CONTINUING EDUCATION CATALOG
Fall 2014

Expand your mind...Enrich your life!

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.
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FOR REGISTRATION CALL 1-516-364-0808 Ext. 223
Or visit us at www.nycollege.edu/continuing_education
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, September 14, 2014  
9:00am - 6:00pm  Syosset Campus

Registration: $160.00 by September 5th  
$185 thereafter

This course awards 8 CE credits

Massage for Cancer, Hospice, HIV/Aids and Life-altering Illness  
with Cheryl Chapman, LMT (NJ)  
PLUS: A Special Training in Mastectomy Massage

3 Day Workshop

This training is for the massage therapist who is ready for a paradigm shift, desires a well-rounded practice, and has an interest in working with people who are considered cautionary. This is also for the massage therapist who has a desire for effectively integrating breast surgery clients into their practice.

Space is limited, don’t miss this opportunity!
The first two days will include:
* A comparative overview & psychology of cancer, hospice, HIV/AIDS, hepatitis & life-altering illness
* Facts on the client with breast, lung, ovarian, pancreatic, prostate & other cancers
* Understanding chemotherapy, radiation and the effects on your client
* Safe levels of touch and client/practitioner safeguards
* How to integrate clients with cancer & AIDS into your practice
* Ethics, Legal Issues and Documentation
* Comprehensive illustrated training manual with important documentation forms and valuable material

The third day will include:
* Hands-on practice and mastectomy massage
* An understanding of the physiological, social and emotional aspects of breast cancer
* A review of anatomy, physiology and the lymphatic system relating to the breast
* Knowledge of the various surgeries: augmentation, explanation, implants, and reduction
* Positioning, body mechanics, and draping for a chair, side-lying and table massage
* Self-Care techniques for the therapist

Presenter: Cheryl Chapman is an author and a pioneer in Massage for Cancer, Mastectomy, and Breast Health and is a charter member of The Society for Oncology Massage. She is a licensed Massage Therapist in NJ, Holistic Nurse Board certified & Nationally Certified in Therapeutic Massage and Bodywork. She incorporates Swedish, Shiatsu, Cranio-Sacral Reiki, Therapeutic Touch, Healing Touch and Lymphatic Massage into her practice.

Please bring a bolster, linens, 3 pillows and oils/lotions

Saturday, Sunday & Monday September 20, 21 and 22nd, 2014
9:00am - 5:00pm Syosset Campus

Registration: $480.00 by September 5th
$525.00 thereafter

This course awards 24 CE Credits

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

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
(A sports-bra you are comfortable to be worked on in)

**Deep Tissue Massage**
*with Marty Brownstein, LMT*

This 7 week hands-on workshop will enable you to work into the deeper layers of the body structure to effect muscle relaxation, structural integrity and eliminate imbalances in the body dynamics. In this workshop, you will learn how to soften more superficial structures to effect 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 and your entire body. You will also learn how to integrate these techniques into a Swedish massage.

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

**Mondays, October 6th – November 17th 2014**
*5:30pm – 8:30pm    Syosset Campus*

**Registration:** $420.00 by September 29th
$460.00 thereafter

This course awards 21 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, October 19th 2014
9:00am – 2:30pm  Syosset Campus

Registration: $120 by October 6th (includes materials)
$150 thereafter (includes materials)

This course awards 5 CE Credits

Hot Stone Massage
with Amy Kolasky, LMT, NCBTMB, NSCA, LICCI

Hot stone massage incorporates the use of smooth, heated stones used as an extension of the therapists’ own hands or by placing them on the body during massage. The heat is deeply relaxing and will help warm tight muscles, allowing the therapist to work into the deeper muscle layers while reducing wear and tear on their hands. In this one day workshop, you will learn how to provide a safe and effective full-body hot stone massage through the combination of lecture, demonstration, and hands-on practice. Knowledge of this specialty treatment is a must for working in a spa or wellness center environment and will allow therapists to maximize earning potential in their private practice.

Please bring a set of stones (min. of 10), electric roaster or skillet, 2 small white or light colored towels (dish towel size), 1 medium bath towel, wooden slotted spoon, small bowl, 2 sheets (at least one flat), bolster, face cradle, and massage oil or gel to class.

Presenter: Amy Kolasky received her AOS from New York College of Health Professions in 2008. She is certified in other modalities such as Pregnancy and Infant Massage, Warm Bamboo Massage, MFR, and Hot Poultice Massage.

