CENTER FOR MASSAGE & NATURAL HEALTH®

MASSAGE SCHOOL & CONTINUING EDUCATION CENTER
A PMG HEALTHCOM, INC. COMPANY

600-Hour Day and Evening Programs

MASSAGE & BODYWORK THERAPY CERTIFICATION PROGRAM

COMTA Accredited (Commission on Massage Therapy Accreditation)
Approved by the U.S. Department of Education
N.C. State Board Approved—School No. 1

Excellence in Education since 1998
2020-2021 Massage School Catalog
INTRODUCTION
Welcome to the Center for Massage & Natural Health’s Massage School and Continuing Education Center.

We are proud to be the oldest and most established private massage school in Asheville, North Carolina. CFMNH was the 1st massage school to be approved by the N.C. State Board of Massage & Bodywork Therapy (School No. 1) and the 1st COMTA accredited massage school approved to offer Federal Financial Aid to qualifying students in North Carolina.

Since 1998, CFMNH has graduated over 75 classes and approximately 1000 students. From our exclusive Alumni services to our exciting Continuing Education Workshops, our massage school is located in one of the most popular destination cities on the planet—Asheville, North Carolina.

The Center for Massage has a long standing history of openness and inclusion and we welcome all who aspire to be a part of our growing community. We hope you join the hundreds of successful graduates that have come through our 6-Month, 600-Hour Massage School program and enjoy our LIFE-LONG Alumni benefits, including Job Placement Services.

LOCATION
ASHEVILLE, NORTH CAROLINA

Asheville has been recognized for its splendors by dozens of magazines, Web sites and publications in recent years. Accolades range from the designation by Frommer’s as one of a dozen top travel destinations in the world to recognition for the Asheville area arts community, outdoor adventures, cuisine, organic and vegetarian eats, and much more (from exploreasheville.com’s Asheville Accolades and Media Praise).


Downtown Asheville is home to our Massage School and Continuing Education Campus, including our popular Massage Therapy Center and Student Clinic, which has been at this same location since 1998. CFMNH is nestled in the heart of the city, surrounded by unique restaurants, shops, galleries and cultural events.

Our campus is located on the eclectic and historic Eagle Street, one block south of Pack Square and the Vance Monument, in the heart of the city.

Located in the heart of the Blue Ridge Mountains, this culturally diverse city has a progressive alternative health care community as well as pristine hiking and mountain biking trails, white water rafting, ski resorts, the Blue Ridge Parkway, the Appalachian Trail, and the famous Biltmore Estate.

Our city attracts a diverse population from many cultures. From local musicians to internationally-renowned performers, there is always an exciting event just around the corner. Summer offers dozens of free outdoor concerts and festivals, where the city comes together for food, music, arts and crafts, and a strong sense of community.
As a spa owner, I hired alumni for the Center for Massage and Natural Health and even recommended and helped students to get enrolled. So of course when I decided to go to massage therapy school myself, I knew this is where I would go. The rich history of the first massage therapy school in the state, fully accredited which allows the school to offer financial aid is reason enough to enroll. The amazing staff who work tirelessly to help each individual student with their journey through the process of becoming licensed massage therapists us what makes it priceless. I am proud to be an alumni of the Center for Massage and Natural Health."
Paula Dukes “Preneur”
Johnson City, TN
March 2021
MISSION & PHILOSOPHY STATEMENT

It is the mission of the Center for Massage & Natural Health to offer the highest quality education in massage therapy, bodywork and natural healing modalities to all who desire to become an integral part of natural health care and those who are already practitioners of the healing arts and sciences.

We maintain a philosophy of integrity in the educational process, which honors the wisdom and innate gifts of all our staff and students alike.

HISTORY

The Center for Massage & Natural Health was founded in 1990 in Santa Barbara, California, by Peggy M. Huff. In 1994, Ms. Huff relocated the Center to the beautiful mountains of Western North Carolina and opened one of the first Massage Therapy Centers in Asheville, North Carolina.

Due to requests of many clients of our Therapy Center, as well as from so many members of our community, the Education Center began development in 1996 and offered its first Certification Program in 1998.

Since that time, our school has become nationally accredited, approved by the United States Department of Education, and offers Federal Financial Aid to all of our qualifying students.

CFMNH has drawn national and international students interested in the field of massage and bodywork therapy and the healing arts. We have had students come from as far away as Alaska to the UK, and from Canada to Japan.

As of the publishing of this catalog, we have had 65 successful graduating classes and nearly 1000 successful graduates!

We hope you will join us soon!

FACILITIES

Our Massage School and Continuing Education Center consists of a beautiful learning environment, filled with natural light from the extra large south-facing windows. Our classroom walls have been painted serene and soothing colors which were chosen based on color theory for educational settings. We provide all necessary equipment for our program, including Oakworks® massage tables and adjustable face cradles in our classroom, as well as our Therapy Center, where students complete the clinical practicum portion of our program.

Our Massage School classroom consists of approximately 1300 SF of open space, custom crafted storage cubbies for your personal belongings, 3 bathrooms and changing stalls.

Our Administrative Suite totals 1840 SF, and is beautifully furnished with themes from around the world.

This is where our dedicated staff spend their days assisting our students from their initial admissions process all the way through graduation and then with our Alumni Services, including Job Placement Services.

Our warm welcoming reception area includes wonderful massage supplies you will need as you continue through our program. We carry several brands of massage oils, creams and lotion, including Zen Organics massage cream and lotion, Sacred Earth massage oils, along with Oakworks® massage tables and chairs and many books and other supplies. This is also where you will find our Student Library, complete with computer access.

Our 1380 SF Massage Therapy Center & Student Clinic consists of several well-appointed and private treatment rooms, a lovely reception area, a warm professional environment and a student lounge.

Our goal is to provide you with the most comfortable and effective learning experience, in the most conducive setting for this field of study.

"I decided last minute, on a whim to attend massage school. I have never made a better decision! It is one of the coolest and most rewarding things to help facilitate healing for another human being."

Sarah Robinson
Clemson, SC
May 2016
ACCREDITATION AND APPROVALS

The Center for Massage & Natural Health is proud to be an institutionally accredited massage school. We are accredited by an accreditation agency that is approved by the U.S. Dept. of Education.

COMTA ACCREDITED (Commission on Massage Therapy Accreditation)

COMTA is the only accrediting agency focused exclusively on massage therapy and bodywork education. You can be assured that the education you receive from a COMTA accredited school provides quality on all levels. At CFMNH, we are dedicated to providing you with this level of excellence to assure you are prepared for a successful career when you graduate.

CFMNH is the ONLY massage school in Western North Carolina that is COMTA accredited. Benefits of receiving an education from a COMTA accredited school:
• Assurance that you have graduated from a school whose accreditation is widely recognized and respected throughout the field of massage and bodywork therapy
• Security that the school, faculty and staff are accountable to an accreditation board that is approved by the United States Department of Education
• Comfort in knowing that the school has, due to its own ongoing commitment to excellence in massage therapy education, voluntarily chosen to meet COMTA’s standards
• Finding that the school you attend takes responsibility for representing the qualities that will bring you success as a massage therapist: thoughtfully developed and implemented policies, plans, and procedures; an image that is respectable and taken seriously in limitless professional arenas; relationships rooted in ethics and integrity; and a dedicated, sincere commitment to constantly developing the profound healing power of touch.

Commission on Massage Therapy Accreditation
5335 Wisconsin Ave, N.W., Suite 440
Washington, DC 20015
Phone: 202-895-1518  or Fax: 202-895-1519

APPROVED BY THE UNITED STATES DEPARTMENT OF EDUCATION

CFMNH is approved by the United States Department of Education. Our accreditation and approval by the U.S. Department of Education made it possible for us to participate in Title IV, HEA programs. This means that we are able to offer Federal Financial Aid, including Pell Grants, Stafford loans and other benefits to all of our qualifying students.

Because CFMNH’s accreditation is approved by the United States Department of Education, you may also be eligible to take advantage of any available educational tax credits and/or deductions.

Our Federal School Code is 041294.

APPROVED BY THE N.C. BOARD OF MASSAGE & BODYWORK THERAPY

The Center for Massage & Natural Health was the very first school to be fully approved by the NC Board of Massage & Bodywork Therapy, a state agency which regulates schools of massage and bodywork therapy in North Carolina.

School No. 1.

This status allows CFMNH graduates to take the MBLEx exam, and to apply for licensure as a massage and bodywork therapist in North Carolina and many other states.

APPROVED BY THE VETERANS ADMINISTRATION FOR VETERANS BENEFITS

The Center for Massage & Natural Health’s Massage Therapy Certification program is approved by the North Carolina state Approving Agency for the enrollment of persons eligible for education assistance benefits from the US department of Veterans Affairs.

CFMNH is a MEMBER of these Professional Organizations:
American Massage Therapy Association (AMTA)
www.amtamassage.org
Associated Bodywork and Massage Professionals (ABMP)
www.abmp.com
WHY STUDENTS CHOOSE CFMNH

There are many reasons why people from around the world choose CFMNH for their massage therapy education. Most importantly, we prepare our students for a successful career in this exciting and fulfilling field. Our graduates enjoy tremendous success right out of our doors. Since our school began back in 1998, graduates of our massage school have achieved a pass rate in the mid-high 85-95 percentile on the MBLEx.

