



## 2019/2020 Catalog

*Catalog Version Date: 7/11/19*

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*The Quantum School is accredited by the American Association of Drugless Practitioners (AADP) and is licensed by the State of Hawaii Department of Education (DOE) Lic # 1719-1018.*

# 2019/2020 Catalog

## QUANTUM SCHOOL OF HOLISTIC HEALTH

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List of agencies the school is approved and/or accredited by:

Accredited by the American Association of Drugless Practitioners (AADP),  
Licensed by the State of Hawaii Department of Education (DOE) Lic # 1719-1018.

Approved for the training of veterans and eligible persons under the provisions of  
Title 38, United States Code.

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## PRESIDENT'S MESSAGE

Aloha!

As the President and Founder of the Quantum School of Holistic Health, (QSHH) I welcome you to explore the information in this 2018-2019 Catalog. We offer various programs including: Holistic Health Practitioner and Licensed Massage Therapy Training, Nutritional Healing and Colon Hydrotherapy, along with numerous electives and special events along the way.

Our mission is to promote health, peace and happiness through education and hands-on training Motivated by compassion and a desire to help others live their unlimited potential, we seek to spread a deeper understanding of human consciousness and how it impacts our bodies, others and the world.

On my behalf and the Quantum School faculty, we are grateful that you are taking time to learn more about our school. Please do not hesitate to contact me if you have any questions.

*Love, Light, and laughter,*

*Karen Lucky Thornton*

*Karen "Lucky" Thornton  
Founder, President, Teacher & Practitioner*

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## QUANTUM SCHOOL OF HOLISTIC HEALTH

The Quantum School of Holistic Health (QSHH) was founded on the belief that holistic health practitioners have an important and unique opportunity to assist others with understanding and managing their bodies and health. The Quantum School instructors strive to provide a balanced curriculum, stressing both education and intuition in developing a thorough understanding of the structure, function and mechanics of the human body, mind and energy systems while allowing for personal growth and self-discovery.

### Institute Goals and Objectives

- Offer first-class training for healers and body workers.
- Equip students with knowledge and experience through holistic and natural means to heal themselves, their families, their communities, and the earth.
- Support each student's education through dedicated academic advisors and a knowledgeable faculty.
- Offer a robust course selection which includes a mix of information and hands-on training.

### Diploma Programs

At this time, QSHH offers four diploma programs.

Holistic Massage Therapist (HMT)  
 Licensed Massage Therapist (LMT)  
 Holistic Health Practitioner (HHP)  
 Nutritional Healing Consultant (NHC)

The QSHH offers certificates of completion for each subject completed. Students can opt to take individual courses or take the entire diploma program.

### What is a Holistic Practitioner?

Holistic practitioners are healers who focus on many different aspects of alternative healing. A holistic practitioner is anyone who focuses on the health of the entire person rather than treating symptoms or a single disease. The basis of holistic health looks at all of the parts of a client's life, and to make lifestyle changes such as diet, exercise, and other modalities such as massage or herbal remedies in order to restore health. In our stressful modern age, the wellness industry offers desperately needed support to those in search of balance and healing, making holistic health careers more popular than ever before.

Holistic practitioners are becoming more popular and more widely accepted. The industry is growing rapidly as more people demand their services. People are visiting holistic health practitioners to help them cope with their busy lives, address chronic pain, and fight disease. Others seek assistance with improving their diet and exercise habits. All of them aspire to the profound state of health that comes with the balance of mind, body and spirit. These are reasons holistic health careers are becoming so popular.



## **ADMISSION**

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[www.QuantumInstituteIntl.com](http://www.QuantumInstituteIntl.com)

## **Administration**

Current students and prospective students are asked to call for an appointment time before visiting the administration offices or classrooms. Office hours are Monday through Friday, 8:00 a.m. – 4:00 p.m. Appointments may be made by calling our main office at 808.626.5087 or sending an email to [QuantumInstituteIntl@gmail.com](mailto:QuantumInstituteIntl@gmail.com).

## **School Accreditation**

Quantum School of Holistic Health is Accredited by the American Association of Drugless Practitioners (AADP), and licensed by the State of Hawaii Department of Education (DOE)- Lic # 1719-1018

## **Administrative Facilities & Location**

The School's Administrative Office and Nutritional Healing/Aromatherapy Classroom are located in a residential area in Manoa Valley behind the University of Hawaii. Video resources and a research library are available at the office, and at the University Campus.

The University Campus Massage and Clinic is located at the University Plaza at 931 University Avenue, Suite 207. The classroom is located just Makai of King Street. Parking must be validated on weekdays, M-Sat 9am-6pm. After hours, parking is \$2/day for guests. Students are urged to find on-street parking, or pay \$1/hr for parking validation.

## **Minimum Admission Requirements**

Admission in any QSHH diploma or certificate program requires that prospective students possess a high school diploma or its equivalent. Each person is accepted only if, in the school's opinion, such individual has the possibility of success in the chosen program. The Quantum School admits qualified students with physical and or mental disabilities who are able to do the required work.

## **Application Process**

Prospective students may apply in person by appointment with an Admissions representative. Appointments may be scheduled by calling 808.626.5087.

Complete the Application Form and submit with \$50 non-refundable application fee (\$10 Veteran).

Make an appointment to speak with an academic advisor.

Register for classes.

Attend the student orientation session.

## Application Deadlines

QSHH offers rolling admissions. However, for more information about the ideal time to start a particular program contact the administration office at 808.626.5087.

## Programs, Schedules and Faculty Changes

The school reserves the right to add, modify or discontinue programs of study, make changes to schedules and faculty, or adjust academic requirements, fees and tuition. Students will be notified of any changes that affect their respective class(es) or study plan.

## Evaluating Transferred Credit Policy

Credits for previous experience or training may be awarded on a case by case basis, upon the discretion of the school principal. In certain cases, coursework credit will be given for workshops hosted and approved by Quantum School, as satisfying curriculum objectives.

## Student Body

The QSHH student body is diversified in age, educational background, and life experiences. The common denominator among students is a desire to become educated in holistic healing and to serve the well-being of others.

## Length of Courses

Each Course may run from two days to six months. Course hours vary from 4 to 200 hours. The 660 hour diploma for LMT levels 1, 2, and clinic can usually be completed within nine to twelve months. The state license exam may be taken usually within 3 months after graduation.

### The program is offered in two formats to accommodate different time requirements:

**STANDARD PROGRAM** - Part Time Program – Two to four weekday evenings from 5:30-9:30 PM, and Occasional weekends. Total of 13 clock hours per week for 46 weeks (not including breaks). Additional hours are required for student internship.

**INTENSIVE PROGRAM** - Full Time Program – Monday through Friday 8:00 AM – 5:00 PM. Total of 24 clock hours per week for 30 weeks (not including breaks). Additional hours are required for student internship. The Holistic Massage Therapy program goes for 46 weeks.

## Class Times

Below is a chart of the class times

Program	Times	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Intensive	8am-12pm	C	B	B/C	A	A	B/C	
Intensive	1pm-5pm	C	A	B/C	A	B	B/C	
Standard	5:30-9:30pm	B	A	B	A	B		

### Key:

**A = Advanced Classes**

**B = Basic Classes**

**C = Clinical Practice**

## **Class Size**

The instructor to student ratio is small which allows for hands-on classes. In general, a maximum of 10 students will be admitted to each program per semester.

## **Attendance Policy**

Students are expected to be punctual and present from the beginning to the end of each class. Our school has a 100% attendance policy for all classes and clinic. Students are requested to notify Student Affairs of planned absences in order to arrange for make-up work or alternate class assignments. Absences and tardiness will be tracked by the Office of Student Affairs.

Any student who misses more than 10 hour of class time at any level will undergo Administrative Review. If these absences are unexcused, the individual may be dismissed from the program. If a student misses 20 hours at any point they may be asked start the program again from the missed hours level.

It is highly recommended that students maintain personal attendance records for verification against the school's records.

Permission to re-enter the program may be granted by the Student Affairs Coordinator or Clinic Manger (respectively) if the cause of unsatisfactory attendance has been sufficiently corrected.

For Level I students, Clinic internship may be delayed until missed hours are made up and/or the student's skill level is adequate for clinic performance.

Missing more than 10 hours in Level II may result in being removed from the clinic schedule until the hours are made up. Probation and dismissal from the program are possibilities should attendance issues not improve.

Graduation certificates will be issued only when attendance, academic, and financial obligations are met.

## **Tardiness**

If a student arrives late to class, he/she will be marked tardy (T). If a student leaves early from class, the hours missed must be completed in study hall. Three times of tardiness will constitute an absence (one hour), which must be made up with the instructor. Excessive tardies may result in disciplinary action, including probation.

## **How to Make Up Incomplete Attendance**

### **Private Tutoring**

Students may arrange for private or small group tutoring from QISHH-approved tutors at the rate of \$35 per hour. An instructor may recommend or require a student to receive tutoring due to unsatisfactory academic or hands-on progress. Tutored hours may be counted as make-up hours for missed class time on a one-to-two basis (one hour tutoring = two hour make-up, etc.) Tutors are authorized to issue additional assignments to demonstrate proficiency.

### **Clinical Practicum Attendance Policy**

Clinic attendance is 100% mandatory. Students must sign in and sign out when they are on duty in the clinic. In the event that a student cannot attend clinic, and they have an appointment scheduled, it is the student's responsibility to find a fellow student to do the massage. In the event that is not possible, the

clinic Manager may do the massage, and the student must pay the Clinic Manager their normal fee for massage. Cancelling an appointment may result in disciplinary measures. Make-up time will be scheduled through the Clinic Manager.

