



**IPSB**  
 INSTITUTE  
 OF PSYCHO-  
 STRUCTURAL  
 BALANCING

# INSTITUTE OF PSYCHO-STRUCTURAL BALANCING

## 2012 ADVANCED SCHEDULE

- A registration card must be submitted for each class.
- Registration cards are available from IPSB and available for download from [www.ipsb.com](http://www.ipsb.com).
- \$50 deposit required per class for non-550 students.
- All classes may be taken individually
- Classes may have prerequisites.
- Many classes require purchase of textbooks and/or other materials not included in tuition.
- Some classes may require you to bring a table.
- We do our best to put out accurate information, however any class is subject to change.
- Please contact us at (310) 342-7130 for verification.
- Check [IPSB.com](http://IPSB.com) for new classes and updates.

♥♥♥ REGISTRATION BEGINS on Dec 12, 2011 ♥♥♥

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### IPSB - 550 PROGRAM CLASSES - 2012

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#### Acupressure for the Bodyworker

28 HRS **\$420**

Incorporating acupressure points with massage, this course addresses some of the most common client complaint areas found in a massage practice, including headache, neck, shoulder, low back and knees. Students learn to trace all 12 Major Meridians plus two of the Extraordinary Meridians.

**Prerequisite:** Massage Technician Training or Equivalent

|        |        |                               |                              |          |
|--------|--------|-------------------------------|------------------------------|----------|
| Spring | 122031 | <b>4/18/2012 - 5/30/2012</b>  | Wednesday 6:30 PM - 10:30 PM | GIL CRUZ |
| Fall   | 122032 | <b>9/13/2012 - 10/25/2012</b> | Thursday 6:30 PM - 10:30 PM  | GIL CRUZ |

#### Advanced Circulatory Massage

28 HRS **\$420**

Mastery and expansion of foundational circulatory massage skills is the objective of this class. As students learn new concepts and strokes, they build confidence that gives their work a continuity and flow that moves technique to artistry, dynamic and fun to do. Class includes discussion of the cardiovascular and lymphatic systems, and continues the application of tai chi principles at the massage table.

**Prerequisite:** Massage Tech + Core Skills for Transfer Students

|        |        |  |   |                    |
|--------|--------|--|---|--------------------|
| Winter | 122081 | <b>1/28/2012 - 2/18/2012</b><br><i>First class 2:30-6:30</i> | Saturday 9:30 AM - 6:30 PM                                | GIL CRUZ, DEE LONG |
| Summer | 122082 | <b>7/26/2012 - 8/11/2012</b><br><br><i>1 Thurs w/3 Sat</i>   | Thursday 6:30 PM - 10:30 PM<br>Saturday 9:30 AM - 6:30 PM | GIL CRUZ, DEE LONG |
| Fall   | 122083 | <b>11/1/2012 - 11/18/2012</b><br><br><i>1 Thurs w/3 Sun</i>  | Thursday 6:30 PM - 10:30 PM<br>Sunday 9:30 AM - 6:30 PM   | GIL CRUZ, DEE LONG |



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## IPSB - 550 PROGRAM CLASSES - 2012

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### **Deep Tissue I**

28 HRS    **\$420**

IPSB's style of deep tissue addresses tissue layer by layer, non-invasively, with the goal of producing maximum release with minimal effort and without adding trauma to tissue already traumatized. This three course series also deepens understanding of anatomy and how it functions in relation to posture and BodyMind considerations. Common musculo-skeletal pathologies and how to work with them are included in the second and third courses. Educating clients to feel for the experience of tissue release and not just pressure on the tissue is also an important component of IPSB Deep Tissue, as is self-care practices for the client and therapist.

Deep Tissue I advances anatomical understanding of individual muscles and their actions and heightens palpatory recognition of the different qualities of tension in the tissue. Adding new tools to those from the Massage Technician level, students expand techniques to create focused tension release. Tai Chi and correct body mechanics are practiced and integrated into the bodywork.

