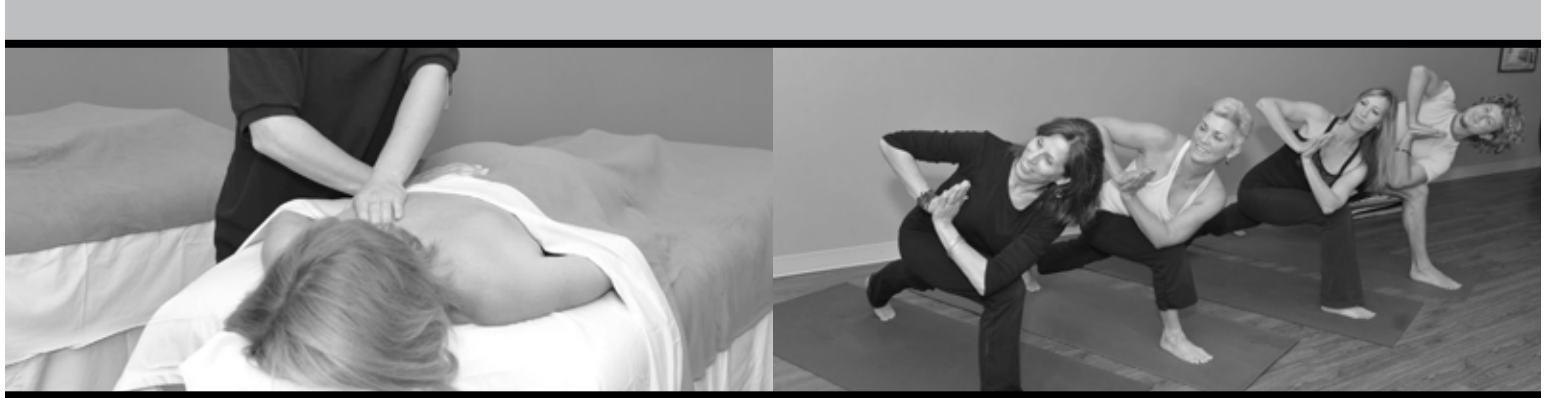


School Catalog

Lexington Healing Arts Academy



Massage • Yoga



Lexington
Healing Arts Academy



Message from the Executive Director

Welcome to the Lexington Healing Arts Academy (LHAA) and thank you for your interest in our school. When you walk through our doors you will sense that this is truly a special place. We are passionate about our work and we strive to create a positive, inspiring, professional learning environment for our students to grow and succeed.

The health care industry in our nation is in a state of change. Part of that change is from a disease based diagnosis system to one that focuses on self-care, wellness, and prevention, making Lexington Healing Arts Academy's programs even more relevant and increases demand for our graduates. Since our beginnings in 1999 our vision of a client centered, self-empowered healthcare system has been the driving force for our educational programs and clinical practices.

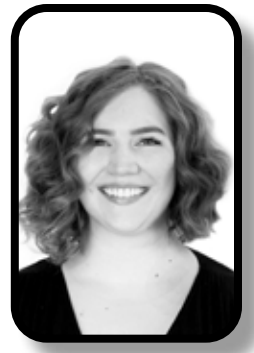
LHAA is dedicated to providing and developing exceptional educational programs that are at the top of their profession, address today's theory and practice, and meets the needs of the growing health and wellness industry. We make it a priority to retain a faculty and staff that are invested and passionate in the professions Lexington Healing Arts Academy teaches. Our small class sizes, personalized attention from our faculty and staff, and focus on hands on application allow us to get to know our students and give them real world experiences and help them to build successful careers.

We invite you to explore and learn more about our vision; including our programs, culture, and performance ratings and enter a profession that addresses the growing wellness needs now and in the future.



Bill Booker
Owner and Executive Director

Welcome from Admissions



Welcome and we thank you for your interest in Lexington Healing Arts Academy. We are so excited that you are interested in the health and wellness fields and look forward to sharing what our school and faculty has to offer you.

Visiting LHAA is the best way to experience our educational community first hand. Whether you are seeking a convenient location, a warm environment, a school with exemplary retention, graduation and placement rates, or have the desire to help others, LHAA is the place to be! In addition, we invite you to sit in a class to learn more about our school and to see a day in the life of an LHAA student.

You are about to make one of the most important decisions of your life, so we encourage you to take the time to visit our campus and have the opportunity to interview current students, faculty and staff. You may also want to visit our website at lexingtonhealingarts.com to view testimonials and to see the current events we are offering.

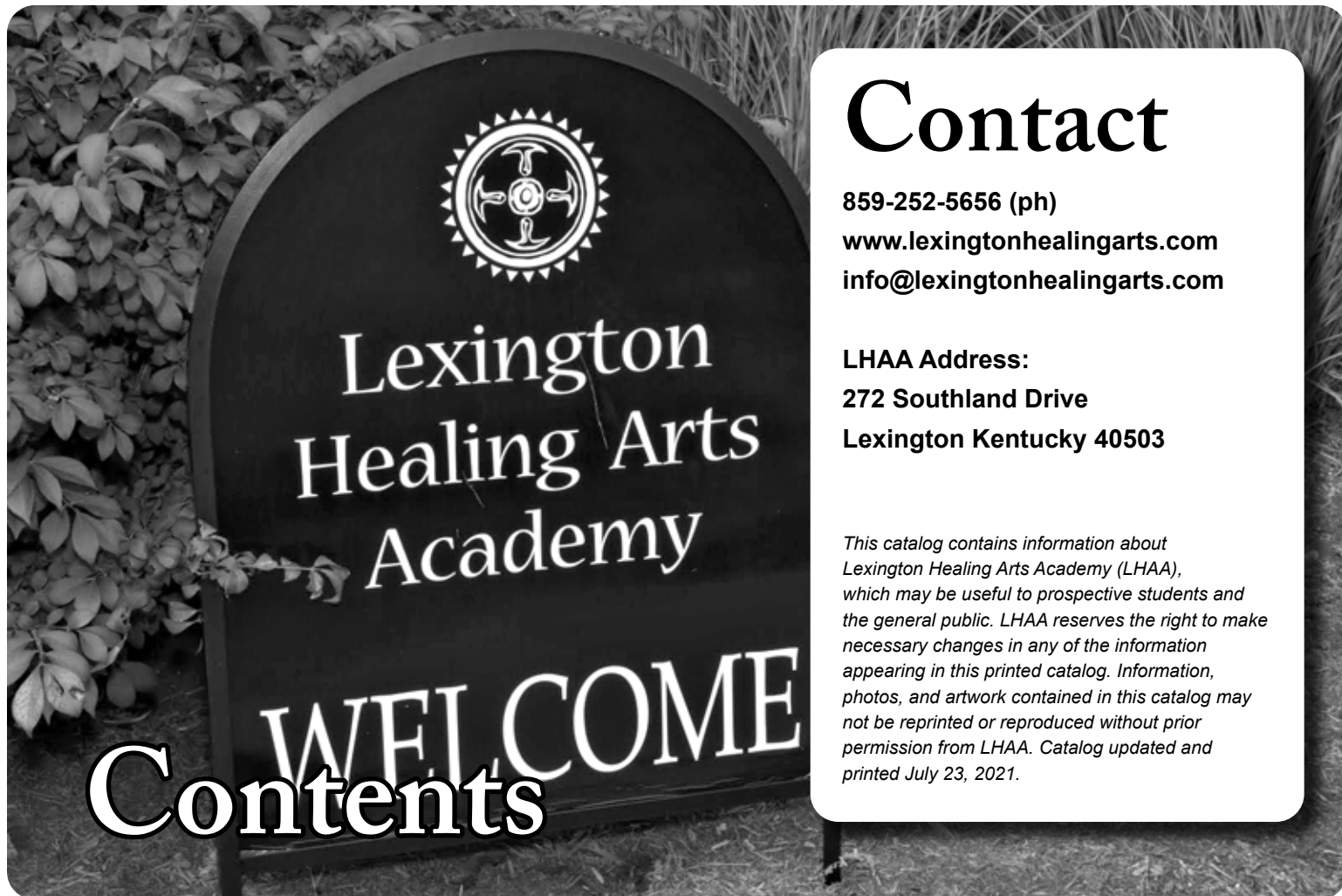
Please feel welcome to contact me at laura@lexingtonhealingarts.com in the Admissions Office with any questions or concerns. We will be here to walk you through the steps of beginning your future career.

Welcome to Lexington Healing Arts Academy!

