



ASHEVILLE SCHOOL
of MASSAGE & YOGA

An NCBMBT Approved School



675-HOUR MASSAGE THERAPY CERTIFICATION PROGRAM

77 W. Walnut Street, Asheville, NC 28801 • (828) 252-7377
www.AshevilleMassageSchool.org

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Asheville School of Massage & Yoga, Inc.
Owner, President, CEO, Director: Shala Worsley

YOUR JOURNEY BEGINS HERE...

The Asheville School of Massage & Yoga is a rich and nurturing space for massage education. We offer a rigorous and comprehensive 675-hour massage therapy certification program, as well as continuing education classes for professional bodyworkers.

The path to becoming a bodyworker is ancient, sacred, and life-changing. As a student at our school you will be guided through this process by a highly qualified and connected faculty and staff. You'll enjoy our exceptional curriculum which emphasizes hands-on learning, professional ethics, self-care, yoga, and personal growth. And you'll graduate with a deeper understanding of yourself, the human body, and energetic mind/body connection which will support you in all aspects of your life.

Thank you for your interest in our school. We look forward to meeting you soon.

Namaste,



Shala Worsley



Founder and President
Asheville School of Massage & Yoga

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SCHOOL MISSION & PHILOSOPHY STATEMENT

The Asheville School of Massage & Yoga believes that a supportive and nurturing environment within the framework of a rigorous course of study is crucial to personal, professional, and academic success. It is the school's mission to provide a caring place in which students, faculty, and staff can learn and grow in this very special field of study.



EDUCATIONAL PROGRAM OBJECTIVES

The school's primary objective is to provide an academically excellent education in the field of massage and bodywork therapy that will meet and exceed the requirements for the national certification exam and the Massage Board Licensing Exam (MBLEx). By the end of the 675-hour program, students will be able to:

- Understand the anatomy, physiology, kinesiology, and pathology of the human body and be able to apply that understanding to the practice of massage and bodywork therapy.
- Draw from a diverse knowledge of modalities to create effective and individualized massage sequences.
- Feel comfortable and confident applying their skills professionally in a variety of settings.
- Make self-care a priority through the practices of journaling, yoga, movement exercises, nutrition, breathwork, and meditation.



A YOGA-CENTERED EDUCATION

Yoga is a core element of our program and is incorporated into every course in the curriculum. The ethics of ancient yoga (yamas and niyamas) are similar and complimentary to the modern ethical standards for the massage and bodywork profession. An in-depth study of the yamas and niyamas will strengthen students' respect and understanding of ethics in their field.

The practice of yoga asana (postures), pranayama (breathwork), and meditation, will help students to develop a keen sense of body awareness, deepen their understanding of anatomy and kinesiology, learn proper body mechanics for injury prevention, be familiar with stretches to help themselves and their clients with self-care, and hone their ability to focus, ground, and center.

Yoga teaches ethics, proper body mechanics, self-care as a therapist, increases body awareness, and is a valuable tool to help clients both on and off the table. The yoga-centered education offered by the Asheville School of Massage & Yoga is ideal for students who want an introduction to yoga or who appreciate the use of yoga as a teaching tool.



SPECIAL FEATURES

- ④ Yoga. Yoga is used as a teaching aid in every course in the curriculum.
- ④ Small Class Size. Each class has a maximum of 24 students with a student-to-teacher ratio of 16:1 for hands-on classes.
- ④ Flexible Class Hours. Regular classes are held Monday through Wednesday from 9-5, allowing students to have ample time for work and study.
- ④ Individualized Tutorials. Students will meet with faculty members in order to give and receive massage in a one on one setting. During these individualized tutorial sessions students gain skills and knowledge and have the opportunity to discuss their questions and concerns as they progress.
- ④ Self-care & Mindfulness. Throughout the program, students will learn and practice techniques for self-care as a massage therapist. Self-care includes practices to prevent burn-out, body-care stretches, nutrition, meditation and energy balancing, somatic psychology processes, and strategic planning and goal setting. These classes will be dedicated to processes of rich self-discovery through yoga, meditation, journaling, and group discussion. Mindfulness classes focus on the energetic connection of the mind and body, while self-care classes focus on the practical application of Ayurveda in daily life.



