



Tennessee  
School of  
Massage



## Tennessee School of Massage

5658 South Rex Road  
Memphis, TN  
901-843-2706

[www.tsom.net](http://www.tsom.net)

*Tennessee School of Massage is authorized by the Tennessee Higher Education Commission. This authorization must be renewed each year and is based on an evaluation by minimum standards concerning quality of education, ethical business practices, health and safety and fiscal responsibilities.*

# Tennessee School of Massage

Owner/Director

**Cissie W Pryor, R.N., LMT**

Tennessee Massage Therapy Association  
Certification in Psychiatry and Mental Health  
American Nursing Association  
American Association of Professional Hypnotherapists

NCBTMB APPROVED SCHOOL

National Certification Board for Therapeutic Massage & Bodywork

**Catalog effective Date August 1st, 2018**

[www.tsom.net](http://www.tsom.net)

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(901) 843-2706

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“ “ Tennessee School of Massage was such a great school experience for me! The small classes are perfect because it gave me the personal one on one learning I needed. It was very "hands on", and they WANT you to learn everything you can from them. They prepared me in many ways for my future, and the education I received here goes beyond massage: business & marketing, therapeutic touch, ear candling, body wraps...I definitely was not disappointed!

Pam M. LMT



# *History & Philosophy*

## **Tennessee School of Massage**

David and Cissie Pryor founded the Tennessee School of Massage in October 1988. They both recognized the need for a comprehensive training program offering holistic, professional massage training. After months of laborious preparation, the Tennessee School of Massage was born.

Training at the Tennessee School of Massage focuses on classical forms of massage including relaxing Swedish style and deep tissue Sports Massage, along with Prenatal Massage and Therapeutic Touch. The techniques taught have been tried, proven and perfected in their own day spa for almost three decades. This special mix of holistic wellness principles and personal development enables our students to practice quality massage therapy as they care for their own health and happiness.

## **Welcome to a New Career**

As you attend The Tennessee School of Massage, we promise to provide you with thorough clinical training along with the opportunity for expansive personal and professional experience.

Our Professional Massage Therapy Program is based on the principles of holistic self-care. Prospective students should possess a high degree of aptitude and attitudinal interests in maintaining vitality through massage.

A career in health care is not an easy road. It is demanding, not only physically and mentally, but also emotionally and spiritually. Yet it gives back a great deal improving the quality of life for those who receive massage therapy.

A career in massage therapy is a challenge. It is not for everyone. We'd like to help you discover if it's right for you.

## **Mission Statement**

Our mission is to prepare our students with the highest standards of theory and clinical training in all facets of massage therapy and to help those individuals seeking licensure successfully pass the MBLEx and become successfully employed in the field of Massage Therapy.

## Educational Goals and Objectives

1. To provide supervised training in a structured setting of both the theory and practice of Massage Therapy.
2. To provide a learning environment favorable to the development of the personal qualities which foster growth, professionalism and character.
3. To provide a system of support and guidance to help students meet their academic and personal needs.
4. To provide leadership that is responsible to the changing demands of the work place and to the individual needs of the student.

## Location

The Tennessee School of Massage is located at 5658 South Rex Road, Suite 100. The school features a lecture hall and clinical facilities for hands-on training and practical demonstrations.

The in-house spa is comprised of licensed estheticians and massage therapists that perform a variety of services such as massage, facials, body wraps and waxing treatments, giving the experience of working in a spa environment.

The retail area carries numerous massage oils including aromatherapy, and scrubs that students may purchase at a discount. A complete reference library, housing books and videotapes to enhance learning in the field of holistic wellness, is also on site. Students will have access to everything they need for massage therapy i.e. training charts, massage tables, linens and other equipment. No table purchase is required.

## Community

An upcoming leader in educational innovation within the profession, Tennessee School of Massage prepares its students for a unique blending of personal style, scientific information, and caring, centered touch. Its graduates can then offer a wide range of unique services to the general public.

Memphis, Tennessee, home of St. Jude Research Hospital, University of Tennessee Medical Center and LeBonheur Children's Hospital is a center of worldwide medical research and innovation. The town environment reflects the integration of both traditional and contemporary approaches to healing arts. It is a frequent stop for lecturers, foreign practitioners and medical researchers.

