

# BELIZE SCHOOL OF MASSAGE

## ENLIGHTENMENT AND INTEGRATIVE STUDIES

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*An Education in the Art of Healing*



# DESTINATION MASSAGE SCHOOL

Medicine Mountain,  
Calla Creek, Belize  
[www.thevisionexchange.com](http://www.thevisionexchange.com)

*This is a 4 month 700 hour program for students in Belize and internationally to become present and skillful practitioners in the Massage Therapy field and a foundation for many other fields that unfold in the individual journey. This Course will prepare students for the NCBTMB or MBLEx exam in the United States.*

### **Conjunctive Studies 200 Hours**

**Students will finish a large portion of the conjunctive studies before arriving to start school in Belize, online. It is wise to allow enough time to pace yourself according to individual retention and learning styles.**

### **Anatomy and Physiology 60 hours**

Within this class, we will look into the basic structure and function of all the major systems of the body. We will be looking holistically, seeing the interconnectedness of all the systems and focusing on what the implications are as they apply to bodywork. We have found this course to be very empowering. We live in these bodies and the more knowledgeable we are in regard to how the body works, the better equipped we are to make choices that support health.

### **Kinesiology 60 hours**

Kinesiology is the study of muscles. In this class, students will learn the origin, insertion, and action of all the major muscles of the body. Within the massage portion of the program, the students' understanding of the musculature will deepen as they learn techniques for working very specifically with these muscles.

### **Communication Skills and Ethics**

#### **Pathology**

#### **Business and Law**

#### **Cardiopulmonary Resuscitation, First Aid**

#### **Introduction to Homeopathy,**

#### **Introduction to Herba logy**

### **Yoga, Movement and Meditation**

Students will be required to keep a personal journal during the course. Journaling is an amazing tool for self-reflection and awareness.

### **Bodywork Hours 350**

**(A portion of kinesiology and pathology will be incorporated in some of the main courses also)**

### **Additional Requirements 105 Hours**

#### **Orientation 15 hours**

the first three days of class will be orientation. This will be an opportunity for students to begin to get comfortable with themselves and each other. We will be introducing basic body mechanics, awareness practices, movement, personal hygiene, and simple exercises to get students used to touching and being touched in a safe way.

#### **Clinical Practicum 60 hours**

During the course of the program, students will be required to do 30 supervised practice massages. The supervised student clinic will be set up for Mon and Wed evenings at 5:00 pm. Students will also be required to give one instructor massage before graduating. This will serve as an opportunity for feedback and a personal tutorial

#### **Review and Graduation 30 hours**

**Throughout the 4 month course, we also integrate four trips to the Mayan temples and other sacred sites!!**

### **Requirements for Graduation**

To be eligible for graduation, a student must have:

1. 90% attendance, with work for missed days made up;
2. A cumulative grade of 'C' or better on written exams;
3. Completion of CPR and First Aid education offered by the school, or proof of current certification;
4. Completion of massage practicum;
5. Tuition paid in full.

## *Intuitive Bodywork 80 Hours*



In this portion of the program students will learn about the energy body, universal energy and show to facilitate it. We will explore and practice through the following methods and modalities. We will also implement the mind-body connection and the chakra systems. We will go deeper into the study of the brain and how to raise its energetic frequencies.

### **Reiki**

Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery

It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.

### **Polarity**

A healing art developed by Dr. Randolph Stone, which works with balancing the flow of life energy in the human body. This work includes an exploration into the element theory and what Dr. Stone referred to as our "wireless anatomy" Students will learn basic theory and techniques for working with the life pulse, as well as the physics that underlie all energy work.



### **Crystals and Stones**

Learn crystal and stones elements and layouts to integrate into healing. We will also work with hot stones and implementing them into sessions.



### **Sound Healing**

This will be an education and practice of sound frequency and its healing effects on the resonance of the auric field resulting in physical healing.

***ENERGY FOLLOWS INTENT***

## BELIZE SCHOOL OF MASSAGE

### Additional Juicy Tidbits

During the course of the program five trips to the Mayan temples and other sacred sites of Belize will be incorporated.

Advanced Courses in several modalities will be available for students continued education after the program completion.



### **Integrative Massage 40 hours**

Within this class, students will have the opportunity to integrate all of the skills gained throughout the program.

We will be focusing on the interconnectedness of the cranial sacral system, the myofascial system, and the energy systems of the body. There will be time for working creatively with each other and receiving individual feedback from instructors.

20 hours of this segment will cover the following techniques to implement into sessions.

### **Raindrop and Aromatherapy**

Students will learn the medicinal properties and uses for aromatherapy and the technique of raindrop therapy, working with the spine and how it correlates to healing the whole.

### **Hydrotherapy**

In this portion of the program, students will learn the theories and have the opportunity to practice hydrotherapy treatments that can easily be integrated into their massage practice. The therapeutic use of water has been dated back to ancient times and is practiced today by health care practitioners in many fields.

**Herbal Body Wraps:** Pure essential oil blends, healing herbs and flower wraps for spa treatments of the face, feet and body. Proper products for spa and massage treatments

## **Staff and Instructors**

### **MELISSA JUDE LUCA, CMT, CSI, Healing Minister, Director**

Melissa Jude is an ordained healing minister, certified in massage therapy the Arizona School of Integrative Studies and Instructor at Northern Arizona Massage Therapy Institute and Sedona School of Massage in Sedona Arizona. She has been practicing and teaching in massage therapy, yoga, dance and the healing arts since 1997. MJ is also an advanced practitioner of Structural Integration and Energy work integrated with her practice and teaching as a Spiritual Medium.