CURRICULUM

One class hour is the equivalent of fifty (50) minutes of any one clock hour in which the student participates in a learning activity in the physical presence of a staff member.

PROGRAM OVERVIEW

The curriculum is designed to give students a solid foundation in the fundamentals of massage and bodywork therapy, supported by an in-depth understanding of the sciences behind massage: anatomy, physiology, kinesiology, and pathology.

Fundamental Theory & Practice of Massage and Bodywork Therapy - 286 Hours

This topic will be covered in the following courses:

Fundamental Theory & Practice of Massage and Bodywork Therapy 1 & 2 and Self-Care

Fundamental Theory & Practice of Massage and Bodywork Therapy 1 & 2

In both of these courses (268 hours) students are taught the history, theory and practice of various modalities of massage and bodywork therapy. By the end of the program, students will have the ability to give professional quality massages in a variety of settings while addressing a wide range of conditions.

1. The first semester gives students a basic introduction to Swedish massage and will include: the history of massage; the effects, benefits, indications, and contra indications of massage, hygiene, sanitation, and safety; body mechanics, therapist self-care, how to touch, and joint movements.

In the 2nd half of the semester students will take their Swedish skills to a new level in the context

of deep tissue massage, chair massage, pre-natal/infant/geriatric massage, sports massage/hydrotherapy and trouble shooting.

2. The 2nd semester begins with an introduction to the clinical techniques of trigger point therapy and myofascial massage. Here students will learn to confidently address various pathologies of the body. Then students are introduced to the Eastern massage theory and techniques of Shiatsu and Thai massage as well as reflexology, spa treatments, and cranial sacral bodywork. Students end the semester practicing integrative massage techniques as well as a written final.

Self Care 1 & 2 - 18 hours

In this aspect of Fundamental Theory and Practice of Massage and Bodywork Therapy (18 hours), students will learn and practice Ayurvedic techniques for self-care to rejuvenate and prevent burn-out.

Western Sciences for Massage - 152 hours

In the science courses students explore the structure, function, and pathology (40 hours) of every system in the human body from a Western perspective, with particular emphasis on the musculoskeletal system. The courses will parallel the Fundamental Theory & Practice of Massage and Bodywork Therapy and provide students with crucial information to understand and apply the massage techniques they are learning. These courses are highly experiential; our students enjoy learning anatomy, physiology, pathology and kinesiology with the use of lecture, discussion, palpation, yoga and movement, and case studies. Western Science for massage will also be covered in the second semester Yoga course (12 hours) in which students will become more familiar with common musculoskeletal pathologies and the yoga postures which relieve them.

Energetic Anatomy - 60 hours

This subject will be covered in three courses: Fundamentals of Energy Anatomy (32 hours); Mindfulness (16 hours); and Yoga (12 hours). In the Fundamentals of Energy Anatomy, students will learn about the energetic models of human anatomy, including: the meridian system, acupressure points, the chakra system, and subtle energy layers of the body. Students will gain first hand experience of these energy systems through yoga, meditation, and palpation. In Mindfulness, students explore the intersection of thoughts/beliefs and energy and how management of that intersection effects our ability to ground and center. And in Yoga, students will learn practical techniques to create, change, and maintain energetic boundaries appropriate in the massage profession.

Somatic Psychology - 24 hours

This creative and informative course highlights elements of body-centered psychology including dynamics of client/therapist relationship, communication skills, and boundary functions.

Business Practices & Marketing - 28 hours

This part of the program prepares students for the business aspects of a career in massage therapy. Topics include: record-keeping, marketing strategies, job search, taxes, contracts, professional organizations, strategic planning and goal setting.

Supervised Student Clinic - 50 hours

At the end of each semester the school opens its doors to the public for a five-day supervised student clinic. This gives students an opportunity to test their skills in a supportive, clinical environment.

