



NEW MEXICO SCHOOL OF  
**massage**

AN AYURPRANA EXPERIENCE

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learn the art  
of healing

ACADEMIC CATALOG WINTER/FALL 2023

*New Mexico School of Massage adheres to the highest standards of excellence in education, providing comprehensive, high quality programs in massage studies.*

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**Please visit our website for the most current information.**



# welcome

Dearest friends,

We are excited to introduce you to the New Mexico School of Massage!

Our school was founded with the goal of offering the best massage education and training in New Mexico - to support our universal goal of expanding access to holistic approaches to healing!

Massage is more than just physical touch: it's a connection to some of the most ancient universal healing modes in existence. As a practice massage helps our patients and clients reconnect with their physical self and in this space great physical, emotional, and spiritual healing can occur.

At the New Mexico School of Massage, we want you to experience the entirety of the massage experience! Through our rigorous classes and programs your academic knowledge will grow, you'll gain ample experiential learning in our massage clinic, and build ties in your future career through our community-oriented campus. We are committed to creating a learning environment which fosters your professional and personal growth.

We are a sister-organization to The Ayurvedic Institute - which has been teaching the ancient healing art of Ayurveda to practitioners since 1983. The founder of The Institute, Vasant Lad, BAM&S, MASc, is a benefactor of our school - and this same dedication to academic excellence and practical experience runs through the New Mexico School of Massage. We strive to ensure our students are emotionally, mentally, and physically prepared to begin their career as a Licensed Massage Therapist in 4 months.

We believe there is a divine healer within you, and our program will unfold that healer. Come join our family! Let's unfold the light within as we walk together on our journey of discovery and wellness.

kindest Regards,  
*New Mexico School of Massage*



# philosophy



At New Mexico School of Massage, we bring the subtle science of bodywork to life through your own hands: We're intimately familiar with the prominence of massage in the pantheon of wellness, both today and for centuries, and we strive to bring that same experience to you.

With its roots in Ayurveda, massage therapy has been an integral part of healing sciences throughout ancient and modern history. It is believed that massage therapy was not a creation made by the mind of humankind, but rather a revelation from the hearts of meditative sages. We believe that fostering a deeper connection between mind, body, and spirit brings about true holistic healing, and at New Mexico School of Massage, we will use our extensive knowledge to help create that deeper connection.

Our goal is to integrate the traditional roots of massage therapy into modern healing practices

We are confident that our students will walk away with an education that will not only enrich their own lives, but also impart a knowledge of massage therapy that will allow them to empower and heal their own clients, and journey together to true health.





# mission & values



## Unfolding consciousness through the art and science of massage therapy

### Our Values

- Authentic massage therapy relevant to the modern context
- An experiential and practical approach
- Extensive clinical experience
- Confidence to enter into practice
- A lifelong community

Our objective at New Mexico School of Massage is to provide the best massage education there is to offer.

This includes:

- Enabling experiential learning through hands on and clinical training
- Allowing students to experience the beauty of giving healing treatments
- Fulfilling our mission of unfolding consciousness through the art and science of massage

- Giving back to our community through healing massage experience
- Fostering a supportive learning environment for our students
- Preparing students for board examinations by maintaining high academic standards
- Producing confident, competent massage therapists that work with integrity by maintaining high academic standards

As a student, you will be expected to:

- Be proficient in all coursework and classes (see the course catalog and course descriptions)
- Complete classwork and clinical hours as described and directed by faculty and school
- Maintain professionalism both in classes and clinic with your instructors, peers, and clients
- Enjoy the process! Education is made real by engaging and participating in meaningful conversations and dialogues, being an active participant in classes, and having fun along the way!

Through our school objectives and student expectations, we can unite to bring our mission of unfolding consciousness through the art and science of massage to life!

# routes of study

Our programs are here to support you, whether your goal is becoming a Licensed Massage Therapist professionally, continuing your education as a therapist, or simply continuing your personal journey of self-inquiry and healing. Our sincerest wish for you is that you remain inspired along this healing path no matter where you are in your journey!

## We Offer

- Full-time, in-depth professional programs in our classroom to become a board-certified massage therapist
- Foundational learning and continuing education through seminars, webinars, and other intensives

In our full-time track, we offer an emphasis in Ayurvedic Bodywork. In this program, you will learn specific Ayurvedic bodywork and therapies alongside your massage therapy coursework. Please see our admissions department for more information.

# Full-Time Massage Therapy Program

Our full-time program consists of 16 weeks of New Mexico Massage Board-certified instruction in the fundamentals of massage therapy. The program includes classes in both theory and practicum: you will learn the foundational aspects of massage therapy and the mechanics of how the human body functions, coupled with classes expounding and explaining the art and science of massage, and culminating with coursework focused on creating a successful business in massage therapy.

As a student, you will receive a truly holistic massage education. This entails the following:

- You will understand the connection of mind, body, and spirit through classes that look at the traditional chakra system
- You will see how proper nutrition assists in a healthy individual
- You will look at the role of the senses with classes in aromatherapy
- You will learn the functions of the body through anatomy, physiology, and kinesiology, as well as how pathology affects the body



The full-time program will provide you a complete understanding of the science of massage therapy, through classroom time and supervised clinic time\*.

Our massage therapy course is divided into 4 disciplines:

- Anatomy, Physiology, Kinesiology, and Pathology
- Massage Therapy & Contraindications
- General Massage Topics (including hydrotherapy, business, ethics, and more)
- Massage Electives (including aromatherapy, Asian massage, and more)

*1\* "Clinical practicum" means that a student is providing hands-on massage therapy to members of the public under the supervision of a massage therapy instructor. That instructor must be physically present on the premises for advice and assistance. The student must be enrolled at a registered massage therapy school or being trained by a massage therapy instructor. Clinical practicum does not include classroom practice.*

# Course Descriptions

## **Anatomy**

Our anatomy class examines the structure of various systems of the human body and includes the skeletal system, muscular system, integumentary system, nervous system, endocrine system, reproductive system, cardiovascular system, lymphatic and immune systems, respiratory system, digestive system, and urinary system. Medical terminology, cells, and tissues, the body compass or directional terms, and palpation of important body landmarks are also discussed.