Students choose CFMNH for its professionalism, outstanding reputation, Asheville location, and our full and exciting curriculum. Our program is taught by incredibly talented and dedicated instructors. There are many important benefits and services once you graduate. Here is what you can expect to receive from our school:

BEFORE SCHOOL

• Fun and Informational Massage Discovery Days that include Introductory Class and a 50-Minute Massage at our Massage Therapy Center
• Wonderful Staff Members to Assist You in the Application and Financial Aid Process
• Relocation Information and Student Housing Resources
• Choose Day or Evening Classes to Support Your Work Schedule While in School
• New Classes Starting Every 3 Months for Your Convenience

DURING SCHOOL

• Immersion in a program that specializes exclusively on massage and bodywork therapies
• Become educated in several popular modalities and find the ones you are most interested in
• Graduate in Only 6 Months so that you can begin your new career ASAP
• Ongoing Support From our Loving and Dedicated Faculty and Staff Members
• An exciting setting on historic, tree-lined Eagle Street in Downtown Asheville, North Carolina,
• Experience and enjoy Downtown Asheville throughout your education
• Completely Renovated Campus in November 2014
• Benefit from our Student Resource Library with Computer and Internet Service
AFTER GRADUATION

- LIFETIME Job Placement Assistance
- LIFETIME Graduate Services
- LIFETIME 20% on All CFMNH Certificate and Continuing Education workshops when available
- ABMP Professional Membership and Insurance Upgrade Credit from your Student Membership
- A Beautiful, official Certification printed on high-quality photo paper from CFMNH indicating you graduated from a COMTA Accredited School with our official school Seal
- Official Transcripts outlining your entire education and hours completed
- Ongoing support with testing and licensing processes

“As an occupational therapist for over 11 years who decided to shift my career, I can emphatically say how grateful and pleased I am to have found the Center for Massage and Natural Health. Between the vast knowledge of educators who truly invest in their students, the commitment to academic excellence and practice standards, as well as the integration of science, art, and intuition that makes up the world of bodywork, I know I made the best choice to further my education and be fully prepared to enter a new chapter.”
Beth Snapp, MS, OTR/L
March 2021

“Enrolling at the Center for Massage and Natural Health has been a truly life-changing experience for me. This journey has opened up many doors for me to grow as a person and also expand upon my desire to help people heal. One of the things that sticks out to me about CMNH is how knowledgeable and proficient the instructors are. They make learning massage therapy fun and easy for everyone in class. I love that the small classes offered leaves room for individual attention. I am so grateful and excited to be able to kick-start my career with the confidence, knowledge and training I’ve received from CMNH.”
Paige Davis
Asheville, NC
March 2021
CAREER OPPORTUNITIES

One of the many benefits of being a CFMNH Alumni is LIFETIME Job Placement. Once you have graduated from our program and become licensed in the state you plan to work in, you will have access to current job listings on our Graduate and Instructor Facebook group. Imagine yourself in one of these settings as a massage therapist:

- Practice while Sailing the Caribbean on a Cruise Ship
- Practicing at an Elegant Resort in some Tropical Paradise
- Working Side-By-Side with Personal Trainers in a Health Spa
- Working with Athletes to Increase Performance at events like the Olympics
- Providing Services at Local Health Clubs
- Being Employed by Health Care Professionals
- Having your very own private practice and being your own boss

At the Center for Massage & Natural Health, we prepare our graduates for successful careers as important health care providers. With the solid foundation of our training and the high demand of this health care service, graduates can create a career path most suitable for their individual personality, whether it be an employment situation with other health care providers such as doctors, chiropractors, psychologists and physical therapists, or going into private practice.

This is a career filled with endless possibilities, profound personal satisfaction and grace, whether you have a strong entrepreneurial desire, or choose to work with/for others.

EDUCATIONAL GOALS & OBJECTIVES

Graduates of the Center for Massage & Natural Health Massage Therapy Certification Program will be prepared to:

- Join the massage therapy profession, meeting all educational expectations for licensure in North Carolina.
- Plan and provide effective massage therapy treatment sessions, offering therapeutic benefits for a wide range of clients
- Develop and implement a self-care strategy, including methods to maintain a safe, injury-free massage therapy practice
- Develop successful and ethical therapeutic relationships with clients, incorporating an awareness of maintaining professional boundaries and roles
- Design and begin to implement a strategy for creating and maintaining a successful massage therapy practice or employment situation
- Identify strategies to pursue ongoing, post-graduation professional development, including seeking advanced specialty training, participating in professional organizations, and remaining current on massage therapy research

Massage therapy is one of the fastest growing health care fields in the country today. Through continuous media coverage and well-deserved recognition in the medical community, massage therapy has achieved unprecedented public awareness.

There are unlimited career opportunities available for this emerging profession with its wide range of applications, including preventive health care, health maintenance, rehabilitation, athletics, performing arts and personal development.

As the demand for qualified therapists in the United States increases, massage therapists are also gaining respect as specialists within the health care delivery system, specialists who provide an effective and important health care service.

“My experience has been really healing, transformational, challenging and incredibly educational and empowering. Learning massage, bodywork, anatomy, musculoskeletal, and the breadth of other modalities collectively has given me a great array of tools to use in my personal life and professional career. I think this school is very special and brings in both gifted teachers as well as students to create an overall dynamic community to learn and grow within.”

Lavender Sedlock
Pittsburgh, PA
May 2016
### CURRICULUM OUTLINE AND HOURS

**600 Clock Hours**

| COURSE                                                         | HOURS |
|                                                               |       |
| Swedish Massage Theory and Practice (Spa Massage)              | 80.0  |
| Neuromuscular Therapy Theory and Practice (Medical Massage)    | 28.0  |
| Sports Massage Theory and Practice                             | 12.0  |
| Pregnancy and Geriatric Massage Theory and Practice            | 12.0  |
| Hydrotherapy: Integrating Water into Massage Sessions          | 16.0  |
| Spa Treatments and Aromatherapy: Integrating Applications into Massage Sessions | 16.0  |
| Chair Massage Theory and Practice                              | 12.0  |
| Shiatsu Theory and Practice                                    | 12.0  |
| Integrative Massage Theory and Practice                        | 16.0  |
| Clinic Orientation and Practice                                | 4.0   |
| The Musculoskeletal System: Anatomy, Physiology and Pathology for Massage Therapists | 76.0  |
| General Anatomy, Physiology/Pathology for Massage Therapists   | 92.0  |
| Oriental Medical Theory                                         | 16.0  |
| Energy Work Theory and Practice                                 | 12.0  |
| Reflexology Theory and Practice                                 | 8.0   |
| Diet & Nutrition                                                | 8.0   |
| Herbsology                                                     | 8.0   |
| Somatic Psychology                                             | 20.0  |
| Business & Marketing                                            | 16.0  |
| Professional Ethics                                            | 8.0   |
| North Carolina Laws & Rules                                    | 8.0   |
| Orientation                                                    | 4.0   |
| Exam Review                                                    | 12.0  |
| Comprehensive Final Exam                                       | 4.0   |
| Supervised Clinical Practice                                    | 100.0 |

**Total**

600.0

**Normal Completion Time:**

- **Day Classes:** 6 Months
- **Evening Classes:** 7 Months

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**CURRICULUM OVERVIEW**

Our 600-hour Massage Certification Program is designed to take you through an evolutionary process of learning. We begin with setting a solid foundation in Swedish Massage and in Human Anatomy, Physiology, and Pathology.

We then take our students on a journey through introductions to other exciting bodywork modalities, allowing you to explore a wide range of approaches.

We finish our program with a focus on material that will support you to successfully apply your new bodywork skills in a professional capacity: Business & Marketing, Professional Ethics, and North Carolina Laws & Rules (specific to this state but helpful anywhere). By graduation, you will be prepared to enter the rewarding health care field of massage therapy and bodywork.

Our courses are designed to flow naturally and logically from one to the next, therefore they are to be taken in the order in which they are presented. Each course, including the sciences, assumes no prior knowledge and has no pre-requisite with the exception of our Supervised Clinical Practice segment which requires the successful completion of Swedish Massage.

Our teacher/student ratio is 16:1 for hands-on bodywork instruction and 32:1 for lecture classes. Our maximum class size is 25, and our average is 16.

**NOTE:** A clock hour is defined as a 60-minute block of time consisting of a minimum of 50 minutes of instruction (in the physical presence of a staff member) with a 10 minute break.

