

# Septen

# 2025

| MONDAY                                                                          | TUESDAY                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                             | THURSDAY                                                                     | FRIDAY                                                                   | SATURDAY                                                                  | SUNDAY |
|---------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------|--------|
| 01                                                                              | 02                                                             | 03                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 04                                                                           | 05                                                                       | 06                                                                        | 07     |
|                                                                                 |                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                              |                                                                          |                                                                           |        |
| 08                                                                              | 09                                                             | 10                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 11                                                                           | 12                                                                       | 13                                                                        | 14     |
|                                                                                 |                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                              |                                                                          | Online Mondays 2 Hours and Wednesdays 3 Hours Onsite 35 hours All Classes |        |
| 15                                                                              | 16                                                             | 17                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 18                                                                           | 19                                                                       | 20                                                                        | 21     |
| Start CHHSP Program: WK 1 Introduction to Oriental Bodywork and Overview 2 hr   | Start EST Program: WK 1 Introduction and Overview History 2 hr | CHHSP 3 Hr Introduction to the Five Elements Include EST Students CR                                                                                                                                                                                                                                                                                                                                                                                  | EST 3 Hr Life Skills Communicating for Success Infection Control             | 10 hours online EST 5 Hours Online CHHSP                                 |                                                                           |        |
| 22                                                                              | 23                                                             | 24                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 25                                                                           | 26                                                                       | 27                                                                        | 28     |
| WK 2 CHHSP EST Anatomy Basic Holistic Lungs and Breath Hand Foot Face Skin 2 Hr | EST 2 hr General Anatomy Cell Structure & Body Systems         | CHHSP 3 Hr Point Groups Luo Source Tsing, Energy Emotions Include EST CR                                                                                                                                                                                                                                                                                                                                                                              | EST 3 Hr Chemistry and Bio Chemistry Chapter 7 with additional PP            | 10 hours online EST 5 Hours Online CHHSP                                 |                                                                           |        |
| 29                                                                              | 30                                                             | 01                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 02                                                                           | 03                                                                       | 04                                                                        | 05     |
| WK 3 CHHSP EST Zang and Fu organ Anatomy and Physiology Yin and Yang 2 Hr       | National Day for Truth and Reconciliation No Classes           | CHHSP 3 Hr Zones and Organ locations Reflexes Marma Include EST CR                                                                                                                                                                                                                                                                                                                                                                                    | EST 2 hr General Electricity and functions Laser and types of electrotherapy | EST 3 Hr Nail Structure and Growth Disorders and Disease Intro Mani pedi | EST Students 10 hours Online Per Holiday                                  |        |
| 06                                                                              | 07                                                             | Notes:<br>Both CHHSP and the EST will be studying towards the Chinese Reflexology in the September Start. They will diverge to specific study in their own program after Chinese Reflexology and then join Study again for Spa Therapies that overlap within the Programs. Hot Stones in December will be both CHHSP and EST Students together. Color Codes as follows: CHHSP ONLINE EST ONLINE CHHSP ONSITE EST ONSITE CHHSP and EST ONSITE COMBINED |                                                                              |                                                                          |                                                                           |        |

# October

# 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| 29     | 30      | 01        | 02       | 03     | 04       | 05     |
|        |         |           |          |        |          |        |
| 06     | 07      | 08        | 09       | 10     | 11       | 12     |

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| WK 4 EST CHHSP<br>Chinese Reflexology<br>Onsite Teaching                                                                                               | EST CHHSP<br>Chinese<br>Reflexology Onsite<br>Teaching                                          | EST CHHSP<br>Chinese<br>Reflexology Onsite<br>Teaching                                                                                                                                                                                                                                                                                                                        | START ONSITE<br>STUDENT CLINIC<br>EST CHHSP<br>Reflexology 60<br>sessions                       | START ONSITE<br>STUDENT CLINIC<br>EST CHHSP                                                    | CHHSP and EST<br>35 Hours Onsite<br>Practical Skills                                       |    |
| 13<br><b>Thanksgiving No<br/>Class Today</b>                                                                                                           | 14<br><b>WK 5 EST Mani<br/>Pedi Onsite Teaching<br/>basic French and<br/>Polish</b>             | 15<br><b>EST MANI PEDI<br/>ONSITE CHHSP<br/>Meridian Study Intro<br/>Zang and Fu ANAT<br/>Physiology 3 hr</b>                                                                                                                                                                                                                                                                 | 16<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Reflexology Mani<br/>Pedi CHHSP<br/>Reflexology</b>  | 17<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Reflexology Mani<br/>Pedi CHHSP<br/>Reflexology</b> | 18<br><b>CHHSP Online<br/>Study Continues<br/>EST Onsite Mani<br/>Pedi and Nail Skills</b> | 19 |
| 20<br><b>WK 6 EST Mani Pedi<br/>Onsite Gel Nails and<br/>Applications CHHSP<br/>Meridian Study with<br/>ANATPhysiology, Zang<br/>and Fu Cont. 2 Hr</b> | 21<br><b>EST Mani Pedi<br/>Onsite Gel Nails<br/>and Applications</b>                            | 22<br><b>EST Mani Pedi<br/>Onsite CHHSP<br/>Meridian Study BI GB St<br/>Sp TW LI Lu GV CV<br/>Spine Phys 3 Hr</b>                                                                                                                                                                                                                                                             | 23<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Reflexology Mani<br/>Pedi CHHSP<br/>Reflexology</b>  | 24<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Reflexology Mani<br/>Pedi CHHSP<br/>Reflexology</b> | 25<br><b>CHHSP Online<br/>Study Continues<br/>EST Onsite Mani<br/>Pedi and Nail Skills</b> | 26 |
| 27<br><b>WK 7 CHHSP 2 Hr<br/>Acupressure Specific<br/>Local and Distal<br/>TCM Jin Shin Flows</b>                                                      | 28<br><b>EST 2 Hr<br/>Hormones Ch 4.,<br/>Hair Removal, TCM<br/>Projects and<br/>Essays Due</b> | 29<br><b>WK 7 CHHSP 3 Hr<br/>Acupressure Specific<br/>Local and Distal<br/>TCM Jin Shin Flows</b>                                                                                                                                                                                                                                                                             | 30<br><b>EST 3 Hr Advanced<br/>Histology, Cell and Skin<br/>and Advanced Skin<br/>Disorders</b> | 31<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Reflexology Mani<br/>Pedi CHHSP<br/>Reflexology</b> | 01<br><b>CHHSP and EST<br/>Study Online</b>                                                | 02 |
| 03                                                                                                                                                     | 04                                                                                              | Notes: Please Note that Onsite Classes are 3 to 4 weeks per month with both Programs Running<br><br>Onsite Classes: CHHSP and EST Chinese Reflexology October 6 to 8th Student Clinic Begins October 9 & 10 Esthetics and Spa Therapist MANI PEDI NAIL ART October 14, 15 & 20 to 22 Student Clinic CHHSP Chinese Reflexology and EST Reflexology Mani Pedi Signature Session |                                                                                                 |                                                                                                |                                                                                            |    |

