

**Classes &
Workshops**

Catalogue for all courses offered at
NAKH Institute of Education.



COURSE CATALOGUE

**UPDATED
2026**



WWW.NAKHCOLLECTIVE.COM

Welcome to Our Course Catalog

NAKH Institute was conceptualized from one of the oldest massage therapy training centres in Alberta. Since then, we have expanded our horizons beyond holistic medicine into business, technology, and language learning. Our staff, students and instructors all value a natural, nurturing approach to education.

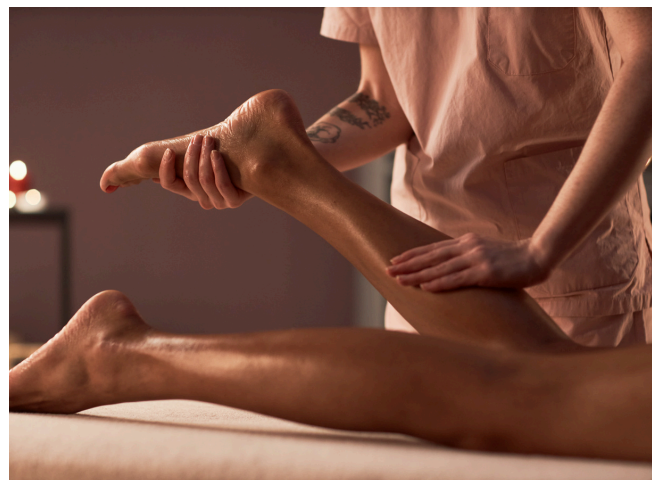


The
NAKH
Collective

About Us

NAKH Institute of Education is Alberta's oldest massage therapy training college, with a history spanning more than 30 years. Our story began when the City of Edmonton approached our head instructor, Karim Kanji, to create a program that would elevate massage therapy from its early associations with parlour services into a respected clinical practice. What started as a small initiative has grown into a cornerstone of massage therapy education in Alberta, recognized by Alberta Education and trusted by thousands of students and graduates.

When you enroll at NAKH Institute of Education in Edmonton, you are much more than just a student number. From our initial consultation to graduation day, we treat our valued students like family who share a common passion and dedication for integrated holistic practices, business development and technological advancements. Plain and simple, you will learn from the best.



About Our Programs

2450-Hour & 3300-Hour Co-op & 3950-Hour Holistic Practitioner Registered Massage Diploma

The Registered Massage Therapy Diploma is a comprehensive, clinically rigorous program designed to prepare graduates for competent, ethical, and evidence-informed practice in therapeutic massage and manual therapy.

The curriculum integrates:

- Foundational biomedical sciences (anatomy, physiology, pathology, pharmacology)
- Trauma-informed and ethics-based clinical practice
- Orthopaedic and therapeutic assessment
- Advanced manual therapy techniques
- Mental health-informed and neurodiversity-informed care
- Oncology, palliative, and geriatric specialization
- Clinical aromatherapy and interdisciplinary collaboration
- Supervised clinical lab and field placements

