2020

FALL 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
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www.LourdesInstitute.org
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**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 deadline is **Wednesday, August 19th.**
Late registration occurs on **Wednesday, September 2nd.**

**Registration Process:**

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


**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.
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.
**CAMDEN COUNTY COLLEGE - MASSAGE COURSES**

### Mandatory: New Student Orientation
**Date:** Wednesday, 9/2  
**Time:** 5:00 pm - 9:00 pm

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**MAS-200 Therapeutic Massage**  
**Credits:** 6  
**Date:** Saturday, 9/19 (Professional Ethics)  
**Time:** 9:00 am - 3:30 pm  
**Instructor:** Corinne Corcoran

**Dates:** Wednesdays, 9/9 - 11/18 (No Class: 11/11)  
**Time:** 5:30 pm - 9:30 pm  
**Instructor:** Kathy Baier

**Dates:** Saturdays, 9/12, 9/26, 10/10, 10/24, 11/7, 11/21  
**Time:** 9:00 am - 3:45 pm  
**Instructor:** Kathy Baier

**Dates:** Sundays, 9/27, 11/22  
**Time:** 9:00 am - 3:45 pm  
**Instructor:** Kathy Baier

**Required:** 1 twin sheet set, 2 pillow cases, 1 hand towel  
(holster and lotion will be provided by LIWS)  
**Required Text:** *Introduction to Massage Therapy*

**Description:** Students will learn the basic components of Therapeutic Massage; hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. Students will also learn how to do a proper intake and write SOAP notes.

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**MAS-205 Environmental Management**  
**Credit:** 1  
**Dates:** Sundays, 10/11, 11/8  
**Time:** 9:00 am - 5:00 pm  
**Instructor:** David Egan

**Description:** The massage profession can be physically, emotionally and mentally demanding. This class is designed to help the massage therapist learn techniques to prevent physical, mental and emotional burnout. In this class, you will learn specific suggestions for: scheduling, stretching, exercise and communication skills. Specific information on client care and quality environmental set up, geared to give your client the best professional, high-quality experience possible will be provided.

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**MAS-209 Structures & Functions I**  
**Credits:** 4  
**Dates:** Tuesdays & Thursdays, 9/8 - 10/29  
(No Class: 10/1)  
**Time:** 5:30 pm - 9:30 pm  
**Instructor:** Sue DiGregorio

**Prerequisite for MAS:AAS Students Only:** BIO-117  
**Required Texts:**  
- *The Anatomy and Physiology Learning System; Trail Guide to the Body*
- *The Anatomy and Physiology Learning System Study Guide*

**Recommended Text:**  
- *Trail Guides to the Body; Student Workbook to the Trail Guide to the Body*

**Description:** Structures & Functions I is designed to increase the student's knowledge base in applied human anatomy. This course focuses on the various organ systems of the body individually and studies how they work together to achieve and maintain homeostasis. Students will learn through classroom and online lectures.

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**MAS-211 Structures & Functions II**  
**Credits:** 2  
**Dates:** Tuesdays & Thursdays, 11/5 - 12/10  
(No Class: 11/26)  
**Time:** 5:30 pm - 9:30 pm  
**Instructor:** Sue DiGregorio

**Prerequisite:** MAS-209  
**Required Texts:**  
- *Trail Guides to the Body; Student Workbook to the Trail Guide to the Body*

**Description:** This course will encompass a detailed study of the muscular system of the human body, especially as it relates to massage therapy. Students will study the origins and insertions of the appropriate muscles of the body, and the actions of those muscles as well. At the completion of this course, students will have a more comprehensive knowledge of the muscular system, and therefore, a better understanding of the various massage techniques. Students will learn through classroom and online lectures.
CAMDEN COUNTY COLLEGE - MASSAGE COURSES

MAS-215 Therapeutic Sensory Applications I
(Introduction to Aromatherapy)
Credit: 1
Dates: Saturday & Sunday, 9/12 - 9/13
Time: 9:00 am - 5:00 pm
Instructor: Liz Jordan
Required Texts: The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments
Description: This course introduces the student to the therapeutic sensory applications of aromatherapy. Emphasis will be placed on developing a respectful appreciation and understanding of the nature of therapeutic oils and how the student can utilize them in their professional and personal life.

MAS-220 Eastern Therapeutic Concepts
Credit: 1
Dates: Sundays, 9/20, 10/18
Time: 9:00 am - 5:00 pm
Instructor: Xavier Harvey
Description: Eastern therapeutic concepts are fundamental to the understanding of Eastern medicinal theory and healing arts. This course links fundamental Eastern medicine concepts to the diagnosis and treatment of disharmony and disease. The course first covers the basic concepts of this medicine and how it relates to human health. Building on this foundation, students learn the significance of signs and symptoms of disease.

MAS-225 Therapeutic Sensory Applications II
(Foundations of Aromatherapy)
Credits: 2
Dates: Saturdays, 12/5, 12/12
Sundays, 12/6, 12/13
Time: 9:00 am - 5:00 pm
Instructor: Liz Jordan
Prerequisite: MAS-215
Required Text: Aromatherapy for Bodyworkers
Description: This course follows Level I Aromatherapy education guidelines (set by the National Association of Holistic Aromatherapy) for practicing aromatherapy on friends and family. Topics include basic chemistry of essential oils, aromatic blending, essential oil pathways into the body and integration of therapeutic sensory applications with bodywork. Safe and responsible use of essential oils is emphasized.