## **Physiology**

The class covers the functions of the various systems and how each is affected by massage. Body systems in this area are the skeletal system, muscular system, integumentary system, nervous system, endocrine system, reproductive system, cardiovascular system, lymphatic, and immune systems, respiratory system, digestive system, and urinary system.

## **Kinesiology**

Kinesiology focuses on the study of human movement and includes names of skeletal muscles, their locations, attachment sites, actions, and fiber direction. Kinesiology will be broken down into twelve lessons, which include bones of the upper extremity, bones of the lower extremity, bones of the axial skeleton, muscles of scapular movement, muscles of shoulder joint movement, muscles of elbow and radioulnar joint movement, muscles of wrist and hand movement, muscles of hip and knee movement, muscles of ankle and foot movement, muscles of neck and facial movement, muscles of trunk and vertebral column movement, and muscles of respiration.

## **Pathology**

This section includes a primer on infection control which allows massage practitioners to better serve the public by understanding and implementing measures that reduce the risk of disease transmission. This section defines concepts of disease, the chain of infection, standard precautions, and transmission-based precautions, and discusses cleaning and disinfecting procedures for surfaces, objects, and laundry. Over 100 pathologies are discussed including musculoskeletal pathologies, dermatologic pathologies, neurological pathologies, endocrine pathologies, reproductive pathologies, cardiovascular pathologies, lymphatic/immune pathologies, respiratory pathologies, gastrointestinal pathologies, and urinary pathologies. Also included are diseases of the elderly, cancer and oncology, mental disorders and substance use, and temporomandibular joint dysfunction.

## Massage Therapy & Contraindication

This course covers an array of topics such as massage strokes, their variations, body mechanics, and professional draping techniques. It also includes Swedish gymnastics, which is a system of passive, active, and resisted stretches and joint mobilizations. This section also teaches foot reflexology, seated massage, side-lying massage, pregnancy and infant massage, geriatric massage, clinical massage, sports massage, and massage adaptations for special populations. Included in this module are client assessment, treatment planning and contraindications, and documentation. The instructors act as coaches, evaluate the students, and give feedback based upon technique application and body mechanics. Additionally, students will give a short presentation to the class on a massage modality. This course will prepare massage practitioners how to apply techniques safely, who to screen clients for contraindications, and when to avoid an area or postpone massage. A contraindication is a condition which could be aggravated by the application of massage. Situations that may represent contraindications include the presence of allergies, diseases and their complications, surgeries, recent injuries, the use of devices such as pacemakers, and the use of certain medications or their administration routes such as transdermal patches or chemotherapy access ports.





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Compassion is a bridge between the client and the therapist. It can be argued that without compassion, no healing takes place. Not only is compassion a bridge, but it is also the container for the therapeutic relationship.

- *Dr. Susan Salvo*

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### **Hydrotherapy**

A complete exploration of client treatment using various forms of water is included in our curriculum. This section covers: the use of water as a healing agent, contraindications, procedural guidelines, specific applications of heat and cold including packs, compresses, hot and cold stones, body wraps, saunas, steam baths, whirlpools, Vichy showers, paraffin

baths, body shampoos, dry brush massages, polishes and scrubs, cold towel frictions, and salt glows.

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## **Business**

This section explores various requirements for establishing a massage practice from a practical point of view. Included are: licensing, permits and zoning, networking with other professionals, accounting principles, business reports, marketing, and strategic planning. This section also explores the process of establishing, developing, and maintaining therapist-client relationships through the development of professional communication and interviewing skills. These skills will help establish an atmosphere of safety in order to build client trust and rapport.

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## **Ethics**

Here we explore the process of establishing, developing, and maintaining therapist-client relationships through the development of professional communication. These skills will help establish an atmosphere of safety in order to build client trust and rapport. Ethics is doing the right thing at the right time for the right reason. This section will expand your perceptions and help you navigate the world of ethics where your own prejudice or a client's motivation can change how you approach a situation. Using informed consent as a discussion platform, you will gain a deeper understanding of the process while improving the quality of client care. This section includes information regarding professional standards, code of ethics, professional conduct, confidentiality, and Health Insurance Portability and Accountability act (HIPAA) regulations.

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## **First Aid and CPR/AED**

Basic first aid as it applies to being a first responder to the public in general and our massage clients in particular. This section includes a review of Cardio-pulmonary Resuscitation (CPR) and the proper usage of an Automated External Defibrillator (AED).

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## **Electives**

Our elective classes cover a wide array of classes to round out your massage education. Classes will include clinical massage, research in the field of massage, aromatherapy, Asian massage, nutrition, and exam preparation.

# Massage Therapy Course Requirements

Anatomy	40 hours
Physiology	20 hours
Kinesiology	52 hours
Pathology	64 hours
Massage Therapy	172 hours
Contraindications	4 hours
Hydrotherapy	8 hours
Business	20 hours
Ethics	40 hours
First Aid & CPR/AED	8 hours
Electives	222 hours

## Orientation

We begin each session with a required orientation for all our programs. Orientation prepares you for the year to come, acclimates you to the culture and builds community with your cohorts. It is an incredible time to strengthen relationships with those we will spend the academic year with and a highlight of the year.

