you're available.

Volunteer Opportunities

IPSB is committed to serving the communities we are a part of, whether it's supporting families, the queer community, BIPOC organizations, or raising money to get dogs into forever homes we will show up with a team of alumni to offer our special IPSB magic to the event or program. It's a lot of fun and students/alumni get the opportunity to share the work they love, support a cause they believe in and meet people that often turn into treasured clients.

We offer the event massage class as a work trade opportunity twice a year for a commitment of 20 hours of donated time. You learn to do fully clothed sessions on either the massage table or massage chair with an eye toward working various events.

We work with many different communities providing bodywork on site and assisting fundraising at events by doing massage for donation. If you have an event we can bring students or alumni to or would like to partner with us so that we can bring the IPSB at Life Energy Institute outreach team to your community reach out to us.

Enrichment Tutorials

IPSB at Life Energy Institute makes a commitment to its alumni that at any point they can book tutorials to assess body mechanics and help review technique with our teachers. We are serious about our commitment to career longevity and all of our teachers are available to support you. If at any point you want to brush up on body mechanics, find something is challenging you or need a review, current and future teachers will be here to hold space for you. If you don't have the instructors contact information you can reach out to the office and they will put you in contact with them.

For more information, contact us at:
(310) 342-7130 sabrina@ipsb.com
or visit www.ipsb.com

APPROVAL & DISCLOSURE STATEMENTS

Accreditation

IPSB at Life Energy Institute is not accredited by an accreditation agency recognized by the United States Department of Education.

Financial Statement

None of the following applies to IPSB at Life Energy Institute: Pending petition in bankruptcy, operating as a debtor in possession, filing 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.)



Bureau for Private Postsecondary Education (BPPE)

IPSB at Life Energy Institute [Note upper case I] is a private institution and has been granted approval to operate by the Bureau of Private Postsecondary Education. This approval means that the school is in compliance with state standards as set forth in the California Education Code and California Code of Regulations.

Integrative Massage & Bodywork Program
(IMBP) - 550 Hours

Integrative Energy & Bodywork Program
(IEBP) - 550 Hours

Integrative Craniosacral Unwinding™
(ICSU) - 489 Hours

Registered in Polarity Practices
(RPP) - 844 Hours

Questions About Catalog

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, www.bppe.ca.gov, toll free telephone number (888) 370-7589 or (916) 574-8900 or by fax (916) 263-1897

Complaint Procedures

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



California Massage Therapy Council (CAMTC)

Any unanswered questions relating to our IMBP or IEBP Program or for filing a complaint: 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) 669-5337**

STATE of CALIFORNIA STUDENT TUITION RECOVERY FUND (STRF)

It is a state requirement that a student who pays his or her tuition is required to pay a state imposed assessment for the Student Tuition Recovery Fund (STRF). The purpose and operation of the STRF is to protect students in the event that a school closes before students complete their programs.

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, (916) 431-6959 or (888) 370-7589.

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

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

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

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

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

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

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

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

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

THE ART OF TAI CHI IS ROOTED IN THE PHILOSOPHY OF THE TAO. TAO MEANS THE WAY AND REFERS TO THE IMMANENT PRINCIPLE THAT LIES BEHIND ALL PHENOMENA AND AFFECTS ALL LEVELS OF EXISTENCE. TAI CHI IS A SUBTLE AND POWERFUL AWARENESS DISCIPLINE, A TOOL TO BECOME MORE IN TOUCH WITH YOURSELF.



Tai Chi Chuan is often studied for its defense training, and its health benefits including breathing, movement and meditation. At IPSB, Tai Chi forms the core of our body mechanics training, to ensure our students take care of their bodies and have longevity in their careers.

Tai Chi is a way of allowing yourself to function naturally and smoothly, uncluttered without expectations, shoulds, hopes, fears, and other fantasies that interfere with our natural flow.

Unlike so many paths to awareness, Tai Chi is beautiful to experience as you do it, and also beautiful to watch from the outside. When you really get into Tai Chi, you are suspended in the center, and everything simply happens and unfolds around you.

MASTERFUL FORM

Mastery of all artful movements, including sports, martial arts and dance, requires learning the proper form. The IPSB style (TM), derived from the ancient art form known as Tai Chi Chuan, is one that engages the core, the entire physical body and the life force energy that animates all living things.



"Tai Chi is the Yin path and bodywork is the Yang path, each containing the seeds of the other. Through their dynamic relationship the insights and perceptions of the early Taoists on the one hand, and the discoveries of contemporary body-mind explorers on the other, it can become a living experience and the means whereby we heal ourselves and offer healing to others and the world."

Leslie Prell (Retired)
Senior Massage & Tai Chi Instructor

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