Welcome!

Welcome to the New York College of Health Professions Continuing Education program of workshops. It is our goal to provide classes, seminars and workshops on a variety of topics for licensed health care professionals, current students and the general public with interest in wellness, health and holistic topics. CE credits are available for many of the classes.

Continuing Education is an important part of any health care professional’s career, not only to expand our minds, but to broaden our skills and increase the quality of care to our patients. Community classes provide an opportunity for us to share with the public interesting topics applicable in your daily life and hopefully to stir your passion for learning.

Please join us at New York College in the celebration of education. For further information on anything contained in this brochure visit our website www.nycollege.edu/continuing_education or call 1-800-922-7337 x223.

Vision
New York College is committed to the maintenance and enhancement of health – physical, psychological, spiritual and institutional. In the service of that commitment, the College seeks affiliations with other institutions and explores a wide variety of approaches to enhancing wellness and quality of life.

Mission Statement
New York College is committed to offering quality programs in health, science and the arts. The mission has three main components:

Education: To provide students with the knowledge and skills to enable them to become expert practitioners in their fields. To provide the knowledge and skills to enhance the health, wellness and quality of life in the larger community, and to develop educational materials to achieve that same purpose.

Service: To provide clinical and pharmacological services to the community as a complement to the programs of professional education. To provide services and products to the community that complement the programs offered by the College.

Research: To develop and implement with outside parties new product development in health care, wellness and quality of life products.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Massage Therapy</td>
<td>3</td>
</tr>
<tr>
<td>Healing Arts</td>
<td>10</td>
</tr>
<tr>
<td>Asian Studies</td>
<td>11</td>
</tr>
<tr>
<td>Physical Arts</td>
<td>12</td>
</tr>
<tr>
<td>Physical Arts Certifications</td>
<td>14</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>15</td>
</tr>
<tr>
<td>Holistic Nursing Program</td>
<td>16</td>
</tr>
<tr>
<td>China Trip</td>
<td>17</td>
</tr>
<tr>
<td>Refund Policy/Accreditations</td>
<td>18</td>
</tr>
<tr>
<td>Directions to NY College</td>
<td>19</td>
</tr>
</tbody>
</table>

FOR REGISTRATION CALL 1-516-364-0808 Ext. 223
Or visit us at www.nycollge.edu/continuing_education
Medical Billing for Massage: Focus on No Fault
with Jame Shinol, L.Ac., LMT

This 3 hour course will focus on how to correctly bill automobile (No Fault) insurance to get paid for Massage Therapy.

The process from beginning to end will be covered including all paperwork and required forms. This course is perfect for a beginner or a seasoned provider who wants to brush up on the laws and the newest paperwork.

Presenter: James M. Shinol holds a Master’s of Science in Oriental Medicine from Southwest Acupuncture College, Boulder Colorado. Prior to his education in East Asian Medicine, he obtained a Bachelor’s degree in Pre-Med from Albright College in Reading PA. James is a Diplomate of Acupuncture, a Diplomate of Chinese Herbology, and a Diplomate of Oriental Medicine (NCCAOM). He serves as the Vice President of the Executive Board of the Acupuncture Society of New York and is an adjunct instructor.

Saturday, January 17, 2015
1:00 - 4:00pm   Syosset Campus

Registration:  $60.00 by January 2nd
$85.00 thereafter

This course awards 3 CE Credits

Myofascial Release
with Jason Beickert, LMT, Certified Rolfer™

Myofascial Release Fundamentals aims to provide the beginning exploration into this profoundly beneficial hands-on technique. From working with chronic injuries and pain, scar tissue, joint dysfunctions and inefficient movement and gait patterns, releasing the fascia, or connective tissue.

Please bring a flat sheet, bolster/pillow, & proper attire (Men: shorts, Women: sports-bra/shorts)

Presenter: Jason Beickert is a LMT and certified in Rolfing Structural Integration. He has advanced studies in biomechanics, muscle energy techniques, neural and visceral manipulation, and sensory-motor imagery. He is faculty an adjunct instructor in the NYCHP massage therapy program.

Sunday, January 25, 2015
9:00am - 6:00pm   Syosset Campus

Registration:  $160.00 by January 12th
$185 thereafter

This course awards 8 CE Credits
Lomi Lomi Massage  
**with Daniel Litwin, LMT, NCTMB**  

Lomi Lomi is an ancient system of Hawaiian massage used for both healing and relaxation. It has its roots in Hawaiian Shamanism and is central to the ancient Hawaiian system of medicine offering a uniquely rewarding experience both in terms of its effect on the body and spirit.

**This course is a 2 part series:**

**Class 1:** Introduction to the way of the Huna, the concept of Aloha, learning “The Flight”, draping and basic runs of the back (6 Hours)

**Class 2:** Continued discussion of the 7 principles of the Huna, turning the client, draping of the front, and basic front of the body treatment. (6 Hours)

Participants are responsible to bring the following to class:
- Oil; non scented grape seed or coconut butter
- Towels for draping (1 large, 2 hand towels)
- Twin size sheet
- Face cradle

Participants should be dressed comfortably in clothing that easily allows full range of motion, in either a short sleeve or non-sleeved shirt as this massage is performed entirely with the forearm.