Laura

Lexington Healing Arts Academy
Laura Young, Admissions/Financial Aid Coordinator
859-252-5656 ext. 29





Contact

859-252-5656 (ph)

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LHAA Address:

272 Southland Drive

Lexington Kentucky 40503

This catalog contains information about Lexington Healing Arts Academy (LHAA), which may be useful to prospective students and the general public. LHAA reserves the right to make necessary changes in any of the information appearing in this printed catalog. Information, photos, and artwork contained in this catalog may not be reprinted or reproduced without prior permission from LHAA. Catalog updated and printed July 23, 2021.

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Welcome

At Lexington Healing Arts Academy we are passionate about our students and the education and experience we provide for them. "Opening minds, hearts and possibilities through education and community" is not just our motto, but a commitment to each student and to the public to provide opportunity for growth in health and wellness on an individual and community level.

Since 1999 we have been educating Massage Therapists, and LHAA has also offered career training for Yoga Teacher Training since 2008. All our training programs are in-depth hands on courses taught by experienced and dedicated faculty. We invite you to join us on your path to a career in health and wellness.

Approvals and Certificates

State Approval

Lexington Healing Arts Academy was licensed in August 1999 by the Kentucky Commission on Proprietary Education as a resident school.

Certificate of Good Standing

Lexington Healing Arts Academy is authorized by the Kentucky Board of Licensure for Massage Therapy to provide a program of instruction in massage therapy.

Accreditations and Memberships

Accredited by the Accrediting Bureau of Health Education Schools (ABHES)

7777 Leesburg Pike, Suite 314 N.,
Falls Church, VA 22043 (703) 917-9503

LHAA is a Yoga Alliance Registered School

1701 Clarendon Blvd., Suite 110, Arlington, VA 22209
(888) 921-9642

LHAA is a member of the following Associations:

- American Massage Therapy Association (AMTA) council of schools member
- Associated Bodywork and Massage Professionals (ABMP) institutional member

LHAA is an approved provider of continuing education by:

- National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

Massage and Yoga Professions

Massage Therapy and Yoga are part of the growing wellness professions and are gaining the respect and acceptance of more "traditional" health-care practitioners and providers. Recognized for their therapeutic effects, Massage Therapy and Yoga are being incorporated as an adjunct therapy to many conventional Western modalities and treatments. The fields of Massage Therapy and Yoga are opening new doors of opportunity to members of their professions. Massage therapists with comprehensive training are assisting clients in areas of stress management, injury recovery, and preventative health care. Career opportunities for the licensed massage therapist include private practice, clinics, hospitals, health clubs, day and resort spas, beauty salons, sports teams, corporations, stress reduction/relaxation centers and working in association with other health practitioners such as chiropractors, medical doctors, dentists, physical therapists, and psychologists. Career opportunities for Yoga instructors include private practice, health clubs, day and resort spas, wellness centers, and

stress reduction/relaxation centers.



Mission Statement

LHAA is dedicated to providing an environment & curriculums that encourage and inspire professional development and personal growth for students interested in pursuing careers in health and wellness professions. We are committed to creating a community spirit in which each individual is respected, appreciated, and accepted. The faculty and staff are actively engaged in assisting students to attain career aspirations in the health and wellness professions.

History and Ownership

The Academy was founded in the summer of 1999 and the first Massage Therapy training program was started in September 1999. From the beginning the Academy has focused exclusively on creating a high standard of education for the Massage Therapy field in central Kentucky. Since then the school has graduated over 100 classes of students in the Massage Therapy program and has developed, hosted and taught continuing education classes for advanced learning in massage and bodywork. The school moved to its current location on Southland Drive in Lexington, Kentucky in the spring of 2004. In July 2006, the school was accredited by the Accrediting Bureau of Health Education Schools (ABHES). In the spring of 2008 the school expanded its campus. The school is now comprised of two buildings, one housing classrooms and the school's administrative offices and one housing the school's Massage Clinic and Yoga Center. During the summer of 2008, the school broadened its scope of offerings to include daily Yoga classes, an intensive Yoga Teacher Training program, and other holistic healthcare workshops available to the public.



The school is owned by Bill and Debra Booker who bring their talents, skills, and enthusiasm to the professions of health and wellness.

LHAA Environment

School Community

The school is centrally located in Lexington, Kentucky. As an institution we value small classes, consistent policies, and respect, appreciation and acceptance of each individual. We have tried to make our school as comfortable and appropriate for study and practice as possible. On our campus we offer four spacious classrooms, a large and attractive student lounge, eleven massage treatment rooms, a Yoga Center, a beautifully landscaped outdoor area, a library, and administrative offices. Well-lit onsite parking is plentiful, with no parking passes required. The classrooms, administrative offices, and treatment rooms are all handicap accessible.

The library consists of a variety of textbooks including the applied sciences, Yoga, massage fundamentals, general health, business, and specific massage modalities. Several professional periodicals and the internet are available for student use.

The school's classrooms all have equipment appropriate for massage therapy and yoga training. Adjustable massage tables, massage chairs, bolsters, stools, hydrocollators, human skeletons, charts and posters, TV's and overhead projectors are all utilized in the classroom.

Classes range in size from 4 to 30 students. Typically, if a class exceeds 15 students a teacher's assistant will aid the faculty member. Applied sciences and professional development courses are typically in a lecture format. Students that begin a class together will go through the entire program together. Our small class sizes help ensure that students receive adequate help and supervision and maximize the potential for personal growth.

About the Students

Students attending LHAA have ranged from age 18 to 71 and have come from very diverse backgrounds. They include accountants, artists, beauticians, nurses, personal trainers, teachers, scientists, parents, and a whole host of other occupations, as well as people entering the work force for the first time.

We have found that this broad diversity in our student population enriches the experience for our students.

Training Programs

Massage Therapy Program - Onsite, Day & Evening

Lexington Healing Arts Academy provides a 720 Hour Massage Therapy training program consisting of 612 classroom hours and 108 hours in our Student Intern Clinic. The program is divided into two terms: Term I consists of hours 1-360 and Term II is from 361-720 hours. The program provides a thorough and broad-based education in massage therapy. Students can expect to graduate from the program in a reasonable amount of time, 36 to 60 weeks not including vacation days, depending upon the day or evening program. The school employs a variety of instructional methods including lecture, demonstrations, audio-visuals, and hands on practice. At the completion of the 720 hour Massage Training program the students will receive a certificate of completion from the program. Completion of this program will prepare students to take the exam required for state licensure and begin a career in Massage Therapy.

Massage Therapy Program - Blended

Lexington Healing Arts Academy provides a 720 Hour Blended Massage Therapy training program consisting of 372 classroom hours, 108 hours in our Student massage clinic, and 240 hours live online classes via Zoom. The program is divided into two terms: Term I consist of hours 1-360 and Term II is from 361-720 hours. The program will consist of 8 hours of classroom or clinic time per week and 4

hours of live online via Zoom classes/week. During the first term classroom time will be Saturdays from 9:00 am- 5:00pm.

During most of the 2nd term students will have 4 hours of classroom time on Saturdays from 9:00 – 1:00 pm and will have a scheduled 4-hour clinic shift sometime between 9:00 am– 9:00 pm Tuesday – Saturday. The program provides a thorough and broad-based education in massage therapy. Students can expect to graduate from the program in a reasonable amount of time, 60 weeks, not including vacation days and holidays. The school employs a variety of instructional methods including lecture, demonstrations, audio-visuals, distance education and hands on practice. At the completion of the 720-hour Massage Training program the students will receive a certificate of completion from the program. Completion of this program will prepare students to take the exam required for state licensure and begin a career in Massage Therapy.

The objectives for the program are:

- Development of basic competency in the fundamentals of therapeutic massage, chair massage, pregnancy massage, hydrotherapy, energy work and clinical massage techniques.
- Establish a solid foundation in the applied sciences: anatomy, physiology, pathology and kinesiology.
- Gain an understanding of holistic wellness in mind/body/spirit and establish the practice of personal/professional development skills.
- Development and integration of professional ethics and personal relationship skills such as boundary setting, empathy, and effective communication.
- Gain insight into career goals and develop tools and

skills that support a smooth transition into a professional massage career in a broad array of employment settings.

- Exhibit and practice confidence, competence, and professionalism during the clinical internship.

“Lexington Healing Arts Academy has been a life-changing experience. I came in a little bit broken and left a bit more whole. I really had no idea what I was getting myself into. The course was challenging on so many levels. I have grown and I have matured. The faculty and staff was nothing but supportive in every way. They have taught us, guided us, motivated and encouraged me. I highly recommend LHAA to anyone thinking about becoming a massage therapist. You will learn a LOT about the human body but you will learn a lot about yourself.”



Course Descriptions

Massage Therapy Program

Lexington Healing Arts Academy provides an in depth, inclusive course of study in massage therapy. We emphasize a foundation of holistic wellness throughout the curriculum to enhance the mind/body/spirit balance in our students. The school benefits from guidance by national certification guidelines established by the NCBTMB, the Massage Therapy Body of Knowledge (MTBOK) and by the Federation of Massage State Licensing Boards as well as its own insight into the needs of today's massage students. Our program provides a solid foundation for a career in the health and well- ness fields. Below is a brief description of courses taught at LHAA.