## **Leave of Absence**

Students enrolled who have specific emergency situations - are eligible to take an approved leave of absence for up to 180 calendar days. The following are situations that apply:

- Serious health condition of student
- Care of an immediate family member with a serious health condition
- Birth/adoption of a child and care for that child
- Death of an immediate family member
- Jury duty
- Military service

Generally, only one leave of absence will be approved in any twelve-month period. If, extenuating circumstances arise and additional leaves are required, a student can appeal to the Student Affairs Coordinator to have additional leave approved. The total number of days of all leave of absences combined cannot exceed 180 days.

A student does not incur additional charges while on a leave of absence. Upon a student's return from a leave of absence, he/she is permitted to complete the coursework he/she began prior to the leave of absence.

## **Applying for a Leave of Absence**

To apply for a leave of absence a student must provide appropriate documentation of the situation (i.e. doctor's note, etc.) and fill out and sign a Status Change Form with the Student Affairs Office prior to taking the leave of absence. A student who is not in class on his/her scheduled return date will be withdrawn from school.

## **Grading**

Grading of the course is determined upon a Pass/Fail basis. In order to pass a course, a student must successfully complete all the requirements for each level of that course.

## **Progress**

The Quantum School's programs are designed for students who expect to devote sufficient time outside of school to both practicing massage/HHP/NHC and studying. Attendance records are strictly kept, with copies provided to the student upon request. These records are monitored frequently by Administration in order to anticipate any potential attendance issues.

Written instructor evaluations of Student's Progress are available at the end of each trimester or upon request. Evaluation will be expressed in terms of the ratings EXCELLENT, GOOD, SATISFACTORY, NEEDS IMPROVEMENT. In addition, constructive comments will be offered as applicable. Instructor reports, feedback, and attendance records will be reviewed.

At the end of each level a student must have completed all course work in order to receive a (P) grade and proceed to the next level. A student who has not finished assigned coursework will receive a grade of (I) incomplete. The missing coursework must be completed and a final passing grade received from

the instructor within 14 days after the last day of the trimester. If a final passing grade is not received within 14 days after the last day of the trimester, the (I) incomplete grade automatically converts into a (F) fail, and the course must be completed in its entirety.

If a student has missed classes in a trimester and has not made them up by the end of that trimester, the student will receive a grade of (IA) incomplete attendance. Evidence of the completed make up hours must be submitted to the Director of Education within 14 days after the last day of the trimester. If the missed classes have not been made up within 14 days after the last day of the trimester, the Incomplete, (IA) grade automatically converts to a grade of (F) fail, and the trimester must be repeated in its entirety.

## Examinations

### Level 1

Weekly written quizzes (anatomy, physiology, pathology, and kinesiology)  
 One written midterm exam (anatomy, physiology, pathology, and kinesiology)  
 One written final exam (anatomy, physiology, pathology, and kinesiology)  
 One final practical full body "LMT" evaluation

### Level 2

One written final exam  
 One final practical full body "LMT" evaluation

### Level 3

One final practical full body "LMT" evaluation

## Grading

Successful completion of the course is determined on a pass/fail basis. In order to pass the science portion, the student must pass all quizzes with an 80% or better. A 75% is required on the final examination at the end of each trimester. If a student does not make 75% passing grade on their midterms or finals they have one more opportunity to take the test within 14 days. If the student is unable to pass on the second try, or does not attempt to re-take the test, they are given an (I) incomplete grade and the trimester must be repeated in its entirety.

## Midterm and Final Exam Grading

A Student who fails an exam may retake the exam 1 time.

A-----92-100%  
 B-----82-91%  
 C-----75-81%  
 D-----70-74%  
 F-----69% or Below

Personal Meetings between the student and a QSHH Administrator or designee will be as follows:

- 1 First day of School and Orientation
- 2 Level I Midterms
- 3 Level I Finals
- 4 Clinic Planning Level II
- 5 Clinic Evaluation

- 6 Clinic Evaluation
- 7 Clinic Evaluation
- 8 Clinic Evaluation
- 9 Graduation Preparation class

### **Conditions for Graduation**

- Satisfactory attendance (100% with all make-up work completed)
- Clinical Practicum Log Completed
- Passing grade (75%) on final written exam
- All written homework assignments completed
- Tuition paid in full
- Maintenance of professional behavior in accordance with NCB standards
- Library books returned

### **Student Records**

Permanent files are kept for all students.

### **Transcripts & Certificates of Completion**

Upon graduation, students receive one copy of an official student transcript and Certificate of Completion or Diploma. In addition, an official transcript will also be sent upon request to the National Certification Board of Therapeutic Massage and Bodywork within one year of graduation for those applying to take the National Certification Exam. Future requests for official transcripts or copies of certificates may be obtained when requested in writing for a \$25.00 fee. If official transcripts need to be sent to the testing center, the name and address should be included in the request. Requests will be processed within 10 business days.

No records will be issued to any student whose financial obligations to the school have not been satisfied. You can request a copy of your records in one of two ways:

Complete and sign the Transcript Request form and mail the form directly to the school.  
Visit the school business office to complete the Transcript Request form.

### **Disclosure of Education Records**

Information contained in student files is considered confidential and shall be released to other individuals only upon a student's prior written consent and authorization, with the following exceptions:

- To officials of another school upon request if the student seeks or intends to enroll at that institution.
- To comply with a judicial order or lawfully ordered subpoena.
- To Parents who claim the student as a dependent for income tax purposes.
- To certain officials of the U.S. Department of Education, the Inspector General, or state and local educational or federally supported educational programs.
- To accrediting commissions to carry out their functions.
- To appropriate parties in health or safety emergencies.

### **Student Conduct Policy**

When students enroll in the Quantum School of Holistic Health, they agree to dress and conduct themselves in a professional manner while attending school and school related events. As an affiliate of the National Certification Board, QSHH subscribes to the Standards of Practice set forth by the NCB.

Students attending QSHH are expected to adhere to these standards. The NCB Standards of Practice can be downloaded at [http://www.ncbtmb.com/ethics\\_&\\_standards.htm](http://www.ncbtmb.com/ethics_&_standards.htm)

## **Disciplinary Notices**

### **Probation**

The following factors are taken into consideration for probation

- Attendance Progress
- Academic Progress
- Dress Code Compliance
- Tuition Payment Agreement

A student who is not in compliance with any of the above categories will be placed on probation. Any student placed on probation is notified in writing of his/her status and documentation is placed in the student's file. A meeting with the Student Affairs Coordinator will be scheduled to discuss a plan for the student to complete course work or attendance make-up and or reconcile past-due tuition payments. The Student Affairs Coordinator will carefully monitor progress. Should insufficient progress continue, a second letter would be issued with citation of the reason for continued probation, warning the student the next step will be dismissal from the program. Probation will continue until the end of the trimester in which the citation was issued. For example: If a student who has received notice of probation in the 6th week of a 14 week trimester, the student is on probation until the end of the 14th week.

### **Probation Appeals**

If a student feels he/she has been placed on probation due to an error in the calculation of his/her attendance or grades, the student may request that the pertinent records be reviewed. This request must be written and submitted to the Student Affairs Coordinator within five business days after receiving notice of probation.

If the student feels he/she has extenuating circumstances and would like the probation cancelled, a written appeal may be submitted to the School Owner within five business days after receiving notice of probation.

## **Dispute Resolution Process**

### **Grievances**

If an issue arises with the program, the student should first address the instructor involved. Should further action be necessary, the student must then document the situation in writing to the Student Affairs Coordinator. The documentation must include the full names of persons involved, the date of the meeting and the details of the problem. An interview with the teacher and student will follow.

Should issues between students arise, it is the students' responsibility to resolve conflicts between themselves. Involvement of other students in the conflict is prohibited. If a student feels that a fellow student has violated one of the school policies, the student shall report this to administration in writing. Instructional issues should always be addressed first to the faculty. After all avenues are exhausted, the issue will be addressed to the Principal who will make a final decision.

## **Withdrawal**

A student who wishes to withdraw from the program must submit a written, signed, and dated letter informing the school of his/her intentions. This can be done with meeting with the Administration Manager or by submitting a letter via mail or fax.

## **Automatic Withdrawal**

A student will automatically be withdrawn from the program for the following reasons:

- Failure to return from an approved leave of absence
- Failing any course twice during one enrollment
- Failure to maintain satisfactory progress for two consecutive semester ends
- Failure to fulfill attendance policy requirements
- Failure to fulfill financial agreements (30 days past due)
- Failure to abide by probation terms set by School Administration

## **Dismissal**

A student may be dismissed from the program for any of the following:

- Failure to abide by any of the QSHH policies
- Cheating, stealing, or vandalizing
- Repeated incidence of intoxicated or drugged state of behavior
- Behavior creating a safety hazard to other persons
- Unprofessional or illegal conduct
- Sexual misconduct

Students who are dismissed from QSHH will not be allowed to enroll at any future time. Permanent enrollment records will reflect this status accordingly.

NOTE: Any student who is dismissed will not be eligible to receive a tuition refund.

## **Classroom Environment**

All cell phones must be turned off in class. Phones are permitted during scheduled breaks. Absolutely no mind-altering substances, whether alcohol, marijuana or other drugs, may be brought into the school or imbibed before or during class with full respect for the law.

