

*Our mission is to provide a comprehensive, experiential education in the art and science of massage therapy.*

*We model a new standard of excellence for bodywork in an environment that supports the personal growth of the individual.*

*In unifying these principals, we provide the opportunity for a diverse student body to establish a foundation for connection within themselves that will serve not only in the practice of massage therapy, but in life itself.*

***“Be the change  
you wish  
for the world.”***

*-Mahatma Gandhi*

## MASSAGE STUDIO

### Professional Therapeutic Massage

We specialize in professional therapeutic bodywork and offer one on one sessions in our massage center. Our exceptional therapists average 600 hours of training and have extensive experience in all major forms of massage ranging from the traditional Swedish and Deep Tissue to the more subtle Craniosacral Therapy or TMJ. Let our therapists help you release your aches and pains!

### ONGOING \$35 STUDENT MASSAGE CLINICS

Our teaching clinics are designed to help students integrate the material they learn in class. Essential practice is provided for students in this supervised, professional setting. For the new therapist, this experience is a welcome, supportive bridge between the classroom and a private or spa-related practice.

***SantaBarbaraBodyworks.com***

### Instructors

**Matt Lynch** is the founder and director of Santa Barbara Bodyworks. He is a nationally recognized trainer of myofascial, somatoemotional, and movement therapies. He has been synthesizing a comprehensive understanding of human anatomy and physiology with somatic psychological principles and neuromuscular reeducational experiences in his classes and sessions for over a decade. An innovator and pioneer in the field of integrative bodywork, he inspires students and clients alike with his passion for the exploration of the healing process in its many forms. Matt continues to publish, online and in print, while teaching and maintaining his private practice in Santa Barbara.

**Amber Sciuto** is the owner of Santa Barbara Bodyworks; she has had the honor of seeing over 300 students graduate from the massage school since becoming the owner in 2006. She is a Holistic Health Care Practitioner and has had a private practice in Santa Barbara for 6 years. She loves introducing clients to their psoas and specializes in neck issues. Amber's teaching style is experiential learning-get you hands massaging & your brain will follow! Amber's motto is "Remember happy muscles don't hurt!"

**Michael Antrim**, a bodywork professional for more than ten years, spent four years as lead massage therapist at a premier resort and spa in Santa Barbara and brings an air of elegance and spa savvy to his classes. Utilizing the dance-like motions of Qi Gong, Michael teaches a seamless full body massage that emphasizes flow and body mechanics and leaves clients uttering that elusive phrase, "That was the best massage I have ever had!"

**Geness Lorien** has been practicing bodywork since 2005. She is trained in many modalities but her passions is doing Craniosacral Therapy, prenatal massage, & TMJ. Geness has studied under Matt Lynch and Carol Osborne. She is a teacher, proctor and manager at SBBW. She was inspired to study massage after witnessing her nephew's birth!

**Catherine Herrmann** Originally from Colorado, Catherine attained her Cosmetologist license from Toni & Guy Hairdressing Academy in Colorado Springs, and ascended through the spa industry to own her own salon in the Aspen area. When Catherine moved to sunny Santa Barbara she decided to attain her Massage Therapy license at SBBW. "Massage has changed my life. I am grateful to have found my life's calling and be able to pass on my knowledge to others."

Welcome to Santa Barbara Bodyworks, Inc. and thank you for your interest in our programs. We are a massage school and professional massage center, staffed by accomplished instructors, seasoned therapists, and caring individuals. We share a common vision and passion for massage therapy. This vision has, at it's core, a commitment to raising the standards of bodywork training and practice.

As educators, we feel it is important to cap the enrollment of our classes and adhere to a 6:1 student / teacher ratio in our 250 hr. beginning massage classes. This personal attention lends itself to greater understandings. In addition, our teaching clinics, in support of the classroom instruction, assist students with the integration of the curriculum. These decisions reflect our innovative spirit and are indicative of our dedication to excellence.

As therapists, our focus is the support of the body's natural healing processes through touch. Bodywork is a potent awareness tool and as such has unlimited potential for transforming dysfunction. The search to connect with this mechanism will spur growth, both personally and professionally.

Our intention here is to create an atmosphere in which all students can realize their educational goals and allow for the possibility of receiving much more than they expect in the process. We wish you the best in making your choice for a massage school. Please let us know if we can help answer any other questions you may have.

Peace,

Amber Sciuto

Owner / Instructor

and

Matt Lynch

Founder / Director

## INSTRUCTORS

**Christy Norton** is a Holistic Health Care Practitioner with over 1000 hours of training and years of experience. She is an energetic and passionate teacher always going the extra mile to facilitate learning. Christy specializes in prenatal massage and pediatric craniosacral, helping women and their babies transition into motherhood. Christy has been practicing massage since 2005 and has studied with Matt Lynch, John Upledger, & Carol Osborne.

**Jeff Yost** has a passion for life's mysteries and discovering how the body worked lead him to study Bodywork. His studies have been a journey and his passion is educating clients and students in whole body health. "I love it so much: sharing the hands-on approach to help others facilitate harmony within their own body. I believe teaching should be hands-on and I incorporate this teaching style into every class I teach. I am a life long learner, dedicated to being the best therapist and teacher that I can be for my clients and students alike".

**John Hickey** studied philosophy at the University of California at Santa Barbara and graduated from the California Acupuncture College in 1983. He was Cofounder of the Santa Barbara College of Oriental Medicine in 1986 and served as instructor and Academic Vice President until leaving in 2000. He has practiced and taught Shotokan Karate, Tai Ji Quan and Qi Gong since 1964, and acupressure / shiatsu since 1980. Currently he treats and teaches in private practice at Shiatsu Rincon in Carpinteria, California.