MJ brings an authentic style of teaching and being to her students. She resonates with the knowing of each individuals soul purpose, once activated will come alive and shine!

### **LUNARA CHESHIRE, CMT, ND, Herbalist, Healing Minister**

Lunara has been in the healing arts for over 12 years and lives in Maui where she runs her business, Cheshire's herbals. She is a Naturopathic Doctor and herbiologist; Lunara teaches polarity therapy, aromatherapy, raindrop therapy, sound healing, and how to integrate her herbs into body wraps and treatments. She is extremely knowledgeable and tuned in. She brings excitement and pizzazz to her teachings, which is an inspiration to all.

### **JEFF McGrath, NCBTMB, CMT**

My professional endeavors have resulted in the operation of two separate entities within the career education industry. As the Director of Northern Arizona Massage Therapy Institute, I have operating both a two-campus massage therapy vocational school in Sedona & Prescott, AZ. Complimentary to this I have managed a career education-advertising agency. My focus is always to provide the best services/products at market value for consumers, allowing volume to increase as a result of genuine quality. My management style & experience revolves around creating a team focused staff by providing strong leadership, a lead by example attitude, and creating a culture that rewards everyone from top to bottom for achieving our business objectives collectively.

### **Bachelor of Science, Exercise Science, Cum Laude**

1994 – 1998

*Activities and Societies:* Student athletic trainer, Intramural sports, recreation, music.

### **DAMIAN MATTHEWS, CMT, CSI**

Damian is a certified Structural Integrator and certified massage instructor who has been actively pursuing the art and science of bodywork since 1992. As an educator he has a unique zeal for the information he shares, and his lively group discussions foster an environment of mutual respect and learning. He teaches Kinesiology, some of the Anatomy & Physiology classes, Isolated Stretching, Nomadic Movement and Polarity Therapy. Damian's teaching style is dynamic and inspires a life long love of learning.

### **NANCY MATTHEWS, CMT, CSI**

Nancy is the founder and director of the Sedona School of Massage. She received her certifications in Massage and Hydrotherapy and Structural Integration at the Florida School of Massage in Gainesville, Florida, where she worked as an administrator and teacher for nine years. In 1996, she came to Arizona where she was Co-Owner/Director of the Arizona School of Integrated Studies until 2003.

Her teaching style is dynamic, weaving together the art and science of bodywork. Her life's journey has been one of inquiry, a looking into the very nature of our beingness and human potential.



## Swedish Massage 60 Hours

In this modality, students will learn the basic theory and strokes of Swedish massage, which promote relaxation and the free flow of fluids through the circulatory system. We will also be focusing on basic body mechanics, body draping and learning to communicate and touch in a safe way.



## Injury Assessment and Intro to Active Isolated Stretching 20 hours

Injury assessment is designed to introduce the participants to the techniques and concepts used in identifying soft tissue injuries. Here we will have a chance to actually identify and treat causes of dysfunction to the musculoskeletal system.

Active Isolated Stretching is a technique pioneered by Aaron Mattes. Using precise controlled movements, and simple breathing techniques; a massage therapist is able to facilitate dramatic changes in the tensional base of the client.

This simple elegant approach requires applying perfect assistance, and exactness of action, to affect one muscle at a time. This fun and highly interactive class will also sharpen your understanding of kinesiology while opening your body to greater range of personal expression

## Myo fascial Techniques 30 hours

This class will be an introduction to working with the myofascial system. We will cultivate the skills for greater presence and sensitivity in working with and affecting the



## Connective Tissue Therapy 70 hours

In this portion of the program, students will learn very specific techniques for working with the muscles and their fascia components. This work is very satisfying to receive, and very effective for freeing up areas of chronic holding and congestion, and facilitating greater function, vitality and freedom in the body/mind. The art of body reading will be taught and the students understanding of kinesiology will deepen throughout this class. This is a very good introduction to Structural Integration.



## Introduction to Cranial Sacral Therapy 20 hours

This course is a hands on, gentle touch approach to the deepest level of the physiology of the human being. We work with the membranes and fluid that surround and protect the brain and spinal cord. We will cultivate the skills of deep listening through touch and awareness. Through this type of contact the cranial sacral system is a largely self-corrective mechanism that can affect any number of sensory, motor or neurological situations.

## Reflexology 12 Hours

Reflexology is an ancient healing art based on the principles that there are reflexes in the hands and feet that correspond to every part, organ and gland in the body. Students will learn and integrate the reflexology chart while working with the feet (our foundation) and hands (the extension of our hearts).





# BELIZE DESTINATION MASSAGE SCHOOL

*An Education in the Art of Healing*



Study amidst  
the Mayan temples and Caribbean seas of Belize

- Non-corporate, independent school
- Our classes are small and intimate
- Our teachers are dedicated, dynamic and present
- Our program will prepare students for the National Certification Exam, and.
- We do it in a joyous and fun atmosphere
- We also offer help with housing and financing

**Make your career your passion on Medicine Mountain!**

**MEDICINE MOUNTAIN  
CALLA CREEK, CAYO, BELIZE**

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