



New York
COLLEGE
OF HEALTH PROFESSIONS

CONTINUING EDUCATION CATALOG Summer 2009

Expand your mind...Enrich your life!

Welcome!

Welcome to the New York College of Health Professions Summer 2009 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. CEU 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 x332.

Sincerely,
Amy Kolasky
Administrative Manager, Continuing Education

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 research strategies to test the effectiveness of health care, wellness and quality of life interventions.

TABLE OF CONTENTS

Calendar of Classes	3
Massage Therapy	7
Classes for Registered Nurses approved by NYSNA	7
Acupuncture/Oriental Medicine.....	10
Healing Arts/Energy Work.....	11
Health and Wellness.....	13
Physical Arts	15
Yoga and T'ai Chi Instructor Certifications.....	17
Holistic Nursing Program.....	18
China Trip.....	19
Refund Policy/Cancellations.....	20
Accreditations	20
Directions to New York College.....	21

FOR REGISTRATION CALL 1-800-922-7337 Ext. 332
Or visit us at www.nycollege.edu/continuing_education

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Reflexology Part I 9am – 6pm						

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Reiki 1 5:30pm – 10:00pm	6 Hot Stone Massage 9:30am – 4:30pm
7	8	9	10	11	12 CPR Certification 9am – 12pm First Aid Certification 12:30pm – 2pm	13 Hand Reflexology 10am – 6pm
14	15	16	17	18	19	20 Natural Facelift Workshop 11am – 1:30pm
21	22 Deep Tissue Massage 5:30pm – 8:30pm	23	24	25	26 Reiki 2 5:30pm – 10:00pm	27 Essential Oil Therapy 9am – 4pm
28 Reflexology Part II 9am – 6pm Reducing Pain & Inflammation 2pm – 3:30pm	29 Deep Tissue Massage 5:30pm – 8:30pm	30				

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Deep Tissue Massage 5:30pm – 8:30pm	7	8	9	10 Pregnancy Massage 9:30pm – 4:30pm	11 Lomi Lomi Massage 9am – 4pm
12 Lomi Lomi Massage 9am – 4pm	13 Deep Tissue Massage 5:30pm – 8:30pm	14	15	16	17 Reiki Master Certification 5:30pm – 10:00pm	18
19 Reflexology Part II 9am – 6pm	20 Deep Tissue Massage 5:30pm – 8:30pm	21	22	23	24 Super Senior Tai Chi 1pm – 2pm Reiki Master Certification 5:30pm – 10:00pm	25 CPR Certification 9am – 12pm First Aid Certification 12:30pm – 2pm
26	27 Deep Tissue Massage 5:30pm – 8:30pm	28	29	30	31 Super Senior Tai Chi 1pm – 2pm Introduction To The Energy Body 6pm – 9pm	

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Lymphatic Drainage Theory 9am – 4pm
2	3	4	5	6	7 Super Senior Tai Chi 1pm – 2pm	8 Chinese Herbal Liniment Workshop 9am – 3pm
9	10	11	12	13	14 Super Senior Tai Chi 1pm – 2pm Intro to Meditation 6pm – 9pm	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MASSAGE THERAPY

Classes open to LMT, RN, PT, MD, DC, OT, LAc & New York College Students

If you currently hold a Massage Therapy license in Florida, any class in this section will help meet your Florida CE requirements through CE Broker.com. Please provide your Florida license number at the time of registration to receive credit once you have successfully completed the course(s).

REFLEXOLOGY CERTIFICATION FOR NEW YORK COLLEGE STUDENTS

With MaryAnn Chirichella, LM, ARCB Certified Reflexologist, ACARET Accredited Reflexology Educator

This two-part seminar is open to any student who has successfully completed the New York College of Health Professions 15-week Reflexology course. In addition to a full review, additional reflexes will be presented, with ample, hands-on practice time to reinforce the session sequence. Instruction on how to document the 36 practice sessions required for certification will be presented. Students must complete two coached, supervised clinic seminars where they will be given opportunity to refine their technique. Hours from prior reflexology course work will be applied. After completing the course requirements, and demonstrating proficiency in application of a full reflexology treatment, students will be certified as a Reflexologist. In addition, completion will allow students to sit for the national certification test offered by the American Reflexology Certification Board. See their website www.arcb.net for details. **Please bring a sheet, large towel, pillow, oil-free/fragrance-free lotion, and nail file to all 3 classes.**

MaryAnn Chirichella is a Licensed Massage Therapist, Certified Reflexologist and adjunct instructor at New York College.

