

ASHEVILLE SCHOOL  of MASSAGE & YOGA

675-HOUR MASSAGE THERAPY CERTIFICATION PROGRAM

Learn how to listen with your hands



707 Haywood Road #001 West Asheville, NC 28806 • (828) 252-7377

www.ashevillemassageschool.org

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An NCBMBT Approved School
A Yoga-Centered Education in Massage and Bodywork Therapy
Asheville School of Massage & Yoga, Inc. Owner, President, CEO, Director: Shala Worsley

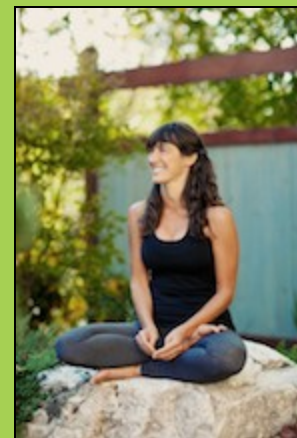
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YOUR JOURNEY BEGINS HERE

The Asheville School of Massage & Yoga is a rich and nurturing space for education in massage and Ayurveda. We offer three rigorous and comprehensive programs at our school, a 675-hour Massage Therapy Certification Program, a 500-hour Weekend Massage Therapy Certification Program, and a 600-hour Ayurveda Wellness Counselor Program, as well as continuing education classes for professional bodyworkers. Yoga is blended into all programs to enhance learning and self-care.

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, Director

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. 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.

The practice of yoga asana (postures), pranayama (breathwork), and meditation will help students to develop a keen sense of body awareness, to deepen their understanding of anatomy and kinesiology, and to learn proper body mechanics for injury prevention. Students will also become familiar with yogic practices to hone their ability to focus, ground, and center. They will be encouraged to use these techniques for their own self-care as well as to pass along this self-care knowledge to their clients.

Interestingly, the ethics of ancient yoga (yamas and niyamas) are similar and complementary 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.

SPECIAL FEATURES

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 burnout, bodycare 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 self-care in daily life.



YOGA: Yoga is used as a teaching aid in every course in the curriculum.

CUSTOM DESIGNED FACILITY: 1000+ square-foot classroom, 6 private treatment rooms, kitchen, zen garden patio, and free parking.

FLEXIBLE CLASS HOURS: Regular classes are held Monday through Wednesday from 9-5, allowing students to have ample time for work and study.

PRIVATE INSTRUCTION: Students will meet privately with staff members throughout the program in the Supervised Student Clinic setting. During these one-on-one sessions students receive guidance, gain confidence, and have the opportunity to discuss their questions and concerns as they progress.

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 1 & 2 - 286 HOURS

In both of these courses 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 contraindications 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, prenatal/geriatric massage, sports massage/hydrotherapy and troubleshooting.
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 massage as well as reflexology, Ayurvedic theory & treatments, and Craniosacral bodywork. Students end the semester practicing integrative massage techniques as well as a written final. Students will learn and practice yoga techniques and spa treatments for self-care to rejuvenate & prevent burnout.

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 affects our ability to ground and center. 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 - 100 HOURS

Throughout each semester the school opens its doors to the public for our supervised student massage clinic. This gives students an opportunity to test their skills in a supportive clinical environment.

PROFESSIONAL ETHICS - 10 HOURS & NC RULES AND LAWS - 6 HOURS

These classes are dedicated to professional ethics and the NC rules and laws governing massage and bodywork therapists.

COMMUNITY SERVICE PROJECTS - 5 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 supervised 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 AND LEARNING RESOURCES

Our school resides in the locals' favorite section of Asheville on haywood road in west Asheville. This area is full of the culture that defines Asheville as a special destination in the United States. Right outside our "urban Zen" facility students can walk to find local, organic food, unique shops, and not to be missed music venues.

Our spacious 1,000+ square-foot classroom allows students to easily maneuver around massage tables and spread out for yoga classes. Out back is a garden patio, which is the perfect place to get fresh air during breaks. Our kitchenette makes lunch and breaks simple and easy with a refrigerator, microwave, filtered water, and instant hot water for tea. Six private treatment rooms complete the massage school experience by providing a professional, private place for our supervised student massage clinic. The student library houses many reference books, periodicals, and audio books to support students as they learn.