**Prerequisite:** Massage Tech + Core Skills for Transfer Students

|  |        |                              |                                     |                              |
|--|--------|------------------------------|-------------------------------------|------------------------------|
| Winter   | 122751 | <b>1/7/2012 - 1/28/2012</b>  | Saturday 9:00 AM - 6:00 PM          | JORDAN ALLEN, CYNDI ORTOLANO |
| <i>Day 4 ends 1:00 PM    Materials Fee &amp; Book Required</i> |        |                              |                                     |                              |
| Winter   | 122752 | <b>3/2/2012 - 3/23/2012</b>  | Thursday & Friday 9:00 AM - 1:00 PM | JORDAN ALLEN, CYNDI ORTOLANO |
| <i>1st class on Fri    Materials Fee &amp; Book Required</i>   |        |                              |                                     |                              |
| Fall   | 122753 | <b>9/16/2012 - 10/7/2012</b> | Sunday 9:00 AM - 6:00 PM            | JORDAN ALLEN, CYNDI ORTOLANO |
| <i>Day 4 ends 1:00 PM    Materials Fee &amp; Book Required</i> |        |                              |                                     |                              |

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### **Deep Tissue II**

40 HRS    **\$600**

Focus is on lower body from the diaphragm down. Anatomy becomes more in-depth including muscle origins, insertions and actions. BodyMind concepts as they relate to the lower body are explored and experienced. Understanding of common pathologies such as shin splints, plantar fasciitis, piriformis syndrome and psoas issues are covered with specific tools and technique to treat them. Practice of Tai Chi and body mechanics principles continue and new tools for self-care are introduced.

**Prerequisite:** Deep Tissue I, Palpation Skills

|                       |        |                              |                            |                              |
|-----------------------|--------|------------------------------|----------------------------|------------------------------|
| Spring                | 122761 | <b>4/15/2012 - 5/13/2012</b> | Sunday 9:00 AM - 6:00 PM   | JORDAN ALLEN, CYNDI ORTOLANO |
| Fall                  | 122762 | <b>11/3/2012 - 12/8/2012</b> | Saturday 9:00 AM - 6:00 PM | JORDAN ALLEN, CYNDI ORTOLANO |
| <i>NO CLASS 11/24</i> |        |                              |                            |                              |

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### **Deep Tissue III**

40 HRS    **\$600**

Focus is on upper body from the diaphragm up. Anatomy becomes more in-depth including muscle origins, insertions and actions. BodyMind concepts as they relate to the upper body are explored and experienced. Understanding of common pathologies such as carpal tunnel syndrome, thoracic outlet syndrome, upper cross syndrome and tennis elbow are covered with specific tools and technique to treat them. Practice of Tai Chi and body mechanics principles continue and new tools for self-care are introduced.

**Prerequisite:** Deep Tissue II

|                  |        |                              |                                     |                              |
|------------------|--------|------------------------------|-------------------------------------|------------------------------|
| Winter           | 122771 | <b>1/26/2012 - 2/24/2012</b> | Thursday & Friday 9:00 AM - 1:00 PM | JORDAN ALLEN, CYNDI ORTOLANO |
| <i>CANCELLED</i> |        |                              |                                     |                              |
| Summer           | 122772 | <b>6/23/2012 - 7/21/2012</b> | Saturday 9:00 AM - 6:00 PM          | JORDAN ALLEN, CYNDI ORTOLANO |

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**IPSB - 550 PROGRAM CLASSES - 2012**

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**Polarity I - General Session**

17 HRS    **\$255**

Learn how to feel and palpate life energy by utilizing hands-on contacts, toning, breathing and gentle counseling techniques to create a holistic healing approach that can also enhance other modalities. Discover the energetic map to the body and how to touch and relate in this style. This course is the foundation for developing as an energetic practitioner.

**Prerequisite:** None

|        |        |  |                                   |                 |
|--------|--------|--|-----------------------------------|-----------------|
| Winter | 125451 | <b>2/1/2012 - 2/8/2012</b><br><i>CANCELLED</i>                   | Wednesday 9:00 AM - 6:30 PM       | TRACY GRIFFITHS |
| Spring | 125452 | <b>3/24/2012 - 3/25/2012</b>                                     | Saturday/Sunday 9:00 AM - 6:30 PM | TRACY GRIFFITHS |
| Fall   | 125453 | <b>9/8/2012 - 9/9/2012</b><br><i>FREE INTRO WED, AUG 29, 7PM</i> | Saturday/Sunday 9:00 AM - 6:30 PM | TRACY GRIFFITHS |

**Sensory Repatterning I**

24 HRS    **\$360**

In this advanced form of passive joint mobilization, the client's body is moved, rocked, cradled and invited to let go, creating sensations of openness and freedom, fluidity and joy. Clients connect with their core, physiologically and emotionally; practitioners learn to use their bodywork tools with more artistry and finesse.