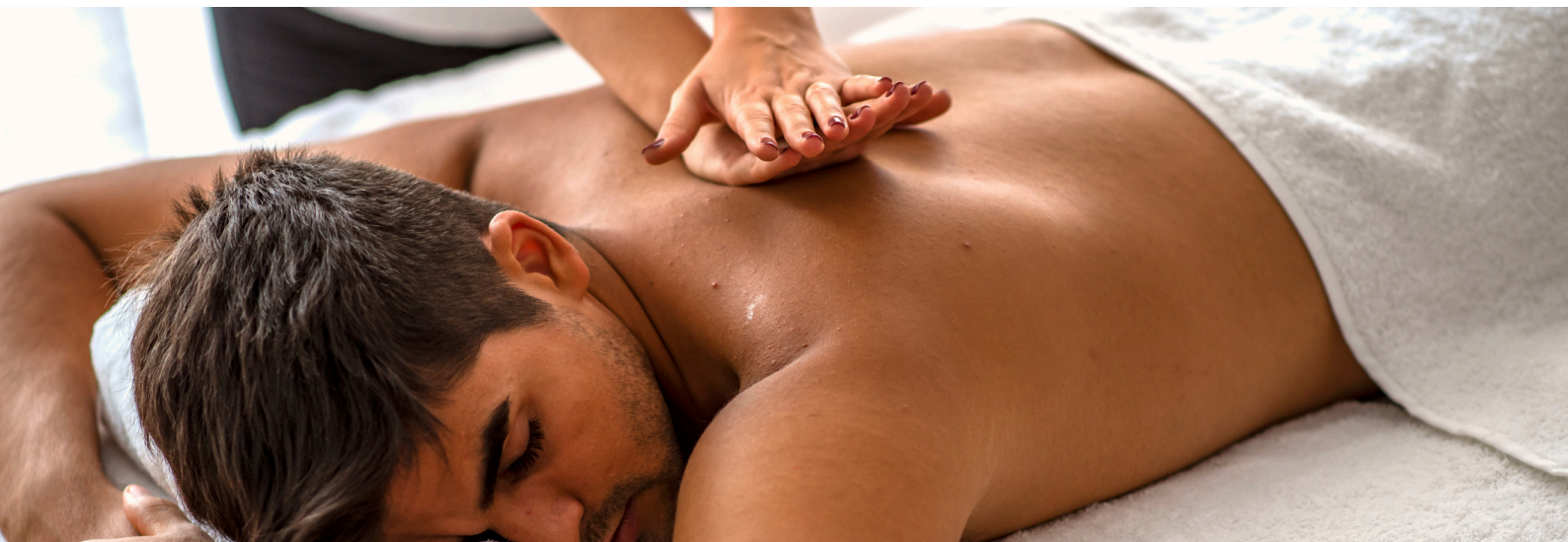
Students progress from foundational relaxation techniques to advanced orthopaedic, fascial, and condition-specific treatment planning. Emphasis is placed on critical thinking, professional boundaries, therapeutic communication, and clinical reasoning.

Career Pathways

Graduates may pursue careers as:

- Registered Massage Therapist (RMT)*
- Clinical Massage Therapist in multidisciplinary clinics
- Oncology Massage Specialist
- Palliative & End-of-Life Care Therapist
- Orthopaedic & Sports Massage Therapist
- Rehabilitation Support Practitioner
- Clinical Aromatherapy Practitioner
- Independent Practice Owner
- Corporate Wellness Practitioner
- Spa & Wellness Clinical Specialist

The 3300-hour co-op stream includes expanded clinical immersion and extended practicum for enhanced professional readiness.



About Our Programs

Information Technology (IT) Diploma – Essentials & Specialization

The Information Technology Diploma at NAKH Institute of Education provides comprehensive foundational training across cybersecurity, programming, networking, operating systems, and programmable infrastructure.

The diploma begins with completion of the IT Essentials Certificate core, ensuring students develop broad technical literacy before selecting a specialization track.

Core areas of study include:

- Cybersecurity fundamentals
- Programming logic and software development
- Networking infrastructure and routing
- Operating systems and Linux administration
- Internet of Things (IoT) fundamentals
- Hardware configuration and troubleshooting

The program emphasizes practical, hands-on learning through lab-based instruction, real-world simulations, and applied technical problem-solving. Students graduate with cross-functional IT competencies and a focused specialization aligned with industry certification pathways.

Diploma Core Requirements

(IT Essentials Certificate – Required for All IT Diploma Students)

- CYBS100 – Introduction to Cybersecurity
- PROG100 – Programming Essentials in Python
- PROG110 – JavaScript Essentials 1
- PROG120 – Programming Essentials in C
- PROG130 – Programming Essentials in C++
- NETW100 – Networking Essentials
- OSIT001 – Get Connected
- OSIT100 – IT Essentials
- OSIT120 – NDG Linux Essentials
- IOTS100 – Intro to Internet of Things

After completion of the core, students select one specialization track.

Career Pathways

Graduates may pursue careers as:

- IT Support Specialist
- Help Desk Technician
- Linux Support Technician
- Network Technician
- Junior Network Administrator
- Infrastructure Support Specialist
- Cybersecurity Analyst (Entry-Level)
- Security Operations Center (SOC) Technician
- Network Security Support Specialist
- Junior Software Developer
- Application Support Developer
- QA / Software Testing Technician
- Technical Programming Assistant
- Smart Systems Installer
- Network Automation Assistant

Specialization Tracks

- Cybersecurity
- Programming
- Networking
- Operating Systems & IT
- Programmable Infrastructure (IoT)



About Our Programs

205-Hour | 365-Hour | 575-Hour Tracks Certificate Programs

These certificate programs provide structured, skills-focused training in foundational massage techniques, client assessment, and therapeutic bodywork. Designed for:

- Individuals entering wellness practice
- Practitioners seeking complementary skills
- Professionals upgrading clinical competencies

Programs include hands-on lab instruction, client communication training, and supervised practice components.