Massage Fundamentals (158 hours)

Students learn the proper techniques and applications of massage strokes including effleurage, petrissage, friction, vibration, compression and tapotement. Confidence is instilled in our students through the knowledge of proper body mechanics, indications and contraindications of massage and the physiological effects of applied massage. Course study also includes pregnancy massage, Chakras/Polarity, Reflexology, Aromatherapy and Hydrotherapy. SOAP charting used in medical, chiropractic, and clinical environments, is taught and used to document in class massages. The class focuses on using knowledge of the body's musculoskeletal structure and function to apply massage safely and effectively.

Anatomy, Physiology, & Pathology 1 (86 hours)

This class is designed to provide students with a basic understanding of "normal" anatomical and physiological structures and functions and the understanding of pathological concepts and common disease processes and how they affect massage. At every level of organization care is taken to connect structural information with important functional concepts. Physiological content balances the anatomical information that is presented. Pathological concepts



address how the human body works when it is healthy, how does a disease or condition change that process, and where does massage or bodywork best create a balance between the two. The Methods of delivery include lecture, demonstration, individual and group activities, small projects, student presentation, and small group work to encourage learning.

Thought Patterns for a Successful Career (24 hours)

This course is designed to enhance the academy learning experience and prepare students for academic, personal and professional success. Students will explore strategies for managing change, setting and achieving goals, thinking in ways that create success, and overcoming setbacks.

Ethics (20 hours)

This course focuses on boundaries, ethics and the therapeutic relationship between massage therapists and their clients. The class identifies and addresses professional and ethical issues that may be encountered in the clinical internship and in professional practice after graduation. Role plays, lectures, class participation, and guest speakers prepare students for clinical practice.

Movement (24 hours)

This class is designed to give students the experience of greater freedom of movements in their own body, as well as fluidity while working with a client. Movement is frequently used to reeducate the body to release restrictions due to injury, surgery, or improper body mechanics. In turn, this leads to improved range of motion without pain.

Kinesiology (48 hours)

Students learn the structure and function of the muscles of the body. Specific muscles and their attachments and actions are discussed and palpated. Students are taught the relation of muscles in action; from synergists-muscles that work together, to agonists and antagonists-muscles that counteract each other.

Massage Fundamentals/Clinical Applications of Massage Therapy (122 hours)

Students will learn proper deep tissue techniques as well as the critical thinking skills necessary to apply them. Students do postural analysis, as well as develop treatment plans for those clients with injuries, trauma, and medical situations. This will be accomplished through application of techniques such as trigger point, myofascial release and neuromuscular massage. A focus of this class is to prepare the students to assess and apply specific treatments for the various pathologies they will encounter in student clinic. Students will also be introduced to the necessity and process of scientific research and its importance to the massage therapy profession.

Anatomy, Physiology, & Pathology 2 (90 hours)

This course is a continuation of A&P 1 providing a basic understanding of the anatomy and function of the nervous, cardiovascular, immune, digestive, respiratory, urinary, and reproductive systems including the effects of massage on these systems. Students will be able to relate this information to the practice of massage therapy, indications, contraindications, cautions, and benefits.

Business & Professional Development (40 hours)

This class is designed to provide an introduction to general business principles and how they apply to the student's career as a massage therapist. Students will develop a business plan and study marketing and client retention strategies. Communication skills, "soft skills", qualities employers seek, how to write a resume, and how to create the perfect massage experience are part of the curriculum. In addition, this class will outline professional credentialing requirements and students will apply, learn affective study tips, and take a mock National Certifying Exam.

Clinical Internship (108 hours)

This course is an internship designed to allow students to integrate all knowledge from class work, in a supervised clinical environment, to gain confidence as a professional and refine their skills as a body-worker. Clinic emphasizes charting of SOAP notes, professionalism, development of treatment plans, and work with specific pathologies, thus further preparing students for careers in a professional allied medical environment.

Total Hours

(720 Hours)

Massage Program Schedule

Onsite Day Programs begin in January and September. An Evening Program is also scheduled in April and September, and a Blended Program in January. If classes do not reach a certain enrollment the school has the prerogative to cancel or change a class start date. Day classes are held Monday through Friday from 9:30 am to 1:30 pm. The day program takes approximately 36 weeks to complete. This does not include holidays and scheduled time off. Evening courses are held Tuesday, Wednesday and Thursday evenings from 6:00 pm to 10:00 pm. The evening program takes approximately 60 weeks to complete. Again, this does not include holidays and scheduled time off. In Term II, there is a variation of hours due to scheduling in clinic shifts. The Blended program takes approximately 60 weeks to complete.

2021 class schedule:

Start Dates	End Dates
January 13, 2021 (Day)	November 10, 2021
January 23, 2021	June 11, 2022
April 20, 2021	August 11, 2022
September 15, 2021 (Day)	August 12, 2022

View a Summary Report of the Massage Therapy Profession (31-9011.00) at <http://www.onetonline.org/link/summary/31-9011.00>
tion, and practice activities.

Yoga Teacher Training Program

Lexington Healing Arts Academy provides a 200 hour Yoga Teacher Training Program consisting of 180 classroom hours and 20 internship/externship hours. The program provides a thorough and strong foundation in Yoga and how to teach Yoga.

Upon completion of this Program, students will be able to:

- correctly execute the yoga poses safely
- understand and practice breathing combinations of natural breath and pranayama
- name the major Sanskrit Poses
- see and understand bodies and movement
- instruct others on how to make adjustments in their own and others' bodies
- know what each individual body needs within a certain pose
- understand sequencing to reach a balance within an individual class
- understand the basic verbiage necessary to teach Yoga
- know the indications and contraindications for different individuals and different poses to enhance wellness and avoid injury
- understand the ethical boundaries between student and teachers
- develop a personal practice routine
- meld the spirituality of Yoga philosophy and methodology into their daily life
- impart to others the energy and passion necessary to do this work

The school employs a variety of instructional methods including lecture, demonstrations, audio-visuals, and hands on practice. All of the courses offered by the Academy are offered on campus, no classes are delivered by distance learning. At the completion of the 200 hour Yoga Teacher Training Program the students will receive a certificate of completion from the program.

Yoga Teacher Training Schedule

The program is 52 weeks consisting of 12 weekend classes held once a month. If classes do not reach a certain enrollment the school has the prerogative to cancel or change a class start date.

Classes will be on Saturday and Sunday from 9:00 am until 4:30 pm.

Course Descriptions

The Yoga Teacher Training program at Lexington Healing Arts Academy has targeted guidelines developed by the Yoga Alliance to establish both scope and depth of course content. The program emphasizes a foundation of holistic wellness throughout the curriculum to enhance the mind/body/spirit balance in the student. Below is a brief description of courses taught at LHAA.

Yoga Teacher Training (180 hours)

This course is designed to instruct individuals on technique, methodology, anatomy, physiology, ethics, philosophy and lifestyle, necessary to become a competent and safe Yoga Instructor.

Yoga Externship (20 hours)

This course is an externship/internship designed to allow students to integrate all knowledge from class work in a work environment to gain confidence as a professional Yoga Instructor.

Total Hours

(200 hours)

2021 class schedule:

Start Dates

October 9, 2021

End Dates

September 11, 2022

View a Summary Report of the Fitness Trainers and Aerobics Instructors Profession (39-9031.00) <http://www.onetonline.org/link/summary/39-9031.00>.

Holidays

New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving, and Christmas Day are official school holidays.

Admissions Policies

Massage Therapy Program - Onsite

The Lexington Healing Arts Academy accepts applications throughout the year. Prospective students are encouraged to submit their application early for processing, but there is no deadline for applying. We require that applicants:

- Be at least 18 years of age by the enrollment date
- Provide proof of high school graduation or GED (Copy of diploma, GED, or college transcripts required. Foreign transcripts are not accepted.)
- Have received at least two professional massage therapy sessions from both a male and female qualified practitioner
- Attend an interview with designated staff to determine enrollment status based on, but not limited to, academic potential, readiness, and personal motivation and goals
- Be physically capable of performing the work

Massage Therapy Program - Blended

We require that applicants:

- Be at least 18 years of age by enrollment date
- Have graduated from high school or have received a GED certificate. (Copy of diploma, GED, or college transcripts required. Foreign transcripts are not accepted.)
- Have received at least two professional massage therapy sessions from both a male and female qualified practitioner
- Attend an interview with designated staff to determine enrollment status based on, but not limited to, academic potential, readiness, and personal motivation and goals.
- Students will need either a desktop or laptop computer that is able to run the most recent internet browsers.
- Be physically capable of performing the work
- Complete Distance Learning assessment

Yoga Teacher Training Program

The Lexington Healing Arts Academy accepts applications throughout the year. Prospective students are encouraged to submit their application early for processing, but there is no deadline for applying. We require that applicants:

- Be at least 18 years of age by the enrollment date

- Have attended at least six (6) Yoga classes prior to starting school
- Have experience with twelve (12) designated asanas

If classes do not reach a certain enrollment, the school has the prerogative to cancel or change a class start date. The minimum number of students for a class to start for massage is 8 students and Yoga Teacher Training 10 students.

