2020

SUMMER SEMESTER

*Accredited by the NJ Department of Education and Labor and Workforce Development

Virtua Our Lady of Lourdes Hospital
1600 Haddon Avenue
Camden, NJ 08103
856-580-6444
856-580-6448 (fax)
www.LourdesInstitute.org
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Dear Current and Perspective Students,

Lourdes Institute has been in operation since 1993, we are proud of our history and excited of our future.

However, present times have been altered dramatically due to the Covid19 pandemic. Since March 2020, students world-wide have had to adapt to different platforms of education, LIWS included. We quickly met the educational challenges this pandemic created with rapidly creating Virtual education classes for our students, and getting our school as an accredited virtual training school with the state of New Jersey. I commend not only our faculty and staff for quickly learning these new platforms, but also our students adapting their lives to continue with their education during these times.

As I write this letter, there is still an enormous amount of uncertainty, but we will do our best to accommodate all program requirements as our state regulations allow. I am working with our governing bodies on a daily basis so that several plans can roll into effect once we are given the greenlight. I assure you that you will not be “short changed” in your education. I promise you that all programs at Lourdes Institute of Wholistic Studies will meet all necessary qualifications and exceed all standards set by all governing bodies.

Yes, we are all in this together, but rest assured we are here for you.

Sincerely,

Frank Pileggi PhD
Dean, Lourdes Institute
**Areas of Study**

**Association with Camden County College**

- Massage Therapy Certificate with Associates Degree in Applied Science (1100 Hours)
- Massage Therapy Certificate of Achievement (525 Hours)

**(In-House) Wholistic Programs**

- Wholistic Massage Practitioner Certificate (617 Hours)
- 200 Hour Yoga Teacher Training Certificate (200 Hours)
- 300 Hour Yoga Teacher Training Certificate (300 Hours)
- Reflexology Certificate (145 Hours)
- Wholistic Massage / Reflexology Certificate - Dual Program (748 Hours)

**Continuing Education Courses**

Students may choose from any of our courses to maintain their state certification status as well as to update and enhance their skills. The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) approves Lourdes Institute as a Continuing Education Provider and as an Assigned School. School Code # 032341

**Individual Course Offerings**

For those who are interested in a specific healing modality for personal growth or self-care, contact the administration office for available courses.

**Location of Lourdes Institute**

Virtua Our Lady of Lourdes Hospital is located at 1600 Haddon Avenue, Camden, NJ 08103. The administrative office is located on the fifth floor of the Pavilion building. Parking is located across the street in the visitor’s lot and metered parking on the street. Select program students will have access to the employee lots after New Student Orientation.
Online Registration and Procedure Information

Registration Process:

- To register for a course, click on "Student Portal" on the Lourdes Institute website at www.LourdesInstitute.org or the direct link is: https://secure.webconnectgradpro.com/lourdesinstitute/.

- To register for a course, click on: "Classes", "Course Registration", then the bottom right hand box, "Find & Select Course".

- Scroll through the courses and add the course(s) of your choice.

- Once added, you will receive an email confirming your pending registration status and once it is approved by the office, it will be confirmed and placed in the "Current Courses" location.

- Depending on the volume, the approval process can take a few business days to complete.

- Since you must register for a course at least one week prior to the start date of the class, online registration will not be available for a course after that time period.

- One week prior to the first day of class, you will receive a registration confirmation email.

- If the enrollment is low, a course may be canceled one week prior to the first day of class.

- If you have an outstanding balance from a previous semester, you will not be able to register until it has been satisfied.

New students:

- New students must fill out an “Application for Admission” found on the LIWS website at www.LourdesInstitute.org.

Continuing Education and YTT 300 Hour Students:

- Once you receive a Registration Confirmation email, payment is due in full immediately after.

Acceptable Payment Forms:

- Check, Money Order, Visa, MasterCard or Discover.

- Checks can be made payable to: (LIWS) or Lourdes Institute of Wholistic Studies.

* Programs and courses are subject to change and cancel.

Registration deadline is Wednesday, May 27th.
Late registration occurs on Wednesday, June 3rd.
APPLICATION PROCEDURE

To All Program Applicants:

- The ‘Application for Admission’ is found on the LIWS website at www.LourdesInstitute.org.

- Once the application is submitted, you will receive an email from a LIWS representative requesting an essay, a non-refundable $25 application fee and instructions on scheduling an interview with the Dean of LIWS.

- Three (3) letters of recommendation sent directly to LIWS from:
  1. Academic or employment supervisor
  2. Professional colleague or associate
  3. Personal reference

- Submit a physician’s note to LIWS stating that you are in suitable condition to give/receive bodywork or perform yoga postures.

- Complete a Personal Health Form (form provided by LIWS).

- Complete a NJ State Questionnaire Form (form provided by LIWS).