# calendar

## **Winter Session**

Orientation: Jan. 6, 2023

Class begins: Jan. 9, 2023

Last class day: April 28, 2023

Graduation: April 29, 2023

# Tuition, Fees & Important Dates

The New Mexico School of Massage charges the same tuition for all students for the program in which they are enrolled. We keep the tuition simple and straightforward. All tuition dollars and additional fees associated with attending school are listed here. Please see the Student Handbook for more details.

All applicants will pay a one-time, non-refundable application of \$100. A deposit of \$300 is required after conditional acceptance into the program to reserve your seat. Please contact the Admissions Department for more information.

**Tuition: \$9,950 + tax (\$783.56)**

**Additional Fees for Classroom Supplies & Books: \$600 (+ 7.875 tax)**

*\*Supplies include use of NMSM's massage tables, lubricants, CPR class and certification, and 2 sets of linen for class use.*

## Refund Schedule & Policy

The following will be the refund schedule for all tuitions paid to New Mexico School of Massage. Please note that registration fee is non-refundable. Deposit paid toward tuition is refundable up to 30 days of the course starting.

Withdrawal During	Tuition Refunded
Week 1-2	80%
Week 3-4	60%
Week 5-6	40%
Week 7-8	20%

## Credit Card Policy

The New Mexico School of Massage accepts all major credit cards. A 3.5% processing fee will be added to any tuition amount paid using a credit card. Processing fees are non-refundable.

## Personal Check Policy

The New Mexico School of Massage accepts local and out of state checks, but not two-party or post-dated checks. Make all checks payable to NMSM or New Mexico School of Massage. If a

check is returned to NMSM for whatever reason, the maximum NSF charge allowed by law will be assessed. The student has 10 days after receiving notice to make reimbursement. Once a check has been returned, NMSM will no longer accept personal checks from that student. At that point, money order, cash or bank check will be accepted. Failure to comply in a timely manner may result in NMSM filing the check for collection with the District Attorney's Office.

## Financial Aid & Support

New Mexico School of Massage offers various payment plans to fit the needs of the student. financing options to students. Final transcript and certificate will be awarded once the full tuition has been paid. If payment is not received by the designated day of the month, access to classes or online school systems will be paused until payment is received in full (including late fees and interest). Please speak with our Admissions Team for more information.



faculty



## Susan Salvo

(#MT9483) LMT, EdD, BCTMB

Dr. Susan Salvo has an extensive background in massage therapy. Having graduated from the New Mexico School of Natural Therapeutics in Albuquerque, she has an impressive career in both practicing and teaching massage spanning four decades. Susan has led and directed numerous massage programs and continuing education courses using in-person and digital formats. She currently serves in multiple capacities on national boards and committees, including the Federation of

State Massage Therapy Boards, the National Certification Board for Massage and Bodywork, and the Massage Therapy Foundation.

Susan is a champion for research in complementary therapies and is a trusted educator. She has written multiple textbooks integral to the massage community and authored numerous articles and presentations promoting the benefits of massage.

Outside of massage, Susan enjoys spending time with her husband, Michael, and their children. Susan is a yoga enthusiast with a dedicated practice, and is frequently found walking her dog, Duke, at sunset.



## Julia Apodaca

(#MT9058) LMT, NTS

Julia began working at the Ayurvedic Institute in 2015 as a receptionist in the Panchakarma Department. After graduating from college with a degree in Business Administration, Julia decided to focus on a career in natural healing. Julia attended the New Mexico School of Natural Therapeutics, and graduated as a Licensed Massage Therapist and Natural Therapeutics Specialist in 2018. Since then she has served as a Shirodhara Technician, Abhyanga Therapist, Panchakarma Department

Operations Manager, and massage instructor. Julia is passionate about the intimate and healing work of massage and Ayurveda, and is excited to share her passion with others.

Julia will be bringing her expertise into the classroom in our Student Clinic—supporting, teaching, facilitating, and supervising our students, as well as being a lead instructor in the Ayurvedic Bodywork component.



## Glenda Spears

*(MT#9638) LMT, PTA*

Glenda is a Licensed Massage Therapist with a background in Physical Therapy. She has an Associates degree in Physical Therapy and has practiced in Home Healthcare for nearly 12 years. Her specialty is the geriatric population and she brings with her a vast knowledge of pathological diseases that affect this group. Glenda believes that touch is a necessary healing and rehabilitation tool for the mind, body, and spirit.

Glenda is native to Albuquerque and in her spare time enjoys country western dancing, spending time with her family and friends, as well as taking morning walks with her dog Max.



## David M. Lang

*(MT#1442) LMT, MTPT, COMT*

David Lang has been a licensed massage therapist since 1992. He currently owns David M. Lang LMT, LLC Advanced Manuel Therapy, as well as practices on staff for The Center for Life, a University of New Mexico Hospital Preventative and Integrative Medical Clinic. David trained and currently practices Myotherapy, Visceral/Neuro Manipulation, Palliative, and Hospice Care, Lymphatic Drainage, Oncology Massage, Active Isolated Stretching, Cranial Sacral, and is well-versed in many energy

healing techniques. He specializes in pediatric and adult care for medically fragile patients.

David served as president of the American Massage Therapy Association of New Mexico from 1994-1996. Over the past twenty years, Mr. Lang has taught nationally certified massage classes for myotherapy, active isolated stretching, and integrative palliative and hospice care. He has also lectured at several integrative medicine conferences at universities in the United States and abroad.

His childhood training and early career as a professional dancer in New York City provided him an awareness of body movement and language that provides today, an in-depth understanding of the functionality of the human anatomy and the best approach to optimal health. He is a member in good standing with the American Massage Therapy Association. David will bring his focused expertise of using massage in the medical world into the classroom, guiding our students in the roles massage plays in cancer, hospice care, and other hospital environments.