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**Center for Massage & Natural Health**

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**“I attended this massage school due to its high rankings and wanting to change my career and life to a more positive healing modality than Paramedicine. I expected to enjoy my time here and learn a more positive and holistic approach to healing and overall wellness, but what I did not expect was how personally healing and life altering this experience would be! Physically and emotionally I am a new person and I can never express enough how amazing this journey has been and how appreciative I am of all the staff and beautiful classmates I have had the pleasure of knowing along this new life path I am on! Thank you!”**

*Erin Fisk*

*Shady Valley, TN*

*May 2015*

**“I was drawn to this school 8 years ago after an intro to Swedish day. Wonderful instructors, great location and some deep friendships. Massage school challenged and stretched me mentally, emotionally, intellectually as well as physically. It has been a life changing experience and a 15 year dream realized.”**

*Robin Brooks*

*Charleston SC*

*May 2015*
### Course Descriptions

#### Massage Therapy & Bodywork: Theory & Practice  
**208 Hours**

We include in our massage therapy and bodywork courses the history, theory, and practical application of massage therapy techniques. We discuss the indications, contraindications, effects, and uses of individual modalities and techniques. You will learn how to collect information from a client, perform assessments, and, using clinical reasoning skills, create an effective treatment strategy. You will also learn how to document your findings, application of techniques, and client response. We cover proper draping practices, the use of appropriate equipment and supplies, standard precautions, proper body mechanics, and self-care techniques.

<table>
<thead>
<tr>
<th>Course Description</th>
<th>Hours</th>
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<tbody>
<tr>
<td><strong>Swedish Massage Theory and Practice</strong> (Spa Massage)</td>
<td>80</td>
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<tr>
<td>Swedish massage is the most popular and well-known massage modality in the United States and Europe. It includes long sweeping strokes, kneading, and friction techniques on the more superficial layers of muscles, combined with active and passive joint movements. While we teach Swedish massage, we set a foundation for exploring and practicing any bodywork modality, providing you with tools to either focus on Swedish as your technique of choice, or branch out into other approaches.</td>
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<tr>
<td><strong>Neuromuscular Massage Theory and Practice</strong> (Medical Massage)</td>
<td>28</td>
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<tr>
<td>Neuromuscular Therapy (or NMT) is a strategic bodywork modality designed to relieve trigger points and chronic muscular pain syndromes. This modality strives to locate a client’s sources of pain and help free them from that pain, restoring balance to the body. Our course covers specific assessment methods, NMT theory, and therapeutic techniques.</td>
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<tr>
<td><strong>Sports Massage Theory and Practice</strong></td>
<td>12</td>
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<tr>
<td>Sports massage uses techniques focused on improving athletic performance and preventing injury. We outline basic Sports Massage theory, techniques, and approaches, including steps and strokes for pre-event, post-event, maintenance, and injury treatment.</td>
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<tr>
<td><strong>Pregnancy and Geriatric Massage Therapy and Practice</strong></td>
<td>12</td>
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<tr>
<td>Providing therapeutic massage to clients in these special populations can be highly rewarding, especially because they are highly responsive to the simple offering of touch. We offer this course to introduce you to the unique benefits, challenges, and strategies of working with a wide range of clients.</td>
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<tr>
<td><strong>Hydrotherapy: Integrating Water into Massage Treatment</strong></td>
<td>16</td>
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<tr>
<td>Water in all its forms (solid, liquid, and vapor), has tremendous healing capabilities. This course demonstrates how various hot and cold hydrotherapy techniques (including hot and cold packs, immersion baths, and ice massage) can be integrated into a therapeutic massage practice. Then we visit local natural hot springs to provide you with a first-hand experience of the healing potential of water and aquatic therapies.</td>
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<tr>
<td><strong>Spa Treatments and Aromatherapy: Integrating Applications into Massage Sessions</strong></td>
<td>16</td>
</tr>
<tr>
<td>This course transforms our classroom into a mini-spa and aromatherapy laboratory. We begin with covering the use of essential oils in massage therapy, including applying custom-blended oils, diffusers, baths, and compresses. Then we introduce you to various spa treatments that can be performed in a small massage practice without specialty spa equipment, including body wraps, salt glows, and dry brush treatments. This tends to be one of our messiest and most invigorating courses.</td>
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<tr>
<td><strong>Chair Massage Theory and Practice</strong></td>
<td>12</td>
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<tr>
<td>Performing massage on a specialized, adjustable chair is an exciting alternative to full-body massage on a traditional table. Because potential clients can quickly and easily see and sample your services, chair massage is known for its effective marketing opportunities. Many practitioners also choose to regularly practice chair massage, enjoying its versatility, mobility, accessibility, and relative simplicity.</td>
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<tr>
<td><strong>Shiatsu Theory and Practice</strong></td>
<td>12</td>
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<tr>
<td>This Japanese bodywork method is one of the oldest forms of natural healing. Focusing strategic pressure on acupressure points and meridians, Shiatsu aims to unblock energy and restore healthy balance. In this course, we show you this method to therapeutically apply the health/healing system we introduce in our Oriental Medical Theory course (see below).</td>
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<tr>
<td><strong>Integrative Massage Theory and Practice</strong></td>
<td>16</td>
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<tr>
<td>Our integrative course guides students toward performing treatment sessions combining several modalities of massage and bodywork therapy. Professional demonstration and commentary are followed by students practicing the development of their individual treatment sessions while including many of the bodywork styles learned throughout the program. Our final class showcases demonstrations from a variety of specialty practitioners.</td>
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<tr>
<td><strong>Clinic Orientation and Practice</strong></td>
<td>4</td>
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<tr>
<td>This class comes right before you begin your Supervised Clinical Practice. We provide an orientation to the processes and procedures of our Student Clinic, including effective greeting and interview techniques, using intake forms, clearly documenting treatment sessions, and receiving and reviewing evaluations.</td>
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<tr>
<td><strong>Science of the Human Body in Health and Disease</strong></td>
<td>184</td>
</tr>
<tr>
<td><strong>The Musculoskeletal System: Anatomy, Physiology, and Pathology for Massage Therapists</strong> (Includes 24 Pathology Hours)</td>
<td>76</td>
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<tr>
<td>This course is an in-depth overview of the structure and function of the human body, covering all major body systems except for musculoskeletal (see above), including the cardiovascular, integumentary, endocrine, lymphatic, immune, digestive, urinary, reproductive, respiratory, and nervous systems. As we cover each system, we detail common musculoskeletal disorders, and discuss indications and contraindications for massage therapy. Our instruction includes an introduction to medical terminology and the use of supportive health care research.</td>
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<tr>
<td><strong>General Anatomy, Physiology, and Pathology for Massage Therapists</strong></td>
<td>92</td>
</tr>
<tr>
<td>This course is an in-depth overview of the structure and function of the human body, covering all major body systems including the musculoskeletal system (see above), including the cardiovascular, integumentary, endocrine, lymphatic, immune, digestive, urinary, reproductive, respiratory, and nervous systems. As we cover each system, we detail common diseases and disorders, and discuss indications and contraindications for massage therapy. We include medical terminology, the physiological effects of stress and touch, as well as accessing and understanding supportive research.</td>
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<tr>
<td><strong>Oriental Medical Theory</strong></td>
<td>16</td>
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<tr>
<td>Ancient Eastern Philosophy and Medicine has helped in the healing process of the human body for thousands of years. Completely different from Western practices, this system focuses on the body’s energy meridians and acupuncture points. Our course is an introduction to Eastern theory, the Five Element System, acupressure meridians and points, and treatment methods.</td>
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ALLIED HEALTH CARE MODALITIES

Knowledge of other natural healing modalities helps to supplement a massage therapist’s awareness, knowledge base, and practice. We provide instruction in Energy Work and Reflexology, two modalities that North Carolina law does not consider to be bodywork, but we believe to be an important aspect of any massage therapist’s education. We also include introductions to holistic nutrition and herbology, guiding you (and, in turn, your clients) toward improved health and healing.

ENERGY WORK THEORY AND PRACTICE
12 HOURS

We uncover the effect of energy work on the human body, showing the subtle but profound energy fields that surround us, demonstrating how to move energy with our clients, and explain the Chakra system.

REFLEXOLOGY THEORY AND PRACTICE
8 HOURS

This course covers the maps of the hands and feet and their corresponding reflex points throughout the body, shares Reflexology techniques, and outlines how to administer a one-hour Reflexology session.

DIET & NUTRITION
8 HOURS

Here, we provide an overview of the importance of nutrition in an individual’s life and a variety of reasons and suggestions for the health-promoting, practical use of whole foods, vitamins, and supplements. You will walk away with greater insight into holistic nutrition and, perhaps, a dramatically different approach to food.

HERBOLOGY
8 HOURS

We offer an introduction to the application of herbs for health and healing, offering knowledge and possibilities for utilizing herbs in your own life, discussing these options with your clients and community, and recognizing the opportunity to refer your clients to a qualified herbalist when appropriate.

SOMATIC PSYCHOLOGY
20 HOURS

This segment of our program is dedicated to the mind/body relationship and dynamics of the client/therapist relationship. We begin with exploring massage therapy’s mental/emotional effects. Then, we move into demonstrating how to create a safe working environment for client and therapist, keep healthy boundaries, use effective communication and conflict resolution skills, and appropriately react to a client’s emotional response to bodywork. This course focuses on self-care principles and techniques.