Part I: Advanced Reflexology Training (1 day)

Sunday, May 31st 9 am–6 pm

Tuition: \$510 Register by May 22nd and pay only \$435

Class code: CE 324-I

Part II: Preparation and Integration - Coached and Supervised Clinic Sessions (2 days)

Sunday, June 28th and Sunday, July 19th 9am - 6 pm each day

Tuition: \$410 Register by June 29th and pay only \$365

24 CE hours through NCBTMB (must complete Part I and Part II)

24 contact hours through NYSNA (must complete Part I and Part II)

Class code: CE 324-II

HOT STONE MASSAGE

With Irma Callahan, BPS, LMT, LAc

For centuries hot stones have been used in the sacred healing rituals of ancient cultures and civilizations. Stone Massage uses heated stones to deliver a relaxing, deep tissue treatment. It is a powerful and transforming experience that your clients are guaranteed to love. Massage therapists enjoy working with stones, and appreciate the fact that the heat of the stones does most of the work, thereby decreasing stress on the therapist's thumbs and wrists. Learn proper care of the stones and acquire a working knowledge of treatment protocols and techniques. **Please bring a set of stones in a variety of sizes (minimum of 10), an electric skillet or crock pot, 2 flat sheets, face cradle, bolster, 3 towels (one small in a light color to lay on bottom of skillet, one medium to dry off stones, one large for body), a small bowl, a plastic or wooden slotted spoon and oil to class.**

Irma Callahan is a Licensed Massage Therapist, Licensed Acupuncturist and Certified Stone Massage Instructor.

Saturday, June 6th 9:30 am - 4:30 pm

Tuition: \$155 Register by May 29th and pay only \$130

6 CE hours through NCBTMB

6 contact hours through NYSNA

Class code: CE 302

HAND REFLEXOLOGY

With MaryAnn Chirichella, LMT, ARCB Certified Reflexologist, ACARET Accredited Reflexology Educator

Most people associate reflexology with pressure points found in the foot. However, hand reflexology has also been used as part of medical care as far back as Egyptian times. In fact, research has shown hand reflexology to be as effective as foot reflexology, with the added benefit of being more easily accessible. The popularity of hand reflexology has grown with the increase in new stresses technology has placed on our hands (i.e. texting, video games, smart phones). This workshop will address self-care for the hands for these, as well as other overuse patterns (i.e. massage). In addition, you will learn to apply a full hand reflexology session for yourself and others to help relax, restore, energize and balance the entire body. **Pre-Requisite: Must have successfully completed the New York College of Health Professions 15-week Reflexology course or be certified in Reflexology. Please bring a bath towel, pillow, nail file and unscented, oil-free lotion.**

MaryAnn Chirichella is a Licensed Massage Therapist, Certified Reflexologist and adjunct instructor at New York College.

Sunday, June 13th 10 am - 6 pm

Tuition: \$145 Register by June 5th and pay only \$125

7 CE hours through NCBTMB

7 contact hours through NYSNA

Class code: CE 325

DEEP TISSUE MASSAGE

With Marty Brownstein, LMT

This 6 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 class.**

Marty Brownstein is a Licensed Massage Therapist and adjunct instructor at New

York College.

6 Mondays, June 22nd through July 27th 5:30 pm – 8:30 pm

Tuition: \$395 Register by June 12th and pay only \$335

18 CE hours through NCBTMB

Class code: CE 304



LYMPHATIC DRAINAGE THEORY

With Bonnie Taub, BS, BPS, LMT, HHC

Lymphatic Drainage aids patients with symptoms of pathology as well as maintaining overall wellness. This workshop will review the lymphatic system and how it works in the body. Learn to directly affect the lymphatic fluid and open up the main nodes using a full face protocol. You will receive a study guide that covers the lymphatic system, its functions, applications, contraindications, and face protocol. **Please wear scoop neck or V-neck T-shirts, no collared shirts, loose comfortable clothing to class.**

Bonnie Taub has been a Licensed Massage Therapist since 1998 and nationally certified with NCBTMB since 1993.