Career Pathways

- Wellness Massage Practitioner
- Spa Therapist
- Chair Massage Practitioner
- Community Wellness Provider
- Entry-Level Clinical Assistant
- Corporate Event Massage Provider

Career Pathways

- Acupressure Practitioner
- Meridian Therapy Specialist
- Integrative Wellness Practitioner
- Complementary Care Provider in holistic clinics
- Energy Balancing Specialist
- Holistic Wellness Practitioner

Acupressure & Meridian Therapy Certificate Program

This diploma introduces students to traditional Eastern medical theory and meridian-based therapeutic systems. Students develop competency in:

- Meridian theory and energetic pathways
- Acupressure point location and function
- Pain relief protocols
- Mind-body integration
- Energy balancing techniques
- Body-emotion analysis

The program integrates foundational anatomy with Eastern diagnostic frameworks, allowing practitioners to incorporate non-invasive meridian therapy into clinical practice.



About Our Programs

Aromatherapy Certificate Program

The Aromatherapy Diploma provides scientific and clinical training in essential oil chemistry, safety, blending, and therapeutic application.

Students develop skills in:

- Essential oil pharmacology
- Carrier oils and dilution ratios
- Research literacy in aromatherapy
- Clinical blending protocols
- Lab-based formulation

The program emphasizes evidence-informed use and safe integration into massage therapy, wellness practice, and retail environments.

Career Pathways

- Clinical Aromatherapist
- Therapist with Aromatherapy Specialization
- Wellness Product Formulator
- Holistic Spa Practitioner
- Essential Oil Consultant
- Retail Wellness Product Specialist

Career Pathways

- Somatic Wellness Practitioner
- Body-Emotion Integration Coach
- Complementary Mental Health Support Practitioner
- Holistic Therapy Provider
- Integrative Wellness Consultant

Psychoanalytic Certificate Program

This certificate explores psychodynamic theory and the embodied experience of emotional and psychological patterns. The curriculum integrates:

- Mind-body connection theory
- Habit formation and behavioural patterns
- Body-emotion analysis
- Foundations of mental health disorders
- Somatic awareness frameworks

The program is suitable for bodyworkers, coaches, and wellness professionals seeking deeper psychological insight within scope of practice.



About Our Programs

Certified Reflexology Foot | Hand| Face & Ear Certificate Program

The Reflexology Diploma provides comprehensive training in foot, hand, face, and ear reflexology systems.

Students study:

- Regional physiology and mechanics
- Reflex mapping theory
- Treatment planning
- Pressure techniques
- Client assessment and contraindications

Hands-on training emphasizes safe, therapeutic application.

Career Pathways

- Registered Reflexology Practitioner
- Spa Reflexology Specialist
- Complementary Care Provider
- Wellness Centre Practitioner
- Add-on Service Provider for Massage Therapists

Career Pathways

- Bookkeeping Assistant
- Small Business Bookkeeper
- Payroll Administrator
- Accounting Clerk
- Administrative Finance Support

Applied Bookkeeping Certificate Program

The Applied Bookkeeping Certificate prepares students for entry-level accounting and financial administration roles. The program covers:

- Financial records management
- Payroll fundamentals
- General ledger systems
- Accounting software applications
- Building bookkeeping concepts

Students progress from foundational understanding to applied financial systems.



About Our Programs

Essential English Language Skills Certificate

This structured English pathway supports learners progressing from foundational literacy to academic readiness. Aligned with CEFR and CLB benchmarks, the program develops:

- Academic reading and writing
- Grammar and sentence structure
- Listening comprehension
- Oral fluency
- IELTS preparation readiness

The program supports both employment and post-secondary transitions.

Career Pathways

- Entry into post-secondary education
- IELTS examination readiness
- Workforce language advancement
- Professional licensing language preparation

Career Pathways

- Employment readiness
- Workforce advancement
- Entry into vocational programs
- Academic program preparation

English as an Additional Language (EAL) Certificates

The EAL program supports learners from literacy-level English through advanced communicative proficiency (CLB 0–10). Instruction includes:

- Functional communication
- Workplace English
- Academic bridging
- Pronunciation and fluency
- Cultural integration support



About Our Programs

Cybersecurity Certificate

This program prepares students for foundational cybersecurity roles through structured training in:

- Cyber threat analysis
- Network security principles
- Cloud security fundamentals
- Security operations practices
- Incident response basics

Hands-on lab components prepare students for industry certification pathways.