Presenter: Daniel Litwin is a LMT and an adjunct instructor at New York College of Health Professions. He received his training in Lomi Lomi from the Sacred Lomi Group in Hawaii. Daniel has been practicing Lomi Lomi for 6 years.

**Class 1: Sunday, January 25, 2015**  
10:00am - 5:00pm  
**Syosset Campus**

**Class 2: Sunday, February 1, 2015**  
10:00am - 5:00pm  
**Syosset Campus**

Registration: $240.00 for both classes, $125.00 for 1 class by January 12, 2015  
$290.00 for both classes, $160.00 for 1 class thereafter

This course awards 12 CE Credits for both classes, 6 CE Credits for 1 class

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**Cadaver Lab at Bridgeport University**  
**with Dr. Joseph Muscolino, DC**  

This is an active Cadaver Lab at Bridgeport University. Muscles, tendons, ligaments and fascia, organs and the brain will be discussed and observed. We will be issued synthetic nitrile gloves and be able to touch the parts discussed under the direction and supervision of Dr. Muscolino and the University staff.

Presenter: Dr. Joe Muscolino has been teaching musculoskeletal, visceral anatomy, physiology, kinesiology, neurology, and pathology courses. He has written many of the text books we use in our undergraduate curriculum. He is an NCBTMB approved provider of continuing education. Dr. Muscolino has been in private practice in Connecticut for over 23 years and incorporates soft tissue work into his chiropractic practice for all his patients.

**Sunday, March 1, 2015**  
2:00-6:00 pm  
**Bridgeport University, Bridgeport Ct**

We will take the Port Jefferson/Bridgeport Ferry at 12 Noon from Port Jefferson, NY and return on 7:15 Ferry from Bridgeport (Ferry Group Fare approximately $18 additional)

Registration: $120.00 by February 15th  
$135.00 thereafter
Balancing the Pelvis, Hips & Sacrum with Myofascial Release
with Jason Beickert, LMT, Certified Rolfer®

The pelvic girdle is the center of gravity for the human body, and all movements must flow through this region unimpeded for optimal function. With thirty-one muscular attachments, the pelvic girdle is the focal point for treatment of most structural and biomechanical dysfunctions, including low back pain. With the use of myofascial release techniques, you will learn skills that can dramatically improve hip mobility, address hip and thigh pain, treat sacroiliac issues, and more.

The workshop will include:

- Review of the anatomy and function of major muscles in the pelvic girdle and how they influence patterns of dysfunction
- Learning assessment tests to properly focus a client-specific treatment
- Instruction of techniques that address pelvic tilts, sciatica, piriformis syndrome, SI Joint dysfunction, generalized hip pain and more
- Introduction of both active and passive techniques to enhance the effectiveness of manual therapy treatments
- Practice of hands-on techniques in supine, prone, and side-lying positions

Please bring a flat sheet, bolster or pillow, and wear proper attire (Men: shorts. Women: sports bra and shorts, or similar clothing. Nothing one-piece)

Presenter: Jason Beickert is a LMT, and is certified in Rolfing® Structural Integration. He has advanced studies in biomechanics, neural & visceral manipulation, muscle energy techniques, and sensory-motor imagery. He is an adjunct instructor at New York College School of Massage therapy.

Sunday, March 1, 2015
9:00am – 6:00pm  Syosset Campus

Registration: $160.00 by February 16th
$185.00 thereafter

This course awards 8 CE Credits

Medical Billing for Massage  Focus: No Fault
with James Shinol, L.Ac, LMT

This 3 hour course will focus on how to correctly bill automobile (No Fault) insurance to get paid for Massage Therapy.

The process from beginning to end will be covered including all paperwork and required forms. This course is perfect for a beginner or a seasoned provider who wants to brush up on the laws and newest paperwork.

Presenter: James M. Shinol holds a Master’s of Science in Oriental Medicine from Southwest Acupuncture College, Boulder Colorado. Prior to his education in East Asian Medicine, he obtained a Bachelor’s degree in Pre-Med from Albright College in Reading PA. James is a Diplomate of Acupuncture, a Diplomate of Chinese Herbology, and a Diplomate of Oriental Medicine (NCCAOM). He serves as the Vice President on the Executive Board of the Acupuncture Society of New York.

Saturday, March 14, 2015
1:00pm - 4:00pm  Syosset Campus

Registration: $60.00 by February 27th
$85.00 thereafter

This course awards 3 CE Credits
Myofascial and Deep Tissue Release and Stretching Techniques of the Psoas, Iliacus and Core Muscles
with Gerald Basile, LMT, BCSI

This course gives a new look at the Psoas, Iliacus, Diaphragm, Internal and External Obliques, Transverse and Rectus Abdominis, and Quadratus Lumborum. You will learn how these muscles are all connected by fascia and can have an effect on: Lower back pain, pelvic alignment, breath and gait. Most of the class will be hands-on learning. You will learn various types of techniques: Myofascial, Deep Tissue, Pin and Stretching Techniques. You will learn techniques that you will be able to use immediately. This course will give you a better understanding of anatomy and address your client’s areas of dysfunction, discomfort, and pain.

