

## 2025 Student Lab Schedule

Schedule by emailing: [labs@naturopathiccommunitycenter.org](mailto:labs@naturopathiccommunitycenter.org) Questions Call: 989-773-1714



		Saturday Times: 10:00 am, 11:30 am, 2:00 pm, 3:30 pm	Sunday Times: 10:00 am, 11:30 am	
	Full Body Massage (Lab #6)	January 18, 2025	January 19, 2025	
	CranioSacral	March 8, 2025	March 9, 2025	
	Meridian Work/ Light Healing Touch	April 5, 2025	April 6, 2025	
	Full Body Massage (Lab #2)	April 26, 2025	April 27, 2025	
	Reflexology	May 17, 2025	May 18, 2025	
	Full Body Massage (Lab #3)	May 31, 2025	June 1, 2025	
	Holisitic Bodywork (All Therapies)	June 14, 2025	June 15, 2025	
	Full Body Massage (Lab #4)	June 28, 2025	June 29, 2025	
2 0 2 5	Full Body Massage (Lab #5)	August 2, 2025	August 3, 2025	
	Full Body Massage (Lab #6)	September 6, 2025	September 7, 2025	
	Full Body Massage (Lab #2)	September 20, 2025	September 21, 2025	
	CranioSacral	October 18, 2025	October 19, 2025	
	Full Body Massage (Lab #3)	November 1, 2025	November 2, 2025	
	Meridian Work/ Light Healing Touch	November 22, 2025	November 23, 2025	
	Full Body Massage (Lab #4)	November 22, 2025	November 23, 2025	
	Reflexology	January 24, 2026	January 25, 2026	
	Holisitic Bodywork (All Therapies)	February 21, 2026	February 22, 2026	
	<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>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>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>Holistic Bodywork:</b> Students are able to incorporate a variety of techniques and therapies, including CranioSacral, LHT, Reflexology &amp; Full Body Massage, depending on clients needs.</p>