

April 3 2016

### Official Transcript

**Annie Sample** (born 06/13/73) enrolled in the Esalen Massage School February 4 2014. She successfully completed the Esalen® Massage Practitioner Training level II, led by Rob Wilks and Deborah Anne Medow January 17—February 28 2016. She had excellent reports in all classes. Her **Practitioner training** consisted of the following:

Massage Theory and Practice		150 hours
Esalen massage	131 hours	
Passive joint movement	10 hours	
Special conditions: at least two:	05 hours	
• Pregnancy Massage•		
Geriatric Massage		
• Massage and AIDS/HIV		
Assessment and evaluation	04 hours	
Core Curriculum		100 hours.
Contraindications	13 hours	
Human Anatomy	25 hours	
Physiology: circulatory, etc.	14 hours	
Kinesiology/movement aware	10 hours	
Pathology/Recognition conditions	15 hours	
Business	13 hours	
Skills	02 hours	
Business Doc'tation	02 hours	
Legal	03 hours	
Communication	06 hours	
Ethics	05 hours	
Medical protocol and hygiene	05 hours	
Total Course Hours:		<b>250 hours</b>
Optional additional work		
<b>Advanced Coursework:</b>		<b>104 hours</b>
Deep Bodywork: Thorassic Outlet	26 hours	
Assessment: excellent		
Deep Bodywork: the back	26 hours	
(Pathology 3 hours)		
Assessment: excellent		
Deep Bodywork: Chronic Back Pain	26 hours	
Assessment: excellent		
CranioSacral Therapy 2	26 hours	
Assessment: excellent		
<b>Science</b>		<b>104 hours</b>
Anatomy and Physiology	100 hours	
Assessment: good		
CPR (Red Cross re-certification)	04 hours	
(pathology 1 hour)		

<b>Adjunctive Coursework</b>		<b>52 hours</b>
Yoga for Bodyworkers (assessment: pass)	26 hours	
Relational Gestalt communication (includes 2 hours psychopathology) (assessment: pass)	26 hours	
<b>Final Assessments (2)</b> post 250 hour certificate		<b>06 hours</b>
Instructor "Excellent"	05 hours	
Ethics review	01 hour	

**516 transcript hours. Training dates 3/31/13-4/3/16**

500-hour Certificate issued 4/3/16

Brita Ostrom  
 Massage School Director  
[brita.ostrom@esalen.org](mailto:brita.ostrom@esalen.org)  
[www.esalen.org](http://www.esalen.org)

Greg Wirth  
 Administrator  
[emba@esalen.org](mailto:emba@esalen.org)

Esalen Institute Massage School is licensed by the California Bureau of Private Post Secondary Education since 1984 (school code 2700571), and approved for continuing education by the National Certification Board for Therapeutic Massage and Bodywork since 1997 (283720-00). An NCBTMB 500 hour assigned school. CAMTC School # XXXXXX