## **Media Release**

A media release form must be signed by the student before they attend the school. The school reserves the right to take pictures and video and share them in marketing materials and over the Internet. Individual issues about this may be brought to the instructor's attention.

## **Placement Services**

The School does not provide placement services.

## **Classroom Equipment Description**

Equipment used in classrooms is intended to support student learning. The student-to-equipment ratio varies depending on the type of equipment required.

## **International Students**

International students are welcome. Country visas are the student's responsibility.



**Student Housing**

We do not offer campus housing; however, we can provide links and websites the student can use to procure housing. All housing costs and searches are the responsibility of the student.

**Student Loans and Financial Aid**

The Institute does not provide student loans or financial aid. Financing is available with affordable monthly payments negotiated individually. Call for an appointment with an educational counselor.

**Policy on Previous Credit or Experience**

Credits for previous experience or training may be awarded on a case by case basis, upon the discretion of the school principal. In certain cases, coursework credit will be given for workshops hosted and approved by Quantum School, as satisfying curriculum objectives.

**Guests and Observers**

At the discretion of QSHH, all classes may have observers and additional students participating at any given time. All guests must be approved by QSHH prior to the visit

## School Calendar

The school calendar is year round except for designated holidays. The 2019-2020 course schedules are listed at the back of this catalog. ***Please contact us for the most current updated schedule of classes.*** Students may begin courses at any time they are offered. Please note that class sizes are limited and pre-registration is recommended to ensure a spot in the class of your choice

### 2019 Terms\* for Licensed Massage Therapy (LMT), Holistic Massage Therapy (HMT) Nutritional Healing (NH) and Holistic Health Program (HHP) Starting Dates:

PROGRAM	SPRING SEMESTER	FALL SEMESTER
<b>Holistic Massage Therapist Standard</b>	Rolling admissions, students can apply and enter the program year-long. Contact the school to find out the next class starting date. New classes start every month	
<b>Holistic Health Practitioner</b>	Rolling admissions, students can apply and enter the program year-long. Contact the school to find out the next class starting date. New classes start every month	
<b>Licensed Massage Therapist Standard</b>	March 15, 2020	September 22, 2019
<b>Licensed Massage Therapist Holistic Massage Therapist Intensive</b> <i>(Program for Veterans)</i>	January 6, 2020 & May 18, 2020	October 7, 2019 & September 21, 2020
<b>Nutritional Healing Consultant</b>	January 28, 2020	July 23, 2019

*\*Dates Subject to change*

*(Each program takes roughly 12-18 months for completion after the start date, depending on students' choice of electives and clinic days.)*

### School and Clinic Holidays

New Year's Eve  
 New Year's Day  
 Easter Sunday  
 Memorial Day  
 Independence Day  
 Labor Day  
 Veterans Day  
 Thanksgiving Day  
 Christmas Eve  
 Christmas Day

## HOLISTIC HEALTH PRACTITIONER PROGRAM (HHP)

Our Holistic Health Practitioner Program classes offer techniques and skills that enable students to heal themselves, their families, and/or integrate their knowledge into their current healing practice or business.

### Certificates & Diplomas

The Quantum School of Holistic Health offers both certificates of completion for each subject completed, and also a Holistic Health Practitioner Diploma for completing all required coursework for graduation. Students can opt to take individual courses or take the entire diploma program.

The Holistic Health Practitioner Program is an integrative **hands-on, experiential program** designed to prepare students for work as a holistic health practitioner. Graduates will enter the job market as highly attractive candidates for employment. They will also acquire the business and professional skills necessary for self-employment. Students are requested to contact the American Association of Drugless Practitioners (AADP) and their local state/provincial department of licensing and regulation for information on specific requirements for certification and licensing.

### Holistic Health Practitioner (HHP) Program

**Holistic Health Practitioner (HHP) Program** –To receive a Holistic Health Practitioner (HHP) diploma, students complete 358 Classroom hours, including Quantum Healing with Energy, Basic Nutritional Healing, and Personal and Professional Development. Students will also be required to complete 50 Clinical hours of practice during their third trimester. The following courses comprise the 350 hours of HHP – Classroom Hours.

HOLISTIC HEALTH PROGRAM (HHP)	
REQUIRED COURSES	HOURS
Quantum Healing with Energy – Level 1	20
Quantum Healing with Energy – Level 2	18
Reiki 1	4
Integrative Quantum Medicine™- Level 1	18
Basic Nutritional Healing	60
Personal and Professional Development	20
Holistic Peer Counseling	30
The Quantum Brain	20
Aromatherapy 1	20
Aromatherapy 2	20
Reflexology 1	20
Reflexology 2	20
Acupressure 1	16
Acupressure 2	16
Lomilomi 1	20
Cranial Sacral	16
Healing With Crystals	20
<b>TOTAL HOURS</b>	<b>358</b>

**Holistic Health Practitioner (HHP) Program – Clinical Practice**, with 50 hrs in a supervised clinical setting, or supervised outside events, students practice what they've learned.

The Holistic Health Practitioner DIPLOMA qualifies the student to **apply to AADP** (American Association of Drugless Practitioners) and become a **Board Certified Holistic Health Practitioner** (the \$300 application fee to AADP is not included in the tuition).

<b>HOLISTIC HEALTH PROGRAM (HHP) CLINICAL</b>	
<b>REQUIRED COURSE</b>	<b>HOURS</b>
Holistic Health Practitioner (HHP)- Clinical Practice	50
<b>TOTAL HOURS</b>	<b>50</b>

## **LICENSED MASSAGE THERAPY (LMT) PROGRAM**

To receive a Massage Therapy License, students must complete LMT Parts 1, 2, and Clinical Practice, and pass the Hawaii State Licensing Exam. This school prepares a student to take the Hawaii State Massage Therapy Licensing Exam. (Exam fees and CPR course are not included in the tuition). The full program is 678 hours long.

<b>MASSAGE THERAPY TRAINING (LMT) PART 1</b>	
<b>REQUIRED COURSES</b>	<b>HOURS</b>
Anatomy, Physiology and Structural Kinesiology	65
Pathology	20
Massage Therapy 101	115
<b>TOTAL HOURS</b>	<b>200</b>

<b>MASSAGE THERAPY TRAINING (LMT) PART 2</b>	
<b>REQUIRED COURSES</b>	<b>HOURS</b>
Deep Tissue	40
Holistic Peer Counseling	30
Prenatal / Post-Partum / Infant massage	24
Professionalism for LMT- (ethics, business, exam review)	
Ethics	6
Business practices, State Laws, Billing, Etc	10
Exam Review	4
Acupressure 1	16
Acupressure 2	16
Shiatsu	16
Cranial Sacral	16
Reflexology 1	20
Reflexology 2	20

Thai Yoga Massage	16
Lomilomi Level 1	20
Reiki 1	4
Quantum Healing with Energy – Level 1	20
<b>TOTAL HOURS</b>	<b>278</b>

<b>MESSAGE THERAPY TRAINING (LMT) CLINICAL PRACTICE</b>	
<b>REQUIRED COURSES</b>	<b>HOURS</b>
Massage Therapy – Clinical Practice	200
<b>TOTAL HOURS</b>	<b>200</b>

### **Cardiopulmonary Resuscitation**

Adult and Infant CPR Certification (\$50 additional fee)

## **Holistic Massage Therapy (HMT) Program**

As an individual interested in massage therapy for self-healing and to share with friends and family, we invite you to the Massage School Level I program. You will be inspired and well educated to practice massage therapy safely as a gift to your family and community at no charge. Our belief is that massage is for everyone, and so anyone can complete Level 1, regardless of whether they want to go further to become a licensed therapist or not.

Holistic Massage School for the professional licensed Therapist (HMT) includes 3 parts designed to satisfy all of the academic requirements to sit for the Hawaii state examination and develop a successful career in massage therapy in a medical office, spa or as an entrepreneur. It also satisfies the school's requirements to graduate as a Holistic Health Practitioner, as well as a Holistic Massage Therapy Diploma.

This is not just a program to teach you how to rub knots out of muscles. Students are taught to do this work in a holistic way, understanding that we are working with a whole human being and what we do affects all aspects, physical, emotional, mental and spiritual. Students work on themselves to become clear channels for the life energy to move through them by learning how to ground, center and connect with clarity with themselves and with all they touch. Students will attend the integrated science classes in all three parts of massage training.

The HMT program consists of 880 school hours, and takes approximately 18 months to complete.

### **Holistic Massage Therapy (HMT) Parts**

#### **Holistic Massage Therapy Training (HMT) – Part 1**

Holistic Massage Therapy Training - Level 1 is a 200 hour program, including coursework on human anatomy, physiology, structural kinesiology, and Pathology, which are integrated into the hands-on training in the theory and demonstration of massage. Students are introduced to the foundations upon which all bodywork is built: honesty, awareness and compassion. Students are educated in massage history, massage theory, general benefits of massage, hygiene / sanitation, universal precautions, standards of practice, ethics, body mechanics, draping and positioning, specific massage strokes,

assessment of clients' condition, contraindications to massage, and recordkeeping. This course prepares students to perform a one-hour therapeutic massage for the clinical practicum. In addition to techniques in Swedish massage and acupressure, Level 1 includes seated massage, and introductions to advanced techniques, such as Acupressure, Reflexology, Aromatherapy, Prenatal, Chakra Balancing, Energy Healing principles, Hydrotherapy, TCM, special populations, energy-based techniques, benefits, indications and contraindications of massage for specific clients' condition, with problem solving and a treatment plan.