MAS-240 Specialized Massage Techniques
Credits: 3
Date for Reflexology I: Saturday, 9/26
Time: 9:00 am - 5:30 pm
Instructor: Corinne Corcoran
Dates for Myofascial I: Saturday & Sunday, 10/3 - 10/4
Time: 9:00 am - 5:30 pm
Instructor: Andrea Finley
Dates for Deep Tissue:
Fridays, 9/18, 10/2, 10/16, 10/30, 11/13, 12/11
Time: 5:30 pm - 9:00 pm
Instructor: Xavier Harvey
Prerequisite: MAS-200
Co-requisites: MAS-209, MAS-211
Required: Linens, 2 pillows, cream and/or lotion
Required Texts: Trail Guide to the Body; Anatomy Trains
Recommended Texts: The Reflexology Manual; Deep Tissue Massage, A Visual Guide to Techniques; Basic Clinical Massage Therapy Integrating Anatomy and Treatment
Description: This course introduces massage students to three distinct and significant techniques: Foot Reflexology, Myofascial Structural Bodywork and Deep Tissue Massage.
(Reflexology I): Reflexology is a holistic treatment and an intro to the ancient system of applying pressure and massage techniques on reflex points on the feet which can bring balance to all organs, systems and glands of the body.
(Myofascial I): Intro to myofascial techniques and structural theory of bodywork.
(Deep Tissue): Deep tissue (DT) massage is not a deep massage; it is about muscle specificity where the focus is to assess a certain type of dysfunction and then apply the appropriate tool to deal with the given type of restriction. DT aims to release the chronic patterns of tension in the body through slow strokes using fingers, knuckles, fists, palms, forearms, and/or elbow pressure on the restricted areas, either following or going across the fibers of the muscles, tendons and/or fascia.
# Camden County College - Massage Courses

**MAS-241**  
Business Management for Massage Professionals  
**Credits:** 2  
**Dates:**  
Fridays, 9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, 12/18  
**Time:** 5:30 pm - 9:15 pm  
**Instructor:** Monica DeVaughn-Nobling  
**Required Text:** Business Mastery, Ed. 5th  
**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.

**MAS-243**  
Integrated Myofascial Structural Techniques (Myo II)  
**Credits:** 2  
**Dates:**  
Saturdays, 10/24, 11/14  
Sundays, 10/25, 11/15  
**Time:** 9:00 am - 5:00 pm  
**Instructor:** Andrea Finley  
**Prerequisites:** MAS-200, MAS-209, MAS-211, MAS-240  
**Required:** Linens, pillows, massage cream/lotion  
**Required Text:** Anatomy Trains  
**Description:** This course will deepen your understanding, skills and experience in myofascial structural work. Each class explores a different segment of the body’s structure. Learn postural observation, structural analysis, fascial anatomy, use of the myofascial hand and structuring a myofascial session.

**MAS-255**  
Integration & Application  
**Credits:** 3  
**Dates:**  
Thursdays, 9/10 - 12/3 (No Class: 11/26)  
**Time:** 5:30 pm - 9:15 pm  
**Instructors:** Kathy Baier and Guest Instructors  
**Prerequisites:** MAS-200, MAS-209, MAS-211  
**Co-requisites:** Clinic, MAS-240, MAS-243, MAS-260, MAS-261  
**Required:** Linens, cream and/or lotion  
**Recommended Text:** Trail Guides to the Body  
**Description:** This course is designed to integrate various techniques, concepts and principals to effectively meet the unique needs of the individual client. Modalities such as hot stone, stretching, compression and cupping may be used in a single session and common client complaints such as sciatica will be discussed and addressed.

**MAS-260 Palpation & Kinesiology**  
**Credits:** 3  
**Dates:** Mondays, 9/14 - 12/7 (No Class: 10/12)  
**Time:** 5:30 pm - 9:15 pm  
**Instructor:** David Egan  
**Prerequisites:** MAS-200, MAS-209  
**Required:** Linens  
**Required Text:** Trail Guide to the Body  
**Description:** This course gives students an in-depth understanding of how the body moves and functions as a whole. Kinesiology is literally the mixing of anatomy, physiology, and biomechanics. Students will learn all the muscles, the movements they generate, and origins and insertion. Students will also gain an appreciation for all forms of connective tissue and how to palpate the different layers in a living body. The course will be the solid foundation for other advanced courses. The approach will be to “build a body up” from the smallest components into larger interconnected segments vs. the standard approach of dissecting the body layer by layer to its smallest isolated pieces. Once the human body structures are in place, biomechanical principles will be explored. With the human body framework and knowledge of physical laws and concepts presented, students will delve into the complex aspects of posture and gait.