# November

# 2025

| MONDAY                                                                                                                                          | TUESDAY                                                                                                                         | WEDNESDAY                                                                                                                     | THURSDAY                                                                                                                                    | FRIDAY                                                                                            | SATURDAY | SUNDAY |
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| 27                                                                                                                                              | 28                                                                                                                              | 29                                                                                                                            | 30                                                                                                                                          | 31                                                                                                | 01       | 02     |
| 03<br><b>WK 8 CHHSP Jin Shin<br/>Onsite Skills Lab 3 days<br/>with Onsite Student<br/>Clinic Thursday and<br/>Friday</b>                        | 04<br><b>EST 2 Hr Skin Analysis,<br/>Facial Treatments,<br/>Treatment Room<br/>Procedures. CHHSP<br/>Onsite Jin Shin Skills</b> | 05<br><b>CHHSP Jin Shin<br/>Onsite Skills Lab 3<br/>days with Onsite<br/>Student Clinic<br/>Thursday and Friday</b>           | 06<br><b>EST 3 Hr Basic<br/>Esthetics Subject<br/>Review and Assign<br/>Final Exam Study guide<br/>for Week 14 JIN SHIN<br/>CHHSP ST CL</b> | 07<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Reflexology Mani<br/>Pedi CHHSP JIN<br/>SHIN Flows</b> | 08       | 09     |
| 10<br><b>WK 9 CHHSP 2 Hr<br/>Online 5 Elements<br/>Meridians/ Phases/ Ba<br/>Gang/ Fire Water</b>                                               | 11<br><b>No Class Today<br/>Remembrance<br/>Day</b>                                                                             | 12<br><b>CHHSP 3 Hr Online<br/>5 Elements<br/>Meridians/<br/>Generation of Qi<br/>Earth Metal</b>                             | 13<br><b>EST 3 Hr Massage<br/>Basics Neuro Muscular<br/>and Facia Anatomy.<br/>Products and<br/>Applications JIN SHIN<br/>CHHSP ST CL</b>   | 14<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Reflexology Mani<br/>Pedi CHHSP JIN<br/>SHIN Flows</b> | 15       | 16     |
| 17<br><b>Wk 10 CHHSP 2 Hr<br/>Online Meridians<br/>Locations and Flows/<br/>Essences/ Curious Organs<br/>WOOD EST Onsite<br/>Waxing Tinting</b> | 18<br><b>EST ONSITE<br/>Waxing, Tinting,<br/>Paraffin Milady's<br/>Standards of<br/>Practice</b>                                | 19<br><b>CHHSP 3 Hr Online<br/>Vital Substances/ Local<br/>and Distal Points EST<br/>Onsite Waxing, Tinting,<br/>Paraffin</b> | 20<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Waxing Tinting Pa<br/>CHHSP JIN SHIN<br/>Flows</b>                                               | 21<br><b>ONSITE STUDENT<br/>CLINIC EST<br/>Waxing Tinting Pa<br/>CHHSP JIN SHIN<br/>Flows</b>     | 22       | 23     |