Individualized Tutorials - 40 hours

In this course students take one-on-one hands-on tutorials with a lead instructor to give and receive a massage four times per semester. During these sessions the teacher establishes a supportive and instructive relationship with the intention of answering questions, giving feedback, and providing specific suggestions to improve the student's massage skills. These private classes are an invaluable part of the hands-on learning process and allow the students an opportunity to form lasting relationships with professionals in their field.

Professional Ethics - 10 hours NC Rules and Laws - 6 hours

The first week of classes will be an orientation week dedicated to professional ethics and the NC rules and laws governing massage and bodywork therapists.

Community Service Projects - 15 hours

Students arrange on their own to spend two days sharing their massage therapy skills with the community of Asheville. Students elect either to participate in teacher-led volunteer projects or get permission for a community outreach project of their own design.

Opening Day - 4 hours

We dedicate these hours to commencement of this important period of education and self-discovery.

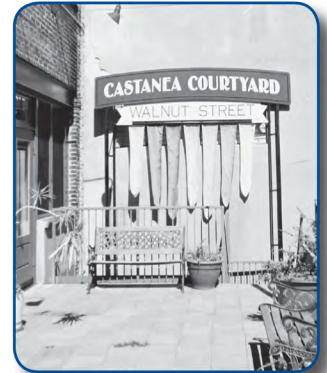




DESCRIPTION OF FACILITIES & LEARNING RESOURCES

Our school is located right in the heart of historic downtown Asheville, around the corner from Malaprop's Bookstore in the courtyard adjacent to Zambra. The first hour of public parking is free in the Rankin Street and Civic Center parking garages.

Our spacious 1,400-square-foot classroom gives us plenty of room to maneuver around massage tables and to spread out for yoga classes. A small courtyard in front of the school is the perfect place to get fresh air during breaks. The student library in the back of the classroom houses many reference books, periodicals, and audio books to support students as they learn.

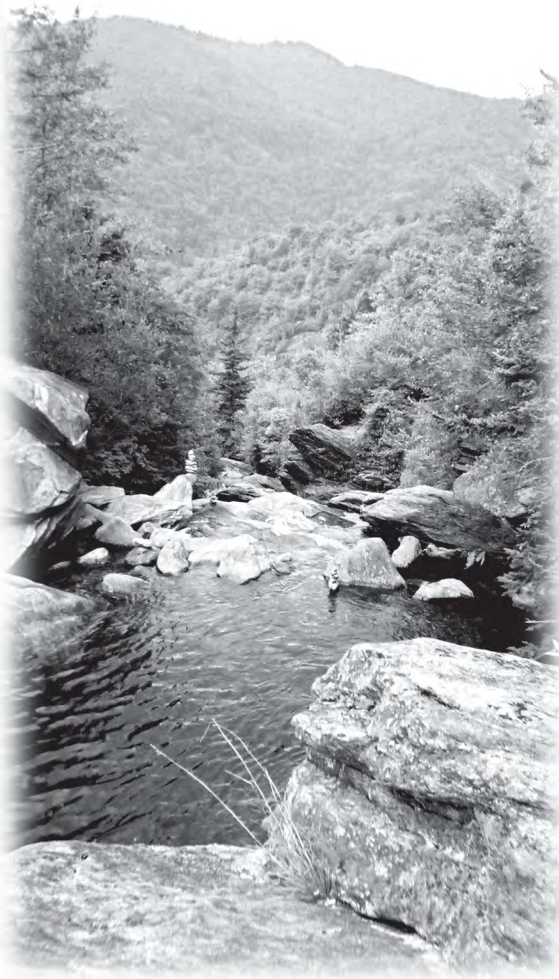


STUDENT SERVICES

The study of massage and bodywork therapy goes hand in hand with personal development. Students are closely monitored by teachers and referred to professional therapists in the community when it is deemed appropriate. Career, academic, and course-related counseling is available to students free of charge.



SCHOOL CALENDAR & SCHEDULE OF CLASSES



Our 675-hour program will last 6 months and be divided into two semesters. The last week of each semester is dedicated to the Supervised Student Clinic.

We will observe the following holidays: the 4th of July, Thanksgiving (and the Wednesday before), Christmas Eve and Day, and New Year's Eve and Day. If a class happens to fall on one of the holidays it will be made-up the next available weekday.