Campus Visits

Tours

We invite you to call our Admissions department to schedule a tour. Staff is available to answer your questions about our all certification programs. The tour is about one hour. For info call **859.252.5656 ext. 29 or ext. 25.**

Administrative Policies

Transfer of Credits

LHAA will consider a transfer of credit from other institutions accredited by an agency recognized by the U.S. Department of Education (USDE) or the Council for Higher Education Accreditation (CHEA). To be eligible for transfer a student must have earned a "C" or its equivalent to even consider a transfer of credit. Please note that similar course titles do not necessarily mean that the course content is equivalent. Applicants must provide materials to support their request for a transfer of credit, e.g. an official transcript, course description, syllabus, course materials, textbooks or any other available material that can be used to establish course equivalency. To receive credit applicants will be required to take a practical and/or written test to determine proficiency or knowledge of the subject. There is a \$35 processing fee for requesting the transfer of credit, and for any additional testing. Determination of transfer credit must take place prior to signing the enrollment agreement.

Clock hours will be awarded for courses in which transfer of credit has been accepted. Transferred clock hours are, therefore, calculated into the minimum clock hour completion computation. Grades are

not awarded for transfer credit courses and do not figure into minimum cumulative grade point averages requirements. For Massage, tuition will be reduced by \$17.50 per clock hour and \$13.50 for Yoga per clock hour accepted for those applicants receiving transfer of credits.

Satisfactory Academic Progress

The Lexington Healing Arts Academy Satisfactory Academic Progress Policy is consistently applied to all students enrolled at the school. The policy complies with the guidelines established by the Accrediting Bureau of Health Education Schools (ABHES) and the United States Department of Education. A student's academic performance must be monitored if they are receiving financial aid. If they do not meet certain standards, they lose their eligibility for federal financial aid. One of these is Class Grades (qualitative measure), which measures for a minimal academic performance. The second standard is attendance (quantitative measure), which is how a school measures to make certain a student is on track to complete their certificate in a reasonable amount of time.

Evaluation Periods

Students are evaluated for Satisfactory Academic Progress as follows:

Massage Therapy

360 and 720 clock (actual) hours
(Day) 18 & 36 weeks
(Night & Blended) 30 & 60 weeks

Yoga Teacher Training

100 and 200 clock (actual) hours
26 & 52 weeks

Attendance Progress Evaluations

The Lexington Healing Arts Academy attendance policy assumes motivated students will recognize that being present and participating in class discussions and laboratories will further their development of knowledge and skill. Therefore, students are expected to attend all classes in our program. Daily attendance records are maintained and reviewed regularly. To meet Satisfactory Academic Progress the student must successfully attend 90% of all scheduled hours.

Students in the Yoga Teacher Training program must successfully attend 85% of all scheduled classes. The attendance percentage is determined by dividing the total hours attended by the total number of hours scheduled. The amount of clock hours and allowable days missed are listed below:

	# of clock hours	# days missed
Massage Therapy	720	18
Yoga Teacher Training	200	4

Students that exceed the maximum days allowed may be dismissed. Students may be able to appeal their dismissal. In the Massage program, if a student misses 7 consecutive school days they will be dismissed. In the Yoga program if a student misses 2 consecutive weekends they will be dismissed. Students must successfully complete all scheduled hours and content of their program. All classes/hours must be made up. All absences, both content and hours, must be made up.

LHAA asks students to call their instructors before class to notify the school of their absence.

Academic Progress Evaluations

Students receive a syllabus in each course which states the basis of evaluation for each course. Each syllabus provides a grading scale and assessments. Weights for individual assessments depend on the individual course. A student must maintain a cumulative grade point average of 70% to meet Satisfactory Academic Progress. The grading scale is as follows:

A = 92% or above

B = 82%-91%

C = 70% -81%

F = 69% or below

I = Incomplete

When a student is experiencing difficulty in progressing satisfactorily in their program they need to meet with the Registrar to work out a plan to enhance their performance. The plan may include but is not limited to; taking tests outside of the classroom, tutoring, participating in a study group, daily check-ins, use of additional resources such as the library, internet or AV materials or outside counseling. The assistance

that is arranged is documented and placed in the student's file.

Determination of Progress Status

Students meeting the minimum requirements for academics and attendance at the evaluation point are considered to be making satisfactory academic progress until the next scheduled evaluation. Students will receive a hard-copy of their Satisfactory Academic Progress Determination at the time of each of the evaluations. Students deemed not maintaining Satisfactory Academic Progress may have their Title IV Funding interrupted, unless the student is on warning or has prevailed upon appeal resulting in a status of probation.

Warning

Students who fail to meet minimum requirements for attendance or academic progress are placed on warning and considered to be making satisfactory academic progress during the warning period. The student will be advised in writing on the actions required to attain satisfactory academic progress by the next evaluation. If at the end of the warning period, the student has still not met both the attendance and academic requirements, they will be placed on probation.

Financial Aid Warning

If applicable, a student will be placed on academic warning for not meeting the standards outlined above for the first evaluation period. The student will still be eligible for Title IV aid and will be notified that they are placed on Financial Aid Warning. Students

that receive Veterans Affairs Educational Benefits, including the Post 9/11 GI Bill, are subject to the VA required attendance policies.

Probation

Students who fail to meet minimum requirements for attendance or academic progress after the warning period will be placed on probation. Only students who have the ability to meet the Satisfactory Academic Progress Policy standards by the end of the evaluation period may be placed on probation. Students placed on an academic plan must be able to meet requirements set forth in the academic plan by the end of the next evaluation period. Students who are progressing according to their specific academic plan will be considered making Satisfactory Academic Progress. The student will be advised in writing of the actions required to attain satisfactory academic progress by the next evaluation. If at the end of the probationary period, the student has still not met both the attendance and academic requirements required for satisfactory academic progress or by the academic plan, they will be determined as NOT making satisfactory academic progress.

Financial Aid Probation

If applicable, a student will be placed on academic probation for not meeting the standards outlined above for a second subsequent payment period. A student placed on academic probation is ineligible for Title IV (financial aid) funds unless a successful appeal is filed with the school director.

The student appeal must include the reasons for which the students failed to meet SAP and what has changed that will allow the student to make SAP at the next evaluation. If an appeal is approved then the student will be placed on Financial Aid probation and regain eligibility for that payment period or the enrollment period outlined in their academic plan.

Re-Establishment of Satisfactory Academic Progress

Students may re-establish satisfactory academic progress and Title IV aid, as applicable, by meeting minimum atten-



dance and academic requirements by the end of the probationary period.

Appeal Procedure for Satisfactory Academic Progress

If a student is determined to not be making satisfactory academic progress, the student may appeal the determination within 10 calendar days. Reasons for which students may appeal a negative progress determination include death of a relative, an injury or illness of the student, or any other allowable special or mitigating circumstance. The student must submit a written appeal to the school on the designated form with supporting documentation of the reasons why the determination should be reversed. This information should include what has changed about the student's situation that will allow them to achieve Satisfactory Academic Progress by the next evaluation point. Appeal documents will be reviewed by the Executive Director and Registrar and a decision will be made and reported to the student within 10 calendar days. The appeal and decision documents will be retained in the student file. If the student prevails upon appeal, the satisfactory academic progress determination will be reversed and federal financial aid will be reinstated, if applicable.

Maximum Time Allotted for Completion

The student must successfully complete all required coursework and required clinic in no longer than 150% of the standard program length, not to exceed three (3) years from the original start date.

Program: Massage Therapy Training

Standard Length: 720 clock hours
(Day) 36 weeks
(Night & Blended) 60 weeks
Maximum Pace Length: 1080 clock hours
(Day) 54 weeks
(Night & Blended) 90 weeks

Program: Yoga Teacher Training

Standard Length: 200 clock hours
52 weeks
Maximum Pace Length: 300 clock hours
78 weeks

Makeup Policy

Because LHAA is an accredited and licensed school approved for the U.S Department of Education Title

"I love this school! The people were great at helping me to become the person I am today."