PROFESSIONALISM
32 HOURS

BUSINESS & MARKETING
16 HOURS

In this important course, we provide detailed information on how to start and maintain a successful massage therapy practice, whether you choose to work independently or for/with others. We highlight career planning, job-seeking skills, marketing strategies, and practice-building skills, preparing you to explore the many options that will await you upon graduation.

PROFESSIONAL ETHICS
8 HOURS

Understanding and practicing excellent professional ethics will increase the success and joy you can experience in your career. We will present and discuss a professional code of ethics and uncover helpful approaches to common ethical issues.

NORTH CAROLINA LAWS & RULES
8 HOURS

Using a combination of careful detail-delivery, guidance, and fun, we inform you of the laws and rules relevant to North Carolina massage therapists and amply prepare you for North Carolina’s Licensing process.

PROGRAM ORIENTATION/EXAM REVIEW/FINAL EXAM

ORIENTATION
20 HOURS

On the first day of class, you and your new classmates will gather with our staff, to begin to know each other and to grow more prepared for the upcoming six months. We will introduce you to your study materials and cover the logistics, policies, and procedures for achieving success in our program and in this career.

EXAM REVIEW
12 HOURS

In these classes, we review previously-taught material to prepare you for both our program’s Comprehensive Final Exam and the MBLEx. We also encourage students to regularly review course material throughout the program, individually and in study groups.

COMPREHENSIVE FINAL EXAM
4 HOURS

This exam covers all aspects of our curriculum and comes at the end of the program. Throughout your time here, we will give you study tips, quizzes, tests, and reviews to prepare you for this opportunity to proudly demonstrate your comprehension and mastery.

SUPERVISED CLINICAL PRACTICE
100 HOURS

Our program includes 12 additional full days that are spent at our Therapy Center, where students practice on real clients under the supervision of a qualified faculty member. There, you will be able to practice important skills like interview techniques, assessment, timing your treatments, and proper documentation, continually incorporating the new bodywork techniques you are learning in class. Students meet individually with our staff to discuss the treatment process and receive guidance and support. Students are required to complete a minimum of 60 client sessions prior to graduation.

Professional Evaluations are also a component of your Clinical Practice. Students are required to give 3 complete massage therapy sessions to qualified massage therapy faculty members, for the purpose of evaluation and feedback.

A written evaluation will be completed by the therapists and reviewed by the school as well as the student. The therapists will guide and support you in making subtle corrections in technique, fluidity and overall professionalism, as well as make suggestions for treatment plans for various desired outcomes.

Pre-requisite for the Supervised Clinical Practice segment requires the completion of Swedish Massage Theory and Practice and Clinic Orientation and Practice.
Mike Williams, D.B.A., Co-Executive Directors & Program Director
With 25 years of leadership experience and completion of his doctoral coursework, Mike brings business and academic expertise to his role as Co-Executive Director for CFMNH. His background includes extensive training in survival, endurance techniques, business practices, and ethics disciplines that he applies in every day life. Mike also serves as one of the Business Instructors at the Center. He applies his 20 years of classroom training, employee hiring, and knowledge of small business start-ups to equip students for success. Each student is exposed to the career options within in the Massage and Bodywork field and participates in both resume and small business development planning. Mike particularly enjoys helping others improve their knowledge and skills. His driving force is delivering exceptional experiences that improve the lives of students, customers, and fellow team members. Mike is a strong advocate for natural health and is proud to enable others to reach their goal of becoming a practicing member in the field.

Christopher Citron, LMBT
Swedish Massage
In 1993, Christopher received his BFA in Performing Arts from Emerson College in Boston, Massachusetts. He later graduated from the highly esteemed Sonoma Institute National School of Clinical Massage Therapy in Chicago, Illinois in 2001. For over a decade, Christopher has honed his skills within the healing arts community in multiple spa settings such as The Grove Park Inn Resort & Spa in Asheville, North Carolina and as a private practitioner. Christopher’s longevity and success within this industry are a direct reflection of his heart-felt character and impeccable skills.

Lisa Williams, M.Ed. LMBT
Co-Executive Director & Clinic Director
Lisa is a practicing licensed massage therapist who has a passion for helping improve function and vitality to others’ lives. She specializes in integrative and craniosacral techniques and has built thriving practices before joining CFMNH. In addition to her expertise in bodywork, she has also earned her BA in Education and Masters in Counseling. With her 25 years of experience in the classroom and field of education, Lisa enjoys sharing her knowledge to facilitate learning. She enjoys the application of the sciences with indicative bodywork techniques that work together towards solving client issues. Her focus is on facilitating the best experience at CFMNH.

Kevin Pennell
Enrollment, Herbology, & Reflexology
A holistic health practitioner for over 20 years, Kevin is devoted to education and growth in Natural healing modalities. As a practitioner, he devotes his life to generating balance and harmony through integrated therapies, including massage (LMBT# 157-65), herbology, energy work, and education. Since graduating from New Hampshire Institute for Therapeutic Art, Kevin has practiced, Tuina, Thai Massage, European Neuromuscular Massage, Trigger Point Therapy, Acupuncture, and Sports Massage. As a Clinical Herbalist, he applies Traditional Chinese Medicine, Ayurvedic Medicine, and Western Herbology to support Mobility and Range of Motion of the human body. Kevin is a Certified Qigong Instructor, Tai Chi Instructor, and Reiki Master/Teacher, with an earned Bachelor of Arts Degree from Spurgeon College. He is a Professional Member of ABMP and nationally Board Certified through NCBTMB.

Cameron Walker
Hydrotherapy & Spa
Cameron brings 21 years of bodywork practice to the classroom, teaching students the complementary modalities of Hydrotherapy and Aromatherapy-Spa. She has fond memories of her massage school experience and a true enjoyment of her profession. She is grateful for the opportunity to help CFMNH students grow into future massage therapists.

Jamie Sparks
Herbology, Swedish, hydrotherapy & spa
Jamie Sparks has been involved in natural and holistic therapies for over 2 decades, with a diverse background in plant biology, movement, yoga, herbalism and massage. When not teaching or wild-crafting herbal medicine you may find Jamie offering handcrafted herbal products at the Farmer’s Market or creating anything from baskets, to fiber to silversmithing. Or dancing. Always dancing.

Christie Abeling, LMBT
Neuromuscular Therapy, Pregnancy & Geriatric
Christie’s practice evolved after giving birth to her first son, to create a focus on working with pregnancy and birth. She formally studied midwifery, herbalism and doula support work and began practicing as a doula in 2009. Christie is a firm believer in weaving together strong and flexible networks of support in our local communities. Life continues to inspire her to create safe and authentic containers for people to explore and grow in their awareness. In her private practice she integrates manual therapy, herbalism, yoga, breath work and movement.

Jamila Bergman
Chair Massage Instructor
Jamila, a registered nurse and certified Reiki Master, brings a wealth of knowledge and passion for touch and healing to the world of chair massage. As a reiki practitioner, Jamila’s gentle hands and perceptive energy presence have helped many on their path to healing. Her background includes working in the medical fields, hospital environments, and as a massage therapist in four-star resorts, and spas including Napa Valley, Ritz-Carlton and Four Seasons. Jamila is a graduate of the Center for Massage and Natural Health and is a certified Chi Instructor.

Lisa Williams, M.Ed, LMBT
Co-Executive Director & Clinic Director
Lisa is a practicing licensed massage therapist who has a passion for helping improve function and vitality to others’ lives. She specializes in integrative and craniosacral techniques and has built thriving practices before joining CFMNH. In addition to her expertise in bodywork, she has also earned her BA in Education and Masters in Counseling. With her 25 years of experience in the classroom and field of education, Lisa enjoys sharing her knowledge to facilitate learning. She enjoys the application of the sciences with indicative bodywork techniques that work together towards solving client issues. Her focus is on facilitating the best experience at CFMNH.

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Anna Fredrickson
Clinic Supervisor
Anna was born in Corvallis, Oregon. She attended Lewis & Clark College where she received a B.A. in Philosophy and Fine Arts, then rambled around, until finding her path in Asheville, at the Center for Massage and Natural Health. Anna had always felt there was power and passion in helping others grow and develop into more authentic and complete versions of themselves! Anna believes in the power of touch and the art of caring for others. She is passionate about teaching and sharing her knowledge to empower others.

Judy Leppaneer
NMT
Judy Leppaneer is an LMBT and Certified Neuromuscular Therapist who has developed a thriving practice in her specialty. She attended Massage school in Florida and is currently licensed in FL, NC, and MI. Judy trained with Paul St. John and worked in his clinic prior to taking on NMT teachings some 20 years ago. She ultimately opened her own practice in St. Pete Beach, FL and gained a following of clients with a specialty of relieving Chronic pain. Judy also teaches Spinal Curvature CEU classes with SOM Therapy. Janet Travell is a key source of passion and love for her neuromuscular and trigger point therapy work. Judy enjoys travel, music, mountains and teaching people about Neuromuscular Therapy.

