

Mountain Meadow Massage School



"Awareness Heals"

<http://www.mountainmeadowmassageschool.com>  
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## Mission



-To train students to become quality massage therapists with the following abilities:

-To perform excellent technical massage therapy, treating injuries and imbalances;

-To treat their clients as whole human beings; and

-To touch with presence and awareness.

-To provide a space and tools for self exploration, growth, personal transformation and awareness.

-To acknowledge the unity between Body, Mind, Emotions, and Spirit, and teach and give massage in a way that encompasses all aspects of that unity.

-To teach with academic rigor all subjects offered, and encourage critical thinking in academic matters.

## Length of time required for the program - 7 months

### Our Philosophy

Mountain Meadow believes that body and mind are intimately connected and in fact, one thing. The body is a reflection of the mind, and the mind can be deeply affected by what is done with and to the body. Through treating the body, the mind is also affected, and when we affect the mind, the body reveals this in various ways.

"The unity principle states that the universe is fundamentally a web of relationships in which all aspects and components are inseparable from the whole and do not exist in isolation" - Ron Kurtz - Body Centered Psychotherapy

Emotions and memories are stored in the body. When we touch another human being, in massage or otherwise, we are also touching their emotions and memories. Here at Mountain Meadow we strive to cultivate and convey a sense of reverence and honor when touching the human body. For another to let you touch them they must be vulnerable, and therefore we treat this as a great privilege, and never touch idly or without thought.

"The basic work of health professionals in general...is to become full human beings and to inspire full human-beingness in other people who feel starved about their lives." - Chogyam Trungpa, Becoming a Full Human Being

This is why personal growth and transformation is woven into every aspect of our program. In order to touch with true awareness and presence, the therapist must be present and aware first of him or herself. By coming into contact and dialogue with ourselves, we prepare to really contact another.



Many types of massage focus on the body as an object to be manipulated and fixed. The massage we teach here at Mountain Meadow, no matter how technically and medically apt always sees the body as an extension of the mind and emotions. When you are touching someone's tight shoulders, you are feeling directly their suffering and stress. Touching with this level of presence and attention makes every technique more integral and ultimately effective.

## Classes Offered

**Swedish Massage** - This will be the massage class upon which all others will be based. Learning Swedish will teach you the basic massage strokes, how to give a full body 1 hour massage, and how to become comfortable and adept at touching body. You will also learn how to release tension and give a great "feel good" massage!

**Connective Tissue Massage** - This is a form of deep tissue which focuses on the connective fascia that wraps every muscle. You will learn how imbalances originate in the body and mind and how to treat them, including treating injuries, chronic pain, and athletes. The main bulk of your massage training will be here.

**Ayurvedic Body Treatments** - Based on the ancient science of Ayurveda, these body treatments which include massage (Abhyanga), warm oil treatments (Shirodhara), and body scrubs (Udvaartana), are not only indulgent and royal, but deeply healing. Your skills will be highly valued in both Spas and the healing community.

**Trigger Point Therapy** - Also called Neuromuscular Therapy, or NMT, this point work focuses on finding the trigger points which are causing or the result of pain or imbalances and releasing them. You will learn where universal trigger points are, how to find unique trigger points, and treatment protocols for several common problems, such as Frozen Shoulder or Carpal Tunnel Syndrome.

**Reflexology** - One of the most called for modalities out there. You will learn how reflex points on the foot affect far flung areas of the body and how to treat those areas by working on the foot. You'll also learn how to give an awesome foot massage and treatment, complete with a foot scrub, soak, and hot towels.

**Forearm Massage** - Using techniques from Lomi Lomi, you will learn how to give an entire massage using your forearms and olecranon as your main tools. This will be invaluable knowledge to help you save your hands when your massage practice begins to thrive!

**Spa Treatments** - Whether or not your main goal is to work in a spa setting, many therapists find themselves working at a spa at one time or another. It's a great way to get a lot of massages under your belt and it can be a lot of fun. The skills you'll learn in this class will be highly valued there including Hot Stone Massage, Body Wraps, and Salt Glows. You may find yourself giving these treatments in your private practice, as well, as they are very popular.

