

Continuing Education Hours from the Institute of Health & Healing

Advanced Clinical Interview	12 hours
Advanced Kinesiology	30 hours
Advanced Spa Therapies	9 hours
Aromatherapy	12 hours
Ayurveda 1	50 hours
Ayurveda Acupressure Massage	12 hours
Ayurveda Massage	6 hours
Chinese Medicine	18 hours
Common Emotional Disorders	4 hours
Communication Skills for Self Improvement	3 hours
Contemporary Mediation	3 hours
Energy Kinesiology	6 hours
Ethics (includes Standard V)	6 hours
Healing Touch	12 hours
Herbs and Health	12 hours
Hydrotherapy	6 hours
Jin Shin Do Body-Mind Acupressure	9 hours
Kinesthetic Energy-Energy Work for CMT's	12 hours
Manual Lymphatic Drainage for CMT's	20 hours
Massage for 50+	9 hours
Massage, Mental Health and Boundaries	3 hours
Mind, Body, Spirit	9 hours
Nutrition	9 hours
Personality Types and Massage	4 hours
Raindrop Therapy	6 hours
Reflexology	15 hours
Reiki I	9 hours
Reiki II	12 hours
Reiki III Advanced	12 hours
Reiki Master	12 hours
Spa Hot & Cold Stone Massage	6 hours
Thai Massage	16 hours
Therapeutic Massage for Cats and Dogs	3 hours
Yoga for Massage Therapists	3 hours



TO REGISTER CALL 757-595-7757

The Institute of Health & Healing is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider and is certified to operate by the State Council of Higher Education for Virginia.

