

2026 Student Lab Schedule

Schedule by emailing: contact@naturopathicinstitute.org Attn: Student Lab 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
2 0 2 6	Lab #5	January 17, 2026	January 18, 2026
	Reflexology	January 24, 2026	January 25, 2026
	Holistic Bodywork (All Therapies)	February 21, 2026	February 22, 2026
	Lab #6	February 28, 2026	March 1, 2026
	CranioSacral	March 28, 2026	March 29, 2026
	Meridian Work and LHT	April 25, 2026	April 26/2026
	Lab #2	May 30, 2026	May 31, 2026
	Reflexology	June 20, 2026	June 21, 2026
	Lab #3	June 27, 2026	June 28, 2026
	Holistic Bodywork (All Therapies)	July 25, 2026	July 26, 2026
	Lab #4	August 1, 2026	August 2, 2026
	Lab #5	August 22, 2026	August 23, 2026
	Lab #6	September 19, 2026	September 20, 2026
	Lab #2	October 24, 2026	October 25, 2026
Full Body Massage	CranioSacral	November 14, 2026	November 15, 2026
	Advanced Essential Oils	December 5, 2026	December 6, 2026
	Lab #3	December 5, 2026	December 6, 2026
<p>CranioSacral: 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>Reflexology: 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>Meridian Work/Light Healing Touch: 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>Full Body Massage: Often involves full body, neck, back, arms, shoulders, and legs; to loosen & relax muscular tension, help with flexibility, boost immune system, & improve attitude.</p>			<p>Holistic Bodywork: Students are able to incorporate a variety of techniques and therapies, including CranioSacral, LHT, Reflexology & Full Body Massage, depending on clients needs.</p>