In the event of bad weather, students should call the school to find out about school closings. If classes are cancelled a message will be recorded on the out-going voice mail.

The school offers its certification program two times a year. Students elect to join the program beginning in April or October.

Classes are held Monday through Wednesday from 9-5. On clinic days students come to class either from 12-5 or from 5-10 on an alternating schedule.

There are many beautiful sites in the Asheville area.





FACULTY AND STAFF



SHALA WORSLEY ~ DIRECTOR; ENERGY ANATOMY, YOGA, AND ETHICS INSTRUCTOR

Shala graduated with Honors in Anthropology from Wesleyan University in 1996. Her life-long interest in multi-cultural and natural forms of healing led her to pursue a career in massage therapy and yoga. In addition to directing and teaching at ASMY, Shala teaches weekly classes, workshops, and teacher trainings at the Asheville Yoga Center. She is excited to share her dual enthusiasm for massage and yoga with all of her students.



MARION STONE ~ WESTERN SCIENCES FOR MASSAGE AND MASSAGE THERAPY INSTRUCTOR

Marion received her B.S. at Davidson College in 1989. After working as an outdoor leadership instructor, Marion was introduced to the Rolf Method of Structural Integration and became a certified practitioner in 1996. She completed an Associate's Degree in Nursing from A-B Tech College and a Certification for Yoga Instruction from the Asheville Yoga Center in 1999. Students will learn about the human body through her hands-on experiential teaching style.



CHARLOTTE GILREATH BEHRENDIS ~ ASSISTANT DIRECTOR; SWEDISH, DEEP TISSUE, TRIGGER POINT MASSAGE INSTRUCTOR

Charlotte earned her B.A. from the University of Georgia in 1989 and her teaching certification in 1991. She taught in public schools for seven years before pursuing her massage training and continued to teach for six more years, incorporating yoga in the classroom and offering both massage and yoga to teachers. In the classroom, Charlotte enjoys trouble-shooting specific dysfunctions with deep tissue and trigger point massage.



STEPHANIE PINKSTON ~ SCHOOL ADMINISTRATOR; SUPERVISED STUDENT CLINIC, SELF CARE, AND SPA MASSAGE INSTRUCTOR

Stephanie has been a massage therapist and yoga instructor since 1998. Her classes are infused with knowledge gained during her experience working with hockey schools, competitive gymnasts, and women's health organizations. Her delightful and approachable personality will help students feel comfortable and confident in the student clinic setting.



PRIPO TEPLITSKY, MA, LPC, LMBT ~ SOMATIC PSYCHOLOGY INSTRUCTOR

Pripo offers a diverse practice that balances the connection between mind, body and spirit. He is a licensed massage and bodywork therapist and is nationally certified. He also holds a master's degree in counseling/psychology from Goddard College, in Vermont. He lived, studied and worked at Esalen Institute, a renowned human potential learning center in Big Sur, CA. He is a certified Esalen® massage practitioner. Pripo has a private practice in Asheville, NC in massage as well as a counseling practice specializing in relationship issues. His main goal is to help support people in living in their truth and authenticity.



BETTINA FREESE ~ SPORTS MASSAGE, HYDROTHERAPY, CHAIR MASSAGE, AND BUSINESS & MARKETING INSTRUCTOR

Bettina's background in practical nursing and 11 years of experience in gymnastics training, coaching, and mountain biking provide her students with a bank of knowledge about sports massage and hydrotherapy. She enjoys teaching her students how to recognize, treat, and prevent injuries. In her private practice Bettina works mainly with athletes and sports injuries, combining elements of Sports Massage, Ashiatsu Oriental Bar Therapy, trigger point therapy, and shiatsu. She is a 1997 graduate of the UNC Chapel Hill Journalism School.



SUSANNE WILSON ~ REGISTRAR, DIRECTOR OF ADVERTISING AND CONTINUING EDUCATION, ASSISTANT INSTRUCTOR

Sue received her BS in Business and MS in HR, Training & Development from National Louis University. After completing two certifications -Yoga Instruction and Nurturing the Teacher Within, she decided Massage School was the natural fit and became a graduate of Asheville School of Massage and Yoga's very first class. In addition to being an Administrator at ASMY, Sue is a nationally certified massage therapist with an integrated massage practice blending myofascial, deep tissue and other modalities in her work.