Career Pathways

- Cybersecurity Analyst (Entry-Level)
- Security Operations Center (SOC) Technician
- IT Security Support Specialist
- Network Security Assistant

Career Pathways

- Junior Programmer
- Software Support Technician
- QA Testing Assistant
- IT Support Developer

Programming Certificate

Students develop programming competencies in Python, JavaScript, C, and C++. The program emphasizes:

- Logic development
- Algorithmic thinking
- Software fundamentals
- Debugging and testing
- Practical coding projects



About Our Programs

Networking Certificate

This certificate provides structured training aligned with CCNA and CCNP pathways. Students learn:

- Network configuration
- Routing and switching
- Enterprise networking
- Troubleshooting protocols
- Infrastructure security

Career Pathways

- Network Technician
- IT Infrastructure Support
- Network Administrator (Entry-Level)
- Telecommunications Support Specialist

Career Pathways

- IT Support Specialist
- Help Desk Technician
- Junior Systems Administrator
- Technical Support Analyst

OS & IT Certificate

Focused on operating systems and foundational IT skills, this program includes:

- IT Essentials
- Linux systems administration
- Hardware troubleshooting
- System configuration



Course Listing



Massage Therapy Courses

ANAT101 – Anatomy, Physiology & Terminology (100 Hours)

Comprehensive study of human anatomy and physiological systems relevant to massage therapy. Emphasis on musculoskeletal structures, anatomical terminology, and foundational biomedical literacy required for safe clinical practice.

ANAT121 – Women’s Health and Hormonal Wellness (60 Hours)

Explores female reproductive anatomy, endocrine regulation, and hormonal transitions. Focuses on therapeutic considerations for menstrual health, pregnancy, perimenopause, and menopause.

ETHC100 – Ethics of Therapeutic Touch (60 Hours)

Examines ethical frameworks, professional boundaries, consent, and scope of practice. Includes simulated clinical scenarios to develop ethical decision-making competencies.

ETHC127 – Trauma-Informed Massage (60 Hours)

Introduces trauma physiology, nervous system regulation, and client-centered safety strategies. Students learn to modify treatment approaches to support clients with trauma histories.

ETHC220 – Advanced Boundary Management (60 Hours)

Builds advanced skills in professional communication, dual relationship navigation, and ethical risk mitigation in clinical settings.

ETHC254 – Diversity & Health Equity (75 Hours)

Examines systemic inequities in healthcare and culturally responsive therapeutic practice. Students develop inclusive communication and equitable care strategies.

ETHC360 – Mental Health-Informed Massage (100 Hours)

Explores the intersection of mental health conditions and massage therapy. Focuses on depression, anxiety, PTSD, and treatment adaptation within scope of practice.

ETHC391 – Neurodiversity-Informed Massage (75 Hours)

Provides frameworks for working with neurodivergent clients. Emphasizes sensory regulation, communication adaptation, and inclusive therapeutic environments.

HLTH102 – Self Care for Therapists (50 Hours)

Addresses practitioner sustainability, injury prevention, and burnout mitigation strategies for long-term professional practice.

HLTH231 – Therapeutic Exercise (60 Hours)

Introduces corrective exercise principles and rehabilitative movement strategies to complement manual therapy treatment plans.

Course Listing



Massage Therapy Courses

HLTH310 – Nutritional Foundations for Massage Therapists (75 Hours)

Covers basic nutrition science, inflammation, recovery, and lifestyle factors influencing musculoskeletal health.

HLTH410 – Sleep, Circadian Rhythm & Recovery Science (50 Hours)

Examines sleep physiology, circadian regulation, and recovery science in relation to healing and performance.

HLTH385 – Interdisciplinary Practice & Clinical Communication (50 Hours)

Develops professional communication skills for collaboration within multidisciplinary healthcare environments.

MGMT107 – Business Applications (30 Hours)

Introduces business fundamentals including client documentation, billing, and small practice administration.

MGMT204 – Business Management (50 Hours)

Focuses on operational management, leadership principles, and financial planning for clinical practice.

MGMT310 – Introduction to Accounting (75 Hours)

Covers foundational accounting principles relevant to healthcare business management.

