



Santa Barbara Body Therapy Institute
516 N. Quarantina Street, Santa Barbara CA 93103

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The first class of each course has a *free 90 minute*
 introduction for prospective students

2022/2023 Schedule as of 09/16/22

All classes at Quarantina unless noted

PROGRAM	HRS	PROGRAM Scheduled Start & End Dates	Fast track End Date	6 mo payment plan	8 mo payment plan	10 mo payment plan	REG FEE	Full Program TUITION	Supplies approx cost
Massage Practitioner Program: comprised of 250 hours (L1) modules	250	Sep 12, 2022 -July 12 2023	Jan 23 2023	\$603	\$457	\$370	\$200	\$3500	\$100
COURSES within 250 Program Hybrid (IDL option) (Instructor)	HRS	CLASS DATES/DAYS LOCATION	CLASS TIMES	CLINIC DATES Quarantina	CLINIC TIMES		REG FEE	Program TUITION	Supplies approx cost
2022 DAY PROGRAM									
(L1 r) Swedish Massage (Hybrid) (Katie Mickey)	81	Wed-Thu Jul 06-Sep 8 1201 W Valerio	9-1:30	Wed Sep 14 Mon Sep 12 Ongoing	1:30- 4:45 12:45 –4				MPP- \$97 Notebook - \$0
(L1 r) Deep Tissue/ Kinesiology (Hybrid) Noah Lucas)	70	Wed- Thu Sep 14--Nov 2	9-1:15	Wed Nov 9 Thu Nov 10	5-8:15 10-1:15		\$50	\$12606	MPP- \$97 Notebook - \$0
2022 EVE PROGRAM									
(L1 r) Swedish Massage (Hybrid) (Katie Mickey, Keld Hove and Jennie Zine)	81	Mon Sep 12-Oct 24, Nov 7-14 Tue Aug 16, 23, Sep 20, Oct 4, 11, Nov 15 (+ 5 classes tba)	5-9:30	W Nov 9- Dec 7 Thu Dec 8, 15, Jan 12-Mar 9 Mon Nov 7-Mar 13	5-8:15 12:45-4pm				MPP- \$97 Notebook - \$0
L1) Nutrition (Hybrid) (Cass Cornish and Katie Mickey)	13	Tue Aug 30, Sep 6, 13, 27 1201 W Valerio	5-8:15				\$23	\$234	Handouts
(L1 r) Ethics Essentials (Hybrid) (Katie Mickey and Keld Hove)	16	Tue Oct 18- Nov 8	5-9				\$28	\$288	handouts
L1 r)Deep Tissue/ Kinesiology (Live) (Noah Lucas and Katie Mickey)	70	Mon-Tue Nov 12- Dec 20 Mon-Tue Jan 9-23	5-9:15				\$50	\$1260	MPP- \$97 Notebook - \$0
2023 DAY PROGRAM									
(L1 r) Reflexology (Hybrid) (Katie Mickey)	21	Fri Jan 13 516 N Quarantina Sat-Sun Jan 14, 15 1201 W Valerio	5-9 9:30-5:30	Wed Jan 18 Thu Jan 19	10-1:15pm 4-7:15pm		\$37	\$378	Handouts
(L1 r) Swedish Massage (Hybrid) (Katie Mickey)	81	Wed-Thu Jan 18-Mar 16 1201 W Valerio	9-1:30	Wed, Thu Mar 23 ongoing	1:30- 4:45				MPP- \$97 Notebook - \$0
L1) Nutrition (Hybrid) (Cass Cornish and Katie Mickey)	13	Wed Jan 25-Feb 15 1201 W Valerio	2-5:15pm				\$23	\$234	Handouts
(L1 r) Ethics Essentials (Hybrid) (Katie Mickey and Keld Hove)	16	Wed Feb 22-Mar22 1201 W Valerio	2-5:15pm				\$28	\$288	handouts
L1 r)Deep Tissue/ Kinesiology (Live) (Noah Lucas and Katie Mickey)	70	Wed, Thu Mar 22-May 10	9-1:15pm				\$50	\$1260	MPP- \$97