**Anatomy and Physiology** - All systems of the body will be explored with delight and curiosity. Find out about yourself and your clients in a fun and interactive way. If you can learn and apply your knowledge of human anatomy to every massage you give, your ability to treat people effectively will soar.



**Pathology** - Understanding your clients' various conditions and syndromes is essential for a massage therapist. Armed with this knowledge you will know when your work will help, and when it could possibly hurt, though these instances are less common. When you greet a client with the understanding and compassion that accompanies knowledge of their particular condition, they will feel they are in competent hands. And they will be!

**Kinesiology** - Frequently taught concurrently with a massage class, kinesiology delineates the muscles in terms of name, action, origin, and insertion. Knowledge of this medical terminology will allow you to communicate with ease to other massage therapists and health professionals, and be accurate and correct while doing so. This will help you to better treat patients who have diagnosed issues, and to understand the working of the muscular system, along with balances and imbalances you'll find in each client's body.

**Yoga and Movement** - Yoga will be the main form of body awareness and exercise we will practice, although you will also be introduced to Qi Gong, and others. The main goals of all movement classes will be twofold: to bring you into greater awareness of your own body, which is essential for someone using their body daily in their work; and so that you have body awareness in general which you can begin to educate your client about. Additionally, a healthy form of exercise is a fantastic way to keep your body in good shape so you can continue to give energetic massages well into the future.

**Counseling** - Drawing from Hypnotherapy, Hakomi, and Gestalt concepts, students will learn how to offer the gift of listening. Many clients who come to your massage table will talk about things that are important to them. Here you gain the ability to listen without derailing your client with social conversation. You will also learn compassionate and non-intrusive ways of communicating with them while they are in that vulnerable state. When to refer out to a trained Counselor or Therapist is discussed fully, as are transference and counter transference issues.

**Meditation** - Meditation will be a daily practice at Mountain Meadow Massage School. The practices of awareness and stillness are keys to being able to give a fully present and focused massage. If you are distracted and thinking about a million things at once how can you focus on the task at hand? Meditation will be a boon to all areas of your life, including your massage practice.

**Student Clinic** - Practice is the key to becoming a skilled therapist. One day per week we will set up a fully functioning student clinic in downtown Ruidoso where the public may come and receive massages at a discounted price. Students will learn how to run a massage business, as well as give massages to the public and receive feedback from instructors.

**Energy Healing** - Healing Touch is an energy based program developed within the nursing profession in 1989, designed to clear, align and balance the human energy system through touch. The body, emotion, mind and spirit are influenced through a therapeutic process by altering the body's energy system to influence self healing. All healing is self healing in partnership with the health team. In Healing Touch the goal is to empower the client to activate the innate wisdom of the body to self regulate and heal all aspects of the self. We are all holistically united in body, emotion, mind and spirit. This will assist in developing an understanding of Healing Touch as a biofield therapy that is an energy based approach to health and healing.

**Traditional Chinese Medicine** - Drawing from a rich history of Traditional Chinese Medicine, we will be studying some basic theories which shed a new light on disharmonies found within the human body, including Yin Yang, Eight Principles, Five Element, Channel (Meridian), and Zangfu (Organ) Theory. An understanding of these theories forms the foundation in which to choose the appropriate therapeutic technique, including cupping, gua sha, moxibustion, tui na, and acupuncture.



## Faculty

**Allison Kane - Counseling, Yoga and Movement** - Ali received her Bachelor's Degree in Comparative Mysticism, and holds two Masters Degrees: one in Clinical Psychology and one in Counselor Education, and a Doctorate of Clinic Psychology from the California Institute for Integral Studies. She currently operates a Mindfulness-Based Psychotherapy practice in Santa Cruz, CA. She has studied, practiced and taught yoga and meditation for over ten years in diverse settings, and has been a Certified Massage Therapist for ten years. Her passions include studying astrology, shamanic ceremonial healing work, and African and Brazilian dance. Her work at MMMS focuses on integrating mind, body and spirit in the service of both therapist and client well-being.

