

MountainHeart School of Bodywork & Transformational Therapy

P.O. Box 575, Crested Butte, CO 81224

970-275-1090,, [school@mountainheart.org](mailto:school@mountainheart.org) [www.mountainheart.org](http://www.mountainheart.org)

Attach Photo Here

**Application For Admission** (Fill out completely & print clearly please.)

**Check Program / Class**

**Beginning Date:**

6-Month 702 Hr. CMT Program \_\_\_\_\_

Summer \_\_\_\_\_

Other Program/Classes \_\_\_\_\_

Winter \_\_\_\_\_

**Your Information**

Name: \_\_\_\_\_

Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_\_

Mail Address: \_\_\_\_\_

SS# \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Driver's \_\_\_\_\_ Male / Female

Home Phone: \_\_\_\_\_

License # \_\_\_\_\_

E-mail: \_\_\_\_\_

& State \_\_\_\_\_

**Military Service**

Branch: \_\_\_\_\_

From: \_\_\_\_\_ To: \_\_\_\_\_

**Citizenship**

U.S.: Yes No

Country: \_\_\_\_\_ Visa Issued By: \_\_\_\_\_ Type: \_\_\_\_\_

**Emergency Contact - Required - must be parent or spouse !**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #(s): \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Your Education**

	Name	Location	Dates	Certificate/Degree/Major
High School	_____	_____	_____	_____
College	_____	_____	_____	_____
Other	_____	_____	_____	_____
Other	_____	_____	_____	_____
Other	_____	_____	_____	_____

**Your Employment / Occupation**

Current: \_\_\_\_\_ From: \_\_\_\_\_ To: \_\_\_\_\_

Previous: \_\_\_\_\_ From: \_\_\_\_\_ To: \_\_\_\_\_

Previous: \_\_\_\_\_ From: \_\_\_\_\_ To: \_\_\_\_\_

**Your References**

List 2 non-family references

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**Some Questions:** (Failure to complete truthfully may cause your dismissal.)

Have you ever been convicted of a felony or arrested for any sexual offenses?

Yes \_\_\_\_\_ No \_\_\_\_\_

If Yes, please explain:

Have you been treated or involved in substance abuse in the last 5 years?

Yes \_\_\_\_\_ No \_\_\_\_\_

If Yes, please explain:

Have you been denied acceptance into or expelled from a massage therapy school?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please give date, school, and reason for denial.

Do you have any medical, physical, or psychological conditions that may inhibit your ability to be present or to give or receive massage treatments in classroom or during home work? If Yes, please explain: Yes \_\_\_\_\_ No \_\_\_\_\_

Are you taking any prescriptions, other drugs, or herbs/plant products that may inhibit or alter your ability to be present or perform in classroom or home work situations? If Yes, please explain: Yes \_\_\_\_\_ No \_\_\_\_\_

Are you currently involved in any life situations (home, family, work) that may inhibit or alter your ability to be present or perform in classroom or home work situations? If Yes, please explain: Yes \_\_\_\_\_ No \_\_\_\_\_

**How Were You Referred To Us?**

\_\_\_\_\_ Magazine / Newspaper

Name: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Internet

Where: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Social Media

Which: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Word of Mouth

Name: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Phone Book / Other

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Please comment on ALL of the following, use and attach additional pages.**

**List any previous training you have had in the healing modalities.**

**What is your philosophy of healing?**

**What motivates you most to seek a career in massage therapy?**

**Why would you be a good massage therapist/bodyworker?**

**What will being a massage therapist/bodyworker do for you?**

**Describe your vision of your bodywork practice.**

**Explain your current level of ability to: , use and attach additional pages.**

**Be honest with yourself about your feelings and actions.**

**Accept criticism & give honest feedback.**

**Make changes in your behavior to become more professional.**

**Listen and be nonjudgmental.**

**Be enthusiastic, self-empowered and response-able.**

**Please √ your probable payment plan choice ( see our website for information):**

\_\_\_ Plan A      \_\_\_ Plan B      \_\_\_ Plan C (# of months \_\_\_ )      \_\_\_ Plan D (# of months \_\_\_ )

**Include:**

**\$50.00 Application Fee** (refundable if you're not accepted or you withdraw within 3 days of acceptance)  
(Good for 1 year.)