## **Certification**

The 850 hour program is divided into four nine-week sessions and leads to a diploma in Professional Massage Therapy. Graduates are then eligible for Tennessee, Mississippi and Arkansas State Licensure upon successful completion of the MBLEx. Licensure in other states may differ. Check with the ABMP at (800)458-2267 or [www.abmp.com](http://www.abmp.com)

Graduates are encouraged to join professional associations such as the American Massage Therapy Association, Associated Bodyworkers and Massage Professionals and the Tennessee Massage Therapy Association.

## **Authorizations and Affiliations/Associations**

The Tennessee School of Massage maintains the following authorizations and associations:

- Tennessee Higher Education Commission
- Associated Bodywork and Massage Professionals
- National Certification Board for Therapeutic Massage and Bodywork
- TN, MS, & AR Vocational Rehabilitation Approved School

## **Employment Opportunities**

The quality of your massage therapy education is an important factor for a secure future. Qualified massage therapists are in high demand. Day spas, physical therapy clinics, medical and chiropractic offices, retirement communities and athletic clubs are all seeking licensed professional therapists to compliment the services of their organizations. The medical community, as well as the general public, are realizing the incredible benefits derived from massage therapy. The massage therapist who has a quality education has a career for life.

## **Rewarding Your Future**

The Tennessee School of Massage invites you to participate in this rewarding profession. We work with the top professionals in their respective fields, gaining knowledge and the latest information from their lectures as they share their experience and knowledge. We strive to provide our students with a quality education and opportunities to enhance learning.

# Curriculum

## Curriculum Overview

The Professional Massage Therapy Program consists of four sessions in the theory and practice of massage therapy, totaling eight hundred fifty hours of classroom and clinical experience. Please see the enclosed class schedule for program dates and times.

The curriculum is an integration of courses from three areas: allied sciences, massage technique, and personal growth. Required courses include Anatomy & Physiology, Pathology, Swedish Massage, Sports Massage, Hydrotherapy, Ethics, Aromatherapy, Ambient Sound, Business, Ethics, Reflexology, Stone Massage, Cupping, Spa Therapies, Introduction to Acupressure, Therapeutic Touch and Massage Technique and Practice.

No pre-requisites are required and the course of study is designed to allow entrance into the program beginning with any session.

Tennessee School of Massage provides internship experience with Living Health Day Spa, which helps students prepare for the "real world" of massage therapy. Tennessee School of Massage is further enhanced by frequent health forums, visiting lecturers and practitioners, volunteer projects in athletic events, clinical experience and other specialized programs. The student to teacher ratio is 10:1 on the average, but can vary slightly depending on enrollment.

Upon successful completion of the program, graduates receive a Professional Massage Therapy Diploma, sit for the MBLEx and apply to the Tennessee, Arkansas or Mississippi Massage Licensure Board for their State License. Requirements for licensure in other states may differ. The student must check with that state's government or on the internet at [www.abmp.com](http://www.abmp.com).

## Continuing Education

Community Classes and Continuing Education are ongoing. Contact the Administrator



“ I am so glad that I chose Tennessee School of Massage. The curriculum is more extensive than I expected. I've been learning not only about massage but also about so many other natural ways of keeping up the body and mind, it's fascinating. The atmosphere is relaxed and flexible, each student gets the one on one instruction he/she needs and is allowed to help the other students with their needs.

Rachel V. LMT



# *Courses*

<b>Session I</b>	<b>Hours</b>
Therapeutic Healing & Touch	12
Introduction to Acupressure Theory	12
A&P Organization of the Human Body	56
Clinical Massage Technique & Practice	64
Aromatherapy I, II, III and Reflexology	See below**
CPR & First Aid*	0
Total: 144 or 176	

<b>Session II</b>	<b>Hours</b>
Swedish Massage	24
A&P Control Systems of the Body	56
Clinical Massage Technique & Practice	64
Ambient Sound, Stone Massage, Basic Cupping, and Spa Therapies	See below**
Total: 144 or 172	

<b>Session III</b>	<b>Hours</b>
Community and Law	12
Hydrotherapy Theory	12
A&P Skeletal & Muscular Systems	56
Clinical Massage Technique & Practice	64
Aromatherapy I, II, III and Reflexology	See below**
Total: 144 or 176	

<b>Session IV</b>	<b>Hours</b>
Ethics	12
Business Integration	12
A&P Maintenance of the Human Body	56
Clinical Massage Technique & Practice	64
Ambient Sound, Stone Massage, Basic Cupping, and Spa Therapies	See below**
Total: 144 or 172	

PLUS Rotating Courses 60 hours

\*\*Aromatherapy I, II, and III, Reflexology, Ambient Sound, Stone Massage, Basic Cupping, and Spa Therapies. Students must take the FIRST AVAILABLE session. When the second session is offered, students may audit the class for a refresher or have a week off.