Randi Nelle
Chair Massage Instructor
Randi has over twenty-five years of experience in bodywork. She initially started her career in Florida and moved to NC in 2004. Randi built her practice in Asheville with Chair events and through a focus on natural health, including full bodywork, yoga, and Ayurvedic work. She has been a clinic supervisor and instructor with the school since 2017 where she excels at sharing her knowledge and passion for this work.

William Franklin, ND
Anatomy Faculty
Dr. William Franklin has obtained formal and on-the-job education in the health, fitness, and alternative medical fields for 29 years. He graduated from East Tennessee State University with a bachelor of science in Exercise Science and completed coursework for a master of science in Exercise Physiology. He completed his doctorate of Naturopathic Medicine at Southwest College of Naturopathic Medicine in Tempe, AZ. William brings almost a decade of teaching experience to CFMNH, having taught at 2 other massage therapy schools in AZ. For the past 3 years, Dr. Franklin has been a full-time dad for his 2 awesome sons. Between catching cat naps and building forts of various types, it is his greatest hope that he passes on his love of philosophy, back-packing, martial arts, reading, and climbing on things, along with a burning desire to find out...
Although staff members may change without notice, we can assure you that they will always be highly qualified and meet very stringent standards.

Alexis Dunn
Integrating Massage + Bodywork Faculty
Alexis obtained her license in 2013 and has gone on to become certified in Esalen massage. She practices as a lead therapist where she helps hone the skills of LMBTs, while also developing her clientele. Teaching and sharing is a passion for Alexis. She is always looking for opportunities to help others succeed.

Lisa Mayfield
NMT, Diet & Nutrition
Lisa has practiced Massage & Bodywork for 15 years. She has completed extensive continuing education and certificate training and has a National certification along with expertise in Diet & Nutrition. Lisa has also owned and operated her own Spa and Wellness Center. She has experience in both Georgia and North Carolina as a licensed therapist and thoroughly enjoys sharing her knowledge and experience with others.

Corey Costanzo, M.A.
Somatic Psychology Instructor
Corey’s main pursuit are the Somatic Arts. He earned a Master’s degree in Body Psychotherapy from the Santa Barbara Graduate Institute and at The Esalen Institute (a renowned human potential learning center) and The Post Ranch Inn in Big Sur, CA. His tools are a unique blend of Esalen® Massage, Craniosacral therapy and Didgeridoo and Tibetan bowl sound vibration healing. Corey has a Somatic Coaching practice in Asheville, NC and holds didgeridoo meditations across the US.

Kyle Chopmin
Oriental Medical Theory
I moved to Asheville to be a teacher. I was offered a job just after I graduated from my Masters program in Chinese Medicine. This town and region is steeped in healing stories. From the legends of the Native Americans coming here to conceive their children because the lands were so fertile, to the breathing porches of Montford that helped those with tuberculosis. My entire life has been about helping others along their healing journey. I can not think of a better place to be a healer and a teacher.

Lawrence Hines, LMBT
Sports Massage
Lawrence Hines has been a working massage therapist for over a dozen years. In 2001 he helped to open the Grove Park Inn Spa and stayed on to work four and a half years. In an earlier life he was a dancer, choreographer and teacher with BFA and MFA degrees in dance and was trained as a Certified Laban Movement Analyst. During those years he was also doing hands on bodywork for fellow dancers and teachers and was sought out to help ease the aches and pains of the dancers’ lifestyle. With all this movement in his background it is no surprise that he uses movement, both passive and active, in his work to create what he calls Fluid Release.

Linda Panullo, NCTM
Musculoskeletal & Exam Review
Linda Panullo attended the Florida School of Massage 20 years ago. A seasoned instructor, she has taught massage techniques for the non-professional at community colleges, and sports, hydrotherapy, Reflexology and Swedish at massage schools. Working with Jon Zolner’s Marken System (building muscles with clay) gave her creative ways to share anatomy knowledge. Linda is a veteran instructor at CFMNH, having been sharing her incredible knowledge since 2002, and maintains private and on-site massage practices in Asheville, North Carolina.

Jennifer Newby
Chair Massage & Hydrotherapy
Jennifer originally from NY, came to Asheville to attend the CFMNH and become a licensed massage therapist in 2012. After working in 5 star spas in Asheville for 4 years, Jennifer decided to follow her passion for massage to Thailand where she received a certification in Thai massage at TCM in 2016. She is a vivacious teacher of chair massage, and is active in working chair massage events.

Janette Engelbrecht
Oriental Medical Theory Instructor & APP Instructor
Janette attended Dowist Traditions College of Chinese Medicine and is a licensed Acupuncturist currently practicing in both North Carolina and Tennessee. Janette also has a passion for Eastern medical techniques and she brings her extensive knowledge and qualifications to both the OMT, and Anatomy, Physiology, and Pathology course. Janette is a strong advocate for Veterans and is actively involved with the Charles George VA here in Asheville.

Linda Pannullo attended the Florida School of Massage 20 years ago. A seasoned instructor, she has taught massage techniques for the non-professional at community colleges, and sports, hydrotherapy, Reflexology and Swedish at massage schools. Working with Jon Zolner’s Marken System (building muscles with clay) gave her creative ways to share anatomy knowledge. Linda is a veteran instructor at CFMNH, having been sharing her incredible knowledge since 2002, and maintains private and on-site massage practices in Asheville, North Carolina.

Robin Fann-Costanzo, LMBT
Ethics, Energy work, Integrative Massage, Spa & Aromatherapy
For over 16 years, Robin lived, studied and instructed within one of the countries most renowned therapeutic environments, the Esalen Institute of Big Sur, California. Robin’s list of credentials, involvements and certifications is vast having received extensive training in CranioSacral therapy, Somadinoaional Release, Gesall Therapy, Somatic Coaching and 5-Rhythms Dance, to name a few. Robin’s intense love for the work and equally passionate teaching is sure to inspire.

Linda Pannullo attended the Florida School of Massage 20 years ago. A seasoned instructor, she has taught massage techniques for the non-professional at community colleges, and sports, hydrotherapy, Reflexology and Swedish at massage schools. Working with Jon Zolner’s Marken System (building muscles with clay) gave her creative ways to share anatomy knowledge. Linda is a veteran instructor at CFMNH, having been sharing her incredible knowledge since 2002, and maintains private and on-site massage practices in Asheville, North Carolina.

Rebecca Word
Diet & Nutrition
Rebecca R. Word, ND is originally from eastern Tennessee and received her BA in fine arts and humanities from the University of Tennessee at Chattanooga in 1997. She moved to Toronto, Ontario in 2001 and it was there that she attended the four year naturopathic medical program. Rebecca has a special interest in pediatrics, digestive complaints, women’s health, and detoxification. Her approach leans heavily on naturopathic principles of education, individualized treatment, prevention, safety and treating the underlying cause of disease rather than symptom management.

Patrick Benson
Reflexology & Sport Massage
Patrick is the Owner, Director and Educator of Active Asheville Mobile Massage Therapy and Healing Arts in North Carolina. He is dedicated to achieving excellence in massage and passionate about training future massage therapists. He also maintains a massage practice with professional athletes such as racquetball players, football players, cheerleaders, basketball players, tennis players, runners and others. Patrick has been a massage therapist and massage educator for more than 15 years. He designs classes with innovative concepts and teaching strategies. Patrick is also a public speaker and stress management educator. He provides programs for the public, the corporate arena and with diverse groups such as Hospice. Much of his work includes eliminating chronic pain and sports injuries to optimize performance potential, and make no mistake in thinking this is all he is in portfolio because he is a true master of relaxation massage!

Stephen Oppen
Sports Massage
Stephen Oppen has been practicing bodywork for 20 years, with a primary focus on pain relief with chronic injuries relevant sports massage, and freeing up restrictions in the body. With a background largely in Chinese medical massage, neuromuscular therapy, and myofascial release, he finds satisfaction in teaching Sports Massage. When not doing bodywork or teaching, Stephen enjoys spending time with his five children, who are the love of his life.

Ben Clark
Swedish instructor
Ben began his successful private practice after graduating from CFMNH in 2006 while serving as the school’s Education Center Administrator. He has been a part of the spa industry for over 13 years as a spa supervisor, massage therapist, esthetician, educator and trainer. Ben is thrilled to have returned to CFMNH to help students harness their individual potential to becoming successful massage therapists and body workers.

Dannielle Eavenson
Herbolgy
Dannie is a graduate of Virginia Tech, Blue Ridge School of Herbal Medicine, Chestnut School of Herbal Medicine, Blue Ridge School of Massage and Yoga and the Institute for Integrative Nutrition. Being a lifelong learner herself, she finds joy in sharing this knowledge with others.

Anna Fredrickson and Jessi Luzius are not pictured: Both Anna and Jessi are graduates of CFMNH and practice in the local area. They love working with the students during clinical rotation to provide guidance and support.

To our CFMNH Family, Thank You!!!
It takes the work of so many wonderful people to make our school everything that it is. From our first day to this day, there have been many souls dedicated to making us one of the best schools that we know of. And with over 1000 graduates spreading love and wisdom with their clients and loved ones, we have ultimately touched the lives of millions of people. To everyone who has come across our path, staff, faculty, students and clients alike, you are all part of the fabric that makes our school so special and so beautiful.

