



The Educational Center at the
Pyramid Holistic Wellness Center
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Massage Curriculum Frequently Asked Questions

Q: How long is your program?

A: This depends on how quickly you want to complete it and the flexibility of your schedule. The program is designed for students to complete it easily in 12 months. For those with more time and a desire to start their career earlier, it is possible to complete the program in as little as 8 months. Other people may choose to spread out the training much longer.

Q: I live in New York and there is a 1000-hour minimum for massage programs here. Can I still participate in your program?

A: Yes! We can easily modify our program to make it fit the NY or any state requirements. Please contact us for more information!

Q: I have already completed some of the courses before at other institutions. Can I transfer in credits and opt out of some topics?

A: Unfortunately the structure of this program does not allow skipping topics or transferring in credits from other institutions, although prior learning will undoubtedly make the program easier for you. Our program focuses on the integration of the topics, so even if you have taken anatomy and physiology, for example, somewhere else, the way that we teach this topic will be different and is designed to be taken at the same time as learning the massage techniques. Of course, we also have to be able to document the amount and quality of your learning, so we need to make sure you complete all of the hours of *this* program. And with topics like anatomy and physiology, it never hurts to receive a refresher, even if you have studied the body before.

Q: How hard are the academics in this program? Will I be able to keep up?

A: Anatomy and physiology are notoriously difficult courses. However, at the Pyramid, it is our mission to make learning fun and doable for everyone. Our learning techniques will address most learning styles, providing lots of information visually, audibly, and experientially. Typically the course material will be moderately challenging, but all students should have no problem completing it. Our caring professors are also just a click away should you have any questions, and we encourage students to set up study groups during the program

Q: Are there any pre-requisites for the program?

A: Yes. We do require a minimum of a high school diploma or equivalent, and additional education is encouraged. Students do need to be certified in CPR, which they can do on their own or take an optional student-rate CPR course at the Pyramid. Beyond the educational requirements, we ask students to understand that massage training can be an intense process, involving new physical and emotional challenges for most people. Therefore, students should be well-informed that they may be challenged in lots of unexpected ways, and should be ready and open to work through anything difficult that comes up. For example, many people starting massage training surprisingly realize they have "issues" with touch. Or, they may realize they are uncomfortable touching a certain type of person. Things like this can be very challenging to work through, and so a certain level of commitment to one's own personal growth is necessary. Of course, an openness to the holistic aspect of this program is also helpful.

Q. I am concerned that I may not have the motivation to do distance learning. Will I be able to do this?

A: Yes! While there is some serious work involved in this program, most of the distance-format learning is designed specifically to be fun. Most people will enjoy the learning so much that motivation will not be a problem. And your professors will be in touch regularly to make sure you are working steadily.

Q: I don't really understand how you can learn massage via distance. How is this possible?

A: This is the beauty of our program--we are able to combine in-person experiential learning with learning by distance that was virtually impossible years ago. Technology has allowed us to set up a program where you learn everything but the massage techniques by distance...and the massage techniques are taught and practiced in person with supervision. Our low residency requirement allows people from all over the world to take our program.

Q: I am intimidated by using the computer. How technologically advanced should a student of this program be?

A: Don't worry! If you could download this FAQ sheet, you can definitely handle any technological steps necessary for this program. Most of the work over the computer will be simple. The materials are Internet-based, so as long as you have a computer that can access the web, whether it is a PC or a Mac, you will be fine. And we are certainly here to help. Most people will find the technology piece incredibly easy.

Q: Do you accept everyone into this program?

A: No. While we are an equal-opportunity institution and we feel strongly that it is not right to discriminate against anyone based on gender, age, race, color, creed, ethnic background, religion, sexual orientation, or any other human condition, we do need to create a quality educational experience. For this reason, we do limit class size, and we fill the spaces on a first-come-first-serve basis. Further, we recognize that our program is quite unique, and may not be for everyone. And we are also clear that taking on a massage training program can be physically and emotionally intense. If it is clear that someone is not ready to handle that challenge, we may not accept him or her. And if someone cannot adhere to certain ethical principles, or we feel may create a disturbance to the learning environment, we may also not accept the person.