FACULTY AND STAFF

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



Shala graduated with Honors in Anthropology from Wesleyan University in 1996. Her lifelong 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.

SUSANNE WILSON ~ ASSISTANT DIRECTOR, DEAN OF STUDENTS, REGISTRAR; SUPERVISED STUDENT CLINIC 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 & 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.

MARION STONE ~ WESTERN SCIENCES FOR MASSAGE INSTRUCTOR; MYOFASCIAL MASSAGE 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 through her hands-on experiential teaching style.

CHARLOTTE GILREATH BEHRENDIS ~ TRIGGER POINT AND INTEGRATED MASSAGE INSTRUCTOR; SUPERVISED STUDENT CLINIC 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 troubleshooting specific dysfunctions with deep tissue and trigger point massage.

STEPHANIE BELL ~ SWEDISH, PRENATAL, SPA, AND INTEGRATED MASSAGE INSTRUCTOR; SELF CARE, YOGA, MINDFULNESS AND SUPERVISED STUDENT CLINIC 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, LPC ~ SOMATIC PSYCHOLOGY INSTRUCTOR



Pripo offers a diverse practice that balances the connection between mind, body and spirit. He 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 where he became a certified Esalen® massage practitioner. Pripo has a counseling practice specializing in relationship issues and his main goal is to help support people in living in their truth and authenticity.

BETTINA FREESE ~ SPORTS, HYDROTHERAPY, CHAIR, GERIATRIC, AND INTEGRATED MASSAGE INSTRUCTOR; 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.

PHYLLIS VELEZ ~ DEAN OF EDUCATION; CRANIAL SACRAL THERAPY AND 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.

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!

ERIC AUFDENCAMP, LAc ~ SHIATSU AND INTEGRATIVE MASSAGE INSTRUCTOR



Eric received his Master's of Science in Oriental Medicine from Southwest Acupuncture College in New Mexico in 2001. He completed massage therapy training at Crystal Mountain Massage Therapy School in 1997. He trained with major teachers in Shiatsu and tui na, then for 5 years taught tui na at Daoist Traditions College of Medical Arts. For 10 years, he practiced at the Chinese Acupuncture and Herbology Clinic on Montford Avenue in Asheville, NC. His private practice incorporates acupuncture and bodywork.

VISHNU DASS ~ AYURVEDA AND INTEGRATIVE MASSAGE INSTRUCTOR



Vishnu Dass started studying Ayurveda in 1992 under the guidance of Dr. Vasant Lad, world renowned Ayurvedic physician and teacher, and graduated from the Advanced Studies and Clinical Program at the Ayurvedic Institute in Albuquerque, NM. He worked for the Panchakarma Department of the Institute while finishing his studies, and also graduated from the New Mexico School of Natural Therapeutics. He is a former Board Member of the National Ayurvedic Medical Association and is the owner of Blue Lotus Ayurveda in Asheville, NC.

MARQUE GRITTA ~ DEEP TISSUE MASSAGE INSTRUCTOR



Marque was a successful actor for 22 years during which time he touched people's lives with his performances. In 1996 he became certified as a massage therapist in order to touch people's lives in a more direct way. He moved to Asheville from Los Angeles, attending ASMY to gain NC certification and soon became a mentor for students in their practicums. He is now a clinic instructor and enjoys passing on a wealth of practical 'hands-on' knowledge to students in the program.

ASHLEY FLEETWOOD ~ SUPERVISED STUDENT CLINIC INSTRUCTOR



Ashley received her BA from University of North Carolina in Asheville. She graduated from The Bancroft School of Massage, then furthered her understanding of the human biofield and became an Internationally Certified Healing Touch Practitioner. Her background enabled her to become a provider for the Healing Touch Clinical Consult Services at Wake Forest Baptist Medical Center and participate in research projects through their Comprehensive Cancer Center. As Admissions Coordinator and a Clinic Supervisor she loves having the unique opportunity of supporting and encouraging students as they learn and grow throughout their time at ASMY.

MITZI AOYAGI ~ TEACHING ASSISTANT; SUPERVISED STUDENT CLINIC INSTRUCTOR



Mitzi lived and worked in the Pacific Northwest as a software developer for 15 years before discovering her path as a bodyworker. She received her LMBT after attending the Asheville School of Massage & Yoga in 2014 and now maintains a massage practice in downtown Asheville. She also works with Blue Lotus Ayurveda in their Panchakarma clinic providing Ayurvedic body treatments and marma point therapies. As a clinic supervisor and teaching assistant, she helps students develop proper body mechanics while challenging them to explore creative techniques.