MGMT331 – Business Marketing (45 Hours)

Explores ethical marketing strategies, branding, and client acquisition within healthcare settings.

MSTY100 – Integrated Client Assessment & Treatment Planning (70 Hours)

Develops clinical reasoning through structured assessment protocols and evidence-informed treatment planning.

MSTY105 – Relaxation Massage (75 Hours)

Introduces foundational Swedish massage techniques and client-centered relaxation protocols.

MSTY121 – Lymphatic Massage (75 Hours)

Covers lymphatic system anatomy and manual lymph drainage techniques for edema and post-surgical care.

MSTY133 – Seated Chair Massage (75 Hours)

Provides training in ergonomic, chair-based massage techniques for workplace and event settings.

MSTY205 – Therapeutic Massage (75 Hours)

Builds upon relaxation techniques to incorporate deeper tissue engagement and condition-specific adaptations.

Course Listing



Massage Therapy Courses

MSTY207 – Deep Tissue Massage (75 Hours)

Advanced manual therapy focusing on myofascial structures and chronic tension patterns.

MSTY210 – Breast Massage (75 Hours)

Explores therapeutic techniques addressing chest wall health, post-surgical recovery, and lymphatic support.

MSTY212 – Concepts in Hydrotherapy Massage (75 Hours)

Integrates hydrotherapy modalities with massage techniques for enhanced therapeutic outcomes.

MSTY220 – Orthopaedic Massage (75 Hours)

Applies orthopaedic assessment principles to injury rehabilitation and musculoskeletal dysfunction.

MSTY237 – Pregnancy Massage (75 Hours)

Focuses on prenatal anatomical changes and safe positioning techniques.

MSTY241 – Sports Massage (75 Hours)

Covers pre-event, post-event, and maintenance protocols for athletic populations.

MSTY252 – Kinetic Cupping (75 Hours)

Introduces modern cupping applications integrated with movement and fascial release techniques.

MSTY277 – Basic Baby Massage (75 Hours)

Teaches safe infant massage techniques and parent education strategies.

MSTY345 – Geriatric, Palliative & End-of-Life Massage Care (95 Hours)

Explores compassionate care approaches for aging populations and terminal illness contexts.

MSTY350 – Advanced Myofascial & Fascial System Techniques (75 Hours)

Advanced fascial manipulation techniques informed by current connective tissue research.

MSTY363 – Oncology Massage & Cancer-Informed Care (95 Hours)

Specialized adaptations for clients undergoing cancer treatment or survivorship care.

MSTY421 – Craniosacral Techniques (75 Hours)

Introduces craniosacral assessment and subtle manual therapy techniques.

PATH201 – Pathology of Diseases, Illness & Disorders (65 Hours)

Studies systemic diseases, contraindications, and red flag recognition for safe practice.

PHAR311 – Pharmacology for Massage Therapy (30 Hours)

Introduces drug classifications, mechanisms of action, and massage-related precautions.

PHAR350 – Clinical Aromatherapy for Massage Therapists (80 Hours)

Explores essential oil chemistry and safe integration into therapeutic treatment plans.

Course Listing



Acupressure & Meridian Therapy Courses

ANAT119 – Anatomy for Holistic Practitioners (50 Hours)

Foundational anatomical knowledge tailored for complementary medicine disciplines.

MRDN121 – Eastern Medicine (75 Hours)

Introduces traditional Eastern medical theory and meridian systems.

ACUP122 – Acupressure Points & Pain Relief (75 Hours)

Teaches point location, function, and application for pain management.

MRDN206 – Energy Balancing (100 Hours)

Explores energetic assessment and balancing techniques within meridian systems.

Aromatherapy Courses

AROM101 – Oils and Carriers (75 Hours)

Foundations of essential oil chemistry, carrier oils, and dilution principles.

AROM130 – Aromatic Medicine (75 Hours)

Clinical applications of essential oils within therapeutic contexts.

AROM161 – Research in Aromatherapy (100 Hours)

Critical appraisal of scientific literature in aromatherapy.

AROM201 – Oil Blending (75 Hours)

Hands-on formulation of therapeutic blends.

AROM300 – Aromatherapy Lab (100 Hours)

Practical lab-based application and safety testing.

Psychoanalytic Therapy Courses

PSYC101 – Psychological Life of the Body (50 Hours)

Explores somatic psychology and embodied emotional expression.

