

# Inland Massage Institute, Inc

M/W Weekend April 19&20				Friday night lab: April 18th		
Spring Break: April 7th-13th			<b>March 2008</b>		T-Th Weekend April: 5th and 6th	
<i><b>Sunday</b></i>	<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>	<i><b>Saturday</b></i>
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b> Ch. 5 Skin  <b>Quiz: Ch. 4</b>	<b>5</b> <u>1st Night of Class:</u> School Policy, Overview of Program	<b>6</b> Pathology: Skin I	<b>7</b>	<b>8</b> Cervical spine, bring 2 pillows or 1 body pillow and 1 reg. pillow
<b>9</b> Cervical spine, bring 2 pillows or 1 body pillow and 1 reg. pillow	<b>10</b> Intro to Massage History, Self Care, Movement, Ethics	<b>11</b> Headache/Cervical, bring massage equip. <b>Quiz: Ch. 5</b>	<b>12</b> Intro to Massage Strokes, Tables, Screening Questions <b>Quiz: Ethics</b>	<b>13</b> Pathology Skin II	<b>14</b> Friday Night Lab * Make ups completed by today to take midterm*	<b>15</b>
<b>16</b>	<b>17</b> Massage Strokes (friction/vibration/tap otoment), Intro Stress Mngmt, Self Care & Hygiene	<b>18</b> Abdominal and side lying massage	<b>19</b> Strokes (review), Massage Routine: back Endgrmt Areas, Posture, Draping	<b>20</b> <b>Mid-Term (Ch. 1-7 + massage) &amp; Massage</b>	<b>21</b>	<b>22</b>
<b>23/30</b> M/W - 30th: Massage, Whole Body Review	<b>24/31</b> 24th: Massage: Routine (arms/legs) <u>Draping</u>  31st: Intro to Bony Landmarks & Massage	<b>25</b> Intro to business	<b>26</b> Massage Routine: Head, Neck, Shoulders, Stress Managemet, Communication	<b>27</b> <b>Practicals: Cervical</b>	<b>28</b>	<b>29</b> M/W - Massage Routine Whole Body, Listening Skills, Limb Support