



# Hands in Motion

A Publication of the AMERICAN MASSAGE THERAPY ASSOCIATION of UTAH

## IN THIS ISSUE

- State Convention  
Information & Registration
- National Convetion
- Calendar of Events
- Member Spotlight
- Cancer Class  
Follow Up
- Continued Education

## PRESIDENT'S MESSAGE - by Ron Findlay

With summer over and the cool of autumn upon us, I anticipate the changes cool weather and the next months will bring. October is a very busy month. Massage awareness week is the week ending Saturday October 25. We are participating in a volunteer event that should spread all across the State, offering seated massage and in turn giving the monies brought in to certain charities. This week is very important, a week to get out there and let people know what this profession is all about.

Also, the national convention in Richmond, Virginia is also in October. I truly hope that there are several members that are going to Richmond this year to learn and to share and network with other members from all over the country. Convention is an extremely wonderful opportunity to rekindle the fire that fuels us as LMT's.

I find that upon returning from convention I am so excited to be involved with massage therapy and anxious to use the techniques and other information I have received. It is also a place where we discuss issues of AMTA and important decisions are made regarding our organization.

If there are any of you coming to Richmond, please join those of us on the board for dinner one evening, we really want to get to know you better. And if you have never been to a national convention, I urge you to plan for it next year. It is an awesome experience.

I also wish to share with you an experience of mine this last July. I had the opportunity to attend a special training for all of the chapter presidents in Evanston, Illinois.

*(Continued on page 2)*

## Member Spotlight - Karen Lessman

**A Conversation With Karen Lessman  
by Chapter President Ron Findlay**

**Ron:** *When did you become a massage therapist and where did you get your schooling?*

**Karen:** I graduated from the Desert Institute of the Healing Arts in Tucson in August of 1985

**Ron:** *In what realm has your practice consisted?*

**Karen:** I have been in private practice since I graduated. I have worked with a lot of amateur and some professional athletes in my own practice. i.e-private practice, sports teams, spa work, etc.

**Ron:** *What do you consider to be some of the most important positions you have held and what accomplishments are you proud of?*

**Karen:** I was the Director of the National Sports Massage Team from 1988-1991. I was involved with the testing as well as working at events such as the Goodwill Games in 1990. I have been with the National Team at the 1988 Calgary Olympics and the 1987 Pan American Games in Indianapolis. I have done sports massage at the Ironman Triathlon and The bicycle Race Across America as well as the St. George Marathon (15 years). *(Continued on page 6)*



# AMTA EDUCATION

## Kinesiology Classes - Fall 2003

(801) 913-6060

**Instructor:** Marge Bowen, En.K., LMT

### Agape I - Oct. 1-4

Learn Holographic & 7-Element Theories  
Sound Balance with Tuning Forks,  
Figure 8 Balance and more.

**Instructors:** Marge Bowen & Michael King

### Kinergetics I & II - Oct. 17-18

Fast & powerful, learn corrections for pain,  
dehydration, and sabotage using energy.  
Work with emotions and age recession.

### Touch For Health I - Nov. 14-15

Learn 14 muscles, their Organ/Meridian  
relationships, 5 Element Theory and  
balancing to reduce postural and  
emotional stress.

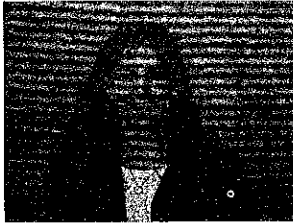
### RESET - Sept. 27 (3 Hour Class)

Balance the jaw, balance the body. Helps  
TMJ, Bruxism, clicking Jaw, headaches  
and more. Assists in toxin release.

**FOR MORE INFORMATION CALL  
(801) 913-6060**

## **Class Review - Massage and Cancer.**

*Tracy Walton*

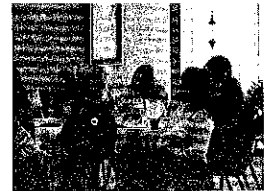
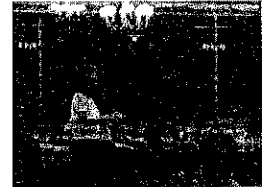


Saturday September 13th, we had a tremendous gathering for our massage and cancer class, presented by Tracy Walton.

The class was very informative and I think that all who attended felt that the subject matter and the

material presented were very important and very well taught.

We would like to thank Tracy for coming in all the way from Massachusetts to be here and present this class. We hope to see you all in future classes.



## **Presidents Message** (continued from page 1)

AMTA-national brought all of the chapter presidents together to meet and learn and expand our skills in being more effective leading our individual chapters. I really want to let you, my state members, know how impressed I was with the professional, organized manner that our national organization presented this inspirational training. It was an absolutely fabulous experience. I say this because I was hesitant to leave my practice for that time, and I guess I wondered if it would be worth the time. I truly felt that my time was well spent, that I was treated with great respect, and that my voice was heard concerning the issues of the state of Utah.

There was time to network with other states and simply discuss chapter matters and how chapters have overcome obstacles as well as share ideas and successes. I left with many ideas, much energy, and gratitude for AMTA. I want you to know that my job as your president is sometimes difficult, it is time consuming, and it is of course, a volunteer position. But ask any of our board members, and they will tell you that it is you, our members that drive us, we are here for you, and we try to make being a member of AMTA an impressive thing.

I would really like to say thank you, thank you for your membership, and thank you for your support. I know that there are many of you that I do not even know, but I wish to say thank you for being interested in the betterment of your profession, thanks for caring enough to join an organization whose mission is to develop and advance the art, science and practice of massage therapy.

