

Therapeutic Bodywork Learning Center

Monthly Weekend Intensives

Intensive Daily Routine

Students are required to bring their own lotions, linens & massage tables.

8 am to 9 am - Body mechanics
9 am to 11 am - 1st class segment
11:15 am to 1 pm - 2nd class segment
1 pm to 2 pm - Lunch
2 pm to 4:30 pm - 3rd class segment
4:45 pm to 6:30 pm - Practice lab

***NOTE: ACADEMIC HOURS ARE BASED ON THE CUSTOMARY 50 - 55 MINUTES OF CLASS TIME**

Students in the full **500 HR. Massage Training Program** will usually be meeting for two intensive weekends per month.

TBLC will accept students for **Customized Massage Training Programs** of 200 hours or more. Students choose their hours ala carte from the weekends listed below. In most cases students will be meeting the first monthly weekend mentioned below for 10 to 12 months. Reiki I Certification is given as an optional weekend. **(NOTE: See MIM's, NCBTMB or MBLEx's, catalogues/ websites for a fuller explanation of creating customized programs. Students creating their own customized programs are responsible for the required courses not taken at the TBLC)**

All weekends contain training hours in Anatomy, Pathology, Body mechanics, Business, Ethics, & review.

1. A. Intro to Swedish
B. Swedish continued
2. A. Swedish continued
B. Intermediate / Advanced Swedish
3. A. Swedish continued (Infant, pregnancy, geriatric)
B. Spa techniques
4. A. Specialty Massage (foot reflexology, aromatherapy)
B. Deep tissue
5. A. Seated Massage
B. Reiki I & II Certification
6. Sports massage & Injury
7. A. Oriental Meridians
8. A. Oriental Meridians continued & beginning AcuTherapy
9. A. AcuTherapy continued
B. More Anatomy & Pathology
10. A. Clinical Experience
B. Yoga Body Mechanics
11. A. Advanced Technique & Hydrotherapy
B. More Deep Tissue
12. A. Postural Evaluation & Low Back techniques
13. A. Postural Evaluation & Low Back techniques, continued & Polarity
B. Clinical experience
14. A. Polarity continued
B. Putting it all Together
15. Legal & Business, Ethics & Practice Building