CENTER FOR MASSAGE & NATURAL HEALTH – 10 –
POLICIES

GRADING SYSTEM
The grading system used for the program is a Pass/Fail for every course, which will be reflected on your Official Transcripts. Within each course, we use various grading systems, including the following equivalents: A=90-100, B=80-89, C=70-79, F=60-69, P=Passed, F=Failed, I=Incomplete; students have 2 weeks to complete assignments after the end date of a course. After this time, any incomplete grade becomes an F (Failed). W=Withdraw; Student has withdrawn from the full program and has notified the Education Center Director in writing. No credit is given for incomplete, failed, or withdrawn courses.

SATISFACTORY PROGRESS
We require students to maintain satisfactory progress throughout our program. For your progress to be deemed satisfactory, you must meet the following criteria:
• A passing grade in every course (minimum 70%), including passing the course quiz or final and completion of all assignments. Please note that to pass the Supervised Clinical Practice course, you must complete 60 massages, 3 professional evaluations, and fulfill all time commitments at the Therapy Center.
• 90% or higher attendance over entire program (no more than 13 absences overall) and no more than 10 absences in the first three months.
• Completion of 1/2 (300 hours) of the program within 4 1/2 months of your start date
• Completion of all graduation requirements within 9 months of your start date

We regularly evaluate each student’s progress and promptly communicate directly with students in the case of unsatisfactory progress. We may direct students experiencing difficulty toward academic advising, individual or group tutoring, study groups, and repeating courses. Students who fail an individual course will be given avenues toward achieving a passing grade before their required completion date whenever possible. All students will be regularly informed of their progress, including being given printed progress reports monthly. Students declared to be in any phase of Unsatisfactory Progress who believe they have, in fact, met the criteria for Satisfactory Progress or the requirements of their Probation Plan, may submit an appeal. A written statement, including facts and any available evidence, may be submitted to the Program Director for review. She will deliver a response within two weeks.

ATTENDANCE & MAKE-UP CLASSES
• 90% of the program must be attended. (13 absences maximum)
• 100% of Student Clinic must be attended and completed
• No more than 13 tardies may occur during the course.

Students are expected to arrive on time and stay to the end of class and make-up all absences. An absence is any 4-hour class period, or any scheduled clinic day, or the accumulation of tardies. If a student misses more than 90 minutes of a class, it is counted as an absence and the absence must be made-up following the guidelines listed below. Three late arrivals (5 minutes or more) and/or early departures equal one absence. All make-up work must be completed within 2 weeks of the missed class and be equivalent to your hours class time and may include but are not limited to: chapter worksheets, chapter activities, online research, written reports and/or presentations. Students are responsible for obtaining class notes from classmates or the instructor, and passing all exams. If a student requests private tutoring from one of our instructors, they may receive it at a cost of $30/hour. Failure to gather missed information may jeopardize student’s successful completion of the program as student must complete all course work and pass the final exam at the end of the program.

If student fails or is absent on the day of any exam, student must take (re-take) the exam within 2 weeks of the date it was originally scheduled. If student fails or is absent on the day of your Swedish practical exam, student must pay a fee of $30 to have the teacher return to administer the exam within 2 weeks of the date it was originally scheduled. If a student misses 25% of any specific course within the program, they will be required to attend instructor tutoring in order to pass the course. (Tutoring fees are $30/hour.) Each circumstance will be considered on a case-by-case basis, and will be determined at the administrative staff’s discretion. Excessive absences (more than 10% of our program or 13 4-hour classes) are grounds for dismissal from the program.

CONDUCT
Students are expected to behave in a professional and courteous manner at all times. Honesty, integrity and clear intent are necessary for work as a massage therapist. A student may be placed on probation indefinitely, suspended for a day, or dismissed from the program for conduct which includes, but is not limited to:
• Use, consumption or distribution of alcohol or illegal drugs on school premises
• Attending class under the influence of alcohol or illegal drugs
• Possession or use of any weapon on school premises
• Violation of school policy on infectious conditions
• Sexual activity or harassment on school premises
• Sexual advances or activity in a massage therapy setting regardless of location
• Violation of school draping policy or violation of appropriate touch, as taught in class
• Violation of school safety regulations
• Failure to maintain appropriate hygiene
• Student behavior which is deemed by the Program Director to be inconsistent with the standards of the school and the profession of massage therapy. Please see our Student Handbook for detailed information on probationary policies.

CREATING A HEALTHY ENVIRONMENT
This school promotes natural health. If you smoke/vape, we encourage you to use this time as an opportunity to quit. If you choose not to quit smoking/vaping at this time, please note that students are prohibited from smoking/vaping anywhere on campus or within one block of the Massage School and Therapy Center. If you must smoke/vape on a break during class hours, you may do so only inside your vehicle.

GRADUATION REQUIREMENTS
Successful completion of the Massage Therapy Certification Program will be achieved and certification awarded when you have demonstrated the following:
• Meeting all established criteria of Satisfactory Progress (described above)
• A passing grade on our Comprehensive Program Final Exam
• Successful completion of all make-up work for absences and tardiness
• Fulfillment of all contractual and financial obligations to the school, and return of all library holdings
• Compliance with policies outlined in the catalog, enrollment agreement, and the student manual

DISMISSAL
Students will be dismissed from the program for the following reasons:
• Unsatisfactory academic performance or progress
• Inappropriate or disorderly conduct, any behavior that causes public embarrassment to the school or to the profession of massage therapy
• Health concerns that preclude the successful practice of massage or place the client or student at risk
• Failure to meet financial obligations to the school
• Excessive absences. (More than 10% of total classes<13 absences)
• Failure to comply with policies outlined in this catalog, the enrollment agreement or the student manual.

Students dismissed for unsatisfactory academic progress may be considered for reinstatement and be permitted to retake failed portion of the program for a $75/class fee.

LEAVE OF ABSENCE
The Center for Massage & Natural Health acknowledges the need for a leave of absence (LOA) in certain emergency situations. ALL LOAs are subject to the Program Director's approval. To be considered for approval, the student must submit a written request, including the reason for the LOA, the date the leave would begin, the date it would end, the length of the LOA (from beginning to end date) cannot exceed 180 days within a 12-month period. Upon approval, one of the following LOA/transfer fees will apply: $100 for completing requirements and remaining in the same class (not requiring attendance with a future group of students) or $200 for transferring to another class (requiring attendance with a future group of students). If the student fails to return to school after the LOA end date (without a written request for extension), the student’s enrollment will be terminated, and the school will mail a termination letter with any refund due. Transfer fees not applicable for students receiving federal financial aid.

STUDENT COMPENSATION
By law, you may not receive compensation for performing massage therapy until you are fully licensed. [This includes the period between your graduation and the moment you officially receive your license.] Therefore, students enrolled in our program may not receive a fee, tip, or other consideration for massage and bodywork therapy they perform independently or while completing clinical requirements for graduation.

All fees collected for services provided in our Student Clinic are necessary to assure the continued operation of this important aspect of your training.
CANCELLATIONS AND REFUNDS

Due to the limited class size, a strict refund policy is in effect as follows:

- Students who withdraw before the first day will be refunded 100% of any Tuition paid less Application Fees, Tuition Deposit ($250), Books/Student insurance/Clinic T-Shirt fees.
- Students who withdraw by submitting a written statement received by the School within the first 25% of the program will receive a full refund of any Tuition paid less Application Fees, Tuition Deposit ($250), Books/Student insurance/Clinic T-Shirt fees, less $175 per class that the student has attended.
- Students who withdraw after the first 25% of the program are not eligible for any refund and will be financially responsible for the cost of the entire program.
- Students who are dismissed for breach of any part of the enrollment agreement or student manual are refunded by the same calculations. Tuition is non-transferable for future classes.
- Students who withdraw or are dismissed from the program will only receive credit for courses they have successfully completed and passed, provided all financial obligations have been met.
- We reserve the right to cancel a class without previous notice and shall not be held responsible for damages or inconveniences resulting from this action. Should a class be cancelled by the Center for Massage & Natural Health, 100% of all fees paid for that class will be fully refunded.
- Any applicable refund will be made within 30 days.
- Please see detailed Return of Title IV Funds Policy in our Student Handbook and Student Enrollment Agreement, available at our administrative office.

TRANSFER OF CREDIT

The Center for Massage & Natural Health will accept transfers of credit based on the following criteria:

- The school from where credit is being transferred shall be licensed or approved by the educational licensing authority in the state in which it operates, or be exempt by statute.
- The school from where credit is being transferred shall provide an official transcript.
- Courses for which credit is granted shall be parallel in content and intensity to the courses presently offered by the Center for Massage & Natural Health (we may require supplemental documentation, such as syllabi or course materials, for evidence).

