



**For information on how to sign up for any of these offerings, please contact Nancy Green at 704-403-3559 or [nancy.green@cabarruscollege.edu](mailto:nancy.green@cabarruscollege.edu).**

## **The following classes will be offered spring semester (2017):**

**IHS 301 - Yoga I** Instructor: Sandy Raper & Nancy Green (\*3 credit hours)

*Wednesday's, 11:00 pm - 1:50 pm, January – May*

**Course Description:** *Yoga I is the first in a sequence of yoga courses. Students will be introduced to the holistic benefits of yoga as a lifelong practice. Topics will include an introduction to yoga history and philosophy, introduction of the eight limb path of yoga, introduction to Sanskrit terminology yoga etiquette, and ethics related to yoga instruction. Safe anatomical alignment, pose modifications, and sequencing of postures will be emphasized. Upon completion of this course, students will be able to perform and lead a Sun Salutation sequence using emphasis on breath and skillful movement using modifications. This course meets 48 of the 200 contact hours required to become a Registered Yoga Teacher (RYT200) through Yoga Alliance. No course fee. Computer Fee of \$25.00. Student Fee of \$60.00. Textbook Fee.*

## **IHS 310 - Infant Massage Certification Training**

Instructor: Linda Storm (\*3 credit hours)

*Online & On-campus 8:00 am – 5:00 pm, March.25- 27 (Sat., Sun, Mon.)*

**Course Description:** *Infant Massage will include an introduction to the history of massage and human growth and development related to infant massage instruction. The skillful developmental sequencing of infant massage strokes and modifications for the growing child will be emphasized. Upon completion of this course, students will be eligible to obtain their certification as a Certified Educator of Infant Massage (CEIM) and will have the basic information to be able to organize, plan, and implement a Parent Infant massage class, including the ability to market, and promote a business. Course fee of \$100.00 which covers textbook and certification paperwork. Computer Fee \$25.00 Student Fee \$60.00*

## **IHS 320 - Healing Touch** (\*3 credit hours)

*8:00 am – 5:00 pm, Level I – January, 28 & 29 Instructor: Arlene Mauney (1 credit hour) Level II – February 11 & 12, Instructor: Pardee Henderson (1 credit hour) Level III - April 22 & 23, Instructor: Jean Pruitt (1 credit hour)*

**Course Description:** *Upon completion of this course students will receive a Certificate of Completion for a Level 1 through Level 3 certification course and may refer to themselves as a "Student of Healing Touch". Students will be provided with the opportunity to explore concepts and gain specific skill sets necessary to practice Level 1, Level 2, and Level 3 energy based therapy, known as Healing Touch. Healing Touch topics include basic energy principles related to sequences; classification of interventions related to client healthcare challenges; ethics, documentation, and self-care. Course fee of \$325.00 which covers textbooks and certification paperwork.*

*Computer Fee \$25.00. Student Fee \$60.00. Cost is \$384.00 per credit hour.*