This workshop will include:
* Assessment and Communication with your client
* Neurological Laws relating to Deep Tissue work
* Muscle origin/insertion and fascial connections
* Working with your clients breath
* Pelvic assessment and strategies for tilts, shifts, toques, and rotations
* Direct and Indirect Psoas Release Techniques
* Hands-on Myofascial, Deep Tissue and Stretching Techniques

Please bring a flat sheet, towels, pillow, and bolster. Attire is a sports bra for women and shorts for all.

Presenter: Gerald Basile LMT, BCSI, is certified in Sports Massage, Trigger Point Therapy, Active Isolated Stretching (with Aaron Mattes) Myofascial Release, Medical Massage and Personal Training. He is an adjunct faculty member of New York College.

Sunday, March 15, 2015
9:00am - 6:00pm  Syosset Campus

Registration: $160.00 by March 2nd
$185.00 thereafter

This course awards 8 CE Credits

Chinese Liniment Workshop
with Robin Choi, B.P.S./M.S., L. Ac.

Chinese liniments, known as Dit Da Jow, have been formulated and used by the martial arts families of Asia for thousands of years. These liniments are collections of raw Chinese herbs specially prepared in a base of alcohol. They are known for their healing properties and are massaged into the skin and muscles to promote blood circulation, tonify the blood, reduce pain and swelling and remove blood stagnation induced by trauma.

You will be taught how to make traditional Chinese herbal formulas to treat acute traumatic injuries and chronic orthopedic and/or circulatory problems. You will also learn how to modify the formula to customize the therapeutic effects. Herbs will be provided to each participant for producing liniment.

This workshop will cover:
* Background and history of Dit Da Jow
* Formulations and dosing guidelines
* Techniques to produce an herbal liniment extract
* Proper use and storage
* Safety and precautions/contradictions
* Actual preparation of an herbal topical extract
Presenter: Robin Choi is a NY State Licensed Acupuncturist. He received his formal training at New York College of Health Professions and graduated with a Masters in Oriental Medicine. He is an adjunct member of the faculty at New York College.

Sunday, March 22, 2015
9:00am – 2:30pm  Syosset Campus

Registration:  $120 by March 9th (includes materials)
$150 thereafter (includes materials)

This course awards 5 CE Credits

**Spine and Thorax**
with Jason Beickert, LMT, Certified Rolfer

Learn myofascial release techniques and approach*, to greatly improve your ability working with spinal restrictions, rib dysfunctions, and generalized back pain. Learn ways to enhance respiration through work with the diaphragm and ribcage; optimize axial mobility on all planes; and create a greater proprioceptive sense of depth and balance to the upper body.

*(It is recommended, though not required, to attend Myofascial Release Fundamentals as a prerequisite to this course)

The workshop will include:
- Review of the anatomy and function of major muscles of the axial skeleton
- Learning assessment tests to properly focus your treatment to better care for your client
- Learning techniques to be used right away to work with low/mid/upper back pain; restricted breathing patterns; facet joint issues; reduced spinal mobility, and more
- Utilize both active and passive techniques to enhance effectiveness
- Hands-on technique in supine, prone and side-lying positions
- This course is presented from a neuro-biological perspective

Please bring a flat sheet, bolster/pillow, & proper attire (Men: shorts, Women: sports bra/shorts

Presenter: Jason Beickert is a NYS LMT. He graduated from New York College of Health Professions and is an adjunct instructor at the College.

Sunday, Sunday March 22, 2015
9:00am - 6:00pm  Syosset Campus

Registration:  $160.00 by March 6th
$185 thereafter

This course awards 8 CE credits

**Ortho-Bionomy: Brief Introduction and Basic Spine**
with Michael Miller, LMT

2 DAY COURSE
Ortho-Bionomy is a unique, non-invasive, system of healing that reminds the body of its natural ability to restore balance. Its principles are based on a simple and profound philosophy: allow the body to correct itself. This is a 2 day course during which we will look briefly at the history, philosophy, and principles of Ortho-Bionomy for newcomers, and provide an overview of the basic release techniques for each major joint of the body, with in-depth focus on the spine.
Movements and positions of comfort are demonstrated to facilitate the release of muscular tension and overall stress by stimulating the inherent, self-corrective reflexes of the body. This helps the body create structural alignment and balance from within. *We will address the spine, ribs, and pelvis.*

The hallmark of Ortho-Bionomy is pain relief. Sessions can be done with the patient clothed.

Upon completion, attendees will:
- Grasp a basic understanding of Ortho-Bionomy
- Understand why there are no contraindications to Ortho-Bionomy
- Have an additional modality to reach a broader client base
- Be able to incorporate these techniques into a treatment plan immediately

Presenter: Michael Miller became a Licensed Massage Therapist in 1993 and a Registered Instructor of Ortho-Bionomy (OB) in 2009 after it relieved him of a chronic back condition.

