

## WHAT YOU NEED TO BRING TO CLASS

### **Please Bring for All Classes:**

Antibacterial wipes in a canister (WET ONES™) No Lysol or Clorox

3 sets of flat sheets

1 bath sheet (size of a big beach towel)

Bottled water

Lunch: If you don't want to eat out.

Comfortable clothing: capris, leggings (no jeans or short shorts, please)

### **Ashiatsu Bar Students Only**

1 sturdy massage table with face cradle

1 29in. wooden stool (Target: nice square one made of cherry for \$19.99)

1 twin bed size egg crate (Target or Wal-mart)

1 std or queen size bed pillow

Pedicure: before you come to class with toenails cut short and file edges, especially on the little toe. Pedicures are tax deductible.

### **Ashiatsu Floor Students Only**

3 std – king size pillows or mat

1 face cradle w/frame

1- 17inch and 1- 24 inch fold up metal or wooden stool (Wal-mart or Target)

No step ladder fold ups. This stool needs to be sturdy.

Pedicure: before you come to class with toenails cut short and file edges, especially on the little toe. Pedicures are tax deductible.

My cell phone in case you get lost is **239-352-8200**.

Thank you for your business. Michelle D. Mace

Cancellation Policy: The deposit is non-refundable. If cancellation occurs 4 weeks prior to class it may be applied to another class with an added \$50.00 change fee.

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# Student Requirements

**The following will facilitate your learning outcome.**

- Come to class prepared with all necessary supplies
- Allow 30-minutes before and after class times for personal appointments.
- Complete homework assignments each day and study the manual
- Visualize routine outline before and after class
- Be on time: both at beginning of class and after lunch
- Respect instructors and others in class
- Turn off cell phones or pagers
- When receiving – (participation is required) give kind and constructive feedback
- When observing – follow outline help student giving
- Take notes after giving and while observing techniques
- Stay with class and instructor when advised. Do not go ahead or create moves not on routine
- NO horsing around at anytime
- Eliminate unrelated conversations
- Prior consent needs to be obtained for before taking photos
- No videos
- \*Use Ashiatsu Cream or Bamboossage Oil, no substitutes
- Use respectful language
- English is the expressed language in class
- If you have personal issues please tell the instructor in private
- If menses have started please wear thong or very slick nylon underwear as we will have to pull them into the subgluteal fold
- You will need to reschedule if you are pregnant or have a contagious illness.
- Please err on the side of modesty in class
- Regardless of facility or ownership, instructor has authority of class
- Continuing education hours are based on time spent in class
- If a student has to leave class for any reason there is no reimbursement. Make up time can be made up in another class if there is space.

\* This depends on the class you are taking.

To avoid disruption for the entire group, if a student is unable to comply with the above expectations, after verbal warning the student could be asked to leave the class without CEU's or reimbursement.

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## Become familiar with these terms:

Gastrocnemius  
Quadratus Lumborum  
Gluteal  
Trapezius  
Scalene  
Occipital  
Popliteal  
Quadriceps  
Bicipital Tendon  
Spinal Erectors  
Spinous Processes  
Tibialis  
Pectoralis  
Clavicles  
Scapula  
Effleurage  
Compression  
Acromium Clavicular joint aka AC joint  
Iliac Crest  
Clavicle

- **Medial:** Near middle; closer to midline; inner.
- **Lateral:** Near side; further from midline; outer.
- **Inferior:** Toward feet; lower or below.
- **Superior:** Toward head; upper or above.
- **Anterior:** Front of body.
- **Posterior:** Back of body.
- **Gluteal fold:** Where the gluteal tissue meets the hamstrings creating a horizontal crease.
- **Subgluteal fold:** Crease between the gluteal ( Crack of behind).
- **Dorsiflexion:** Pulling toes up and back so heel is in sharp contact with the body.
- **Plantar flexion:** Pointing toes and foot downward.
- **Parallel:** Along same line.
- **Perpendicular:** Across line.