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

Regular classes are held Monday through Wednesday from 9a-5p. Our supervised student clinic is held Thursday-Saturday. Students sign up to do 20 clinic shifts throughout the program. Clinic shifts are either from 10:45a-3:45p or 3:45p-8:45p.

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.

ACADEMIC POLICIES

GRADING SYSTEM

The following grade indicators are used to measure academic performance: P=Pass, F=Fail, I=Incomplete. Students must earn a P in all units 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 other work in each class. If class or work is missed, the student must make arrangements with the instructor to complete work to the instructor's satisfaction; this may include additional outside make-up work and one-on-one instructor tutorials (\$50-\$60/hr).

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 & 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

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.

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:

- \$50 application fee
- Completed application form

- Copy of birth certificate or valid driver's license
- 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 nonrefundable enrollment fee 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: \$5,950 (save \$1,000)
- Pay in full 60 days prior to start date: \$6,450 (save \$500)
- Pay in full 30 days prior to start date: \$6,700 (save \$250)
- Pay in full by the first day of classes: \$6,950
- Payment plan: The student submits for approval a schedule to pay their balance. This schedule can take as long as needed to pay the balance. A one time payment plan fee of \$500 is added to the tuition balance. When balance is paid in full the student will be issued a graduation certificate.

TEXTBOOKS, SUPPLIES & OTHER EXPENSES

- \$500 non-refundable enrollment fee required to reserve space in the program
- Required textbooks, approximately \$530
- Linens, oils and oil holster, approximately \$85
- Massage tables cost between \$300-\$700 (school provides discount rates on tables)

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.

SCHOLARSHIPS

In order to be selected for these scholarships, students must be accepted into the program and pay the enrollment fee. To apply students must write a letter stating their desire to be considered for the scholarship. Discounts and scholarships may not be combined.

WORK STUDY SCHOLARSHIP

The school offers a few \$1,500 work-study scholarships per class. The students selected will be required to volunteer no less than two hours per week at the school doing odd jobs such as: straightening and cleaning the school premises, restocking supplies, and watering the plants. In addition to cleaning the school after each class day, the work study students will be required to help out with light office duties 4-6 hours per month while they are in the program. Students will build their professionalism skills in the office setting with tasks that include but are not limited to: answering phone calls, scheduling appointments, greeting clients, taking payment, and promoting the student clinic. Office work shifts will be scheduled up to a month in advance, and we will do our best to accommodate student's schedules.

ACADEMIC SCHOLARSHIP

We also offer a maximum of 5 academic scholarships per program to students based on their most recent GPA. Students must have a sealed copy of their most recent transcript sent to ASMY to prove their most recent GPA is 3.5 or higher.

ON THE YOGA PATH SCHOLARSHIP

As a recognition of previous study in the field of yoga, we will award a maximum of 4 On the Yoga Path scholarships per program (\$1,250 each) to students who have completed a 200-hour Yoga Alliance approved teacher training program.



APPLICATION FOR ADMISSION

675-Hour Massage Therapy Certification Program
To apply online visit www.ashevillemassageschool.org

PROGRAM SELECTION

- Start in April Start in October

APPLICANT INFORMATION

Last Name _____ First Name _____ Middle Initial _____

Address _____ Date of Birth _____

Phone _____ E-mail _____

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)? Yes No

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 Internet Search Mountain XPress Other: _____

PREVIOUS EDUCATION

High School GED Certificate College: # of years _____

EMERGENCY CONTACT INFORMATION

Name _____ Phone _____

Relation (mother, husband, etc.) _____

REFERENCES

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

Personal Reference:

Name _____ Phone _____

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

Address: _____

Professional Reference:

Name _____ Phone _____

Professional Title _____ License # _____

INFORMATION ABOUT YOUR EXPERIENCE

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.

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 or pay online at www.ashevillmassagechool.org)

Submit application by email or mail:

info@ashevillmassagechool.org

Asheville School of Massage & Yoga

707 Haywood Road, Suite 1

Asheville, NC 28806

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.