Day 1 - Saturday, April 11, 2015
9:00am - 5:00pm  Syosset Campus
Day 2 - Sunday April 12, 2015
9:00am - 5:00pm  Syosset Campus

Registration:  $280.00 by March 27th
$330.00 thereafter

This course awards 14 CE Credits

Muscles of the Neck Cranium - Myofascial and Deep Tissue Release Techniques
with Gerald Basile, LMT, BCSI

This course focuses on the muscles which insert/originate on the cranium, cervical/thoracic vertebrae and the scapula. Most of the class will be hands on learning. You will learn various types of techniques; Myofascial, Deep Tissue, Pin and Stretch and general massage techniques that you will be able to incorporate the next day. These techniques will help you better understand the anatomy and address your client’s areas of discomfort and pain.

This workshop will include:
* Assessment and Communication with your client
* Neurological Laws relating to Deep Tissue work
* Muscles which have origins/insertions on the cranium, cervical/thoracic vertebrae and scapula
* Hands on Myofascial, Deep Tissue and Stretching Techniques.

Presenter: Gerald Basile LMT, BCSI, is certified in Sports Massage, Trigger Point therapy, Active Isolated Stretching (with Aaron Mattes) Myofascial Release, Medical Massage and Personal training, much of which is integrated into his course. He is an adjunct faculty member of New York College.

Please bring a flat sheet, towel, bolster & proper attire is required (sports bra for women)

Sunday, April 19, 2015
9:00am - 6:00pm  Syosset Campus

Registration:  $160.00 by April 3rd
$185.00 thereafter

This course awards 8 CE Credits
Deep Tissue Massage
with Marty Brownstein, LMT

7 WEEK COURSE
This 7 week hands-on workshop will enable you to work into the deeper layers of the body structure to affect muscle relaxation, structural integrity and eliminate imbalances in the body dynamics. In this workshop, you will learn how to soften more superficial structures to affect the deepest structures in the musculoskeletal system focusing on the back, hips, legs, iliopsoas (a common cause of back pain), shoulders, arms, neck, chest and diaphragm, deep tissue techniques to treat carpal tunnel syndrome and tennis elbow, and proper use of forearms and body mechanics that will enable you to work deeper while decreasing stress on fingers, thumbs, hands, your entire body. You will also learn how to integrate these techniques into a Swedish massage.

Presenter: Marty Brownstein, LMT, received his AOS and BPS degree from New York College and has been practicing and instructing for 17 years. He is an adjunct faculty member at New York College teaching both Deep Tissue and Asian Bodywork techniques.

Please bring a flat sheet, large towel, face cradle, bolster and oil/lotion to each class.

Mondays: May 11, and 18, June 1, 8,15,22 and 29, 2015
5:30pm - 8:30pm  Syosset Campus

Registration:  $420.00 by April 27th
$460.00 thereafter

This course awards 21 CE Credits

Contract Relax Contract Stretching
In the Context of Full Body Massage
with Gerald Basile, LMT, BCSI

This course gives a new look at stretching your client within the framework of a massage treatment. You will learn to work with the Neuromuscular reflexes to achieve a greater range of motion (ROM) with your clients. CRC stretching is a Muscle Energy Technique (MET) that requires the clients own effort and movement rather than that of the therapist. You will learn proper draping and body mechanics so that both you and your client can work with ease and comfort. Most of the class will be hands-on learning. These techniques will help you better understand the anatomy and address the client’s areas of dysfunction, comfort and pain.

This workshop will include:

* Assessment and Communication with your client
* Neurological Laws relating to CRC stretching
* Muscles origin /insertion and fascial connections
* Working with your client’s breath
* Proper draping techniques
* Correct body mechanics for stretching
* Hands-on CRC Stretching Techniques for upper and lower body, supine and prone
Presenter: Gerald Basile LMT, BCSI, is certified in Sports Massage, Trigger Point Therapy, Active Isolated Stretching (with Aaron Mattes) Myofascial Release, Medical Massage and Personal Training. He is an adjunct faculty member of New York College.

Please bring 2 flat sheets, a large towel, pillow and bolster. Attire: Sports bra for women and shorts for all.

Sunday, May 17, 2015
9:00am - 5:00pm  Syosset Campus

Registration:  $140.00 by May 8th
$165.00 thereafter

This course awards 7 CE Credits

HEALING ARTS/ENERGY WORK
Classes open to the Public

CPR & Basic Life Support for Healthcare Providers Certification Course & First Aid Certification Course – “Combo Class” (Required for entry to Clinic)
American Heart Association Heartsaver ® First Aid/CPR/AED Instructor

These two required certifications, offered together, will provide participants with American Heart Association Certification in CPR/BLS and First Aid. This BLS Healthcare Provider Course provides critical training for all healthcare professionals, giving participants the ability to recognize life-threatening emergencies, provide CPR, use an AED, and relieve choking. This course will also cover basic, critical care techniques for sudden injuries and illnesses prior to the arrival of advanced medical personnel. Each course participant will receive a 2-year American Heart Association Certification Card in CPR and in First Aid, as well as 2 textbooks.