Sensory Repatterning I explores the key principles of Timing, Gravity, The Skeleton and the Wave. Students not only learn an amazingly effective 50-minute "treatment", but also deeply enhance the quality of touch and movement they bring to the table when giving any type of bodywork. Sensory Repatterning brings confidence and grace when moving an arm, a leg--even a client's head. The emphasis on how hands connect with the client creates a touch that sets you apart from other bodyworkers.

Homework: Three full 50-minute sessions must be completed and logged to receive credit for this course.

**Prerequisite:** Massage Technician Training or Equivalent

|        |        |   |  |                      |
|--------|--------|---|--|----------------------|
| Summer | 127251 | <b>8/17/2012 - 8/19/2012</b><br><i>NEW DATES    Materials Fee</i> | Friday, Saturday, Sunday 9:30 AM - 6:30 PM | ELIZABETH JACOBOWITZ |
| Fall   | 127252 | <b>12/14/2012 - 12/16/2012</b><br><i>Materials Fee</i>            | Friday, Saturday, Sunday 9:30 AM - 6:30 PM | ELIZABETH JACOBOWITZ |

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IPSB 550 Program Classes

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## IPSB - ELECTIVE CLASSES - 2012

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### **Aromatherapy: Essential Oil Basics**

8 HRS **\$120**

Love aromatherapy but don't really know how to use essential oils? Build your confidence as you understand the basics of essential oils. Learn which essential oils are effective for relieving pain, anxiety, insomnia and for harmonizing emotions. You will also learn the history of aromatherapy, explore how essential oils are used in today's medicine and how to use them in your bodywork and massage practice. Recommended as preparation for Raindrop Technique.

**Prerequisite:**

|        |               |  |   |
|--------|---------------|--|---|
| Spring | <b>126551</b> | 6/9/2012 - 6/9/2012<br>TRACY GRIFFITHS     | Saturday 9:30 AM - 6:30 PM<br><i>Matrls Fee. Held off-site. FREE INTRO MAY 30 7PM</i> |
| .....  |               |  |   |
| Fall   | <b>126552</b> | 11/10/2012 - 11/10/2012<br>TRACY GRIFFITHS | Saturday 9:30 AM - 6:30 PM<br><i>Matrls Fee. Held off-site.</i>                       |
| .....  |               |  |   |

### **Aromatherapy: Raindrop Technique Experience**

8 HRS **\$120**

Raindrop, a powerful, detoxifying technique, uses a sequence of essential oils that are immune enhancing, supporting the body's natural defenses, as well as the circulatory, respiratory, endocrine, digestive, nervous, and other body systems. These oils, which are high in antioxidants, are also mood elevating and antiseptic, creating an unfavorable environment for harmful viruses and bacteria that can hibernate in the body. Essential oils are known to boost stamina and energy, aid relaxation and support overall health and vitality. Recommended prerequisite: Essential Oils Basics

**Prerequisite:** None

|        |               |   |   |
|--------|---------------|---|---|
| Spring | <b>126541</b> | 6/10/2012 - 6/10/2012<br>SABRINA ROBERSON   | Sunday 9:30 AM - 6:30 PM<br><i>Matrls Fee. Held off-site. FREE INTRO MAY 30 7PM</i> |
| .....  |               |   |   |
| Fall   | <b>126542</b> | 11/11/2012 - 11/11/2012<br>SABRINA ROBERSON | Sunday 9:30 AM - 6:30 PM<br><i>Matrls Fee. Held off-site.</i>                       |
| .....  |               |   |   |

### **Communication For Bodyworkers**

42 HRS **\$630**

Learn verbal skills that allow you to guide a client to resolution. Communication for Bodyworkers combines energetic principles with techniques drawn from NLP, Gestalt, Bioenergetics and Ericksonian Trancework. Emphasis is placed on integrating verbal work with bodywork and exploring the energetic meaning of physical postures, movements and responses.