**Barbara Mader - Healing Touch, Business** - Barbara is the Owner and Director of High Mesa Healing Center. Barbara graduated with highest honors from Julia F Burnham School of Nursing in Champaign, Illinois, in 1953. She has experience in several nursing specialties, and 15 years in Public Health Nursing in El Paso, Texas, before finding the American Holistic Nurses. A white water river rafting accident led her to many complimentary healing modalities to relieve the pain of a fractured shoulder. This was her ticket to move beyond mainstream health care. Through AHNA she was introduced to Healing Touch and became a Certified Healing Touch Practitioner in 1995. Some of her other certifications are Reiki Master; Heart and Soul Healing; Electro-Magnetic Field Balancing; Crystal Therapy; and Spiritual Response Therapy Practitioner (SRT).

**Lauren Rathvon - Traditional Chinese Medicine** Lauren is a nationally board-certified and Florida-licensed Doctor of Oriental Medicine and Acupuncture Physician who operates Acupuncture Within Reach, an acupuncture clinic in Sarasota, FL. Lauren has a unique skill for putting both her clients and students at ease, while arming them with the self-knowledge they need for true healing. She believes the highest form of medicine is helping others to realize and pursue their true calling. Along with Traditional Chinese Medicine, Lauren brings an enthusiastic knowledge of nutrition, supplements, homeopathy, and energetic healing to her clients.

**Ginniveve "Shiva" Reinhardt - Director and Main Instructor** Shiva has been a massage therapist since 1999 and a yoga teacher since 2002. She received Yoga Teacher Training with Ana Forrest and Shiva Rea. She trained as a massage teacher with Lee Joseph and Carole Madsen at the Pacific Center for Awareness and Bodywork. She worked closely with Lee and Carole for several years, learning from their lengthy experience and developing a passion of her own for teaching massage and related healing arts, including consciousness development and counseling skills. Her most deeply held truth is that "Awareness Heals." She has a private massage practice in Alto, NM. Her specialties include Ayurveda, Deep Tissue, and Spa Treatments.

**Carole Smith – Anatomy, Pathology, Hot Stone, Energy Healing, Clinic** Carole has been a massage therapist for 10 years and a massage therapy instructor for 8 years. After owning her own successful practice in South Texas for 9 years, she moved to Ruidoso and has a private practice here. Her specialties include: Hot Stone Massage, Cranio Sacral, Manual Lymph Therapy, Reiki and Energy Healing. "Teaching massage & energy work is so fulfilling to me because it gives me the opportunity to empower others to reach their potential as they travel through their own life's journey and evolution."

**Meeghan Stripto – Spa Treatments, Massage Therapy, Clinic** Meeghan has worked in the 5 star resort and spa industry of Vail, CO for 10 years. She knows the most effective and efficient ways to pamper clients in a spa setting and she loves to share that with her students. She also teaches Hot Yoga and has a private massage practice in Ruidoso, NM.

### **Admission requirements, procedures and prerequisites**

The minimum class size is 8, while the maximum is 16. In order to apply for Massage Licensure in New Mexico, the applicant must be 18 years of age or older. Therefore, in order to enter our program, a student must be at least 18 years of age. An applicant for Massage Licensure in New Mexico must also have a high school diploma, or GED equivalent, therefore the same is required of MMMS applicants.

To apply to Mountain Meadow Massage School, please fill out the application form (which can be found online) and submit it with a non-refundable \$100 application fee, which will be applied to your tuition, if accepted. An interview, preferably in person, or by phone is necessary.



### **Grading system**

The grading system employed at MMMS is mostly based on class participation and demonstration of proficiency at techniques. Students must show 100% class participation and ability to perform to perform all techniques with some proficiency, and Swedish and Connective Tissue Massage with command. Students must also demonstrate ability to be present with clients when they have emotional experiences. This will be judged by the director of the school. This judgment will be based on quality of touch and ability to address the client's needs. If a student does not meet the criteria, they are given feedback and a chance to improve, as many times as necessary.

