

## **Instructor**

Jill Houston , CMT, A.B.M.P  
*Director of  
Ocean County Massage  
Institute, LLC*

Jill has taught massage for many years at the facility where she received her massage training. She has been tutoring students in Stress Therapy Massage for many years and has developed her own massage technique, which is now trademarked with the Library of Congress.

Jill, with fifteen years of dedication to the field of wellness, is a superb teacher who is devoted to excellence. She creates a training environment which facilitates growth and learning in an enjoyable way.



## **Directions**

From North or South: Parkway to exit 82A  
(Route 37 West), then take jug handle at  
1st traffic light to Hospital Dr.  
Go to next light, make right on Lakehurst Rd.  
Then first quick right into parking lot.  
448 Lakehurst Rd. #2A  
Toms River, NJ 08755

**Ocean County Massage  
Institute, LLC**

# **Massage Therapist Certification Program 6 Month Program**



**Ocean County Massage  
Institute, LLC**

*448 Lakehurst Rd.  
Toms River, NJ 08755*

*732-286-0599*

**[www.ocmassageinstitute.com](http://www.ocmassageinstitute.com)**

**E-mail - [ocmwi@hotmail.com](mailto:ocmwi@hotmail.com)**

## Ocean County

**Massage Institute** believes massage and wellness training is a healing art as well as a science; it requires a balance of technical knowledge, clinical skills, sensitivity and awareness.

It takes a sincere desire to help others, along with commitment to the time, energy and focus necessary for the training process in order to become a solid practitioner.

The Institute teaches a unique niche of massage. Students will learn to customize each massage and to attain a working knowledge of the structure and function of the human body.

People from a wide range of backgrounds are making a career move to massage. The Ocean County Massage Institute is open to everyone wishing to improve their quality of life, or seeking a rewarding profession.



## Schedule of Massage Classes

6 Month Course **Evening** Sept 27th, 2010  
Monday, Tuesday, Wednesday  
3:30 pm - 9:30pm

6 Month Course **Daytime** Sept 27th, 2010  
Monday, Tuesday, Wednesday  
9:00 a.m. - 3:00 p.m.

6 Month Course **Evening** July 21st, 2010  
Wednesday, Thursday, Friday  
3:30 pm - 9:30pm

6 Month Course **Daytime** Feb. 21st, 2011  
Monday, Tuesday, Wednesday  
9:00 a.m. - 3:00 p.m.

All students will be responsible for approximately two Saturday classes per month.

### Tuition

The tuition for the 600 hour Massage Certification Program is \$5400, payable in 6 monthly installments of 900.00 for 6 month course.

There is a \$25 non-refundable application fee. Should you be accepted, there is a \$100 registration fee, which is also non-refundable.

Textbooks and workbooks are an additional fee of approximately \$300. You get to keep these books for your own practice.

**FINANCIAL AID AVAILABLE**

**VETERANS APPROVED**

**ONE STOP CAREER, PELL GRANTS**

## Trimester Schedule

**First Trimester**.....200 hours

- History of Massage
- Code of Ethics
- Basic Principles of Massage
- Massage Therapy as a Profession
- Preparation for Massage
- Body Mechanics
- Swedish Massage I
- Anatomy/Physiology/Kinesiology
- Self Development
- Independent Practice

**Second Trimester**.....200 hours

- Passive Exercise/Range of Motion
- Integrative Swedish Massage II
- Hot Stone Massage
- Face Relaxation Treatment
- Yoga
- Anatomy and Physiology
- Reflexology(optional)
- Business Skills
- Self Development
- Independent Practice

**Third Trimester**.....200 hours

- Reiki(optional)
- Medical Massage I
- Aromatherapy(optional)
- Prenatal and Infant Massage
- Neuromuscular Techniques
- Geriatric Techniques
- Stress Therapy Massage
- Business Skills
- Thai Massage(optional)
- Self Development
- Anatomy/ Physiology/Pathology
- Clinicals