**Bill Reagan** is a graduate of California State University at Northridge where he attained a Bachelor of Arts degree in psychology and a Master of Arts degree in Communication Sciences and Disorders. He is a graduate of Kali Institute for Massage and Somatic Therapies where he attained certification as an advanced practitioner. Through the American Institute for Asian Studies, Bill is currently studying GrandMaster Choa Kok Sui method of Pranic Healing.

**Allen Mills** Lymphatic Therapist and Director and Founder of the Center for Lymphatic Health, based in Santa Barbara and has been in business for ten years. Allen combines the well known Dr. Vodder based manual lymphatic drainage therapy method with the LymphStar Pro electrical instrument.

**Ericka Buckley** began her education in massage & bodywork therapies with a strong focus on human anatomy. As she continued her studies in Deep Tissue & NMT and Sports Massage she realized her calling; to work with the athletes and active people that shared the trails, paths and oceans of our beautiful town.

**Rachael Douglas** has been a Massage Therapist for 4 years and has a thriving human/animal practice in the Santa Barbara area. She attributes her success to the training and knowledge she received at Santa Barbara Bodyworks as well as her past history in marketing/advertising. She was the Retail Marketing Director at Evolutions Medical Spa here in Santa Barbara and led Nation Wide conference calls with 30+ other Retail Marketing Directors. She is ecstatic to be a Massage Therapist and an instructor as it gives her the time to play tennis, walk her dogs on the beach, and enjoy life!!

**Dianna Windwood** is a UCSB Massage Instructor and a member of AMTA. She has studied Thai massage in Thailand with Master Teacher Chongkol Setthakorn and is a certified Thai Massage Instructor.

**Maggie Davis** has been helping people achieve health and well-being as a reflexologist since 1992. Maggie is certified through the SB School of Massage, the International Institute of Reflexology and the American Reflexology Certification Board. She also apprenticed with the late Philip Babcock.

## 250 Hour Massage Technician Training

Our 250 hour program meets both the City of Santa Barbara and State of California requirements to obtain a business license and State Certification all in ONE class!

This program offers the prospective student an opportunity to explore and experience the synergy that occurs when the art of Swedish massage is blended with a grounded approach to the connections between the body, mind and spirit. Students will receive thorough training in the essentials of massage. In addition to traditional Swedish techniques, this introductory review focuses on musculoskeletal anatomy, movement skills, sound body mechanics, ethics, business, health/hygiene, contraindications, and communication skills. We believe in experiential learning, class will be hands-on, giving and receiving massage on a daily basis. Supervised clinics and personalized coaching assistance support each individual's learning process. A \*nature retreat is included in the curriculum to help expose students to new perspectives and develop heightened sensory awareness. Participation in \*\*community outreach activities round out the requirements for completion of the program.

You will find that we offer both the lowest student / teacher ratios and the highest percentage of actual classroom and supervised hours required for certification. We feel that this makes us uniquely qualified to provide you with the highest quality education available.

### Breakdown of 131 Hours in Class:

Bodywork assessment & application instruction: 60 Hours

Anatomy/Physiology/Body Systems: 35 Hours

Transfer of Force/Body Mechanics: 10 Hours

Pathology/Kinesiology: 10 Hours

Contraindications: 4 Hours

Business Skills & Ethics: 9 Hours

Health & Hygiene: 3 Hours

Outside of Class Hours:

Homework & Studying: 10 Hours

Individualized Coaching Sessions: 7.5 Hours

Clinical Practicum: 77 Hours

Community Service: 12 Hours

Retreat: 8 Hours

CPR & First Aid: 5 Hours

**Tuition** of \$1800 (\$100 non-refundable application fee) includes your classroom instruction, books, a nature retreat, personalized coaching, CPR & First Aid, and clinic supervision. Students will be responsible for bringing their own lotion or cream and sheets. The tuition may be paid in full for a 6% discount or a deposit of \$300 (including non-refundable application fee) due before the start of the class and 4 payments of \$375 due every month may be made over the length of the class. Payment plans are interest free. \*All fees must be paid before the certificate and transcript will be awarded. \*The nature retreat is not a required exercise. The retreat is held at Shiatsu Rincon for the duration of one day. In this day we teach team building through a variety of boundary and trust exercises. \*\*Community outreach service hours are designed to establish positive relationships between our students and those in need in our community. Students are required to participate in 12 "practice hours" with a local non-profit, community outreach or volunteer organization. These hours are intended to help the students in the practice of "networking" and establishing relationships that may prove positive in their business practices.

## ADVANCED CERTIFICATIONS

In order to enroll in 600 hour or 1000 hour program students must have completed the 250 hour Massage Technician Training.

### **600 - Hour Massage Therapist**

This program is designed for students interested in continuing their education by studying advanced bodywork styles. This level of training will broaden the students' knowledge base and thereby increase their ability to address more of their clients' individual needs.

Our 600 hour program meets all of the requirements of the NCBTMB and graduates of the 600 hr program are eligible to take the national exam.

This program consists of an additional 350 hours of compulsory classes, electives, and practicum. The required classes give the students a solid foundation in bodywork, while the electives enable each individual to design his/her own program of study. This program may be completed in a 12 to 24 month period.