IV financial aid programs, utilizing clock hours as our measurement of academic progress, all LHAA students must make up every minute of class time they miss. This includes time missed due to class tardiness. A student must complete all hours of their program at LHAA's campus and it must be supervised. Students will have several ways to make up class hours and content. Students can continue to schedule a tutorial with their instructor. If the tutorial makes up the content of the class but does not make up the entirety of the hours missed, the student will need to make up the additional time missed. This additional time needs to be supervised and made up here on the LHAA campus. Instructors will issue additional make up assignments that can be completed at school. Students should work with their instructor and Registrar's office to schedule supervised time to complete their makeup work on campus.

Online Academic Attendance / Engagement Policy

The Standards, Code of conduct, Attendance, and Tardy policies are applied the same to live online courses as they are to in-person classes. Success in an online course is dependent on active participation and engagement throughout the course. As such, students are required to complete all assignments by the due date, and to actively participate in class. There must be regular and substantive interaction between students and faculty in online education courses.

Incompletes

Incompletes occur when a student has not completed coursework by the end of class. At the time an incomplete is given, students have one week to complete all work necessary for the course requirements. Failure to comply with these requirements will result in the incomplete becoming an "F". Extenuating circumstances shall be reviewed individually by the Registrar. If a student fails a course they have the option of retaking the course for \$17.50 per hour for Massage, and \$13.50 per hour for Yoga. Each course may only

be retaken one time. The grade of the retake will take the place of the failed grade. Students who withdraw from the program will receive a "W" for each class interrupted by the withdrawal.

Class Retakes

If a student fails a class, the charge for retake is 17.50 per clock hour for the Massage program, or \$13.50 per clock hour for the Yoga Teacher Training program. The grade of the retake will take the place of the failed grade. A student cannot retake a class unless all financial obligations are current, and the student is in satisfactory financial standing.

Tardiness

Being late or leaving early from class is disruptive and unprofessional to both students and faculty. Excessive tardiness can lead to disciplinary action, potentially leading to dismissal. Therefore, being late for the start of class, returning late to class from break, and leaving class early are recorded as tardy. Your daily grade is reduced by up to 20% when tardy.

If you receive 5 tardies, you will receive a written warning. 8 tardies, you will be placed on probation. 9 or more tardies may lead to dismissal from the program. All tardies must be made-up to the minute.

Leave of Absence

A student applies for a leave of absence by requesting a Leave of Absence Form from the Registrar, completing the form, and submitting it to the Registrar. The form includes a specific reason for the request and a start and expected end date for the LOA. A leave of absence is granted on a case-by-case basis when a student is not able to attend classes due to illness, personal emergence, and other extraordinary circumstances but LHAA has determined that there is a reasonable expectation the student will return to the school. The decision to grant an LOA is determined by the SAP Committee including the Registrar and the ED. A student returning from LOA is required to contact the Registrar prior to attending classes. The number of days approved for LOA when added to the number of days in all approved LOA may not exceed 180 days in any 12-month period. Time spent on an approved LOA is not included in maximum time allowed calculations. If a student does

not return from the LOA within 7 days of planned end date, they will be dismissed from the program and are responsible for any remaining tuition balance.

Students granted a Leave of Absence, will return to school in the same progress status as prior to the leave of absence.

Hours elapsed during a leave of absence will extend the student's contract period by the same number of days taken in the leave of absence and will not be included in the student's cumulative attendance percentage calculation. Students who withdraw prior to completion of the course and wish to re-enroll will return in the same satisfactory academic progress status as at the time of withdrawal.

Withdrawal and Reinstatement

Students may withdraw from any LHAA program at any time by notifying the Registrar in writing of the student's intent to withdraw. The date of the withdrawal will be the date the letter is postmarked, the facsimile or email is received, or, if hand delivered, the date the notice is received. A student's last day of attendance is the last day a student had any academically related activity. Any refund due will be issued within 45 days of the date of the withdrawal. Within 45 days of the date of withdrawal, a written acknowledgement will be sent to the student.

In the event of an unexplained absence from the school, for the Massage Therapy program for seven (7) consecutive school days from the last date of attendance in an academically related activity, a student will be considered withdrawn from the program. The date of withdrawal will be considered seven school days from the last academically related activity by the school.

In the event of an unexplained absence from the school, for the Yoga Teaching Training program, for more than four (4) days from the last date of attendance in an academically related activity, a student will be considered withdrawn from the program.

The school will notify the student in writing of status and their contractual obligations. Any refund due will be issued within 45 days of the date of withdrawal.

If a student who has withdrawn decides to return to the school at a later date, they must reapply for admission. A student must be withdrawn for at least 30 days before they can reapply. If readmitted, they will be subject to the program tuition, policies, procedures, and fees in effect at the time of readmission.

Withdrawal Refund Policy

The withdrawal will be effective as of the date the notice is received by LHAA or such later date as specified in the notice. See the LHAA Student Handbook for further explanation. If the date of Student's withdrawal is:

- a. A student requesting withdrawal within three business days of signing the Enrollment Agreement, and before the first day of class, will receive a full refund of all monies paid, less the registration fee.
- b. Prior to the Commencement Date, LHAA will refund Student all of the Tuition paid to LHAA less the non-refundable registration fee.
- c. If a student notifies the school in writing that they would like to withdraw from the program within 10 calendar days of the first day of class the student will not be charged tuition but must pay LHAA a \$200 materials fee. The materials fee can be reduced if a withdrawn student returns any textbook in brand new condition within 7 days of the date of determination of withdraw. The amount reduced from the materials fee will be the retail price of the textbooks.
- d. If the date of Student's withdrawal is past the Commencement Date but before the completion of 60% of the program, the Student must pay LHAA \$17.50 per transpired hour plus a \$600 materials fee, or \$13.50 per transpired hour in the Yoga Teacher Training Program with no materials fee owed.
- e. If the date of Student's withdrawal is later than 60% of the program, the full amount of the Tuition must be paid by Student to LHAA, including any amounts owed under the Promissory Note.
- f. If a student is denied admission to the program, the \$50 registration fee will be refunded within 45 days of denial.

Academic Advising and Counseling

If a student needs academic advising they should see the instructor involved and/or the Registrar. Most instructors are willing to provide tutoring if needed, individually or in small groups. The Registrar may make recommendations regarding specific assistance to help with certain special needs such as test anxiety or learning disabilities.

The Registrar will serve as a resource for referrals to private practitioners in our area should the student need personal counseling. Discussions with students regarding such needs are kept confidential.

Graduation Requirements

In order for students to receive graduation certificates, they must complete the following:

1. Complete all the scheduled program hours of education.
2. Have fully paid off all tuition, fees, charges and/or met other financial obligations.
3. Have completed the program with a minimum a 70% grade average for all classes.
4. Have completed the program with a minimum of 90% and have all make up work/hours completed.
5. Have returned any items borrowed from the school. Our on-time graduation rate for the period 7/1/2017 - 6/30/2018 is 90%.

Transcripts

Each student who is in good academic and financial standing receives two official transcripts at the end of the program. There is no charge for the initial transcripts. Additional copies of a student's transcript will cost \$10 to prepare and send. Students may contact the Registrar to request additional copies. If a student is not current with their financial standing a transcript will not be released.

Student Conduct

Students are expected to behave in a manner appropriate to the profession at all times. Conduct probation is a period during which a student will be asked to upgrade his or her behavior in order to be allowed to remain in our program. This may occur if it is deemed a student's behavior is inappropriate, is in any way disruptive to the learning process, danger-

ous to himself/herself or another student, comes to school under the influence of drugs or alcohol, lacks commitment to the program, is excessively tardy, is incapable of meeting classroom or internship requirements or does not meet the conduct guidelines outlined in the student handbook.

If a student's conduct does not reflect appropriate behavior as discussed throughout the Student Handbook, then the student will have a meeting with the Registrar to establish disciplinary action. The student will then receive a letter outlining disciplinary guidelines within three (3) business days of the meeting. If the student fails to meet the expectations outlined in the probationary letter developed by the Registrar within 30 days, the student may be dismissed from the program. Gross infractions of student conduct guidelines could lead to immediate dismissal.

Grievance

Clear communication is essential. We ask that when a conflict or disagreement may arise, we encourage the following options to be taken to resolve the conflict:

1. Whenever possible, speak directly to the person(s) you have an issue with.
2. If this is not possible, seek the facilitation/mediation from the Registrar.
3. If this does not lead to a satisfactory conclusion then the student may submit a written grievance to the Executive Director. The decision reached by the Executive Director is final.

Rules and Regulations

Other rules and regulations concerning the education and experience at LHAA are found in the Administrative Policies and Other Policies and Information sections of the Student Handbook.