Camden County (Massage Program) Applicants Only:

Complete all of the above procedures along with the following:

- Complete a Camden County College online application – www.camdencc.edu. (Be sure to mark massage therapy as your major.)

- Take the CCC Basic Skills Test if you have not completed a college level Math or English course and/or are not a transfer student. Call the testing center to set up a date to take the placement test (856) 227-7200 ext. 4710.

- Call (856) 227-7200 ext. 4210 with any financial questions.

- Select courses for which you are eligible and register at CCC (LIWS acceptance paperwork required).

To All Continuing Education Applicants:

- Submit a completed application.

- Once the application is submitted, you will receive a welcome email from a LIWS representative with instructions on the registration process.
MAS-230 Therapeutic Herbal Applications

Credits: 2

Dates: Saturdays, 8/1, 8/15
       Sundays, 8/2, 8/16

Time: 9:00 am - 5:00 pm

Instructor: Liz Jordan

Required: Supplies TBD

Required Text: Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use

Recommended Text: Herbal Recipes for Vibrant Health by Rosemary Gladstar

Description: Students will receive an introduction to planetary Western and Eastern herbology and herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to compliment medical treatments for specific conditions and the practical application of herbs in the massage treatment room. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.

Reflexology Courses

Reflexology II

Tuition: $520

Dates: Sundays, 7/26, 8/9 - Corinne C.

Time: 9:00 am - 5:30 pm

Dates: TBD - Sue D. (Anatomy and Physiology portion)

Time: TBD

Hours: 31

Instructors: Corinne Corcoran, Sue DiGregorio

Required Texts: Practical Reflexology by Watson and Vonner

Description: Students will learn advanced reflexology techniques for the feet. Building on the anatomy and physiology background in your training, this class will address strategic reflexology formulas and protocols for specific conditions in the body. These classes will prepare the student for the ARCB examination should they opt to take it. This class will add valuable strategies and protocols for body workers when dealing with clients with specific issues. Common pathologies of the foot and nails will also be addressed.
**MASSAGE CLINIC**  
**SUMMER 2020**

<table>
<thead>
<tr>
<th>Student Massage Clinic</th>
<th>Tentative Massage Clinical Dates:</th>
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<tbody>
<tr>
<td>Program Tuition for Wholistic Massage Students Only: $1,650</td>
<td>Dates: TBD</td>
</tr>
<tr>
<td>Date: TBD <em>(Mandatory Clinic Orientation)</em></td>
<td>Times: TBD</td>
</tr>
<tr>
<td>Time: 5:30 pm - 7:30 pm</td>
<td></td>
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<tr>
<td>Hours: 100 (distributed during the entire program); 52 massage clinical hours (13 clinics), 24 in-patient massage hours (6 events), 24 community outreach hours</td>
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<tr>
<td>Prerequisite: Therapeutic Massage (MAS-200)</td>
<td></td>
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<tr>
<td>Required: holster and lotion</td>
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</table>

**Descriptions:** This course introduces massage students to three distinct opportunities to practice the massage skills learned. In addition to the Massage Clinic, there will also be in-patient massage and community outreach hours earned. Details and scheduling will be discussed during the Mandatory Clinic Orientation.

**(Massage Clinical):** The supervised massage clinic is open to the community. Students run the clinic as if it were their own massage practice, working with multiple clients with different needs. The students will expand their massage skills by learning room setup, time management, client intakes and SOAP notes in a fast paced environment that simulates a busy massage practice.

- **Hours:** 52 massage clinical hours (13 clinics)
- **Coordinator:** Andrea Finley
- **Supervisors:** Kathy Baier, Staci Farmer, Andrea Finley and Kathleen Murray

**(In-patient Massage):** The in-patient massage clinic is one of the very few in the entire country that gives students the unique opportunity to work on hospital patients in a supervised setting. Students learn the challenges and enormous rewards of working in a medical environment, including securing medical staff approvals, navigating around hospital equipment, protecting vulnerable patients from pathogens and working on frail/sick individuals with special needs.

- **Hours:** 24 in-patient massage hours (6 events)
- **Coordinator:** Ralph Casciato
- **Supervisors:** Kathy Baier, Ralph Casciato and Kathleen Murray

**(Community Outreach):** Community Outreach consists of a variety of venues throughout the surrounding communities. At these events, the students will be performing chair or hand massage on the community while promoting the benefits of massage and wellness. Some of these venues are Life at Lourdes, LIWS Open House events, local farmer's markets and college fairs. These are just a few of the many events that the students will be asked to participant in and help others to understand the benefits of alternative care.

