



AOHMassage Program

[AOHMassage Foundation 1: Subtle Body](#) 6 Hrs—4 Modules

[What is Holistic?](#) 2 Hrs

[Meridian Massage Self-Care](#) 2 Hrs

[5-Element Theory & Type Quiz](#) 2 Hrs (this module NCBTMB only)

[AOHMassage Foundation 2: Touch](#) 7 Hrs Covers.....

Meaningful Touch, Spectrum of Touch, Calibrations of Touch Interface, Leg Pull, Neck Release, Review Swedish, & Self-Massage

[AOHMassage 3: Reflexology](#) 6 Hrs or 2 ce's online Includes...History

Ritual, Diagrams, Procedures & Techniques

[AOHMassage 1: Front of the Body Protocol](#) 7 hrs

Putting It All Together...

AOHMassage Manual & Illustrated Sequence Manual & Video

Biological and Energetic Anatomy Manual

TableTop Sequence

Himalayan Stone Massage discussion & practice

[AOHMassage 2: Back of the Body Protocol](#) 7 hrs

[AOHMassage OVERVIEW](#) 3 Hrs Review AOHMassage F1, F2,F3 Prior to AOHMassage 1 & 2

[AOHMassage Weekend](#)

[AOHMassage Weeklong](#)

[Reiki 1,2,3](#) **6 Hours each**

[Couples Massage](#) 3-Hour segments [Meaningful Touch](#) and [Hands-On Practicum](#)

Anytime Classes Online with CE Broker 9/1/25:

[Ethical Wisdom: Drawing from Masters of Human Interaction](#) 2 CE's #20-848200

[Values & 5-Elements](#) 1 CE Ethics #20-883522

[Boundaries](#) Ethics Class 2 CE #20-1313153

[AOHMassage Intro & What is Holistic](#) 2 CE's #20-1357404

[AOHMassage 5-Element Theory & Type Quiz](#) 3 CE's #20-1357428

[AOHMassage Meridian Massage Self-Care:](#) 3 CE #20-852377

[AOHMassage Meaningful Touch20-1214100](#) Principles,2 CE, [20-1214096](#) Self 2.5 C

[SEVA Stress Release Self-Care](#) 1.5 CE #20-953044

[Immune Lymph Booster Acupressure](#) 2 CE #20-954254