Saturday, August 1st 9 am - 4 pm

Tuition: \$140 (includes workbook). Register by July 24th and pay only \$120

6 CE hours through NCBTMB

6 contact hours through NYSNA

Class code: CE 303

PREGNANCY MASSAGE

With Irma Callahan, BPS, LMT, LAc

Pregnancy is a time of major change in a woman's life and body. The benefits of massage during pregnancy include emotional support, relaxation and stress reduction, immune enhancement; increased blood and lymph circulation; reduction of leg edema, and relief of muscle spasms. Experiencing these techniques during this period will also enhance the mother's ability to touch her own baby in a loving, nurturing manner. This workshop will demonstrate the techniques of Swedish and Amma massage for treatment of low back pain, leg edema, digestive and elimination problems and emotional stress of pregnancy. Specific indications and contraindications will be discussed. Proper positioning, bolstering and draping will also be demonstrated. **Please bring 3 pillows with pillow cases and 1 set of linens to class.**

Irma Callahan is a Licensed Massage Therapist and Licensed Acupuncturist. Ms. Callahan is certified in pregnancy massage and has been practicing and teaching massage techniques for more than 10 years.

Friday, July 10th 9:30 am - 4:30 pm

Tuition \$155 Register by July 3rd and pay only \$130

6 CE hours through NCBTMB

6 contact hours through NYSNA

Class code: CE 306

LOMI LOMI HAWAIIAN MASSAGE

With Bonnie Taub, BS, BPS, LMT, HHC

Lomi Lomi is an ancient Hawaiian bodywork, which was practiced by Kahunas and was their secret alone. Only very recently was this sacred knowledge shared with others. This technique utilizes a combination of unique forearm strokes while the practitioner seems to flow around the table in simple, rhythmic hula steps. Gliding over the body in a continuous, rhythmic pattern, Lomi Lomi helps to release and transform emotional tension in the body and realign the body with the breath and the spirit. **Pre-requisite: In Clinic 1 or 2, or have successfully completed a Massage Therapy program. Please bring a set of linens, 2 towels (1 large to cover the body and 1 small to cover the chest area), face cradle, bolster and oil/lotion to class.**

Bonnie Taub has been a Licensed Massage Therapist since 1998 and nationally certified with NCBTMB since 1993. She has studied Lomi Lomi since 1992.

Saturday, July 11th and Sunday, July 12th 9 am - 4 pm

Tuition: \$285 Register by July 3rd and pay only \$245

12.5 CE hours through NCBTMB

12.5 contact hours through NYSNA

Class code: CE 310

ACUPUNCTURE/ORIENTAL MEDICINE

Classes open to LMT, RN, PT, MD, DC, OT, LAc & New York College Students

Chinese Herbal Liniment Workshop With Robin Choi, BPS/MS, 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, or chronic orthopedic and/or circulatory problems. You will also learn how to make and use herbal compresses and plasters.

Robin Choi is a Licensed Acupuncturist, a Diplomate of Chinese Herbology, a full-time faculty member and clinic supervisor at New York College.

Saturday, August 8th 9 am - 3 pm

Tuition: \$95 Register by July 31st and pay only \$80

5.5 hours through NCBTMB

5.5 hours through NCCAOM

5.5 contact hours through NYSNA

Class code: CE 503

HEALING ARTS/ENERGY WORK

Classes open to the General Public

REIKI 1

With MaryAnn Chirichella, LMT, Certified Reiki Master/Teacher

Reiki is enjoying resurgence in popularity. This gentle, loving ancient Tibetan energy technique promotes healing on physical, mental, emotional and spiritual levels. It is safe and natural...yet a powerful energy for change and healing. Anyone can learn to awaken and activate this Universal Life Energy so that healing and harmonizing energy flows through his or her hands. It is a great complementary therapy to the practice of massage, acupuncture or any other healing modality. This seminar will include: guided meditations, four attunements to activate this Universal Life Energy, instruction in hand positions for self and others, supervised time to work on classmates, level 1 Reiki certification.

MaryAnn Chirichella is a Licensed Massage Therapist, Certified Reiki Master/Teacher and adjunct instructor at New York College.

Friday, June 5th 5:30 pm - 10 pm

Tuition: \$165 Register by May 29th and pay only \$140

4 CE hours through NCBTMB

Class code: CE 320

REIKI 2

With MaryAnn Chirichella, LMT, Certified Reiki Master/Teacher

Reiki 2 is the next level in learning healing energy to restore balance to the physical, emotional, mental and spiritual body learned in Reiki 1. Students will learn to release old patterns of thinking, eliminate stress and detoxify the body. Also covered is the history and origin of Reiki, application, principles, attunements, relaxing meditation, chakras, hand positions for self-healing and healing others, anatomy, creating sacred space and much more. This seminar includes guided meditation, two level 2 attunements, three traditional Reiki symbols, application of use of symbols in healing, Reiki breathing technique, instruction in absentee healing, absentee healing practice session, level 2 Reiki certification. **Pre-requisite: Reiki 1 certification**

MaryAnn Chirichella is a Licensed Massage Therapist, Certified Reiki Master/Teacher and adjunct instructor at New York College.