Syosset Campus and Manhattan midtown location: Dates TBD

Registration: $125 – includes Certification Cards & Student Workbook
ASIAN STUDIES
Classes open to the Public

Chinese Conversational Mandarin Language with Joseph Cheung

This course is designed to teach basic conversational Mandarin language. The students will learn and practice conversing in Chinese for common situations with useful expressions for everyday conversation. The class will use speaking and listening comprehension, daily dialogues and phrases with cultural notes to strengthen the students' Chinese abilities. This will establish the building blocks for communicating in Chinese based upon your studies at the New York College of Health Professions.

Saturdays
8:30 am – 10:30 am

Chinese Medical Terminology with Joseph Cheung

There is an extensive and complex Chinese terminology that is essential for Traditional Chinese Medicine (TCM). This course focuses on the recognition, pronunciation and writing of medical terms relevant to acupuncture and oriental medicine. Simplified Chinese characters will be used for teaching these medical terms. This will provide supplemental learning for the students of the New York College of Health Professions.

Saturdays
11:00 am – 1:00 pm

Fee Schedule for Weekly Asian Studies Classes

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<tr>
<th>Frequency</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 time per week for 15 weeks</td>
<td>$270.00</td>
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<td></td>
<td>Senior Discount (65 and older), Alumni &amp; Staff</td>
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<tr>
<td>2 times per week for 15 weeks</td>
<td>$415.00</td>
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<td>Senior Discount (65 and older), Alumni &amp; Staff</td>
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<td>3 times per week for 15 weeks</td>
<td>$485.00</td>
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<td></td>
<td>Senior Discount (65 and older), Alumni &amp; Staff</td>
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<td>4 times per week for 15 weeks</td>
<td>$560.00</td>
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<td>Senior Discount (65 and older), Alumni &amp; Staff</td>
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Trial Single Class per program as a Drop-in Student $21.00
Senior Discount (65 and older), Alumni & Staff $19.00
Physical Arts play an essential and vital role in the education of our holistic health practitioners here at New York College, improving health and sensitivity to their own bodies, as well as the bodies of their patients. The Continuing Education Program allows us to share that experience with our patients and the members of our local community. Continuing Education students practice alongside our practitioners and students and reap the benefits of ancient forms of physical and mental well-being. Classes run in 15-week sessions, three times a year, beginning in January, May and late August. Minimum age 18 years. A Physical Arts Waiver/Release form must be completed with a registration form.

**Introduction to the Physical Arts – PA 300**
This basic course is designed to give students a general overview of the three (3) physical art forms taught at New York College. Classes consist of 5 weeks of study in each form beginning with Qi Gong, then moving onto T'ai Chi Chuan and ending with Yoga. Classes are two hours long. **Beginners are welcome. Various instructors.**

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
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<td>3:30pm</td>
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<td>Thursdays</td>
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**Hatha Yoga**
Yoga is a system of physical development. In this class you will be introduced to the various asanas (postures) based on the integration of Taoist principles of relaxed action and traditional Yoga postures. The asanas focus on balancing the energy system through spinal alignment and proper breathing. The practice of Yoga can help to harmonize and balance the body on many levels that are essential for good health and well-being. It develops strength and flexibility of body, and calmness of mind; connects mind and body through the breath. Add to your expertise by completing Yoga I, II, III, & IV and obtaining an Assistant Yoga Instructor Certificate. Classes are two hours long.

**Hatha Yoga I–PA 311**
Mondays ............2:30pm
Tuesdays ..........9:30am, 6:00pm & 8:30pm
Saturdays ..........9:00am

**Hatha Yoga II–PA 312**
Mondays ..........2:30pm
Tuesdays ..........9:30am, 6:00pm & 8:30pm
Saturdays ..........9:00am

**Hatha Yoga III–PA 313**
Mondays ..........6:00pm

**Hatha Yoga IV–PA 314**
Mondays ..........6:00pm

**Advanced Yoga – PA 315**
Advanced Yoga builds on the teachings of Yoga I-IV classes.

Tuesdays ..........11:30am

**T'ai Chi Chuan 1-4 – PA 301**
T'ai Chi is a Taoist form of exercise and active meditation. It is practiced for the development of sensitivity, awareness, strength, stamina, correct physical posture and energy alignment. It is an excellent means for developing one's health and vitality. Classes are two hours long. **Beginners to advanced are welcome. Various instructors.**

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**Advanced Tai Chi Chuan – PA 308**
For those who have completed the initial T’ai Chi Chuan form. Class consists of “corrections,” “push hands,” and “sword form.”