- **Hours:** 24 community outreach hours
- **Coordinator:** Lourdes Jesukiewicz
- **Supervisors:** Kathy Baier, Staci Farmer, Andrea Finley and Kathleen Murray

*More information will be provided and all dates will be established and confirmed during the Mandatory Clinic Orientation.*
### WHOLISTIC PROGRAM - MASSAGE COURSES

#### Business/Marketing/Law
**Tuition:** $425  
**Hours:** 45  
**Dates:** Mondays & Wednesdays, 6/15 - 7/22  
**Time:** 5:45 pm - 9:30 pm  
**Instructor:** Monica DeVaughn-Nobling  
**Prerequisite:** Therapeutic Massage  
**Required Text:** Business Mastery, 5th edition  
**Description:** This course provides information regarding the business aspect of massage therapy and helps students gain information about themselves and their personal priorities to facilitate their success as professionals. The textbook is necessary on the first day of class. Please contact the office if you have any questions about the textbook.

#### Therapeutic Herbal Applications
**Tuition:** $400  
**Hours:** 30  
**Dates:** Saturdays, 8/1, 8/15  
Sundays, 8/2, 8/16  
**Time:** 9:00 am - 5:00 pm  
**Instructor:** Liz Jordan  
**Required:** Supplies TBD  
**Required Text:** Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use  
**Recommended Text:** Herbal Recipes for Vibrant Health by Rosemary Gladstar  
**Description:** Students will receive an introduction to planetary Western and Eastern herbology and herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to compliment medical treatments for specific conditions and the practical application of herbs in the massage treatment room. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.

### PICK 2 FROM THE FOLLOWING AND 1 ALTERNATE:

#### Scalp/Face - Hand/Foot Massage
**Tuition:** $225  
**Hours:** 16  
**Dates:** Wednesdays, 7/29 - 8/19  
**Time:** 5:30 pm - 9:30 pm  
**Instructor:** Sue Digregorio and Kathy Baier  
**Prerequisites:** Structures & Functions I and II, A&P  
**Required Materials:** Linens, massage lotion or cream  
**Description:** This course is designed to give students additional tools to draw from when giving a massage to create additional relaxation and therapeutic effects. The class will discuss and learn techniques that help alleviate common client complaints, such as sinus congestion, headache, wrist pain and ankle pain.

#### Introduction to Tui Na
**Tuition:** $225  
**Hours:** 16  
**Dates:** Thursdays, 7/2, 7/16, 7/30, 8/13  
**Time:** 5:30 pm - 9:30 pm  
**Instructor:** Xavier Harvey  
**Prerequisites:** Structures & Functions I and II  
**Description:** (Tui) means to push and (Na) means to grasp. It's a method of Chinese Bodywork that utilizes soft tissue manipulation, acupoints, and structural realignment methods to lessen or alleviate a wide variety of musculoskeletal and internal organ disorders. This class instructs on how and where to use these hand techniques and what affect they have on underlying tissue.

#### Isolated Stretching Techniques
**Tuition:** $225  
**Hours:** 16  
**Dates:** Mondays, 7/27 - 8/17  
**Time:** 5:30 pm - 9:30 pm  
**Instructor:** David Egan  
**Prerequisites:** Structures & Functions I and II, A&P  
**Required Text:** Active Isolated Stretching: The Mattes Method; available for purchase from instructor  
**Description:** This course will provide techniques used to pinpoint, isolate, and stretch individual muscle groups in order to get amazing lasting results with your clients. Upon completion of this course, you will learn how to open joints in a specific lasting manner, tailor specific goals and needs for your clients, learn how to stretch the body from head to toe, and learn the physiological principles of AIS, the core components which make it so effective and easy. You will feel first hand what it feels like after a session.
**WHOLISTIC MASSAGE/REFLEXOLOGY PROGRAM - MASSAGE & REFLEXOLOGY COURSES**

**Business/Marketing/Law**

**Tuition:** $425  
**Dates:** Mondays & Wednesdays, 6/15 - 7/22  
**Time:** 5:45 pm - 9:30 pm  
**Hours:** 45  
**Instructor:** Monica DeVaughn-Nobling  
**Prerequisite:** Therapeutic Massage  
**Required Text:** *Business Mastery, 5th edition*  
**Description:** This course provides information regarding the business aspect of massage therapy and helps students gain information about themselves and their personal priorities to facilitate their success as professionals. The textbook is necessary on the first day of class. Please contact the office if you have any questions about the textbook.

**Reflexology II**

**Tuition:** $250 (price reflects opting out of Anatomy and Physiology)  
**Dates:** Sundays, 7/26, 8/9 - Corinne C.  
**Time:** 9:00 am - 5:30 pm  
**Hours:** 31  
**Instructors:** Corinne Corcoran, Sue DiGregorio  
**Required Texts:** *Practical Reflexology* by Watson and Vonner  
**Description:** Students will learn advanced reflexology techniques for the feet. Building on the anatomy and physiology background in your training, this class will address strategic reflexology formulas and protocols for specific conditions in the body. These classes will prepare the student for the ARCB examination should they opt to take it. This class will add valuable strategies and protocols for body workers when dealing with clients with specific issues. Common pathologies of the foot and nails will also be addressed.