<b>HOLISTIC MASSAGE THERAPY TRAINING (HMT) PART 1</b>	
<b>REQUIRED COURSES</b>	<b>HOURS</b>
Anatomy, Physiology and Structural Kinesiology	65
Pathology	20
Massage Therapy 101	115
<b>TOTAL HOURS</b>	<b>200</b>

### **Holistic Massage Therapy Training (HMT) – Part 2**

Holistic Massage Therapy Training - Part 2 offers advanced training in massage therapy, and holistic studies. Students will complete a total of 458 hours.

### **Cardiopulmonary Resuscitation**

Adult and Infant CPR Certification (\$50 additional fee)

<b>HOLISTIC MASSAGE THERAPY TRAINING (HMT) PART 2</b>	
<b>REQUIRED COURSES</b>	<b>HOURS</b>
Deep Tissue	40
Holistic Peer Counseling	30
Prenatal / Post-Partum / Infant massage	24
Professionalism for LMT-ethics, business, exam review	
Ethics	6
Business practices, State Laws, Billing, Etc	10
Exam Review	4
Acupressure 1	16
Acupressure 2	16
Shiatsu	16
Cranial Sacral	16
Reflexology 1	20
Reflexology 2	20
Thai Yoga Massage	16
Lomilomi Level 1	20
Reiki 1	4
Aromatherapy Level 1	20

Aromatherapy Level 2	20
Quantum Healing with Energy – Level 1	20
Quantum Healing with Energy – Level 2	18
Integrative Quantum Medicine™- Level 1	18
Basic Nutritional Healing	60
Personal and Professional Development	24
The Quantum Brain	20
<b>TOTAL HOURS</b>	<b>458</b>

### **Holistic Massage Therapy Training (HMT) Part 3– Clinical Practice**

Holistic Massage Therapy Training – Clinical Practice is a 200 hrs supervised Clinical Practice Program at our Community Clinic where students learn hands-on, how to help clients relieve pain, heal faster, and enjoy a greater overall well-being. Throughout this clinical phase of our holistic massage therapist licensing program, students will gain competence to perform massage to a variety of clients and teaches record keeping and Clinical Operations, including sanitation. Minimum clinical duration is six months. This course is taken concurrently with Holistic Massage Therapy Training (LMT/HHP) Part 2, advanced courses. Students may substitute classroom hours for clinic hours with approval of the Principal. **Pre-requisite:** Massage Therapy Training (LMT) – Level 1

The Holistic Massage Therapy Clinic is the highlight of the Holistic Massage Therapy curriculum and is designed to represent the professional job market. Through this course students learn outstanding customer service, promptness, efficient use of time, and perfecting a 55-minute session of bodywork. It offers a challenging clinical experience designed to guide the student practitioners through their transition into professional practice.

This is accomplished through an intense, professionally supervised internship where students further develop their skills in assessing, monitoring and making the necessary recommendations for clients with various pathological conditions. These skills help ensure graduate success in the massage therapy and Holistic therapy industry. Students have the opportunity to practice acquired skills and gain valuable experience by working with clients from the general public in the clinical internship. They will have opportunity to practice in the “Manager” role to hone customer service and understand what goes into the coordination of services.

Students will select one to three 5-hour clinic sessions per week, performing one to three massages/sessions during the five hour clinic.

During this phase of study, each student practitioner is guided by the Clinic Manager through regular conferences regarding therapy preparation, client recommendations, documentation of treatments, the use of specific points and techniques, and the progress of the client. Students give scheduled massages called tutorials to licensed massage therapists and receive valuable feedback. Classes supporting this phase are held concurrently to continue manual skill development and deepen the students’ understanding of the human body in health and disease. Students are also encouraged to receive massages from outside professionals or students to note what they “liked” or “disliked” about the session, and to gain valuable knowledge in client care.

Students will also be offered opportunities to gain experience in massage and business during outside activities and events, such as doing chair massage or energy healing, aura readings, or reflexology at fairs and booths, or doing post-event massages in tents at races, etc.

**Students will request one to three shifts in the clinic from the following possibilities:**

Sundays 10 AM – 3 or 2:30PM-7:30PM PM	Tuesdays 9:30 AM – 2:30 PM	Fridays 1:30 PM – 6:30 PM
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Although QSHH makes every effort to honor clinic shift requests, the student's first choice is not guaranteed.

HOLISTIC MASSAGE THERAPY TRAINING (HMT) PART 3	
REQUIRED COURSES	HOURS
Massage Therapy – Clinical Practice	200
<b>TOTAL HOURS</b>	<b>200</b>

### Advanced Internship

Selected students are invited to continue their internship at no additional charge. This serves as an opportunity for students to further integrate newly acquired skills. Students wishing to participate in the Advanced Internship program must complete an application form to be approved by Administration.

## NUTRITIONAL HEALING CONSULTANT CERTIFICATION PROGRAM (NHC)

### The Three Nutritional Healing (NH) Parts

#### Nutritional Healing – Part 1 (HHP/NHC)

In this course, students will learn about healing foods as a tool that launches a total health transformation. The vibrational healing properties of foods will be explored. This course offers direct experience with the preparation of nutritional sources that can decrease Inflammation, alkalize the body by balancing pH, eliminate toxins, and heal and nurture the whole body.

NUTRITIONAL HEALING PROGRAM-PART 1	
REQUIRED COURSE	HOURS
Nutritional Healing – Basic	60
<b>TOTAL HOURS</b>	<b>60</b>

#### Nutritional Healing – Part 2 (NHC)

This 150 hour study delves deeper into the concepts explored in the Nutritional Healing – Level 1 course. This course is designed for students wishing to coach others professionally in using Food as Medicine. The completion of this course is required as part of the diploma requirements and prepares students to guide others to choose and prepare foods for optimal health. **Prerequisite:** *Nutritional Healing – Level 1*

**This advanced Nutritional Healing course involves:**



- Deeper understanding of Food as Medicine. And more!!!
- Learn coaching methods to use with your clients
- Business strategies to grow your practice
- Cooking classes

NUTRITIONAL HEALING PROGRAM-PART 2	
REQUIRED COURSE	HOURS
Nutritional Healing Advanced	90
<b>TOTAL HOURS</b>	<b>90</b>

### **Nutritional Healing – Part 3 Clinical Practice (NHC)**

Nutritional Healing – Clinical Practice is a 50 hrs supervised Clinical Practice Program at our Community Clinic where students learn hands-on, how to help clients relieve pain, heal faster, and enjoy a greater overall well-being. Throughout this clinical phase of our nutritional healing program, students will gain competence to consult with a variety of clients and teaches record keeping and customer service and satisfaction. This course is taken concurrently with Nutritional Healing (NHC) Level 2, advanced courses.

**Prerequisite:** *Nutritional Healing – Level 2*

NUTRITIONAL HEALING PROGRAM-PART 3	
REQUIRED COURSE	HOURS
Nutritional Healing (NH) – Clinical Practice	50
<b>TOTAL HOURS</b>	<b>50</b>

### **Nutritional Healing Diploma Requirements**

To receive a Nutritional Healing Consultant diploma, students must complete 60 Classroom hours of the NH-Part1 and the 140 hrs course/clinic work of NH-Parts 2&3. Completion takes about twelve months.

## **COURSE DESCRIPTIONS (REQUIRED AND ELECTIVES)**

### **Acupressure**

Acupressure is a form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. In acupressure, the same points on the body are used as in acupuncture, but are stimulated with finger pressure instead of with the insertion of needles. Students will be introduced to the concept of TCM and meridians, as well as being able to balance the energy body through using acupressure points.

### **Advanced Internship**

Selected students are invited to continue their clinical internship at no additional charge. This serves as an opportunity for students to further integrate newly acquired skills. Students wishing to participate in the Advanced Internship program must complete an application form to be approved by Administration.

### **Advanced Nutritional Healing**

This 100 hour course delves deeper into the concepts explored in the Nutritional Healing – Level 1 course. This course is designed for students wishing to coach others professionally in using Food as Medicine. The completion of this course is required as part of the diploma requirements and prepares

students to guide others to choose and prepare foods for optimal health. Students will meet in the classroom biweekly.

### **Anatomy, Physiology and Kinesiology**

Anatomy and Physiology is a comprehensive study in structure and function of the human body, emphasizing the muscular and skeletal systems, designed specifically for body workers. The Anatomy and Physiology, the Structural Kinesiology, and the Thermal and Hydrotherapy portions will include "Labs" to aid the student in fully grasping and understanding the concepts taught in lecture. All 9 body systems will be covered in detail, to develop understanding of the human physical body. A minimum of 125 hours of Anatomy and Physiology will be integrated throughout level 1 and level 2 massage course. The subject will also be discussed in detail during the Deep tissue course.

### **Aromatherapy**

Throughout this course, students will learn about essential oils and their safe therapeutic use. The effects of essential oils on physical, mental, emotional and spiritual well-being will be explored. Through hands-on experience, students will understand the therapeutic effects and delivery methods of essential oils. This course prepares students to use essential oils with their families or in conjunction with their healing practice

### **Business Practices, State Laws, Billing, Etc (Part of Professionalism for LMT)**

The Business and Values classes present the fundamentals of implementing, developing, operating and managing a massage practice. Class discussion includes developing the goals and values of the practitioner, business planning, legal issues of practice, marketing strategies, public relations, communication skills, interviewing skills, finances and insurance. Also included are national standards of practice and state requirements. It is the application of this knowledge in a clinical setting that transforms the intern into a professional massage therapist.