**Prerequisite:** 250 - hour Massage Technician Course.

#### ***Requirements:***

Business Skills	20 hours
Anatomy and Physiology Musculoskeletal Series	48 hours
Anatomy in Clay and Palpatory Anatomy	
-Lower Limb	
-Upper Limb	
-Spine	
Anatomy and Physiology Body Systems Series	32 hours
Choose two of the three 16 hour seminars:	
-Nervous & Endocrine Systems	
-Integumentary & Lymphatic Systems	
-Digestive System	
Deep Tissue and Neuromuscular Therapy	120 hours

\*Electives\*

(130 hours of Advanced Curriculum Classes)

**Tuition** is \$4800 (\$100 non-refundable application fee). This fee includes all classroom instruction and clinic supervision, if applicable. Books are not included and vary in price depending upon the classes you choose. The tuition may be paid in full at time of enrollment for an 8% discount or a deposit of \$380 (including non-refundable application fee) due before the course begins and 17 monthly payments of \$260 made until the total tuition is paid. Payment plans are interest free.

\* All fees must be paid before a certificate & transcript will be awarded.

## **1000 - Hour Holistic Health Care Practitioner**

Do you have a passion for massage and helping family, friends, and clients with their aches and pains? Then this program will excite your soul, tantalize your mind and make you the best therapist possible!

In order to enroll in 1000 hour program students must have completed the 250 hour Massage Technician Training. This program consists of an additional 750 hours of compulsory classes, electives, and practicum. The HHP program provides a complete, balanced and well-rounded education covering the most essential aspects of massage training, including extensive anatomy and physiology, as well as, most major modalities.

This will provide the therapist with the most comprehensive education to date and, upon graduation from the program, will afford them unlimited opportunities. The course may be completed in a 24-48 month period.

**Prerequisite:** 250 - hour Massage Technician Course.

#### ***Requirements:***

Anatomy and Physiology Musculoskeletal Series	48 hours
(Anatomy in Clay and Palpatory Anatomy)	
Anatomy and Physiology Body System Series	48 hours
Deep Tissue and Neuromuscular Therapy	120 hours
Sports Massage	60 hours
Introduction to Craniosacral Therapy	70 hours
Visceral Manipulation	40 hours
Emotional Awareness Skills	30 hours
Compressive Deep Tissue (Introduction)	12 hours
Nutrition	20 hours
Business Skills	20 hours
Electives*	282 hours

\*All classes offered in our Advanced Curriculum qualify for the above electives.

**Tuition** is \$8000 (\$100 non-refundable application fee) and includes all classroom instruction and clinic supervision, if applicable. It does not include books and the prices of books vary from class to class. The tuition may be paid at the start of the program for an 8% discount or may be made in 24 payments of \$320 due monthly after an initial deposit of \$320 (including non-refundable application fee) is paid before the start of the course. Payment plans are interest free.

\*All fees must be paid before a certificate & transcript will be awarded.

## ADVANCED CURRICULUM

*These classes are available to the 600- and 1000 hour programs or any manual practitioners and health and fitness professionals who would greatly benefit by additional information for their on going professional development .*

<u>Class</u>	<u># of Hours</u>
<b><u>Anatomy &amp; Physiology Musculoskeletal Series</u></b>	<b><u>48</u></b>
(Lower Limb, Upper Limb, Spine Seminars)	
Breakdown of Hours for each 16 hour seminar:	Hours
Bodywork assessment and application instruction	3
Body Systems	11
Kinesiology	2
<b><u>Anatomy &amp; Physiology Body Systems Series</u></b>	<b><u>48</u></b>
(Nervous/Endocrine, Integumentary/Lymphatic, Digestive Systems)	
Breakdown of Hours for each 16 hour seminar:	Hours
Bodywork assessment and application instruction	4
Body Systems	7
Pathology	5
<b><u>Deep Tissue &amp; Neuromuscular Therapy</u></b>	<b><u>120</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	60
Body Systems	15
Kinesiology	15
Pathology	25
Ethics	2
Business	3
<b><u>Adv.Deep Tissue &amp; Neuromuscular Therapy</u></b>	<b><u>60</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	50
Pathology	10
<b><u>Sports</u></b>	<b><u>60</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	30
Body Systems	5
Kinesiology	10
Pathology	15

<b><u>Intro to Craniosacral Therapy</u></b>	<b><u>70</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	50
Body Systems	6
Pathology	10
Ethics	4
<b><u>Advanced Craniosacral Therapy</u></b>	<b><u>60</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	50
Body Systems	3
Pathology	7
<b><u>Shiatsu</u></b>	<b><u>60</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	30
Body Systems	18
Pathology	10
Ethics	1
Business	1
<b><u>Myofascial Release</u></b>	<b><u>60</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	40
Body Systems	10
Pathology	10
Kinesiology	10
<b><u>Lymphatic Drainage</u></b>	<b><u>40</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	14
Body Systems	12
Pathology	12
Ethics	1
Business	1
<b><u>Hand and Foot Reflexology</u></b>	<b><u>24</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	12
Body Systems	4
Pathology	4
<b><u>Hot Stone</u></b>	<b><u>10</u></b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	7
Body Systems	2
Business	1

<b>Thai Massage</b>	<b>40</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	25
Body Systems	6
Pathology	6
Ethics	2
Business	1
<b>Visceral Manipulation</b>	<b>40</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	18
Body Systems	10
Pathology	10
Ethics	1
Business	1
<b>Advanced Visceral Manipulation</b>	<b>40</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	18
Body Systems	10
Pathology	10
Ethics	1
Business	1
<b>Pregnancy Massage</b>	<b>48</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	35
Body Systems	4
Pathology	5
Ethics	2
Business	2
<b>Advanced Swedish</b>	<b>40</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	38
Ethics	1
Business	1
<b>Emotional Awareness</b>	<b>20</b>
Breakdown of Hours:	Hours
Body Systems	10
Pathology	10
Ethics	10
<b>Temporomandibular Joint Disorder</b>	<b>30</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	15
Body Systems	4
Pathology	5
Ethics	3

