



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 1/19/23

All classes at Quarantina unless noted

Courses within 250 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 aprox cost
Massage Practitioner Program: comprised of 250 hours (L1) modules	250	Jan 26- Nov 26 2023	May 24 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
Fall/Winter 2022/23 Eve Program completing									
L1 r) Deep Tissue/ Kinesiology (Noah Lucas)	70	Mon-Tue Nov 28- Dec 20 Jan 16, 17 Jan 23-31	5-9:30 4:30-9	Feb 2, 9	5-8:30		\$50	\$1260	MPP- \$97 Notebook - \$0
Winter/Spring Day 2023 Program									
(L1 r) Reflexology (Hybrid) (Katie Mickey)	21	Fri Jan 27 516 N Quarantina Sat-Sun Jan 28, 29 1201 W Valerio	5-9 9:30-5:30	Wed Feb 1	1:45-5:15pm		\$37	\$378	Handouts
(L1 r) Swedish Massage (Hybrid) (Katie Mickey)	130	Wed-Thu Feb 1, 8- March 30,- April 6	9-1:30	Thu Apr 6, Mon Apr10 - ongoing	1:30- 5 12:45-4:15				MPP- \$97 Notebook
(L1 r) Nutrition (Hybrid) (Katie Mickey and Cass Cornish)	13	Wed Feb 8-Mar 1	1:45-5	n/a			\$23	\$234	
(L1 r) Ethics Essentials (Hybrid) (Katie Mickey and Keld Hove)	16	Wed Mar 8-Apr 5	1:45-5	n/a			\$28	\$288	handouts
L1 r) Deep Tissue/ Kinesiology (Hybrid) (Noah Lucas)	70	Wed, Thu Apr 5, 12--May 25	9-1:15	Thu May 18 Ongoing choose 2	1:30-5pm		\$50	\$1260	MPP- \$97 Notebook - \$0
Spring/Summer Eve 2023 Program									
(L1 r) Reflexology (Hybrid) (Katie Mickey and Jennie Zaine)	21	Wed Thu Apr 19-May 3	5-8:15pm	Thu May 4	5-8:30		\$37	\$378	Handouts
(L1 r) Swedish Massage (Hybrid) (Katie Mickey)	130	Wed Thu May 10- Jun 29	5-9:30pm	Thu Jul 6- Ongoing	5-8:30 (choose 14)				MPP- \$97 Notebook - \$0
L1) Nutrition (Hybrid) (Cass Cornish)	13	Fri May 12- Jun 2	5-8:15				\$23	\$234	Handouts
L1 r) Deep Tissue/ Kinesiology (Hybrid) (Noah Lucas)	70	Wed, Fri Jul 5-Aug 23	5-9:15	Thu Aug 24, 31			\$50	\$1260	MPP- \$97 Notebook - \$0

2022/23 Eve Program Completing									
(L2 e) Trigger Point (Live) (Noah Lucas)	60	Mon Feb 6--Apr 3 Mon, Apr 10-24	4:30-8:30 4-8:30	Mon May 1-22 Choose 3	4-7:15		\$50	\$1080	TPW \$35
(L2 r) Neuroendocrine Physiology/Pathology (Hybrid) (Katie Mickey and Cass Cornish)	32	Tue Feb 7- Apr 4	4:30-8pm				\$50	\$576	MPP- \$97 Notebook - \$0
(L2 e) Pregnancy Massage (Live) (Katie Mickey)	20	Tue Apr 18-May 9	4-8:15	Tue May 16 Mon May 22	4-7:30 12:45-4:15		\$36	\$360	
(L2 e) Table Shiatsu (Live) (Katie Mickey)	30	Tue May 23- Jun 27,	4-8:30	Tue Jul11, 18	4-7:30		\$50	\$540	handouts
(L2 R) Muscle Physiology Pathology (Hybrid) (Noah Lucas)	16	Jun 5-26	4:30-8:30						
2023 Eve Program									
(L2 r) Neuroendocrine Physiology/Pathology (Hybrid) (Katie Mickey and Cass Cornish)	32	Tue Feb 7- Apr 4	4:30-8pm				\$50	\$576	MPP- \$97 Notebook - \$0
(L1 r) Reflexology, Swedish, Nutrition, Ethics, (see 250 program on page 1)		Wed- Fri Apr 19-Jun 30,							
(L2 e) Table Shiatsu (Live) (Katie Mickey)	30	Tue May 23- Jun 27,	4-8:30	Tue Jul11, 18	4-7:30		\$50	\$540	handouts
Summer Break									
(L1 r) Kinesiology, Deep Tissue , (see 250 program on page 1)		July 1--9							
(L2 e) Visceral Lymphatic (Live) (Katie Mickey)	30	Tue Jul 25-Aug 22	4-8:30	Mon Aug 28	4-7:30				
(L2 e) Orthopedic Massage (Hybrid) (Noah Lucas)	60	Tue Aug 29-Sep 26 Mon Sep 11-Oct 2 Tue Oct 3-17	4:30-8:30 4:30-9	Mon Oct 9-23, Nov 6 Oct 30	4-7:30 4:30-8				
(L2 r) Immune Physiology Pathology (Hybrid) (Katie Mickey, Lesley Weinstock and Cass Cornish)	32	Tue Oct 24, Nov 7-Dec19, Jan 9	4:30-8	n/a			\$50	\$540	MPP- \$97 Notebook - \$0
L2 r) Business Skills (Hybrid) (Katie Mickey and guests)	21	Nov 13-Dec 18	4:30-8	n/a			\$37	\$378	

Required and Recommended Textbooks for Courses

- 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 : Craniosacral Manual (CM) by Mary Sullivan (**Required**)
- Craniosacral Therapy II : Craniosacral Manual (CM) by Mary Sullivan and Stanley Rosenthal Activating the Vagus Nerve (**Required**)
- Immune Physiology Pathology: Acupressure Potent Points by Michael Reed Gach (**Required**)
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 (**Required**)
- Myofascial Release: Anatomy Trains (AT) by-Thomas Myers (**Required**)
- Neuroendocrine Physiology Pathology: Vagus Nerve 101; Dr Eva (website) (**Required**);
Acupressure Potent Points by Michael Reed Gach (**Required**)
- 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; by Sean Riehl (as supplied by Realbodywork) (**Required**)
- Polarity Therapy: Polarity Therapy Manual (PM) by Mary Sullivan (**Required**)
- Trigger Point: Trigger Point Workbook (TPW) by Davies & Davies (**Required**)
- Visceral Lymphatic Drainage: : Hiatal Hernia Syndrome (HS) by Phil Selinsky (**Required**)