**MAS-261**  
Pathology for Massage Therapists  
**Credits:** 4  
**Dates:** Tuesdays, 9/8 - 12/22 (No Class: 11/3)  
**Time:** 5:30 pm - 9:30 pm  
**Instructor:** Xavier Harvey  
**Prerequisites:** MAS-200, MAS-209  
**Required Text:** Massage Therapist’s Guide to Pathology  
**Description:** This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.
Start Massage Clinic
Program Tuition for Wholistic Massage Students Only: $1,650
Date: TBD (Mandatory Clinic Orientation)
Time: 5:30 pm - 7:30 pm
Hours: 100 (distributed during the entire program);
52 massage clinical hours (13 clinics),
24 in-patient massage hours (6 events),
24 community outreach hours
Prerequisite: Therapeutic Massage (MAS-200)
Required: holster and lotion

Tentative Massage Clinical Dates:
Dates: TBD
Times: TBD

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: TBA
Supervisors: Kathy Baier, Staci Conrad 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: Kathy Baier
Supervisors: Kathy Baier 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 participate in and help others to understand the benefits of alternative care.
Hours: 24 community outreach hours
Coordinator: Lourdes Jesukiewicz
Supervisors: Kathy Baier, Staci Conrad 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**

**COURSES FOR NEW WHOLISTIC STUDENTS**

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**Mandatory: New Student Orientation**

- **Date:** Wednesday, 9/2
- **Time:** 5:00 pm - 9:00 pm

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**Therapeutic Massage**

- **Tuition:** $1,575
- **Date:** Saturday, 9/19 (Professional Ethics)
- **Time:** 9:00 am - 3:30 pm
- **Instructor:** Corinne Corcoran

**Dates:** Wednesdays, 9/9 - 11/18 (No Class: 11/11)
- **Time:** 5:30 pm - 9:30 pm

**Dates:** Saturdays, 9/12, 9/26, 10/10, 10/24, 11/7, 11/21
- **Time:** 9:00 am - 3:45 pm

**Dates:** Sundays, 9/27, 11/22
- **Time:** 9:00 am - 3:45 pm

- **Hours:** 100
- **Instructor:** Kathy Baier
- **Required:** 1 twin sheet set, 2 pillow cases, 1 hand towel (holster and lotion will be provided by LIWS)
- **Required Text:** Introduction to Massage Therapy
- **Description:** Students will learn the basic components of Therapeutic Massage; hands-on techniques, observation, palpation, draping, gross anatomy, recognition of endangerment sites and contraindications for massage. Students will also learn how to do a proper intake and write SOAP notes.

**Environmental Management**

- **Tuition:** $325
- **Dates:** Sundays, 10/11, 11/8
- **Time:** 9:00 am - 5:00 pm
- **Hours:** 15
- **Instructor:** David Egan
- **Description:** The massage profession can be physically, emotionally and mentally demanding. This class is designed to help the massage therapist learn techniques to prevent physical, mental and emotional burnout. In this class, you will learn specific suggestions for scheduling, stretching, exercise and communication skills. Specific information on client care and quality environmental set up, geared to give your client the best professional, high-quality experience possible will be provided.
### Wholistic Program - Massage Courses

#### Pathology for Massage Therapists
**Tuition:** $655  
**Dates:** Tuesdays, 9/8 - 12/22 (No Class: 11/3)  
**Time:** 5:30 pm - 9:30 pm  
**Hours:** 60  
**Instructor:** Xavier Harvey  
**Prerequisites:** Therapeutic Massage, Structures & Functions I  
**Required Text:** *Massage Therapist’s Guide to Pathology*  
**Description:** This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

#### Palpation & Kinesiology
**Tuition:** $710  
**Dates:** Mondays, 9/14 - 12/7 (No Class: 10/12)  
**Time:** 5:30 pm - 9:15 pm  
**Hours:** 45  
**Instructor:** David Egan  
**Prerequisites:** Therapeutic Massage, Structures & Functions  
**Required:** Linens  
**Required Text:** *Trail Guide to the Body*  
**Description:** This course gives students an in-depth understanding of how the body moves and functions as a whole. Kinesiology is literally the mixing of anatomy, physiology, and biomechanics. Students will learn all the muscles, the movements they generate and origins and insertion. Students will also gain an appreciation for all forms of connective tissue and how to palpate the different layers in a living body. The course will be the solid foundation for other advanced courses.

#### Integrative Workshop
**Tuition:** $375  
**Dates:** Thursdays, 9/10 - 12/3 (No Class: 11/26)  
**Time:** 5:30 pm - 9:15 pm  
**Hours:** 30 (15 hours will apply to clinical hours)  
**Instructors:** Kathy Baier and Guest Instructors  
**Prerequisites:** Therapeutic Massage  
**Co-requisites:** Clinic, Specialized Massage Techniques, Palpation & Kinesiology  
**Description:** This course introduces massage students to three distinct and significant techniques: Foot Reflexology, Myofascial Structural Bodywork, and Deep Tissue Massage.  

- **(Reflexology I):** Reflexology is a holistic treatment and an intro to the ancient system of applying pressure and massage techniques on reflex points on the feet which can bring balance to all organs, systems and glands of the body.  
- **(Myofascial I):** Intro to myofascial techniques and structural theory of bodywork.  
- **(Deep Tissue):** Deep tissue (DT) massage is not a deep massage; it is about muscle specificity where the focus is to assess a certain type of dysfunction and then apply the appropriate tool to deal with the given type of restriction. DT aims to release the chronic patterns of tension in the body through slow strokes using fingers, knuckles, fists, palms, forearms and/or elbow pressure on the restricted areas, either following or going across the fibers of the muscles, tendons, and/or fascia.