|                                                                                                           |                                                                                              |                                                                                                                                                                                                                                                                                                                                                  |                                                                                 |                                                                                 |    |    |
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| 24<br><b>WK 11</b> CHHSP Onsite<br>Diagnostics Acupressure<br>Skills Lab EST Facials<br>Onsite Skills Lab | 25<br>CHHSP Onsite<br>Diagnostics Acupressure<br>Skills Lab EST Facials<br>Onsite Skills Lab | 26<br>CHHSP Onsite<br>Diagnostics Acupressure<br>Skills Lab EST Facials<br>Onsite Skills Lab                                                                                                                                                                                                                                                     | 27<br><b>ONSITE STUDENT<br/>CLINIC EST Facials<br/>CHHSP JIN SHIN<br/>Flows</b> | 28<br><b>ONSITE STUDENT<br/>CLINIC EST Facials<br/>CHHSP JIN SHIN<br/>Flows</b> | 29 | 30 |
| 01                                                                                                        | 02                                                                                           | Notes:<br><br><b>ONSITE CLASSES:</b> CHHSP November 03 to 05 JIN SHIN November 24 to 26 Acupressure <b>Diagnostics EST</b><br>Waxing Tinting Paraffin November 17 to 19 <b>Facials Skills Lab 1</b> November 24 to 26 (Possibly at a Spa or Esthetics<br><b>Studio Field Trip?)</b> Student Clinic adds Jin Shin, Acupressure, Waxing ...Facials |                                                                                 |                                                                                 |    |    |

# December

# 2025

| MONDAY                                                                                                                                  | TUESDAY                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                | FRIDAY                                                                                                  | SATURDAY                                                                                               | SUNDAY                                       |
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| 01<br><b>WK 12</b> CHHSP/IST<br>Online Shiatsu Specific<br>Anat Physiology Neuro<br>Muscular/Skeletal. EST<br>Facials and makeup Onsite | 02<br><b>EST Onsite</b> Facials<br>Specific Product Based<br>Facials for Various Skin<br>Types<br>Make-up Specifics and<br>Application | 03<br>CHHSP/IST Online<br>Shiatsu Specific Anat<br>Physiology Neuro<br>Muscular/Skeletal. EST<br>Facials and Basic makeup<br>Onsite                                                                                                                                                                                                              | 04<br><b>ONSITE STUDENT<br/>CLINIC EST Facials<br/>Makeup CHHSP<br/>JIN SHIN Flows</b>                  | 05<br><b>ONSITE STUDENT<br/>CLINIC EST Facials<br/>Makeup CHHSP<br/>JIN SHIN Flows</b>                  | 06<br><b>Online Mondays 2<br/>Hours and<br/>Wednesdays 3<br/>Hours Onsite 35<br/>hours All Classes</b> | 07                                           |
| 08<br><b>WK 13</b> CHHSP/IST<br>Online Shiatsu Lines and<br>Anatomy Overlap <b>EST</b><br>Onsite Oils Massage and<br>Swedish            | 09<br><b>EST Onsite Oils<br/>Massage Swedish<br/>and Spinal Flush</b>                                                                  | 10<br>CHHSP/IST Online<br>Applications of Specific<br>Points Neuro muscular<br>EST Onsite Oils Massage<br>Lymph and Fascia                                                                                                                                                                                                                       | 11<br><b>ONSITE STUDENT<br/>CLINIC EST Swedish<br/>Massage CHHSP All<br/>Techniques<br/>Acupressure</b> | 12<br><b>ONSITE STUDENT<br/>CLINIC EST Swedish<br/>Massage CHHSP All<br/>Techniques<br/>Acupressure</b> | 13                                                                                                     | 14                                           |
| 15<br><b>WK 14</b> CHHSP <b>EST</b><br>Hot Stone OILS<br>Massage <b>ONSITE</b>                                                          | 16<br><b>WK 14</b> CHHSP <b>EST</b><br>Hot Stone OILS<br>Massage <b>ONSITE</b>                                                         | 17<br><b>WK 14</b> CHHSP Hot<br>Stone Shiatsu Special<br><b>ONSITE EST Final<br/>Exams &amp; CHHSP Case<br/>Studies</b>                                                                                                                                                                                                                          | 18<br><b>ONSITE STUDENT<br/>CLINIC CHHSP &amp;<br/>EST All skills PD's<br/>and Practice</b>             | 19<br><b>ONSITE STUDENT<br/>CLINIC CHHSP &amp;<br/>EST All skills PD's<br/>and Practice</b>             | 20<br><b>Last Day of Class<br/>Before Christmas<br/>Break</b>                                          | 21                                           |
| 22                                                                                                                                      | 23                                                                                                                                     | 24                                                                                                                                                                                                                                                                                                                                               | 25                                                                                                      | 26                                                                                                      | 27                                                                                                     | 28                                           |
| 29                                                                                                                                      | 30                                                                                                                                     | 31                                                                                                                                                                                                                                                                                                                                               | 01                                                                                                      | 02                                                                                                      | 03                                                                                                     | 04<br><b>Last Day of<br/>Christmas Break</b> |
| 05                                                                                                                                      | 06                                                                                                                                     | Notes: <u>Week 12 begins Integrated Shiatsu Therapist Certification!</u><br><br>This Shiatsu Course could accommodate 16 to 20 students in the classroom with a Teacher and TA<br>(Which allows us to combine 10 EST students and 10 CHHSP Students or any combination of the two. This<br>is the most onsite practical skills course we offer.) |                                                                                                         |                                                                                                         |                                                                                                        |                                              |