PETER SHEA L.AC., M.S. ~ SHIATSU INSTRUCTOR

Peter holds a Masters of Science from the International Institute of Chinese Medicine in Santa Fe, NM. He graduated from massage school in 1996 and then specialized in Taoist bodywork with advanced trainings in Shiatsu, Tui Na, Chai Nei Tsang, Medical Qigong. After running his own acupuncture center in Lakeville, NY for six years, Peter moved to Asheville where he continues his practice of acupuncture and Taoist bodywork at Elements of Wellness and teaches Taoist bodywork at our school as well as Daoist Traditions College of Chinese Medicine in Montford.



PHYLLIS VELEZ ~ CRANIAL SACRAL THERAPY, SWEDISH MASSAGE INSTRUCTOR

Phyllis Velez is a Licensed Massage Therapist and has a full time massage practice in Asheville. She took her first Cranial Sacral Therapy class in 1994. She loved it and began to study more from many sources. She now works with her clients using cranial techniques in her practice daily. Phyllis taught at The Whole You School of Massage from 1997-2009. She began teaching at the Asheville School of Massage and Yoga in 2007. For her, teaching and helping students gain new skills and awareness, is a true joy.



SUSAN GRANT ~ MINDFULNESS INSTRUCTOR (ENERGY ANATOMY)

As a lay minister in the Soto Zen tradition with eighteen years of practical experience in mindfulness, Susan shares a compassionate wisdom with her students. She graduated from Wake Forest University in 1975 with a BA in Religion and completed a Masters in Clinical Psychology at Western Carolina University in 1992. In addition to seeing clients in her private practice, Susan facilitates mindfulness groups for Inner Vision Introspective and teaches mindfulness based stress reduction classes at the Women's Resource Center at Mission Hospital in Asheville.



LAURA BEAGLE ~ PRENATAL, INFANT, AND GERIATRIC MASSAGE INSTRUCTOR

In 1991 Laura earned a BS from Edgewood College in Madison, WI. After becoming a certified massage therapist and birthing doula, she trained extensively with Kate Jordan, adding a Bodywork for the Childbirthing Year Certification. Laura runs a private practice called Empowered Birthing and is the co-founder of the Women's Wellness Education Center in Asheville.



LIBBY HINSLEY ~ YOGA 1 INSTRUCTOR (ENERGY ANATOMY) & YOGA 2 INSTRUCTOR (WESTERN SCIENCES/PATHOLOGY)

Libby Hinsley, PT, RYT 500, has been teaching yoga since 2005 in a variety of settings and for a wide variety of student populations. Many traditions have shaped her practice, including Vinyasa flow, mindfulness meditation, Yin, Iyengar and Anusara yoga. In 2008 she was fortunate to study at the Krishnamacharya Yoga Mandiram in Chennai, India in the tradition of Krishnamacharya and Desikachar. Since that time, she has focused her yoga studies on therapeutic yoga in this tradition. In 2011, she completed a Master's program in Physical Therapy at Western Carolina University, and she works part-time as a Physical Therapist at Physical Therapy and Back Care of Leicester, an outpatient PT clinic focusing on orthopedics and spine conditions.



RYAN KRUCZAK ~ SELF-CARE INSTRUCTOR

Ryan has a BS in Psychology and Philosophy and graduated from the Mountain State School of Massage in Charleston, WV. He is the owner of Holistic Health Solutions (since 2000) offering meditation mastery, personal coaching, Ayurvedic lifestyle consultations, natural wellness techniques and Jyotish. He has presented public educational workshops on various health topics, including meditation and yoga since 2002 and enjoys helping massage students integrate the principles of Ayurveda into their lives for self-care.



