

# 2023 Student Lab Schedule



		Saturday Times: 10:00 am, 11:30 am, 2:00 pm, 3:30 pm	Sunday Times: 10:00 am, 11:30 am
2 0 2 3	Full Body Massage (Lab #5)	January 7, 2023	January 8, 2023
	Full Body Massage (Lab #6)	February 4, 2023	February 5, 2023
	Full Body Massage (Lab #2)	February 25, 2023	February 26, 2023
	CranioSacral	March 18, 2023	March 19, 2023
	Full Body Massage (Lab #3)	March 25, 2023	March 26, 2023
	Meridian Work/Light Healing Touch	April 15, 2023	April 16, 2023
	Full Body Massage (Lab #4)	April 29, 2023	April 30, 2023
	Reflexology	May 20, 2023	May 21, 2023
	Full Body Massage (Lab #5)	June 3, 2023	June 4, 2023
	Holistic Bodywork (All Therapies)	June 17, 2023	June 18, 2023
	Full Body Massage (Lab #6)	July 8, 2023	July 9, 2023
	CranioSacral	August 19, 2023	August 20, 2023
	Meridian Work/Light Healing Touch	September 23, 2023	September 24, 2023
	Full Body Massage (Lab #2)	September 23, 2023	September 24, 2023
	Reflexology	October 21, 2023	October 22, 2023
	Full Body Massage (Lab #3)	October 28, 2023	October 29, 2023
	Full Body Massage (Lab #4)	November 18, 2023	November 19, 2023
	Holistic Bodywork (All Therapies)	December 2, 2023	December 3, 2023
Full Body Massage (Lab #5)	December 16, 2023	December 17, 2023	
Full Body Massage (Lab #6)	January 20, 2024	January 21, 2024	
<p><b>CranioSacral:</b> This therapy is done over the clothes using a light touch along the spine and on the head. By bringing balance to the nervous system, it allows for muscle relaxation and optimal functioning of every organ in the body. It is especially helpful for chronic pain, headaches, TMJ, stress, and for improving focus, learning, and concentration.</p>		<p><b>Reflexology:</b> By working on the 7,200 nerve endings in each foot, your whole body receives a tune-up as well as benefiting from increased circulation, relief of stress and tension, and improved nerve flow that is especially helpful for neuropathy and pain.</p>	
<p><b>Full Body Massage:</b> Often involves full body, neck, back, arms, shoulders, and legs; to loosen &amp; relax muscular tension, help with flexibility, boost immune system, &amp; improve attitude.</p>			
		<p><b>Meridian Work/Light Healing Touch:</b> This unique therapy uses light touch to release areas of congestion in the body and within the body's electromagnetic field. It is beneficial for balancing mental and emotional stress, uplifting mood, promoting clear thinking, and helping strengthen the body's defenses against stress, pollutants, and sensitivities.</p>	
		<p><b>Holistic Bodywork:</b> Students are able to incorporate a variety of techniques and therapies, including CranioSacral, LHT, Reflexology and Full Body Massage, depending on clients needs.</p>	