Friday, June 26th 5:30 pm - 10 pm

Tuition: \$215 Register by June 19th and pay only \$185

4 CE hours through NCBTMB

Class code: CE 321

INTRODUCTION TO ESSENTIAL OIL THERAPY

With Bonnie Taub, BS, BPS, LMT, HHC

"Plants not only play a vital role in the ecological balance of our planet, but they have also been linked to the physical, emotional and spiritual well-being of people since the beginning of time." (Essential Oil Desk Reference)
This course will help the student gain an understanding of the benefits of Essential Oil Medicinal Therapy to use in practice and everyday life. They will learn how scents affect the limbic system of the brain and how the immune system of plants and essential oils aid in the enhancement of our own immune systems.

Bonnie Taub has been a Licensed Massage Therapist since 1998 and nationally certified by NCBTMB since 1993.

Saturday, June 27th 9 am - 4 pm

Tuition: \$145 Register by June 19th and pay only \$125

6 CE hours through NCBTMB

6 contact hours through NYSNA

Class code: CE 311

REIKI 3 – MASTER CERTIFICATION

With MaryAnn Chirichella, LMT, Certified Reiki Master/Teacher

The Reiki Master Attunement you will receive will increase the vibrational frequency of your energy, while opening you up to your full Reiki potential. Your perception of Reiki will become stronger and clearer. As with Reiki 1 and Reiki 2, you will receive your own personal healing. Upon completion, you will come away with the information necessary to bring this wonderful gift to others through the knowledge of performing attunements. Instructions on how to lead your own Reiki seminars is included. This seminar will include guided meditation and Qi Gong, four level 3 attunements, traditional Reiki master symbol, powerful Reiki breathing technique (Qi Gong Breath of the Fire Dragon), application of master symbol for healing and attunements, instruction on performing attunements for all levels, how to lead Reiki seminars, how to lead a meditation, level 3 Reiki Master Certification. **Pre-requisite: Reiki 2 Certification**

MaryAnn Chirichella is a Licensed Massage Therapist, Certified Reiki Master/Teacher and adjunct instructor at New York College.



2 Fridays, July 17th & July 24th 5:30 pm - 10 pm
Tuition: \$475 Register by July 10th and pay only \$400
8 CE hours through NCBTMB
Class code: CE 322

INTRODUCTION TO THE ENERGY BODY

With Dean Soukeras, Holistic Practitioner and Healing Facilitator

The human body has an energy system that can be seen and felt. This system consists of chakras, aura and meridian lines. In this class, you will experience this energy system and learn to see and feel in a new way. Your relationship with your body will evolve and change. Through a series of interactive exercises, you will learn about chakras and what they mean, meridian lines and how they affect us, the aura and how it works, and how to use a pendulum to check chakras. **Please bring a blanket or yoga mat, notebook and pen to class. Pendulum is optional.**

Dean Soukeras is a published author and Healing Facilitator with a private practice in Westchester County and Long Island. He has led workshops in the U.S. and Europe and sees clients from around the world.



Friday, July 31st 6 pm - 9 pm
Tuition: \$55 Register by July 24th and pay only \$45
Class code: CE 115

INTRODUCTION TO MEDITATION

With Dean Soukeras, Holistic Practitioner and Healing Facilitator

Meditation is an essential part of any spiritual practice. This course is designed to dispel misconceptions about meditation, strip away some of the mysticism and make it accessible to everyone. There is no better method than meditation to quiet the mind and discover who we truly are. In this class, you will learn various hand and body positions used in meditation, different types of meditation, and will participate in three 15 minute meditations based on different forms. **Please bring a cushion to class. If you don't have a cushion, a chair will be provided.**

Dean Soukeras is a published author and Healing Facilitator with a private practice in Westchester County and Long Island. He has led workshops in the U.S. and Europe and sees clients from around the world.