## Ruth Cummings

*(MT#2085) BA, NTS, LMT*

Ruth is a graduate of New Mexico School of Natural Therapeutics with over 50,000+ hours of massage experience. She passionately believes in the therapeutic benefits massage can have on an individual physically, mentally, and emotionally. Ruth specializes in Sports Massage, working with all sorts of athletes from marathon runners and football players to UFC fighters and golfers.

Ruth brings a holistic approach both to her massage practice and in teaching. She incorporates breathwork, emotional work, Core Synchronism, strength exercise, Myofascial therapy, and neuromuscular therapy (NMT) to create the perfect formula for each of her clients and students. At New Mexico School of Massage, Ruth will be bringing her expertise into the classes of Sports Massage among other specialized topics.

As a mom of teenagers, Ruth enjoys spending time with her family, tending to her garden, golf, and her family's GoldenDoodle, Fred.



## Kate Viers

Kate is a community supported herbalist and aromatherapist who is passionate about plants, people, bees, aromatics, nature, gardening, art, community, and social justice. Kate has been immersing herself in herbal and aromatic medicine for over 10 years and has been integrating plants into her life and the lives of those around her since she was a child. She is passionate about sharing her knowledge and teaches a range of subjects in the field of herbalism, aromatherapy, perfumery and natural healing. As a clinician, she utilizes a mixed modality that includes

western herbalism, folk medicine, Ayurveda, aromatherapy, flower essence therapy and above all else, helping people find their intrinsic connection to the land and the healing force within.

Kate is passionate about sharing her knowledge and teaches a range of herbal subjects for both the lay person and the practicing herbalist, and specializes in community healthcare, plant/people connection, mental health and reproductive health.

At New Mexico School of Massage, Kate will bring her passion for aromatherapy to the students, providing them an extensive understanding of how to integrate this science into their massage practice.



## Lauren Drake

*(MT#8746) LMT*

Lauren studied at the Swedish Institute in New York City and is a nationally-certified bodyworker, as well as a certified Reiki practitioner in the traditional Usui method. She has trained in Swedish massage, Shiatsu, biodynamic craniosacral therapy, deep tissue, myofascial release, and trigger point techniques and intuitively weaves these modalities into custom sessions, based upon clients' needs and preferences.

As a Native North Carolinian, Lauren has an intrinsically slower temperament. Having grown her legs as a bodyworker in New York City, she has an awe for humanity, an appreciation for structure, and a very realized need for nature and space. She loves the vastness of Albuquerque and the creative space it affords her both personally and professionally.

With her diverse experience in massage and bodywork, Lauren will interweave her clinical skills into the classes she teaches.



## Carl Hime

*(MT#3735) LMT*

With over 17 years of experience in massage therapy, Carl brings a vast expertise to New Mexico School of Massage. He is a graduate of Crystal Mountain Institute. His passion resides in Lomi Lomi Massage, a bodywork style based on ancient Hawaiian healing principles, working with the spiritual, emotional, mental, and physical aspect of a being. Carl brings over 12 years of teaching experience to New Mexico School of Massage.



## Andruw Jarrod Nez

*(MT#7895) LMT*

Andruw is the owner of Aurora Sky Massage, a Sports Massage Therapist, and Group Exercise Instructor in Albuquerque, New Mexico.

Andruw graduated from the University of New Mexico in 2013 with his bachelor's degree in Exercise Science. Shortly thereafter, he attended the ABQ School of Massage Therapy, graduated, and

became a licensed Massage Therapist in the state of New Mexico in March of 2014.

Since Andruw established Aurora Sky Massage in May of 2014, he has given clients a unique set of massage skills and shared an ever-expanding knowledge in the sports, medical and therapeutic techniques of massage, offering a high-quality customer service.

# Applying to New Mexico School of Massage

Applying to our school is an incredibly easy process!

## Criteria

- Received a high school diploma or GED, or international equivalence
- Display English-language competency
- Demonstrate the ability to excel in an academically rigorous environment
- Dedication to apply what you are learning in your own life
- An attitude of openness, compassion, curiosity, and integrity
- Enthusiasm to participate in a community dedicated to learning and living the wisdom of Āyurveda
- An aspiration to support health and well-being in the world
- Completion of all required admissions processes

We support all expressions of self and believe that diversity enriches our world. The New Mexico School of Massage does not discriminate on the basis of race, gender, color, sexual orientation, gender identity or its expression, disability, religion, age, veteran status, or national or ethnic origin. We reserve the right to deny admission to any applicant for any reason other than those stated above.

## The Process

Begin your application process at [nmschoolofmassage.com](http://nmschoolofmassage.com). There you will find our online application. Once your application is complete and received, our Admissions Team will schedule you for the next steps of the application process including a phone conversation and an interview. Interviews can be done at a distance.

Once a student has completed the application process, they will be either denied or conditionally accepted into the program. If conditionally accepted, they will be asked to make a deposit, read our Student Handbook, and sign a Student Enrollment Agreement. Once the deposit and documents have been received, the student is officially accepted into the massage therapy program. Any student signing an enrollment agreement or making an initial deposit or payment toward tuition and fees of The New Mexico School of Massage shall be entitled to a cooling-off period during which time the agreement can be withdrawn and those payments shall be refunded.

Once accepted, you'll receive on-going support to help you prepare for your upcoming adventure of diving deeply into the world of massage.

## Transfer Policy

Students who have a valid, verifiable transcript from another massage school may transfer established credits to be applied toward the 650-hour program and receive partial tuition credit.

Only transfers from other massage schools will be accepted.

Credits submitted for transfer must be the equivalent of the subject matter of New Mexico School of Massage's course(s). The appropriateness of subject matter will be determined by the Director. If a course description is unclear, the prospective student may be asked to submit a copy of the school catalog, course contents, and descriptions.