**Therapeutic Herbal Applications**

**Tuition:** $400  
**Dates:** Saturdays, 8/1, 8/15  
**Sundays, 8/2, 8/16  
**Time:** 9:00 am - 5:00 pm  
**Hours:** 30  
**Instructor:** Liz Jordan  
**Required:** Supplies TBD  
**Required Text:** *Rosemary Gladstar’s Medicinal Herbs: A Beginner’s Guide: 33 Healing Herbs to Know, Grow, and Use*  
**Recommended Text:** *Herbal Recipes for Vibrant Health* by Rosemary Gladstar  
**Description:** Students will receive an introduction to planetary Western and Eastern herbology and herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to compliment medical treatments for specific conditions and the practical application of herbs in the massage treatment room. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.
**Introduction to Tai Chi**

*Tuition:* $225  
*Dates:* Tuesdays, 6/30 - 8/18  
*Time:* 6:00 pm - 8:00 pm  
*Hours:* 16  
*Instructor:* Xavier Harvey  
*Description:* The ancient art of Tai Chi uses gentle flowing movements to reduce stress of today's busy lifestyles and improves health. In this class, the instructor presents an innovative method that makes learning both easy and enjoyable for beginners.

**Introduction to Tui Na**

*Tuition:* $225  
*Dates:* Thursdays, 7/2, 7/16, 7/30, 8/13  
*Time:* 5:30 pm - 9:30 pm  
*Hours:* 16  
*Instructor:* Xavier Harvey  
*Prerequisites:* Structures & Functions I and II  
*Description:* (Tui) means to push and (Na) means to grasp. It's a method of Chinese Bodywork that utilizes soft tissue manipulation, acupoints, and structural realignment methods to lessen or alleviate a wide variety of musculoskeletal and internal organ disorders. This class instructs on how and where to use these hand techniques and what affect they have on underlying tissue.

**Isolated Stretching Techniques**

*Tuition:* $225  
*Dates:* Mondays, 7/27 - 8/17  
*Time:* 5:30 pm - 9:30 pm  
*Hours:* 16  
*Instructor:* David Egan  
*Prerequisites:* Structures & Functions I and II, A&P  
*Required Text:* Active Isolated Stretching: The Mattes Method; available for purchase from instructor  
*Description:* This course will provide techniques used to pinpoint, isolate, and stretch individual muscle groups in order to get amazing lasting results with your clients. Upon completion of this course, you will learn how to open joints in a specific lasting manner, tailor specific goals and needs for your clients, learn how to stretch the body from head to toe, and learn the physiological principles of AIS, the core components which make it so effective and easy. You will feel first hand what it feels like after a session.

**Scalp/Face - Hand/Foot Massage**

*Tuition:* $225  
*Dates:* Wednesdays, 7/29 - 8/19  
*Time:* 5:30 pm - 9:30 pm  
*Hours:* 16  
*Instructor:* Sue Digregorio and Kathy Baier  
*Prerequisites:* Structures & Functions I and II, A&P  
*Required Materials:* Linens, massage lotion or cream  
*Description:* This course is designed to give students additional tools to draw from when giving a massage to create additional relaxation and therapeutic effects. The class will discuss and learn techniques that help alleviate common client complaints, such as sinus congestion, headache, wrist pain and ankle pain.
**The Science of Ayurveda**

**Tuition:** $240  **Hours:** 15  
**Dates:** Saturday & Sunday, 5/16 - 5/17  
**Time:** 9:00 am - 5:00 pm  
**Instructor:** Corrine Corcoran and Nita Spielberg  
**Required Materials:** Loose clothing, yoga mat, small blanket, two hand towels, meditation pillow or chair, mug, a change of socks and mirror.  
**Recommended Texts:** *The Ayurveda Encyclopedia; Ayurveda Binder*  
**Description:** This elective will introduce the student to the fundamentals of the 5000 year old Ayurvedic philosophy and wisdom that is still so applicable to and important for present day life. Students will explore element theory, dosha theory, strategies for healthy eating and digestion, purification techniques, sensory modulation, chanting, chakra theory and asana that supports a healthy lifestyle. This experiential workshop will deepen individual practice as well as deepen commitment to teaching yoga as part of a holistic way of life.

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**Isolated Stretching Techniques**

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**Description:** This course will provide techniques used to pinpoint, isolate, and stretch individual muscle groups in order to get amazing lasting results with your clients. Upon completion of this course, you will learn how to open joints in a specific lasting manner, tailor specific goals and needs for your clients, learn how to stretch the body from head to toe, and learn the physiological principles of AIS, the core components which make it so effective and easy. You will feel first hand what it feels like after a session.