PLUS Externship at Living Health Day Spa 214 hours

GRAND TOTAL: 850 Hours

This course of study is based on clock hours, which means the student must be present for all of the hours required by the program. A clock hour is defined as 50 minutes of lecture or practice with 10 minutes/hr allowed for breaks.

\*At the time of graduation, all students must hold a valid card certifying the completion of a CPR Course from the American Red Cross, the American Heart Association, or a comparable organization.

A more in-depth description of courses is in the back of this catalog.



# Admissions

## Enrollment Procedures & Admission Requirements

A prospective student in the Professional Massage Therapy Program must:

1. Be a minimum of 18 years of age, tour our facility and pass an entrance interview with TSOM Director.
2. Be a high school graduate, or have passed a high school equivalency exam.
3. Be of sound and moral character.

## Non-Discrimination Policy

The Tennessee School of Massage has a strict non-discrimination policy and does not base its admissions on gender, race, religion, disability, sexual orientation or any other condition protected by law.

## Admission Procedures

A prospective student in the professional Massage Therapy Program must adhere to the admissions procedure detailed below:

1. Tour the facility and pass an entrance interview with the TSOM Director
2. Complete an application form and pay a \$100.00 non-refundable administration fee. Application is available online at <http://www.tsom.net/admissions/apply-now/>.
3. Provide an updated transcript from high school and/or G.E.D.
4. Submit a brief autobiography
5. Provide two letters of recommendation

## Right to Privacy & Information Release

All student information is strictly confidential. Information is released only with written permission from the student.

## Student Rights & Responsibilities

1. Students have the right to access their files.
2. It is the responsibility of the student to set an appointment with the school administrator to view their file.

# *Tuition*

Total tuition for the entire program is \$9400.00. There is an additional \$100.00 non-refundable administrative fee due at the time of your application submission. Payment plans are as follows;

## **Quarterly Payment Option**

Each academic semester/quarter is \$2350.00. Payments are due on the first day of class for each semester/quarter when using this method of payment. There is a \$100.00 Late Fee due immediately if payment is not received by the first day of class. A student accepted and enrolled in the program acknowledges that they are accepted and enrolled in the entire 850 hour program and therefore are responsible for all payments according to the "Refund Policy" below.

## **Monthly Payment Option**

Although financing is not available, Tennessee School of Massage will allow the entire tuition to be split up into 12 (Twelve) equal payments with no interest or fees (excluding late fees). Payments are due on the first business day of each month and there is a \$50.00 late fee due immediately after the due date. A student accepted and enrolled in the program acknowledges that they are accepted and enrolled in the entire 850 hour program and therefore are responsible for all payments according to the "Refund Policy" below.

\*Students must choose which payment method they will use before starting the program. When choosing either payment option, students acknowledges that Official Transcripts will not be released for any reason if the student has a balance due to the school.

## **Default of Payments**

Students are considered in "Default" of any payment plan once a payment is 30 (Thirty) days past due. At that time, the student will be turned over for collections and any penalties, interest or collection fees, per the signed "Enrollment and Promissory Note" are applicable. Once a student is in default, they may also be removed from the program, at the discretion of the director.

