

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

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

<u>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)</u>

(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	\$50	\$1200	Anatomy Trains \$65
Deep Tissue (R) Dawn Williamson)	30	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	1:305 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 5Apr 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	

		May 2		May 9	1:45-5			
					10-1:15pm			
Muscle Physiology Pathology (R)	16	Mon	F 00m	n/a		\$32	\$320	MPP
(Dawn Williamson)	10	Apr 1-15 (IDL opt) Apr 22 (Live)	5-9pm	11/ a		\$32	\$32U	\$103
Kinesiology (R) (Dawn Williamson)	36	Wed, Thu Apr 24-May 2 (IDL opt) May 22-30 (IDL opt) Jun 5 (Live)	5:15-9:15pm			\$32	\$320	handouts
Hot Stone (E) (Laura Luongo)	20	Mon (Live) Apr 29-May 20	5-9:15pm	Tue May 21	5-8:15pm	\$36	\$360	Basalt Rocks and heater
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
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
Business Skills (R) (Katie Mickey and guests)	21	Wed Jun 26, Jul 10-24 (IDL opt) Jul 31 (Live)	10:15-2:15	n/a		\$42	\$420	handouts
Neuroendocrine Physiology, Pathology (R) (Katie Mickey, Lesley Weinstock)	32	Wed Aug 7-Sep 4 (IDL opt) Tue Sep 3, 10 (IDL opt) Wed Sep 11 (Live)	10:15-2:15	n/a		\$50	\$640	MPP- \$100 Notebook - \$0
Eve Massage		, , ,				REG FEE	TUITION	
Practitioner Jan 26- Jun 26, 2024 Latest end date Jan 26, 2024		CLASS DATES/DAYS LOCATION -	CLASS TIMES	CLINIC DATES	CLINIC TIMES	\$200, below a la carte courses	Program \$4000 Below A la carte courses	Supplies approximate cost
Breaks: Jun 28-Jul 7 Reflexology (IDL optional- R)	21	F.4		Wed, Thu		\$42	\$420	Handouts
(Katie Mickey)	21	Fri Jan 26 (IDL opt) Sat, Sun Jan 27, 28 (Live)	5-9pm 9:30-5:30	Jan 31, Feb 1	5-8:15pm	942	Ţ 1 20	Handouts
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	1:305 5-8:15			MPP- \$97 Notebook - \$0
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
Kinesiology (R) (Dawn Williamson)	36	Wed, Thu Apr 24-May 2 (IDL opt) May 22-30 (IDL opt) Jun 5 (Live)	5:15-9:15pm			\$32	\$320	handouts
Ethics Essentials(R)® (Katie Mickey and Keld Hove)	16	Wed, Thu May 8-16 (Live)	5-9pm	n/a		\$32	\$320	MPP -\$97
Deep Tissue (R) Dawn Williamson)	30	Wed, Thu Jun 6-26 (Live(5-9:30pm	Thu Jun 27	5-8:15pm	\$50	\$600	MPP- \$97 Notebook - \$0

Eve Massage								
Therapist		CLASS DATES/DAYS	CLASS	CLINIC DATES	CLINIC			Supplies approx
Jan 26- Jan 26, 2024 (300 hrs In addition to 250 Program) Latest end date Nov 24, 2025 Break: Jun 28-Jul 7, Nov 22-Dec 1,		LOCATION -	TIMES	DAILS	TIMES	REG FEE \$200, below a la carte courses	TUITION: Program \$9400 Below: a la carte courses	cost
Dec 20, 2024-Jan 05, 2025								
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
Cranial Sacral I (E) (Katie Mickey and Ron Buckley)	30	Tue Mar 5Apr 9(Live)	5 -9:30pm	Tue Apr 16, 23	5-8:15pm	\$50	\$640	
Hot Stone (Live E) Laura Luongo)	20	Mon Apr 29-May 20	5-9:15pm	Tue May 21	5-8:15pm	\$36	\$360	Basalt Rocks and heater
mmune Physiology Pathology (R) (Katie Mickey, Lesley Weinstock)	32	Tue Sep 17-Oct 29 (IDL opt) Nov 5 (Live)	5-9pm	n/a		\$50	\$640	MPP \$103
Business Skills (R) (Katie Mickey and guests)	21	Tue Nov 12, 19, Dec 3-10 (IDL opt) Dec 17 (Live)		n/a		\$42	\$420	handouts
Bodywork Modules (E)	180	tba						
Day Massage Practitioner Apr 29-Sep 10 2024 Latest end date Feb 8, 2025 Breaks: Jun 28-Jul 7, Nov 22-Dec 1, Dec 20, 2024-Jan 05, 2025		CLASS DATES/DAYS LOCATION -	CLASS TIMES	CLINIC DATES	CLINIC TIMES	REG FEE \$200, below a la carte courses	TUITIONPr ogram \$4000 Below A la carte courses	Supplies approx cost
Reflexology (R) (Katie Mickey)	21	ТВА				\$42	\$420	Handouts
Swedish Massage (R) (Katie Mickey)	130	Mon, Tue Apr 29- May 21, 28 -Jun 3-25, Jul 8,9	9am-1:30pm	(17) Thu - Jun 20-ongoing Tue Jun 18- ongoing	10-1:15 pm 1:305			MPP- \$97 Notebook - \$0
Nutrition (R) (Katie Mickey and Cass Cornish)	13	Tue May 7, 21-Jun 4 (IDL opt)	1:45-5pm	n/a		\$26	\$260	Handouts
Kinesiology (R) Dawn Williamson)	36	Mon, Tue Jul 15-Aug 12-	9-1pm			\$32	\$320	handouts
thics Essentials (R) ® Katie Mickey and Keld Hove)	16	Tue Jun 11-25, Jul 9, Jul 23	1:30-4:45 1:45-4:45pm	n/a				
Deep Tissue (Live- R) Dawn Williamson)	30	Mon, Tue -Aug 13-27, Sep 3	2110 1110	Sep 10	1:45-5pm	\$50	\$600	MPP- \$97 Notebook - \$0