Sunday, October 26th 2014
9:00am - 5:00pm  Syosset Campus

Registration: $140 by October 10th
$175 thereafter

This course awards 7 CE credits

Natural Facelift Massage
with Yuri Esperson, MS, LMT, NCBTMB, NSCA, LICCI

This technique which is completely natural and safe uses no oils or lotions. Gentle and precise stretching of the small muscles in the face, holding them for a prolonged period of time, allows the facial muscles to strengthen and tighten. Special massage moves combined with acupressure to gently move lymph, improve blood circulation and bring fresh lymph into the facial area to provide a fresh, glowing look that lasts for days! A series of these massages help tone and tighten skin and visibly reduce signs of aging. Upon completion, students will be able to perform a one hour facial massage.

Presenter: Yuri Esperson is one of the pioneers of the face lift massage technique in the United States in which he studied and is certified by the London Center for Indian Champissage International. (LCICI). He is a Licensed Massage Therapist since 2002, certified and qualified in many massage modalities such as, Reflexology, Aromatherapy, Hot Stone, Thai, Deep Tissue, and several Bioenergetics modalities.

Please bring 2 flat sheets, bolster to each class.
Clinical Aromatherapy – An Introduction
with Dr. Georgeann Dau

Enter a journey into the world of the Art and Science of plant intelligence: Aromatherapy
Meet Lavender, Lemon, Rose, Peppermint and more as your senses are awakened into a new world of aromatic plants.

Be engaged as you view and understand the molecules that makeup these medicinal aromatics. Learn to identify them, blend them and apply them to your clientele.

Being oil soluble by nature, these beautiful essences affect the psychology and the physiology. When used properly they enhance all forms of body treatments; a perfect new addition to a body workers repertoire.

Upon completion attendees will:
* Grasp a basic understanding of the use of essential oils.
* Learn the many uses, and how to apply them through blending techniques.
* Formulas will be given as well as how to use them in specific health care concerns

Presenter: Dr. Georgeann Dau holds a doctorate in Natural Health Science. She has been working in the field of Clinical Aromatherapy for 30 years. She holds certifications from The Pacific Institute of Aromatherapy, The Institute of British Aromatherapy, Hinkley, England and Massarome Therapies, Il De Re France.

Ortho-Bionomy, An Introduction
with Michael Miller, LMT

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. The body is stimulated by:
* using gentle movements
* comfortable positioning
* brief compression
* subtle contact
The result is seemingly effortless pain and tension relief.

The hallmark of Ortho-Bionomy is pain relief. Because there are no contraindications to Ortho-Bionomy, this modality can be used with clients for whom massage is contraindicated. Additionally, sessions can be done with clothing on.
Upon completion, attendees will:

* Grasp a basic understanding of Ortho-Bionomy
* Learn how to apply it in a massage therapy setting
* Have an additional modality to reach a broader client base

Presenter: Michael Miller is a Licensed Massage Therapist and a Registered Instructor of Ortho-Bionomy (OB), a modality he learned after it relieved him of a chronic back condition. He is an NCBTMB CE provider and a New York State CE provider.

**Saturday, November 15, 2014**
9:00am - 5:00pm   Syosset Campus

Registration:  $140.00 by November 3rd
$170.00 thereafter

This course awards 7 CE Credits

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**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, November 30, 2014**
9:00am – 6:00pm   Syosset Campus

Registration:  $160 by November 21st
$185 thereafter

This course awards 8 CE Credits
Spine and Thorax
with Jason Beickert, LMT, Certified Rolfer®

Learn myofascial release techniques that can improve your ability to work 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.

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
- Instruction of techniques that address low/mid/upper back pain, restricted breathing patterns, facet joint issues, reduced spinal mobility, and other conditions
- Introduction of both active and passive techniques to enhance effectiveness of manual therapy treatments
- Hands-on practice of techniques in supine, prone, and side-lying positions

Please bring a flat sheet, pillow, and wear proper attire (Men: shorts, Women: sports bra or tank top)

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 an adjunct instructor in the New York College School of Massage Therapy.

Sunday, December 7, 2014
9:00am – 6:00pm  Syosset Campus

Registration: $160 by November 28th
$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**  
**Joseph Muscolino, DC**

This is an active Cadaver Lab at Bridgeport University. We will be issued synthetic nitrile gloves and be able to touch the organs, vessels, muscles, fascia and brain 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. Joe 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.