### **Cardiopulmonary Resuscitation (CPR)**

Adult and Infant CPR Certification (\$50 additional fee)

### **Clinical Practice- Holistic Health Program**

50 hrs in a supervised clinical setting, or supervised outside events, students practice what they've learned.

### **Clinical Practice- Holistic Licensed Massage Therapy Program**

Massage Therapy Training – Clinical Practice is a 200 hrs supervised Clinical Practice Program at our Community Clinic where students learn hands-on, how to help clients relieve pain, heal faster, and enjoy a greater overall well-being. Throughout this clinical phase of our massage therapist licensing program, students will gain competence to perform massage to a variety of clients and teaches record keeping and Clinical Operations, including sanitation. Minimum clinical duration is six months. This course is taken concurrently with Massage Therapy Training (LMT) Level 2, advanced courses. **Pre-requisite:** Massage Therapy Training (LMT) – Level 1

### **Clinical Practice- Nutritional Healing**

Nutritional Healing – Clinical Practice is a 50 hrs supervised Clinical Practice Program at our Community Clinic where students learn hands-on, how to help clients relieve pain, heal faster, and enjoy a greater overall well-being. Throughout this clinical phase of our nutritional healing program, students will gain

competence to consult with a variety of clients and teaches record keeping and customer service and satisfaction. This course is taken concurrently with Nutritional Healing (NHC) Level 2, advanced courses.

**Prerequisite:** *Nutritional Healing – Level 2*

### **Cranial-Sacral Therapy**

Cranial sacral therapy (also known as craniosacral therapy) is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas which alleviates stress and pain. Students will be taught the anatomy of sutures of the cranium, as well as be able to feel the ebb and flow of the cerebrospinal fluid and gain sensitivity in sensing the subtle movements of these structures.

### **Deep Tissue**

Students learn to differentiate between superficial and deep tissue, and how to safely deliver appropriate deep pressure based on a client's needs. Emphasis will be placed on depth and adjustment of pressure and learning to increase the intelligence of the hands through touch.

### **Ethics and Professionalism (Part of Professionalism for LMT)**

Ethics and Professionalism is designed to help students prepare for ethical decision-making in professional practice and to expand the student's grasp of ethical principles by helping them understand the impact their behavior has on clients. Through the use of role-play and case studies, students learn appropriate behavior, as well as how to manage inappropriate behavior by clients or colleagues.

### **Exam Review (Part of Professionalism for LMT)**

Students take mock State license exams, and receive a 400 question study guide to test their knowledge and prepare for the exam. State laws for massage therapy are also covered in this class.

### **Healing with Crystals**

This course delves into the Activation of chakra system with associated quartz stones. Students will gain experience in working with the Laying on of Stones; discussion of The Power Stones; crystal Healing Therapeutics; stones to release negative energies; and practicing Crystal Healing. Each person will be giving and receiving crystal healings as the foundation of this course is experiential. Students will be taught how to do a full healing session using crystal methodology.

### **Holistic Peer Counseling**

Holistic Peer Counseling (HPC) is a peer-based counseling system which teaches the potentially radical perspective that distress patterns need loving attention to heal. We learn how to be both a client and a counselor so that we can heal ourselves and facilitate healing for others.

HPC is "Do It Yourself (DIY)" technology. This means every person who takes the course learns both counseling and clienting skills and practices both roles. In this way, the person being counseled is always in control. They know the techniques and decide to utilize their triggers as catalysts for healing or not. HPC breaks the dynamic of, "I am healer" and "you heal me". It recognizes that we all have the ability to give and receive loving attention that provides an opportunity for healing.

### **Integrative Quantum Medicine™- Level 1**

INTEGRATIVE QUANTUM MEDICINE™ (IQM)™ Level I. Is an interactive course in which students learn the fundamental theory, methodology of energy application, technique of diagnosis, basic anatomical study and spinal correspondence. Integrative Quantum Medicine™ is a handsfree healing modality

that relieves stress, physical pain, emotional trauma, and more. Developed by Louise Mita, founder of TAO ENERGY.

## **Kinesiology**

Kinesiology is the study of human motion. By learning to integrate information from the sciences of anatomy, physiology, and mechanics, students will develop a critical eye for assessing activities of daily living, sports and activities of the work place. This subject will be integrated throughout level 1 and level 2 massage course. The subject will also be discussed in detail during the Deep tissue course.

## **Lomilomi Level 1 Basic**

Lomilomi is a Healing Art of the Hawaiian Culture. Like all indigenous cultures, it is a lifestyle of communication with all living things. “No bells or whistles,” Lomilomi is a lifestyle of love, listening, giving and receiving. In the basic level, students will be introduced to Protocol; ‘Oli (chant) and vibration; Pule (prayer); ‘Iwi (bones/ancestors); Piko (energy connection/s); Pale Wahi (palpate open); and muscle manipulations.

## **Holistic Massage Clinical Practice**

Clinical Practice is a 200 hrs supervised Clinical Practice Program at our Community Clinic where students learn hands-on, how to help clients relieve pain, heal faster, and enjoy a greater overall well-being. Throughout this clinical phase of our massage therapist licensing program, students will gain competence to perform massage to a variety of clients and teaches record keeping and Clinical Operations, including sanitation. Minimum clinical duration is six months. This course is taken concurrently with Massage Therapy Training (LMT) Level 2, advanced courses. **Pre-requisite:** Massage Therapy Training (LMT) – Level 1

## **Holistic Massage Therapy Part 1**

Licensed Massage Therapy Training - Level 1 is a 200 hour program, including 125 hours of coursework on human anatomy, physiology and structural kinesiology, and 40 hours of Pathology, which are integrated into the 100 hours of hands-on training in the theory and demonstration of massage. Students are introduced to the foundations upon which all bodywork is built: honesty, awareness and compassion. Students are educated in massage history, massage theory, general benefits of massage, hygiene / sanitation, universal precautions, standards of practice, ethics, body mechanics, draping and positioning, specific massage strokes, assessment of clients’ condition, contraindications to massage, and recordkeeping. This course prepares students to perform a one-hour therapeutic massage for the clinical practicum. In addition to techniques in Swedish massage and acupressure, Level 1 includes seated massage, and introductions to advanced techniques, such as Acupressure, Reflexology, Aromatherapy, Chakra Balancing, Energy Healing principles, Hydrotherapy, TCM, special populations, energy-based techniques, benefits, indications and contraindications of massage for specific clients’ condition, with problem solving and a treatment plan.

## **Massage Therapy 101**

Students are educated in massage history, massage theory, general benefits of massage, hygiene / sanitation, universal precautions, standards of practice, ethics, body mechanics, draping and positioning, specific massage strokes, assessment of clients’ condition, contraindications to massage, and recordkeeping. This course prepares students to perform a one-hour therapeutic massage for the clinical practicum. In addition to techniques in Swedish massage and acupressure, Level 1 includes seated massage, and introductions to advanced techniques, such as Acupressure, Reflexology, Aromatherapy,

Chakra Balancing, Energy Healing principles, Hydrotherapy, TCM, special populations, energy-based techniques, benefits, indications and contraindications of massage for specific clients' condition, with problem solving and a treatment plan. Human Anatomy, Physiology, Structural Kinesiology and Pathology is integrated throughout the course.

### **Nutritional Healing - Basic**

In this course, students will learn about healing foods as a tool that launches a total health transformation. The vibrational healing properties of foods will be explored. This course offers direct experience with the preparation of nutritional sources that can decrease Inflammation, alkalize the body by balancing pH, eliminate toxins, and heal and nurture the whole body. This course prepares students to guide others to choose and prepare foods for optimal health.

### **Nutritional Healing- Advanced**

This 250 hour course delves deeper into the concepts explored in the Nutritional Healing – Level 1 course. This course is designed for students wishing to coach others professionally in using Food as Medicine. The completion of this course is required as part of the diploma requirements and prepares students to guide others to choose and prepare foods for optimal health. This advanced Nutritional Healing course involves: Deeper understanding of Food as Medicine; Learning coaching methods to use with your clients; Business strategies to grow your practice; Cooking classes. *\*Please note: **Part of this course is taken ONLINE** at the *Institute for Integrative Nutrition*. There will be monthly hands-on classes to help keep the student on-track and focused on completing their online courses. **Prerequisite:** *Nutritional Healing – Level 1**

### **Pathology**

Pathology introduces students to western medical model of disease. The focus is on the disease pathways of body systems with an emphasis on common manifestations of diseases. A minimum of 40 hours of pathology will be integrated into the Levels 1 and 2 of Massage School.

### **Personal and Professional Development**

Students will be exposed to business and professional ethics along with the fundamentals of implementing and developing a holistic health practice. This course is an empowering space for conscious entrepreneurs and professionals who want to take inspired action towards sharing their knowledge with the world. Students will learn how to align their values and business practice by following successful models. They will be coached to develop their own frameworks to build a successful business. Through mind-shifting stories, insightful interviews, and sacred business strategies, students will activate their lifestyle and empower their business to serve more people and reach their highest potential. Aspects of psychology, quantum physics and business acumen will be presented. Activities that stimulate body, mind and spirit will be incorporated in the classroom to optimize the usefulness of the information shared.