#### Specialized Massage Techniques
**Tuition:** $840  
**Date for Reflexology I:** Saturday, 9/26  
**Time:** 9:00 am - 5:30 pm  
**Instructor:** Corinne Corcoran  
**Dates for Myofascial I:** Saturday & Sunday, 10/3 - 10/4  
**Time:** 9:00 am - 5:30 pm  
**Instructor:** Andrea Finley  
**Dates for Deep Tissue:**  
- Fridays, 9/18, 10/2, 10/16, 10/30, 11/13, 12/11  
- **Time:** 5:30 pm - 9:00 pm  
**Instructor:** Xavier Harvey  
**Hours:** 45  
**Prerequisite:** Therapeutic Massage  
**Co-requisites:** Structures & Functions I and II  
**Required:** Linens, 2 pillows, cream and/or lotion  
**Required Texts:** *Trail Guide to the Body; Anatomy Trains; The Reflexology Manual; Deep Tissue Massage, A Visual Guide to Techniques; Basic Clinical Massage Therapy Integrating Anatomy and Treatment*  
**Description:** This course introduces massage students to three distinct and significant techniques: Foot Reflexology, Myofascial Structural Bodywork, and Deep Tissue Massage.  

- **(Reflexology I):** Reflexology is a holistic treatment and an intro to the ancient system of applying pressure and massage techniques on reflex points on the feet which can bring balance to all organs, systems and glands of the body.  
- **(Myofascial I):** Intro to myofascial techniques and structural theory of bodywork.  
- **(Deep Tissue):** Deep tissue (DT) massage is not a deep massage; it is about muscle specificity where the focus is to assess a certain type of dysfunction and then apply the appropriate tool to deal with the given type of restriction. DT aims to release the chronic patterns of tension in the body through slow strokes using fingers, knuckles, fists, palms, forearms and/or elbow pressure on the restricted areas, either following or going across the fibers of the muscles, tendons, and/or fascia.
### Reflexology III

**Tuition:** $420  
**Dates:** Sundays, 9/20, 9/27, 10/25, 11/1 - Corinne C.  
**Time:** 9:00 am - 1:00 pm  
**Dates:** Wednesdays, 9/16, 9/30, 10/14, 10/28 - Sue D.  
**Time:** 5:30 pm - 9:15 pm  
**Hours:** 31  
**Instructors:** Corinne Corcoran, Sue DiGregorio  
**Recommended Texts:**  
- *The Anatomy and Physiology Learning System; Level III Binder*  
- *Reflexology and Meridian Therapy*  
**Description:**  
Students will be introduced to the five elements and meridian theory in Traditional Chinese Medicine. Students will learn meridian acute points on the feet that can be included in their treatment protocols. This class includes further practice and honing of techniques and proper documentation skills. Fifteen hours will be devoted to Anatomy and Physiology to continue building a strong theoretic background for the work.

### Pathology for Massage Therapists

**Tuition:** $655  
**Dates:** Tuesdays, 9/8 - 12/22 (No Class: 11/3)  
**Time:** 5:30 pm - 9:30 pm  
**Hours:** 60  
**Instructor:** Xavier Harvey  
**Prerequisites:** Therapeutic Massage, Structures & Functions I  
**Required Text:** *Massage Therapist's Guide to Pathology*  
**Description:**  
This course gives students an appreciation of the mechanisms that generate pain, as well as the transmission, perception and control of that pain. Students learn to assess the signs and symptoms of various diseases and disorders. Students will have the opportunity to formulate a massage plan and remedial exercises for specific diseases and physical disorders.

### Palpation & Kinesiology

**Tuition:** $710  
**Dates:** Mondays, 9/14 - 12/7 (No Class: 10/12)  
**Time:** 5:30 pm - 9:15 pm  
**Hours:** 45  
**Instructor:** David Egan  
**Prerequisites:** Therapeutic Massage, Structures & Functions  
**Required:** Linens  
**Required Text:** *Trail Guide to the Body*  
**Description:**  
This course gives students an in-depth understanding of how the body moves and functions as a whole. Kinesiology is literally the mixing of anatomy, physiology, and biomechanics. Students will learn all the muscles, the movements they generate, and origins and insertion. Students will also gain an appreciation for all forms of connective tissue and how to palpate the different layers in a living body. The course will be the solid foundation for other advanced courses. The approach will be to “build a body up” from the smallest components into larger interconnected segments vs. the standard approach of dissecting the body layer by layer to its smallest isolated pieces. Once the human body structures are in place, biomechanical principles will be explored. With the human body framework and knowledge of physical laws and concepts presented, students will delve into the complex aspects of posture and gait.

