



# Santa Barbara Body Therapy Institute

516 N. Quarantina Street, Santa Barbara CA 93103

ADDENDUM

**Contact Us:**  
**www.sbbti.com**  
**Phone: 805-966-5802**  
**Email: info@sbbti.com**

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

**2024 Schedule as of 01/19/24**

## All classes at Quarantina St Facility

**IDL requirements: reside 30 + mi away, illness, transportation issues, or Director's Waiver. Must obtain IDL permission prior to start of class. All course assessments must be done in person. (R-required). (E elective)**

(E- Elective)

COURSES (E= Elective or R=Required) (Instructor)	HRS	CLASS DATES/DAYS LOCATION	CLASS TIMES	CLINIC DATES -	CLINIC TIMES		REG FEE	TUITION A la carte courses only	Supplies approx cost
Essential Oils and Hydrotherapy (E) (Katie Mickey)	20	Mon Jan 8. 15 (IDL opt) Jan 22, 29 (Live)	9-1:15	Mon Jan 29 Tue Feb 06	1:30-4:45 10-1:15pm		\$40	\$400	\$50 supplies
Myofascial Release (E) (Dawn Williamson)	60	Mon, Tue Jan 8-Feb 5 (Live) Mon Feb 12-26 (Live)	5-9:15	Tue Feb 27-Mar 12  Wed Feb 28-Mar 13	10:-1:15pm  5-8:15		<b>\$50</b>	<b>\$1200</b>	<b>Anatomy Trains \$65</b>
Deep Tissue (R) (Dawn Williamson)	<b>30</b>	Wed Jan 10- Feb 14 (Live)	9:1:30	Wed Feb 14 Feb 21	1:45-5pm 10-1:15pm		\$50	\$600	MPP- \$97 Notebook - \$0
Swedish Massage (R) (Katie Mickey)	130	Wed Feb 7-Feb 21, Mar 20, Apr 3-17(Live) Thu Feb 8 -Apr 18 (Live)	5-9:30pm	(17 Thu Apr 11-Jun 6 Tue Apr 23-ongoing	1:30--5  5-8:15				MPP- \$97 Notebook - \$0
Reflexology (IDL optional- R) (Katie Mickey )	21	Fri Jan 26 (IDL opt) Sat, Sun Jan 27, 28 (Live)	5-9pm  9:30-5:30	Wed, Thu Jan 31, Feb 1	5-8:15pm		\$42	\$420	Handouts
Compressive Deep Tissue (E) Gabriella Radu	30	Mon (Live) Feb 12-Mar 11 Mar 18	9-1:30pm 9-1:15pm	Mon Mar 18 Mar 25	1:30-4:45pm 10-1:15		\$50	\$600	Fix Pain \$65
Neuroendocrine Physiology, Pathology (R) (Katie Mickey, Lesley Weinstock)	32	Tue Feb 6- 27 Mon Mar 4-18 (IDL opt) Mar 25 (Live)	5-9	n/a			\$50	\$640	MPP- \$100 Notebook - \$0
Visceral Lymphatic (E) (Katie Mickey)	30	Thu (Live) Feb 08- Mar 7 Mar 14	9-1:30pm 9-1:15pm	Tue Mar 19, 26	10:00-1:15		\$50	\$600	
Nutrition (R) (Katie Mickey and Cass Cornish)	13	Wed Feb 28-Mar13 (IDL opt) Mar 27 (Live)	5-8:15pm	n/a			\$26	\$260	Handouts
Cranial Sacral I (E) (Katie Mickey and Ron Buckley)	30	Tue Mar 5 --Apr 9(Live)	5 -9:30pm	Tue Apr 16, 23	5-8:15pm		\$50	\$600	
Deep Bodywork (E) (Inst: Lori Lewis)	30	Wed (Live) Mar 20-Apr 17 Apr 24	9-1:30pm 9-1:15pm	Wed Apr 24 May 1	1:30-4:45pm 10-1:15pm		\$50	\$600	
Pregnancy Massage (E) (Katie Mickey)	30	Thu (Live) Mar 28- Apr 25	9-1:30pm 9-1:15pm	Thu May 2			\$50	\$600	

