



<b>Spring Term 1</b>		Hours	Notes
18 credit hours			
<b>1<sup>st</sup> 8 weeks</b>			
•	IHR 110 Western Approach to Reflexology	2	
•	IHR 130 Pathology & Assessment in Reflexology	2	
•	IHR 150 Emotional Balance in Reflexology	2	
•	IHR 170 Auriculotherapy in Reflexology	2	
•	IHR 190 Reflexology Assessment I	2	
<b>2<sup>nd</sup> 8 weeks</b>			
•	IHR 200 Introduction to Energetic Acupressure	2	
•	IHR 210 Aromatherapy & Foot Chakra Reflexology	2	
•	IHR 230 Reflexology Assessment II	2	
•	IHR 240 Polarity in Reflexology	2	
		<b>Term hours subtotal:</b>	<b>18</b>

<b>Summer Term 1</b>		Hours	Notes
8 credit hours			
•	IHR 250 Thai Foot Massage	2	
•	IHR 260 East Indian Massage: Head Acupressure	2	
•	IHR 270 Hand Reflexology	2	
•	IHR 280 Face-Lift Acupressure	2	
		<b>Term hours subtotal:</b>	<b>8</b>

*This recommended sequence is not a binding agreement of any kind between Yavapai College and the student, but merely represents a potential curriculum that may be altered as appropriate to meet the student's academic objectives. Course availability is subject to change and all courses are not available every semester. Students should inquire each semester with their Advisor before registering to determine current requirements and possible changes to the suggested curriculum.*