<b>Intro Compressive Deep Tissue</b>	<b>12</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	8
Body Systems	1
Pathology	1
Ethics	1
Business	1
<b>Advanced Compressive Deep Tissue</b>	<b>38</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	29
Body Systems	3
Pathology	2
Ethics	2
Business	2
<b>On-site Chair Massage</b>	<b>20</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	17
Business	3
<b>Intro. To Jin Shin Jyutsu</b>	<b>30</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	25
Pathology	5
<b>Nutrition</b>	<b>20</b>
Breakdown of Hours:	Hours
Body Systems	15
Pathology	5
<b>Creative Marketing for Massage Therapists</b>	<b>20</b>
<b>AKA: Business Skills</b>	
Breakdown of Hours:	Hours
Business	20
<b>Supervised Practicum</b>	<b>50</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	50
<b>Reiki I&amp;II</b>	<b>50</b>
Breakdown of Hours:	Hours
Bodywork assessment and application instruction	30
Body Systems	10

# Curriculum Descriptions

Each class will be offered at least once every two years and most classes will be scheduled to meet twice weekly for 4 hours at each meeting. The length of weeks that the class will last is determined by the hours the class is offering.

## Anatomy and Physiology Musculoskeletal Series 48 hours

These seminars are designed to be a fun way to incorporate a kinesthetic and visual approach to learning human anatomy. Each seminar is broken down into separate musculoskeletal sections and are 16 hour units. Students will learn about and explore the musculoskeletal system in depth by creating muscles out of clay and positioning them on a specially-made quarter-size skeleton. Students will come to a new awareness of the three-dimensional layering of the muscular system through the use of this revolutionary teaching method. They will then locate the muscles on each other by finding their origins and insertions on the bony landmarks of the skeletal system. Resisted action of the muscle during palpation will then add validation to what they are finding under their hands and erase any possible uncertainty around where the muscles are and what they do. Hands-on functional anatomy will support traditional study, thus enabling the students to retain what their hands have learned.

### *Lower Limb Seminar:*

This seminar includes training in palpation of specific anatomic structures of the pelvis, thigh, leg and foot.

### *Upper Limb Seminar:*

This seminar includes training in palpation of specific anatomic structures of the anterior thorax, shoulder, arm, forearm, and hand.

### *Spine Seminar:*

This seminar includes training in palpation of specific anatomic structures of the head, neck, Temporomandibular joint, thorax, and pelvis.

## Anatomy and Physiology Body System Series 48 hours

These seminars are designed to be highly informational and help manual practitioners, health and fitness professionals have a greater understanding of how these systems affect their clientele. Each seminar is broken down into separate body systems and are 16 hour units. These seminars will introduce the nervous, endocrine, integumentary, lymphatic, and digestive systems.

## Anatomy and Physiology continued

Basic anatomy and physiology of these systems will be covered along with the interrelationships with the musculoskeletal systems. Students will learn about and explore these systems in depth by creating them out of clay and positioning them on a specially made quarter-size skeleton. Hands on functional anatomy will support traditional study, thus enabling the students to retain what their hands have learned. This course will also include an in depth exploration into how each system can begin a descent into “dis-ease” or pathology, through changes in physiology. Specific ailments and their indications for bodywork will be covered which will illuminate how disharmony manifests in each system. Once levels of dysfunction are understood, students will have a greater understanding of how to facilitate a shift back to health.

The seminars will be broken down into the following body systems:

-Endocrine / Nervous Systems

-Integumentary / Lymphatic Systems

-Digestive Systems

## Deep Tissue and Neuromuscular Therapy 120 hours

Students will learn techniques to access the deeper layers of soft tissue as well as a healthy approach to moving through the more superficial ones so they may most effectively stimulate the body’s natural healing process. Advanced palpation skills will be taught and applied anatomy used in order to develop the specificity needed to work with connective tissue at its deepest levels. Trigger point theory will be discussed and refined through explorations of dysfunctional tissue. This class is bodywork intensive and an emphasis will be placed on learning through experience. Upon completion of the class, students will be able to address any Myofascial pain syndrome in the body with a powerful sensitivity. 21 of the 120 hours will be spent in a supervised clinic.

## Adv. Deep Tissue & NMT 60 hours

Students will take their pre-existing skills and neuro-physiologic understandings to the next level with the integration of Muscle Energy Techniques, Strain - Counterstrain and Positional Release Techniques, and Soft Tissue Joint Mobilization moves for the hips, shoulders and neck. 15 of the 60 hrs will be spent in a supervised clinic.

## Sports Massage 60 hours

This course is designed to provide students with the knowledge and experience that it takes to work with athletes and their injuries to the “soft tissue” of the musculoskeletal system that they often encounter. Pre- and post-event massage, hydrotherapy and an introduction to PNF (proprioceptive neuromuscular facilitation) stretching will be presented to support the health of the athlete / client. Protocols using James Cyriax’s work with Deep Transverse Friction will be thoroughly covered to help rehabilitate your active clients when their bodies break down due to overuse and/or trauma. 21 of the 60 hours will be spent in a supervised clinic. their bodies break down due to overuse and/or trauma. 21 of the 60 hours will be spent in a supervised clinic.

### Introduction to Craniosacral Therapy

70 hours

Discover the gentle art of Craniosacral therapy. This modality is subtle yet extremely powerful, and its effects are felt throughout the body. Craniosacral therapy works with the connective tissue that surrounds the central nervous system and holds cerebrospinal fluid. In this course, students will learn to find and evaluate the body's craniosacral system and its rhythm. The basic techniques to give a complete Craniosacral session will be taught, and students will learn how to design an individual session based on their client's needs. Ample practice and review time will be included, allowing for the expansion of one's skills. Upon completion of the class, the student will be able to seamlessly integrate craniosacral therapy into his or her existing practice. 21 of the 70 hours will be spent in a supervised clinic.