Thursdays..............2:30pm

**Qi Gong 1-4 – PA 321**
Qi Gong is an ancient Chinese art that focuses on the practice of energy cultivation through the mind body connection. “Qi” refers to breath, energy or life force. “Gong” refers to work and the process of perfecting something through time. It is a method of self-cultivation that helps to work beneficially in certain fundamental ways, such as: the use of muscles and tendons, breathing, internal massage, postural alignment, relaxation, centering the movement of energy. Each trimester highlights specific forms of Qi Gong. Classes are two hours long. **Beginners to advanced are welcome. Various instructors.**

Wednesdays............9:00am           Thursdays..............8:30pm

**Fee Schedule for Weekly Physical Arts Classes*:**

1 time per week for 15 Weeks.......................... $270.00  
Senior Discount (65 and older), Alumni & Staff........ $245.00

2 times per week for 15 weeks.......................... $415.00  
Senior Discount (65 and older), Alumni & Staff........ $375.00

3 times per week for 15 weeks.......................... $485.00  
Senior Discount (65 and older), Alumni & Staff........ $435.00

4 times per week for 15 weeks.......................... $560.00  
Senior Discount (65 and older), Alumni & Staff........ $505.00

Single Class........................................... $21.00  
Senior Discount (65 and older), Alumni & Staff........ $19.00

*Fee schedule above does not apply for Yoga and T’ai Chi Instructor Certification courses. Please see pg. 11 for Instructor Certification course fees.
YOGA INSTRUCTOR CERTIFICATION PROGRAM

Become a Certified Yoga Instructor now!

To acquire certification, students must:
- Complete Yoga I, II, III & IV or complete Yoga I, II, IV & an advanced yoga class
- Pass a practical and/or written comprehensive exam
- Complete 80 hours of student teaching in the Yoga Classes*

Total Program:
- 4 Yoga Classes: 120 Hours
- Student Teaching: 80 Hours
- Total: 200 Hours

Cost: $379.00 per class. Must pass with a “B” average or better.
*There is no fee or payment for student teaching

T’AI CHI INSTRUCTOR CERTIFICATION PROGRAM

Become a Certified T’ai Chi Instructor now!

To acquire certification, students must:
- Complete T’ai Chi I, II, III & IV or demonstrate full knowledge of the form
- Complete 3 Advanced T’ai Chi classes: Corrections Class, Push Hands Class & Sword Form Class
- Pass a practical and/or written comprehensive exam
- Complete 60 hours of student teaching in the T’ai Chi Classes

Total Program:
- 4 T’ai Chi Classes: 120 Hours
- 3 Advanced T’ai Chi Classes: 90 Hours
- Student Teaching: 60 Hours
- Total: 270 Hours

Cost: $379 per class. Must pass with a “B” average or better.
*There is no fee or payment for student teaching

HOW TO REGISTER FOR YOGA AND/OR T’AI CHI CERTIFICATION CLASSES
Students of New York College of Health Professions should contact their academic advisor or program Dean to register.

For non-matriculating students who wish to register, please contact:
Genevieve Reiter, CE Administrative Manager at 516-364-0808 ext. 223 or continuinged@nycollege.edu.
(Any non-matriculating student who wishes to receive Certification will have to pay the full Certification tuition for all the required classes even if they already completed some of the classes at the non-Certification tuition.)

For more information about the Yoga and T’ai Chi Certification programs, please contact:
Joseph Cheung, Director, Physical Arts at 516-364-0808 ext. 212 or jcheung@nycollege.edu
MARTIAL ARTS
Classes open to the Public

Programs May Have Up to 3 Levels or More

Olympic Style Taekwondo with Joseph Cheung

Taekwondo (TKD) as established by the World Taekwondo Federation is a modern Olympic sport based on ancient martial arts systems. TKD encompasses dynamic kicking techniques, blocks and attacks, forms, board breaking, sparring and Self-Defense. Certification program is structured for advancement in rank from white to black belt levels.

Tuesdays
7:00 pm – 9:00pm

Yang 24 Movement – Beijing Form of Tai Chi Chuan with Joseph Cheung

The Yang 24 Movement Tai Chi Chuan, also known as the Beijing form, is regarded as the most widely practiced Tai Chi form worldwide. This short Yang 24 form has the essential elements of longer Tai Chi Chuan forms. Plus, the Yang 24 form is less physically demanding and appeals to Tai Chi Chuan practitioners of all ages for beauty, grace, health, moving meditation, relaxation, and it is a standard form of martial arts. The Yang 24 Movement – Beijing form compliments the Tai Chi Chuan curriculum of the New York College of Health Professions.

Saturdays
11:00 am – 1:00pm

Wing Chun Kung Fu and Fitness with Tom D’Amico

Wing Chun is a practical style of Kung Fu made famous by Bruce Lee. This legendary martial art originated during the Ching Dynasty, and is credited as being developed by a Buddhist nun. It focuses on the economy of movement, Self-Defense, and body conditioning for physical fitness. Some examples of these concepts are the center line theory, calisthenics, and short range power. All Wing Chun movements can be learned and practiced within a small area.