Credits submitted for transfer must be in the form of an official transcript bearing the providing school's letterhead with contact information, an embossed school seal and/or official signature, and hourly breakdown of classes by credits and grades. Credits submitted for transfer must have a grade of "P" for pass, or the minimum of a letter grade "C", or numerical equivalent of 2.0 on a 4.0 scale.

A non-refundable transcript evaluation fee of \$100 is to be submitted with the transcript and request for credit transfer. If the student decides to enroll after the transcript evaluation is completed, this fee will be applied to the student's tuition. If the student decides not to enroll, the evaluation fee is forfeited. This fee must be submitted with the transcript and a completed admissions application.



# Graduation & Completion Requirements

The following standards are required for graduation:

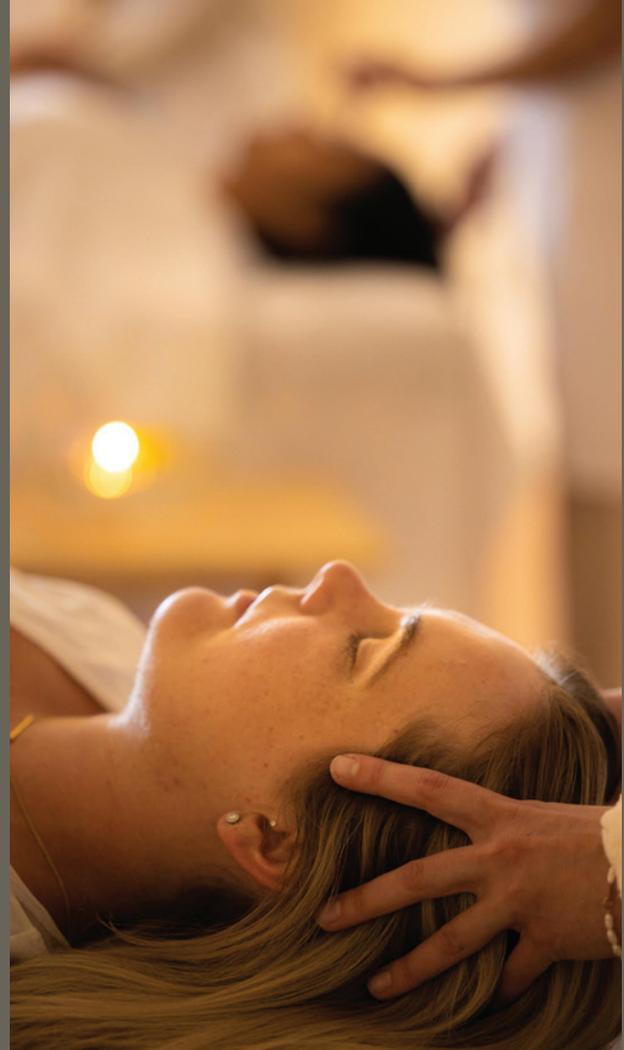
- Meet the minimum attendance requirement of 90% in each subject matter taught
- All financial obligations to New Mexico School of Massage must be paid in full one month prior to graduation
- Each student must have the minimum academic requirements in each of the following areas:
  - Overall GPA: 70%
  - Successful completion of internship
  - Minimum score of 70% for both the massage practical and exit exam

Upon graduation, students are eligible to sit for the Massage & Bodywork Licensing Examination (MBLEx).

The New Mexico School of Massage will graduate and certify each student only after meeting the minimum attendance and grade requirements of our 650-hour course. This certification is a mandatory requirement before the graduate may apply for their New Mexico state license with the New Mexico Massage Therapy Board.

## Post-Graduation Support

Massage therapists can practice in a variety of settings including in



acupuncture clinics, for athletic teams, chiropractic clinics, corporate wellness programs, health clubs, hospitals, health care facilities, pain management clinics, physical and occupational therapy clinics just to name a few. With your dedication, resourcefulness, and imagination, your career opportunities are endless!

As a school, we are here to assist our graduates wherever possible in securing employment. However, we are an educational institution first, and cannot guarantee placement or employment. New Mexico School of Massage maintains close communication with many health clubs, salons, and hospitals in New Mexico as well as a close alumni network with our partnering organizations (see Community Relationships for more information).

# State Licensure Requirements

- Applicants for state licensure must have completed high school or its equivalent
- Applicants for state licensure must be 18 years of age or older on the date the application is submitted.
- To apply for state licensure, applicants must show completion of 650 hours of massage coursework including:
  - 165 hours minimum of anatomy & physiology
  - 150 hours minimum of massage therapy
  - 75 hours minimum of general instruction
  - Electives coursework
- Applicants for massage therapy licensure must successfully pass a certification examination for therapeutic massage and bodywork (NCETMB), the national certification examination for therapeutic massage (NCETM) administered by the national certification board for therapeutic massage and bodywork (NCBTMB), the massage and bodywork licensing examination (MBLEx) administered by the federation of state massage therapy boards, or other examining or certification agency approved by the board.

Licensure Exemptions in accordance with the Massage Therapy Practice Act & New Mexico Massage Therapy Board The following are exempted from licensure by the board pursuant to the Massage

## Therapy Practice Act:

- Qualified members of other recognized professions that are licensed or regulated under New Mexico law when rendering services within the scope of their licenses or regulations, provided that they do not represent themselves as massage therapists;
- Students within the course of study of a registered massage therapy school; and
- Sobadores; Hispanic traditional healers; Native American healers; reflexologists whose practices are limited to hands, feet and ears; practitioners of polarity, Trager approach, Feldenkrais method, craniosacral therapy, Rolfing structural integration, reiki, ortho-bionomy or ch'i gung; or practitioners of healing modalities not listed in this subsection who do not manipulate the soft tissues for therapeutic purposes.