### Advanced Craniosacral Therapy

60 hours

This class is a continuation of the introductory class and begins to focus in on specific aspects of the craniosacral system and addresses in depth disorders within the rhythm. More techniques that facilitate an unwinding of the connective tissue within the dural tube will be taught. Students will learn additional ways to increase the healthy flow of cerebrospinal fluid and will hone their awareness skills at the same time.

### Shiatsu

60 hours

Students will learn the ancient Japanese art of Shiatsu, which combines massage and acupressure into a powerful bodywork modality. The emphasis in Shiatsu is on the energy rather than the anatomy of the body. The meridian system of Chinese medicine will be learned as well as techniques to facilitate the movement of chi (energy) throughout this system. The relations between the flow of energy along the meridians and the physiology of the body will be discussed. Upon completion of this class students will be able to give a full-body Shiatsu session.

### TMJ (TemporoMandibular Joint disorder)

30 hours

This class will focus on releasing the musculature that affects the Temporomandibular Joint. Both external and internal techniques will be taught. Students will leave the class with a comprehensive knowledge of the anatomy of the temporomandibular joint and the common imbalances that can be found there. They will also come away with a thorough understanding of how to support and facilitate change in clients that have this chronic debilitating level of dysfunction. Help restore healthy functioning and help get your clients off their pain medication! 9 of the 30 hours will be spent in a supervised clinic.

### Myofascial Release

60 hours

The techniques taught will focus on the removal of restrictions and adhesions in the fascial system, the network of connective tissue that holds the body together and gives it form. This fascial system is within every part of the body. Restrictions in the fascia can result in or will play a part in most dysfunction in the body. Students will learn how to soften and increase mobility of connective tissue that has become immobile. Specific techniques will be learned that shift fascial problems within the entire system. 4 of the 60 hours will be spent in a supervised clinic.

### Lymphatic Drainage

40 hours

Students will learn about the lymphatic system and how it functions. They will learn techniques that move the lymph fluid through its system of vessels and nodes. The lymphatic system is largely a passive one that requires outside forces to move it. Massage is an excellent outside force to facilitate movement and health in this important system. This gentle and rhythmic massage is used to improve healing, to remove the accumulation of wastes in the body's tissues, and to facilitate general wellness.

### Hand and Foot Reflexology

24 hours

Did you know that your entire body can be accessed and affected by massaging your hands and feet? Ancient peoples mapped out the entire body on the soles of the feet and the palms of the hands. Various organs and parts of the body connect to areas of the feet and hands. Massaging those points or areas has a profound affect on the corresponding parts of the body. Students will learn how to find the organs, glands, and various sections of the body by using this "map" of the hands and feet. They will discover ways to discern areas of blockage through practice and will be given tools to affect change in those areas and the entire body as a whole.

### Thai Massage

40 hours

Thai Massage (Nuad Bo-Rarn) consists primarily of gentle light to firm pressure on the energy lines and points, and a large variety of stretching and thoroughly relaxing movements. It is sometimes referred to as, "yoga massage" or "lazy mans yoga" or "Asian sports massage." It increases ones ability to be able to maintain flexibility and improve one's performance in all types of physical activities. Students will learn a complex sequence of soft tissue pressing, stretching, twisting, and joint manipulations.

### Visceral Manipulation

40 hours

Techniques to increase visceral health will be the focus of this class. The health of this area is key to health within the entire body as the balance between our vital organs needs to be sustained and free from restriction. Anatomy and physiology specific to the visceral cavity will be covered. Techniques to remove restrictions and facilitate normal function will be taught and practiced. Contraindications and indications given will help to remove any hesitancy or uncertainty in working within this area of the body. 12 of the 40 hours will be spent in a supervised clinic.

### Advanced Visceral Manipulation

40 hours

Students will take their pre-existing skills and learn to locate, clear adhesions from the sliding surfaces of, and evaluate and enhance the mobility and motility of the organs of the retroperitoneal cavity, The retroperitoneal space is the anatomical space in the abdominal cavity behind the peritoneum. All of the retroperitoneal organs will be discussed and identified with hands-on approach to learning. Contraindications and indications given will help practitioners gain added confidence in working within this area of the body 12 of the 40 hours will be spent in a supervised clinic.

### Pregnancy Massage

48 hours

Prenatal, labor and postpartum massage will be taught. Students will learn how to comfortably work with women throughout their pregnancies including positioning, contraindications, and specific musculoskeletal issues relating to each stage of the process. Students will learn how to properly bolster and work on a woman in a side-lying position and ways to access the anatomy of the body in this new position. By discussing the physiology of the pre and postnatal time students will gain confidence in identifying potential problems and will discuss what to do and not do given each circumstance. Pregnancy radically changes a woman's body from week to week and specific musculoskeletal challenges accompany these changes. Students will be given tools to meet the ever-changing needs of their clients as they go through this process from conception to birth to the postpartum phase.

### Advanced Swedish

40 hours

This course will explore advanced techniques of Swedish massage while polishing and refining techniques already learned. Refining body mechanics and correcting bad habits will be a main focus. Many new approaches to the same old body parts will be given. This class will increase the student's ability to give seamless and smooth massage. 12 of the 40 hours will be spent in a supervised clinic.