PETE WHITRIDGE ~ BUSINESS & MARKETING INSTRUCTOR

Pete Whitridge is a licensed massage therapist in Florida and an approved provider for both the state of Florida and NCBTMB. He is the former Education Director at the Florida School of Massage in Gainesville. He teaches "Myofascial Components of Pain" workshops throughout the Southeast, as well as Florida law and business building classes. His training as an EMT, a CPR instructor, and 30 years of teaching experience have given him many insights into the learning process. Pete incorporates visual, kinesthetic, and auditory learning aides to provide students with a well-rounded class. Students receive individual attention and everyone is encouraged to HAVE FUN!"



ACADEMIC POLICIES

GRADING SYSTEM

The following grade indicators are used to measure academic performance:

P=Pass

F=Fail

I=Incomplete.

To pass a course students must complete all assignments and earn a passing average on all tests and quizzes. Students must earn a P in all courses to complete the program. A grade of 70% or greater is considered passing. Students who fail to maintain a 70% average may be placed on academic probation.

MAKE-UP WORK AND INCOMPLETE GRADES

Students are required to complete all assignments, exams, and any other work in each class. If class or work is missed, the student must make arrangements with the instructor of the course to complete work to the instructor's satisfaction; this may include additional outside make-up work and one-on-one instructor tutorials (\$50-\$60 per hour).

An incomplete may be granted in certain circumstances at the discretion of the course instructor. In the event of an Incomplete, students have six months from the date the grade is issued to complete the assignments. After that period the Director will decide whether to accept the work or require additional hours of instructor tutorials.

SATISFACTORY ACADEMIC PROGRESS

If a student attends all classes, receives a "P" average on all quizzes, assignments, and exams, and participates in all aspects of each class, he or she will be in good academic standing. Progress in each class is reported at the end of each semester. If a student receives an "F" average in any course, he or she will be required to complete the tutorials and coursework necessary to master the material necessary for a "P" average.

TRANSFER OF CREDIT POLICY

The Asheville School of Massage & Yoga does not accept credit from any other institutions.

GRADUATION REQUIREMENTS

Students will receive a 675-Hour Certificate of Achievement from the Asheville School of Massage and Yoga when he or she complete the following requirements:

1. Complete the full 675-Hour program with a 70% passing average
2. Fulfill all financial obligations to the school



STUDENT CONDUCT POLICIES

ATTENDANCE

Attendance and punctuality are mandatory. It is the responsibility of the student to master any missed class material and complete any missed class assignments. Students who arrive after role has been taken or leave before class has been dismissed will be recorded as absent for that class. It is at the discretion of each instructor how many classes may be missed before a student will be required to make up work with a one-on-one tutorial (\$50-\$60 per hour). If a student is absent for a total of 10 classes during the course of the program he or she will be put on probation. Students who are absent for a total of 16 classes will be required to provide a written and oral defense to avoid dismissal from the program.

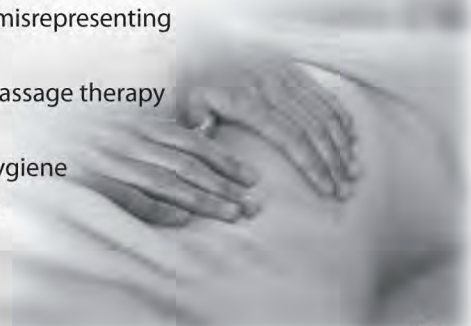
LEAVE OF ABSENCE

Under certain circumstances a leave of absence may be granted by the Director. Requests must be made in writing, and an interview will be required. All decisions regarding leave, including the new time frame that the program must be completed, are at the sole discretion of the Director. If the program is not completed in due time, the student will be dismissed from the school.

CODE OF CONDUCT

Students are expected to conduct themselves in a way that supports the mission and community of the school. Personal and professional integrity are essential. Students may be warned, placed on probation indefinitely, suspended, or dismissed for violations that include (but are not limited to) the following:

- Failure to adhere to the Code of Ethics and Standards of Practice for massage therapists
- Attending classes or practicing massage under the influence of drugs or alcohol
- Accepting any form of compensation for massage services provided as a student (a violation of NC law)
- Physical harm or threat of physical harm to anyone
- Harassment of any kind which goes beyond the boundaries of protected free speech and would likely cause violence or unrest
- Theft or damage of the school's or another student's property
- Academic dishonesty, including plagiarism, cheating, or misrepresenting the work of others' as one's own
- Health issues that would interfere with the practice of massage therapy
- Possession or use of any weapon on school property
- Failure to maintain safety regulations and appropriate hygiene
- Sexual activity or advances in a massage therapy setting
- Poor academic performance
- Failure to fulfill tuition obligations



DISCIPLINARY ACTIONS

Before any disciplinary measures are taken with a student, the Director will inform the student of the situation, and give the opportunity for student input before deciding upon a course of action.