**Fee does not include ferry transportation round trip to and from Port Jefferson, NY/ Bridgeport, CT Group fares will be available.**

Arrive at Port Jefferson Ferry Terminal by 11:30am, Ferry leaves at 12pm. Returning to Port Jefferson by 8pm.

**Sunday, March 1st, 2015, 2pm – 6pm**

Register by February 15th, pay $140.00  
After February 15th, pay $165

To register please contact  
continuinged@nycollege.edu  
Genevieve Reiter 516 362-0808 x223

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**Chinese Liniment Workshop**  
**Robin Choi, MSOM, LAc**

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 the NY College of Health Professions and graduated with a Masters in Oriental Medicine. He is an adjunct member of the faculty at New York College.

This course awards 5 CE credits

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

Register by March 9th, pay: $120 including materials
Register after March 9th, pay: $150 including materials

To register please contact
continuinged@nycollege.edu
Genevieve Reiter 516-364-0808 x223

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
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

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 time per week for 15 weeks</td>
<td>$270.00</td>
</tr>
<tr>
<td>2 times per week for 15 weeks</td>
<td>$415.00</td>
</tr>
<tr>
<td>3 times per week for 15 weeks</td>
<td>$485.00</td>
</tr>
<tr>
<td>4 times per week for 15 weeks</td>
<td>$560.00</td>
</tr>
<tr>
<td>Trial Single Class per program as a Drop-in Student</td>
<td>$21.00</td>
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</tbody>
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Senior Discount (65 and older), Alumni & Staff

$19.00
PHYSICAL ARTS
Classes open to the Public

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.

Monday............3:30pm
Tuesday..................2:30pm
Wednesday...........9:00pm
Thursday...............8:30am & 6:00pm
Saturday.................9:00am

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
Tuesday ............... 9:30am, 6:00pm & 8:30pm
Saturday............9:00am

Hatha Yoga II–PA 312
Mondays .................. 2:30pm
Tuesday ............... 9:30am, 6:00pm & 8:30pm
Saturday .......9:00am

Hatha Yoga III–PA 313
Mondays .................. 2:30pm
Tuesday ............... 9:30am, 6:00pm & 8:30pm
Wednesday ......3:00pm

Hatha Yoga IV–PA 314
Mondays .................. 2:30pm
Tuesday ............... 9:30am, 6:00pm & 8:30pm
Wednesday ......3:00pm

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

Tuesday ...............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.

Monday ...............11:30am, 8:30pm
Wednesday ...........11:30am
Thursday ............11:30am
Saturday ...........6:00pm
**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***:

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 time per week for 15 Weeks</strong></td>
<td>$270.00</td>
</tr>
<tr>
<td>(65 and older), Alumni &amp; Staff</td>
<td>$245.00</td>
</tr>
<tr>
<td><strong>2 times per week for 15 weeks</strong></td>
<td>$415.00</td>
</tr>
<tr>
<td>(65 and older), Alumni &amp; Staff</td>
<td>$375.00</td>
</tr>
<tr>
<td><strong>3 times per week for 15 weeks</strong></td>
<td>$485.00</td>
</tr>
<tr>
<td>(65 and older), Alumni &amp; Staff</td>
<td>$435.00</td>
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<tr>
<td><strong>4 times per week for 15 weeks</strong></td>
<td>$560.00</td>
</tr>
<tr>
<td>(65 and older), Alumni &amp; Staff</td>
<td>$505.00</td>
</tr>
<tr>
<td><strong>Single Class</strong></td>
<td>$21.00</td>
</tr>
<tr>
<td>(65 and older), Alumni &amp; Staff</td>
<td>$19.00</td>
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</table>

*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 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

412.5 Clock Hours

TERM I 100 Clock Hours
HN 111 Holistic Nursing Theory with Introduction to Fundamentals of TCM (37.5 clock hours)
HN 103 Asian Bodywork Technique I (37.5 clock hours)
PA 301 T’ai Chi Chuan I (25 clock hours)

TERM II 100 Clock Hours
HN 112 Holistic Nursing Theory with Introduction to Channels and Points (37.5 clock hours)
HN 104 Asian Bodywork Technique II (37.5 clock hours)
PA 301 T’ai Chi Chuan II (25 clock hours)

TERM III 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)

TERM IV 112.5 Clock Hours
HN 107 Applied Asian Bodywork Technique II (37.5 clock hours)
HNC 201 Clinical Practice (50 clock hours)
PA 301 T’ai Chi Chuan II (25 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.
Civil Liberties

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
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.