

The Lotus System® Course Syllabus (2 days, 16 total hrs CE)

NCBTMB Provider #451420-10

8 CE Hour Course

First Day – 8am to 5pm

- 8:00am – 8:45am - Introductions, reviewing The Lotus System™, how it evolved and how it works. Reviewing beginning chapters of The Lotus System® Course Handbook©. Question and answer during opening presentation.
- 8:45am – 9:30am - Introduction of how music affects the body and mind, its benefits and how it is utilized in this system (*PowerPoint and Course Handbook© assisted*).
- 9:30am – 9:40am - A question and answer session covering recently reviewed material.
- 9:40am – 10:00am - Introduction of Ambient Noise Reduction into massage, its benefits, contraindications, safety, hygiene and how it is used in the system (*PowerPoint and Course Handbook© assisted*).
- 10:00am – 10:20am - Break
- 10:20am – 10:30am - A question and answer session covering Ambient Noise Reduction
- 10:30am – 10:50am - Introduction of Sight cancellation into massage, its benefits, contraindications, safety, hygiene and how it is used in the system (*PowerPoint and Course Handbook© assisted*).
- 10:50am – 11:10am - A question and answer session covering Ambient Noise Reduction
- 11:10am – 11:20am - Break
- 11:20am – 11:30pm - Introduction of Aromatherapy into the system, its benefits, contraindications, safety and hygiene (*PowerPoint and Course Handbook© assisted*). Q&A session during presentation.
- 11:30am – 12:00pm - Introduction of massaging with music and sound, its benefits, contraindications, safety and hygiene (*PowerPoint and Course Handbook© assisted*). Q&A session during presentation.
- 12:00pm – 1:00pm - Lunch
- 1:00pm – 1:50pm - Introduction of the Body Grid Map™ and how music and sound are applied directly to the body through massage using the map. Also includes hands on demo by instructor. (*PowerPoint and Course Handbook© assisted*).
- 1:50pm – 2:00pm - Break

- 2:00pm – 3:00pm - Introduction and complete, intensive overview of The Lotus System® Protocol Procedure (*PowerPoint and Course Handbook© assisted*). Question and answer during overview.
- 3:00pm – 3:10pm - Break
- 3:10pm – 4:10pm - A complete 55 minute demonstration by instructor of The Lotus System® on a volunteer using the Protocol Procedure.
- 4:10pm – 4:20pm - Break
- 4:20pm – 5:00pm - Hands on practice by the students using Protocol Procedures and massage strokes with music utilizing the Body Grid Map©. Upon completion of the first day, each student is provided with a free music CD with preset playlists they will be massaging with the next day and beyond. It is strongly encouraged for each student to listen to the music throughout the evening to get used to it.

8 CE Hour Course

Second Day – 8am to 5pm

- 8:00am – 9:00am - Brief review of: The Lotus System® Course Handbook© and Protocol Procedures. Answering any questions that students thought of after the first day.
- 9:00am – 9:10am - Break
- 9:10am – 10:10am - Understanding basic massage movements and strokes to/with music (hands on 60 minutes).
- 10:10am – 10:20am - Break
- 10:20am – 11:20am - Continuing with understanding massage with music (hands on 60 minutes).
- 11:20am – 11:30am - Break
- 11:30am – 12:00pm - 30 minute full back Lotus demo by instructor with students shadowing instructor using Body Grid Map© and Protocol Procedure.
- 12:00am – 1:00pm - Lunch
- 1:00pm – 2:00pm - 60 minute hands on mock demo by students of The Lotus System® using Protocol Procedure.
- 2:00pm – 2:10pm - Break
- 2:10pm – 3:10pm - 60 minute hands on mock demo by students of The Lotus System® using Protocol Procedure.
- 3:10pm – 3:20pm - Break
- 3:20pm – 4:20pm - Students switch places twice during this segment for 2 – 30 minute full back sessions using The Lotus System® and Protocol Procedure.

4:20pm – 4:30pm - Break

4:30pm – 5:00pm - Reviewing everything one final time, answering all remaining questions, closing statements and handing out Certificates of Completion.