# January

2026

| MONDAY                                                                                | TUESDAY                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | THURSDAY                                                          | FRIDAY                                                            | SATURDAY                                                                                             | SUNDAY                            |
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| 29                                                                                    | 30                                                                       | 31                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 01                                                                | 02                                                                | 03                                                                                                   | 04<br>Last Day of Christmas Break |
|                                                                                       |                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                   |                                                                   |                                                                                                      |                                   |
| 05<br><b>Wk 15</b> CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite | 06<br>CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite | 07<br>CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite                                                                                                                                                                                                                                                                                                                                                                                                                            | 08<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 09<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 10                                                                                                   | 11                                |
| 12<br><b>Wk 16</b> CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite | 13<br>CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite | 14<br>CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite                                                                                                                                                                                                                                                                                                                                                                                                                            | 15<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 16<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 17                                                                                                   | 18                                |
| 19<br><b>Wk 17</b> CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite | 20<br>CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite | 21<br>CHHSP/IST and EST Table Shiatsu 150 hours Combined Distance Onsite                                                                                                                                                                                                                                                                                                                                                                                                                            | 22<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 23<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 24                                                                                                   | 25                                |
| 26<br><b>Wk 18</b> CHHSP/IST & EST Seated and Chair Combined Distance Onsite          | 27<br>CHHSP/IST and EST Seated and Chair Combined Distance Onsite        | 28<br>CHHSP/IST and EST Table Shiatsu 150 hours Final Exams & PD's                                                                                                                                                                                                                                                                                                                                                                                                                                  | 29<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 30<br>ONSITE STUDENT CLINIC CHHSP & EST Shiatsu PD's and Practice | 31<br><u>56 Hours Shiatsu Practical For STA and 84 hours in person teaching. 10 Hours Case Study</u> | 01                                |
| 02                                                                                    | 03                                                                       | Notes: Week 12 begins Integrated Shiatsu Therapist Certification!<br><br>This Shiatsu Course could accommodate 16 to 20 students in the classroom with a Teacher and TA (Which allows us to combine 10 EST students and 10 CHHSP Students or any combination of the two. This is the most onsite practical skills course we offer.) *EST Students wishing Shiatsu Certification can take their Floor Shiatsu in a second Year and become eligible for Registered Shiatsu Therapist Table and Floor* |                                                                   |                                                                   |                                                                                                      |                                   |

# February

2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| 26     | 27      | 28        | 29       | 30     | 31       | 01     |
|        |         |           |          |        |          |        |
| 02     | 03      | 04        | 05       | 06     | 07       | 08     |

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| Wk 19 CHHSP<br>Online 2 hrs Zen<br>Shiatsu Theory<br>Introduction Chapter 1,2                | EST Online 2 hrs<br>General Science<br>Review and<br>Review Quiz                                   | CHHSP Online 3 hrs<br>Ethics and Authentic<br>Practice. Chapter 5,7<br>and Sohen Moe Ethics of<br>touch The Power<br>Differential                                                                                                                                                                                                                                                                                                                                     | EST Online 2 hrs<br>General Anatomy<br>Review and<br>Review Quiz                        |                                                                            |                                                                        |    |
| 09<br>Wk 20 CHHSP<br>Online 2hr The<br>Science of Qi and the<br>Ki Theory Chapter 3<br>and 4 | 10<br>EST Online 2 hrs<br>Ayurvedic Theory<br>Milad's<br>Introduction<br>doshas                    | 11<br>CHHSP Online 3 hrs<br>TCM Review<br>Chapter 10                                                                                                                                                                                                                                                                                                                                                                                                                  | 12<br>EST Online 3 hrs<br>Ayurvedic Theory<br>Milad's Marma and<br>Chakra Theory        | 13                                                                         | 14                                                                     | 15 |
| 16<br>Family Day No<br>Classes                                                               | 17<br>Wk 21 EST Online 2<br>Hrs Aromatherapy<br>Milady's Q & A                                     | 18<br>CHHSP Online 3 hrs Zen<br>Shiatsu & Amoeba<br>Theory Chapter 11 The<br>GB TW BL Extended<br>Meridians                                                                                                                                                                                                                                                                                                                                                           | 19<br>EST Online 3 hrs<br>Aromatherapy<br>Association<br>Review Profiles,<br>Safety     | 20                                                                         | 21                                                                     | 22 |
| 23<br>Wk 22 CHHSP Floor<br>Shiatsu Onsite<br>Practical 1 Chapter 6<br>& 12-14                | 24<br>CHHSP Floor Shiatsu<br>Onsite Practical 1 EST<br>Online 2hr Wellness<br>Management Nutrition | 25<br>CHHSP Floor<br>Shiatsu Onsite<br>Practical 1                                                                                                                                                                                                                                                                                                                                                                                                                    | 26<br>EST Online 3hr Wellness<br>Management Nutrition<br>ONSITE STUDENT<br>CLINIC CHHSP | 27<br>ONSITE STUDENT<br>CLINIC CHHSP &<br>EST Shiatsu PD's<br>and Practice | 28<br>EST can bank<br>Hours in Shiatsu<br>Towards 100<br>Hours for STA | 01 |
| 02                                                                                           | 03                                                                                                 | <p>Notes: Check STA Standards for Registration of our EST Students meeting Minimums.</p> <p>The EST Students with Namikoshi Shiatsu, Jin Shin and Energy Work may meet the qualifying minimum hours for Registration as Shiatsu Therapists with the STA upon accomplishing the Full Diploma. It is highly recommended that they take the 14 week Meridian Floor Shiatsu Course from the CHHSP to gain further competency in Floor work, Stretching and Hara work.</p> |                                                                                         |                                                                            |                                                                        |    |