**1 Picture of you.**

**Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

**NOTE:** Please mail your application to: MountainHeart School, P.O. Box 575, Crested Butte, CO 81224

**OR: Scan and e-mail to: [school@mountainheart.org](mailto:school@mountainheart.org)**

**Downloadable forms can be found in pdf, Word, & Pages formats at: [www.mountainheart.org](http://www.mountainheart.org)**

# Financing Your Education at MountainHeart School

## REMEMBER to Enroll Early

Dear Student,

MountainHeart School currently provides several financial aid options and payment plans that may work for you. Talk to us about them.

**Loan Options:** \* *Note\* we now have a financial aid worksheet available for you to print from our web site - [www.mountainheart.org](http://www.mountainheart.org) - or to request from our office. Call us for one.*

- **Loans from friends or relatives** are usually very flexible, have low or no interest rates, and are easy for some people to arrange. They, however, are not available to everyone. Check these out first!

- **Banks:** provide loans at better rates than some places. Banks have personal loans available at rates based on your credit rating. They will provide you with a set payment plan. Having a cosigner with a good credit rating will increase your chances of getting a bank loan.

Your best opportunities will be with a bank that you or a cosigner has a relationship with.

**Your local bank:** Apply in person.

- **Payment Plans:** We have several helpful payment plans that let you pay off your tuition over time. There are fees for these based on your **down payment (more is better)** and the length of time you need to pay off the tuition. Talk to us right away about this option to see how it works for you!

- **Credit cards** may have a higher interest rate, but are more flexible with minimum payments. They also often offer low interest rates for up to a year when you transfer your balance to a new card. They are also the easiest way to for some people to get a loan.

- **Get Creative:** We also know of people who have raised money for their education in a “futures” sort of way. They would sell massages in the future to clients, friends, family, etc. at a discounted rate (less than the going rate for professional massage therapy in their location) if purchased before the student completed school.

- **Talk to Us !:** Financing opportunities and payment plans change often. Call and ask us for the current information that we have. When we work together, we can find a way that works for you!

We also suggest you keep in mind a few simple figures as in these examples:

Massage Therapy - \$40 per hour (a low average)

Borrowed - \$6,000

Massages = 150 massages

In 1 year = 2.9 massages / week

In 1.5 yrs. = 2 massages / week

In 2 yrs. = 1.5 massages / week

Borrowed - \$7,000

Massages = 175 massages

In 1 year = 3.5 massages / week

In 1.5 yrs. = 2.33 massages / week

In 2 yrs. = 1.7 massages / week

Borrowed - \$8,000

Massages = 200 massages

In 1 year = 4 massages / week

In 1.5 yrs. = 2.66 massages / week

In 2 yrs. = 2 massages / week

**We are here to help you! Everyone who has fully committed to attending MountainHeart has made it work for them - one way or another!**

Good Luck! & Namaste'

*Craig McLaughlin*

MountainHeart School of Bodywork P.O. Box 575, Crested Butte, CO 81224

phone: 970-275-1090

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***“When we are motivated and take action to do something we love, energy and creativity tend to flow!”***

## **MountainHeart's Basic Schedule** - (Usual holidays are observed.)

(Designed for a ski town economy and rocky mountain outdoor environment!)

Sessions	Summer - June 1 to November 15	
(approximate)	Winter - December 1 to May 25	
Days & Hours	Monday (if electives are scheduled)	1 PM to 5 PM
(approximate)	Friday - (7 per session)	8 AM to 12 PM
	Tuesday, Wednesday, & Thursday -	8 AM to 5 PM

### **Your Career as a Massage Therapist**

## **THE FIELD**

Massage therapy is one of the fastest growing career fields today.

The number of massage therapists working part-time is very high, while unemployment for massage therapists is very low. These figures are promising for new graduates of massage therapy schools.

The therapeutic effects of massage are being recognized and publicized by our mainstream media as more and more people are experiencing professional massage therapy for the first time.

The potential massage therapy clientele is expanding across all age groups and ideals and is recognized today as complementary health care by most healing modalities.

**Bureau of Labor Statistics, U.S. Department of Labor: Employment of massage therapists is projected to grow 22 percent from 2014 to 2024, much faster than the average for all occupations. Continued growth in the demand for massage services will lead to new openings for massage therapists.**

## **SETTINGS**

Massage therapists are now working in the many settings: home offices, out-call service businesses, chiropractors, beauty/skin care salons, gyms, athletic clubs, health clubs, health spas, holistic centers, resorts, on-site offices, hospitals, cruise ships, airlines, hotels, convention centers, college and professional athletic teams, rehabilitation centers, horse farms, health food stores, as well as other settings.