- A written warning will inform the student that he or she may face more serious consequences if he or she does not fulfill specific requirements to keep compliance with school policies, procedures, or student conduct policies.
- A student placed on probation may continue in the program on a conditional basis. The length and conditions of the probation are at the discretion of the Director.
- When a dismissal is issued to a student, he or she must cease all participation in the program. If a student fails to meet the terms and conditions of probation, he or she will be dismissed.

APPEALS

A dismissal may be appealed. Within one week of the notification of the dismissal a student wishing to file an appeal must provide the Director with a written explanation for the appeal, as well as any new or relevant information pertaining to the original determination of dismissal. The Director will review the information, conduct further interviews if necessary, and decide to let the dismissal stand or change the dismissal to probation. The Director will grant this decision within two weeks of the appeal request.

REINSTATEMENT AFTER DISMISSAL

At the time of dismissal the student will be notified if reapplication would be welcome as well as the conditions the student would be required to meet before being considered for readmission. If the student chooses to reapply and is accepted, he or she will be notified of the course and financial requirements at that time.

GRIEVANCE PROCEDURE

Issues that cannot be resolved through the outlined procedures can be directed to the NC Board of Massage & Bodywork Therapy at P.O. Box 2539, Raleigh, NC 27602.

NC LICENSURE REQUIREMENTS

In order to become a licensed massage therapist in the state of North Carolina, you must graduate from a Board-approved school, pass the Massage Bodywork Licensing Examination (MBLEx), and complete the licensure application from the North Carolina Board of Massage and Bodywork Therapy with supporting documentation.



According to NC Law, the North Carolina Board of Massage and Bodywork Therapy may deny a license to practice massage and bodywork therapy if an applicant has a criminal record or there is other evidence that indicates the applicant lacks good moral character.



ADMISSION POLICIES

REQUIREMENTS FOR ADMISSION

- 18 years or older
- High School Diploma/GED, or college diploma
- U.S. Citizen , or a non-citizen who has been lawfully admitted for permanent residence
- Ability to participate and complete all requirements of the Asheville School of Massage & Yoga
- Ability to pay all fees



ADMISSION PROCESS

Applications for admission are accepted year round. Class size is limited to 24 students; students are encouraged to submit their completed application as soon as possible. Once classes are full, accepted students will be placed on a waiting list. In order to be considered for admission, students must submit the following:

- A \$50 application fee
- A completed application form
- A copy of birth certificate or valid driver's license
- A copy of H.S. or college diploma or transcripts or GED certificate

After the above requirements have been received, applicants will be contacted to arrange for a personal interview. If it will place undue hardship upon the applicant to travel to the interview, a phone interview will be conducted in its place.

The Asheville School of Massage & Yoga is open to all prospective students who meet the above requirements and illustrate through their references and interview moral character and an ability to complete the program. The school does not discriminate based on age, race, ethnicity, gender, sexual orientation, religion, creed, disability, or marital status.





ENROLLMENT PROCEDURE & FEE SCHEDULE

Applicants will be notified of their acceptance by mail. In order to enroll students must submit a \$500 non-refundable enrollment fee (which will be applied to their tuition) and sign an enrollment agreement. At this time, accepted students may choose from the following tuition payment options:

- Pay in full 90 days prior to start date: \$6550 (save \$1000)
- Pay in full 60 days prior to start date: \$7,050 (save \$500)
- Pay in full 30 days prior to start date: \$7,300 (save \$250)
- Pay in full by the first day of classes: \$7,550 (no discount applies)
- In-house financing option: Students pay a tuition deposit of at least \$500 toward their \$7,550 tuition. A one-time charge of 7% financing fee will be added to the remaining tuition amount. Students come up with a schedule to pay the remaining balance in installments. Students may take as long as they need to pay their balance. However, they will not be issued a graduation certificate until their balance is paid in full.