# March

# 2026

| MONDAY                                                                                      | TUESDAY                                                                                         | WEDNESDAY                                                                                        | THURSDAY                                                                                                                            | FRIDAY                                                                     | SATURDAY | SUNDAY |
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| 23                                                                                          | 24                                                                                              | 25                                                                                               | 26                                                                                                                                  | 27                                                                         | 28       | 01     |
| 02<br>Wk 23 CHHSP<br>Online 2hr Between<br>Heaven and Earth<br>Beresford 12& 14             | 03<br>EST Online 2 Hr<br>Wellness<br>Management Stress<br>Chapter 20 Shiatsu<br>MTHIW Chapter 2 | 04<br>CHHSP Online 3Hr<br>Review Organs<br>Anatomy BHAIE<br>Associations and Zen<br>Presentation | 05<br>CHHSP Floor Shiatsu<br>Onsite Practical Est<br>Online 3 Hr Stress<br>Management Theory and<br>Effects on the Body<br>Milady's | 06<br>ONSITE STUDENT<br>CLINIC CHHSP &<br>EST Shiatsu PD's<br>and Practice | 07       | 08     |
| 09<br>Wk 24 CHHSP 2 Hr<br>Online Nervous<br>System and Pathology<br>Studies                 | 10<br>EST Online 2 Hr<br>Holistic Anatomy<br>Physiology and<br>Pathology                        | 11<br>CHHSP Online 3Hr<br>Pathology Study<br>Side and Prone<br>Presentations                     | 12<br>CHHSP Floor Shiatsu<br>Onsite Practical EST<br>Online 3 Hr Holistic<br>Anatomy Physiology<br>and Pathology                    | 13<br>ONSITE STUDENT<br>CLINIC CHHSP &<br>EST Shiatsu PD's<br>and Practice | 14       | 15     |
| 16<br>Wk 24 CHHSP 2 Hr<br>Online Digestive System<br>and Pathology Studies<br>Ethics Review | 17<br>EST Online 2 Hr<br>Holistic Anatomy<br>Physiology and<br>Pathology                        | 18<br>CHHSP Online 3Hr<br>Pathology Study<br>Side and Prone<br>Business Review                   | 19<br>CHHSP Floor Shiatsu<br>Onsite Practical EST<br>Online 3 Hr Holistic<br>Anatomy Physiology<br>and Pathology                    | 20<br>ONSITE STUDENT<br>CLINIC CHHSP &<br>EST Shiatsu PD's<br>and Practice | 21       | 22     |

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| 23<br><b>Wk 26 CHHSP Floor Shiatsu Onsite Practical 2 Chapter 6 &amp; 13, 15 16</b> | 24<br><b>CHHSP Floor Shiatsu Onsite Practical 2 EST 2 Hr Holistic Anatomy and Physiology</b> | 25<br><b>CHHSP Floor Shiatsu Onsite Practical 2</b> | 26<br><b>CHHSP Floor Shiatsu Onsite Practical EST Online 3Hr Business Skills Miladys Chapter 29</b> | 27<br><b>ONSITE STUDENT CLINIC CHHSP &amp; EST Shiatsu PD's and Practice</b> | 28 | 29 |
| 30                                                                                  | 31                                                                                           | Notes:                                              |                                                                                                     |                                                                              |    |    |