Grades are based on:

Anatomy, Physiology, and Pathology:

- 50% Class Participation (25%) and Homework (25%)
- 50% quizzes and exams

Massage:

- 60% Class Participation (50%) and Homework (10%)
- 40% Massage final exam

All other classes:

- 80-100% Class Participation and Homework
- 20% exams, if any exist







### ***Attendance***

Attendance is very important as almost everything learned is hands on and participatory. A student may miss up to 3 days without having to complete make-up work, as long as 12 hours prior notice is given before each day missed. If 4-6 days are missed, the student must make-up in one of three ways: 1-completing homework assigned by the appropriate teacher. 2-private tutoring with the teacher. Or 3-self - study and demonstration massage on a teacher, at the teacher's tutoring rate. If more than 6 days are missed, a meeting will be held between director and student to evaluate the student's continued interest and to decide if withdrawal is necessary. If more than 6 days are missed without asking for a Leave of Absence, the student will be withdrawn.

### ***Leave of absence***

A leave of absence may be granted in emergencies, such as the death or illness of a close family member, or injury to oneself. Leave of absence will be considered on a case by case basis. Any time missed must be made up in the way outlined in the "Attendance" section. If a student must be absent for more than 1 month, they may be required to withdraw from the current program, and take up next year's program at the same point at which they left the current program. A nominal transfer charge may be assessed.

### ***Dress code***

Student and faculty dress should be modest and in keeping with the profession. In very hot weather, shorts and tank tops may be worn, but please refrain from being revealing or "sexy." This is a good practice to cultivate now, as your massage practice will benefit from modest dress.

### ***Sanitation Hygiene Protocol policy***

Before and after every massage, please wash your hands or use a waterless sanitizer. Please come to class clean and freshly showered. If you are not used to showering everyday, please take up the practice. It is a kindness to your fellow students to be freshly washed as they will be massaging you and/or very close to you every day of your classroom experience



## ***Draping policies and procedures***

Draping policies and procedures will be taught thoroughly in class so that all students will be proficient at applying them. No client shall ever be denied modest and appropriate draping.

## ***Student Complaint Policy***

If a student has a complaint or a suggestion about any part of the experience at Mountain Meadow, please let one of the administrative or teaching staff know. You can do this by speaking directly with such a person, or by issuing a formal complaint in writing. The Director will review each complaint within three days of her receipt of the complaint. If the student has exhausted the procedures available at MMMS, the student may contact the:

New Mexico Board of Massage Therapy  
2550 Cerrillos Road  
Santa Fe, NM 87505  
505-476-4870  
E-mail: [MassageBoard@state.nm](mailto:MassageBoard@state.nm)

## ***Student conduct and ethical requirements***

In order to have an optimal learning environment, we ask several things of our students:

- Please be on time to all classes. By being late, you may interrupt what has begun, such as meditation or instruction, and cause all students to lose several minutes of class time. Over the course of several months, this can add up. For instance, if only one student is 5 minutes late each day, over the whole program that adds up to 1 whole day of time being removed from the program. Make the most of your time here.
- Be attentive and participate in class activities. Many class activities are paired exercises or massages, done with a partner. If you are not actively engaged in the activity, not only will your own education suffer, but so will your partners. Make the most of your time here.
- Because this class incorporates personal growth and transformation, many students may be using their time here not only as education, but also as personal retreat. Please respect the space and help us to create a safe, nurturing space by being accepting, non-judgmental, and compassionate to your fellow students.
- Do not bring cell phones in the classroom. Leave them in your car, or otherwise outside of the classroom. No matter how dutiful we are about checking to see that they are turned off, they still seem to ring! You may go out to check your phone during breaks or lunchtime.