### **Prenatal/Post-Partum/Infant Massage**

Pre-natal Massage introduces massage therapy for the pregnant woman in three segments: the first, second and third trimesters, explaining the physiology at the different stages, and safe approaches to massage therapy, offering increased circulation, relaxation, and relief from discomfort from the physical and emotional changes taking place during pregnancy. This course also teaches how to do Post-Partum and Infant massages.

### **Quantum Healing with Energy – Level 1**

Students are introduced to the principles and definition of quantum healing. There is also an understanding of the dynamics of consciousness and its effect on matter. Students are educated in quantum physics, quantum healing with energy, auras, aura colors, and healing chakras.

### **Quantum Healing with Energy – Level 2**

Students continue to study the principles of energy and physical healing. This course can be taken independent of Quantum Healing with Energy Level 1. This course introduces students to the concept of Energy and Vibrational healing. Students expand their repertoire of skills by learning specifically to first feel energy, then practice sending and receiving energy. Also, students will learn and understand Energy Anatomy and different forms of Vibrational healing, such as sound healing using various tools. The majority of instruction will be hands-on experience and training in energy principles. This course prepares students to develop as a professional by enhancing client service skills, as well as increasing their own power to relax and focus

### **Record Keeping**

Recordkeeping prepares the student for interaction with other medical professionals by teaching accurate and legal record keeping, and reviewing commonly used terminology. This is integrated into the Level 3 Clinical Practicum of LMT.

### **Reflexology 1**

This course will teach students how to heal with healing touch on reflex and acupressure points of their body. Students will be introduced to the reflex points mainly in the feet that can strengthen the internal organ and body systems. Other major acupressure points will also be discussed. When there is illness or discomfort, the channels become blocked, and the flow of energy is disturbed. Working on acupressure points releases the blockage. Students completing this course will be able to understand the basic theory of reflexology, guidelines on the feet, joint mobilization techniques for the feet, and the locations of the corresponding reflex points on the feet for the neck, spine hips and shoulders and organs. We also focus on intention is using our natural intuitive and healing ability to access energetic points in the body through the feet. This course prepares students to be able to do a reflexology session, and knowing which areas of the foot correspond to which areas in the body.

### **Reflexology 2**

This is a continuation of Reflexology 1, with focus and discussion in relation to each organ system in the body. It covers Respiratory, Digestive, Endocrine, Nervous System, Circulatory, Lymph and immune, Reproductive, and integumentary systems of the body. By researching pathologies, we discuss and practice the means for alleviating the symptoms of illness through accessing not only the feet but hands and ears as well. Through extensive practice in this course, the reflexologist will double their skills and knowledge, getting even more in tune with the intuitive, healing process.

### **Reiki**

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery. Students will learn the history of Reiki, and about Mikao Usui, the founder of Reiki, and how the teaching was spread worldwide. Introduction to the chakra energies will be covered, as well. Each student will have an individual Reiki Attunement by a Reiki Master, and be given the Reiki Precepts.

## **Self Care for the Therapist**

Self Care takes a multi-level approach; physical, emotional, mental and spiritual. Techniques are demonstrated to prevent and alleviate common overuse injuries. Personal assessment tools are introduced for students to identify and understand stressors, which can contribute to imbalances before they occur. This is integrated throughout the levels of LMT, HHP and Nutritional Healing curriculums.

## **Shiatsu**

Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage. This therapy is considered holistic because it attempts to treat the whole person instead of a specific medical complaint. All types of acupressure generally focus on the same pressure points and so-called energy pathways, but may differ in terms of massage technique. Students will learn the fundamentals of Shiatsu on different parts of the body in the sitting and lying postures, and how to modify the moves from the floor to the massage table. They will also learn proper body mechanics to keep them safe and healthy.

## **Thai Yoga Massage**

In this unique healing system of Thai Yoga Massage, also called Nuad Boran, the practitioner guides the client through a series of yoga postures, while palming and thumbing along the body's energy ('Sen') lines and pressure points. Together these actions result in a comprehensive full body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically. Thai Yoga Massage is performed on a mat on the floor; both client and practitioner are dressed in comfortable clothing allowing ease of movement and flexibility.

## **The Quantum Brain**

This course delves into the quantum mechanics of thought and creation, neuroplasticity, and how "brain programming" operates. Students will understand the healing power of the mind and how thought and health are interrelated. The science behind the "placebo effect" will be examined. Also, students will be introduced to the law of attraction and the power of manifestation. Students gain a sense of empowerment over their brain and understand the significance of the brain in life. This course prepares students to create more positive, life-affirming habits, which unlocks the brain's true potential to live with a greater sense of hope and fulfillment.

## SCHOOL GOVERNING BODY, ADMINISTRATORS, AND FACULTY

- A. Owner  
Taorobics LLC dba Quantum Institute International for Holistic Health.
- B. Director  
Ms. Karen “Lucky” Thornton      President
- C. Administrative Officials  
Ms. Karen “Lucky” Thornton      School Principal  
Ms. Karen “Lucky” Thornton      VA Certifying Official  
Ms. Karen “Lucky” Thornton      Registrar/Veterans Record Clerk

**(Note:** Indicate the person designated as "Veterans Records Clerk" or "VA Certifying Official". A copy of the certifying official's signature (and a sample facsimile signature, if one will be used) must be included.

- D. Instructors
- |                               |            |
|-------------------------------|------------|
| Ms. Karen “Lucky” Thornton    | Instructor |
| Ms. Linda Honda               | Instructor |
| Ms. LiAnn Lilinoe Uyeda, LMT  | Instructor |
| Dr. Elena Maganto, Ph.D.      | Instructor |
| Ms. Lani Kwon                 | Instructor |
| Ms. Kathryn Julia, LMT NCBTMB | Instructor |
| Ms. Brittany Freitas, LMT     | Instructor |
| Dr. Michael Quirk, D.O.       | Instructor |
| Mr. Hardeep Kharbanda, LMT    | Instructor |
| Ms. Christiane Coty, LMT      | Instructor |
| Mr. Joshua Jensen, MS, LMT    | Instructor |
| Ms. Amanda Waltman            | Instructor |
| Ms. Sheila Wrede              | Instructor |
| Ms. Danielle Paulon           | Instructor |
| Ms. Dilorom Asimova           | Instructor |

## FACULTY

### **Freitas, Brittany, LMT, M.Sc. Rev**

Brittany Freitas LMT, M.Sc. Rev. has been in the healing field for a little over 10 years. Starting out as a Reiki practitioner, she later earned her Masters in Metaphysical Sciences and finally went on to pursue her true calling for Foot Reflexology. She loves the feet and the stories they tell about our bodies! She also enjoys spending time with her daughter Akiko and supportive husband Spencer. Currently, she is teaching the foot reflexology courses at the Quantum School of .Holistic Health.

### **Honda, Linda, MSW**

Linda Honda obtained her Masters of Social Work degree at the University of Hawaii in 1981 while raising two young children and working full time. Holding a core belief in spiritual growth and human potential, Linda always found a way to challenge and nurture her own inner development. From spiritual studies to



holistic health concepts to fitness and wellness, she found a resonance with a number of energy practices that felt like “home.” Linda now incorporates IQM, Tai Chi, music studies, and reflexology as part of nurturing herself and family.

Linda was a founding partner of The Institute for Family Enrichment (TIFFE) in 1981. She was instrumental in developing the organization and services that grew to provide training, educational, and prevention services on five islands of the State, and intensive treatment services for children, youth, and families on Oahu and the Big Island of Hawaii. Linda held the organization together through challenging times of expansion (up to 500 employees statewide), economic and priority shifts. After 32 years of success, Linda led the company through a challenging but successful merger with a leading Hawaii nonprofit agency.

Currently, Linda is sharing her knowledge and experience of thriving in the “outside” world from a strong “inside” core of being. She is a Certified Practitioner and Teacher of Integrative Quantum Medicine, Brain Management Consultant, and Administrative Projects Facilitator. Linda Honda is available to assist you to understand and reach your goals and Being.

### **Jensen, Joshua, MS, LMT**

Joshua Jensen, MS, LMT has practiced massage for almost 20 years and specializes in Asian healing modalities. In 1998 he began his training at the Acupressure Institute and became certified in Shiatsu, Emotional Balancing, and Advanced Shiatsu. Joshua was mentored in Barefoot Shiatsu and later went on to be a certified teacher in both Barefoot and Zen Shiatsu. He has studied Thai massage in Chiang Mai Thailand and Tui Na in Tianjin China.

Joshua received his Masters in Traditional Chinese Medicine in 2010 and currently works for the Institute for Human Services, the largest homeless shelter in the Pacific. Joshua has developed massage classes for people living with HIV and other chronic health conditions, basic acupressure, Zen Shiatsu and fundamentals of Chinese Theory and is a licensed massage teacher by the Hawaii Department of Education

### **Julia, Kathryn, LMT NCBTMB**

Kathryn has been a practicing Licensed Massage Therapist in Hawaii since 1978, having worked with many clients from 30 minutes old to 110 years old. Her specialties include, Swedish Massage, Deep Tissue Massage, Prenatal Massage, Infant Massage, Pediatric Massage and Geriatric Massage. She is also a Certified Doula, working with women and their families in the childbearing year. In 2013 she took initiation as a Master in Reiki. When Kathryn received her first massage she got up and said “I want to make sure 1,000,000 people know about this before I leave this earth.” She has been following her passion ever since.