Friday, August 14th 6 pm - 9 pm
Tuition: \$55 Register by August 7th and pay only \$45
Class code: CE 116



HEALTH & WELLNESS

Classes open to the General Public

CPR & BASIC LIFE SUPPORT CERTIFICATION: AMERICAN HEART ASSOCIATION With Brian Mahony, Certified EMT, Certified American Heart Association Instructor

American Heart Association 2-Year Certification in CPR. Class will also include training in basic life support and AED (Automatic External Defibrillation) for health care providers, CPR and Heimlich maneuver for infants, children and adults, use of barrier devices and a written examination.

Brian Mahony is a certified EMT, and an American Heart Association-certified instructor of CPR and basic life support, first aid and blood borne pathogens.

Friday, June 12th or Saturday, July 25th 9 am - 12 noon

Tuition: \$90 (includes certification card)

Class code: CE 100

FIRST AID CERTIFICATION: AMERICAN HEART ASSOCIATION With Brian Mahony, Certified Instructor of CPR/Basic Life Support & First Aid

American Heart Association 2-Year Certification in First Aid. This course is OSHA and Coast Guard approved. It will train you to give immediate care before the ambulance arrives. You will learn to deal with emergencies and injuries, including environmental injuries. You will also learn general principles to protect yourself while caring for others.

Brian Mahony is a certified EMT, and an American Heart Association-certified instructor of CPR and basic life support, first aid and blood borne pathogens.

Friday, June 12th or Saturday, July 25th 12:30 pm - 2 pm

Tuition: \$60 (includes certification card)

Class code: CE 101

REDUCING PAIN AND INFLAMMATION NATURALLY With Dr. W. Brent Reynolds, Board Certified Chiropractic Neurologist

Recent scientific evidence has shown that chronic inflammation is the driving force behind everything from arthritis, heart disease, Alzheimer's and many other well known diseases. In this informative lecture, you will learn how chronic inflammation is the cause of most diseases, how chronic inflammation can mask itself as "normal aging," why what you're eating might be fueling inflammation and which foods reduce chronic inflammation. You will also learn simple tips on how to significantly reduce chronic pain with nutrition.

Dr. W. Brent Reynolds is a Board Certified Chiropractic Neurologist with over 10 years experience helping people with severe neurological disorders. In his private practice, Dr. Reynolds emphasizes preventative health care without drugs or surgery.

Sunday, June 28th 2 pm-3:30 pm

Registration: \$35 Register by June 19th and pay only \$30

Class code: CE 102



THE NATURAL FACELIFT WORKSHOP

With Patricia Cisarano, LMT

Imagine if you could improve the contours of your face and give your skin a healthy glow in just 10 minutes a day, without surgery or potentially harmful injections. Normal aging not only affects the skin, but the underlying facial muscles as well. When those muscles begin to lose tone and sag, the skin soon follows. In this workshop, you will learn a simple routine based on yoga, vocal training techniques and facial rehabilitation exercises designed to detox the skin and strengthen facial muscles resulting in a strong, toned foundation, and more supple and flexible skin.

Patricia Cisarano is a Licensed Massage Therapist and teacher with 25 years experience.

Saturday, June 20th 11 am-1:30 pm

Registration: \$70 Register by June 12th and pay only \$60

Class code: CE 107

STOP SMOKING NOW!

With Rong-Da Zhu, MB/BS (People's Republic of China), LAc

Physical discomfort, the basic experience of nicotine addiction, follows 20-30 minutes after smoking a cigarette. During withdrawal from nicotine addiction, people may experience headaches, irritability, cravings, drowsiness and increased appetite. One acupuncture treatment may terminate these physical withdrawal symptoms allowing individuals to quit smoking.

Rong Da Zhu is a Licensed Acupuncturist and full time faculty member in the Graduate School of Oriental Medicine at New York College. Dr. Zhu has practiced acupuncture for over 40 years.

Appointments available:

Thursdays between 4:30 pm & 6:30 pm

Saturdays between 9:30 am & 1:30 pm

Note: dates subject to change

Fee: \$250 (includes 3 boosters, if necessary)

Call (516) 364-0808 x231 for an appointment.

