

CATALOG

The O'Hara School of Massage and Energy Therapies

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Owned/Founded by: Kearsty Bogenrief

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## **Mission Statement**

At the heart of our endeavor is the empowerment of our students, enabling them to spread the healing power of Massage Therapy across all communities.

We pledge to provide our students with up-to-date and thorough information, ensuring they develop into ethical and knowledgeable healers committed to their chosen profession.

By facilitating self-awareness and spiritual growth, embracing the potency of touch, and nurturing intuition, we strive to inspire and guide our students on their path to becoming skilled and compassionate Massage Therapists.

## **Introduction**

The O'Hara School of Massage and Energy Therapies offers an intimate learning environment, ensuring each student receives personalized attention and guidance. Founded on the belief in the profound healing potential of touch, our school is dedicated to nurturing the art of therapeutic massage.

## **Faculty Members**

*Kearsty Bogenrief, instructor*

Kearsty has more than 20 years of experience in the field. Her passion comes from inspiring students to follow their dreams. She has been a massage therapist since 2001 and has studied human Biofield since 2000. Always craving knowledge, she has decided to start sharing the knowledge she has gained throughout the years.

*Molly Burn, Administrator*

Molly can help with any questions about enrollment, fees, schedules, and protocols. She is a great asset to the team.

## **Programs and Descriptions**

### **Weekend Courses for everyone**

#### **Philosophies of Energy Therapies Certificate (16 Hours)**

**Course Description:** The Philosophies of Energy Therapies course introduces students to the foundational principles of the Electric Body and the Aura, exploring the movement of subtle energy within the human Electromagnetic Field. Drawing from both Chinese Medicine and Ayurvedic Science, students will gain a holistic understanding of energy flow and its role in maintaining physical, emotional, and spiritual well-being.

Through this course, students will explore various healing modalities that support energetic balance, including breathwork, meditation, sound therapy, and movement practices. By the end of the program, participants will develop a deeper awareness of their own energy field and the tools available to harmonize and support it.

**Method of Delivery:** This course is delivered in an experiential learning format, combining theoretical knowledge with hands-on practice to deepen understanding. Students will engage in:

- Guided Meditation & Breathwork – Techniques to enhance energy awareness and regulation.
- Sound Therapy & Chanting – Exploring vibrational healing through sound baths and vocal toning.
- Dynamic & Static Movement – Practices from Qi Gong, yoga, and other traditions to facilitate energy flow.
- Journaling & Discussion – Reflecting on personal experiences and integrating insights.

This immersive experience fosters a mind-body-spirit connection, allowing students to embody the philosophies of energy healing in both personal and professional practice.

#### **Sound Therapy Certificate Course (25 Hours)**

**Course Description:** The Sound Therapy Certification Course is an immersive three-day intensive designed to provide students with a deep understanding of vibrational healing and its therapeutic applications. Students will learn how to tune into their own energetic frequency, utilize sound tools such as tuning forks, crystal bowls, and gongs, and develop the skills needed to administer sound therapy treatments and facilitate sound baths.

This course blends hands-on practice, demonstrations, and guided discussions to help students integrate sound therapy into their personal or professional practice. Recommended reading materials will be provided upon enrollment to support learning and exploration beyond the classroom.

**Method of Delivery:** This three-day intensive course meets three times a week for hands-on learning. Students are introduced to vibrational healing and the science of sound, learning to feel and interpret energetic frequencies through direct experience. The course includes hands-on practice with tuning forks, crystal bowls, gongs, and a variety of other sound therapy instruments. Students will develop techniques for administering full sound therapy sessions, explore case studies, and engage in group

practice. The training culminates in facilitating a complete sound bath, including theory, setup, execution, and peer-led sessions.

This experiential approach ensures students build confidence in both the theory and practical application of sound therapy, preparing them to effectively integrate these tools into their wellness practice.

### **Massage Therapy Diploma Program (650 Hours)**

The Massage Therapy Program is a 26-week comprehensive training course designed to prepare students for a career in both spa and medical environments. By the end of the program, students will have a strong foundation in anatomy, therapeutic techniques, and medical massage while gaining the skills necessary to pass the MBLEX licensing exam.

This program consists of five structured courses, each building upon the next to provide a well-rounded education in bodywork. Students will engage in both theoretical study and hands-on practice, ensuring they develop the confidence and expertise needed to excel in the field.