Mondays 2:30 pm – 4:30 pm
Tuesdays 12:30 pm – 2:30 pm
Wednesdays 2:30 pm – 4:30 pm
Thursdays 10:30 am – 12:30 pm and 4:00 pm – 6:00 pm

Fee Schedule for Weekly Martial Arts Classes

1 time per week for 15 Weeks.......................... $270.00
Senior Discount (65 and older), Alumni & Staff......... $245.00

2 times per week for 15 weeks.......................... $415.00
Senior Discount (65 and older), Alumni & Staff........ $375.00

3 times per week for 15 weeks.......................... $485.00
Senior Discount (65 and older), Alumni & Staff........ $435.00

4 times per week for 15 weeks.......................... $560.00
Senior Discount (65 and older), Alumni & Staff........ $505.00

Trial Single Class per program as a Drop-in Student $21.00
Senior Discount (65 and older), Alumni & Staff.......... $19.00
HOLISTIC NURSING PROGRAM
Classes open to Registered Nurses Only

Holistic Nursing Continuing Education Program
The Holistic Nursing Continuing Education Program with Asian Bodywork is designed as a comprehensive study program for Registered Nurses who seek education in holistic health care with an emphasis on Traditional Chinese Medicine. This program is designed to lead to the development of a holistic nurse, a health care practitioner who is not only effective in the health process of patients, but also who has integrated the principles into his/her own life. The program includes a supervised, clinical experience conducted on-site at the Academic Health Care Teaching Clinics or at one of the College’s affiliated hospitals. With the knowledge and skills that the Registered Nurse learns in this program, he/she can add to their present nursing practice or develop an expanded role as an autonomous professional in the health care delivery system. The Holistic Nursing Program provides 412.5 continuing education contact hours as New York College is an approved provider of continuing education by the New York State Nurses Association. Graduates will also be eligible to sit for the NCCAOM National Exam for Diplomate in Asian Bodywork and may be eligible to sit for the AHNCC (American Holistic Nurses’ Certification Corporation) exam if they meet other degree and employment criteria. Nurses who graduate from the New York College Holistic Nursing program and then enroll in any of the College’s matriculating degree programs may have between 6-24 credits waived.

New York College of Health Professions is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Provider Number 5-145

Curriculum
Holistic Nursing is based on the idea that human beings are energy fields in open communication with the energy of the environment. Holistic Nursing aims to restore the integrity of the human being by assessing and treating imbalance in the energy field. Asian Bodywork, a specialized form of energetic and somatic manipulation is the most comprehensive bodywork modality used to accomplish this goal.

General Information
New York College’s Holistic Nursing is a 412.5 continuing education curriculum. It includes supervised, clinical internship conducted on-site at the College’s Academic Health Care Teaching Clinics. Graduates of the Holistic Nursing Program receive a Certificate of Completion in Holistic Nursing. Graduates of the Holistic Nursing program are eligible to take the NCCAOM exam for National Certification in Asian Bodywork. On successful completion of the NCCAOM Exam, the candidate is granted the title of Diplomate of Asian Bodywork. The program is offered one day per week and is four trimesters in length, or 16 months (a trimester is 15 weeks). The weekend program is one weekend per month for 24 months. Graduates of the Holistic Nursing program who enroll in New York College Massage Therapy degree program may have up to 24 credits waived. Graduates of the Holistic Nursing program who enroll in the New York College Graduate School of Oriental Medicine may have 6-8 credits waived directly from the Holistic Nursing program as well as additional credits from their academic nursing programs. Registered Nurses in New York State, along with some other health care professionals, are exempt from the Massage Therapy Law requiring a license to touch. Registered Nurses may perform massage and bodywork under the scope of the Nursing Practice Act in New York State.

Four Terms Recommended Course of Study

<table>
<thead>
<tr>
<th>412.5 Clock Hours</th>
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<tbody>
<tr>
<td><strong>Year I – 300 Clock Hours</strong></td>
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<tr>
<td><strong>TERM I 100 Clock Hours</strong></td>
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<tr>
<td>HN 111 Holistic Nursing Theory with Introduction to Fundamentals of TCM (37.5 clock hours)</td>
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<tr>
<td>HN 103 Asian Bodywork Technique I (37.5 clock hours)</td>
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<tr>
<td>PA 301 T’ai Chi Chuan I (25 clock hours)</td>
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<tr>
<td><strong>TERM II 100 Clock Hours</strong></td>
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<tr>
<td>HN 112 Holistic Nursing Theory with Introduction to Channels and Points (37.5 clock hours)</td>
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<tr>
<td>HN 104 Asian Bodywork Technique II (37.5 clock hours)</td>
</tr>
<tr>
<td>PA 301 T’ai Chi Chuan II (25 clock hours)</td>
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| **TERM II 100 Clock Hours**  |
| HN 105 Applied Asian Bodywork Technique I (37.5 clock hours) |
| HN 201 Holistic Nursing with Oriental Clinical Assessment (37.5 clock hours) |
| HNC 101 Clinical Observation (25 clock hours) |

| **Year II – 112.5 Clock Hours** |
| **TERM IV 112.5 Clock Hours**  |
| HN 107 Applied Asian Bodywork Technique II (37.5 clock hours) |
| HNC 201 Clinical Practice (50 clock hours) |
| Elective* (25 clock hours) |

**Total Clock Hours: 412.5**

*Suggested electives – choice of one in Term IV:
| HN 202 Stress Management (25 clock hours) |
| HN 203 Eastern Nutrition (25 clock hours) |
| HN 204 Clinical Nutrition (25 clock hours) |
New York College of Health Professions in Luo Yang, China