PSYC102 – Mind-Body Connection (50 Hours)

Examines neurobiological pathways linking emotional and physical experience.

PSYC151 – Habits (75 Hours)

Studies behavioural conditioning and pattern formation.

PSYC202 – Body-Emotion Analysis (100 Hours)

Advanced exploration of emotional holding patterns within the body.

PSYC207 – Mental Health Disorders (100 Hours)

Overview of common mental health conditions and therapeutic considerations.

Course Listing



The
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Reflexology Courses

REFX105 – Foot Physiology & Mechanics (50 Hours)

Anatomical foundations of the foot relevant to reflexology.

REFX106 – Foot Reflexology Treatment (100 Hours)

Applied reflexology techniques for foot treatment.

REFX205 – Hand Physiology & Mechanics (50 Hours)

Anatomy and mechanics of the reflex points of the hand.

REFX206 – Hand Reflexology Treatment (100 Hours)

Applied hand reflexology protocols and mapping for hand treatment.

REFX305 – Face & Ear Physiology & Mechanics (50 Hours)

Anatomical study and reflex points of facial and auricular structures.

REFX306 – Face & Ear Reflexology Treatment (100 Hours)

Reflexology mapping and treatment for face and ears.

Bookkeeping Courses

ACCT110 – Fundamental Concepts in Bookkeeping (60 Hours)

Introduces the foundational principles and processes of bookkeeping. Students learn the order of the accounting cycle, chart of accounts structure, and key financial classifications including assets, liabilities, equity, revenue, and expenses. Topics include source documents, terms of sale, T-accounts, general journals and ledgers, GST/HST basics and remittances, ownership structures, shareholder loans, accounts payable and receivable transactions, tangible vs. intangible assets, and accrual versus cash-based accounting.

ACCT210 – Building Concepts in Bookkeeping (60 Hours)

Expands applied bookkeeping competencies through advanced transaction processing and financial reporting. Students learn to manage sub-ledgers, control accounts, trial balances, bank reconciliations, month-end procedures, prepaid expenses, and financial statement preparation (balance sheet and income statement). Additional topics include inventory methods, inventory adjustments, payroll fundamentals, payroll remittances, credit limits, A/P and A/R refunds, and processing customer returns.

ACCT310 – Understanding Bookkeeping Software (30 Hours)

Provides hands-on training in accounting software applications used in professional bookkeeping roles. Students learn to utilize Microsoft Excel for accounting functions and develop working proficiency in QuickBooks Online. Instruction includes company setup, transaction processing, reconciliations, financial statement generation, live work simulations, and managing books for both business and personal applications.

Course Listing



Essential English Skills Courses

General to Academic IELTS Prep Stream

ENGL100 – Essential English Language Skills: Foundations 1 (30 Hours)

Introduces foundational English grammar, sentence structure, vocabulary development, and guided paragraph writing. Emphasis is placed on basic reading comprehension, listening skills, and structured conversational practice.

ENGL101 – Essential English Language Skills: Foundations 2 (30 Hours)

Builds on foundational grammar and writing skills with expanded vocabulary and paragraph development. Students strengthen reading fluency, listening comprehension, and structured oral communication.

ENGL200 – Essential English Language Skills: Bridging 1 (30 Hours)

Develops intermediate writing skills including structured paragraphs and short essays. Focus includes academic vocabulary, reading analysis, and improving fluency in formal discussions.

ENGL202 – Essential English Language Skills: Bridging 2 (30 Hours)

Expands academic writing through essay organization, thesis development, and grammar refinement. Students strengthen listening accuracy and presentation skills in structured academic settings.

ENGL300 – Essential English Language Skills: Development 1 (30 Hours)

Introduces advanced writing techniques including coherence, argument structure, and textual analysis. Emphasis is placed on academic reading strategies and oral presentation development.

ENGL303 – Essential English Language Skills: Development 2 (30 Hours)

Builds advanced essay writing, research integration, and critical thinking skills. Students refine pronunciation, listening precision, and academic speaking fluency.

ENGL400 – Essential English Language Skills: Expansion 1 (30 Hours)

Prepares students for higher-level academic study with emphasis on research-based writing, synthesis of sources, and advanced grammar structures. Includes IELTS-aligned reading and writing tasks.

ENGL404 – Essential English Language Skills: Expansion 2 (30 Hours)

Final preparatory course focused on academic mastery and IELTS readiness. Students complete full-length writing tasks, complex reading analysis, listening drills, and formal speaking assessments.