#### **Course Structure:**

1. Course One: Weeks 1-11: Foundation of Human Anatomy and Physiology (275 hours) — **A deep dive into human anatomy and physiology**
2. Course Two: Weeks 12-16: Core Touch Techniques: Exploring the Fundamental Aspects of Touch (125 hours) — **A three-part course covering fundamental massage skills, fascia education, and palpation techniques.**
3. Course Three: Weeks 17—18: Light Touch Principals 50 hours - **Exploring advanced techniques for client care and well-being.**
4. Course Four: Weeks 19 - 22: Applied Therapeutic Massage Techniques and SOAP Note Documentation (100 hours) — **Focused training in clinical and rehabilitative massage techniques.**
5. Course Five: Weeks 23 – 26: Clinical Practicum: (100 hours) — **Practical application in a supervised clinical setting with feedback and evaluations.**

Course hours: Total weeks - 26

Total hours - 650

Theory hours - 347

Lab - 303

**Method of Delivery:** Students will commit 25 hours per week, with coursework taught during evenings and weekends. The program is designed to be highly interactive, incorporating:

- Classroom instruction with theoretical lessons in anatomy and technique.

- Hands-on lab work where students practice on peers, family, or volunteer clients.
- Clinic hours for real-world experience, logging work and journaling each session for review.
- Group study and discussions to reinforce learning and skill development.

Attendance is mandatory, with class sessions ranging from 7 to 8 hours per day, blending theory with practical application. A computer is required for coursework, assignments, and study materials.

This immersive approach ensures that graduates are well-prepared for professional practice, whether in spa, wellness, or medical settings. This program goes beyond standard massage training by combining scientific knowledge with intuitive touch, ensuring students master both clinical techniques and holistic bodywork. With personalized mentorship, hands-on experience, and a strong medical massage foundation, graduates leave fully prepared for a successful, adaptable career in both wellness and healthcare settings.

## **Advance Training**

### **Therapeutic Touch Certificate (100 Hours)**

**Course Description:** The Therapeutic Touch Certificate is an advanced training designed for massage therapists seeking to expand their skills in energetic healing. This course teaches students how to script personalized treatments, identify imbalances in the biofield, and sense their own magnetic fields. Therapeutic Touch incorporates light hand placement on and above the body, integrating pressure point work and specialized petrissage techniques for a deeper therapeutic effect.

**Method of Delivery:** This course meets three days per week for seven hours per day, with the fourth day only being four hours of student clinic. Instruction includes:

- **Energetic Awareness Practices** – Students will develop sensitivity to their own energetic body through chanting, movement, meditation, and sound therapy.
- **Hands-On Application** – Participants will practice Therapeutic Touch techniques on peers and volunteer clients provided by the school.
- **Group Discussions & Integration** – Each day concludes with guided reflection and discussion to deepen understanding.

This immersive training blends energetic awareness with practical therapeutic techniques, equipping students with a unique skill set that enhances their ability to support clients in both wellness and clinical environments.

### **Fascial Therapy Specialist Certificate (100 Hours)**

**Course Description:** The Fascial Therapy Specialist Certificate is designed for bodyworkers, fitness trainers, nurses, and caregivers seeking a deeper understanding of fascia anatomy and its role in joint mobility and movement. This course provides practical training in myofascial anatomy, dysfunction-specific stretching techniques, and palpation, allowing students to build confidence in integrating these skills into their professional practice.

Method of Delivery: This one-month course requires a 25-hour weekly commitment, with classes held three days per week for seven hours with the fourth day being four hours of supervised clinic. Each day is structured with:

- Lecture-Based Theory Sessions – Expert instruction on fascia’s structure, function, and its connection to movement.
- Hands-On Lab Practice – Students apply manual techniques, stretching methods, and palpation skills on each other.
- Supervised student clinic – Reinforcing learning through case studies, peer feedback, and guided application of techniques.

By combining scientific knowledge with practical application, this certification equips students with specialized skills to enhance mobility, pain management, and movement efficiency in their field of practice.

### **Program/Course Costs**

<b>Program</b>	<b>Registration fee</b>	<b>Tuition</b>
The Philosophies of Energy Therapies Certificate	\$50 (non-refundable)	\$500
Sound Therapy Certification	\$50 (non-refundable)	\$650
Massage Therapy Program	\$150 (non-refundable)	\$8,700 (deposit of \$1,250)
Therapeutic Touch Certificate	\$50 (non-refundable)	\$1000
Fascial Therapy Specialist Certificate	\$50 (non-refundable)	\$1000

### **Class Schedule**

**(course time includes one hour lunch break)**

#### **The Philosophies of Energy Therapies Certificate** (Two-day course)

Reading requirements are given after signing up for the course. This course is offered every three months.