### Integrative Workshop

**Tuition:** $375  
**Dates:** Thursdays, 9/10 - 12/3 (No Class: 11/26)  
**Time:** 5:30 pm - 9:15 pm  
**Hours:** 30 (15 hours will apply to clinical hours)  
**Instructors:** Kathy Baier and Guest Instructors  
**Prerequisites:** Therapeutic Massage  
**Co-requisites:** Clinic, Specialized Massage Techniques, Palpation & Kinesiology  
**Required:** Linens, cream and/or lotion  
**Recommended Text:** *Trail Guides to the Body*  
**Description:**  
This course is designed to integrate various techniques, concepts and principals to effectively meet the unique needs of the individual client. Modalities such as hot stone, stretching, compression and cupping may be used in a single session, and common client complaints such as sciatica will be discussed and addressed.
Specialized Massage Techniques

**Tuition:** $840

**Date for Reflexology I:** Saturday, 9/26
**Time:** 9:00 am - 5:30 pm
**Instructor:** Corinne Corcoran

**Dates for Myofascial I:** Saturday & Sunday, 10/3 - 10/4
**Time:** 9:00 am - 5:30 pm
**Instructor:** Andrea Finley

**Dates for Deep Tissue:**
Fridays, 9/18, 10/2, 10/16, 10/30, 11/13, 12/11
**Time:** 5:30 pm - 9:00 pm
**Instructor:** Xavier Harvey
**Hours:** 45

**Prerequisite:** Therapeutic Massage

**Co-requisites:** Structures & Functions I and II

**Required:** Linens, 2 pillows, cream and/or lotion

**Required Texts:** Trail Guide to the Body; Anatomy Trains

**Recommended Texts:** The Reflexology Manual; Deep Tissue Massage, A Visual Guide to Techniques; Basic Clinical Massage Therapy Integrating Anatomy and Treatment

**Description:** This course introduces massage students to three distinct and significant techniques: Foot Reflexology, Myofascial Structural Bodywork, and Deep Tissue Massage.

(Reflexology I): Reflexology is a holistic treatment and an intro to the ancient system of applying pressure and massage techniques on reflex points on the feet which can bring balance to all organs, systems, and glands of the body.

(Myofascial I): Intro to myofascial techniques and structural theory of bodywork.

(Deep Tissue): Deep tissue (DT) massage is not a deep massage; it is about muscle specificity where the focus is to assess a certain type of dysfunction and then apply the appropriate tool to deal with the given type of restriction. DT aims to release the chronic patterns of tension in the body through slow strokes using fingers, knuckles, fists, palms, forearms, and/or elbow pressure on the restricted areas, either following or going across the fibers of the muscles, tendons, and/or fascia.

Reflexology Clinic

**Tuition:** $180

**Dates:** TBA

**Time:** TBA

**Hours:** 10

**Instructors:** Corinne Corcoran

**Description:** Students will have the opportunity to perform 10 hours of actual treatment protocols in a supervised clinical setting.

Reflexology Case Study - Feet

**Tuition:** $45

**Hours:** 6 (outside of class time)

**Instructors:** Corinne Corcoran

**Description:** Students will complete a documented case study involving five treatments given to a selected client. Students will include a release form, medical history form, and ARCB-styled documentation during each session. (Completed and turned-in by the announced due date)
CONTINUING EDUCATION

Professional Ethics for the Body Worker
Tuition: $75
Date: Saturday, 9/19
Time: 9:00 am - 3:30 pm
Hours: 6
Instructor: Corinne Corcoran
Description: This course addresses the client-therapist relationship and aspects of boundaries, transference and counter-transference, difficult clients, vulnerabilities, practitioner self-care, and the healer’s contract.

REFLEXOLOGY COURSES

Reflexology III
Tuition: $420
Dates: Sundays, 9/20, 9/27, 10/25, 11/1 - Corinne C.
Time: 9:00 am - 1:00 pm
Dates: Wednesdays, 9/16, 9/30, 10/14, 10/28 - Sue D.
Time: 5:30 pm - 9:15 pm
Hours: 31
Instructors: Corinne Corcoran, Sue DiGregorio
Recommended Texts: The Anatomy and Physiology Learning System; Level III Binder
Recommended Text: Reflexology and Meridian Therapy
Description: Students will be introduced to the five elements and meridian theory in Traditional Chinese Medicine. Students will learn meridian acute points on the feet that can be included in their treatment protocols. This class includes further practice and honing of techniques and proper documentation skills. Fifteen hours will be devoted to Anatomy and Physiology to continue building a strong theoretic background for the work.

Reflexology Business / Marketing / Law
Tuition: $45
Date: Saturday, 11/7
Time: 9:00 am - 1:00 pm
Hours: 4
Instructors: Liz Jordan
Description: Students will learn how to establish relationships with healthcare professionals and network themselves within the holistic healthcare market.

Reflexology Clinic
Tuition: $180
Dates: TBA
Time: TBA
Hours: 10
Instructors: Corinne Corcoran
Description: Students will have the opportunity to perform 10 hours of actual treatment protocols in a supervised clinical setting.

Reflexology Case Study - Feet
Tuition: $45
Hours: 6 (outside of class time)
Instructors: Corinne Corcoran
Description: Students will complete a documented case study involving five treatments given to a selected client. Students will include a release form, medical history form, and ARCB-styled documentation during each session. (Completed and turned-in by the announced due date)
Yoga Teacher Training - 200 Hour Courses

Techniques and Teaching Methodology
Tuition: $240 per level
Time: 9:00 am - 5:30 pm
Hours: 16 hours - each level
Prerequisite: 6 months of regular yoga practice
Required: Yoga mat and notebook
Required Texts: Bhagavad Gita; Kripalu Yoga; Yoga: The Spirit & Practice of Moving Into Stillness; Yoga Binder (Kripalu Posture Sheets)
Description: This course provides the technical/teaching skills needed to become a beginner's and all-level teacher. Students learn to execute classical yoga postures and study their benefits and contraindications. Vinyasa, advanced postures, pranayama, yoga nidra, meditation, yoga history and philosophy are explored in relation to teaching methodology and wholistic living. Students will have the opportunity to deepen their own physical and spiritual journey as well as learn how to teach and assist in a variety of clinical settings.

