



34 Years of Excellence
Professional Massage and
Holistic Healing Arts
Optimum Health and Lifestyles
Since 1980
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California Massage Therapy Levels 1 and 2 - 500 hours

*Your path to healthy living with a lasting
and successful holistic massage career!*

Programs start monthly in the San Francisco Bay Area:

California Massage Practitioner (Level 1) CMP, 250 hours

**California Massage Therapist (Level 2) CMT, 500 hours
(includes CMP 250 hours above)**

Receive valuable nationally accepted certification as a
Professional Massage Therapist and discover the satisfaction,
benefits and joys of working for others AND having a
thriving private practice.

Other Career Certification Options:

- Energy and Somatic Massage Program (ESM) – 750 hours
- Master Bodyworker Program (MBW) – 1,000 hours
 - CMT above plus our Energy and Somatic Massage Program
- Holistic Life Coaching Program (HLC) – 500 hours
- Holistic Health Wellness Practitioner Program (HHWP) – 1,500 hours
 - Master Bodyworker Program (MBW) - 1,000 hours
 - Holistic Life Coaching Program (HLC) - 500 hours
- Holistic Teaching, Training & Coaching Program (TTC) – 500 hours
- Holistic Health Wellness Leadership Program (HHWL) – 2,000 hours
 - Master Bodyworker Program (MBW) - 1,000 hours
 - Holistic Life Coaching Program (HLC) (Above) - 500 hours
 - Teaching, Training & Coaching Program (TTC) (Above) - 500 hours



Please see the reverse side of this flyer for the courses and their vast content.

CALIFORNIA HOLISTIC MASSAGE THERAPY, LEVELS 1 AND 2

California Massage Practitioner (CMP), 250 hours

California Massage Therapist (CMT), 500 hours

Our California Massage Therapy Program is a 500-hour, holistic massage program in the San Francisco Bay Area that is divided into 2 parts: Level 1 is the California Massage Practitioner (250 hours) and Level 2 is the larger comprehensive 500 hour program, the California Massage Therapist that includes the 250 hours of Level 1. These programs were uniquely designed to both fulfill on California State and National Certification requirements. We also specially designed both programs to ensure long-term success by preparing you to work for others, as well as yourself.

IN THE CMT YOU WILL:

- Create your own financially prosperous, successful, and truly sustainable private massage practice, spa, or wellness center.
- Enjoy working with a high level of excellence, satisfaction, and achievement in spa, medical and fitness settings.
- Integrate a broad spectrum of proven, efficacious bodywork modalities that give you certainty in responding to a very wide range of client health needs and in delivering powerful results.
- Live in authentic and enduring alignment with your life's passions. Experience the freedom of setting your own schedule and fees, and practicing the services YOU choose.
- Model the possibility of health and well-being for your clients. Live in authentic integrity with your commitment to facilitate self-healing in others by living it yourself first.
- Develop the connection, communication and empathy skills you need to facilitate extraordinary client healing and wellness.

CALIFORNIA MASSAGE PRACTITIONER (Level 1)

Anatomy, Phys., Kines. & Contraindications 1 # +	52 hours
Business and Ethics 1 # +	28 hours
Clinic, Health and Hygiene # +	15 hours
Coaching Assessment Sessions # +	5 hours
Deep Tissue 1 **+	38 hours
Integrative Massage Labs **+	10 hours
Introduction to Healing 1 +	Optional
Swedish Massage **+	50 hours
Vibrational Healing Massage Therapy, Level 1 **+	52 hours
TOTAL	250 hours

CALIFORNIA MASSAGE THERAPIST (Level 2)

Anatomy, Phys., Kines. & Contraindications 2 +	73 hours
Business and Ethics 2: Entrepreneurship +	22 hours
Coaching Assessment Sessions +	5 hours
Integrative Massage Labs **+	24 hours
Introduction to Healing 2 +	Optional
Pathology +	40 hours
Structural Foot Balancing **+	35 hours
Vibrational Healing Massage Therapy, Level 2 **+	51 hours
TOTAL	250 hours

Prerequisite: CMP Level 1, 250 hours or equivalent

If you register for both of these programs together you save tremendously!

** California Massage Therapy Council Approved 150 hours Bodywork/Massage Courses
California Massage Therapy Council Approved 100 hours Science/Business Core Courses
+ 500 hour Approved Requirements for NCBTMB Approved Schools

Work for Yourself AND Others!

Your longer-term success in this field (more than three years) will more likely be due to your ability to establish a successful private practice, rather than working exclusively for others.

Ideally, you want training that equips you for both:

- Spa-related employment to build confidence and experience in exchange for traditionally lower spa pay.
- The longer-term satisfaction and success of self-employment that affords
 - Significantly higher rates of profit (i.e., after expenses).
 - The freedom to set your own shifts and schedules.
 - The autonomy to choose the appropriate healing service for your clients.
 - Vastly higher levels of gratification and fulfillment arising from results in client healing and satisfaction.

The CMT Program is designed specifically to empower and resource you to have the best of both worlds: the benefits of working for others plus the advantages of long-term financial success and client satisfaction through private practice.

Earn Money While in School!

You can begin earning money as a massage therapist a short time after beginning your training at the World School. Call today and find out more!

I'm now living my dream business!

—James Tolliver, Graduate

With the World School's special training I was able to move from my job in the financial sector to opening my successful healing center at exponential speed.

—Eric Geedey, Graduate

The World School gave me the tools to create amazing results in my bodywork and the training to exceed my clients' expectations at all times.

—Angela Sankovich, Graduate