An exempt practitioner who applies for a license pursuant to the Massage Therapy Practice Act shall comply with all licensure requirements of the act and rules of the board.

For more information regarding New Mexico Massage Therapy requirements and licensure, please contact:

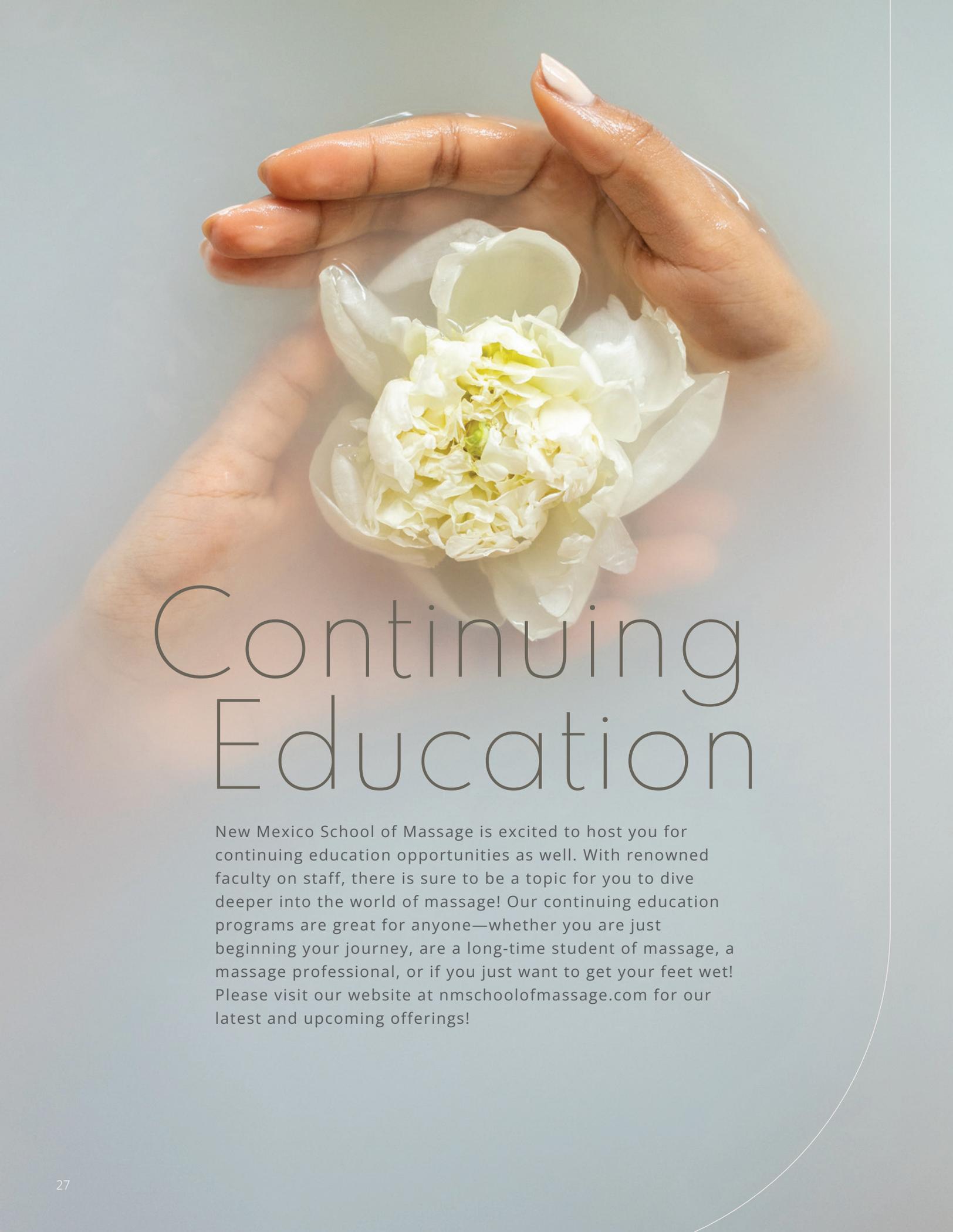
### **New Mexico Massage Therapy Board**

A: Toney Anaya Building 2550 Cerrillos Road, Second Floor, Santa Fe, New Mexico 87505

P: (505) 476-4622

E: [message.board@state.nm.us](mailto:message.board@state.nm.us)

W: [http://www.rld.state.nm.us/boards/Massage\\_Therapy.aspx](http://www.rld.state.nm.us/boards/Massage_Therapy.aspx)

A pair of hands, one with a white manicure, gently cradles a large, multi-petaled white flower with a yellow center. The hands and flower are submerged in clear water, with ripples visible around them. The background is a soft, light blue-grey gradient.

# Continuing Education

New Mexico School of Massage is excited to host you for continuing education opportunities as well. With renowned faculty on staff, there is sure to be a topic for you to dive deeper into the world of massage! Our continuing education programs are great for anyone—whether you are just beginning your journey, are a long-time student of massage, a massage professional, or if you just want to get your feet wet! Please visit our website at [nmschoolofmassage.com](http://nmschoolofmassage.com) for our latest and upcoming offerings!

# Continuing Education FAQs

## **What can I expect during a seminar or intensive?**

You can expect to learn the best in the field of massage, diving deeply into various topics. Our continuing education topics change each year, so check our website often for updates and more information. You will receive a certificate of completion for your participation.

## **How do I register for a seminar, webinar, or intensive?**

It's easy! Pick your seminars from our website and register online at [nmschoolofmassage.com](http://nmschoolofmassage.com). Please note that full payment is due at time of registration.