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**Scalp/Face - Hand/Foot Massage**

**Tuition:** $225  **Hours:** 16  
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**Time:** 5:30 pm - 9:30 pm  
**Instructor:** Sue Digregorio and Kathy Baier  
**Prerequisites:** Structures & Functions I and II, A&P  
**Required Materials:** Linens, massage lotion or cream  
**Description:** This course is designed to give students additional tools to draw from when giving a massage to create additional relaxation and therapeutic effects. The class will discuss and learn techniques that help alleviate common client complaints, such as sinus congestion, headache, wrist pain and ankle pain.

---

**Therapeutic Herbal Applications**

**Tuition:** $400  **Hours:** 30  
**Dates:** Saturdays, 8/1, 8/15  
**Sundays, 8/2, 8/16**  
**Time:** 9:00 am - 5:00 pm  
**Instructor:** Liz Jordan  
**Required:** Supplies TBD  
**Required Text:** *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use*  
**Recommended Text:** *Herbal Recipes for Vibrant Health* by Rosemary Gladstar  
**Description:** Students will receive an introduction to planetary Western and Eastern herbology and herbal remedies. They will be exposed to herbal medical terminology as well as their definitions. This course also introduces herbs that are most commonly used to compliment medical treatments for specific conditions and the practical application of herbs in the massage treatment room. Different herbal preparations such as infusions, decoctions, oils and syrups are introduced as well as instructions on how to prepare them. There is an in-depth study on a number of common, local, wild, edible plants and their tremendous medicinal value.
**Yoga Teacher Training - 200 Hour Courses**

### The Science of Ayurveda

**Tuition:** $240  
**Dates:** Saturday & Sunday, 5/16 - 5/17  
**Time:** 9:00 am - 5:00 pm  
**Hours:** 15  
**Instructor:** Corinne Corcoran and Nita Spielberg  
**Required Materials:** Loose clothing, yoga mat, small blanket, two hand towels, meditation pillow or chair, mug, a change of socks and mirror.  
**Recommended Texts:** *The Ayurveda Encyclopedia; Ayurveda Binder*  
**Description:** This elective will introduce the student to the fundamentals of the 5000 year old Ayurvedic philosophy and wisdom that is still so applicable to and important for present day life. Students will explore element theory, dosha theory, strategies for healthy eating and digestion, purification techniques, sensory modulation, chanting, chakra theory and asana that supports a healthy lifestyle. This experiential workshop will deepen individual practice as well as deepen commitment to teaching yoga as part of a holistic way of life.

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**Yoga Teacher Training - 300 Hour Courses**

### The Science of Ayurveda

**Tuition:** $240  
**Dates:** Saturday & Sunday, 5/16 - 5/17  
**Time:** 9:00 am - 5:00 pm  
**Hours:** 15  
**Instructor:** Corinne Corcoran and Nita Spielberg  
**Required Materials:** Loose clothing, yoga mat, small blanket, two hand towels, meditation pillow or chair, mug, a change of socks and mirror.  
**Recommended Texts:** *The Ayurveda Encyclopedia; Ayurveda Binder*  
**Description:** This elective will introduce the student to the fundamentals of the 5000 year old Ayurvedic philosophy and wisdom that is still so applicable to and important for present day life. Students will explore element theory, dosha theory, strategies for healthy eating and digestion, purification techniques, sensory modulation, chanting, chakra theory and asana that supports a healthy lifestyle. This experiential workshop will deepen individual practice as well as deepen commitment to teaching yoga as part of a holistic way of life.