Course Listing



English Language Learning (EAL) Courses

ENGL010 – EAL Basic: Learning Literacy (25 Hours per week)

Designed for learners developing foundational literacy skills. Focus includes alphabet recognition, phonics, basic vocabulary, and simple sentence construction.

ENGL020 – EAL Foundations: Language Essentials (20 Hours per week)

Develops functional communication skills including everyday vocabulary, sentence structure, and basic reading comprehension aligned with CLB 1–2.

ENGL030 – EAL Starter: Building Foundations (20 Hours per week)

Strengthens basic grammar, short paragraph writing, listening comprehension, and everyday conversation skills.

ENGL121 – EAL Level 1: Expanding Horizons (20 Hours per week)

Introduces structured paragraph writing, intermediate grammar patterns, and improved fluency in workplace and academic contexts.

ENGL171 – EAL Level 2: Intermediate Mastery (15 Hours per week)

Builds reading comprehension, structured writing, listening accuracy, and conversational confidence at intermediate proficiency levels.

ENGL221 – EAL Level 3: Advanced Fluency (15 Hours per week)

Focuses on essay writing, academic vocabulary, structured discussions, and critical reading aligned with CLB 7–8 benchmarks.

ENGL271 – EAL Level 4: Proficient Communicator (15 Hours per week)

Advanced language development course preparing students for academic or professional entry. Emphasis on argument writing, presentation skills, and high-level reading comprehension.

All EAL Classes and Levels have simulations, internship or practical opportunities embedded in the curriculum.

Course Listing



Information Technology (IT) Courses

CYBS100 – Introduction to Cybersecurity (15 Hours)

Introduces foundational cybersecurity concepts including threat landscapes, basic risk management principles, cyber ethics, and core security terminology. Students explore common vulnerabilities and introductory protection strategies.

CYBS110 – Cybersecurity Essentials (30 Hours)

Builds practical knowledge in securing networks, systems, and data. Topics include attack vectors, cryptography basics, security policies, and foundational risk mitigation strategies.

CYBS121 – CyberOps Associate (70 Hours)

Provides applied training in security operations environments. Students develop skills in threat detection, log analysis, monitoring systems, and incident response procedures.

CYBS135 – Cloud Security (30 Hours)

Introduces security considerations in cloud computing environments, including identity management, access control, shared responsibility models, and infrastructure protection.

CYBS140 – Network Security (70 Hours)

Focuses on protecting enterprise networks through firewall configuration, intrusion detection systems, VPNs, and secure architecture design.

IOTS100 – Intro to Internet of Things (20 Hours)

Explores IoT architecture, connected devices, sensors, programmable infrastructure, and basic networking integration for smart systems.

NETW100 – Networking Essentials (70 Hours)

Introduces networking fundamentals including OSI and TCP/IP models, IP addressing, switching, routing basics, and network troubleshooting principles.

NETW120 – CCNA: Introduction to Networking (70 Hours)

Covers foundational Cisco networking concepts including network access, switching configuration, IP connectivity, and device setup.

NETW125 – CCNA: Switching, Routing & Enterprise Networking (SWRE) (70 Hours)

Expands enterprise networking knowledge including VLAN implementation, routing protocols, and secure network segmentation.

NETW130 – CCNA: Enterprise Networking, Security & Automation (ENSA) (70 Hours)

Focuses on WAN technologies, network security fundamentals, enterprise routing strategies, and network automation principles.

NETW235 – CCNP Enterprise: Core Networking (70 Hours)

Advanced enterprise networking course covering infrastructure design, advanced routing, virtualization, and professional-level troubleshooting.

Course Listing



Information Technology (IT) Courses

NETW340 – CCNP Enterprise: Advanced Routing (70 Hours)

Specialized course emphasizing scalable routing solutions, advanced protocols, and enterprise optimization techniques.

OSIT001 – Get Connected (30 Hours)

Introduces foundational computer literacy, hardware basics, connectivity concepts, and digital navigation skills.

OSIT100 – IT Essentials (70 Hours)

Covers hardware installation, operating systems, troubleshooting processes, and technical support fundamentals.

OSIT120 – NDG Linux Essentials (70 Hours)

Introduces Linux command-line fundamentals, file systems, user management, and open-source operating system principles.