## **INCOME**

Some sources list the average cost of a 1 hour massage at \$35 to \$75. Other sources list the same 1 hour massage at \$50 to \$200. Some of the factors influencing the cost of a massage are: experience, amount of schooling, reputation, and geographic location. The average yearly income for a massage therapist varies from under \$10,000 for mostly part time to over \$65,000 for full time.

## **OTHER INFORMATION**

Here are some interesting tidbits from surveys done in 2003 by ABMP & Massage Magazine. Keep in mind that the industry has grown significantly since then.

Over 90% said they always/most of the time found satisfaction in their work. About 75% did 60 minute sessions.

Over 60% of therapists had over 600 hours of training.

Over 60% had been practicing for 5 years or less.

About 56% of full time therapists earned over \$30,000 per year.

Over 50% charged more than \$60 per session.

About 32% had private practices in their home and about 45% in an office.

About 92% ran sole proprietorship businesses.

About 23% did out-call service and about 16% did on-site service.

About 58% also earn income at another profession.

Over 85% had their main source of new clients as word of mouth.

About 52% averaged 12 or more people a week.

Over 90% had taken continuing education classes.

Over 50% took 25 hours of CEU's a year.

Most had a practice that integrated several types of therapy, with Swedish / relaxation at 56% and Sports/Deep Tissue at 47%.

## **HOUSING in the CRESTED BUTTE - GUNNISON VALLEY**

To find long term summer housing we recommend you start looking in April and for winter housing start in September. Mt. Crested Butte is 1 mile above the town of Crested Butte. The ski area is in Mt. Crested Butte. A free bus that runs between Mt. Crested Butte and Crested Butte year round. Crested Butte South is a subdivision 10 minutes south of Crested Butte. Almont is a very small town 20 minutes south of Crested Butte. Gunnison about 30-45 minutes south of Crested Butte. In any location it is advisable to have a car, although not necessary.

Many students hitch-hike and there is bus service between Gunnison and Crested Butte year round.

**We will send you housing info from the bulletin boards in April, May, Sept., Oct., Nov. if you wish!**

**Remember we are a ski area so there are always housing & room-mate openings!**

### **SHORT TERM**

Crested Butte International Hostel: maximum stay 2 weeks, rates \$17-\$24+ per person, 970-349-0588

Crested Butte Mountain Resort: 800-544-8448 or 970-349-2222

Crested Butte Property Management: 970-349-5780

The Pioneer Lodge: 970-349-5517 Solutions, Inc.: 970-349-2452

The Crested Butte News: local weekly newspaper 970-349-0500 - [www.crestedbuttenews.com](http://www.crestedbuttenews.com)

High Country Resorts: 970-349-2400

Executive Property Management: 970-349-5775

PR Property Management Inc.: 970-349-6281

Peak Property Management: 970-349-6339

Quality Realty & Management: 970-641-1313

Remington Management Group: 800-950-2133

Valley Management: 970-641-2964, Michelle Hensley

Village Center Properties & Management: 800-521-6593

Crested Butte Chamber of Commerce: can help with hotel and lodge accommodations 970-349-6438

### **LONG TERM (6 months+ )**

Valley Management: 970-641-0964, Michelle Hensley

Any of the Property Management companies listed above

Gunnison Country Shopper: local weekly Gunnison paper, best for classified ads 970-641-3148

Gunnison Country Times: local weekly Gunnison paper 970-641-1414 - [www.gunnisontimes.com/](http://www.gunnisontimes.com/)

Gunnison Chamber of Commerce: 970-641-1501

Solutions, Inc.: 970-349-2452

The Crested Butte News: local weekly newspaper 970-349-0500 - [www.crestedbuttenews.com](http://www.crestedbuttenews.com)

Black Canyon Realty: 970-641-4500

Water Wheel Inn 641-1650

Three Rivers Resort: cabins 970-641-1303

The Pioneer Lodge: 970-349-5517

### **CAMPING**

With an abundance of national forest land and campgrounds surrounding Crested Butte camping is an option.

There is a two week maximum stay on national forest service lands and in forest service campgrounds. Modern campgrounds are also available. Public showers and laundry can be purchased at the Crested Butte International Youth Hostel (970-349-0588).