Tuition and Fees

Massage Therapy Program

Tuition for the program is \$12,500. Tuition includes textbooks and the first time registration fee for the MBLEx, administered by the Federation of State Massage Therapy Boards. Supplies are approximately \$100, CPR/First Aid and AED certification is about \$50, Personal Liability Insurance is \$150-\$230

(optional), and we require our students to receive three professional massages, approximately \$180, while they are in school. Tutorials for make-up work, are available from the school at \$35/hour one-on-one, for multiple students \$20/hour. Students shall be charged \$50 for each unexcused clinic shift. A lost or unreturned key card will be \$25. Tuition is subject to increases at any time.

Yoga Teacher Training Program

Tuition for the program is \$2,750. Textbooks are approximately \$150, supplies are approximately \$125 and weekly Yoga classes are approximately \$100-\$500. Personal Liability Insurance (optional) is \$160-\$230. Tutorials for make-up work are available from the school at \$35/hour. Tuition is subject to increases at any time.

Registration Fee

Each program has a \$50 registration fee.

Financial Assistance

We offer several different financing alternatives that can help you achieve your personal and career goals. LHAA offers the availability of Financial Aid for the following types of Federal Student Aid to students who qualify.

- Federal Pell Grant
- Federal Direct Education Loans, including the Subsidized Stafford Loan, Unsubsidized Stafford
- Internal Installment Plans
- Private Student Loans

Lexington Healing Arts Academy is approved by the Kentucky State Approving Agency for Veterans Education (SSA) to offer VA Educational Benefits (GI Bill®) to eligible individuals enrolled in approved programs, including Yoga Teacher Training. VA Educational benefits are not available for any program offered by LHAA that includes online education. This includes the Massage Therapy Blended classes.

**GI Bill is a registered trademark of the U.S. Department of Veterans Affairs (VA.)*

Students who would like to federal financial aid should apply at www.fafsa.ed.gov. The LHAA FAFSA School Code is 041239.

Federal Financial Aid is not available to students interested in the Yoga Teacher Training program. Other financial aid is available to students interested in the Yoga Teacher Training program

Student Services

- Tutorials
- Massage Practice opportunities
- Massage Table rentals
- Free Ethics CE class
- Yoga Classes at no cost
- Discounted Workshops
- Massage Therapy Clinic discounts
- Scholarship Opportunities
- Veteran's Affairs

Placement Assistance

LHAA provides placement assistance to all of our students. A LHAA staff member is available to meet with students individually to discuss their career/personal goals and objectives. For Massage students, as part of our placement assistance, we will assist students in preparing for taking the National Certification or MBLEx Exam, conducting a job search, and notifying recently licensed graduates of new employment opportunities. LHAA does not guarantee employment to any of our graduates.

Continuing Education

The school offers continuing education classes for advanced studies in Yoga, massage and holistic studies. These classes are taught by LHAA faculty as well as for experienced professionals who are experts in their subject. These courses are typically available on weekends throughout the year.

Discriminatory Policy Regarding Students

LHAA does not unlawfully discriminate with respect to the rights and privileges, programs and activities made available to students at the school on the basis of race, color, gender, sexual orientation, religion,

national and ethnic origin, age or disability. LHAA complies with ADA and is handicap accessible.

Certificate and Licensure (Massage Therapy Program Only)

Licensing Exam Included in Tuition

There are two different licensing exams recognized for state licensure, MBLEx and NCBTMB.

LHAA tuition includes the cost of taking the MBLEx which will allow students, if successfully passed, to apply for Kentucky state licensure or any state where the MBLEx is accepted. If a student desires to become nationally certified it is the student's responsibility to pursue with NCBTMB the requirements to gain National Certification.

LHAA will pay the exam fee, of one exam, once. If an exam must be retaken, or a student wants to take

both tests, the additional cost is the responsibility of the student.



"This is definitely my passion. There's no place I would rather be...this is the best decision that I could have ever made."

Other states' requirements for licensure may differ and it is the student's responsibility to be aware of and meet other state licensing requirements if desired.

For further information :

**Federation of State Massage Therapy Boards,
Massage and Bodywork Licensing Exam Office:**

**150 4th Avenue, North, Suite 800
Nashville, TN 37219
866-962-3926
mblex@fsmtb.org**

**National Certification Board for
Therapeutic Massage and Bodywork:**

**NCBTMB
1901 S Myers Rd., Suite 240
Oakbrook Terrace, IL 60181
800-296-0664
www.ncbtmb.com**



state licensure is \$125.00. More information will be discussed with you regarding licensure and National Certification through out the program. Other documents may be required on an individual basis.

For further information about licensure laws in the state of Kentucky contact the Kentucky Board of Licensure for Massage Therapy at:

**P.O. Box 1360
Frankfort, KY 40602
502-564-3296 ext 223
<http://bmt.ky.gov>**

Other

State Licensure

Many states now require massage therapists to be licensed. To practice massage therapy in Kentucky, therapists must be licensed by the state of Kentucky. The Kentucky Board of Licensure for Massage Therapy may issue a license as a massage therapist to an applicant who:

- (a) Is eighteen (18) years of age or older;
- (b) Has paid the registration fee and other fees required by the board;
- (c) Is a person of good moral character;
- (d) Has successfully completed a course of study consisting of a minimum of six hundred (600) classroom hours of supervised instruction in a massage therapy training program approved by the board; and
- (e) Has successfully passed an examination administered by MBLEx, the National Certification Board for Therapeutic Massage and Bodywork, or a certifying agency that has been approved by the National Commission for Certifying Agencies.

If you plan to practice in a state other than Kentucky it is the student's responsibility to understand the licensing requirements of the state they plan to practice.

Your state licensure application packet to the state of Kentucky must include an official school transcript, a copy of the letter from the testing facility showing a passing grade, background check results, and a 2x2 passport quality photo. We will send an official sealed copy of your transcript by your request. Total cost for

Filing a Complaint with the Kentucky Commission on Proprietary Education

To file a complaint with the Kentucky Commission on Proprietary Education, each person filing must submit a completed "Form to File a Complaint" (PE-24) to the Kentucky Commission on Proprietary Education by mail to Capital Plaza Tower, Room 302, 500 Mero Street, Frankfort, Kentucky 40601. This form can be found on the website at www.kcpe.ky.gov.

Student Protection Fund

KRS 165A.450 requires each school licensed by the Kentucky Commission on Proprietary Education to contribute to a Student Protection Fund, which will be used to pay off debt incurred due to the closing of a school, discontinuance of a program, loss of license, or loss of accreditation by a school or program. To file a claim against the Student Protection Fund, each person filing must submit a completed "Form for Claims Against the Student Protection Fund". This form can be found on the website at www.kcpe.ky.gov.

Staff

Bill Booker, Executive Director, has owned the school since December 2003. Prior to owning the school Mr. Booker had several successful careers in the information technology industry and the finance industry. A graduate from George Washington University, with a Bachelors degree in Business Administration and a Masters Degree in Business Administration, Mr. Booker has a very diverse and well rounded background in business management.

Debra Booker, Co-Owner of LHAA (with her husband Bill), Debra grew up in her family's health food store and has always been interested in health and wellness, exercise and nutrition. She discovered her love for movement and strength in high school, enjoying weight lifting, aerobics, kickboxing, dance and running. Bill and Debra moved to Lexington from Boulder, CO and bought LHAA in 2003. She discovered yoga while in Boulder and it deepened her understanding of the complete mind/body connection. Yoga has brought her such transformation both physically, mentally, and spiritually, and she is continually inspired to share this incredible practice with others.

Robyn Hardy, Clinic Director. Robyn began her career with Lexington Healing Arts Academy in May of 2000 as an Office and Clinic Manager. In her time with LHAA, Robyn has served in many capacities. She graduated from the Massage program in 2001 and the Yoga program in 2008. In 2003 she added Fundamentals Instructor and Ethics Instructor to her duties. Robyn has a full-time private practice in Lexington. Her practice includes Craniosacral and Lymphatic modalities.

Carol Rajchel, Compliance Coordinator, comes from a background of Administration. She started with Lexington Healing Arts Academy in 2005 as a receptionist in our clinic. She moved to Office Manager in 2006 and then to Director of Admissions/Financial Aid in 2008 to 2013. She relocated to Nashville in 2013 and was employed by Moltow State Community College where she worked in the Admission/Records office and the Business Office. She then returned to the Lexington area in 2018 and is now our Compliance Office. Carol was elected as a Tennessee Promise

Mentor from 2014-2018. Carol has received training in FERPA, Identity Theft Prevention, GLBA Information Security, Discrimination and Harassment Prevention for Higher Education, Title VI, Title IV Administration, and IT Security.