# *Refund Policy*

Based upon the 850 Hour program at Tennessee School of Massage;

1. If a student withdraws from the institution on or before the first day of classes, or fails to begin classes, the refund shall equal the sum of all amounts paid or to be paid by or on behalf of the student for the period of enrollment, less an administrative fee of one hundred dollars (\$100.00);
2. If after initial classes for the entire program have commenced and before expiration of ten percent (10%) of the entire program, a student withdraws, drops out, is expelled, or otherwise fails to attend classes, the refund shall equal seventy-five percent (75%) of the entire program tuition, less an administrative fee of one hundred dollars (\$100.00);
3. After expiration of ten percent (10%) of the entire program, but before the expiration of twenty-five percent (25%) of the entire program, a student withdraws, drops out, is expelled, or otherwise fails to attend classes, the refund shall equal twenty-five percent (25%) of the entire program tuition, less an administrative fee of one hundred dollars (\$100.00);

After expiration of twenty-five (25%) of the entire program, if a student withdraws, drops out, is expelled, or otherwise fails to attend classes, the student may be deemed obligated for one hundred percent (100%) of the tuition, fees and other charges assessed by the institution per the Enrollment/Promissory Contract.

# *Tutoring*

Tutoring is available as needed. A list of approved tutors can be obtained from the school. All additional fees for tutoring are the responsibility of the student.



# *Grading*

Students are guaranteed privacy of their records and allowed access to their student files. Students are graded on written and practical tests, homework and special projects. Letter-Grades are given and are based on the following scale:

100 – 94 = A, 93 - 86 =B, 85 - 76 = C, 75 - 70 = D. Any grade falling below 70 is considered failing. All grades are available at the end of each session. In general, a passing grade in an academic course signifies a minimum of a seventy percent grade on tests and in written and practical exams and satisfactory and timely completion of all assignments, reports, projects, journals, etc.

A passing grade in a massage or personal growth course is determined by individual instructors and based on the particular goals of these courses as published and explained in the course's syllabus and again in the instructor's introduction at the beginning of the course. A grade of incomplete is given in rare cases if all exams have not been taken by the end of the semester. All exams must be completed within two weeks of the beginning of the following session or student will receive a failing grade and must repeat the course at his or her expense.

If a student fails a course, that course must be retaken during the next available time according to our regular program calendar and the student is responsible for additional tuition calculated at the rate of \$11.06 per hour of the course (\$9400 program tuition ÷ 850 hours). For example, retaking a 12 hour course will add an additional \$132.72 to your tuition.

# *Exit Exam*

All students must sit for our TSOM Exit Exam and score a minimum of 85% to qualify for graduation. The questions on this 3-hour exam are based on the types of questions commonly found on massage and bodywork certification exams. It is a highly accurate representation of what the student has mastered and what must be reviewed and reinforced to prepare for passing the MBLEx the first time it is taken.

# *Conduct and Conditions for Dismissal*

Students are expected to behave in a professional\* manner while attending the school and during school-sponsored activities. Failure to act in a professional manner can result in dismissal.

Actions considered grounds for dismissal include any behavior which might jeopardize the integrity of the school or massage therapy profession. In particular:

1. Unprofessional\* behavior, including attending classes under the influence of illegal drugs or alcohol, sexual misconduct (Sexual advances in any massage therapy setting, regardless of location), sexual liaisons between current students and instructors, theft, breach of privacy or confidentiality, and falsification of any school records.
2. Failure to complete probationary conditions.
3. Failure to make timely tuition payments will result in dismissal.
4. Possession of any weapon or firearm.

\* "Professional" or "Unprofessional" are terms defined solely by the Director.

# Graduation

Students will be awarded a diploma in Professional Massage Therapy by meeting the following requirements.

1. Completion of all required course work with a passing grade.
2. Completion of all hours of internship at Living Health Day Spa
3. Compliance with all rules and regulations of the school, maintaining professional standards at all times.

\*\*\*All graduation requirements must be completed within 12 (Twelve) months of their start date of the 850 hour program. If a student has not completed all coursework in the allotted time, they will be charged an "Extension Fee" to attend an extended session at an additional cost of \$500.00. This does not apply to anyone who has been given an approved Leave of Absence during their education with TSOM. Any course that must be repeated due to a failing grade will be charged the full amount of the class they repeat.

## Employment Assistance

Placement help is available to graduates. A list of employers and/or job openings will be posted on the school bulletin board or website, as they are available. Career counseling is available to all students who attend our school. Although these services are available through the director, WE CANNOT GUARANTEE YOUR EMPLOYMENT OR SALARY.

## Transferability of Credits

No transfer of credits from another program or institution are accepted. Transfer of credit from TSOM to another institution is controlled by the receiving institution. Please refer to the "Transferability of Credit Disclosure" in your original paperwork.