**Prerequisite:** Any bodywork training

|        |               |  |  |
|--------|---------------|--|--|
| Spring | <b>125521</b> | 5/11/2012 - 5/20/2012<br>TRACY GRIFFITHS | Friday, Saturday, Sunday 9:30 AM - 5:30 PM<br><i>Held off-site</i> |
| .....  |               |  |  |

### **Craniosacral Unwinding - FREE INTRO**

2 HRS

Lecture on Craniosacral Unwinding principles and techniques with demonstration of how the cerebral spinal fluid expresses itself through connecting tissue and impacts the body's healing abilities. Attendees get an understanding of what Craniosacral Unwinding courses are about.

**Prerequisite:** Open to all

|        |               |                                       |   |
|--------|---------------|---------------------------------------|---|
| Winter | <b>125191</b> | 1/18/2012 - 1/18/2012<br>GARY STRAUSS | Wednesday 7:00 PM - 9:00 PM<br><i>Non-credit offering</i> |
| .....  |               |                                       |   |
| Fall   | <b>125192</b> | 9/12/2012 - 9/12/2012<br>GARY STRAUSS | Wednesday 7:00 PM - 9:00 PM<br><i>Non-credit offering</i> |
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## IPSB - ELECTIVE CLASSES - 2012

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### **Craniosacral Unwinding I**

24 HRS **\$360**

An introduction to the craniosacral rhythm and its manifestation. Students acquire skills for palpation and evaluation of fascial restrictions and learn various sacral and cranial techniques for energetic release.

**Prerequisite:** None

|        |               |                                       |  |
|--------|---------------|---------------------------------------|--|
| Winter | <b>125201</b> | 2/3/2012 - 2/5/2012<br>GARY STRAUSS   | Friday, Saturday, Sunday 9:30 AM - 6:30 PM<br><i>Held off-site</i> |
| Fall   | <b>125202</b> | 10/5/2012 - 10/7/2012<br>GARY STRAUSS | Friday, Saturday, Sunday 9:30 AM - 6:30 PM<br><i>Held off-site</i> |

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### **Craniosacral Unwinding II**

24 HRS **\$360**

Expanding on the previous course, the student gains a deeper appreciation of the workings of the cranial vault and the cranial bones as well as the palpatory art of unwinding. Facilitation of the facial bones is also addressed. This class focuses on the body via the connective tissue system.

**Prerequisite:** Craniosacral I

|        |               |                                       |  |
|--------|---------------|---------------------------------------|--|
| Winter | <b>125251</b> | 3/9/2012 - 3/11/2012<br>GARY STRAUSS  | Friday, Saturday, Sunday 9:30 AM - 6:30 PM<br><i>Held off-site</i> |
| Fall   | <b>125252</b> | 11/2/2012 - 11/4/2012<br>GARY STRAUSS | Friday, Saturday, Sunday 9:30 AM - 6:30 PM<br><i>Held off-site</i> |

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### **Craniosacral Unwinding III**

24 HRS **\$360**

This third class in the cranial series provides students with an experience of integrating techniques learned in Cranial I & II to gain a unified approach to doing cranial work. The focus is on using communication, presencing, visualization and energy-based skills to perform process-oriented cranial work.

**Prerequisite:** Craniosacral I

|        |               |                                       |  |
|--------|---------------|---------------------------------------|--|
| Spring | <b>125271</b> | 4/27/2012 - 4/29/2012<br>GARY STRAUSS | Friday, Saturday, Sunday 9:30 AM - 6:30 PM<br><i>Held off-site</i> |
| Fall   | <b>125272</b> | 12/7/2012 - 12/9/2012<br>GARY STRAUSS | Friday, Saturday, Sunday 9:30 AM - 6:30 PM<br><i>Held off-site</i> |

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### **Lymphatic Massage I**

16 HRS **\$240**

The lymphatic system is a key part of the immune system. Fluid collection and stagnation of lymphatic flow can lead to toxic buildup, chronic illness, and advanced states of dis-ease. This course provides an introduction to lymphatic massage with simple protocols for the head/neck/face and upper/lower body to bolster the immune system and enhance fluid flow. Course also emphasizes anatomical understanding and palpation of the lymphatic system and proper body mechanics while working. (formerly lymphatic massage intro)

**Prerequisite:** None

|        |               |                                       |   |
|--------|---------------|---------------------------------------|---|
| Spring | <b>125381</b> | 5/7/2012 - 5/17/2012<br>KAREN AXELROD | Monday/Thursday 6:15 - 10:15 PM<br><i>NEW DATES</i> |
|--------|---------------|---------------------------------------|---|

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