### **Kharbanda, Hardeep (Sunny), LMT**

Hardeep is seeking ways to create Love, Peace and Harmony everywhere he goes. Whether it's in his animations and graphic designs, or through massage, reflexology, and as a practitioner of soul mind body alignment and Tao Calligraphy, his goal is to bring the message of love, peace and harmony to those he comes in contact with. He offers a focus on connecting with yourself, with your client and with anatomy so you create a space of harmony when you deliver your massage.

### **Kwon, Lani, MA**

Lani Kwon, MA, Founder and CEO of Creating YOUR Calling® LLC, provides clients with step-by-step tools and resources for life transformation and re-design. She has over two decades of experience in

teaching, writing, crisis counseling, public speaking and life coaching, and she combined these interests into a successful coaching practice. Lani trained with international coaching school Newfield Network (2011-2012) and Dr. Robert Holden's Coach Camp (2016) and has been a member of the International Coach Federation since 2006. Lani serves and supports people going through many types of life changes, such as: graduation, career change, identity crisis, coming out, moving, marriage, divorce, pregnancy, recovery, and retirement, among others. Lani has served as a transformations life coach since 2005 and professional keynote speaker since 2013.

### **Maganto, Elena Persona Ph.D.**

Elena Maganto Ph.D, a Certified Integrative Nutrition Health Coach, is currently devoted to empowering the health and wellness of people with serious digestive and immune system disorders including lack of energy, sleep deprivation, food allergies, abdominal pain or bloating, obesity, Diabetes, Atherosclerosis, Fibromyalgia or chronic infection. She offers to her clients nutritional counseling and coaching, targeting nutritional imbalances and customizing diet for each individual's health.

Dr. Maganto has a PhD in Molecular Biology. She received her PhD from the University Autonoma of Madrid (Spain) and completed her postgraduate training at Harvard Medical School, Boston. As research scientist, she has dedicated her research efforts over the past 13 years to the study of inflammatory diseases, including atherosclerosis and diabetes. She has been invited to present her work in International and National conference including the *American Heart Association* and her work has been featured in several articles.

During her training, she studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts. Her teachers included Dr. Andrew Weil, Director of the Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; and many other leading researchers and nutrition authorities.

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Dr. Maganto has extensive knowledge in holistic nutrition, health coaching, preventive health and in understanding how inflammation, atherosclerosis, diabetes, and other diseases occur. She believes that nutrition and science work together to reduce risk of disease in numerous ways.

As a Doctor in Health Science, she believes in Functional Medicine which focuses on interactions between the environment and the gastrointestinal, endocrine, and immune systems. She develops individual and unique plans. Dr. Maganto is also a Master/Teacher of Reiki, a Japanese technique for stress reduction and relaxation that also promotes healing.

Drawing on these skills and her knowledge of different dietary theories, she works with clients to help them make healthier choices and achieve new lifestyle changes that produce lasting results and will balance their lives.

### **Dr. Quirk (Mike), DO**

Dr. Mike Quirk, DO, first started learning Swedish Massage as a Freshman in college. After graduation, as a Register Nurse, he mastered Therapeutic Touch and would often use it with patients. In studying

Osteopathic Family Medicine, he mastered many advanced physical therapy techniques as well as spinal manipulation, Medical Massage for lung and abdomen diseases and the highly energetic Cranial-Sacral therapy. His teachers have included world leaders in their fields. He presently teaches Cranial-Sacral therapy and Advanced Massage Techniques.

### **Uyeda, LiAnn Lilinoe , LMT**

Kumu Lomilomi LiAnn Lilinoe Uyeda is the founder and CEO of Aloha Lomilomi in Kapahulu, as well as the author of *Cooking in Pono*. She is a teacher and keynote speaker. She teaches Lomilomi and shares her mana'o about healing with plants and other items around the house. Her book, *Cooking in Pono* captures the essence of ono (delicious) local foods shared in Hawaii paired with inspiring stories about healing, growing, learning, and living in pono (excellence).

Author LiAnn Uyeda explores the connection between cooking and living in a way that is good and right. Cooking in pono means to cook with a passion for giving and helping a way of living that Hawaiian describe as pono, goodness, uprightness, and excellence. As a lomilomi practitioner who helps people from all walks of life in their healing journey, LiAnn has found food not only delights the senses but nurtures the soul and can help direct ones journey. These recipes from family and friends are offered alongside stories of wisdom and strength making *Cooking in Pono* not just a culinary journey, but a spiritual one and one filled with laughter and joy. The recipes and the food are meant to be empowering feeding the belly and the soul.

### **Thornton, Karen "Lucky", RT, LMT, HHP**

Owner and President, Karen "Lucky" Thornton, LMT, HHP healed her own Fibromyalgia in three months. Since then, Lucky has taught others to heal themselves for the past fifteen years in Hawaii and Sedona, Arizona, seeing over 1,500 healers graduate to heal themselves, their family, and their community. She is a Willow Practitioner graduate and is currently a doctoral student, attending the International Quantum University of Integrative Medicine (IQUIM) studying for her Ph.D in Natural Medicine. She is also a certified Brain Management Consultant, and taught yoga for many years. She sold her yoga studio in 2011 to pursue her doctorate degree and started Quantum School of Holistic Health.

She has over twenty years of healthcare industry experience. Lucky studied Pre-med in Hawaii, Cleveland and England. She worked in Corporate America for 13 years, and returned to the medical field in X-ray (RT) in 1993 and discovered holistic health methods in 1999.

### **Waltman, Amanda**

Amanda has been with Quantum Institute International for Holistic Health since Lucky has opened its doors. With the experience she's gained from earning her HHP from Quantum, and her extensive nutritional studies over the last 12 years, she is very excited to be able to share her knowledge as one of the Nutritional Healing instructors. Having also studied in Europe and Peru, she loves traveling to learn about nutrition and perspective from all parts of the globe. Other favorite activities include surfing, diving, hiking, cooking, playing violin, watching futbol, and talking about nutrition with friends, family, and students!

## TUITIONS & FEES\*

Program	Duration	Application Fee/VA	Tuition	Lab Fees *	Tax **	Total
HMT	18 Months	50/10	12,870	1,100*	658	14,628
HHP	12 Months	50/10	5,645	700*	320	6,715
LMT	12 Months	50/10	9,775	750*	496	11,021
NH	12 Months	50/10	3,300	500	193	4,093

\*\*Hawaii general excise tax of 4.712% is added to all tuition and fees.

\***Lab fees** include all class-related handouts, samples, and supplies for each course. Includes one school t-shirt, all manuals and textbooks, student liability insurance, all required supplies for entire course. LMT lab fees cover t-shirt, one set of sheets, hand towel, oil holder and holster, and sample oils, lotions, creams, gels. NH lab fees cover t-shirt, fresh organic produce used and consumed in the classroom, handouts and pdf ppt presentations. HHP includes t-shirt, all handouts materials and textbooks.

\*Quantum School reserves the right to add, modify or discontinue programs of study, make changes to schedules and faculty, or adjust academic requirements, fees and tuition. Students will be notified of any changes that affect their respective class(es) or study plan.

Should a student choose to CHANGE their area of study while instruction is in progress, the calculations for the desired coursework will be based on the fee schedule active on the day the request was received, and not the day the student initially enrolled.

### Additional Costs

Sheets and pillow cases (LMT)	\$20-\$50 per set. Three sets are required; one set is provided by school.
Hawaii Massage Therapy License Exam Application	\$50 to DCCA
Hawaii Massage Therapy License Exam	\$90 to Prometric
Walk-In Fee (if taking the exam on other dates) (LMT)	\$60 to Prometric
CPR Class (LMT)	\$50
National Certification Exam (LMT optional)	\$225 Post Graduation
AADP Certification (HHP Optional)	\$300 Post Graduation
Pen and Paper	\$5-\$30 Depending on Personal Preference

Other factors to consider are: gas, meal expenses, travel time, parking, housing (if non-resident).

The purchase of a personal massage table is not necessary for school. Prices range from \$150-\$600 for portable massage tables.

The following supplies are included in the Quantum Schools tuition and lab fees:

- One school t-shirt
- One school tote bag
- 1 set of massage sheets (LMT, HMT)
- 1 hand towel (LMT, HMT)
- Nametag
- Text books & Handouts
- 1 oil bottle (LMT, HMT)
- 1 bottle holster (LMT, HMT)
- 3 ring binder (LMT, HMT)
- Daily Journal (HHP, NH, HMT)
- Oils, creams, lotions and essential oils used in class and clinic (LMT, HMT)
- Containers for leftover foods and class prepared foods (NH)

### **Supplies**

Depending on program/course selection, students are responsible for supplies listed below. These supplies are NOT included in tuition or lab fees.

Note taking equipment (pen and paper)

2 more sets of twin or massage table sheets (top, bottom and head cradle cover)

1-3 hand towels (LMT)

Pillow case (LMT)

Pendulum (HHP) (student may borrow one from school)

Supplies must be brought to all classes. (For LMT only one set of sheets required for classroom, but three sets of clean sheets are required for clinic.)

