

**Academy of Reflexology and Health Therapy
International**

“The Academy”

6050 East 10th Street
Indianapolis, IN 46219-5330
317-515-5189

Academy of Reflexology.net

Introduction:

The Academy of Reflexology and Health Therapies International, (“Academy”) is a Trade School for the Healing Acts, such as: Massage Therapy, Reflexology and various Holistic Therapies.

OUR MISSION STATEMENT

The Academy of Reflexology and Health Therapy International is where eastern and western cultures and therapies meet and blend to provide a holistic view of healing in every program we offer.

Emphasis is place on providing a curriculum which trains individuals in effective methods of health care and prepares them to be a successful Health-Care Practitioners. This school provides special opportunities to students for personal growth.

The Academy aims to be of service to community health by educating through self-help programs and inspiring a deep and lasting respect for the Healing Arts, Humanity & the Earth.

The Academy was previously owned and operated by Christina Brown DeEstrada and James O’Donnell. It was the second oldest massage therapy school in the State of Indiana and was Accredited by the State of Indiana between 1990 and 2015. They have graduated many of the state’s current massage therapists and body workers. We, LiJuan Wang and Wei Cao, are the new owners and are proud to continue the work of the previous owners in offering quality education in the Holistic Therapy Field.

This institution is regulated by:

Office for Career and Technical Schools
10 N. Senate Avenue, Suite SE 308
Indianapolis, IN 46204
OCTS@dwd.in.gov
317-234-8338 or 317-232-1732
<http://www.in.gov/dwd/2731.htm>

The previous owners, Christina Brown DeEstrada and James O’Donnell, will be available to assist in a consulting role only.

Owners & Administrators:

LiJuan Wang

President & Chief Administrative Officer

Wei Cao

Vice President & Assistant Chief Administrative Officer

And

Theresa Adams

Administrative Director

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Introduction and Mission Statement

Owners:

Instructors:

Massage Therapy and Body Works Program:

- Course Description
- Tuition
- Course Schedule see insert.

Advanced Therapeutic Massage Program:

(Prerequisite is mandatory to take this class.)

- Course Description
- Tuition
- Course Schedule, to be determined

Reflexology Therapy and Body Works Program:

- Course Description
- Tuition
- Course Schedule see insert

Facility

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Main Instructors

Theresa Adams – Is not only a Licensed/Certified Massage Therapist and Reflexologist, but also has her Indiana Board of Pharmacy License. She has her Certification in several holistic therapies which include Aromatherapy, she is a trained trainer; Medical Massage practitioner; Cupping Therapy and Lypossage. She is Reiki Master and is trained in numerous massage modalities, along with craniosacral, homeopathic, and Bach Flower. She is the owner of “Renew Body & Spirit, LLC” located in Shelbyville, Indiana. In addition to working with several organizations, she is a Past State President of the Indiana Federation of Business and Professional Women.

Marlene Stork - Is a Nationally Board Certified (NCBTMB) Licensed Pfrimmer Massage Therapist as well as an Advanced Digestive Health Professional through the Food Enzyme Institute with a BA in Biology/Chemistry from Augsburg University.

She owns and operates “Oasis Garden Wellness Center LLC” with locations in both Broad Ripple and Fishers, Indiana. Your Massage Session can integrate techniques drawn from Balance Work, Craniosacral, Essential Oils, Hot Stone, Lymphatic Work, Pfrimmer Deep Muscle Therapy, Prenatal, as well as the Raindrop Massage Technique.

Gina Duryea – Is a Licensed/Certified Massage Therapist and Reflexologist and she is the owner of “Holistic Healing”, on South Broad Ripple. She has 14 years of practical experience in the healing arts and is trained in several massage and reflexology modalities, including myofascial release, cupping, prenatal massage, sports massage, mind and body connections, muscle testing and essential oils. She is a certified member of the Associated Bodywork and Massage Professional.

Amy Barr – Is a graduate of the Academy of Reflexology and owns “The Healing Room” in Indianapolis. She is a certified Massage Therapist, Reflexologist, and Reiki Master/Teacher. Amy has over twelve years of experience and loves to help people grown and heal from the inside out.