### Yoga Practicum

**Tuition:** $400  
**Dates:** Saturdays, 5/30, 6/6  
**Dates:** Sunday, 6/7  
**Time:** 9:00 am - 1:00 pm  
**Group Instructional Hours:** 12  
**Active Teaching Hours:** 5  
**Instructor Feedback/Mentoring Hours:** 5  
**Assigned Homework Hours:** 8  
**Total Hours:** 30  
**Instructors:** Nita Spielberg and Michelle Carlino  
**Description:** The goal of this 30 hour Yoga Alliance required practicum is to present seasoned teachers with an opportunity to assess their own yoga practice and teaching goals. Sequencing, lesson planning and teaching techniques will be discussed and implemented and practice teaching will be observed and evaluated by lead teachers. Additional hours for the practicum, arranged on a one-to-one basis, include lesson planning assignments, teaching challenges, receiving feedback on readings and written assignments and observing others teaching and hearing and giving feedback. Enhance your understanding of teaching with the clarity and authenticity that is central to the practice of yoga.
<table>
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<tr>
<th>Course</th>
<th>Tuition</th>
<th>Date</th>
<th>Time</th>
<th>Hours</th>
<th>Instructor</th>
<th>Description</th>
</tr>
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<tr>
<td>Yoga and the Art of Aging II:</td>
<td>$95</td>
<td>Sunday, 6/21</td>
<td>9:00 am - 3:30 pm</td>
<td>6</td>
<td>Sandy Rhoads</td>
<td>This course will offer the student an understanding of asana poses and the benefits to improve posture and the relationship to the breath. Students will learn to adapt Asana for the aging population and provide guided awareness techniques for improvement of breathing in the older adult. Conditions that have an ill affect on breathing will be reviewed. The neurology, anatomy and physiology of the respiratory system will be reviewed as well.</td>
</tr>
<tr>
<td>A Day of Forward Bends and Twists</td>
<td>$95</td>
<td>Sunday, 7/12</td>
<td>9:00 am - 3:30 pm</td>
<td>6</td>
<td>Sandy Rhoads</td>
<td>Join others in our 300/500 community for a day of asana, pranayam and meditation with a focus on forward bends to ascend the spine and twists to increase spinal range of motion and massage internal organs. This class will include a review of anatomy and physiology and a lesson planning exercise that focuses on the sequencing and physical and mental benefits of forward bends and twists. We'll have fun learning, sharing and practicing together!</td>
</tr>
<tr>
<td>The Five Tibetan Rites</td>
<td>$70</td>
<td>Sunday, 8/9</td>
<td>9:00 am - 1:00 pm</td>
<td>4</td>
<td>Michelle Carlino</td>
<td>Originating in the Himalayas, the five yogic exercises known as The Five Tibetans were first introduced to the west by a retired British army officer who learned them from the wise lamas of Tibet. It is reported that regular practice of these basic yogic exercises tune and balance the chakras, relieves muscular tension, enhances physical strength, improves digestion, strengthens the cardiovascular system, and fosters mental clarity. In today's study, participants will learn to perform The Five Rites and to explore ways to integrate them into a vinyasa yoga class.</td>
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<tr>
<td>Yin/Yang Practice and Meditation</td>
<td>$185</td>
<td>Saturday &amp; Sunday, 8/22 - 8/23</td>
<td>9:00 am - 3:30 pm</td>
<td>12</td>
<td>Nita Spielberg</td>
<td>For Yin teachers and interested, serious students, this workshop will provide two six hour days of practice of Yin/Yang yoga for the health and well-being of the organ systems which sustain our bodies. There will be two 20 minute meditation practices each day and one 20 minute Mehta meditation, opportunities to provide silence, clarity and integration of physical practice. Join us for a day of quiet contemplation and cultivation of health of body, mind and spirit during challenging times.</td>
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**SUMMER 2020 - STAFF MEMBERS**

**Angela Austin, BA:**
Coordinator/Assistant to the Dean

Angela is the Coordinator and Assistant to the Dean for Lourdes Institute of Wholistic Studies. Angela is an honors graduate of Lourdes Institute with an Associates Degree in Applied Science/Massage Therapy. She also completed the Yoga Teacher Training program and the Reflexology program. She continued her education by receiving her Bachelors degree in Health and Exercise Science with a concentration in health promotion and is currently working towards her graduate degree in Wellness and Lifestyle Management. Angela provides administrative assistance and helps to facilitate the needs of the students, faculty and staff.

**Lourdes Jesukiewicz, MS:**
Work Life Coordinator & Student Liaison
(Community Outreach Coordinator)

Lourdes is the Work Life Coordinator and Student Liaison for Lourdes Institute of Wholistic Studies. Lourdes graduated with honors from Peirce College with a Master's Degree in Organizational Leadership Management and a Bachelor's Degree in Business Administration. Lourdes is an energetic person who is invested in seeing the school and its program grow and prosper. Over the last two years, Lourdes has worked endlessly to increase enrollment for the school through many different marketing channels. Lourdes is the coordinator for Community Outreach Events as well as working with Lourdes employees to schedule Work Life Workshops at Virtua Our Lady of Lourdes Hospital.

**Frank Pileggi, Ph.D., RHP:**
Dean

Dr. Pileggi is the Dean of Lourdes Institute of Wholistic Studies (LIWS) and Board Certified Holistic Healthcare Practitioner. He received his Masters Degree in Holistic Health Sciences and his Doctorate in Holistic Arts and Practices. He is a Board Certified Holistic Healthcare Practitioner and is a nationally Registered Holistic Practitioner specializing in Advanced Bodywork and Somatic Therapies. He is the founder of Corrective Muscle Therapy®, holding certificates in over 20 modalities and Athletic Training. In addition to his studies, Dr. Pileggi spent five honored years training with the Shamans of the Abenaki American Indians in Northern Vermont. Along with his duties as Dean of LIWS, Dr. Pileggi has a Corrective Muscle Therapy practice in Burlington County and Cherry Hill as part of Virtua Our Lady of Lourdes Hospital.
Kathy Baier, LMT:
(Community Outreach Supervisor, In-patient Massage Supervisor, Massage Clinical Supervisor, Scalp/Face & Hand/Foot Massage)
Kathy is a 2017 graduate of Lourdes Institute of Wholistic Studies and is a New Jersey licensed massage therapist. She practices at Still Water Stress Center in Ocean City as well as maintaining a private practice in Westmont, NJ. Kathy was a teacher’s assistant for the Therapeutic Massage course and is thrilled to work as a clinic, in-patient massage and community outreach supervisor.