### Emotional Awareness Skills

20 hours

This class will explore the issues of touch, responsibility, ethics and boundaries as they pertain to the emotional components of bodywork. Students will learn how to deal with their clients' emotional releases during sessions. They will also learn how to deal with their own emotions when they surface in a session and their attendant responsibilities. Finally, students will gain a greater awareness of the client-therapist relationship.

### Compressive Deep Tissue

Introduction

12 hours

Advanced

38 hours

Welcome to the technique that will save your hands, enhance your practice, and satisfy your clients. Students will learn effortless, potent ways to: work deeply without fatigue, melt client armoring, relieve chronic pain, soften and broaden muscle and fascia, break up painful, adherent scars, release deeply held tension, and leave a smile on their clients' faces. CDT is done clothed, in a communal setting, on futons with pillows for bolsters. The therapists use their feet as compression tools, bringing a Western anatomical and physiologic perspective to time honored eastern techniques. In the introductory weekend, students will learn the basics of using their feet and practice a protocol that can be used as a full session or in parts to support other table-based modalities. In the advanced class, students will work each major muscle group from the feet up to the shoulders using applied and functional anatomy to achieve a specific, desired result. Their balance and footwork will be polished and refined and a focus on developing an increased sensitivity on the bottom of the foot will be concentrated upon. 8 of the 38 hours will be spent in a supervised clinic.

### Chair Massage

20 hours

This class will teach one how to give a massage to someone who is seated in a chair. How to access the muscles and tissues in this upright position will be covered and an emphasis on proper body mechanics will be a constant theme throughout the class. Chair massage is perfect for those therapists who wish to go into businesses or public settings to give short, rejuvenating massages. Many businesses budget for this sort of activity and offer this service to their employees and many public events welcome this type of service. Chair massage can be done almost anywhere from public places to quiet offices and is a powerful, quick way to help another person relax and connect with themselves.

### Introduction to Jin Shin Jyutsu

30 hours

Jin Shin Jyutsu (JSJ) is an acupressure technique developed by a Japanese teacher named Jiro Murai in the early part of the twentieth century. It stimulates and balances the flow of energy (chi) in the body through the simple technique of holding pairs of points until the pulsation of chi is equalized. This has the effect of relaxing the body and helping the recipient access deeper feelings and levels of awareness. There are JSJ releases — called flows — for the twelve main organ meridians, two mid-line meridians as defined in Chinese medicine, as well, as other flows which address physical and emotional imbalances. This class will provide a useful mix of balancing flows and main organ meridian flows. Students will become proficient in flow technique and client assessment. Spiritual perspectives will be explored and students will be encouraged to connect with their healing gifts.

### Nutrition 101

20 hours

Students will learn about the cell: what it is, how it obtains energy, and what it needs to function and thrive. Students will use this information to glean a better understanding of how the human body functions through the understanding of the cell and what its needs are for health. They will learn a general overview of nutrition as well as the specifics pertaining to proteins, carbohydrates, fats, vitamins, minerals and co-factors. The students will gain an understanding of the important organs and systems in relation to nutrition focusing on blood sugar, metabolism, the immune system, elimination, digestion, and absorption. Finally we will discuss common health conditions in relation to nutrition, nutraceuticals and functional foods.

### Business Skills

20 hours

This class will focus on the business aspects of massage. The different ways one can set up a practice whether one works for a spa or for oneself will be covered. Ways to build one's practice and the importance of professionalism will be stressed. Ways to promote oneself to develop a clientele will also be covered including marketing and volunteering one's services. The importance of building one's skills will be included.

### Hot Stone

10 hours

This class will demonstrate a popular spa technique where hot stones (up to 140F) are placed on the body and used as tools in the massage. The use of hot stones for healing purposes dates back to ancient times. This modality can help with back pain, poor circulation, osteoarthritis, arthritis pain, and more.

### Supervised Clinic

50 hours

Learning in a supervised setting is an invaluable opportunity to rapidly increase one's knowledge base in an area of interest. Upon completing a new class, therapists often find it is difficult to seamlessly integrate a new modality into their existing practices until some experience beyond the classroom is attained. The supervised clinics offer students an opportunity to practice their new skills on numerous clients in a short period of time and gain the confidence and experience necessary to successfully add the new modality into their private practices. The supervision allows students to ask questions and have an instructor, who has years of experience in the area, guide and teach them individually while working on their client. Students who wish to continue their education in the clinic setting may choose to do so for an additional 50 hours of training. This opportunity may be repeated twice for a total of 100 hours.

### National Certification Exam Preparation

20 hours

This class will cover everything you need to know to pass the National Exam. It will be a practice session using "The Guide," a study guide to the National Certification Examination for Therapeutic Massage and Bodywork. The class will cover each chapter in depth and will include regular practice tests to prepare the students for what to expect. Upon completion of the class, if the student has completed the correct number of hours of study to sit for the exam, the student should be able to pass the exam and receive their National Certification.

### Reiki I & II

50 hours

This beginning Reiki training is one of the most thorough and comprehensive available anywhere. It includes both Reiki I & II and it combines both the Western style as introduced by Ms. Takata and the traditional Japanese style. On completion of this class, you will be able to give reiki treatments to yourself and others. You will also learn how to integrate reiki into your other modalities in order to become a much more effective therapist. The class is a combination of lecture, discussion, demonstration and practice time. Each student experiences giving and receiving a complete treatment using Byosen scanning and the hand placement system. Practice time is given using all the reiki II symbols, how to do distance healing and much more.