Two days with eight hours of structured learning which is a combination of lecture and participation on both Saturday and Sunday.

#### **Sound Therapy Certificate Course** (Three-day course)

Reading requirements are given after signing up for the course. This course is offered every three months.

This is a three-day course of one seven-hour day and then the next two days are nine hours each. All sound tools needed for the class are provided.

### **Massage Therapy Program** (26-week course – 6.5 months)

Each course will have its unique routine, but all courses will be four days a week. Three longer days and one shorter clinical day, held on nights and weekends. The students will dedicate 25 hours a week to this course.

Course One: Weeks 1-11: Foundation of Human Anatomy and Physiology (275 hours)

Course Two: Weeks 12-16: Core Touch Techniques: Exploring the Fundamental Aspects of Touch (125 hours)

Course Three: Weeks 17—18: Light Touch Principals (50 hours)

Course Four: Weeks 19 - 22: Applied Therapeutic Massage Techniques and SOAP Note Documentation (100 hours)

Course Five: Weeks 23 – 26: Clinical Practicum: (100 hours)

Schedule for MBLEx test

### **Therapeutic Touch Certificate (Advance Training)** (four weeks- one month)

The class will meet three days a week for seven hours. They will have one day a week with four hours of weekly student clinic which is supervised by a skilled instructor.

Course Prerequisite: Must have Massage License or enrolled in a massage program.

This course will be offered once a year in spring or winter.

### **Fascial Therapy Specialist Certificate (Advance Training)** (4 weeks - one month)

The students will meet at the school four days a week with four hours of student clinic, which is supervised by a skilled instructor. The other three days will be about seven hours long. Weekly practice is also required.

Course Prerequisite: Must have a massage therapy license or a bodyworker certification, fitness instructor, or any caretaking role.

This course will be offered once a year in spring or winter.

When an unexpected closure occurs due to extraordinary conditions such as inclement weather, students will be notified as soon as possible by email.

Classes are not held during the following holidays:

New Year's Eve, New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day & the Friday following, Christmas Eve, and Christmas Day



## **Admissions Requirements/Procedure**

The school does not discriminate based on race, sex, religion, ethnic origin, or disability.

The following are required for admission to the O'Hara School of Massage and Energy Therapies

- Prospective students must have a High School Diploma or equivalent.
- Every student must have consistent and reliable access to a computer and Wi-Fi capabilities. This includes the ability to join Zoom calls.
- Once the student completes training The Massage School can only help with placement assistance for a job within a 10-mile radius of the school. While assisting in your job search, we make no guarantee, expressed or implied of future employment.

## **Enrollment**

To Enroll email the school (info@oharamassageschool.com) to request Information on the program as well as admissions documents.

- Subject Line: "Request Massage Therapy Program Admissions Documents"

The registration fee will be collected when the admissions documentation is turned in.

Students may enroll at any time throughout the year for the upcoming semester. Students who meet the course, program, and financial requirements will be enrolled on a first come, first-served basis. When classes are full, students will be placed on a waiting list. A deposit is required for all courses. This deposit will be applied toward the total tuition. The Massage Program will begin every fall, the other courses will be every term. The terms beginning and ending dates will be provided on the calendar on the website.

## **Postponement of Start Date**

Postponement of a start date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:

- a. Whether the postponement is for the convenience of the school or the student, and.
- b. A deadline for the new start date, beyond which the start date will not be postponed.

If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline in accordance with the school's refund policy and all applicable laws and rules concerning the Private Occupational Education Act of 1981.

## **Attendance Requirements**

All students must have their 650 hours documented and logged. Students must be present for every in-person lab scheduled. If a student misses a lab day, for an unforeseeable emergency, the student must contact an administrator and schedule a private lab make-up day. Private labs may be a fee depending on how many you have missed. The course will not be completed for any student who has not successfully completed every lab, whether during regularly scheduled hours or with a make-up day. Instructors may request a student's withdrawal from a course or program if absences or tardiness exceed 70%.

## **Progress Policy and System for Reporting Grades**

In terms of evaluating a student's progress through each section of this course, there will be weekly opportunities given to meet with the instructors and go over any questions or areas of struggle and get additional support.

## **Grades and Reporting grades:**

Grades are based on weekly student clinic, weekly quizzes, hours logged and instructor reviews. The following definitions will be used as a guide for the assignment of Graduate grades.