-Everything that is said inside the classroom about personal matters is held in strict confidence. Likewise anything said from a student-client to a student-therapist, from any client to a student-therapist, or from student to faculty-therapists is held in confidence. During the training people may reveal sensitive information about their personal life and it is to remain confidential. By vowing not to reveal personal information about our fellows to anyone, we create a safe environment where people are free to work through personal issues without fear of disclosure. Any student not able to make a promise to keep personal information confidential will not be allowed to enter the program. This is excellent practice for the confidentiality required as a therapist.

The Professional Ethics course given to the students will include article 16.7.2 of the New Mexico Massage Therapy Practice Act. Acting outside of the ethical boundaries of the Code of Professional Conduct adopted by the New Mexico Board of Massage Therapy by a student will necessitate suspension from the school without refund of money.

### ***Transfer Credit policy***

Transfer credit may be accepted on a case by case basis, and is not guaranteed. Such training transferred may include continuing education, life experience, or experience gained through employment related to the program of study. Courses transferred shall parallel in content and intensity to the courses presently offered at Mountain Meadow Massage School. Transcripts and course outlines must be provided by the place of training.

### ***Partial training policy***

Students with previous massage therapy education may be able to complete class hours at Mountain Meadow for credit towards state licensure.

### ***Readmission Policy***

Students whose program has been terminated through a Leave of Absence may be readmitted by making a written application to the School Director, and if approved, a new start date will be scheduled. If the student reenrolls within 24 months of the withdrawal date, the student will receive credit for prior training completed satisfactorily at MMMS. Enrolling after 24 months has passed will result in having to start the program over from the beginning and no credit being issued.





### ***Clinical Practicum Policies and Procedures***

Clinical Practicum is a time during which students practice massage therapy on the general public under the supervision and guidance of a Registered Massage Therapy Instructor (RMTI). Clinic begins after the first 3 months of the program have passed. In addition to regular class time Monday through Wednesday, students will come to class on Thursday as well to participate in Clinic. All day Thursday from 9 - 5, students will run the clinic, not only giving massages, but also answering phones, receiving clients, and keeping the clinic running smoothly. The RMTI will be there to supervise and help if needed, but the students will be responsible for the day to day running of the clinic, giving them an experience that will be as close as possible to the way a fully functioning clinic or spa would work.

Please see Clinical Practicum addendum for State Board laws governing this practice.

### ***Licensure requirements***

People who want to practice massage therapy in New Mexico are required (with certain exceptions such as physicians and nurses) to have a massage therapy license. To qualify for this license, the applicant is required to be at least 18 years of age, have at least 650 clock hours of massage education at a State Board approved Massage School, pass the national licensure exam, the New Mexico jurisprudence exam, and have a high school diploma or GED. Students with previous massage therapy education may be able to complete class hours at Mountain Meadow for credit towards state licensure. Our massage therapy program is a great preparation for these requirements and, in fact, exceeds the requirements for licensure.

To contact the New Mexico Massage Therapy Board to obtain the procedures and application for licensure:

New Mexico Regulation and Licensing Department  
Massage Therapy Board - Toney Anaya Building -  
2550 Cerrillos Road, Santa Fe, New Mexico 87505  
P. O. Box 25101, Santa Fe, New Mexico 87504  
(505) 476-4870 - Fax (505) 476-4645  
<http://www.rld.state.nm.us/massage/index.html>

### ***Completion, graduation requirements***

In order to graduate, a student must complete all class hours or make up work, pass all exams with an 80% or higher grade, or satisfactory evaluation, and meet all financial obligations to MMMS.

### ***Advertising as a Massage Therapist***

A person must be licensed by the State Board in order to legally provide or offer to provide massage therapy services for compensation, as defined in 16.7.4.7 NMAC; or to use the title or represent him/herself to be a massage therapist; or to use any other title, abbreviations, letters, figures, signs or devices that indicate the person is a massage therapist.



*“Touching hands...are like flashlights in a darkened room. The medicine they administer is self-awareness. And for many of our painful conditions this is the aid that is most urgently needed.”*

*-Deane Juhan, Job's Body*