

Catalog for Wholeness and Wellness Therapeutic Academy:
For Massage
4502 Darrow Rd. Stow, Ohio 44226
Published 2026

September 11, 2026 - Orientation 5:00pm - 6:30pm
September 14, 2026 - First day of classes
November 25-26, 2026 - Thanks Giving (No School)
December 24-25, 2026 - Christmas (No School)
December 31, 2026-January 1, 2027 - New Year (No School)
January 18, 2027 -MLK Day (No School)
May 31,2027 - Memorial Day (No School)
July 26, 2027 - Last day of School

Mission Statement

Wholeness and Wellness Therapeutic Academy aspires to be a premier therapeutic massage school that provides an ethical, supportive, hands-on learning and real world experience that is affordable and accessible to our students, and that enhance understanding on the profession of therapeutic massage and, not only prepare them to sit for the state board exam, but propel them to create a better future.

Vision Statement

The vision is to provide a comfortable, small class setting for students who are interested in having a career in massage therapy, help build the careers of those who are passionate about the field, and help them to become successful

Statement of Ownership

Wholeness and Wellness Therapeutic Academy is a private company owned by Teona Williams LMT. Teona Williams is the principal and shareholder.

Program Objective

Students will attend class four (4) hours a day four days a week for 10 months and twenty (20) hours for Clinics. Students will know and understand the anatomy and physiology of the human body and will be able to identify and understand different types of pathologies. Students will have the knowledge and skill of different practicals and modalities, and will understand ethics and business law. Students will have gained knowledge and skill of professionalism and ethics through real life, hands-on scenarios and techniques practiced throughout the program. By the end of the course of instruction, students will be able to effectively and competently perform a full-body therapeutic massage. Students will have completed a minimum of seven hundred and fifty clock hours, twenty clinic hours, and performed a therapeutic massage on a licensed massage therapist prior to completing the course of instruction. Once students have completed the course and have settled any financial obligations to the school, a diploma will be awarded.

Ohio Law Rule 4731-1-05 Scope of Practice: Massage Therapy

Massage Therapy is the treatment of disorders of the human body by the manipulation of soft tissue through the systematic external application of massage techniques including touch, stroking, friction, vibration, percussion, kneading, stretching compression, and joint movements within the normal physiological range of motion; and adjunctive thereto, the external application of water, heat, cold, topical preparations, and mechanical devices. (codes.ohio.gov)

Massage Therapy Licensure Requirements in Ohio

In order to attain a license to practice massage therapy in Ohio, the person must complete a massage therapy educational program that is approved by and is in good standing with the Ohio Medical State Board. The person must complete a minimum of a 600 hour course that includes anatomy and physiology, as well as pathology, massage theory and practice, massage ethics, and basic business practices.

Students will also be required to practice in a hands-on clinical setting, giving them professional experiences, allowing them to develop and improve their skills. Here is also where students will get to perform a practical on their instructors before completing the program.

Once the student has completed the program, the student will be required to take and pass the Massage & Bodywork Licensing Exam (MBLEx).

Requirements for Admission

In order to be accepted into the program, the student must be at least 18 years old, must have a high school diploma or GED, and must be able to pass a BCI (background check). Proof of graduation must be shown upon enrollment.

Classroom Hours and Requirements

Students must complete 85% of scheduled class hours. Any class time missed over 15% is mandated to make up that time prior to graduation.

Requirements for Graduation

In order to graduate and receive a diploma, students must complete and pass all of the required courses with a grade of 80% or higher and must have attended 85% of class time, and has made up any missed class time due to absences or tardiness. Students must complete a practical on a massage professional (instructor) with a P (pass). Students must also have all financial obligations to the school/ tuition paid in full. Students whose accounts are not satisfied will not be eligible to receive a diploma or a transcript from the school. If the student's account is forwarded to collections the student is responsible for all collections cost and attorney fees.

Attendance Policy

An absence is an absence. No distinction is made between excused and unexcused absences. Tardiness is also considered missed class time. If a student is more than 15 minutes late to class, it will be considered an absence. Attendance is a very important key to being successful in the program. A student must have an attendance rate of 85% in order to graduate. Students will have the two (2) weeks after the last day of the program to make up and/or complete clinical hours and any class time missed. Students who do not complete the program with 85% attendance rate will not receive their diploma. For students who need to take a leave of absence due to illness (physical or mental), jury duty, or family emergency (i.e. having to take care of a loved one) the school will hold a spot for them for the start of the next program.

If a student is suspended or terminated out of the program due to unsatisfactory work, lack of attendance, or anything else the student will receive a refund from the last date of attendance within 30 days.

Probation

If a student has excessive absences and tardiness, or unsatisfactory work, the student will receive notice that they will be placed in a probationary period for 90 days. If there are no improvements within those 90 days, the student will be suspended out of the program and the student will receive a refund from the last date of attendance with 30 days. If the student would like to re-enter the program, the student will have to wait until the start of the next program to do so.