- H– High Pass, Clear Excellence
  - A = 4
- P– Pass, Entirely Satisfactory
  - B = 3
- L– Low Pass, Minimum Passing Level of Attainment
  - C = 2
- F– Fail - Failed, Unacceptable Level of Achievement
  - F = 0
- IN– Work Incomplete

A temporary grade that converts to an F\* unless the grade is replaced with a permanent grade by the last day of classes for the same term one year later.

- AB– Absent from Final Examination.

A temporary grade that converts to an F\* unless the grade is replaced with a permanent grade by the last day of classes for the same term one year later.

## **Grading Scale:**

94 – 100% = 4.0

85 – 93% = 3.0

75 – 84% = 2.0

Below 75% - failing

## **Conduct Policy**

All students are expected to act maturely and are required to respect other students and faculty members. All students will be required to wear a school logo shirt while on school grounds. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

Cell phones are not allowed in the classroom, labs, and clinic treatment rooms.

Students must treat all fellow students, staff and school property with respect and care.

Avoid any behavior which is detrimental to the welfare or safety of other students or school personnel, or behavior which interferes with the school's ability to provide educational opportunities to other students including:

Inappropriate draping.

Obscenities or vulgarities.

Sexual innuendos, including any sexual jokes or comments.

Inappropriate use of school facilities and equipment.

Students must comply with state laws regarding massage training.

The O'Hara School of Massage and Energy Therapies has a zero-tolerance policy for sexual harassment. Any student participating in such acts is grounds for dismissal. The O'Hara School of Massage and Energy Medicine Therapies complies with all applicable federal and state nondiscrimination laws and does not engage in prohibited discrimination based on race, color, nationality or ethnic origin, gender, age, disability, or veteran status in either employment or the provision of services.

## **Dismissal**

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

The Director of Education may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct may be allowed to resume attendance. The director will review each case and decide upon re-admittance.

## Facility

The school is in the iconic Sawatch Mountain Range, Buena Vista, Colorado. Just two hours away from Denver in the heart of the healing Rocky Mountains. With breathtaking views and secluded environment this makes a perfect area to learn a new craft.

### Second Classroom: Silver Cliff Ranch

Our second classroom is set against the breathtaking Mt. Princeton cliffs at Silver Cliff Ranch, located at **16565 CR 162, Nathrop, CO 81236**. This serene and inspiring venue provides the perfect environment for focused learning and relaxation. With its very own hot springs pool and comfortable overnight lodging, it's ideal for students attending our weekend courses.

Courses held at this location include:

- Sound Therapy Certification
- Philosophies of Energy Therapies
- Therapeutic Touch
- Fascial Specialist Training

In addition to the tranquil setting, students will have the opportunity to dive deeper into anatomy, fascia fundamentals, and energy work in a space designed for immersive education.

For more details about Silver Cliff Ranch and its amenities, visit [Silver Cliff Ranch](#).

## Educational Services

Programs	Courses	Subjects	Occupational Objectives	Tuition
The Philosophies of Energy Therapies Certificate	<ul style="list-style-type: none"><li>• 16-hours classroom</li></ul>	The Electric Body	Certificate	\$500
Sound Therapy Certificate	<ul style="list-style-type: none"><li>• 25-hour intensive training</li></ul>	Sound Therapy	Certificate	\$650
Massage Therapy Program	<ul style="list-style-type: none"><li>• 650-hours classroom</li></ul>	Massage Therapy	Attain Colorado massage license	\$8700
Therapeutic Touch Certificate	<ul style="list-style-type: none"><li>• 25-hour intensive training</li></ul>	Therapeutic Touch advance massage techniques	Advance Training	\$1000
Fascial Specialist Certificate	<ul style="list-style-type: none"><li>• 100- hour advance training</li></ul>	Fascia	Advance Training	\$1000

If students miss classes and need to make up assignments, students will be required to pay for the instructor's time. The rate will be dependent on the course and circumstance of absence.

## **Previous Credits**

Credits from another institution will be evaluated on a case-by-case basis. The O'Hara School of Massage and Energy Therapies does not guarantee transferability of our credits to another institution unless there is a written agreement with another institution.

## **Student Grievance Procedure**

All students should feel free to take their grievances or complaints to the administration of The O'Hara School of Massage and Energy Therapy. They may submit it by email at [info@oharamessageschool.com](mailto:info@oharamessageschool.com) for mail it in letter form and send it to the school. The school will take all grievances very seriously and will send follow-up information.

## **Student Complaints**

Attempting to resolve any issue with the school first is strongly encouraged. Complaints may be filed by a student or guardian at any time online with the Division of Private Occupational Schools (DPOS) within two years from the student's last date of attendance or at any time prior to the commencement of training at <http://higherred.colorado.gov/dpos>, 303-862-3001.