Michelle Carlino, BA, E-RYT500, YACEP:
(The Five Tibetan Rites, Yoga Practicum)
Michelle has been studying various styles of yoga since 1980 and has been teaching since 1987. She is certified in Classical Hatha, Kripalu, Anusara, Christian, Kundalini, Prana Yoga, Gentle Yoga, and Yoga for Cardiac/Cancer patients. She worked for many years as a special education teacher, including birth to 3 year olds. She has done extensive studies in yoga for special needs populations and has developed yoga programs for the Multiple Sclerosis Society and the Cardiac Outpatient Unit of Our Lady of Lourdes Hospital. Other populations she works with include: fibromyalgia-chronic pain, seniors, brain injury, visually impaired, ptsd, and other challenges. Michelle is certified as a Foot Reflexologist, Tai Chi Chih instructor, chair massage therapist and a Reiki Master level. She has spent much time living and staffing programs at the Kripalu Center, various yoga and meditation communities, and wholistic health centers. She continues to teach in programs at Kripalu. She has been an instructor of the Lourdes 200 hour Yoga Teacher Training program since 2002 and is coleader of the 300 hour program.

Ralph Casciato, LMT, Medical Massage:
(In-patient Massage Coordinator and Supervisor)
Ralph is a 2006 graduate of Lourdes Institute of Wholistic Studies and is a NJ licensed massage therapist. He is certified in medical massage and maintains a private practice in Merchantville, specializing in Deep Tissue, Hot Stone, and Seated Chair Massage.

Corinne A. Corcoran,
Ed.D., M.Ed, NCBTMB, AMTA, LMT:
(Reflexology II, The Science of Ayurveda)
Corinne is certified in massage, Ayurveda, Reiki, Vibrational Healing, and Applied Kinesiology. She is certified by The American Reflexology Certification Board in both foot and hand reflexology. Corinne has studied many styles of Reflexology including The Manzanares Method, Vertical Reflexology Therapy, The Ingham Method, and Ayurvedic Foot Reading. She is a certified Long White Cloud QiGong instructor and is certified in Small Animal Acupressure from Tallgrass Animal Acupressure Institute. She is a member of AMTA and The Reflexology Association of America. Corinne is the author of My Forever Home: A Child’s First Book of Yoga. With a doctorate from Temple University, she has enjoyed teaching at Lourdes Institute for over twenty five years.