New York College owns the Luo Yang Medical Center in the People's Republic of China. This 35-acre medical facility features modern accommodations and excellent food in a park-like setting in the city of Luo Yang, once the ancient capital of China. It is surrounded by many historic sites including the Shaolin Temple where Kung Fu originated. New York College students and faculty (with significant others or friends) can visit China by participating in the College's two week cultural immersion program. Beginning in Beijing with tours of the Forbidden City and the Great Wall, then traveling to Luo Yang, students have the opportunity to go to hospitals, attend lectures and see demonstrations of Traditional Chinese Medicine and martial arts techniques. They learn about the culture and philosophy of Traditional Chinese Medicine that is the backbone of their studies in Massage Therapy, Acupuncture and Chinese Herbology here at New York College. Continuing Education classes for credit may be available.

For more information contact Dr. A Li Song at (800) 922-7337 x 353, Dean, Graduate School of Oriental Medicine, or by email to chinatrip@nycollege.edu.
Refund Policy

New York College of Health Professions follows all federal guidelines regarding the American Disabilities Act (42 USCG Section 12101, et. Seq.) and with Title VII of the Civil Rights Act, as amended (42 USC 200e, et. Seq.) including the appropriate accommodations for the teaching learning process and examination process.

Refund/Cancellation Policy
To cancel registration for a class, contact the Continuing Education Office by phone at 1-800-922-7337 x 223.

Please state the course title and date of the course you wish to cancel. Those who notify us of cancellation before the 14th business day prior to the start of the class will receive a refund for the cost of the course, less a $20 processing fee per class. No refunds or credits will be issued after this time. If a class is cancelled because minimum enrollment has not been met, all pre-registered students will be notified by telephone or e-mail at least five days prior to the start date and a full refund will be issued. In case of cancellation due to school closure, severe weather conditions, instructor illness or other unforeseen emergencies, all pre-registered students will be notified as soon as possible and full refunds will be issued.

Accreditations

National Certification For Therapeutic Massage And Bodywork (NCBTMB)
Approved Provider for Continuing Education Credits – 450406-07. CE credit hours are listed with the course descriptions of the approved courses. Certificates of Completion will be issued to participants who complete course objectives and attendance requirements.
Address: 1901 S. Meyers Rd., Ste. 240, Oakbrook Terrace IL 60181 Tel: (800) 296-0664

National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
Approved Provider for Professional Development Activity (PDA) points – ACHB 022. PDA points are listed with course descriptions of the approved courses and attendance requirements.
Address: NCCAOM, 76 S. Laura St., Suite 1290, Jacksonville, FL 32202 Tel: (904) 674-2474

Alabama State Nurses Association (ASNA)
New York College of Health Professions is an approved provider of continuing nursing education by The Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

It has been assigned provider number 5-145
Address: ASNA, 360 North Hull Street, Montgomery, AL 36104-3658 Tel: (334) 262-8321

Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM)
The Professional Master of Science in Acupuncture and the Master of Science in Oriental Medicine programs are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for the approval of programs preparing Acupuncture and Oriental Medicine practitioners.
Address: ACAOM, 8941 Aztec Drive, Eden Prairie, MN 55347
Tel: (952) 212-2434

New York State
New York College of Health Professions has institutional accreditation by the New York State Board of Regents and the Commissioner of Education, a nationally recognized accrediting agency located at 89 Washington Avenue, Albany, NY 12234. Tel: (518) 474-3852
DIRECTIONS TO NEW YORK COLLEGE OF HEALTH PROFESSIONS
SYOSSET CAMPUS

6801 Jericho Turnpike, Syosset, NY 11791-4413

New York College of Health Professions, located in Syosset, Long Island, has been a leader in holistic health education and care for over 25 years. The College has national institutional accreditation and offers undergraduate and graduate degree programs in Massage Therapy, Acupuncture and Oriental Medicine; and CE in Holistic Nursing for RN’s. Students can study full time or part time in day, evening or weekend classes. Visit our website for more information: www.nycollege.edu.

From New York City:
From Penn Station take the Huntington/ Port Jefferson line to the Syosset station. New York College is approximately one mile south on Underhill Road. Taxi service is available from the station.

Eastbound by Car:
Take the Long Island Expressway (495) east to Exit 40E. This exits directly onto Jericho Turnpike (Route 25) heading east. Proceed east passing Syosset Bowl and North Shore Atrium on your right. Look for the New York College sign on your left. Turn left into the first driveway. New York College main entrance is on your right. A mid level entrance and additional parking are available at the rear of the building.

Westbound by Car:
Take the Long Island Expressway (495) west to Exit 44N. This exits onto the Seaford/Oyster Bay Expressway (135) heading north. Proceed to the very end of 135, which exits onto Jericho Turnpike heading west. Proceed west passing North Shore University Hospital at Syosset on your right. Go under the train trestle and past the traffic light at Underhill Boulevard. Turn right into the first driveway between the tan buildings for New York College. Proceed around to the back of the building to the mid level entrance.