TEXTBOOKS, SUPPLIES & OTHER EXPENSES

- Free Textbooks: We are now offering all required textbooks free of charge to our students.
- Linens and oils cost approximately \$50
- Massage tables cost between \$300-\$700 (student discount rates on tables available through the school)
- Eight Professional Massages (\$60/hour average)

REFUND POLICY

- Application fees, enrollment fees, financing fees, and all books and equipment purchased are non-refundable.
- Students who withdraw up to 72 hours after signing the enrollment agreement are entitled to a full refund of all money paid toward tuition.
- Students who withdraw thereafter are entitled to refunds based on the percentage of the program actually completed.
- Refunds may be granted for up to and including 25% of the program and shall be calculated from the last date of attendance and made within 30 days of the date of withdrawal or dismissal.
- Students who withdraw after the first quarter (25% of the program) are not entitled to a refund.

WORK STUDY SCHOLARSHIP

The school offers two work-study scholarships per class of students equal to \$1500. To apply for the scholarship prospective students must attach a letter to their application explaining why they should be considered for the position. The students selected will be required to volunteer no less than 2 hours per week at the school doing odd jobs such as: setting up for clinic, watering the plants, straightening and cleaning the school premises.

Application for Admission

Program Selection

Start in April Start in October

Applicant Information

Last Name _____ First Name _____ Middle Initial _____

Address _____

City _____ State _____ ZIP _____

Phone (Day) _____ Cell _____ Phone (Evening) _____

E-mail _____ Date of Birth _____ Social Security Number _____

US Citizen: Current state of residence _____

Non-US Citizen/Permanent status: _____ Non-US Citizen Visa issued by: _____

Have you ever been convicted of a felony or misdemeanor (excluding traffic violations)?

If yes, please explain on a separate sheet of paper.

Current Occupation _____ Previous Occupation _____

Where did you hear about the Asheville School of Massage & Yoga

Word of mouth Mountain XPress Internet Other

Previous Education

High School GED Certificate College: # of years _____

Emergency Contact Information

Emergency Contact Name _____ Phone Number _____

Relative Contact Name _____ Phone Number _____

Relation (mother, husband, etc.) _____

Application continues, other side 

Application for Admission (Continued: Page 2)

References

Please list one personal and one professional reference who can speak to your ability to complete this program.

Personal Reference: Name

Your Relationship (boss, church member, colleague, etc.)

Phone Number Address

Professional Reference: Name

Professional Title (licensed massage therapist, physician, yoga instructor, etc.)

License # Phone # Address

On a separate sheet of paper, please write a short paragraph for each of the following:

1. Briefly tell your personal experience with massage, including why you want to attend massage school.
2. Briefly describe your experience with yoga, and tell why you are interested in yoga as a component to your massage therapy education.
3. How do you learn best? How have your past learning experiences (both formal and informal) served you or disappointed you? Do you have any learning disabilities or special needs?
4. Describe your emotional and physical readiness to fully participate in our program. (If you are unclear about this statement, please make an appointment to talk with a staff member.)
5. How do you take care of yourself physically, emotionally, and spiritually? How will you continue to do this as you begin your education in massage therapy? What tends to sabotage your self-care, and how do you address that?
6. What has been your experience with personal counseling/therapy?
7. Briefly tell about your experience with meditation and mindfulness practices.
8. How do you plan to meet your tuition requirements and take care of yourself financially while you are in school? Please be specific.

Student Application Checklist

In addition to your application, please submit to the school the following items:

- Proof of Age (copy of Driver's License or Birth Certificate)
- Copy of your high school diploma, college diploma, or GED certificate or transcripts
- \$50 Application Fee (check written to Asheville School of Massage & Yoga)

Once the school has received your application and all of the items listed above, a school official will call you to arrange an interview to complete the admissions process. If you are accepted to the program, an official letter of acceptance will be sent to you after your interview.

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