# Attendance

Attendance at all classes in all courses is required. In rare cases, absences may be approved by an instructor with advance notice. No more than twenty per cent absence of a course is permitted. Make-up work is left to the discretion of the instructor and/or Executive Director.

## Tardiness

A tardy is arriving late or leaving early from a class by 30 minutes or more. Two tardies constitutes one absence.

## Leaves of Absence

When necessary, a student may take one session leave of absence upon the approval of the Director. A fee of \$100.00 will be charged before session has begun; \$200.00 if after. If the student fails to reenter on first day of the next session without prior written approval, they will be considered withdrawn and re-admittance to the program will require a new application, approval of the director and the student will follow all policies in place according to the new/latest published catalogue that apply for the new start date and all monies that may be owed.

## Cancellation of Classes Due to Weather

Classes will be cancelled due to snow or inclement weather when Shelby County Schools are cancelled unless otherwise notified by Tennessee School of Massage.

# Governance

Academic questions and proposals may originate with any person at the school. Academic policy decisions are made by the Director/Owner.\*

\*If a complaint is not settled at the institutional level, the student may contact the Tennessee Higher Education Commission, Nashville, TN 37243-0830, telephone number (615) 741-5293.

# *Class Details*

<b>Community</b>	<b>PMT501</b>
<p>12 Hours          As a health professional. You'll be dealing with the concerns of individuals and families in very personal areas. This class teaches communication skills to help students develop therapeutic therapist-client relationships with appropriate boundaries.</p>	
<b>A&amp;P: Organization of the Human Body</b>	<b>PMT502A</b>
<p>56 Hours          An intensive and in-depth review of structures, functions, and pathologies of the human body utilizing a variety of teaching techniques. The goal of this course is to develop a working knowledge of the body in relation to massage.</p>	
<b>A&amp;P: Control Systems of the Body</b>	<b>PMT502B</b>
<p>56 Hours          An intensive review of circulatory, cardiopulmonary, lymphatic / immune, respiratory, digestive, fluid / electrolyte balance, etc. This course also includes pathology of the body.</p>	
<b>A&amp;P: Skeletal and Muscular Systems</b>	<b>PMT502C</b>
<p>56 Hours          In this course, students study the skeleton, muscles, and the pathology and science of movement. This knowledge forms the basis of exercise programs that should be followed to strengthen and maintain all of the muscles.</p>	
<b>A&amp;P: Maintenance of the Human Body</b>	<b>PMT502D</b>
<p>56 Hours          This course provides a foundation for understanding wellness as it relates to metabolism, injuries, healing, and massage as a recovery tool.</p>	
<b>Introduction to Acupressure</b>	<b>PMT505</b>
<p>12 Hours          This course provides an overview of the different forms of acupressure. The course includes demonstrations, instruction, and the practice of shiatsu, Jin Shin Acupressure, Do-In, traditional breathing exercises, and Chinese self-acupressure methods.</p>	
<b>Swedish Massage</b>	<b>PMT506</b>
<p>24 Hours          This course enables students to learn and to give a complete, relaxing full-body massage. Specific strokes for specific areas of the body are integrated into holistic approach. Body Mechanics, health benefits and energetic aspects of massage are included.</p>	



<b>Clinical Massage Technique &amp; Practice</b>	<b>PMT507A-D</b>
<p>256 Hours  Includes history, benefits, indications, contraindications, demonstration and supervised practice, client assessment/evaluation, soft tissue manipulations including: gliding, kneading, friction, compression, vibration, percussion, stretching, joint movements, draping, positioning, turning, feedback, charting/documentation, proper body mechanics, and self-care, to On-site Massage, Energy Work, Swedish Massage, Hydrotherapy &amp; Spa Treatments, Sports Massage, Psychology of the Body, Aromatherapy, Medi-Cupping, Face-lift Massage, Hot Stone Massage.</p>	
<b>Externship</b>	
<p>210 Hours  Living Health Day Spa allows students to gain practical clinical knowledge of the functions of a working Day Spa, client interaction and actual hands-on experience. During student externship, each student will perform 198 hours of massage &amp; therapeutic spa treatments. The externship provides continuous feedback to assure the highest levels of professionalism and efficiency. The School does not operate a "discounted" student clinic in the practical sense of the general public.</p>	
<b>Ethics</b>	<b>PMT509</b>
<p>12 Hours  Designed to address conflicts between body workers and clients. Assertive communication techniques, group discussions, and role-playing allow students to be aware and prepared for a number of possible situations that can occur. This course is especially valuable for those choosing to work on their own as a Licensed Massage Therapist.</p>	
<b>Therapeutic Healing Touch</b>	<b>PMT510</b>
<p>12 Hours  A natural health care system developed by Dr. Randolph Stone, Polarity Therapy works with the body as a system of electromagnetic currents flowing in specific patterns. Polarity treatment processes utilize:</p> <ol style="list-style-type: none"> <li>1. Meditation to help balance one's own energy.</li> <li>2. Principles of Healing Touch.</li> <li>3. Develop ways to utilize therapeutic touch in the practice of massage.</li> </ol>	

