



\* If a course is not listed, the course will use handouts

\*\* Textbooks are subject to change due to text availability and instructor discretion

\*\*\* Not all textbooks are available for check-out from the ICoHS library. Textbooks available are indicated by: ●

For  
ART  
100

Pick  
One

Text Books	ISBN	Author	Publisher	Copyright Date	Course Code	Anticipated Cost	
The Anatomy and Physiology Learning System (4th Edition)	978-1437703931	Applegate, Edith	Saunders	2011	A&P 101-103	\$62.95	●
The Artist's Way: A Spiritual Path to Higher Creativity	978-1585421466	Cameron, Julia	Tarcher/Putnam	2002	ART 100	\$16.99	
Art Is a Way of Knowing: A Guide to Self-Knowledge and Spiritual Fulfillment through Creativity	978-1570620782	Allen, Pat	Shambhala	1995	ART 100	\$19.95	
Art Heals: How Creativity Cures the Soul	978-1590301661	McNiff, Shaun	Shambhala	2004	ART 100	\$24.95	
Art & Fear: Observations On the Perils (and Rewards) of Artmaking	978-0961454739	Bayles, David	Image Continuum Press	2001	ART 100	\$12.95	
Nonviolent Communication: A Language of Life, 3rd Edition: Life-Changing Tools for Healthy Relationships (Nonviolent Communication Guides) (3rd Edition)	978-1892005281	Rosenberg, Marshall	Puddledancer Press	2015	ART 100	\$19.95	
BusinessMastery:AGuideforCreatinga Fulfilling,ThrivingBusinessandKeepingit Successful (4th edition)	978-0962126574	Sohnen-Moe, Cherie	Sohnen-Moe Associates	2008	BEC 101	\$40.99	●
The Ethics of Touch: The Hands-on Practitioner's Guide to Creating a Professional, SafeandEnduringPractice (2nd edition)	978-1882908424	Sohnen-Moe Associates	Sohnen-Moe Associates	2013	BEC 101	\$39.99	●
The Spiritual Entrepreneur: A Step by Step Guide to Creating a Simple and Affordable Business That You Can Start Right Now	978-0979040030	Morgen, Robert	NewParadigmMedia, Inc.	2007	BEC 102	\$16.95	
Chi Cultivation and Circulation	N/A	Koblin, Seymour	Soulstar Creations	2010	CHI101-106	\$20.00	
The Moon Divas Guidebook: Spirited Self-Care for Women in Transition	978-1592998302	Vesta, Lara	Inkwater Press	2012	HER 12	~\$20.00	
Instructor Handbook (available only at ICoHS)	N/A	N/A	N/A	N/A	HER 102	\$20.00	
Aromatherapy Workbook	978-0892816446	Lavabre, Marcel	Healing Arts Press	1996	HER 104	\$18.95	
You Can Heal Your Life	978-0937611012	Hay, Louise	Hay House	1984	HOC 100	\$15.99	
World Medicine	978-0874777338	Monte, Tom	Tarcher	1994	HOC 101	~\$13.00	
MacrobioticsandOrientalMedicine:An Introduction to Holistic Health	978-0870406591	Kushi, Michio	Japan Pubns	1991	HOC 101, MSG 104	\$40.00	●
Trail Guide to Movement: Building the Body in Motion	978-0991466627	Biel, Andrew	Books of Discovery	2015	KIN 101	\$40.67	
Ayurvedic Massage: Traditional Indian TechniquesforBalancingBodyandMind	978-0892814893	Johari, Harish	Healing Arts Press	1996	MSG 11	\$19.95	
Reiki Manual: Level 1 (available only at ICoHS)	N/A	N/A	N/A	N/A	MSG 13	\$20.00	●