Techniques and Teaching Methodology - Level 1
Date: Sunday, 9/20
Instructor: Nita Spielberg

Date: Sunday, 9/27
Instructor: Michelle Carlino

Techniques and Teaching Methodology - Level 2
Date: Sunday, 10/4
Instructor: Sandy Rhoads

Date: Sunday, 10/18
Instructor: Terrance Bennett

Techniques and Teaching Methodology - Level 3
Date: Sunday, 10/25
Instructor: Michelle Carlino

Date: Sunday, 11/8
Instructor: Terrance Bennett

Techniques and Teaching Methodology - Level 4
Date: Sunday, 11/15
Instructor: Sandy Rhoads

Date: Sunday, 11/22
Instructor: Michelle Carlino
Bending Over Backwards: Surrender and Compassion  
**Tuition:** $70  
**Date:** Saturday, 9/19  
**Time:** 9:00 am - 1:00 pm  
**Hours:** 4  
**Instructor:** Terrance Bennett  
**Description:** Learn how to deepen your backbend practice with teaching tips focusing on backbend anatomy, lesson planning, propping for more advanced backbends like wheel and dropping back for all levels' classes. Join us to explore how this practice opens the heart from the inside out.

A Day of Mindfulness and Meditation  
**Tuition:** $95  
**Date:** Saturday, 9/26  
**Time:** 9:00 am - 3:30 pm  
**Hours:** 6  
**Instructor:** Michelle Carlino  
**Description:** Life is only lived in the present moment. Through this day, students will experience the attitude of mindfulness within various activities. These will include: sitting meditation, walking meditation, mindful eating, and various types of breath meditation. We will discuss the basics of meditation and how the practice of mindfulness can enhance our lives on all levels.

Introduction to Kundalini Yoga for Teachers  
**Tuition:** $95  
**Date:** Saturday, 10/3  
**Time:** 9:00 am - 3:30 pm  
**Hours:** 6  
**Instructor:** Michelle Carlino  
**Description:** Kundalini Yoga, brought to the west by Yogi Bhajan, is a powerful technique for healing and transformation. Designed specifically for householders, Kundalini Yoga produces fast and effective results. This training will include: energetic kryias to raise Kundalini (life force within) resulting in a stronger nervous system and hormonal balance, meditation to improve mental concentration and sharpen awareness, learning kryias for various health problems, reduction of stress, and increased relaxation and memory, and chanting of ancient sounds to bring the body to balance.

Chakra Yoga Teacher Training  
**Tuition:** $95  
**Date:** Saturday, 10/10  
**Time:** 9:00 am - 3:30 pm  
**Hours:** 6  
**Instructor:** Michelle Carlino  
**Description:** The chakras/wheels or Padma/ lotuses are spinning vortexes of energy that exist in the prana/energy body. Prana is the life force which nourishes us on all levels of our being. These energy vortexes align predominantly along the spine, with additional secondary chakras throughout the body. The energy in each chakra can be balanced through the practice of yoga. Chakras are modulators of subtle energy and the goal is to free the prana to travel fully through the whole body. In this course, we will explore these centers and examine the areas of the body & mind they influence and how they impact our well being. We will learn how to utilize asana, pranayama, and meditation to work with our chakras and integrate this within a class format. The use of mantra, mudra and sound will also deepen this work.

Yoga For Athletes  
**Tuition:** $55  
**Date:** Saturday, 10/17  
**Time:** 9:00 am - 12:00 pm  
**Hours:** 3  
**Instructor:** Terrance Bennett  
**Description:** Whether you are interested in or already working with athletes in a school, general class, or individual setting, join us for a fun experiential class that will enhance your knowledge of how to address yoga for athletes. We will be focusing on avoiding injury, strengthening and stretching specific muscle groups specific to a sport, helping with sustaining attention during athletic performance and cultivating good sportsmanship with the holistic approach to lifestyle that yoga brings to the table. Pranayam will be included to expand breath awareness and respiratory efficiency, as well as relaxation techniques to renew the body for future activity. Marketing ideas for working with school age athletes and sports teams will be discussed. Hope you will join us also to enhance your own athletic interests at whatever physical level of yoga you enjoy.
### Yoga for Vision
**Tuition:** $70
**Date:** Saturday, 10/24
**Time:** 9:00 am - 1:00 pm
**Hours:** 4
**Instructor:** Michelle Carlino
**Description:** Like all the muscles of the body, if the muscles of the eyes are not toned, they weaken and our vision is affected. The late physician Swami Sivananda considered sight the most abused of our five senses. In his first chapter of his treatise, Yoga Asanas, he describes an extensive series of eye exercises to rectify this matter. This class will include these exercises as well as others which have been proven to benefit vision. Supportive asana, kryia, and drishti will also be taught. As with any yogic practice, the purpose of these exercises is not just health. The second part of our practice will dive us more deeply into our internal vision. We will then explore the intuitive aspect of our inner 3rd eye through asana, restorative poses, and meditation.