## **Are there any prerequisites?**

For most of our offerings there are no prerequisites. Our website has all the details for each course including any information about a particular course's prerequisites. Be sure to read this before you register.

## **Can I receive CEUs?**

Many of our continuing education courses are approved by the New Mexico Massage Therapy Board for CEUs. You may also submit your certificate of completion to other professional organizations for CEU credits.

# The Campus

Instruction is provided in a spacious facility featuring comfortable classroom and lab instruction. We are equipped with all the material including linens and massage tables you will need as a student. Lecture and lab instruction is taught with both an emphasis in lecture and hands-on application.



# Life in Albuquerque

The New Mexico School of Massage sits nestled against the foothills of the Sandia Mountains in Albuquerque, New Mexico. Albuquerque is located in the Rio Grande River valley, in the heart of New Mexico; an incredibly diverse and vibrant city, it is shaped by a dynamic cultural history and the stunning, high desert landscape. Albuquerque is a place of brilliant sunsets, wide open skies, adobe buildings, chili ristras, luminarias, the smell of roasting chili, the taste of local piñon, and the sound of sandhill cranes flying above.

Albuquerque is situated within reach of many stunning landscapes and natural attractions: the arroyos and hiking trails of the Sandia Mountains, the pristine rolling dunes of White Sands, the bird sanctuary of Bosque del Apache, the wild iris fields of the San Pedro Parks Wilderness, the hot springs of the Gila National Forest, the rock gnomes of the Tent Rocks, the painted sandstone cliffs of Georgia O'Keefe fame, and many more. There are abundant opportunities for hiking, backpacking, biking, skiing, snowshoeing, birding, and many other outdoor activities.

# Community Relationships

The New Mexico School of Massage works closely with both The Ayurvedic Institute and AyurPrana. Both organizations are founded and led by Vasant Lad, BAM&S, MASc—a visionary in the field of Ayurveda and wellness. As a student of New Mexico School of Massage, you are choosing to become a member of a greater healing community filled with like-minded individuals walking the path to heal the world. To learn more about either organization, please visit them online.

The Ayurvedic Institute: [ayurveda.com](http://ayurveda.com)

AyurPrana: [liveayurprana.com](http://liveayurprana.com)

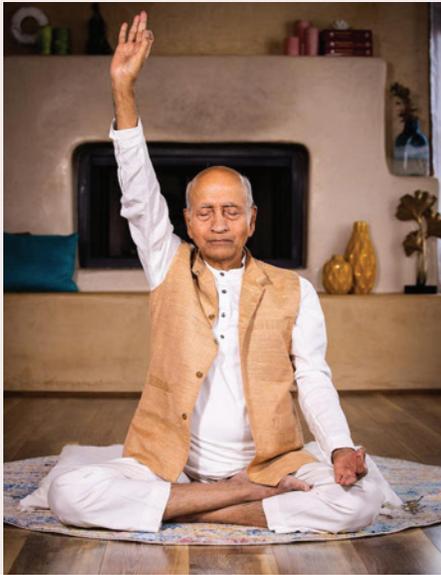
## Benefits for Full-Time Students

We appreciate your presence here and respect you for engaging in this rigorous process of academic and personal transformation. One way of supporting our full-time students is by offering the following benefits. Students are eligible for these benefits starting on the first day of Orientation. All tuition requirements must be met for these benefits to be effective. These benefits do not hold any monetary value and cannot be cashed out or used towards tuition or any other purchases at New Mexico School of Massage in the event that any of the below benefits are cancelled due to sickness of faculty or emergency situations beyond

the control of New Mexico School of Massage. Benefits expire at graduation, at which time graduates are eligible for alumni benefits.

### List of Benefits

- As a student of New Mexico School of Massage, you will receive the following benefits:
- 20% off all AyurPrana products, excluding tuition and fees for any educational program and New Mexico School of Massage or Yoga Teacher Training programs.
- 20% off all Ayurvedic Institute products, excluding tuition and fees for any educational programs such as Ayurvedic Studies Programs or Yoga Teacher Training programs, as well as books.



## FAQs

### **What does a typical week in the program look like?**

Expect to be in class approximately 35 hours each week. This includes both theory and lecture classes, as well as your hands-on practicum and clinical experience.

### **Can I transfer into the program?**

Yes! We do have a process in which you can transfer into our program. Please email [admissions@nmschoolofmassage.com](mailto:admissions@nmschoolofmassage.com) for further information.

### **Do you offer a part-time program if I still have a full-time job or can't take on a full course load right now?**

Yes! We're excited to announce that a part-time massage program is coming soon. Stay in touch at [nmschoolofmassage.com](http://nmschoolofmassage.com) for the latest information regarding our programming.

### **I am interested in being part of a community, will I find that here?**

Absolutely! It is a special group of people who have come together to study at our school. We are visionaries, aspiring to create a world of greater health and well-being. This connection creates a special community where we learn and practice together. Whether you come for a weekend or two years, you are part of this community.

### **I'd be moving to New Mexico to attend the program. Where would I live while I am in Albuquerque?**

There are many options in Albuquerque. We can help you through the process by helping you think through what kind of living situation will support you, connecting you with fellow classmates, and giving you housing resources to explore.

### **I am drawn to study here but am not sure where to begin. Is there someone I can contact?**

We are happy to talk with you about your experience, what inspires you about massage, and where to begin! Contact our Admissions Team at [admissions@nmschoolofmassage.com](mailto:admissions@nmschoolofmassage.com) We'd love to chat!

## Disclosures & Acknowledgements

Accommodations for disability: Massage therapy can be learned and easily practiced by those who have certain physical or learning disabilities. The New Mexico School of Massage is committed to providing equal educational opportunities for all qualified students with disabilities in accordance with state and federal laws and regulations, including the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. Students are required to disclose any learning or physical disability that will require assistance from the school.