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<b>Massage Therapist</b> <b>Day Feb 8, 2024- Feb 8, 2025</b> <i>(300 hrs In addition to 250 Program) Latest end date Nov 8, 2025 Break:</i> Jun 28-Jul 7, Nov 22-Dec 1, Dec 20, 2024-Jan 05, 2025		<b>CLASS DATES/DAYS LOCATION -</b>	<b>CLASS TIMES</b>	<b>CLINIC DATES</b>	<b>CLINIC TIMES</b>		<b>REG FEE \$200, below a la carte courses</b>	<b>TUITION: Program \$9400 Below: a la carte courses</b>	<b>Supplies approx cost</b>
Visceral Lymphatic (E) (Katie Mickey)	30	Thu (Live) Feb 08- Mar 7 Mar 14	9-1:30pm 9-1:15pm	Thu Mar 14 Mar 21	1:30-4:45pm 10-1:15 pm		\$50	\$640	
Compressive Deep Tissue (E) Gabriella Radu	30	Mon (Live) Feb 12-Mar 11 Mar 18	9-1:30pm 9-1:15pm	Mon Mar 18 Mar 25	1:30-4:45pm 10-1:15		\$50	\$600	Fix Pain \$65
Deep Bodywork (E) (Inst: Lori Lewis)	30	Wed (Live) Mar 20-Apr 17 Apr 24	9-1:30pm 9-1:15pm	Wed Apr 3 Apr 10	1:30-4:45pm 10-1:15pm		\$50	\$640	
Pregnancy Massage (E) (Katie Mickey)	30	Thu (Live) Mar 21- Apr 18 Apr 25	9-1:30pm 9-1:15pm	Thu Apr 25	1:45-5		\$50	\$640	
Immune Physiology Pathology (R) (Katie Mickey, Lesley Weinstock)	32	Wed May 1-Jun 12 (IDL opt) Jun 19 (Live)	10:15-2:15	n/a			\$50	\$640	MPP \$103
Business Skills (R) (Katie Mickey and guests)	21	Wed Jun 19, 26, Jul 10-24 (IDL opt) Jul 31 (Live)	10:15-2:15	n/a			\$42	\$420	handouts
Medical Qigong (E ) (Katie Mickey)	30	Thu May 23-June 27	9-1:30pm	Thu Jul 11	10-1:15pm		\$50	\$640	The Promise of Qi
Neuroendocrine Physiology, Pathology (R) (Katie Mickey, Lesley Weinstock)	32	Wed Jul 31-Sep 4 (IDL opt) Thu Sep 5 (IDL opt) Sep 12 (Live)	10:15-2:15	n/a			\$50	\$640	MPP- \$100 Notebook - \$0
Muscle Physiology Pathology (R) (Dawn Williamson)	16	tba							
<b>Massage Practitioner Program LI</b>	250 hrs	<b>Pmt plan \$1020 (4m)</b>	<b>Pmt plan \$695 (6M)</b>	<b>Pmt plan \$520 (8m)</b>	<b>Pmt plan \$420 (10m)</b>		<b>Reg Fee \$200</b>	<b>Program Tuition 44000</b>	<b>Supplies \$97</b>
<b>Massage Therapist Program LII</b>	300 hrs	<b>Pmt plan \$920 (6m)</b>	<b>Pmt plan \$695 (8M)</b>	<b>Pmt plan \$560 (10 m)</b>	<b>Pmt plan \$470 (12 m)</b>		<b>Reg Fee \$200</b>	<b>Program Tuition \$5400</b>	<b>Supplies varies based on electives</b>
<b>Massage Therapist Program LI&amp;II</b>	550 hrs	<b>Pmt plan \$1586 (6m)</b>	<b>Pmt plan \$1195 (8M)</b>	<b>Pmt plan \$960 (10 m)</b>	<b>Pmt plan \$803 (12 m)</b>		<b>Reg Fee \$200</b>	<b>Program Tuition \$9400</b>	<b>Supplies varies based on electives \$</b>
<b>Integrative Therapist LIII</b>	200 hrs	<b>Pmt plan \$620 (6m)</b>	<b>Pmt plan \$470 (8M)</b>	<b>Pmt plan \$380 (10 m)</b>	<b>Pmt plan \$320 (12 m)</b>		<b>Reg Fee \$200</b>	<b>Program Tuition \$3600</b>	<b>Supplies varies based on electives</b>
<b>Holistic Health Practitioner LI, II, III &amp;IV</b>	1000 hrs	<b>Pmt plan \$1366 (13 m)</b>	<b>Pmt plan \$992 (18M)</b>	<b>Pmt plan \$895 (20 m)</b>	<b>Pmt plan \$749 (24 m)</b>		<b>Reg Fee \$200</b>	<b>Program Tuition \$17,500</b>	<b>Supplies varies based on electives</b>

<b><i>Out of Country Program 2024</i></b> <i>May 8--18</i>	55	<b>CLASS DATES/DAYS LOCATION TBA</b>	<b>CLASS TIMES</b>				<b>REG FEE \$200</b>	<b>TUITION \$1100</b>	<b>Supplies \$0</b>
<b>Business Skills (IDL or Live optional)</b>	<b>15</b>	Wed, Thu May 8, 9	5-9						
<b>Ethics and Bodywork Theory and Practice (Live)</b>	<b>40</b>	Fri, Sat May 10,-11	1:30-5						
		Tue Mar 14	10:15-2:15				\$200	\$1100	
		Wed- Sat May 15-18	9-1:30pm						
		Tue-Fri May 14-18	5-9:30pm						

**How to Apply** A student's space in programs and courses is reserved upon receipt of registration fee, application form, and enrollment agreement form and admissions interview. Courses without sufficient enrollment or subject to Acts of God will be postponed or cancelled (any refunds due will be issued via check within 7 days). Please see full catalog for a complete listing of program & course descriptions, instructor biographies, and school policies.

**Required and Recommended Textbooks for Courses**

250/550/750 /1000 hr programs: Massage Therapy Principles and Practice (MPP)-by Susan Salvo **(Required)** \$103

Acupressure and the Myofascia: The Spark in the Machine by Dr. Daniel Keown **(Required)** \$11

Craniosacral Therapy I : Craniosacral Manual (CM) by Mary Sullivan **(Required)** \$25

Craniosacral Therapy II : Activating the Vagus Nerve by Stanley Rosenthal **(Required)** \$26

Immune Physiology Pathology: Acupressure Potent Points by Michael Reed Gach **(Required)**

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

Muscle Testing Protocols: Touch for Health (TH) by John Thie DC **(Required)**

Myofascial Release: Anatomy Trains (AT) by-Thomas Myers **(Required)** \$65

Neuroendocrine Physiology, Pathology: Earthing (EA) by Clinton Ober (Recommended)

Nutrition for Bodyworkers: Life Changing Foods (LC) by Anthony Williams (Required) \$5

Orthopedic Massage: Orthopedic Manual and DVD; by Sean Riehl (as supplied by Realbodywork) **(Required)**

Polarity Therapy: Polarity Therapy Manual (PM) by Mary Sullivan **(Required)** \$25

Trigger Point: Trigger Point Workbook (TPW) by Davies & Davies **(Required)** \$20

Visceral Lymphatic: Chi Nei Tsang (CNT) by Mantak Chia (Required)