Assistant Instructors:

LiJuan Wang: She was born and raised in China. In addition to completing her college education in China, she studied and graduated from the American Oriental Medical Massage College in California and the Chicago Massage School, in Chicago. She is an Indiana State Certified Massage Therapist. Also, as a certified Reflexologist, she has worked in the field for nearly 10 years. She has studied and been involved in various healing arts techniques during that period of time. These include body balancing techniques and pain reduction techniques, along with training in PaiSuan detoxification and Moxibustion cupping. LiJuan is the co-founder of China Happy Feet, L.L.C., in Indianapolis.

Wei Cao: He was born and raised in China. In addition to completing his college education in China, he studied at the American Oriental Medical Massage College in California. He also studied Holistic Treatments, under the founder, Mr. Yao Junhong, and learned bio electrotherapy techniques through Mr. Zhang Wugong's program. Also, as a Reflexologist, he has worked in the field for nearly 10 years. In addition, during this time, he has studied and been involved in various healing art techniques. These include body balancing techniques, biological electrotherapy techniques, deep muscles, and pain reduction techniques. He is the co-founder of China Happy Feet, L.L.C., in Indianapolis.

Informational Consultants:

E. James O'Donnell, I.C.T.B. He is an International Certified Reflexologist who obtained his certification from the Academy. In addition to Reflexology, James is a Certified/Licensed Massage Therapist in Indiana and Illinois. He is certified in Deep Muscle Therapy, Corporate Chair and Stone Massage. He has over 20 years of experience in the healing arts. He was the Co-founder and Executive Vice President and CFO of the Holistic Therapy Center, Inc., in Indianapolis, Indiana and served as the principle instructor of the curriculum of the Academy under his previous ownership.

Dr. Christina Brown-DeEstrada, PhD – Was born in Austria and raised in Germany. She began her study of Holistic healing in Europe and continued this training through college courses and practice in the U.S., Canada, and Asia. Dr Brown de Estrada obtained her Doctorate from the America College of Nutrition in Alabama, is the author of three books and as an international Instructor hosted seminars in the U. S., Europe and Mexico. Dr. Brown-DeEstrada has been involved in the healing arts for over thirty years. She was the Co-founder, President and CEO of the Holistic Therapy Center, Inc., in Indianapolis, Indiana.

Dr. Marti Shuck, N. D. – Marty is the owner/operator of Therapeutic Exercise, Massage and Reflexology, Ltd., located in Indianapolis. She is a certified Reflexologist and a Graduate of the Academy. Dr Shuck is a Naturopathic Doctor. and holds a PhD in Holistic Health. She is certified in CRA and Geriatric Massage, Acupressure and Homeopathy and previously served as an instructor of Geriatric Massage at the Academy under the previous owner.

COURSES

1. Massage Therapy and Bodyworks Program:

This is a 534-hour certificate program. *The Academy will issue a certificate to the student upon their successful completion of this program and the Academy has received full payments for all tuitions and fees. This is NOT a Diploma Program.*

This course consists of healing massage techniques and includes anatomy and physiology--the building blocks of the body, along with skeletal and muscle structures, and their systems and functions. The program discusses the vital forces of the physical, mental, emotional and spiritual components as well as energy balancing and pain reduction techniques. It stresses the importance of touch and a positive attitude. It illustrates body mapping and the analysis of the body's physical and nutritional needs, including vitamins and minerals, along with the body's immune power. It outlines meridian therapy along with the lymph drainage system--circulation and elimination. It discusses chronic diseases, through DNA, viruses, cancer, etc.,. It emphasizes the importance of ethics, business development and the clinical settings.

This is a hands-on program, which includes, but not limited to, the following modalities: Swedish Western Massage, Corporate Chair Massage, Stone Massage, Sports Massage, Infant, Children and Pregnancy Massage, Geriatric Massage, Lymph Draining Massage, and Reflexology.

Students will be required to document clinical practice hours outside of the class room.

Cost;	Registration	\$ 100.00
	Tuition:	\$ 6,800.00
	Books	\$ 100.00
	Student Liability Insurance	\$ 50.00
	CPR	<u>\$ 55.00</u>
	TOTAL:	\$ 7,105.00

Students will be required to provide two sets of sheets and pillowcases along with two towels for their use. They will be responsible for laundering these items for each class.

Payment Options are available.

If a credit card is utilized, the student will be charged the 3% credit card fee.

Students must be at least 18 years of age to attend.