<b>Hydrotherapy</b>	<b>PMT512</b>
<p>12 Hours</p> <p>Water has certain unique properties, which render it a valuable therapeutic agent. Although administration of hydrotherapeutic procedures is not technically difficult, good results are dependent upon attention to detail. Students develop skill utilizing the physical and physiological principles of water and its effect on the human body.</p>	
<b>Business Integration</b>	<b>PMT513</b>
<p>12 Hours</p> <p>No two businesses are alike. The preparation of a business in massage therapy is very unique with many options. Students explore ways to develop their own business plans and career goals. Office procedures are incorporated along with client management and client protocol.</p> <p>This course provides effective strategies and techniques for mastering personal goals, emotions, physical needs, relationships, and finances. Students prepare journals that will enable them to explore and set goals and develop and plan their careers.</p>	
<b>Aromatherapy I, II, and III</b>	<b>PMT601A-C</b>
<p>24 Hours</p> <p>The Aromatherapy system of treatment outlined in this course combines Cissie Pryor's unique method of massage with the natural power of aromatic essential oils to beneficially affect the body, mind and spirit.</p> <p><u>Aromatherapy I "The Basics of Aromatherapy"</u> – Introduction, history, distillation, profile and working with aromatic essential oils.</p> <p><u>Aromatherapy II "Blending"</u> – Physiology of smell and absorption, limbic, lymphatic, immune, integumentary systems and interaction of essential oils on physical and emotional levels. Creating personal blends, body lab and application of aromatherapy treatment.</p> <p><u>Aromatherapy III "Integration With Bodywork – Aromatic Application &amp; Technique"</u> – Enhancing massage therapy with aromatherapy using specific massage techniques and specific aroma essences to achieve a profound sense of peace. Potential aromatic applications for a variety of ailments, Addressing common complaints that affect the seven systems of the body &amp; knowing when and how to utilize essential oils in the phases of healing.</p>	
<b>Stone Massage</b>	<b>PMT602</b>
<p>8 Hours</p> <p>In this class, you will learn how to incorporate hot stones into your massage therapy practice. The smooth, water heated stones provide deep and penetrating warmth to relax tight muscles and provide greater efficacy to the massage therapy session. The hands-on portion of this class will offer ample practice, allowing you to master the skills necessary to use stone massage with confidence.</p>	
<b>Spa Therapies</b>	<b>PMT603</b>