### Arm Balancing for Yoga Teachers
**Tuition:** $55
**Date:** Saturday, 11/14
**Time:** 9:00 am - 12:00 pm
**Hours:** 3
**Instructor:** Terrance Bennett
**Description:** Teachers wanting to incorporate arm balancing in their classes or just wanting to deepen their own personal practice, come join me! Preparatory asanas building upper body and core strength will be targeted for developing advanced arm balances such as crow and peacock. Poses shall be taught in stages and with the use of props to give students confidence while transferring their weight onto their shoulders, arms and hands. If you don’t feel teaching arm balances are for you, you may surprise yourself. You can still participate in classes that offer arm balancing and present these poses as a teacher as long as you know how to modify them for safe practice and how to break them down so all students feel stronger and more comfortable in whatever level they approach these fun poses.

### Sequences for the Liver/Gallbladder Health
**Tuition:** $95
**Date:** Saturday, 11/7
**Time:** 9:00 am - 3:30 pm
**Hours:** 6
**Instructor:** Nita Spielberg
**Description:** In this workshop, Yin and Yang sequences to support liver/gallbladder health will be presented. Anatomy and physiology instruction about these important organs in maintaining body/mind wellbeing will be discussed in terms of how the energetic principles of Yin/Yan practice and Vipassana meditation can support Western approaches to organ health and healing.

### A Day of Restorative Practice and Tools for Teaching
**Tuition:** $125
**Date:** Saturday, 11/21
**Time:** 9:00 am - 5:30 pm
**Hours:** 8
**Instructor:** Nita Spielberg
**Description:** During this day, Restorative Yoga practitioners and teachers will have a chance to review the principles of Restorative Yoga, practice restorative sequences, and refine their teaching knowledge and tools of restorative yoga for their general and restorative classes. The use of props, creative ways to lesson plan, and research on yoga’s positive effects on stress reduction and increasing immune health will be discussed. Join this teaching community to share, learn from, network with and connect with one another in these challenging times.
Arm Balancing for Yoga Teachers - Level II
Tuition: $55
Date: Saturday, 12/5
Time: 9:00 am - 12:00 pm
Hours: 3
Instructor: Terrance Bennett
Description: During this workshop, the student will learn how to safely demonstrate, lesson plan, modify, and teach various arm balances. As a continuation to Arm Balancing for Yoga Teachers, this course invites returning students, as well as, new students to explore the sometimes fearful yet transformative power of arm balancing. For the practitioner, self-confidence will be increased on the mat; which in return will boost their overall self-esteem. Join us for a fun filled day examining proper body alignment and core engagement to prepare ourselves to shift weight from the feet to the hands.

The Breath of Life
Tuition: $70
Date: Sunday, 12/6
Time: 9:00 am - 1:00 pm
Hours: 4
Instructor: Nita Spielberg
Description: In this workshop, the student will learn how the principles of breath are connected to key concepts in Ayurvedic philosophy and how these connections are strengthened by anatomical knowledge of the respiratory system. Join us to deepen the awareness of how breath supports life and is also key to a more vibrant asana practice and a healthy way of life.

Spiritual Inquiry Through Yin/Yang Practice and Meditation
Tuition: $95
Date: Saturday, 12/12
Time: 9:00 am - 3:30 pm
Hours: 6
Instructors: Nita Spielberg
Recommended Text: Insight Yoga by Sarah Powers
Description: Spiritual inquiry begins with self-inquiry, acceptance and compassion. During this six hour day, you will learn and experience the basic physical and energetic principles of the Yin practice and how beautifully these principles can harmonize with more active Yang practices. While having the opportunity to rest and enjoy Vipassana meditation during this class, teachers will also be opened to the possibilities of deepening their own practice and their teaching through this system of yoga. This course is an introductory course to several courses in the 300 hour program that will continue to focus on the vitality of organ systems and how East and West approaches to healthcare can meet and unify to address health and well-being.
LIWS Offerings
Fall 2020

New Jersey Massage Therapy Certification Workshop
Tuition: free
Dates: TBD
Time: 6:00 pm - 8:00 pm

Hours: 2
Instructor: Monica DeVaughn-Nobling
Prerequisite: Completion of the Massage Therapy program
Recommended: Electronic devices (laptop)
Description: Are you a graduate student from LIWS feeling overwhelmed with the NJ certification and MBlex application process and don’t know what to do next? Do you have a few questions or just need some direction? The good news is you are not alone! Join us for a free workshop to assist in guiding and supporting you through the process. No matter what phase of the certification process you are in, we are here to offer support.

Feel free to attend one or all of the workshops offered and there is no obligation to stay the full two hours; however we will end promptly at 8:00pm. If attending, please register through the student portal at least one week in advance of the date.

Disclosure:
While we will be using reference materials for both the New Jersey Board of Massage and Bodywork Therapy and the Federation of State Massage Therapy Boards, this workshop is not affiliated with the New Jersey Board of Massage and Bodywork Therapy or the New Jersey Division of Consumer Affairs which oversees the New Jersey Board of Massage and Bodywork Therapy. Nor is it affiliated with the Federation of State Massage Therapy Boards (FSMTB), the organization that governs and administers the Massage & Bodywork Licensing Examination (MBLEx).

