

2024 Student Lab Schedule

Schedule by emailing: labs@naturopathiccommunitycenter.org **Questions Call:** 989-773-1714



| | | Saturday Times: 10:00 am, 11:30 am, 2:00 pm, 3:30 pm | Sunday Times: 10:00 am, 11:30 am |
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| 2 0 2 4 | Full Body Massage (Lab #6) | January 20, 2024 | January 21, 2024 |
| | Full Body Massage (Lab #2) | February 24, 2024 | February 25, 2024 |
| | CranioSacral | March 2, 2024 | March 3, 2024 |
| | Full Body Massage (Lab #3) | March 23, 2024 | March 24, 2024 |
| | Meridian Work/ Light Healing Touch | April 6, 2024 | April 7, 2024 |
| | Full Body Massage (Lab #4) | April 27, 2024 | April 28, 2024 |
| | Reflexology | May 11, 2024 | May 12, 2024 |
| | Full Body Massage (Lab #5) | June 1, 2024 | June 2, 2024 |
| | Full Body Massage (Lab #6) | June 22, 2024 | June 23, 2024 |
| | Holistic Bodywork (All Therapies) | June 29, 2024 | June 30, 2024 |
| | CranioSacral | August 10, 2024 | August 11, 2024 |
| | Meridian Work/ Light Healing Touch | September 7, 2024 | September 8, 2024 |
| | Full Body Massage (Lab #2) | September 21, 2024 | September 22, 2024 |
| | Reflexology | October 19, 2024 | October 20, 2024 |
| | Full Body Massage (Lab #3) | October 26, 2024 | October 27, 2024 |
| | Holistic Bodywork (All Therapies) | November 16, 2024 | November 17, 2024 |
| | Full Body Massage (Lab #4) | November 23, 2024 | November 24, 2024 |
| | Full Body Massage (Lab #5) | December 21, 2024 | December 22, 2024 |
| Full Body Massage (Lab #6) | January 18, 2025 | January 19, 2025 | |
| <p>CranioSacral: This therapy is done over the clothes using a light touch along the spine and on the head. By bringing balance to the nervous system, it allows for muscle relaxation and optimal functioning of every organ in the body. It is especially helpful for chronic pain, headaches, TMJ, stress, and for improving focus, learning, and concentration.</p> | <p>Reflexology: By working on the 7,200 nerve endings in each foot, your whole body receives a tune-up as well as benefiting from increased circulation, relief of stress and tension, and improved nerve flow that is especially helpful for neuropathy and pain</p> | <p>Meridian Work/Light Healing Touch: This unique therapy uses light touch to release areas of congestion in the body and within the body's electromagnetic field. It is beneficial for balancing mental and emotional stress, uplifting mood, promoting clear thinking, and helping strengthen the body's defenses against stress, pollutants, and sensitivities.</p> | |
| <p>Full Body Massage: Often involves full body, neck, back, arms, shoulders, and legs; to loosen & relax muscular tension, help with flexibility, boost immune system, & improve attitude.</p> | | <p>Holistic Bodywork: Students are able to incorporate a variety of techniques and therapies, including CranioSacral, LHT, Reflexology & Full Body Massage, depending on clients needs.</p> | |