2. Advanced Therapeutic Massage Program:

This is a 66-hour certificate program. *The Academy will issue a certificate to the student upon their successful completion of this program and the Academy has received full payments for all tuitions and fees. This is NOT a Diploma Program.*

Students wishing to take this course must have 1.) completed the previously mentioned Massage Therapy and Bodyworks Program or 2.) completed a comparable course from another school or 3.) is a licensed or certified massage therapist.

This course covers advanced massage techniques. It is a guide in techniques to eliminate aches and pains of deep-seated lesions to restore freedom and mobility in those particular muscular areas. It illustrates methods to reduce inflammation and fibrosis that occur in the body. It illustrates how muscle fibers restrict movement. It assists in the restoration of mobility of muscles over time.

This is a hands-on program, which consists of deep tissue manipulation, palpating and releasing of tension to restore elasticity. Potentially, Advanced Therapeutic Massage can help with eliminating headaches, pain reduction and the restoration of mobility. It includes techniques for sciatica pain, carpal tunnel syndrome, necks, shoulders and lower back pain.

Cost;	Registration	\$ 100.00 (waived if in course 1)
	Tuition:	\$ 1,200.00
	Books	\$ 100.00
	Student Liability Insurance	<u>\$ 50.00</u> (waived if in course 1)
	TOTAL:	\$ 1,450.00 (\$1,350.00 if in course 1)

600-hour certificate program
(Course 1 and 2): \$ 8,455.00

Payment Options are available.

If a credit card is utilized, the student will be charged the 3% credit card fee.

Students must be at least 18 years of age to attend.

3. Reflexology Therapy and Bodyworks Program:

This is a 210-hour certificate program. *The Academy will issue a certificate to the student upon their successful completion of this program and the Academy has received full payments for all tuitions and fees. This is NOT a Diploma Program.*

This course consists of physiology and the building blocks of the body including amino acids, minerals and vitamins. It accentuates the vital force of our physical mental, emotional and spiritual body, Indigo—children and pain control. It includes Meridian therapy—understanding the disease pathway of the twelve Meridians, which penetrates major organs and their energy flow. It discusses the philosophy of muscle testing through body reflex aggregation necessary to understand the body’s imbalance and nutritional needs. It highlights acupressure, points on the head, arms, legs and body to eliminate pain and toxins.

This is a hands-on program with practical applications. It illustrates the Reflexology points in the feet, ears, hands, body, and how they correspond to various body points. It stresses energy balancing techniques, body realignment, metamorphosis and neuro-muscular re-education.

Cost;	Registration	\$ 100.00
	Tuition:	\$ 3,200.00
	Books	\$ 100.00
	Student Liability Insurance	\$ 50.00
	TOTAL:	\$ 3,450.00

Payment Options are available.

If a credit card is utilized, the student will be charged the 3% credit card fee.

Students must be at least 18 years of age to attend.

NON-DISCRIMINATION STATEMENT

The Academy practices in its admissions, instruction and certification, non-discriminatory policies on the basis of age, gender, race, creed, financial or social status.

STUDENT COMPLAINT PROCESS

OCTS is responsible for reviewing and responding to student claims for monetary reimbursement against post-secondary proprietary schools that are non-credit bearing and non-degree granting. *OCTS adjudicates only claims for monetary reimbursement and cannot adjudicate claims involving programmatic content.* Monetary claims for reimbursement are limited to tuition and fees paid out of pocket by the student. OCTS does not have jurisdiction to adjudicate claims for reimbursement of scholarships, financial assistance, or fee reductions. OCTS cannot offer legal advice or initiate civil court cases.

Students filing claims must meet these requirements:

1. Be a current or former student in a program at a school regulated by OCTS (see List of Accredited Institutions).
2. Follow and exhaust the school’s complaint resolution process with the school directly; or provide a detailed explanation (see Complaint Form in step 3) as to why the school’s complaint process was not completed.
3. File a formal claim with OCTS by completing the online Student Complaint Form, and attaching the following documents:
 - a. A statement of the facts supporting the claim and outlining the problem, and
 - b. A copy of the enrollment agreement signed by the student, and
 - c. Copies of all receipts for tuition paid by cash, check, money order or credit card, and
 - d. Any other material which substantiates the claim.