									Notebook - \$0
2022-2023 BODYWORK PROGRAMS	HRS	PROGRAM Scheduled Start & End Dates	Soonest End Date	payment plan	payment plan	payment plan	REG FEE	Full Program TUITION	Supplies approx cost
Massage Therapist Program	550	Sep 12, 2022- Jul 12, 2023	March 15, 2023	\$1302- (6 mo)	\$790 (10 mo)	\$570 (14mo)	\$200	\$7700	\$300
LII Massage Therapist Program: comprised of 300 of 550 hours: Electives (L2e) and Requirements (L2r)	300 of 550	Sep 16, 2022- Jul 16, 2023	Feb 28, 2023	\$720 (6 mo)	\$440 (10 mo)	\$370 (12 mo)	\$200	\$4200/ \$7700	\$200
Integrative Massage Therapist Program. comprised of additional 500 of 750 hours: Electives (L2e) and Requirements (L2r)	200 of 750	Sep 16- July 16, 2022- Jun 26 2023	Feb 28, 2023	\$370 (8 mo)	\$300 (10 mo)	\$250 (12 mo)	\$200	\$2800/ \$10,500	\$300
Holistic Health Practitioner Program Comprised of additional 750 of 1000 hours (L2& 3) Electives	250 of 1000	Sep 16, 2022, Jul 16, 2023	May 26 2023	\$603 (6 mo)	\$457 (8 mo)	\$370 (10 mo)	\$200	\$3500/ \$14,000	\$400
2022 DAY PROGRAM	HRS	CLASS DATES/DAYS LOCATION	CLASS TIMES	CLINIC DATES	CLINIC TIMES		REG FEE	Program TUITION	Supplies approx cost
Medical Qigong (Live) (Katie Mickey)	30	Tue Aug 30-Sep 6 M Sep 12, 26- Oct 10 1201 W Valerio St	10-2:30	Mon Oct, 17,24 Choose one	12:45-4		\$50	\$540	PQ \$30
(L2 r) Muscle Physiology (Hybrid) (Noah Lucas and Cass Cornish)	16	Tue Sep 20-Oct 11	10-2				\$28	\$288	MPP, \$97 notebook
(L2 e) Essential Oils and Hydrotherapy (Hybrid) (Katie Mickey)	20	Tue Oct 18- Nov 15 1201 W Valerio	10-1:30	Mon Wed Nov 28, 30 Choose one	12:45-4		\$36	\$360	\$40, Essential Oil kit
(L2 e) Craniosacral Therapy I (Live) (Katie Mickey)	30	Mon Nov 21 Tue Nov 22- Dec 20	10-2:30	Wed Dec 21 Or Jan 10, Choose one	10-1:15pm		\$50	\$540	Craniosacral Manual \$25
2023 DAY PROGRAM									
(L2 e) Myofascial Release (Hybrid) (Noah Lucas and Katie Mickey)	60	Tue Jan 24-Apr 11	10-2:30pm	Tue Apr 18, 25	2:30- 5:45pm		\$50	\$1080	Anatomy Trains \$65
L2 r) Business Skills (Hybrid) (Katie Mickey and Noah Lucas)	21	Mon Jan 30-Mar 13 1201 W Valerio	9-12				\$37	\$378	
(L2 r) Immune Physiology Pathology (Hybrid) (Katie Mickey and Cass Cornish)	30	Mon Mar 20- May 8 1201 W Valerio	9-1				\$50	\$540	MPP- \$97 Notebook - \$0
(L1 e) Visceral Lymphatic Drainage (Katie Mickey)	30	Tue Apr 18-May 16 Mon May 15	9-1:30pm	Tue May 16	4-7:15pm				
2022 EVE PROGRAM									
(L2 r) Immune Physiology Pathology (Hybrid) (Katie Mickey, Cass Cornish, Lesley Weinstock)	32	Fri Sep 16-Nov 4	4-8				\$50	\$540	MPP, \$97 notebook
(L2 e) Thai Massage (Live) (Ron Buckley and Keld Hove)	30	Wed Sep 21- Oct 26	5-9:30	Mon.... Oct 31 Wed Nov 2	12:45-4pm 4-7:15		\$43	\$432	Notebook
(L2 e) Manual Lymphatic Drainage (Live) (Jennie Zaine)	30	Thu Oct 13-Nov 17	4-8:30	Thu Dec 1	4-7:15		\$50	\$540	handouts
(L2r) Business Skills (Hybrid) (Katie Mickey and Noah Lucas)	21	Wed Nov 9-16, 30, Dec 7-21	5-8:30				\$37	\$378	handouts
(L2 e) Hot Stone (Live) (Noah Lucas)	20	Fri Nov 11, 18, Dec 9	4-8	Fri Dec 16	4-7:15		\$36	\$360	Notebook
(L2 e) Table Shiatsu (Live) (Katie Mickey)	30	Sat Dec 3 Sun Dec 4- 18	3-7 10:30-7	Mon Dec 19	12:45-4		\$50	\$540	handouts

2023 EVE PROGRAM									
(L2 r) Neuroendocrine Physiology/Pathology (Live) (Katie Mickey and Cass Cornish)	32	Tue Jan 24-Mar 14	5-9pm				\$50	\$576	MPP- \$97 Notebook - \$0
(L2 e) Trigger Point (Live) (Noah Lucas)	60	Mon Jan 30-Apr 17	5-9:30	Mon April 24-May 15	4-7:15		\$50	\$576	TPW \$35

250/550/750 /1000 hr programs: Massage Therapy Principles and Practice (MPP)-by Susan Salvo (Required)

Acupressure and the Myofascia: The Spark in the Machine by– Dr. Daniel Keown (Required)

Craniosacral Therapy I &II: Craniosacral Manual (CW) by Mary Sullivan (Required)

Immune Physiology Pathology: Magnesium Miracle (MM) by Dr. Carolyn Dean (Recommended);

Contagion Myth (CM) by Dr.Thomas Cowan (Recommended)

Medical Qigong Essentials: The Promise of Qi (PQ) by- Roger Jahnke (Required)

Muscle Testing Protocols: Touch for Health by John Thie DC

Myofascial Release: Anatomy Trains (AT) by- Thomas Myers (Required)

Neuroendocrine Physiology Pathology: Vagus Nerve 101 (Required);

Gut and Physiology Syndrome (GPS) by Dr. Natasha Campbell (Recommended)

Nutrition for Bodyworkers: Life Changing Foods (LCF)- by Anthony Williams (Recommended)

The Heal Your Gut Cookbook (HYGC) by Boyton and Brackett (Recommended)

Orthopedic Massage: Orthopedic Manual and DVD (as supplied by Realbodywork) (Required)

Polarity Therapy: Polarity Therapy Manual (PM) by- Mary Sullivan (Required)

Table Shiatsu: Hiatal Hernia Syndrome (HS) by Phil Selinsky (Recommended)

Trigger Point: Trigger Point Workbook (TPW) by Davies & Davies (Required)

Visceral Lymphatic Drainage: Chi Nei Tsang (CNT) by- Mantak Chia (Recommended)