



34 Years of Excellence

Professional Massage and
Holistic Healing Arts

Optimum Health and Lifestyles

Since 1980

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Energy and Somatic Massage Program –750 hours

*Powerfully Practice and Integrate the Energy Healing
Arts into Modern and Traditional Massage and
Bodywork Therapies*

The 750-hour Energy and Somatic Massage Program (ESM) is a highly advanced and extensive program using the energy healing and somatic (mind/body) techniques currently in great demand at healing and destination spas and in successful private practices.

It is designed for those special individuals who want to expand their professional skill sets to include energy and somatic healing technologies or who are clear of their desire to focus on energy medicine either vocationally or as a source of personal development and mind-body-spirit integration.

In the ESM Program you will become proficient in a wide range of powerful therapies that integrate our understanding of healing traditions such as the chakra and meridian systems with the contemporary scientific principles of cellular biology, quantum physics, energy healing and vibrational and somatic massage.

Vibrational Healing Massage Therapy,[®] Levels 1-4
Our Specialty in Energy Massage
*Energy and Deep Structural Bodywork for Amazing Results
for the Whole Family!*

Continuing Education: Courses may be taken separately!

This special program in energy medicine is particularly popular amongst bodyworkers with basic massage therapy training and health practitioners who want to expand the scope and success of their current healing offerings.

Other Career Certification Options

- California Holistic Massage Practitioner (CMP) - 250 hours
- California Holistic Massage Therapist (CMT) - 500 hours (includes CMP)
- Master Bodyworker Program (MBW) - 1,000 hours
- CMT + ESM Programs less overlap
- Holistic Life Coaching Program (HLC) - 500 hours
- Holistic Health Wellness Program (HHWP) - 1,500 hours
- Holistic Teaching, Training & Coaching Leadership (TTC) - 500 hours
- Holistic Health Wellness Leadership Program (HHWL) - 2,000 hours

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

ENERGY AND SOMATIC MASSAGE PROGRAM – 750 HOURS

Graduates Share of their Positive Experiences

This program has greatly increased my own confidence in my abilities as a leader and a health practitioner. I really believe that the dreams and imaginings that seemed out of reach before are totally possible. Thank you all.

– Ann Marie Lawrence, Graduate

My new confidence will make any dream come true. Doing my life's work will make me and others happy. We all make a difference everyday and everywhere.

– Jane Treckeme, Graduate

I love my life now and enjoy fully all it has to offer with my new eyes. Thank you so! –Kate Kelly, Graduate

Self-acceptance and self-awareness is a focus of the World School. They helped me find myself and see myself clearly through my eyes. – Karen Aquino, Graduate

Taking this program has made me become more aware of the reasons why things happen in my life, what they mean, and how it can impact others. I have become aware of the fact that there is a reason for everything that happens.

– Kristi Friesen, Graduate

I now realize that I am powerful, capable, loveable, and I am responsible. – Holly Heilman, Graduate

ENERGY AND SOMATIC MASSAGE PROGRAM (ESM) CURRICULUM – 750 HOURS

Anatomy, Physiology, Kinesiology and Contraindications 1 # +	52 hours
Anatomy, Physiology, Kinesiology and Contraindications 2 +	73 hours
Aromatherapy +	5 hours
Business and Ethics 1 # +	28 hours
Business and Ethics 2: Entrepreneurship +	22 hours
Clinic, Health and Hygiene # +	15 hours
Coaching Assessment Sessions # +	5 hours
Cranial Sacral Balancing +	49 hours
Flower Essences +	5 hours
Integrative Massage Labs ** +	34 hours
Introduction to Healing 1: Thank and Be Wealthy +	28 hours
Introduction to Healing 2: Your Power to Create +	38 hours
Pathology: Adaptive Behavior +	40 hours
Structural Foot Balancing ** +	35 hours
Vibrational Healing Massage Therapy, Level 1 (VHMT 1) ** +	52 hours
VHMT 2, Healing Emotions, Breath, Spine and Ribs ** +	51 hours
VHMT 3, Part 1: Energy Bodies Awakening +	29 hours
VHMT 3, Part 2: Sound Healing +	14 hours
VHMT 3, Part 3: Integration of Energy, Bodywork and Healing +	32 hours
VHMT 4, Part 1: RePatterning- Pre and Peri-natal Trauma +	56 hours
VHMT 4, Part 2: RePatterning- Pre and Peri-natal Trauma & Shock +	28 hours
VHMT 4, Part 3: Life Regression +	12 hours
VHMT 4, Part 4: Integration of VHMT Levels 1-4 – Family Services: Babies, Children, Teens, Elders, Pets, Athletes, Severely Injured +	47 hours



Elsa Gomez, graduate at the World School San Francisco, doing deep structural neck bodywork and chakra clearing combined: Vibrational Healing Massage Therapy, Level 3.

** 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