US Forest Service: 970-641-0471

KOA in Gunnison: 970-641-1358

Recreation Resource Management in Almont: 970-641-9603

Three Rivers Resort in Almont: 970-641-1303

Sunnyside Campground: 970-641-0477

Tall Texan Campground: 970-641-2927

### **WEB SITES**

[www.toski.com/crested/index.html](http://www.toski.com/crested/index.html)

[www.visitcrestedbutte.com/](http://www.visitcrestedbutte.com/)

[www.crestedbutte.com/](http://www.crestedbutte.com/)

[www.skicb.com](http://www.skicb.com) [www.gunnisoncrestedbutte.com/](http://www.gunnisoncrestedbutte.com/)

[www.crestedbuttechamber.com/](http://www.crestedbuttechamber.com/)

Newspapers - [www.crestedbuttenews.com](http://www.crestedbuttenews.com)

[www.gunnisontimes.com](http://www.gunnisontimes.com)

[www.gunnisonshopper.com](http://www.gunnisonshopper.com)

# *MountainHeart School Of Bodywork*

## Preparing You For The Future Of Massage Therapy - Today!

We at MountainHeart are committed to providing you with an excellent education that prepares you for the many areas of health care and a well balanced practice. The following important and advanced aspects of Massage Therapy are taught in our **6 Month, 702 Hour and 850 Hour Certified Massage Therapist Programs**.

**Please call us for the details at: 970-275-1090**

### **Relaxation & Stress Reduction**

When the client needs or wishes **relaxation or stress reduction massage**, you will use techniques from many of our classes. From soothing touch, to efficient & effective Swedish massage, to visualizations, to energy work, you will have many tools to aid in relaxation and stress reduction.

### **Postural & Chronic Complaints**

When the client has a **postural problem**, like an elevated shoulder or sway back, or if they have a **chronic area of complaint** such as low back pain, neck & shoulder tension, or knee problems, you will have a wonderfully effective set of tools to use. These are great for the repeat client or the one-time visitor.

### **Improved Athletic Performance**

When the client wishes to **improve their athletic performance**, you will have some of the latest approaches to facilitating that improvement. These techniques may be applied with both the **competitive athlete and the week-end athlete** effectively.

### **Energy Medicine**

Energy Medicine has become very popular in recent years and is recognized as an **effective treatment modality** by a growing number of health professionals. You will learn several approaches to energy work that can aid in **healing a full range of health conditions**.

### **Applied Kinesiology**

Also known as **Muscle Testing**, applied kinesiology is an **assessment and therapy localization tool** used by many health care practitioners. You will learn several ways to assess the condition of muscles, neurological communication, energy systems, and emotional stresses through applied kinesiology.

### **Injury Rehabilitation**

When the client is **recovering from a physical injury**, you will have many tools to facilitate their path back to normal function. You will have techniques for any stage of the recovery or healing process, from acute injuries to chronic complaints due to old or poorly healed injuries.

### **Medical Massage**

When the client has a **disease or other medical condition**, you will have the knowledge to create an effective treatment plan that can be used safely with any medical condition. These treatments can be used along with treatments provided by other health professionals such as Doctors, Chiropractors, Physical Therapists, etc.

### **Personal Transformation**

With a deep respect for the oneness and unity of all aspects of the human being - body, mind, & spirit, you will be able to facilitate those who simply want to **improve the quality of their lives**. From being on purpose in their lives to releasing old habits from the bodymind, you will learn many ways to help people **transform their lives**.

### **Oriental Bodywork**

Oriental Medicine is one of the most **balancing healing modalities** for all kinds of conditions. You will learn to use several Oriental Bodywork skills and principles. These include **5 Element Theory, Acupressure, Command Point Energy Balance**, and more.

### **Therapy Integration**

An important skill of the successful Massage Therapist is the ability to **select the best treatment plan** for the condition of the client. Through clinic experience, cases scenarios, feedback sessions in all classes, and specific integration classes, you will **integrate all you have learned** into effective therapeutic treatments.

### **Communication Skills**

Another important skill of the successful Massage Therapist is the ability to communicate effectively with a wide variety of clients and health professionals. With a deep respect for the uniqueness of each individual, you will be able to communicate in ways that promote healing and understanding.

**SEE ALSO - [www.mountainheart.org](http://www.mountainheart.org)**