### **REFUND POLICY (non-Veteran)**

Withdrawal before the first day of class = 100% (except for non-refundable registration fee)

Less than 20% Hours of Contracted Instructional Time = 80% of total paid, (minus the non-refundable registration fee)

21-40% Hours of Contracted Instructional Time = 60% of total paid, (minus the non-refundable registration fee)

41-60% Hours of Contracted Instructional Time = 40% of total paid, (minus the non-refundable registration fee)

61-80% Hours of Contracted Instructional Time = 20% of total paid, (minus the non-refundable registration fee)

More than 80% of Contracted Instructional Time = No Refund

Students must return all unused class materials. Lab fees will be refunded pro-rata, minus the cost of used books, sheets, and other materials issued on the first day of class.

Students must notify the school the reason of his/her withdrawal **in writing** in order to receive a refund. Refunds will be made within thirty (30) business days after the final date of withdrawal. **The official date of withdrawal is defined as the date the written notice is received by the Admissions office** and not based on verbal, email or texted notice, or the last day of attendance by the student. Written notice of withdrawal must be delivered in person, or sent via certified mail to:

### **Admissions Office**

Quantum School of Holistic Health  
2636 Pamoia Road  
Honolulu, HI 96822

## **VETERANS REFUND POLICY**

Quantum School of Holistic Health's Veterans Refund Policy complies with CFR 21.4255. In the event the veteran or eligible person fails to enter the course, withdraws, or is dismissed at any time prior to completion, any unused portion of tuition, fees, and other charges is refunded. Any amount in excess of \$10 of the application/registration fee is subject to proration. The amount charged will not exceed the exact pro-rata portion of total charges. The length of the completed portion of the course will be prorated over its total length, and the exact proration will be determined by the ratio of the number of days of instruction completed by the student, to the total number of instructional days in the course. Refunds are made within 40 days of the last date of the student's attendance.

## **FINANCING**

### **Financial Assistance/Scholarships**

Currently, Quantum School of Holistic Health is not eligible for TITLE IV FEDERAL FINANCIAL ASSISTANCE or STATE STUDENT FINANCIAL ASSISTANCE. Students of Hawaiian ancestry may apply to Alu Like for the Hana Lima Scholarship at [www.alulike.org](http://www.alulike.org). The School offers Scholarships to promising students with financial hardship.

### **Personal Loan**

Students may seek personal loans from their banking institutions.

### **Payment Program**

A no-interest payment program is available for those who qualify by Quantum School of Holistic Health. A \$10 service fee will be charged per payment made by the student. E.g. if the balance is to be paid in 12 monthly installments, the service fee will be \$120.

Qualifications for the no interest payment program are:

Proof of ability to pay

Acceptance into the school

Complete application with \$50.00 application fee (Non-Refundable)

20% minimum down payment

Payments will vary depending on the length and type of enrollment. Payments are to be made according to the Student Tuition and Payment Agreement.

### **Accepted forms of payment**

We accept cash, check, cashier's check, and Visa, MC, American Express and Discover cards. There is a \$25 fee for returned checks. All funds in US Dollars



## 2019/2020 Quantum School Class Schedule

Classes are subject to change. Please contact us to confirm

COURSE	HOURS	DATES	DAYS	TIMES	INSTRUCTOR	LOCATION	REQ/ELECT
Deep Tissue DT	40	7/8-8/28	M, W	5:30-8:30 PM	Kathy Julia	Univ	REQUIRED
Aromatherapy 1 – ARM 1	20	7/16-7/21	T,Th,Sa,Su	5:30-9:30 PM/Sa 9AM-3PM	Lucky Thornton	Manoa	REQUIRED
Nutritional Healing Basic 1	60	7/23-8/17	T, W, Th, Sa	6:00-9:00 PM (Sat 9-3)	Qi Nutrition Team	Manoa	REQUIRED
Cupping Workshop (opt)	16	7/27-7/28	Sa, Su	10am-6PM	Tanya Mendoza	Univ	
Aromatherapy 2 – ARM 2	20	8/20-8/31	T,Th,Sa	5:30-9:30 PM/Sa 9AM-3PM	Lucky Thornton	Manoa	REQUIRED
Thai Yoga Massage** - THAI	16	8/19-9/16	M	5:30-9:30 PM	Christiane Coty	Univ	REQUIRED
Acupressure 1 – ACU 1	16	8/24-8/25	Sa, Su	8:00AM-5:00PM	Joshua Jensen	Univ	REQUIRED
Holistic Peer Counseling - HPC	30	9/4-11/16	W	5:30-9:30 PM	Kathryn Julia	Univ	REQUIRED
LMT LEVEL 1	200	9/22-1/26	Sun, Tu, Th	5:30-9:30 PM	Qi Massage Team	Univ	REQUIRED
Reflexology Level 1	20	9/30-10/28	M	5:30-9:30 PM	Brittany Freitas	Univ	REQUIRED
Acupressure 2 – ACU 2	16	9/7-9/8	Sa, Su	8:00AM-5:00PM	Joshua Jensen	Univ	REQUIRED
Quantum Healing with Energy - QEN	20	9/17-9/28	T,Th,F,Sa,Sa	5:30-9:30 PM (Sa 9-5)	Lucky Thornton	Univ	REQUIRED
Reiki 1 - REI	4	9/28	Sa	1-5 PM	Kathryn Julia	Univ	REQUIRED
Shiatsu - SHI	16	9/5-9/6	Sa, Su	8:00AM-5:00PM	Joshua Jensen	Univ	REQUIRED
Cranial Sacral - CRA	16	10/19-10/20	Sa, Su	9AM-5PM	Dr. Mike Quirk	Univ	REQUIRED
Reflexology Level 2	20	11/4-12/9	M	5:30-9:30 PM	Brittany Freitas	Univ	REQUIRED
Prenatal/Postpartum/Infant** - PPM	24	11/13-12/18	W	5:30-9:30 PM	Kathy Julia	Univ	REQUIRED
<b>2020</b>		<b>2020</b>	<b>2020</b>	<b>2020</b>	<b>2020</b>	<b>2020</b>	<b>2020</b>
Professionalism for LMT	20	1/6-1/27/20	M, W	5:30-9:30 PM	Kathy Julia	Univ	REQUIRED
Nutritional Healing Basic 1	60	1/28-2/22/20	T, W, Th, Sa	6:00-9:00 PM (Sat 9-3)	Qi Nutrition Team	Manoa	REQUIRED
Lomilomi 1	20	1/27-3/2	M	5:30-9:30 PM	LiAnn Uyeda	Univ	REQUIRED
Quantum Healing with Energy - QEN	20	2/18-2/25	T,Th,Sa,T	5:30-9:30 PM (Sa 9-5)	Lucky Thornton	Univ	REQUIRED
Integrative Quantum Medicine® - IQM	18	3/27-4/6	Th, Sa	5:30-9:30 PM (Sat 9-3)	Linda Honda	Univ	REQUIRED
Holistic Peer Counseling - HPC	30	2/19-4/22	W	5:30-9:30 PM	Kathryn Julia	Univ	REQUIRED
Thai Yoga Massage** - THAI	16	3/9-3/30	M	5:30-9:30 PM	Christiane Coty	Univ	REQUIRED
LMT LEVEL 1	200	3/15-7/12	Sun, Tu, Th	5:30-9:30 PM	Qi Massage Team	Univ	REQUIRED
Reflexology Level 1	20	4/3-5/4	M	5:30-9:30 PM	Brittany Freitas	Univ	REQUIRED
Reflexology Level 2	20	5/11-6/15	M	5:30-9:30 PM	Brittany Freitas	Univ	REQUIRED
Cranial Sacral - CRA	16	4/25-4/26	Sa, Su	9AM-5PM	Dr. Mike Quirk	Univ	REQUIRED
Deep Tissue DT	40	4/29-6/29	M, W	5:30-8:30 PM	Kathy Julia	Univ	REQUIRED
Acupressure 1 – ACU 1	16	5/23-5/24	Sa, Su	8:00AM-5:00PM	Joshua Jensen	Univ	REQUIRED
Acupressure 2 – ACU 2	16	5/30-5/31	Sa, Su	8:00AM-5:00PM	Joshua Jensen	Univ	REQUIRED
Shiatsu - SHI	16	6/13-6/14	Sa, Su	Sa 5:30-9:30pm/Su 8-5	Joshua Jensen	Univ	REQUIRED
Professionalism for LMT	20	7/1-7/15	M, W	5:30-9:30 PM	Kathy Julia	Univ	REQUIRED
Lomilomi 1	20	7/20-8/10	M	5:30-9:30 PM	LiAnn Uyeda	Univ	REQUIRED



## 2019/2020 CATALOG

### QUANTUM SCHOOL OF HOLISTIC HEALTH

University Plaza Campus  
931 University Ave #207  
Honolulu, HI 96826

#### Mailing Address

QI- Administrative Office  
2636 Pamoia Road  
Honolulu, HI 96822

#### Phone, Fax and Email

Office Hours: 808.626.5087  
Emergency: 808.988.4440  
Fax: 808.626.5087

[quantuminstituteintl@gmail.com](mailto:quantuminstituteintl@gmail.com)

[www.QuantumInstituteIntl.com](http://www.QuantumInstituteIntl.com)

List of agencies the school is approved and/or accredited by:

Accredited by the American Association of Drugless Practitioners (AADP),  
Licensed by the State of Hawaii Department of Education (DOE) Lic # 1719-1018.

Approved for the training of veterans and eligible persons under the provisions of  
Title 38, United States Code.

*Catalog Version Date: 7/11/19*



*"I certify this publication to be true and correct in content and policy at the time of publication."*

*Karen Thornton 6/20/19*

*Karen "Lucky" Thornton  
Founder, President, School Principal, VA Certifying Official*