



The Educational Center at the
Pyramid Holistic Wellness Center
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Massage Curriculum Overview

Blue = Assessment, Theory, and Application of Massage Techniques [207 hours]

Red = Body systems (Anatomy, Physiology, and Kinesiology) [144 hours]

Purple = Pathology [42 hours]

Green = Business [14 hours]

Orange = Ethics [6 hours]

Black = Other/Self-care for massage therapists [42 hours]

Clinical hours = 200 hours

TOTAL PROGRAM HOURS = 655 hours

Module 1: Introductory Weekend

A. Welcome, introduction, tour, ice breaker, & detailed program overview	2 hours
B. Massage expert panel	1 hour
C. Watch 2 60-minute massages	2 hours
D. Receive 2 60-minute massages (Swedish and another of choice)	2 hours
E. Introduction to massage techniques: Overview	2 hours
F. Introduction to massage techniques: Hygiene basics	1 hour
G. Introduction to massage techniques: Massage oils	1 hour
H. History of massage therapy	1 hour
I. Introduction to ethics: Client records	1 hour
J. Introduction to self-care	1 hour
K. Introduction to Anatomy, Physiology, Kinesiology, and Biology	4 hours
L. Introduction to APKB: Anatomy Terms	2 hours
M. Introduction to Pathology	2 hours
N. Experiential self-care workshops	4 hours
O. Receive one other session of choice (Reiki, cupping, etc.)	1 hour
P. Reiki Level I training/attunement	3 hours
TOTAL	30 hours
OPTIONAL TRAINING: CPR Certification	

Module 2: Massage Basics Part 1

A. APKB: Organ systems (respiratory, digestive, urinary, endocrine reproductive, nervous systems)	14 hours
B. Self-care for the massage therapist: Physical Fitness	4 hours
C. Pathology topics: Restrictions and contraindications of massage	10 hours
D. Massage techniques: Swedish massage basic strokes	5 hours
E. Massage techniques: Hygiene basics	1 hour
F. Therapeutic massage assessment and corrective gymnastics	10 hours
G. Legal issues: Certification and licensing	1 hour
TOTAL	45 hours

Module 3: Massage Basics Part 2

A. APKB: Organ systems 2 (immune/lymphatic, skeletal, muscular, skin, cardiovascular, circulatory systems)	14 hours
B. Massage techniques: Hot stone massage	5 hours
C. Massage techniques: Draping techniques	5 hours
D. Teaching stretching to massage clients	5 hours
E. How to start and operate your own small business	4 hours
F. Self-care for the massage therapist: Eating for Wellness	2 hours
TOTAL	35 hours

Module 4: Intermediate Techniques Part 1

A. APKB: Head and neck	14 hours
B. Massage techniques: Head and neck	15 hours
C. Pathology topics: Skin diseases	10 hours
D. Legal issues: Laws, liability, and insurance	1 hour
F. Self-care for the massage therapist: Sleep and rest	2 hours
TOTAL	42 hours

Module 5: Intermediate Techniques Part 2

A. APKB: Shoulders	14 hours
B. Massage techniques: Shoulders	15 hours
C. Massage techniques: Cupping	10 hours
D. Marketing/Advertising/Self-Promotion	4 hours
E. Self-care for the massage therapist: Addictive behaviors	2 hours
F. Special topic: Self-mutilating behaviors and massage	2 hours
TOTAL	47 hours

Module 6: Intermediate Techniques Part 3

A. APKB: Back of the torso: Upper back	14 hours
B. Massage techniques: Back of the torso: Upper back	15 hours
C. Massage techniques: Pregnancy massage	5 hours
D. Pathology topics: Microbiology	10 hours
E. Legal issues: Assessment verses diagnosis	1 hour
F. Self-care for the massage therapist: Intellectual wellness	2 hours
TOTAL	47 hours

Module 7: Intermediate Techniques Part 4

A. APKB: Back of the torso: Lower back	12 hours
B. Massage techniques: Back of the torso: Lower back	15 hours
C. Massage techniques: Aromatherapy	5 hours
D. Massage techniques: Deep tissue/sports massage	5 hours
E. Self-care to avoid burnout	2 hours
F. Listening skills/basic counseling skills	2 hours
G. Self-care for the massage therapist: Emotional Wellness	2 hours
H. Special wellness topic: Clients who have been abused	2 hours
TOTAL	45 hours

Module 8: Intermediate Techniques Part 5

A. APKB: Gluteals	14 hours
B. Massage techniques: Gluteals	15 hours
C. Massage techniques: Working with gemstones	5 hours
D. Pathology topics: Minerals and their impact on the human body	10 hours
E. Legal issues: Defining the scope of practice/when to refer out	2 hours
F. Self-care for the massage therapist: Social wellness	2 hours
TOTAL	48 hours

Module 9: Intermediate Techniques Part 6

A. APKB: Thigh, knee, lower leg, ankle, foot	14 hours
B. Massage techniques: Legs and feet	15 hours
C. Massage techniques: Foot reflexology	5 hours
D. Collaborating with other natural healers/modalities	5 hours
E. Self-care for the massage therapist: Spiritual wellness	2 hours
TOTAL	41 hours

Module 10: Intermediate Techniques Part 7

A. APKB: Chest, arms, and hands	16 hours
B. Massage techniques: Chest, arms, and hands	15 hours
C. Massage techniques: Hand reflexology	5 hours
D. Self-care for the massage therapist: Financial and career wellness	2 hours
TOTAL	38 hours

Module 11: Intermediate Techniques Part 8

A. APKB: Stomach and pelvis	12 hours
B. Massage techniques: Stomach and pelvis	10 hours
C. Massage techniques: Body wraps and hydrotherapy	5 hours
D. Self-care for the massage therapist: Safety habits	1 hour
E. Self-care for the massage therapist: Motivation	1 hour
F. You: Defining your professional self	1 hour
TOTAL	30 hours

Module 12: Clinical Work

A. Supervised practice on friends and family	30 hours
B. On-site Pyramid clinic practice	165 hours
C. Final Practical Exercise	5 hours
TOTAL	200 hours

OPTIONAL TRAINING: Reiki Level II

OPTIONAL TRAINING: Cupping Intensive

OPTIONAL TRAINING: Chair Massage

OPTIONAL TRAINING: Natural Medicine