Massage Therapist								
Day Feb 8, 2024- Feb 8, 2025 (300 hrs In addition to 250 Program) Latest end date Nov 8, 2025 Break: Jun 28-Jul 7,Nov 22-Dec 1, Dec 20, 2024-Jan 05, 2025		CLASS DATES/DAYS LOCATION -	CLASS TIMES	CLINIC DATES	CLINIC TIMES	REG FEE \$200, below a la carte courses	TUITION: Program \$9400 Below: a la carte courses	Supplies approx cost
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						
Massage Practitioner Program LI	250 hrs	Pmt plan \$1020 (4m)	Pmt plan \$695 (6M)	Pmt plan \$520 (8m)	Pmt plan \$420 (10m)	Reg Fee \$200	Program Tuition 44000	Supplies \$97
Massage Therapist Program LII	300 hrs	Pmt plan \$920 (6m)	Pmt plan \$695 (8M)	Pmt plan \$560 (10 m)	Pmt plan \$470 (12 m)	Reg Fee \$200	Program Tuition \$5400	Supplies varies based on electives
Massage Therapist Program LI&II	550 hrs	Pmt plan \$1586 (6m)	Pmt plan \$1195 (8M)	Pmt plan \$960 (10 m)	Pmt plan \$803 (12 m)	Reg Fee \$200	Program Tuition \$9400	Supplies varies based on electives \$
Integrative Therapist LIII	200 hrs	Pmt plan \$620 (6m)	Pmt plan \$470 (8M)	Pmt plan \$380 (10 m)	Pmt plan \$320 (12 m)	Reg Fee \$200	Program Tuition \$3600	Supplies varies based on electives
Holistic Health Practitioner LI, II, III &IV	1000 hrs	Pmt plan \$1366 (13 m)	Pmt plan \$992 (18M)	Pmt plan \$895 (20 m)	Pmt plan \$749 (24 m)	Reg Fee \$200	Program Tuition \$17,500	Supplies varies based on electives

Out of Country Program 2024 May 818	55	CLASS DATES/DAYS LOCATION TBA	CLASS TIMES		REG FEE \$200	TUITION \$1100	Supplies \$0
Business Skills (IDL or Live optional)	15	Wed, Thu May 8, 9	5-9				
Ethics and Bodywork Theory and Practice (Live)	40	Fri, Sat May 10,-11 Tue	1:30-5				
		Mar 14 Wed- Sat	10:15-2:15		\$200	\$1100	
		May 15-18 Tue-Fri	9-1:30pm				
		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: <u>Craniosacral Manual</u> (CM) by Mary Sullivan <u>(Required)</u> \$25 Craniosacral Therapy II: <u>Activating the Vagus Nerve</u> by Stanley Rosenthal <u>(Required)</u> \$26 Immune Physiology Pathology: Acupressure Potent Points by Michael Reed Gach (Required)

Medical Qigong Essentials: <u>The Promise of Qi (PQ)</u> by Roger Jahnke <u>(Required)</u>
Muscle Testing Protocols: <u>Touch for Health (TH)</u> by John Thie DC <u>(Required)</u>
Myofascial Release: <u>Anatomy Trains (AT)</u> by-Thomas Myers <u>(Required)</u> \$65

Neuroendocrine Physiology, Pathology: <u>Earthing (EA)</u> by Clinton Ober (Recommended) Nutrition for Bodyworkers: <u>Life Changing Foods (LC)</u> by Anthony Williams (Required) \$5

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

Polarity Therapy: <u>Polarity Therapy Manual</u> (PM) by Mary Sullivan (<u>Required</u>) \$25 Trigger Point: Trigger Point Workbook (TPW) by Davies & Davies (**Required**) \$20

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