Monica DeVaughn-Nobling, NCBTMB, LMT:
(Business/Marketing/Law)
Monica is a graduate of Immaculata University and holds a BA in Financial Management. She is also a graduate of Lourdes Institute of Wholistic Studies and holds a national certification and NJ State license in Therapeutic Massage and Bodywork. Currently managing a private practice, Monica also enjoys teaching the Business Management course at Lourdes Institute.
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<th><strong>SUMMER 2020 - FACULTY MEMBERS</strong></th>
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<td><strong>Susan DiGregorio, NCBTMB:</strong> (Reflexology II, Scalp/Face &amp; Hand/Foot Massage)</td>
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<td>Sue is a graduate of Lourdes Institute of Wholistic Studies, specializing in Therapeutic, Deep Tissue, Myofascial, Pregnancy and Infant Massage, as well as Foot Reflexology. She has maintained a private practice for 15 years. She is an instructor for the massage and Reflexology programs at Lourdes Institute.</td>
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<td><strong>David A. Egan, BS, CSCS:, AISC, FAS (Isolated Stretching Techniques)</strong></td>
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<td>David earned his Bachelor of Science degree from Temple University in Exercise Science. After graduating he worked at Medical Fitness Centers in Philadelphia. His main task was overseeing physical therapy patients through their prescribed exercise programs. During that time David returned to school and earned a certification in massage therapy. He found one of his true passions when he discovered Active Isolated Stretching and Strengthening. In 1990 he became a Certified Strength &amp; Conditioning Specialist. In 2015 David studied and earned a Functional Aging Specialist Certification. He has a private practice in Marlton, New Jersey. His unique style of training; incorporating progressive core strengthening, targeted stretching and strengthening and years of experience bring in a varied clientele. David has been and instructor at LIWS since 1996. He teaches Palpation and Kinesiology, Environmental Management, Active Isolated Stretching and many continuing education courses.</td>
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<td><strong>Staci Famer, LMT, CPT:</strong> (Community Outreach Supervisor, Massage Clinical Supervisor)</td>
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<td>Staci is a New Jersey licensed massage therapist and ACE certified personal trainer. Since graduating from Lourdes Institute of Wholistic Studies, she has started her own private practice offering massage therapy and fitness training, with a strong emphasis on helping clients achieve their wellness goals through lifestyle balance and behavior change. She is grateful for the opportunity to stay involved at LIWS as a clinic and outreach supervisor.</td>
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<td><strong>Andrea Finley, BC LMT:</strong> (Community Outreach Supervisor, Massage Clinical Coordinator and Supervisor)</td>
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<td>Andrea is a 2008 graduate of the Lourdes program. She is a Board Certified, Licensed Massage Therapist and Neurosomatic practitioner. In addition to her roles as an instructor for Specialized Massage Techniques: Myofascial I, Integrated Myofascial Structural Techniques (MYO II), Clinic Coordinator and Clinic Supervisor, she currently maintains a private practice in Swedesboro, NJ focusing on chronic pain conditions.</td>
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<td><strong>Xavier Harvey, LMT, CAMT, OBT:</strong> (Intro to Tai Chi, Intro to Tui Na)</td>
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<td>Xavier is a NJ licensed massage, bodywork, and somatic therapist. His passion and commitment to the health &amp; wellness industry is unparalleled with consulting, lecturing, teaching, and two practices. He is certified in over 20 modalities and has been awarded Full Instructor status from the Universal Healing Tao System under Grandmaster Mantak Chia. His unique brand of bodywork is a perfect blending of all the modalities that he is trained in and a hybrid of Eastern &amp; Western Medical Bodywork Theory &amp; Application. He does not put anyone’s signs and symptoms into a box, applying a cookie cutter approach to massage/bodywork. He assesses, finds the root cause, and applies the appropriate techniques to alleviate the presenting dysfunction whether physical or energetic.</td>
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Liz Jordan, LMT, CES, CH:  
(Therapeutic Herbal Application)

Liz is a NJ Licensed Massage Therapist, Certified Hypnotist and a 2002 graduate of The Philadelphia School of Massage Therapy where she was also a part time instructor. Over her 18 year massage career, she has cross trained and certified in a variety of holistic health modalities such as Reflexology, Aromatherapy, Flower Essences, Herbalism, Pranic Healing, Corrective Exercise and Hypnosis. After years of experience in spas and chiropractic offices, she opened Essential Bodywork, LLC, a wellness center in Glassboro, NJ. There she practiced and taught holistic health classes for 10 years. She now enjoys a private home practice along with a speaking and teaching career.

Sandy Rhoads  PTA, ERYT 200, YACEP:  
(A Day of Forward Bends and Twists, Yoga and the Art of Aging II)

Sandy is a NJ licensed Physical Therapist Assistant and graduate of the Lourdes Institute of Wholistic Studies 200 Hour Yoga Teacher Training program. She has entered the 300 Hour YTT earning certifications in Core Conditioning, Chair Yoga and Sanskrit Studies. In addition to Lourdes Institute, she has also continued to practice and study under various instructors at Kripalu and Omega Institute. Sandy’s knowledge of anatomy and body movement enriches her student’s understanding and improves the functional outcomes of her rehabilitation clients.

Nita Spielberg, BSN, RN, ERYT500, YACEP:  
(The Science of Ayurveda, Yin/Yang Practice and Meditation, Yoga Practicum)

Nita is a graduate of the LIWS Yoga Teacher Training Programs, 200 and 300/500 hour programs. She has studied in the Iyengar and Kripalu traditions since 1977 and has over 20 years teaching experience both regionally and nationally teaching anatomy, physiology and kinesiology as they relate to yoga practice. Nita has studied with Leslie Howard, an internationally known teacher of yoga and pelvic floor issues and is listed on Leslie’s website as a resource for teaching pelvic floor yoga. She is also certified in Yoga for Breast Cancer Survivors, by Camille Kittrell, and in Level 1 training for iRest (Yoga Nidra) with Richard Miller and has studied Yoga Nidra with Barbara Moeller. She has also taught nursing contact hours for the American Nurses Association in both Yoga for Back Care and Restorative Yoga for Nurses. Her nursing background is important in combining her Western health education with her Indian background and life-long love of the yoga practice.
SPREAD THE WORD

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200-hour Yoga Teacher Training
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Wholistic Massage/Reflex Certificate - Dual Program
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OPEN HOUSE

Thursday, August 6th
5 pm - 7 pm

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