OCTS will review the claim and contact the claimant if additional information or clarification is needed. When the student’s initial claim is determined valid by OCTS, OCTS will forward a copy of the claim to the school, and the school will have three (3) weeks to respond. Upon receipt of the school’s response, OCTS will adjudicate the claim and issue a final determination. Both the student and the school will receive notification of the OCTS final determination.

NOTE: If you believe a school has acted in a discriminatory manner, you may wish to contact the Indiana Civil Rights Commission using the ICRC’s complaint form.

OFFICE OF CAREER AND TECHNICAL SCHOOLS **RESIDENT**
REFUND POLICY

The postsecondary proprietary education institution shall pay a refund to the student in the amount calculated under the refund policy specified below or as otherwise approved by the Office for Career and Technical School's (OCTS). The institution must make the proper refund no later than thirty-one (31) days of the student's request for cancellation or withdrawal.

If a post secondary proprietary educational institution utilizes a refund policy of their recognized national accrediting agency or the United States Department of Education (USDOE) Title IV refund policy, the postsecondary proprietary educational institution must provide written verification in the form of a final refund calculation, upon the request of OCTS, that its refund policy is more favorable to the student than that of OCTS.

The following refund policy applies to each resident postsecondary proprietary educational institution as follows:

- 1) A student is entitled to a full refund if one (1) or more of the following criteria are met:
 - a) The student cancels the enrollment agreement or enrollment application within six (6) business days after signing.
 - b) The student does not meet the postsecondary proprietary educational institution's minimum admission requirements.
 - c) The student's enrollment was procured as a result of a misrepresentation in the written materials utilized by the postsecondary proprietary educational institution.
 - d) If the student has not visited the postsecondary educational institution prior to enrollment and, upon touring the institution or attending the regularly scheduled orientation/classes, the student withdrew from the program within three (3) days.
- 2) A student withdrawing from an instructional program, after starting the instructional program at a postsecondary proprietary institution and attending one (1) week or less, is entitled to a refund of ninety percent (90%) of the cost of the financial obligation, less as application/enrollment fee of ten percent (10%) of the total tuition, not to exceed one hundred dollars (\$100.00).

3) A student withdrawing from an instructional program, after attending more than one (1) week but equal to or less than twenty-five percent (25%) of the duration of the instructional program, is entitled to a refund of seventy-five (75%) of the cost of the financial obligation, less an application/enrollment fee of ten percent (10%) of the total tuition, not to exceed one hundred dollars (\$100.00).

4) A student withdrawing from an instruction program, after attending more than twenty-five percent (25%) but equal to or less than fifty percent (50%) of the duration of the instructional program, is entitled to a refund of fifty percent (50%) of the cost of the financial obligation, less an application/enrollment fee of ten percent (10%) of the total tuition, not to exceed one hundred dollars (\$100.00).

5) A student withdrawing from an instructional program, after attention more than fifty percent (50%) but equal to or less than sixty percent (60%) of the duration of the instructional program, is entitled to a refund of forty percent (40%) of the cost of the financial obligation, less an application/enrollment fee of ten percent (10%) of the total tuition, not to exceed one hundred dollars (\$100.00).

6) A student withdrawing from an institutional program after attending more than sixty percent (60%) of the duration of the instructional program, is NOT entitled to a refund.

Student Protection Fund:

IC 22-4.1-21-15 and IC 22-4.1-21-18 requires each educational institution accredited by the Office for Career and Technical Schools to submit an institutional surety bond and contribute to the Career College Student Assurance Fund which will be used to pay off debt incurred due to the closing of a school, discontinuance of a program, or loss of accreditation by an institution. To file a claim, each student must submit a completed "Student Compliant Form: This form can be found on OCTS'S website at <http://www.in.gov/dwd/2731.htm>.

OCTS Resident Refund Policy

Revised 8/21/17

I AM INTERESTED:

I am interested in setting up an appointment to view the Academy and discuss the classes offered. I am interested in the following program:

_____ **Massage Therapy and Bodywork Program**

_____ **Advanced Therapeutic Massage Program**

_____ **Reflexology Therapy and Bodywork Program**

NAME:

ADDRESS:

CITY, STATE, ZIP:

PHONE:

EMAIL:

Please mail to:

**ACADEMY OF REFLEXOLOGY
6050 EAST 10TH STREET
INDIANAPOLIS, IN 46219-5330**

317-515-5189