

## What are your responsibilities as a student?

- Within the structured format of our curriculum, students are expected to attend one four-hour class session weekly (consecutive):  
**600 hour program . . . . . 24 weeks**  
**1,000 hour program . . . . . 40 weeks**
- In addition to classroom hours, students can expect to spend approximately 21 hours of study time outside of class each week to satisfy curriculum requirements.
- On a personal level, in terms of investment, Collinson Massage School wishes to appeal to trainees who have made a commitment for personal growth and have a strong desire to assist others in attaining high level wellness. Professionally, Collinson Massage School strives to extend a commitment to both excellence and professionalism in teaching therapeutic massage.
- Collinson Massage School has a non-discriminatory policy and is approved and regulated by the by the Colorado Department of Higher Education, Private Occupational School Board.

## Where do you go from here?

At Collinson Massage School, we have committed ourselves to helping individuals to become self-fulfilled. Whether you are interested in a rewarding career as a massage therapist or sincerely interested in personal growth and holistic health, we are interested in you!

### Act now!

Register for the next available class. You may fill out an application at our web site: [www.collinsonmassageschool.com](http://www.collinsonmassageschool.com).

*"A transformation is slowly taking place in hospitals and clinics across the country. Doctors, in partnership with their patients, are turning to practices once considered alternative as they attempt to treat the whole person - mind and spirit, as well as body. Massage Therapy, one of those practices, offers relief from anxiety, back pain, fibromyalgia and sports related pain. It also contributes to the overall well-being of those receiving treatment for cancer, diabetes, and diseases of the immune system. Several studies have found massage therapy following surgery can "lessen post-operative pain, anxiety and tension."*

**– 2011 Mayo Clinic  
Guide to Alternative Medicine**

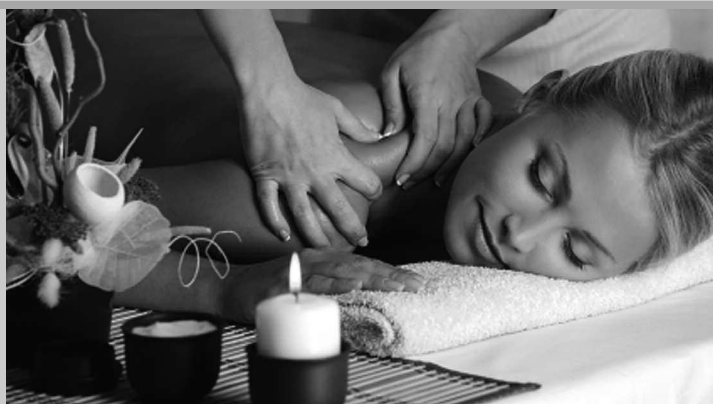
Collinson Massage School



massage and your

**FUTURE**

Explore  
a career in the  
**Healing Arts**



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[www.collinsonmassageschool.com](http://www.collinsonmassageschool.com)

If you are interested in:

- Holistic health
- Personal growth
- Serving and helping others
- Vocational independence
- A meaningful career
- Financial independence
- Security
- Prestige
- And much more ...

Then you  
owe it to yourself  
to consider a meaningful  
career as a  
Massage Therapist!



## Massage as a Healing Art

In the context of "wellness" work, massage as a healing art is enjoying a well deserved and belated revival. For years massage lingered at the doors of medical practice although it has been firmly rooted in folk healing methods for centuries. Massage has emerged from its somewhat negative position to the highly respected and enlightened medical practice it is today.

# Collinson Massage School

[www.collinsonmassageschool.com](http://www.collinsonmassageschool.com)

## What is Therapeutic Massage?

- A powerful tool for healing, therapeutic massage is basically the physical manipulation of muscles, ligaments and connective tissues.
- Aimed at increasing efficient body functioning by stimulating some parts of the body and relaxing others, massage works virtually like magic to ease stress and relieve fatigue, quiet and soothe tension, and promote bodywide relaxation.
- A program of massage therapy will aid the healing process of such ailments as:

Back pain	•	Fatigue
Headaches	•	Circulatory problems
Nervousness	•	Depression
Insomnia	•	Stress and tension
Muscle injury	•	Arthritis
- As a systematic tool, massage not only helps to correct system imbalances and heal injuries, but it also helps to promote body awareness, relaxation, vitality and a sense of general well-being.
- In addition to the Science of massage, there is the Art of massage which involves an exchange of mental, emotional and spiritual energy. It is through this exchange of energy that the massage therapist is able to affect holistic healing.

## How to prepare for a career as a Massage Therapist

The program at Collinson Massage School is designed to address both professional and personal growth needs. Students explore their purpose in learning body work as well as the psychological implications of performing it. Our first term course is a 600-hour program which lasts 24 weeks.

### Here is our curriculum:

- **Swedish Massage** - Learn the basic strokes of massage
- **Introduction to Sports Massage**
- **Hydrotherapy**
- **Licensing** - Learn state requirements
- **Business** - We want our graduates to have long and successful careers. Your instructors have extensive experience in owning their own businesses.

You may pursue additional studies for a total of 1,000 hours over a total 40-week term. This training covers advanced massage techniques and additional preparation for the national exam.

A minimum number of hours is spent in a classroom setting. A student may complete much of the work on his or her own time. As a result, it is possible to maintain a full-time job and still meet the requirements at the Collinson Massage School.