# SCHOOL POLICIES

## ADMISSION REQUIREMENTS

- Students must be at least 18 years of age to enroll in classes at Santa Barbara Bodyworks, Inc., and must provide evidence of this.
- Students must have received a minimum of 3 massages prior to enrollment at Santa Barbara Bodyworks, Inc..
- Student must have a good command of English language (both written and oral), and be able to understand & fill-out all enrollment paperwork by his / herself.
- No minimum level of education is required for admission into our beginning level massage program, as well as into some of our advanced classes.
- Some advanced classes and all advanced programs require previous formal massage training. Student must provide evidence of this training with copies of certificates and / or transcripts.

## TRANSFER STUDENTS

SBBW will accept transfer students with prior experiential learning from an institution that is State approved or has Federal/National accreditation. SBBW will assume that a school with these requirements meets the current standards of SBBW and the State of California but a qualified staff member will review and assess each student and institution. The student must provide a copy of the catalog, certificates, and transcript with all hours from each and all of the schools they will be transferring into SBBW. There is an \$1 charge per unit hour transferred into SBBW. SBBW does not have any standing agreements with any other institution for the transfer of credits earned, it is reviewed on a case by case basis.

**"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION"** "The transferability of credits you earn at Santa Barbara Bodyworks is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in our 250, 600, & 1000 hour program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution are 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 Santa Barbara Bodyworks to determine if your certificate will transfer."

## GRADUATION REQUIREMENTS

Students must complete 100% of the requirements (classroom hours, clinic hours, coaching hours, community outreach hours, tests and homework assignments, as applicable) of a class or course to receive certification. The grading standards are on a Pass / No Pass basis. Students must receive a minimum of 75% on all tests or quizzes to pass the class. **100% attendance is required in all classes.** Students must make up any missed classes or partial classes, either by attending a later class or by private instruction and practicum hours. Arriving 15 minutes late or leaving 15 minutes early is considered missing a partial class; two of these is considered an absence. Missing one hour of any class is considered an absence.

**All fees must be paid before a certificate & transcript will be awarded.**

## FELONIES

When applying for licensure in Santa Barbara, if the applicant has a felony on record and is still on parole / probation, he / she will most likely be denied licensure. However, if the applicant is no longer on parole / probation, he / she will be considered in the same manner as non-felony applicants.

## DISMISSION / SUSPENSION POLICIES

Students and/or teachers will be dismissed or suspended from classes or courses if they are disruptive or exhibit inappropriate behavior within the classes, clinics or community outreach, if they miss more than 20% of a class, or if they do not pay the fees for a class. A record of progress and all classes or courses completed will be kept in the student's file in the administrative office. An enrollment agreement and schedule of charges pertaining to the chosen class or course will be given to each student whenever he or she enrolls for the class.

## STUDENT RIGHT'S AND COMPLAINTS

Students have a right to quality education and instruction by all SBBW staff. They have a right to be treated fairly and no student shall be shown special privileges. All student complaints are to be directed to the owner of the school, Amber Sciuto. A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet Website [www.bppve.ca.gov](http://www.bppve.ca.gov)

## LEAVE OF ABSENCES

No leave of absences granted

## INTERNATIONAL STUDENTS

SBBW will admit students from other countries, however, no visa services are provided and student is responsible for associated charges.

## FACILITIES

SBBW has (2) classroom facilities both with massage tables, anatomical charts, full-sized skeletons, flip charts, reference books, white boards & erasers, chairs, backjacks, pillows, bolsters, screens, and ipod. On site is an office, library, (2) professional massage rooms, refrigerator & microwave, and (2) restrooms.

## LIBRARY

SBBW has an on-site library collection of educational books regarding all areas of holistic health, anatomy & physiology, energy work, nutrition, and massage. Students are welcome to sign books out of the library and return them when finished. All books required for a class can be found in the library. Additional learning materials include DVD's, CD's for computer studying, Anatomy flash cards, and study questions for the National Exam.

Santa Barbara Bodyworks, Inc. does not provide English as a second language instruction or services. A basic understanding of the English language is required. A verbal assessment will be conducted at the time of an enrollment interview to establish a basic understanding of English. No instruction will occur in a language other than English.

- Santa Barbara Bodyworks does not provide financial aid or grants.
- Santa Barbara Bodyworks student records will be filed and retained for five years, transcripts permanently.
- Santa Barbara Bodyworks does not offer distance education at this time.
- Santa Barbara Bodyworks does not offer student services at this time nor does not provide housing and has no responsibility to find or assist a student in finding housing.
- Santa Barbara Bodyworks does not provide placement services, however, we will post job listing that we receive, on the school bulletin board, via email, or by posting it on Facebook.
- Santa Barbara Bodyworks does not have a pending petition in bankruptcy, we are not operating as a debtor in possession, Santa Barbara Bodyworks has not filed a petition within the preceding five years, or has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

## CANCELLATIONS AND REFUNDS

### “Student's Right To Cancel”

The student has the right to cancel an 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. If you cancel this Agreement, the School will refund any money that you paid, less any deduction for equipment not timely returned in good condition, within thirty days after your written notice of cancellation is received.

### To Cancel:

An enrollment agreement you must notify the school (Santa Barbara Bodyworks, Inc., 113 W. Mission Suite C, Santa Barbara, CA 93101) in writing to (Amber Sciuto, owner) by mail or delivery of your intention to cancel sent to the school as specified in the Notice of Cancellation no later than the seventh business day following the day of the first class.

### Refund Policy

If you cancel the enrollment agreement a refund will be sent to you within thirty days of the date your written cancellation is received and the tuition paid will be refunded in full, minus the \$100 application fee and any instructional or equipment costs incurred during the hours the class was taught before your statement of cancellation was received. If 60% or more of the class or program has been completed, no refund will be given. If a student obtains a loan, the student will have to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student receives federal student financial aid funds, the student is entitled to a refund of the money not paid from federal financial aid funds. See Notice of Refund, below, for example of refund calculations.