PHYSICAL ARTS

Classes open to the General 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 physical art forms taught at New York College. Classes consist of 5 weeks of study in each form beginning with Yoga, then moving onto Qi Gong and ending with T'ai Chi Chuan. Classes are two hours long. **Beginners are welcome. Various instructors.**

Mondays.....2:30pm – 4:30pm
Tuesdays.....2:30 pm – 4:30 pm & 8:20pm – 10:20pm
Wednesdays.....5:30pm – 7:30pm

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.**

Mondays.....8:20pm – 10:20pm
Tuesdays.....11:30am – 1:30pm
Wednesdays.....2:30pm – 4:30pm
Thursdays.....8:20pm – 10:20pm

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.....5:30pm – 7:30pm

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.**

Mondays.....5:30pm – 7:30pm
Wednesdays.....9:00am – 11:00am

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..... 11:30am – 1:30pm
Wednesdays...8:20pm – 10:20pm
Thursdays..... 11:30am – 1:30pm

Hatha Yoga II–PA 312

Tuesdays.....5:30pm – 7:30pm

Hatha Yoga III–PA 313

Mondays.....9:00am – 11:00am

Hatha Yoga IV–PA 314

Tuesdays.....9:00am – 11:00am

Fee Schedule for Weekly Physical Arts Classes:

1 time per week for 15 Weeks..... \$215.00
Senior Discount (65 and older), Alumni & Staff..... \$190.00

2 times per week for 15 weeks..... \$320.00
Senior Discount (65 and older), Alumni & Staff..... \$290.00

3 times per week for 15 weeks..... \$385.00
Senior Discount (65 and older), Alumni & Staff..... \$345.00

Single Class..... \$18.00
Senior Discount (65 and older), Alumni & Staff..... \$14.50

**SUPER SENIORS TAI CHI WORKSHOP
With Kevin Sullivan**

As the body ages, it stiffens and is more susceptible to pain and injuries. Practicing Tai Chi improves flexibility and strengthens joints to alleviate pain and improve posture, balance and coordination. In this 4 week workshop, the Tai Chi form is divided into separate exercises that are easy to learn and will allow participants to achieve all the health benefits of Tai Chi. The workshop will focus on common problem areas such as the back and knees. Participants are encouraged to request exercises to meet their own specific needs.

Kevin Sullivan is a Certified Personal Trainer and Fitness Counselor with 15 years experience teaching Tai Chi to seniors at Penn South Senior Center in Manhattan.



4 Fridays: July 24th, July 31st, August 7th, August 14th 1 pm - 2 pm
Tuition: \$60 Register by July 17th and pay only \$50
Class code: CE 114

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
- ☯ Complete 80 hours of student teaching in the Yoga Classes*

Total Program:

4 Yoga Classes	120 Hours
Student Teaching	<u>80 Hours</u>
Total	200 Hours

Cost: \$295 per class for NY College students to register

*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
- ☯ 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	<u>60 Hours</u>
Total	270 Hours

Cost: \$295 per class for NY College students to register

*There is no fee or payment for student teaching

HOW TO REGISTER FOR YOGA AND/OR T'AI CHI CLASSES

Students of New York College of Health Professions should contact their academic advisor or program Dean to register:

Dr. Steven Haffner at (800) 922-7337 ext. 139 or shaffner@nycollege.edu

Dr. A Li Song at (800) 922-7337 ext. 353 or asong@nycollege.edu

For non-matriculating students who wish to register, please contact:

Amy Kolasky, Administrative Manager, Continuing Education at 516-364-0808 ext. 332
or akolasky@nycollege.edu

For more information about the Yoga and T'ai Chi Certification programs, please contact:

David Teitler, Director, Physical Arts at 516-364-0808 ext. 198 or teitler@nycollege.edu

HOLISTIC NURSING PROGRAM

Classes open to Registered Nurses

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 New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned code 74ENSY-PRV-07.

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 14 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

Year I – 300 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)

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)

**CHINA 2-WEEK
CULTURAL IMMERSION PROGRAM
August 14th – 29th
(dates subject to change)**

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 family members) 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 in Syosset. Continuing Education classes for credit may be available. For more information contact Dr. A Li Song at (800) 922-7337 x353, Dean, Graduate School of Oriental Medicine, or email to chinatrip@nycollege.edu.

REFUND POLICY/ACCREDITATIONS

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 x332.

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

New York State Nurses Association (NYSNA)

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

It has been assigned code: 74ENSY-PRV-07.

Address: NYSNA, 11 Cornell Rd., Latham, NY 12110 Tel: (518) 782-9400

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, Maryland Trade Center 3, 7501 Greenway Center Drive, Suite 760, Greenbelt, MD 20770
Tel: (301) 313-0855

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

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.