



Oregon School of Massage

555-Hour Eastern Focus Planning Guide

There are various ways to complete the 555-hour program. Below are a few suggested paths. Please refer to the prerequisite list when creating your own plan. The Student Services Coordinator is available to assist you with any questions you may have.

Western Massage	Anatomy & Physiology		Kinesiology		Pathology		Practice Development		Eastern Massage	Electives**	
Massage Fund. 45	A&P I 30		Kines Upper 30		Pathology I 30		Business 15		Shiatsu I 30	Various 60	
Massage Upper 30	A&P II 30		Kines Lower 30		Pathology II 30		Statutes 5		Shiatsu II 30		
Massage Lower 30	A&P III 30						Comm/Ethics 30		Dao-Yin 7		
Hydrotherapy * 15							Short Form Clinic 45		Tutorial 3		
Totals 120		90		60		60		95		70	60

1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter	5 th Quarter
A&P I Mass. Fund Comm/Ethics	A&P II Kines Lower Mass Lower Hydro	A&P III Kines Upper Mass Upper Shiatsu I	Path I Shiatsu II Dao Yin Statutes Electives	Path II SF Clinic Tutorial Business Electives

1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter	5 th Quarter	6 th Quarter
A&P I Mass. Fund Comm/Ethics	A&P II Kines Lower Mass Lower	A&P III Kines Upper Mass Upper	Path I Shiatsu I Dao Yin Electives	Path II Shiatsu II Hydro Electives	SF Clinic Business Statutes Tutorial

1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter	5 th Quarter	6 th Quarter	7 th Quarter
Mass Fund Comm/Ethics	A&P I Shiatsu I Hydro	A&P II Kines Upper Mass Upper Dao Yin	A&P III Path I Shiatsu II Electives	Path II Kines Lower Mass Lower	SF Clinic Electives	Business Statutes Electives

1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter	5 th Quarter	6 th Quarter	7 th Quarter	8 th Quarter
Mass Fund A&P I	Comm/Ethics Shiatsu I Dao Yin	A&P II Shiatsu II	Kines Upper Mass Upper SF Clinic	Kines Lower Mass Lower	A&P III Path I Electives	Path II Business Hydro	Statutes Electives

*This class is also offered in a weekend intensive.

**Shiatsu III and IV may be taken as electives once prerequisites are met