<p>8 Hours</p> <p>Adding basic spa therapies to your massage and bodywork toolkit is an excellent way to expand your services and increase your hourly rate. In this class, you will learn the about many of the spa products and techniques we use at Living Health Day Spa to provide our customers with a relaxing and rejuvenating massage experience.</p>
<p><b>Reflexology / Zone Therapy</b> <span style="float: right;"><b>PMT604</b></span></p>
<p>8 Hours</p> <p>Introduction to, history of and human anatomy involved in reflexology of hands and feet. The hands-on portion of the class focuses on producing effective results by working the ten zones of the feet using basic techniques, as well as "Leverage", "Bumblebee Action", "Pivot Point" and Relaxing Techniques. Discussion and Special emphasis is given to using energy work in your reflexology treatment.</p>
<p><b>Ambient Sound</b> <span style="float: right;"><b>PMT605</b></span></p>
<p>8 Hours</p> <p>Our entire world is made up of energy; Energy that is produced from original vibration. Our bodies are all made of that same energy/vibration. Illness and dysfunction are often related to disharmonies in these frequencies. Ambient sound therapies aim to realign these frequencies and restore positive energy flow, returning your body to a state of natural health.</p> <p>In this course, you will learn both the theory behind ambient sound therapies and several methods for incorporating ambient sound therapy into your massage practice.</p>
<p><b>Basic Cupping</b> <span style="float: right;"><b>PMT606</b></span></p>
<p>8 Hours</p> <p>Cupping is an ancient form of Chinese healing dating back thousands of years. In this class you will learn the history, theory, and techniques you'll need to add basic cupping therapies to your practice.</p> <p>Combined with massage therapy, cupping can:</p> <ul style="list-style-type: none"> <li>• Decrease or relieve pain and inflammation from injury or chronic conditions.</li> <li>• Relieve deep muscular issues and reduces muscle spasms.</li> <li>• Release and soften scar tissue and loosen post-surgery adhesions.</li> <li>• Lift and stretch soft tissue to separate fascia and restrictions.</li> <li>• Increase range of movement and flexibility in joints.</li> <li>• Promote healthy circulation and open the energy flow of the body.</li> <li>• Move stagnation and enable normal lymphatic flow.</li> <li>• Enhance any athletic training program to improve performance.</li> <li>• Reduce "Solid Bloat".</li> </ul>

# Academic Calendar

## 2018

### New Class (Session III)\*

August 13, 2018 .....New Class Begins  
September 6, 2018 .....Mid-Terms  
October 4, 2018 .....Finals  
October 8 – 14, 2018 .....Fall Break  
October 15 – 18, 2018 ..... Ambient Sound, Basic Cupping, Stone Massage,  
and Spa Therapies (Full Days)

### New Class (Session IV)\*

October 22, 2018 ..... New Class Begins  
November 15, 2018 ..... Mid-Terms  
November 18 – 25, 2018 ..... Holiday Break  
December 20, 2018 ..... Finals  
December 23 – January 6, 2019.....Holiday Break

## 2019

### New Class (Session I)\*

January 7, 2019 ..... New Class Begins  
February 1, 2019 ..... Mid-Terms  
February 25 - 28, 2019 ..... Finals Week  
March 4 – 7, 2019 ..... Aromatherapy & Reflexology (**Full Days**)  
March 11 – 17, 2019..... Semester Break (**Internship Active**)

### New Class (Session II)\*

March 18, 2019 .....New Class Begins  
April 11, 2019 .....Mid-Terms  
May 6 - 9, 2019 .....Finals Week  
May 13 – 16, 2019 ..... Ambient Sound, Basic Cupping,  
Stone Massage, and Spa Therapies (**Full Days**)  
May 17 – June 2, 2019 ..... Spring Break (**Internship Active**)

### New Class (Session III)\*

June 3, 2019 ..... New Class Begins  
June 27, 2019 ..... Mid-Terms  
July 4 ..... National Holiday  
July 22 – 25, 2019 ..... Finals Week  
July 29 - August 1, 2019 ..... Aromatherapy and Reflexology (**Full Days**)  
August 2 – 11, 2019 ..... Summer Break (**Internship Active**)

**New Class (Session IV)\***

August 12, 2019 .....New Class Begins  
September 5, 2019 .....Mid-Terms  
September 30 - October 3, 2019 .....Finals  
October 7 – 10, 2019 ..... Ambient Sound, Basic Cupping,  
Stone Massage, and Spa Therapies (**Full Days**)  
October 11 – 20, 2019 ..... Fall Break (**Internship Active**)

**New Class (Session I)\***

October 21, 2019 ..... New Class Begins  
November 14, 2019 ..... Mid-Terms  
November 22 – December 1, 2019 ..... Holiday Break (**Internship Active**)  
December 19, 2019 ..... Finals  
December 20 – January 6, 2020. .... Holiday Break (**Internship Active**)

Please note – Although “Breaks” are scheduled between semesters, these times are normally used by students to catch up on any missed time and “Breaks” do not include the Internship Program. Students doing clinical work are expected to work their regular schedule on these days unless arrangements have been made prior to the break. Vacations and days off are not an issue if scheduled through the office in advance. All missed hours must be made up before graduation, usually on the scheduled “Break” weeks of that semester.

**This program schedule calendar is subject to change at the director’s discretion. Please check regularly for updates.**



# Tennessee School of Massage



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