## **Cancellation/Refund Policies**

If for any reason an applicant is not accepted by the school, the applicant is entitled to a refund of all monies paid.

**Three-Day Cancellation:** An applicant who provides written notice of cancellation within three days (excluding Saturday, Sunday, and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all monies paid. The school shall provide a 100% refund no later than 30 days after receiving the notice of cancellation

**Other Cancellations:** An applicant requesting cancellation more than three days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid, minus the registration fee of \$150.

Refund after the commencement of classes:

### **1. Procedure for withdrawal/withdrawal date:**

- A. A student choosing to withdraw from the school after the commencement of classes is to provide written notice to the Director of the school. The notice is to indicate the expected last date of attendance and be signed and dated by the student.
- B. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from the Leave and failed to do so.
- C. A student will be determined to be withdrawn from the institution if the student has not attended any class for 30 days.
- D. All refunds will be issued within 30 days of the determination of the withdrawal date.

### **2. Tuition charges/refunds:**

- A. Before the beginning of classes, the student is entitled to a refund of 100% of the tuition, minus the registration fee of \$150.

- B. After the commencement of classes, the tuition refund, minus the registration fee of \$150 will be determined as follows:

<b>% of the clock hours attempted</b>	<b>Tuition refund amount</b>
10% or less course one	90%
After 10% but within first 25% of program Course one-two	75%
After 25% but within first 50% of program Course one-three	50% less cancellation charge
After 50% but within first 75% of program Course one-three	25% less cancellation charge
After 75% Clinic [if paid in full, cancellation charge is not applicable]	NO Refund

The percentage of the clock hours attempted is determined by dividing the total number of clock hours elapsed from the student's start date to the student's last day of attendance, by the total number of clock hours in the program.

All refunds will be made within 30 days of the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:

- The date on which the school receives written notice of the student's intention to discontinue the training program; or
- The date on which the student violates published school policy, which provides for termination.
- Should a student fail to return from an excused leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier of the date the school determines the student is not returning or the day following the expected return date.

The student will receive a full refund of tuition and fees paid if the school discontinues a Program/Stand Alone course within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.

The student may cancel this contract at any time prior to midnight of the third business day after signing this contract.

The policy for granting credit for previous training shall not impact the refund policy.

Holder in Due Course Statement:

Any holder of this consumer credit contract is subject to all claims and defenses which the debtor could assert against the seller of goods or services obtained pursuant hereto or with the proceeds, hereof Recovery hereunder by the debtor shall not exceed amounts paid by the debtor (FTC Rule effective 5-14-76).

## Important Information

The prerequisites for this school is a High School Diploma (or equivalent) for the massage program and body work certifications or massage license for the advance trainings. The School does not accept any former training as a “credit” toward the programs a student enrolls in. Every course will be completed in full, regardless of any prior experience or training. Courses are not to be modified.

State Massage License Requirements: Colorado has a Mandatory Practice Act, which means you cannot practice as a Massage Therapist in this state without a Colorado license. To become eligible for the Colorado Massage Therapy license, ALL of the following must be completed:

- Successful completion of a state approved Massage Therapy program.
- Fingerprint / Background check.
- Successful passage of the MBLEx (Massage and Bodywork Licensing Exam).
- Successful completion of the Colorado State Massage Therapy License application.
- Current professional liability insurance.

The school does not guarantee the passage of the Massage Therapy examination as part of a state requirement for licensure as a Massage Therapist. Success is enhanced by diligent review of Anatomy, Physiology, and Massage Levels 1, 2, and 3, in addition to participation in the CSHA MBLEx prep classes and/or other outside resources.

IMPORTANT: Any of the following, regardless of the age of the individual at the time the incident occurred, may result in a delay or denial of your Colorado State Massage Therapy license application and liability insurance.

- A misdemeanor.
- A DUI or DWAI.
- A felony.
- An arrest for a sexual offense.
- A medical or mental health diagnosis that affects your ability to practice Massage Therapy safely and competently.
- A record of excessive use of drugs or alcohol.
- Any disciplinary action against a Massage Therapy License in another state or another health care license in Colorado.

For further information on Colorado Massage Therapy Licensing, go to [www.colorado.gov/pacific/dora/Massage\\_Therapy](http://www.colorado.gov/pacific/dora/Massage_Therapy). Licensing requirements vary by state, please see [www.fsmtb.org/consumerinformation/regulated-states](http://www.fsmtb.org/consumerinformation/regulated-states).

Also, local municipal ordinances may apply in the absence of state law.