Refund Policy

Once enrolled, the student has five calendar days to cancel and will be entitled to a full refund of any moneys paid, and will be refunded within 30 days. If the student has already started the program, but withdraws from the program (whether the student gives a written notice or not), or is dismissed from the program, the student will be refunded (if eligible) from the last date of attendance through the remaining time of program. Refund calculations will be made and the student will be notified and once it has been determined that the student has withdrawn and that a refund is owed a refund will be given within 30 days. (codes.ohio.gov) (OAC 3332-1-10)

Program Description

The Massage Therapy program includes the study of anatomy and physiology as well as pathology. The courses include Principles of Anatomy and Physiology, Theory and Practice of Massage, Ethics, and Business. The courses will incorporate the physical and psychological effects that massage has on the body, the importance of body mechanics and self-care techniques

to insure a lasting career, the importance of hygiene, career building, and running an ethical practice.

Course Sequence

Anatomy & Physiology (A&P) + Pathology

Semester 1: 5 Credit hours BIO101

Semester 2: 5 Credit hours BIO201

Semester 3: 5 Credit hours BIO301

Massage Theory and Practice + Business Law and Ethics

Semester 1: 5 Credit hours MAS101

Semester 2: 5 Credit hours MAS 201

Semester 3: 5 Credit hours MAS 301

Clinicals + Practical

Semester 3: 1 Credit hour CLN101

Course Descriptions

BIO101 A&P

(120 Clock Hours)

This course provides an in-depth study of anatomy and physiology, providing detailed knowledge on the components and functions of all the systems of the body as it applies to the practice of massage therapy.

BIO201 A&P

(120 Clock Hours)

This course provides the study of pathology as it pertains to the anatomy and physiology of the body and how it applies to the practice of massage therapy. Disorders of all the systems that a massage therapist may come across during treatments will be studied in this course.

BIO301 A&P

(120 Clock Hours)

This course is a review of everything studied in AP101 and AP201. This course provides a detailed review of the integumentary system, nervous system, muscular system, skeletal system, lymphatic system, endocrine system, respiratory system, cardiovascular system, and pathologies of the anatomy. It is designed to prepare students for the MBLEx.

MAS101 Massage Theory and Practice (120 Clock Hours)

This course is an introduction to massage therapy. This course provides the history of massage, the benefits of massage, ethics, and the scope of practice. Lab exercises are done in a guided and supervised setting so that students can learn a variety of techniques to perform a full-body massage.

MAS201 Massage Theory and Practice (120 Clock Hours)

This course is a continuance of MAS101. Students continue to learn a variety of techniques that are beneficial to the body and increasing their skills to perform a full-body massage. This course also provide lessons on ethics and business law.

MAS301 Massage Theory and Practice (120 Clock Hours)

This course continues the study and practice of massage therapy, but also a review course to prepare students for the MBLEx.

CLN101 Clinicals and Practical (20 Clock Hours)

Students get to practice their learned skills in a supervised setting on the public at Wholeness and Wellness Therapeutic Massage. Students also complete a full-body massage practical on the instructor or another licensed massage therapist.

Scheduled Fees

\$50 registration fee is due upon registration for the program, \$450 book fee is due prior to orientation, and \$2,833.33 is due before or on the first day of class and every 3 ½ months afterwards until the tuition is completely paid. Students will not receive diploma until all monies due are paid in full.

Sexual Harassment Policy

Wholeness and Wellness Therapeutic Academy is committed to providing a safe environment for its staff and students that is free from sexual harassment or any unwanted sexual encounters. Sexual harassment is against state and federal law and will not be tolerated. Appropriate action (i.e. probation, or termination) will be taken to anyone who is found guilty. Anyone who is found guilty and has been terminated out of the program will not be allowed back into the program.

Job Placement

Job placement services will be provided. However, the school cannot guarantee a job to any student or graduate.

Faculty Members

Rushanah Ellis, RN - Anatomy and Physiology, Pathology instructor

Teona Williams, LMT Director/Owner - Massage Theory and Practice, Business Law, and Ethics instructor

Laura Ellison M. Ed. - Substitute Anatomy instructor

Marcellus Williams, LMT - Substitute Massage Theory and Practice instructor

Complaint or Grievance Procedure

All student complaints should be first directed to the school personnel involved. If no resolution is forthcoming, a written complaint shall be submitted to the director of the school. Whether or not the problem or complaint has been resolved to the students' satisfaction by the school, the student may direct any problem or complaint to the Executive Director at the State Board of Career Colleges and Schools located at :

30 E Broad St, Suite 2481, Columbus, OH 43215

Email: bpsr@scr.state.oh.us

Phone: 614-446-2752

Toll free: 877-275-4219