April

2026

| MONDAY                                                                                                | TUESDAY                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | THURSDAY                                                                                                                | FRIDAY                                                                                        | SATURDAY                                                                        | SUNDAY |
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| 30<br><b>Wk 27 CHHSP 2hr Online Review Fire 4 Aspects, the Triple Burner and the Bladder Zones</b>    | 31<br><b>EST Online 2hr Business Skills Spa Operations and Exercises</b> | 01<br><b>CHHSP 3hr Online The Supine Meridians Yin Functions and the Hara Reflex Zones</b>                                                                                                                                                                                                                                                                                                                                                                                                                               | 02<br><b>No Clinic for Easter Spring Reading Break EST 3hr Online Advanced Hair Removal Make-up and Skin Treatments</b> | 03<br><b>Easter Friday No Classes</b>                                                         | 04                                                                              | 05     |
| 06<br><b>Easter Monday No Classes</b>                                                                 | 07<br><b>Wk 28 EST Onsite Advanced Specialized Make-up</b>               | 08<br><b>CHHSP 3hr Online Review Zen Shiatsu Theory for Final Exam EST Onsite Advanced Specialized Make-up</b>                                                                                                                                                                                                                                                                                                                                                                                                           | 09<br><b>EST Onsite Advanced Specialized Make-up</b>                                                                    | 10<br><b>EST Onsite Advanced Specialized Make-up</b>                                          | 11                                                                              | 12     |
| 13<br><b>Wk 29 CHHSP 2hr Zen Shiatsu Methods and Diagnostics EST Onsite Skin Care advanced Skills</b> | 14<br><b>EST Onsite Skin Care advanced Skills</b>                        | 15<br><b>CHHSP 3hr Online review Supine and Prone Positions with Hara and Back Diagnosis EST Onsite Skin Care advanced Skills</b>                                                                                                                                                                                                                                                                                                                                                                                        | 16<br><b>EST Onsite Skin Care advanced Skills</b>                                                                       | 17<br><b>EST Final Exams For All Esthetic Skills in Student Clinic with scheduled clients</b> | 18                                                                              | 19     |
| 20<br><b>Spring Break Reading Break No Classes</b>                                                    | 21                                                                       | 22                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 23                                                                                                                      | 24                                                                                            | 25                                                                              | 26     |
| 27<br><b>Wk 30 CHHSP Onsite Floor Shiatsu 3 Supine Seated and Hara</b>                                | 28<br><b>CHHSP Onsite Floor Shiatsu 3</b>                                | 29<br><b>CHHSP Onsite Floor Shiatsu 3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 30<br><b>CHHSP Floor Shiatsu Onsite Practical</b>                                                                       | 01<br><b>CHHSP Floor Shiatsu Onsite Practical</b>                                             | 02<br><b>See April 27 to May 1 Week 30 in next month MAY calendar for EST!!</b> | 03     |
| 04                                                                                                    | 05                                                                       | Notes:<br><br><b>Final Semester begins April 27 for EST in Spa Therapies and CHHSP in Iridology and Energy Medicine.</b> Students completing and passing final exams and case studies to this point are eligible for the following: EST = Esthetician, Shiatsu Practitioner, Reflexologist, Nail Artist, Advanced Make-up Applications, Hot Stone Practitioner. CHHSP = Oriental Bodywork Therapist OBT, Reflexologist, Integrated Shiatsu Therapist, Hot Waterstone Practitioner, Table Shiatsu, JIn Shin Practitioner. |                                                                                                                         |                                                                                               |                                                                                 |        |

# May

# 2026

| MONDAY                                                                          | TUESDAY                                                                                                          | WEDNESDAY                                                                                               | THURSDAY                                                                                                   | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------|----------|--------|
| 27<br>Wk 30                                                                     | 28<br>EST 2hr Online<br>Ayurvedic Review<br>Chakra Theories                                                      | 29                                                                                                      | 30<br>EST 3hr Online<br>Advanced Energy<br>Study 4 Brains<br>with the Chakras                              | 01     | 02       | 03     |
| 04<br>Week 31 CHHSP<br>Final Exam for<br>Written Zen Theory<br>and Case Studies | 05<br>EST Online 2 hr<br>Body Points and<br>Terrains of the<br>Chakras                                           | 06<br>CHHSP Final Exam<br>for Zen Shiatsu                                                               | 07<br>EST Online 3hr Body<br>Points and Terrains<br>of the Chakras<br>Continued. Intro to<br>Reiki level 1 | 08     | 09       | 10     |
| 11<br>Wk 32 CHHSP 2 hr<br>Iridology Basic<br>Online Introduction<br>and theory  | 12<br>EST Online 2hr<br>Elements and<br>Chakra<br>connections Water<br>Wood                                      | 13<br>CHHSP 3 hr Iridology<br>Basic Online<br>Introduction and<br>theory Reiki Level 1<br>Introduction  | 14<br>EST Online 3hr<br>Elements and Chakra<br>connections Root<br>Sacral SP and Pitta                     | 15     | 16       | 17     |
| 18<br>Victoria Day No<br>Classes                                                | 19<br>Week 33 EST Online 2hr<br>Elements and Chakra<br>connections Fire 4 aspects<br>Between Heaven and<br>Earth | 20<br>CHHSP 3hr Online<br>basic Iridology<br>Readings with<br>signs and levels                          | 21<br>EST Online 3hr<br>Elements and Chakra<br>connections Heart<br>Throat and Vatta                       | 22     | 23       | 24     |
| 25<br>Wk 34 CHHSP 2hr<br>Online Signs and<br>Constitutions The<br>Wise Heart    | 26<br>EST Online 2hr<br>Elements and Chakra<br>connections Earth the<br>center Between<br>Heaven and Earth       | 27<br>CHHSP 3hr Online<br>The Elements in the<br>Constitutions The<br>Wise Heart and Reiki<br>Grounding | 28<br>EST Online 3hr<br>Elements and Chakra<br>connections Sacral<br>Spleen SP and Kapha                   | 29     | 30       | 31     |
| 01                                                                              | 02                                                                                                               | Notes:                                                                                                  |                                                                                                            |        |          |        |