Text Books	ISBN	Author	Publisher	Copyright Date	Course Code	Anticipated Cost
Hawaiian Lomilomi: Big Island Massage	978-0967725307	Kahalewai, Nancy	Island Massage Publishing	2000	MSG 14	\$9.99
A Massage Therapist's Guide to Understanding, Locating and Treating Myofascial Trigger Points	978-0443102004	Chaitow, Leon	Churchill Livingstone	2006	MSG 18	N/A
Craniosacral Therapy I: Finding Your Way to Neutral	N/A	Holland, Cara	N/A	N/A	MSG 19	\$20.00
You Can Conquer Pain: How to Break the Pain Cycle and Regain Control of Your Life	978-1780281216	Chaitow, Leon	Watkins	2012	MSG 51	\$9.99
Fibromyalgia and Muscle Pain: Your Guide to Self-Treatment	978-1573246569	Chaitow, Leon	Conari Press	2015	MSG 51	N/A
Fibromyalgia Syndrome: A Practitioners Guide to Treatment (3rd Edition)	978-0443069369	Chaitow, Leon	Churchill Livingstone	2009	MSG 51	N/A
Pre- and Perinatal Massage Therapy: A Comprehensive Practitioners' Guide to Pregnancy, Labor, and Postpartum: Nurturing the Births of Mothers and Their Babies	978-1582558516	Osborne, Carole	LWW	2009	MSG 52	\$53.99
Reiki Manual: Level 2 (available only at ICoHS)	N/A	N/A	N/A	N/A	MSG 54	\$20.00
Clinical Application of Neuromuscular Techniques (2nd Edition)	978-0443068157	Chaitow, Leon	Churchill Livingstone	2011	MSG 56	\$114.95
Massage Therapy Principles and Practice (5th Edition)	978-0323239714	Salvo, Susan	Saunders	2015	MBL 100, MSG 101, MSG 102	\$83.95
Trail Guide to the Body: How to Locate Muscles, Bones and More (5th edition)	978-0982978658	Biel, Andrew	Books of Discovery	2014	MSG 103	\$69.95
Palpation and Assessment in Manual Therapy: Learning the Art and Refining Your Skills	978-1909141346	Chaitow, Leon	Handspring Publishing	2017	MSG 104	~\$59.99
Orthopedic Massage: Theory and Technique (2nd edition)	978-0723432265	Lowe, Whitney	Mosby	2013	MSG 250	\$66.95
Comfort Touch: Massage for the Elderly and the Ill (1st Edition)	978-0781798297	Rose, Mary	LWW	2009	MSG 255	\$62.99
Massage for Sport Performance	978-0736083010	McGillicuddy, Michael	Human Kinetics	2010	MSG 260	\$24.95
The Gardener's A-Z Guide to Growing Organic Food	978-1580173704	Cobb, Tanya	Storey Publishing, LLC	2003	NUT 13	\$24.95
The Color Code: A Revolutionary Eating Plan For Optimum Health	978-0786886210	Joseph, James	Hachette Books	2002	NUT 16	\$20.99
The Permaculture City: Regenerative Design for Urban, Suburban and Town Resilience	978-1603585262	Hemenway, Toby	Chelsea Green Publishing	2015	NUT 17	\$24.95

For  
MSG  
51  
Pick  
One



Text Books	ISBN	Author	Publisher	Copyright Date	Course Code	Anticipated Cost
A Massage Therapist's Guide to Pathology (5th edition)	978-1608319107	Werner, Ruth	LWW	2008	PAT 101	\$73.99
Healing Mantras: Using Sound Affirmations for Personal Power, Creativity, and Healing	978-0345431707	Ashley-Farrand, Thomas	Wellspring/ Ballantine	1999	YOG 10	\$16.00
Thirteen Breaths to Freedom: An Introduction to Breathwork	978-0983381402	Beard, James	Sacred Systems	2011	YOG 12, YOG 13	\$13.00
Pocket Guide to Shamanism by Tom Cowan	978-0895948458	Cowan, Tom	Crossing Press	1997	YOG 14	\$4.00 (used)
Secrets of Shamanism: Tapping the Spirit Power Within You	978-0380756070	Stevens, Jose	Avon	2004	YOG 14	\$45.00 (used)
Animal-Speak: The Spiritual & Magical Powers of Creatures Great & Small	978-0875420288	Andrews, Ted	Llewellyn Publications	2002	YOG 14	\$22.99
The Bhagavad Gita	978-1586380199	Easwaran, Eknath	Nilgiri Press	2007	YOG 101	\$10.95
The Yoga Sutras of Patanjali (12th edition)	978-1938477072	Satchidananda, Sri Swami	Integral Yoga Publications	2012	YOG 101	\$17.95
Teaching Yoga: Essential Foundations and Techniques	978-1556438851	Stephens, Mark	North Atlantic Books	2010	YOG 102-103	\$22.95
Teaching Yoga: Exploring the Teacher-Student Relationship	978-1930485174	Farhi, Donna	Shambhala; Pap/Com edition	2006	YOG 107	\$16.95
Yoga Anatomy 2nd Edition	978-1450400244	Kaminoff, Leslie	Human Kinetics	2012	YOG 109	\$19.95
The Art of Zen Touch	N/A	Koblin, Seymour	Soulstar Creations	2006	ZEN 101, ZEN 102,	\$20.00

Supplies	Anticipated Cost
ART 100 Fees	\$25.00
HER 105 Fees	\$30.00
NUT 18, 101, 102, 103	\$10.00
Massage Table	\$350.00
Massage Oil	\$20.00
Massage Bolster	\$35.00
Massage Sheet Set	\$40.00
Essential Oil Set	\$80.00
Bulk Hand Sanitizer	\$16.00
Clorox Disinfecting Set	\$9.99

For all classes with a **MSG** code, please come prepared with a set of sheets and oil/lotion and comfortable clothes.

For all classes with a **YOG** code, please come prepared with a yoga mat and comfortable clothes