There is a $250 Transfer of Credit fee due at the time your official transcripts are submitted for review. If you are interested in receiving transfer credit for previous coursework, please notify our Admissions Director during the interview process and prepare to submit transcripts and other documentation to our Program Director for review. Transfer of credit will only be approved before the start of a class, and before tuition has been paid. Students who qualify will be credited $50.00 off their total tuition for each 4-hour class for which they receive credit, and they will not attend a portion of our program. To enroll in and prepare to graduate from our dual Certification Program, the maximum number of 4-hour classes that a student may receive transfer credit for is 24 (60% of our program). Tuition credit will not be issued for the Supervised Clinical Practice portion of our program. However, qualifying students may be excused from a portion of this course.

NON-DISCRIMINATION AND ANTI-HARASSMENT STATEMENT

The Center for Massage & Natural Health follows all federal guidelines regarding the American Disabilities Act and Title VII of the Civil Rights Act, as amended, including making the appropriate accommodations for the teaching, learning, and examination process. We do not discriminate on the basis of race, gender, religion, nationality, age, disability, sexual orientation, or other status protected by law.

We are also committed to maintaining a learning environment that is free from harassment of all forms (including harassment based on race, gender, religion, nationality, age, disability, and sexual orientation) and by any party. General harassment is defined as communications or conduct creating a hostile environment that is sufficiently severe, pervasive, or persistent so as to interfere with an individual’s ability to benefit from our program. Sexual harassment may include but is not limited to: unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. In general, they include: unwelcome sexual attention; unwelcome sexual advances; and unwelcome sexual conduct in terms of the conditions of employment and physical contact. The use of authority to emphasize the sexuality of a student, or in a manner that prevents or impacts that student’s full enjoyment of educational opportunities. We strictly prohibit any form of harassment on school grounds or at any school-sponsored event, and we equally apply this policy to all students and staff members. We ask anyone who might experience harassment to report immediately to the Program Director, who will promptly investigate and resolve any complaints. We treat such complaints seriously and address them promptly. We encourage the use of our Open Door Policy, and we strive to maintain an environment of shared respect and responsibility.

GRIEVANCE PROCEDURE

At the Center for Massage & Natural Health, we are committed to providing you with the best education possible. In the spirit of openness and cooperation, we treat all students with respect and fairness. If you have an issue to address, we will do our best to resolve it promptly and fairly. We take complaints and grievances seriously and will work diligently to address them. We encourage you to come forward with all concerns and issues, and we promise to take appropriate action in a timely and fair manner.

STUDENT RECORDS

The Center for Massage & Natural Health is aware of the confidential nature of students’ records, both personal and academic. Information in the student’s file or any other information about a student will not be released to a third party without the prior written consent of the student. In the case of dependent students, parents or guardians have rights to access student educational records under the Family Education Right to Privacy Act (FERPA) of 1974. All records are securely stored. Students and graduates shall be allowed access to their records. Transcripts shall be released upon written request from students and graduates.

STATE REGULATIONS

The North Carolina Board of Massage and Bodywork Therapy requires all persons practicing massage therapy and bodywork to obtain a professional license. They require that students have successfully completed a minimum of 500 hours of professional training from an approved school. We meet and exceed the requirements set forth by the Board. Applicants must also sit for an examination approved by the N.C. Board. This exam is currently the Massage and Bodywork Licensing Examination (MBLEX) provided by the Federation of State Massage Therapy Boards and administered through Pearson VUE at high-security test centers across the United States. Upon successful completion of the exam, students will be able to submit an application to the State Board for professional licensure. Exam and Licensing fees are about $300.

The North Carolina Board of Massage and Bodywork Therapy may deny a license to practice massage therapy if an applicant has been convicted of a crime, or if there is evidence that indicates the applicant lacks good moral character. If you plan to practice outside North Carolina, it is recommended that you check with your state and local government’s regulations on massage therapy and bodywork. Your state may be different. Visit www.massagetherapy.com/careers/stateboards.php for up-to-date information on State Boards and Requirements.

STUDENT SERVICES

The Center for Massage & Natural Health Educational Services staff is dedicated to helping our students and graduates succeed, and we fully support their professional and personal growth. We proudly offer academic and career advising, as well as a placement program to both current students and graduates. We also maintain an extensive referral list of local holistic health providers, specializing in both physical and mental/emotional healing. The process of learning and practicing bodywork often brings up opportunities for the student/practitioner to heal himself/herself, and we hope to help you open doors to deeper healing.
PREPARED FOR SUCCESS!

CFMNH prepares our graduates for a successful career in massage and bodywork therapies by including a solid Business & Marketing education as part of our program. This essential element provides our students the opportunity to plan their future in a way that most suits their personal goals, interests and objectives.

CFMNH graduates receive the following Business & Marketing education and support:

- Realization of Personal Goals and Objectives
- Personal Business Plan Development
- Building a Successful Business
- Business Card and Brochure Design
- Marketing Strategies
- Creating a Clientele
- Job-Seeking Techniques and Skills
- Effective Resume Writing
- Effective Interviewing Techniques
- MBLEX Exam Preparation
- State Licensure Information

CAREER SERVICES

Our graduates have access to the following benefits through their optionally continued ABMP memberships:

- Customized Tri-Fold Client Brochures and Customized Educational Brochures
- Client Newsletter Generator and Client Rewards Cards
- Client Postcards and Massage Gift Certificates
- FREE Website Design and Account and Customized Email Account
- Massage & Bodywork Magazine Subscription & Legislative Updates
- Many Business & Marketing Tools, including CellCharge: A Low Cost Credit Card Service to easily accept credit cards
- Optional Comprehensive Health, Life and Disability Insurance Programs that can save you up to 30% off market rates.

“The 600 hour massage therapy program was the perfect amount of time for me to feel confident in going out in the world in my new career without feeling held back by time or money. It was just enough (but not too much time), very affordable (especially with access to grants), and HIGH QUALITY! I could not have asked for a more supportive staff, knowledgeable teachers, and beautiful setting in Asheville, NC. I have found a new calling and a new home.”

Devin McDonnel
Seattle, WA
May 2015
GRADUATE BENEFITS

At the CFMNH, we are committed to supporting you after graduation and throughout your entire career. We offer LIFETIME benefits and support to our graduates for finding employment, assisting them in promoting their private practices, and much more. CFMNH graduates receive all of the following:

EXCLUSIVE ALUMNI RESOURCES WEBSITE
To support the continued success of our graduates, our Alumni Resources closed Facebook Page offers the following services:

- **Employment Opportunities**: a regularly-updated listing of massage therapy job openings
- **News and Updates** from your classmates, other graduates, and CFMNH staff
- **MBLEx and License Info** to help you obtain/maintain licensure
- **Transcript and Other Requests Form** to make your ordering process of important documents convenient
- **Open CFMNH Facebook Page** to help you stay in touch with classmates and other graduates

LIFETIME CONTINUING EDUCATION DISCOUNTS
As a certified and licensed professional, you will be required to fulfill continuing education requirements every year. We offer significant LIFETIME CE discounts to our graduates on all our exciting and career enhancing workshops and seminars when available.

LIFETIME JOB PLACEMENT
As a graduate of our program, you will receive job placement assistance throughout your career to help you find employment in the massage and bodywork therapy field. Employers regularly share local and national employment opportunities that we will post in our Alumni Resources Facebook Group and Career Resource Center on campus.

LIFETIME 20% DISCOUNT ON CONTINUING EDUCATION
Lifetime 20% Discount on Continuing Education for as long as CFMNH offers continuing education workshop. When registering through our website, be sure to add your discount at check-out and also be sure to add your class number for verification that you qualify for this generous discount. Students may decide to return the school in the future and this generous discount is provided based to those who successfully completed yet have decided to sharpen their technique and obtain the most current knowledge.

ABMP MEMBERSHIP CREDIT
Full credit for upgrading your ABMP Membership from Student to Professional level.

"I joined Center for Massage to receive an education in massage therapy but got so much more. I never expected to make so many friends, I love my massage family. More than that though, I learned so many different modalities (things I didn’t even know existed). Center for Massage has opened up a whole new world for me. I don’t know where to begin, there’s so many things to explore but I am excited to begin. Center for Massage and Natural Health exceeded my expectations. Thank you so much."

Amy Hensley
Leicester, NC
November 2016

"I am a completely different person than I was 6 months ago. The Center for Massage and Natural health is a life-changing experience. The teachers are incredible and really allowed me to mold myself into who I am now and what I am becoming. I wouldn’t send someone to any other school."

Anthony Bavaro
Savannah, GA
November 2016
MASSAGE THERAPY CENTER & STUDENT CLINIC

Our Massage Therapy Center is located in the heart of Downtown Asheville, North Carolina, among many unique restaurants and shops. Our lovely Therapy Center has all private, warmly lit treatment rooms, wonderfully heated massage tables and plenty of ambiance.

Our program includes 12 additional full days that are spent at our Therapy Center, where students practice on real clients under the supervision of a qualified faculty member. There, you will be able to practice important skills like interview techniques, assessment, timing your treatments, and proper documentation, continually incorporating the new bodywork techniques you are learning in class. Students meet individually with our staff to discuss the treatment process and receive guidance and support.

Our graduates leave very well prepared for “real-world” experiences as a result of practicing at our Massage Therapy Center during the course of our program.