# June

# 2026

| MONDAY                                                             | TUESDAY                                                                                           | WEDNESDAY                                                                                              | THURSDAY                                                                                                           | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------|----------|--------|
| 01<br>Wk 35 CHHSP 2hr<br>Online The Doshas<br>and Dietary Elements | 02<br>EST Online 2hr<br>Elements and Chakra<br>connections Metal<br>Element the Breath<br>of Life | 03<br>CHHSP 3hr Online<br>Nutritional<br>Connections in<br>Iridology Terrains and<br>dietary diagnosis | 04<br>EST Online 3hr<br>Elements and Chakra<br>connections Metal<br>Element Ether and<br>Soul The Chakra<br>Bodies | 05     | 06       | 07     |
| 08                                                                 | 09                                                                                                | 10                                                                                                     | 11                                                                                                                 | 12     | 13       | 14     |

|                                                                                                        |                                                                                                                        |                                                                                                                                                                                                                                                                                                                 |                                                                                                                               |                                                                        |    |    |
|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|----|----|
| <b>Week 36 CHHSP</b><br>Onsite Iridology<br>Reading Elemental<br>Auriculotherapy<br>Seeding            | <b>CHHSP Onsite</b><br>Iridology Reading<br>Auriculotherapy<br>Seeding <b>EST 2 hr Online</b><br>Complete Chakra Study | <b>CHHSP Onsite</b><br>Iridology Reading<br>Auriculotherapy<br>Seeding                                                                                                                                                                                                                                          | <b>CHHSP Onsite</b><br>Iridology Reading<br>Auriculotherapy<br>Seeding <b>EST 3hr Chakra</b><br>Study Theory Exam<br>Assigned | <b>CHHSP Onsite</b><br>Iridology Reading<br>Auriculotherapy<br>Seeding |    |    |
| 15<br><b>Wk 37 CHHSP 2hr</b><br>Online Chakra Study<br>Grounding and<br>Centering The Wise<br>Heart    | 16<br><b>EST Online Exam</b><br><b>Open Book Week</b>                                                                  | 17<br><b>CHHSP 3hr Online</b><br>Chakra Study<br>Grounding and<br>Centering The<br>Wise Heart                                                                                                                                                                                                                   | 18<br><b>EST Online Exam</b><br><b>Open Book Week</b>                                                                         | 19                                                                     | 20 | 21 |
| 22<br><b>Week 38 CHHSP</b><br>Online 2hr Chakra<br>Study <b>EST Onsite</b><br>Skin Care Body<br>Scrubs | 23<br><b>EST Onsite Skin</b><br><b>Care Body Scrubs</b>                                                                | 24<br><b>CHHSP 3hr Online</b><br>Chakra Study<br>Grounding and<br>Centering The Wise<br>Heart <b>EST Onsite Skin</b><br>Care Body Scrubs                                                                                                                                                                        | 25<br><b>EST Onsite Skin</b><br><b>Care Body Scrubs</b>                                                                       | 26<br><b>EST Onsite Skin</b><br><b>Care Body Scrubs</b>                | 27 | 28 |
| 29<br><b>Week 39 CHHSP</b><br>Online 2hr Chakra<br>Study <b>EST Onsite</b><br>Skin Care Body<br>Scrubs | 30<br><b>EST Onsite Skin</b><br><b>Care Body Scrubs</b>                                                                | 01<br><b>CHHSP 3hr Online</b><br>Chakra Study<br>Grounding and<br>Centering The Wise<br>Heart <b>EST Onsite Skin</b><br>Care Body Scrubs                                                                                                                                                                        | 02<br><b>EST Onsite Skin</b><br><b>Care Body Scrubs</b>                                                                       | 03<br><b>EST Onsite Skin</b><br><b>Care Body Scrubs</b>                | 04 | 05 |
| 06                                                                                                     | 07                                                                                                                     | Notes:<br><br><b>Onsite Student Clinic Practical continues for EST! And CHHSP can elect to be onsite for practical or distance with their Case Studies. CHHSP Must have 10 sessions in each modality that are documented and signed by the client. Keep session record and it must be signed off on weekly.</b> |                                                                                                                               |                                                                        |    |    |

July

2026

| MONDAY                                                                                | TUESDAY                                                                                   | WEDNESDAY                                                                                                        | THURSDAY                                                                                              | FRIDAY                                                                                    | SATURDAY | SUNDAY |
|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------|--------|
| 29<br><b>Week 39</b>                                                                  | 30                                                                                        | 01                                                                                                               | 02                                                                                                    | 03                                                                                        | 04       | 05     |
|                                                                                       |                                                                                           |                                                                                                                  |                                                                                                       |                                                                                           |          |        |
| 06<br><b>Wk 40 CHHSP EST</b><br>Reiki Level 2 and 3<br>Practical Studies<br>Onsite    | 07<br><b>Wk 40 CHHSP</b><br><b>EST Reiki Level 2</b><br>and 3 Practical<br>Studies Onsite | 08<br><b>Wk 40 CHHSP</b><br><b>EST Reiki Level 2</b><br>and 3 Practical<br>Studies Onsite                        | 09<br><b>Wk 40 CHHSP</b><br><b>EST Reiki Level 2</b><br>and 3 Practical<br>Studies Onsite             | 10<br><b>Wk 40 CHHSP</b><br><b>EST Reiki Level 2</b><br>and 3 Practical<br>Studies Onsite | 11       | 12     |
| 13<br><b>Wk 41 CHHSP 2hr</b><br>Online Marma<br>Science and Auric<br>Bodies           | 14<br><b>EST 2hr Online</b><br><b>Marma Science</b><br>and Auric Bodies                   | 15<br><b>CHHSP 3hr Online</b><br>Review body points<br>for all seven levels,<br>How to Scan and<br>Read          | 16<br><b>EST 3hr Online</b><br>Review body<br>points for all seven<br>levels, How to scan<br>and read | 17                                                                                        | 18       | 19     |
| 20<br><b>Wk 42 CHHSP 2hr</b><br>Online Four Brains<br><b>EST Body Wraps</b><br>Onsite | 21<br><b>EST Body Wraps</b><br><b>Onsite</b>                                              | 22<br><b>CHHSP 3hr Online</b><br>Theosophy and the<br>relationships of Energy<br><b>EST Body Wraps</b><br>Onsite | 23<br><b>EST Body Wraps</b><br><b>Onsite</b>                                                          | 24<br><b>EST Body Wraps</b><br><b>Onsite</b>                                              | 25       | 26     |