OSIT220 – NDG Linux I (70 Hours)

Intermediate Linux administration course focusing on system configuration, networking, and server management.

OSIT225 – NDG Linux II (70 Hours)

Advanced Linux systems administration including scripting, automation, security hardening, and performance optimization.

PROG100 – Programming Essentials in Python (70 Hours)

Introduces programming logic, variables, control structures, functions, and data structures using Python.

PROG110 – JavaScript Essentials I (JSE) (40 Hours)

Provides foundational JavaScript programming skills including syntax, logic building, arrays, and introductory web scripting.

PROG120 – CLA: Programming Essentials in C (70 Hours)

Introduces structured programming in C with emphasis on memory management basics, functions, loops, and debugging.

PROG130 – CPA: Programming Essentials in C++ (70 Hours)

Develops object-oriented programming concepts including classes, inheritance, modularity, and software design fundamentals.

PROG220 – CLP: Advanced Programming in C (70 Hours)

Advanced C programming covering pointers, dynamic memory allocation, file handling, and efficient algorithm implementation.

PROG230 – CPP: Advanced Programming in C++ (70 Hours)

Advanced object-oriented programming including templates, exception handling, advanced class design, and application development principles.

Course Listing



Professional Development & Advanced Clinical Training

NAKH Institute of Education offers Continuing Education (CE) courses designed for licensed massage therapists, wellness practitioners, and holistic health professionals seeking to expand their clinical competencies.

These short-format, intensive courses focus on skill enhancement, specialization development, and evidence-informed integrative practice. CE offerings emphasize hands-on training, safety protocols, and practical application.

Continuing Education Courses

Sound Healing for Therapeutic Practice (24 Hours)

Introduces therapeutic sound modalities including vibration, frequency application, and nervous system regulation principles. Students explore the use of singing bowls, tuning forks, and sound immersion techniques to support relaxation, stress reduction, and somatic integration.

Hot Stone Massage Certification (16 Hours)

Provides hands-on training in safe hot stone application and thermal therapy integration. Students learn stone placement, gliding techniques, temperature safety, contraindications, and clinical incorporation into massage sessions.

Maderotherapy (Wood Therapy) Techniques (24 Hours)

Introduces body contouring and lymphatic stimulation techniques using specialized wooden instruments. Focus includes tissue sculpting, circulation enhancement, and safe application protocols within scope of practice.

Advanced Myofascial Release Techniques (16–24 Hours)

Expands fascial manipulation skills using slow, sustained pressure techniques informed by connective tissue research.

Trigger Point Therapy & Neuromuscular Techniques (24 Hours)

Develops precision-based treatment strategies for myofascial trigger points and chronic pain patterns.

Manual Lymphatic Drainage & Post-Surgical Applications (24 Hours)

Advanced lymphatic protocols for post-operative recovery, cosmetic surgery support, and edema management.

Cupping Therapy – Advanced Clinical Integration (16 Hours)

Expands cupping techniques for musculoskeletal dysfunction, fascia mobilization, and movement-based therapy.

Aromatherapy for Clinical Practice (16 Hours)

Advanced essential oil blending for therapeutic outcomes, including inflammation, stress, and recovery support.

Course Listing



Continuing Education Courses

Trauma-Informed Bodywork Intensive (16 Hours)

Deepens practitioner skills in nervous system regulation, consent-based practice, and somatic safety frameworks.

Craniosacral Therapy Foundations (24 Hours)

Introduces craniosacral assessment and subtle fascial techniques to support nervous system balance.

Orthopaedic Assessment Refresher (16 Hours)

Clinical review of orthopaedic testing, red flag recognition, and evidence-informed treatment planning.

Business Mastery for Wellness Professionals (12 Hours)

Covers pricing strategy, ethical marketing, financial planning, and scaling a sustainable wellness practice.

Integrative Energy Work for Bodyworkers (16 Hours)

Explores subtle energy assessment, practitioner grounding, and integration of energetic techniques within therapeutic settings.

Foot Reflexology Treatment (15 Hours)

Anatomical foundations of the foot relevant to reflexology and the treatment that can be incorporated into a massage routine.

Hand Reflexology Treatment (15 Hours)

Anatomical foundations of the foot relevant to reflexology and the treatment that can be incorporated into a massage routine.

Face & Ear Reflexology Treatment (15 Hours)

Anatomical foundations of the foot relevant to reflexology and the treatment that can be incorporated into a massage routine.