SHOPPING AT CFMNH

You will enjoy visiting our in-house massage therapy supply stores and stocking up on popular massage-related books and videos, massage oils and creams, massage table linens, skin-care products, t-shirts, massage equipment and more! Visit our Education Center or our Therapy Center for all your massage therapy needs.

“My experience at CFMNH has been everything I hoped it’d be and more. I chose this school on a whim from across the country based on the little contact I had when reaching out to the staff for more info and was overwhelmed by the warm, caring energy they exuded. The program was challenging in all of the right ways and broadened my knowledge and my life experience more than I could’ve imagined. Thank you for all of the hard work you’ve done to make this school all it is!”

Amy Gallagher
Asheville, NC
May 2015
RELOCATION TO ASHEVILLE

We are proud to be located in such a wonderful and beautiful location, and attract students from all over the globe. We consider ourselves “A Destination School” because so many of our students who have come with the intention of staying only 6 months have made it their new home.

Whether you wish to live here temporarily while going to school, or move here permanently, we can assure you that you will find our mountain oasis offers the best in outdoor activities and sports, including:

• Hiking on one of our thousands of trails, including the Appalachian Trail
• Mountain biking through the woods in our beautiful mountains
• White water rafting on the French Broad or Nantahala River
• Skiing at one of our beautiful area resorts, like Wolfe Laurel or Sugar Mountain

There are many music and outdoor festivals, performance artists milling about, and concerts of all kind to enjoy, including the Asheville Symphony, great local jazz bands, fantastic restaurants, and so much more. There is always something fun and exciting to see and do in Asheville, as well as beautiful places to live.

Please contact the Asheville Area Chamber of Commerce and order a Relocation Packet with all the information you could possibly want about our incredible city and surrounding areas, and everything you need to know about living here. Visit www.ashevillechamber.org or call (828) 258-6101

STUDENT HOUSING RESOURCES

We welcome students from all over the world and make coming to CFMNH easy by providing you with links to valuable resources for housing in the Asheville area, as well as other valuable information about our geography:

www.mountainx.com
www.zillow.com
CollegeRents.com
www.iwanna.com
www.apartments.com
ApartmentGuide.com
Rentals.com
AshevilleRent.com
Craigslist.org
ApartmentFinder.com
Rent.com
Asheville.ApartmentGuide.com
AshevilleNow.com
MyNewPlace.com

“I would like to say how thankful I am to the Center for Massage and Natural Health for the knowledge and wisdom that they have bestowed on me. I love the positive indlenes and teaching that has gravitated towards me as a student here. I have a new family that I connect with on so many levels and how I could be myself. I gained confidence and a healthy structure as well. It’s a blessing to be a part of this fun, supportive, and loving school. One of the most important key factors to this school are the teachers! They go above and beyond to see you succeed and they truly care. I’m happy that I chose this career path.”

Roket Naillon
Mars Hill, NC
April 2021
ADMISSIONS

ADMISSION REQUIREMENTS
At the Center for Massage & Natural Health, we accept students from around the world. We carefully interview every applicant to make sure they fulfill our admissions requirements and are able to successfully complete our program. This is a list of our basic enrollment requirements:

- Provide proof of age being 18 years or older
- Provide proof of high school graduation or GED Certification
- Complete a personal interview
- Be academically capable (willing and able to participate in all course work)
- Be mentally and emotionally prepared
- Be physically prepared and free from communicable disease
- Have clear, ethical intentions and be of good moral character
- Be able to demonstrate a clear plan for meeting financial agreements
- Have no significant logistical issues (including transportation, time and energy availability)
- North Carolina Board of Massage and Bodywork Therapy requires English proficiency

ADMISSIONS POLICY AND PROCESS
There are no application deadlines however; class sizes are limited and enrollment ends when classes are filled. Prospective students are encouraged to begin the application process as soon as possible.

- Submit your Admissions Application (Online or by mail)
- Be interviewed by our Admissions Staff

Upon acceptance into our program, we need the following in order to formally enroll you and secure your seat in the program:

- Signed Student Enrollment Contract
- Signed Acknowledgment of Acceptance Form
- $250 tuition deposit (non-refundable)

Once you are enrolled, you may either pay your tuition balance in full, apply for Federal Financial Aid, or make other necessary plans for financing your education.

Please see our Catalog Supplement for tuition, fees, financial options and instructions.

NOTE: Space is limited, and classes fill in the order students become formally enrolled.

HIGH SCHOOL STUDENTS
If you plan to attend our program directly after you graduate, you are welcome to start the application process early. Please submit your application to us without your High School Diploma and we will begin the enrollment process with you. Once you graduate from HS, you will need to submit a copy of your diploma to complete your Admissions Application and to begin our program.

NOTE: Before you can be begin our program, we must have the following documents:

- A recent photograph of yourself
- A photocopy of your high school diploma, GED certificate or college transcripts with a minimum of 60 credit hours

These items can be mailed to: Center for Massage & Natural Health, 16 Eagle Street, Asheville, NC 28801. They can also be brought by in person. We’d love to see you!

FINANCIAL OPTIONS
At the Center for Massage & Natural Health, we understand that your education is an important investment in your future. Our Financial Aid office here to help you find the best financial solution for your education. We offer the following financial options. Please see our Catalog Supplement for current tuition, fees, class calendars and detailed financial options:

- Federal Financial Aid and Student Loans for Qualifying Students (School Code: 041294)
- VA Approved for qualifying students under the G.I. Bill
- Approved for Vocational Rehabilitation
- Approved by AmeriCorps for Education Awards
- Academic Scholarships Available
- All major credit cards accepted for your convenience

NET PRICE CALCULATOR AND GAINFUL EMPLOYMENT DATA
The Center for Massage & Natural Health provides annually updated information regarding Gainful Employment Data as well as a Net Price Calculator, where you can estimate the amount of money you will need to attend our Massage School. This information can be found on our website at http://www.centerformassage.com/#/gainful-employment-disclosure/cu6s.

North Carolina Board of Massage and Bodywork Therapy may deny a license to practice massage and bodywork therapy if an applicant has a criminal record or there is other evidence that indicates the applicant lacks good moral character.
# APPLICATION FOR ADMISSION

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Please CIRCLE desired class: Spring days | Spring Evenings | Summer Days | Fall Evenings | Fall Days | Winter Days

How did you hear about our school? (Please be as specific as possible)

## EDUCATION

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Please list previous experience or training in massage therapy, including names of schools and dates attended

## REFERENCES (OTHER THAN FAMILY MEMBERS)

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## IN CASE OF EMERGENCY CONTACT

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Please include the following with this application:

1. A brief written biographical statement explaining your interest in attending massage therapy school, as well as your philosophy of health care
2. A brief description of yourself, as a close friend might describe you
3. A recent photograph of yourself
4. A photocopy of one of the following:
   - High School Diploma
   - GED certificate
   - College transcripts with a minimum of 60 credit hours*
5. A $50 non-refundable application fee made payable to Center for Massage & Natural Health
6. A non-refundable $250 Transfer of Credit Fee if you wish to transfer out of any portion of our program. Official (unopened) transcripts required. See Pg. 12

*If you are applying for our Academic Scholarship and have a GPA of 3.5 or higher, transcripts must be official and sent by your school.

Mail to:
Center for Massage & Natural Health
16 Eagle Street
Asheville, NC 28801
Attn: Admissions Director

You may also apply ONLINE. Please visit our website at www.CenterForMassage.edu
Application for Admission (continued)

Personal information

Have you ever been convicted of a crime (other than minor traffic violations)?
☐ Yes ☐ No
If “yes”, please give details and include information about current litigation, if any. Use a separate sheet of paper if necessary.

Do you have any communicable diseases?
(a physical may be required)
☐ Yes ☐ No

Have you had a communicable disease in the last two years?
(a physical may be required)
☐ Yes ☐ No

Are you currently taking or have you taken any medications in the last two years?
If “yes,” please list.

Is there anything you would like us to know about your mental or physical condition that might affect your participation in massage school? Use a separate sheet of paper if necessary.

I have completed this application to the best of my knowledge, and I state that the information I have given is true and correct.

Applicant’s signature  Date

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Comments:

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CFMNH ONLINE

Our extensive and interactive website provides everything you need to get started at the Center for Massage & Natural Health. You will find all the following information and benefits:

- Complete information about our program, classes, staff and more
- Full-Service Virtual Financial Aid Office
- Video & Photo Galleries of our campus and facilities
- Our complete catalog available for instant downloading
- Online Admissions Application
- Online Continuing Education Registration
- Order CFMNH Gift Cards Online
- Subscribe to our email updates and announcements
- Maps and directions to CFMNH

Once you graduate from CFMNH, you will have full access to our exclusive Alumni Facebook Group where you find job listings and more!

“Studying at CFMNH has been a truly wonderful experience. The courses and instructors are great, as is the general structure of the curriculum. I feel that all the staff care about students’ success and personally feel encouraged and well-prepared for my new career. I have also experienced personal growth and gained confidence through the knowledge and relationships developed during my time in school. Thank you CFMNH!”

Cindy Osborne
Leicester, NC
November 2016