### Notice of Refund - Example Only

Name: John Smith Date: 1/1/03 Amount of Refund: \$690.00

1. Total Tuition: \$1350 - Registration Fee: \$100 = \$1250
2. Quotient (line 1):  $\$1250 / \text{Total Class Hours: } 125 = \text{Hourly Charge: } \$10$
3. Total Attended Hours:  $50 \times \text{Hourly Charge: } \$10 + \text{Registration Fee: } \$100 = \$600$
4. Tuition Paid:  $\$1350 - \text{Quotient (line 3): } \$600 = \text{Refund / Amount Due: } \$750$
5. Quotient (line 4):  $\$750 - \text{Equipment Cost (if applicable): } \$60 = \text{Total Refund: } \$690.00$

### Federal of State Government loans:

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 defaults on a federal or state loan, both the following may occur:

- (1) The federal or state government or a loan guarantee agency may take action against the student, including garnishing an income tax refund; and
- (2) The student may not be eligible for any other government financial assistance at another institution until the loan is repaid.

### Licensure

Licensure requirements for the City of Santa Barbara are 200 hours to receive your massage technician business license. The State of California has formed the California Massage Therapy Council to issue voluntary statewide certification. The criteria for Certified Massage Practitioner (CMP) is 250 hours and for the Certified Massage Therapist (CMT) is 500 hours. SBBW's 250 hr & 600 hr programs meet both the City of SB & State Certification requirements. Santa Barbara Bodyworks is an approved provider school. [www.camtc.org](http://www.camtc.org)

## STUDENT TUITION RECOVERY FUND

(a) An institution approved under Article 8 (commencing with section 94900 of the code), Article 9 (commencing with section 94915 of the code), or a registered institution offering short-term Career Training shall include on both the enrollment agreement and the current schedule of student charges, the following statement:

"You must pay the state-imposed fee for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student, who is a California resident and prepays all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay STRF fee, if either of the following applies:

1. You are not a California resident.
2. Your total charges are paid by a third party, such as an employer, government program or other payer and you have no separate agreement to repay the third party.

(b) In addition to the statement described under subdivision (a) of this section, the institution or registered institutions offering Short-term Career Training shall include on the current schedule of student charges, the following statement: The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who were students attending schools approved by, or registered to offer Short-term Career Training with, the Bureau for Private Postsecondary and Vocational Education.

You may be eligible for STRF if you are a California resident, prepaid tuition, paid the STRF fee, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other cost.
4. The school's breach or anticipatory breach of the agreement for the closure of instruction.
5. There was a decline in the quality of the course of instruction within 30 days before the school closed or, if the decline began earlier than 30 days prior to closure, the period of decline determined by the Bureau.
6. The school committed fraud during the recruitment or enrollment or program participation of the student.

You may also be eligible for STRF if you were a student that was unable to collect a court judgment rendered against the school for violation of the Private Postsecondary and Vocational Education Reform Act of 1989."

It is important that you keep copies of all financial papers relating to your enrollment and fees paid to the school. The student is responsible for paying the state assessment amount for the STRF; however, Santa Barbara Bodyworks, Inc. will pay this fee for the student.

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**

2535 Capitol Oaks Drive, Ste 400  
Sacramento Ca, 95833

Phone # (916) 431-6959

[www.bppve.ca.gov](http://www.bppve.ca.gov)

Toll Free #: 1(888)370-7589

Fax #: 916-263-1897

## STATE APPROVAL

This institution has received approval to operate from the Bureau for Private Postsecondary Education ("Bureau"). An approval to operate means that the Bureau has determined and certified that the institution meets the minimum standards for integrity, financial stability, and educational quality, including the offering of bona fide instruction by qualified faculty and the appropriate assessment of students' achievement prior to, during, and at the end of its programs. BPPE school code for SBBW is 4202401.

**The National Certification Board for Therapeutic Massage and Bodywork assigned school code is 490512.**

## Commonly Asked Questions

**Q:** How long will it take to complete the 250 hour Massage Technician Training program?

**A:** Class hours, clinics, coaching and community service can all be completed in as little as 3 months. The average is around 6 months.

**Q:** When can I get my business license?

**A:** For the Santa Barbara business license, you need to have a certificate of completion for 200 hours of massage training or the 250 Hour Certified Massage Practitioner certification by the State of California.

**Q:** Is there a lot of homework?

**A:** Homework varies from class to class, usually 1-4 hours per week.

**Q:** Who will I be practicing on?

**A:** The majority of the time you will practice on your classmates. It is up to you who you practice on outside of class or clinics.

*Feel free to ask the staff and instructors any other questions that you might have.*

**We encourage you to check out all the massage schools in the area to see which one best suites your learning style. When you are ready please come by and take a tour of the our school. During which we would be happy to answer any questions that you might have.**

Below is a section for you to take notes or remember questions that you would like to ask us.

### **Questions:**

### **Notes:**

***"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."***

*SANTA BARBARA BODYWORKS, INC.*

*113 WEST MISSION STE C-F  
SANTA BARBARA, CA 93101*

*SBBODYWORKS@GMAIL.COM*

*PHONE 805.569.3230*

*WWW.SANTABARBARABODYWORKS.COM*

*"COMMITTED TO RAISING THE STANDARDS OF BODYWORK TRAINING AND MASSAGE"  
SINCE 1995*

*SCHOOL PERFORMANCE FACT SHEET FOR 2010*

*\* Enrolled in 250 hour program: 41 Students*

*\* Students Completed: 75%*

*\* Of these 75%, 93% are employed or have a private practice.*