In her spare time, Carol enjoys hiking and spending time with her family and friends. Carol has two sons and lives in Nicholasville, KY

Rachel Rodgers, Assistant Registrar, assists the Students, Faculty, and Staff while directly supporting the Registrar. After six years of Office and Student Support experience, she has made her way to LHAA. Rachel believes that education is important to success, and the support of administration is crucial for students to be able to reach that success. It is that belief that has led, and kept, her in the field of education. Rachel's journey into a career in education started with tutoring English, Psychology, Chemistry, and Geology when she was in college herself. From there she found her way into Office Administration at Kilgore College and later Berea College. Graduating from Kilgore College in Behavioral Science and then studying Studio Art at Berea College, Rachel has many varied interests. She spends most of her time with her husband and son and enjoys crafting and fiber arts.

Patricia Seaman, Registrar, has a background in Archives and Records Management with a Masters degree in Library and Information Science. She has over 15 years' experience in higher education administration and records management. She is originally from Long Island, New York. She lives with her husband and their two dogs in Lexington. Patricia enjoys hiking, camping, and reading.

Lena West, Academic Programs Manager, has a Bachelor of Science degree from Saint Leo University has been a Licensed Massage Therapist since 2004. She has been an educator for over 28 years in the areas of employee development and massage therapy. Her passion and focus have always been on raising the level of knowledge and competence in every field she has encountered as an educator. She is an active member of the American Massage Therapy Association (AMTA) and Association Bodywork and

Massage Professionals (ABMP) and served as past President of the Tampa Chapter of the Florida State Massage Therapy Association (FSMTA). In her efforts to support integrity in the field of massage therapy education, she served as an evaluator/peer reviewer for several accreditation boards, including the Commission of Massage Therapy Accreditation (COMTA). Further, she has been the director of massage programs for two of the largest schools in the country and has served on several advisory boards for massage therapy schools.

Laura Young, Admissions & Financial Aid Coordinator, joined Lexington Healing Arts Academy in 2020 with five years experience in higher education and operations management. Laura earned a Bachelor of Social Work from Western Kentucky University, and then served as Assistant Registrar at Georgetown College where she developed a passion for empowering students to reach their goals. Laura is a Lexington native and spends her free time hiking, mastering calligraphy, and socializing at a “book club” where no books are read.



Faculty

The LHAA faculty is composed of experienced massage therapists and health care professionals who share a commitment to quality education and the personal development of students. Each instructor brings a rich diversity of background and skills to the classroom. All instructors of hands-on courses and most teachers of applied sciences have private practices in massage therapy or are employed as health care professionals. All of our faculty members are employed on a part time basis.

Alison Blair - Massage Therapy

Ali has always had a passion for the sciences and has a bachelor's degree in biology. She spent six years doing biomedical research at the University of Kentucky prior to becoming a massage therapist. After graduating from Lexington Healing Arts Academy in 2001 she began teaching human anatomy, physiology, and pathology in the massage therapy program in 2004 and in the yoga teacher training program in 2019. She has a private practice in Lexington, KY focusing on pain relief and management. In her spare time, she loves being out in nature, hiking, backpacking, kayaking, and canoeing.

Ann Boone - Massage Therapy

Ann has been practicing massage therapy and bodywork since 1979. After many years of practice as a self-taught therapist, Ann continued her education in a more traditional setting at Lexington Healing Arts Academy graduating in 2003. Her advanced trainings include: Neuromuscular/Trigger Point therapies, Lymph Drainage, visceral and neural manipulation, Craniosacral therapy, Pre/post-natal, sports massage and Active Isolated Stretching. Ann has over 3,500 hours experi-

ence in physical therapy settings (outpatient orthopedic, acute care, sports medicine) as well as having served as team massage therapist to the University of Kentucky track team (co-Ed) as well as the basketball team for 11 years. As a member of the AMTA, she has served as co-founder/co-chair of the AMTA-KY Sports massage team, delegate to the national convention for Kentucky and is currently state Government Relations chair. She has a private practice in Lexington, Kentucky and currently teaches kinesiology and ethics at LHAA in the Massage Therapy Training Program.

Shayne Brakefield - Massage Therapy

Shayne is a proud graduate of Swedish Institute

College of Health Sciences in NYC; he has been an LMT for 5 years. Shayne is also a certified Ashiatsu practitioner through Ashiatsu Deep Feet Bar Therapy, founded by Ruthie Hardee. After several years of his private practice, as well as working for Equinox Spa and Clay Spa in Manhattan, he decided to move back home to Lexington in the fall of 2014. Shayne has also received continuing education in myofascial release, trigger point therapy, cupping, tui na, guasha, positional release, lomi lomi, thai, anatomy trains, lymphatic drainage, and VSCT with Steve Shumacher.

A classically trained actor, he is also a proud graduate of the full time Meisner program at William Esper Studio in NYC, where he received 2 years of Alexander Technique training from world renowned teacher, Judith Grodowitz. In addition, Shayne has been practicing many disciplines of yoga and meditation for

the past 20 years. Shayne teaches Fundamentals of Massage 2 and Movement and assists Anne Boone with Kinesiology classes at LHAA.

Matt Branstetter - Massage Therapy

Matt was a member of the first class to graduate from Lexington Healing Arts. He has been practicing massage professionally for 20 years and is an instructor of Massage Fundamentals. He also graduated from the first Yoga Teacher Training offered by LHAA and now teaches yoga philosophy and meditation in this program. A long-time student of meditation and the martial arts, Matt has taught classes in Yoga and Tai Chi at the college level and is a certified qigong Instructor through Rising Lotus Qigong. He assists Master Ding Mingye in designing and teaching the Tai Chi workshops at LHAA. He has explored perspectives on the relationship between the body, healing

“Opening minds,
hearts and
possibilities
through education
and community”



and spirituality from a variety of cultures and is a professor of World Religions and Ethics at Midway University. Matt brings a passion for teaching and a love for the somatic arts to his various roles at LHAA.

Cynthia Cinquina - Massage Therapy

Cynthia Cinquina RN, LMT, graduated from Lexington Healing Arts Academy in 2007. Previously she spent 20 years in critical care and is a Reiki practitioner. She has her own private practice, Soular Massage Wellness Center. Cynthia is Board Certified and is a member of Associated Bodywork and Massage Professionals. Her training includes Swedish, deep tissue, trigger point therapy, myofascial release, assisted isolated stretching, and orthopedic massage. Cynthia currently teaches Ethics at LHAA.

Joseph Cinquina - Massage Therapy

Joe Cinquina is a licensed and Board Certified massage therapist and a graduate of the Lexington Healing Arts Academy, where he has been a faculty member since 2010. He teaches Fundamentals of Massage 1 and 2, Career Development, and Thought Patterns for a Successful Career, and he also assists in Kinesiology. Joe is certified in Integrated Manual Therapy and Orthopedic Massage by James Waslaski's Center For Pain Management, and he co-owns Soular Massage Pain Management with his wife, Cynthia. As a hot stone specialist, he teaches continuing education courses in hot stone massage at LHAA and has also taught deep tissue therapeutic massage for the KY chapter of the AMTA.

Beth Connors-Manke - Yoga Teacher Training

A back injury brought Beth to yoga in 2000; since then, her back has been the greatest teacher in her yoga practice. Yoga has allowed Beth to learn about the body's own capacity for holistic healing through awareness, the breath, and proper alignment. Beth's practice focuses on intellectual, intuitive, and spiritual understanding of body and mind. A 2009 graduate of Lexington Healing Arts Academy, Beth is now part of LHAA's teaching team for the 200-hour Yoga Teacher Training Program.

Justin Gibson, MS, CSCS - Massage Therapy

Justin Gibson received his master's degree in bio-

mechanics and his bachelor's degree in kinesiology from the University of Kentucky and has been a certified strength and conditioning specialist through the National Strength and Conditioning Association since 2012. During this time, he has worked with stroke survivors, multiple sclerosis patients, back pain sufferers, post-op knee replacements, and a host of other factors needing quality training and guidance to let people live and perform at their best. He teaches in the Massage Therapy program. He has competed in both bodybuilding and powerlifting and has a fondness for racket sports despite his sore lack of coordination.

Robyn Hardy - Massage Therapy

Robyn began her career with Lexington Healing Arts Academy in May of 2000 as an Office and Clinic Manager. In her time with LHAA, Robyn has served in many capacities. She graduated from the Massage program in 2001 and the Yoga program in 2008. In 2003 she added Fundamentals Instructor and Ethics Instructor to her duties. She is now the Clinical Director. Robyn has a full-time private practice in Lexington. Her practice includes Craniosacral and Lymphatic modalities.