Work-Life Wellness for LHS Leaders/Associates
Cost: free
Description: Feeling tired, in pain or need of an extra boost of energy at work? Let Lourdes Institute of Wholistic Studies Work-Life Wellness Workshops help. Our skilled instructor's will travel to you to lead your department in a free 15 minute Work-Life Wellness Workshop. We offer a variety of workshops focusing on: Refresh and Refocusing themes, Pain Management Techniques, Posture Improvements, and Joint Relief Workshops.

Email Dr. Frank Pileggi, PhD, at PileggiF@lourdesnet.org with "Work-Life Workshop" in the subject space. Provide your workshops of interest, department and location with your preferred time and day.

For the complete brochure outlining a leader's guide to convenient, free onsite employee workshops we can send you hard copies upon request.
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.
Dorothea V. Atkins,
Th.D., MA., BSN, LMT, NCBTMB Provider:
(Work Life Wellness Educator)

Dr. Dorothea Atkins is a Self-Care and Pain Management educator as well as a researcher in the field of massage therapy who has over 25 years of experience as a nurse, teacher, licensed massage therapist and researcher. She has been certified as a manual lymphatic drainage therapist and has studied over 20 advanced massage, muscle and energy techniques. Dr. Atkins’ exceptional teaching skills have led her to teach various courses at Lourdes Institute of Wholistic Studies (LIWS) since its beginning in 1992. Also as a board officer in the NJ chapter of the American Massage Therapy Association (AMTA), she has been recognized for her outstanding work as chairperson of the organization’s committee for education. Additionally, her doctoral dissertation on the “The Effects of Self-massage on Osteoarthritis of the Knee” proved that self-massage significantly decreases knee pain and increases knee mobility. This revolutionary research on self-care pain relieving techniques’ makes her a self-care innovator with ground breaking published research in three national and international magazines on “Knee Self-Massage Technique”, which helps empower anyone to manage joint pain. Dr. Atkins has also successfully taught her technique to massage therapists and healthcare professionals while improving the quality of life for hundreds of hospital employees with chronic knee pain. Her online self-care technique courses are available to provide natural new options for chronic joint pain to thousands. In her private practice in Haddon Heights, NJ, Holos Touch LLC, the focus is teaching self-care education and advanced muscle therapy for those with chronic pain. Finally, she enjoys bringing her easy self-care tension relieving techniques to the successful Work Life Wellness Program provided by LIWS to any of hospitals’ various departments. Her website: www.holostouch.com.

Kathy Baier, LMT:
(Community Outreach Supervisor, In-patient Massage Coordinator & Supervisor, Integration & Application, Integrative Workshop, Massage Clinical Supervisor, Therapeutic 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 South Jersey. Kathy is actively involved with her students and is thrilled to be an instructor and supervisor.

Terrance Bennett, RYT200:
(Arm Balancing for Yoga Teachers - Level I & II, Bending Over Backwards: Surrender and Compassion, Techniques and Teaching Methodology, Yoga For Athletes)

Terrance is a certified yoga teacher and a practitioner of Hatha yoga. He is a graduate of Lourdes Institute of Wholistic Studies 200 Hour Yoga Teacher Training program and has entered the 300 Hour Yoga Teacher Training program earning certificates in Inversion Immersion, Creative Vinyasa Flow, Introduction to Herbs, and Yoga Nidra Teacher Training I.
## Faculty Members

**Michelle Carlino, BA, E-RYT500, YACEP:**
(A Day of Mindfulness and Meditation, Chakra Yoga Teacher Training, Introduction to Kundalini Yoga for Teachers, Techniques and Teaching Methodology, Yoga for Vision)

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.

**Staci Conrad, LMT, CPT:**
(Community Outreach Supervisor, Massage Clinical Supervisor)

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.

**Corinne A. Corcoran, Ed.D., M.Ed, NCBTMB, AMTA, LMT:**
(Case Study - Feet, Professional Ethics, Reflexology III, Specialized Massage Techniques: Reflexology)

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 Management, NJ Massage Therapy Certification Workshop)

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.
## FALL 2020 - FACULTY MEMBERS

### Susan DiGregorio, NCBTMB: (Reflexology III, Structures & Functions I, II)

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.

### David A. Egan, BS, CSCS; AISC, FAS (Environmental Management, Palpation & Kinesiology)

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 & 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 an instructor at LIWS since 1996. He teaches Palpation and Kinesiology, Environmental Management, Active Isolated Stretching and many continuing education courses.

### Andrea Finley, BC LMT: (Integrated Myofascial Structural Techniques (Myo II), Specialized Massage Techniques: Myofascial I)

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, and Integrated Myofascial Structural Techniques (MYO II), she currently maintains a private practice in Swedesboro, NJ focusing on chronic pain conditions.

### Andrea Finley, BC LMT: (Integrated Myofascial Structural Techniques (Myo II), Specialized Massage Techniques: Myofascial I)

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### Xavier Harvey, LMT, CAMT, OBT: (Eastern Therapeutic Concepts, Pathology for Massage Therapists, Specialized Massage Techniques: Deep Tissue)

Xavier is a NJ licensed massage, bodywork, and somatic therapist. His passion and commitment to the health & 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 & Western Medical Bodywork Theory & 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.
Liz Jordan, LMT, CES, CH:
(Reflexology Business/Marketing/Law, Therapeutic Sensory App I & II, )
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:
(Techniques and Teaching Methodology)
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:
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.
OPEN HOUSES
Thursday, November 5th
5 pm - 7 pm

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