|                                                                             |                                    |                                                                     |                                    |                                    |    |    |
|-----------------------------------------------------------------------------|------------------------------------|---------------------------------------------------------------------|------------------------------------|------------------------------------|----|----|
| 27<br><b>Week 43</b> EST Body Wraps Onsite<br>CHHSP 2hr Online Sound Theory | 28<br><b>EST Body Wraps Onsite</b> | 29<br><b>EST Body Wraps Onsite</b> CHHSP 3hr Online theory Crystals | 30<br><b>EST Body Wraps Onsite</b> | 31<br><b>EST Body Wraps Onsite</b> | 01 | 02 |
| 03                                                                          | 04                                 | Notes:                                                              |                                    |                                    |    |    |

# August

# 2026

| MONDAY                                                                                                                          | TUESDAY                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                 | FRIDAY                                                                                      | SATURDAY | SUNDAY |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------|--------|
| 27<br><b>Week 43</b>                                                                                                            | 28                                                                                                                                           | 29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 30                                                                                                       | 31                                                                                          | 01       | 02     |
| 03                                                                                                                              | 04                                                                                                                                           | 05                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 06                                                                                                       | 07                                                                                          | 08       | 09     |
| <b>BC Day No Classes</b>                                                                                                        | <b>Wk 44</b> CHHSP and EST Onsite for Reiki Level 3 & 4 Crystals, Sound -and Distance Reiki                                                  | <b>Wk 44</b> CHHSP and EST Onsite for Reiki Level 3 & 4 Crystals, Sound -and Distance Reiki                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Wk 44</b> CHHSP and EST Onsite for Reiki Level 3 & 4 Crystals, Sound -and Distance Reiki              | <b>Wk 44</b> CHHSP and EST Onsite for Reiki Level 3 & 4 Crystals, Sound -and Distance Reiki |          |        |
| 10<br><b>Wk 45</b> CHHSP 2 hr Online Bach Flowers and Jin Shin Flows                                                            | 11<br><b>Wk 45</b> EST 2 hr Online Bach Flowers and Jin Shin Flows                                                                           | 12<br><b>Wk 45</b> CHHSP 3 hr Online Bach Flowers and Jin Shin Flows                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 13<br><b>Wk 45</b> EST 3 hr Online Bach Flowers and Jin Shin Flows                                       | 14                                                                                          | 15       | 16     |
| 17<br><b>Wk 46</b> EST CHHSP Final Onsite Class Floral Essence Applications                                                     | 18<br><b>Wk 46</b> EST CHHSP Final Onsite Class Floral Essence Applications                                                                  | 19<br><b>Wk 46</b> EST CHHSP Final Onsite Class Floral Essence Applications                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 20<br><b>Wk 46</b> EST CHHSP Final Onsite Class Floral Essence Applications                              | 21<br><b>Wk 46</b> EST CHHSP Final Onsite Class Floral Essence Applications                 | 22       | 23     |
| 24<br><b>Wk 47</b> CHHSP Onsite Field Trip Plant Spirit Medicines Elective Onsite or Online Study Field trip to Port Alberni BC | 25<br><b>EST 2hrs Online Business and Ethical Connections</b> CHHSP Onsite Field Trip Plant Spirit Medicines Elective Onsite or Online Study | 26<br><b>Wk 47</b> CHHSP Onsite Field Trip Plant Spirit Medicines Elective Onsite or Online Study                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27<br><b>EST 2hrs Online Business and Ethical Connections</b> CHHSP Final Exams Written Theory take Home | 28<br><b>CHHSP Final Exams Written Theory take Home</b>                                     | 29       | 30     |
| 31<br><b>Week 48</b> CHHSP Case Studies Distance Check in Due Week 49 September 11                                              | 01<br><b>EST Final Exams for Practical Skills Week</b> Late marking fees for Instructors 150/Student Apply                                   | Notes: Final week EST for EM and CHHSP Exams and PD's will be distance based and are due on the Friday.<br><b>Week 49</b> exams and Case Studies for CHHSP due, Late marking fees after September 14 apply at <b>Week 50: \$150/per student.</b> This fee can be paid by the student and passed on to the Instructor<br><b>Week 48</b> exams and Case Studies for EST EM due, Late marking fees after September 9 apply at <b>Week 49: \$150/per student.</b> This fee can be paid by the student and passed on to the Instructor |                                                                                                          |                                                                                             |          |        |