Scott Jordan - Massage Therapy

Scott Jordan has been practicing massage since 1999, after graduating from the Flint School of Therapeutic Massage. Having worked in spa and clinical settings he enjoys creating a blend of the two in order to meet the physical, emotional, and spiritual needs of his clients. In 2016 he graduated from the 200 Hour Yoga Teacher training at Om Bodies yoga studio in Mt Pleasant MI. He ran a successful massage and yoga business in his home town of Saginaw MI before moving to Lexington in 2018. He currently runs a small startup studio with plans to expand in early 2021. His other passions include caring for his dog & cat, as well as growing and breeding orchids.

Kathy Lewallen - Massage Therapy

Kathy came to LHAA in 2005 after years of personal exploration. Her educational background is in psychology, textiles, culinary arts (pastry specifically), as well as creative interests in herbal remedies, collage and mixed media arts, and an assortment of crafts. In

addition to her role as Teaching Assistant in the Massage Therapy Program: Fundamentals I and Movement Classes, she is a practicing massage therapist at the LHAA Massage Clinic.

Connie Payne - Yoga Teacher Training

Connie has been a firm believer in the therapeutic benefits of yoga since the 90's when she was seeking relief from chronic back and hip pain. She found that yoga helped strengthen and heal her body, and it offered a calming, centering experience. She enjoys helping others deepen their awareness of the mind-body connection and finding more day to day tranquility. Connie completed her 200 RYT at Lexington Healing Arts and her 300 RYT in Rishikesh, India.

Teresa Rogers - Massage Therapy

Teresa has more than 30 years' experience as a health care professional and educator. She began her career as a registered nurse in 1980. After 12 years clinical practice, Teresa began teaching Health Sciences. She completed her bachelor's degree, with an emphasis in Vocational Education, at Morehead State University, a master's degree in Special Education at Campbellsville University before earning a Rank I.

Additionally, Teresa is a Registered Yoga Teacher and is certified by both Yoga Alliance and the International Association of Yoga Therapists. She completed her 200-hour certification at Evansville Yoga Center and her 300-hour certification at the Yoga Teacher's School of Excellence in Jackson, Tennessee. Teresa currently teaches at Falling Springs in Versailles, KY.

Joyce Shirazi - Massage Therapy

Joyce was an instructor at LHAA when it was first founded in 1999. She received her massage training from the New Hampshire Institute for Therapeutic Arts. Joyce has advanced training in Reflexology and Neuromuscular massage. She enjoys sharing her knowledge and experience with students. Joyce teaches Kinesiology.

Lauren Ward - Massage Therapy

Since Lauren was a young child, she's always

wanted to be a helper. Even at a very early age, she would often rub her grandparents head, hands, and feet just to provide them comfort and relaxation from their aches & pains. Experiencing a significant amount of medical trauma in the Western medical approach, she decided to seek alternative options for healing and balance. She began looking into more of a holistic approach, while expanding her knowledge through a variety of modalities and teachers. She believes that the body has its own Divine wisdom with how to heal ourselves, and if we can be still and present with what is, she believes the body will guide us with exactly what we need to do, and how to go about bringing balance once again. Anything that helped her in her own healing process, she went and got more training in.

Lauren's had the great fortune and honor to work with many of the founders of their modality and a variety of spiritual teachers. Including, Fritz Smith (founder and creator of Zero Balancing), Michael "Mukti" Buck (founder of the Vedic conservatory), Bruno Chikly (founder of the Chikly Institute for lymphatic drainage), Marty Ryan (founder of love your guts seminars, for visceral manipulation and techniques), just to name a few. In addition to being exposed to a variety of acupuncturists, reflexologists, aromatherapists, movement teachers, and many other healthcare professionals, all of whom contributed to her learning process. She has studied intensively with all of the healing arts since 2002, and has taught at Lexington Healing Arts Academy since 2003. Lauren brings a wealth of knowledge to meet any student's needs. All of her experience has added to her practice and quality of touch exponentially.

In addition to her basic massage training, Lauren has also completed many Certification programs and holds other titles as well. Including being a Reiki Master Teacher, a Certified Vedic Thai Yoga Massage Teacher, a Certified Zero Balancer, Registered Yoga Teacher, and more.

Lena West, BA, LMT, NMT – Massage Therapy

Lena West has a Bachelor of Science degree from

Saint Leo University has been a Licensed Massage Therapist since 2004. She has been an educator for over 28 years in the areas of employee development and massage therapy. Her passion and focus have always been on raising the level of knowledge and competence in every field she has encountered as an educator. She is an active member of the American Massage Therapy Association (AMTA) and Association Bodywork and Massage Professionals (ABMP) and served as past President of the Tampa Chapter of the Florida State Massage Therapy Association (FSMTA). In her efforts to support integrity in the field of massage therapy education, she served as an evaluator/peer reviewer for several accreditation boards, including the Commission of Massage Therapy Accreditation (COMTA). Further, she has been the director of massage programs for two of the largest schools in the country and has served on several advisory boards for massage therapy schools.

Sarah Wolfe, LMT, CPT, CES, CNC, WLS, YES, FNS, SFS – Massage Therapy

2013 LHAA Massage Therapy Graduate and a Certified Personal Trainer with multiple specializations through the National Academy of Sports Medicine. After graduation from LHAA, Sarah opened her own private practice in 2013 and has won the “Best In Business” award three times in 2016, 2017, and 2020 from the Advocate Messenger’s Reader’s Choice Awards. Sarah was nominated “Entrepreneur of the Year” in 2014 and won “Best New Business” in 2014 from the Liberty Chamber of Commerce. She uses her combined education as a corrective exercise specialist, a massage therapist, and certified nutrition coach to help her clients achieve holistic wellness on and off the table.

Application for Admission

Applying for:

☐ Massage

☐ Yoga Teacher Training

Class Start Date: _____

Month

☐ Day

☐ Night

☐ Blended

Contact Information *(Please print or type)*

Last Name

First

Middle

Nickname

Current Mailing Address

Street

City

State

Zip

Home Phone

Work Phone

Cell

Email Address

☐ Female

☐ Male

☐ Non-Binary

Social Security Number

Gender

Date of Birth

Previous Education *(List High School and all Post Secondary Schools Attended)*

High School/GED

City/State

Start Date / End Date

Degree/Diploma
Certificate Complete

College/University/Trade School

City/State

Dates Enrolled

Grad/Completion Date

College/University/Trade School

City/State

Dates Enrolled

Grad/Completion Date



US Citizen or Permanent Resident of US?☐ Yes ☐ No*If no, please complete:*

Country of Citizenship _____ Type of Visa _____ Visa Issued By _____

Ethnic Background [Optional]☐ Nonresident Alien☐ Asian☐ Hispanic/Latino☐ Native Hawaiian/Pacific Islander☐ Caucasian☐ Unknown☐ American Indian/Alaska Native☐ Multi Racial☐ African American**Have you ever been convicted of a Felony?**☐☐ Yes

No

*If yes, please describe:***Place of Living**☐ Rural☐ Suburban☐ City**Employment**

Occupation

Employer's Name

How Long at Current Job

Employer's Phone

Annual Salary _____

Do you plan to Work during School?☐ Yes☐ No*If yes, please describe work and hours:***Personal/Business References**

Name

Phone

Relationship

Name

Phone

Relationship



Emergency Contacts

Name	Address	Phone	Relationship

Health Information

Do you have any medical, physical, or psychological conditions that may require special attention or adaptation to effectively complete the LHAA training program? ☐ Yes ☐ No *If yes, please describe:*

Family Status

☐ Married ☐ Divorced ☐ Widowed ☐ Separated ☐ Living with Significant Other ☐ Single
☐ Children, if yes, please give ages _____

How did You Hear about LHAA?

☐ LHAA Website ☐ Natural Healers ☐ Phone Book ☐ Print Ad
☐ Events ☐ Word of Mouth ☐ Other _____

Essay

**On a separate sheet, please write
an essay of 150-250 words about all three topics below:**

- 1) Why you would like to attend LHAA
- 2) What you consider your strengths and challenges
- 3) Your professional goals



Payment Plan

☐ Payment in Full

☐ Installment Payments

☐ Federal Aid

☐ VA Loan

☐ Other

Massage Therapy Applicants Only

Students are Required to Receive Two Professional Massages, One from a Female Therapist and One from a Male Therapist, Before Class Begins.

Have you received a professional massage before? ☐ Yes ☐ No *If yes, what kinds and how often?*

Yoga Teacher Training Applicants Only

Students are Required to Have Taken at Least Six Yoga Classes Before Class Begins.

Have you taken yoga classes before? Yes No *If yes, how often?*

Registraton Fee. A \$50 registration fee is required.

☐ Check ☐ Money Order ☐ Credit Card ☐ Cash

Credit Card #

Expiration Date

Print Name on Card

Signature

I certify that the information in this application is true and accurate to the best of my knowledge.

Signature

Date



Notes

Notes



Lexington Healing Arts Academy School Catalog

Massage • Yoga

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