Each student is assessed individually and NMSM makes every attempt to make reasonable accommodations. Please note that massage is a physically demanding profession, and not all disabilities may be appropriate for a career in massage. NMSM reserves the right to deny admission to a student who is unable to meet the training requirements.

In accordance with the Massage Therapy Practice Act, any individual advertising or offering massage therapy services must be licensed as a Massage Therapist with his/her state massage board.

In accordance with the New Mexico Massage Therapy Board, students not yet licensed may not charge for massage therapy services.

- Students may only accept voluntary unsolicited tips, gratuities and donations while practicing massage therapy under school endorsed functions, under the supervision of a massage therapy instructor;
- Students may not suggest either verbally or in writing, amounts of tips, gratuities, or donations.
- Students may not provide massage therapy services without direct supervision of a massage therapy instructor.
- Students may distribute identification cards which must include the school's name, address, and phone number; the student's name, and the word "student".

## New Mexico School of Massage Student Code of Conduct

True health is when the health and well-being of body, mind and consciousness are an expression of alignment with our true self and all of life. At the New Mexico School of Massage, we strive to live a path of balance and harmony in all that we do.

The New Mexico School of Massage has great respect for our students. We have immense faith in their capacity and ability to meet the policies, procedures, and expectations of the school, including proper conduct. We expect that students can and will follow all the policies, procedures and expectations outlined in this catalog and student handbook and throughout various school activities and communications. We do, however, understand that there are times when people act in ways that are inconsistent with these expectations and that those behaviors may—intentionally or unintentionally—cause harm (to people, groups, New Mexico School of Massage, clients, the community, property etc.). In the event of such occurrences, our intention is to assess what harm has been caused and to facilitate learning, healing, and repair to the extent possible and to restore a sense of harmony, safety, trust and good will.

Our expectations of conduct apply on-campus and at off-campus school-related events and in any situation where the conduct has an impact on the

New Mexico School of Massage's mission and community.

Please note, a student who engages in conduct that adversely affects the name and reputation of NMSM, such as engaging in unlawful activities at the campus or off campus during the time the student is enrolled is grounds for disciplinary action, up to and including dismissal.

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## **New Mexico Massage Therapy Board Code of Professional Conduct**

To establish the standards against which the required professional conduct of a massage therapist is measured. Each licensee will be governed by this part whenever providing massage therapy services in a professional context. A violation of this part is sufficient reason for disciplinary action pursuant to the Massage Therapy Practice Act under the Uniform Licensing Act. Code of Professional Conduct:

### **Competence:**

Each licensee and applicant shall:

- limit practice and instruction to the areas of competence in which proficiency has been gained through education, training, and experience and refer clients to other health professionals when appropriate;
- acknowledge the limitations of and contraindications to massage therapy and will not encourage unnecessary or unjustified treatment; and
- not delegate professional responsibilities to a person who is not qualified or licensed to perform them;

### **Dual relationship:**

It is presumed that a power imbalance exists in professional relationships between licensees and clients. Therefore, each licensee, in interacting with a client or former client to whom the licensee has at any time within the previous three months rendered massage therapy or instruction, shall not engage in romantic or sexual conduct.

### **Client welfare: Each licensee and applicant shall:**

- conduct their business and professional activities with honesty and integrity;
- obtain prior informed consent of the client regarding draping and treatment to ensure the safety, comfort and privacy of the client;
- provide privacy for the client while the client is dressing or undressing;
- modify or terminate treatment at the client's request, regardless of prior consent;
- refuse to treat any person or part of the body for just and reasonable cause;
- not undertake or continue treatment with a client when the licensee is impaired due to mental, emotional or physiologic conditions including substance or alcohol abuse;
- maintain clean equipment, linens, clothing and work areas;
- not engage in any verbally or physically abusive behavior; or

- take unfair advantage of the client for financial gain.

### **Confidentiality of clients:**

Each licensee shall safeguard confidential information of the client, unless disclosure is required by law, court order, authorized by the client or absolutely necessary for the protection of the public.

### **Representation of services:**

Each licensee and applicant shall:

- disclose to the client the schedule of fees for services prior to treatment;
- not misrepresent directly or by implication of his professional qualifications such as type of licensure, education, experience, or areas of competence;
- not falsify professional records;
- include in any advertisement for massage;
  - his full name as licensed with the board and license number; and
  - the designation or abbreviation as a “licensed massage therapist” or “LMT and “registered massage therapy school” or “RMTS”.
- When offering gratuitous services or discounts in connection with professional services, each licensee must clearly and conspicuously state whether or not additional charges may be incurred by related services and the possible range of such additional charges; and
- not advertise massage therapy services or instruction, which contains:
  - a false, fraudulent, misleading, deceptive statement; or
  - suggestion of sexual stimulation.

### **Violation of the law:**

Each licensee and applicant shall not:

- violate any applicable statute or administrative regulation governing the practice of massage therapy;
- use fraud, misrepresentation, or deception in obtaining a massage therapy license or renewal, in passing a massage therapy licensing examination, in assisting another to obtain a massage therapy license or to pass a massage therapy licensing examination, in providing massage therapy services, or in conducting any other activity related to the practice of massage therapy; or
- be convicted of any crime that substantially relates to the qualifications, functions, or duties of a massage therapist.
- Resolving professional conduct issues: Each licensee and applicant shall:
  - have an obligation to be familiar with this part. Lack of knowledge of professional conduct standard is not itself a defense to a charge of unethical conduct;
  - cooperate with investigations, proceedings, and resulting requirements of this part. Failure to cooperate is itself an ethics violation.