We on the board work hard for you, our members, and we do it because you push us to make your job better. I hope you feel that being a member of AMTA makes you feel that you are not alone out there.

**Ron Findlay**

## **Thank you and welcome**

On behalf of the members of the Utah Board as well as all Chapter members, we would like to say "Thank You" to Heidi Walz for her outstanding work as our Education Chair. Thank you, Heidi, for your work and effort, it has been very appreciated.

We would like to welcome Michelle Solum as our new Education Chair. Thanks to Michelle for her commitment in joining the board. We look forward to working with you.

## **AMTA Utah Chapter Website Now Available**

*Come visit us online...*

# **www.messageutah.org**



# MARK YOUR CALENDAR:

**2003** October  
22-26th

National convention in Richmond, VA

**25th**

Massage Therapy Awareness Week event, plan to be a part of it. (See ad on page 6)

Contact Carolyn Rowse for details 801-294-1955.

**25th**

Kokopelli Half-Ironman distance triathlon in Hurricane (St. George area). Interested please call or email Jennifer Pruetz at 801-573-7382 or zenenergybodywork@yahoo.com

**November**

**8th**

"Truths and fiction about prescription drugs, what LMT's need to know" with Susan Rasmussen, and "Auriculotherapy" with Brent Ottley 4 CEU's

**December**

Happy Holidays

**January**

**11-13th**

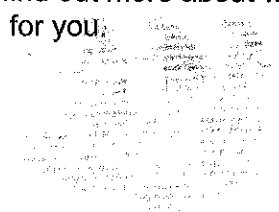
**2004** Sate Convention at the Montego Bay in Wendover, NV  
(See add page 4)

*MAHAHALO  
Thank you*

We would like to thank all who joined us at the annual membership celebration and **LUAU**, it was indeed an evening of food and fun.

Please join us next year for a night of feasting and celebration. If you have never attended please join us for this wonderful event.

It is one of the opportunities that your Utah Chapter has to thank you for your membership and commitment to your chapter, it is also an opportunity for you to ask questions, meet your board members and find out more about what AMTA is doing for you.



## AMTA UTAH CHAPTER BOARD



**President**

Ron Findlay  
801-864-7477

president@massageutah.org

**1st Vice President**

Carolyn Rowse  
801-294-1955

1stvice@massageutah.org



**2nd Vice President**

Pam Hanni  
801-476-7100

2ndvice@massageutah.org



**3rd Vice President**

Roger Olbrot  
801-916-8752

3rdvice@massageutah.org



**Secretary**

Debby Adams  
801-475-8778

secretary@massageutah.org



**Treasurer**

Brenda Swadley  
801-763-9417

treasurer@massageutah.org



**Education Chair**

Michelle Solum  
801-475-7733

michelle@newimagespa.com



**Law and Legislation Chair**

Dave Hunter  
801-467-9350

Healinghands4u@msn.com



**Parliamentarian  
Member at Large**

Roger Whiting  
801-374-6959



**Membership Chair**

Lina Byrne  
801-476-8726

lbthiny@yahoo.com



**Webmaster**

Joye Downey

webmaster@massageutah.org

Coming soon...!

# AMTA UTAH STATE CONVENTION

The AMTA-Utah chapter invites all members as well as non AMTA members alike, to join us for our State convention in Wendover, NV.

**Location:** Montego Bay in Wendover, NV

**Dates:** January 11-12 & 13, 2004

## Scheduled Highlights:

### Sunday

- Evening Social & Keynote Speaker: 6:00 p.m.**  
Kay Bene

### Monday

- Breakfast: 7:00 a.m.**
- Morning Education Session: 8:00 a.m. - 12:00 p.m.**  
Classes to be announced
- Lunch: 12:00 p.m.**
- Afternoon Education Session: 1:30 p.m. - 5:00 p.m.**  
Classes to be announced

### Tuesday

- Breakfast: 7:00 a.m.**
- Bus Ride Home**

## Presenters

**Kay Bene**

**Ruth Werner**

*Other presenters to be announced*

*Kay Bene's class will be on "Hyperventilation Syndrome", breathing space, neck, shoulders, and chest (3ceu's)*

*Come out and play with us! And maybe even win a million dollars in Wendover. We look forward to seeing you there!*

## Come and join us in Wendover, Nevada for our Utah State Convention.

This will be such a fun time. We have rented a bus (more like a limo-bus) to take us to Wendover. Remember-in January the roads may be slick and not as fun to drive. There will be Bingo on the bus and we are giving away lots of prizes, including a one-year renewal of your professional AMTA membership!

**Sun. Jan 11-** LeBus will stop and make a pickup behind Staples next to Newgate Mall in Ogden. The next stop will be in Bountiful in the Kmart parking lot 680 W 2600 S. by the Big Kmart sign. Then on to Salt Lake City where the pickup will be at 750 S. State Street, on the east side of State Street by Sears, between Bank of Utah and Totally Awesome Computer. Those coming from the South will need to make it to Salt Lake to take the bus. The cost of this convention will be a flat rate of \$250.00. This includes tuition for classes, breakfasts, lunch on the 12th, room nights at Montego Bay for both nights plus bus transportation. What a great deal! We really want to have a large turnout this year, and we want to have some fun!

# REGISTER EARLY!

## SEE PAGE 5 OF THIS NEWSLETTER FOR REGISTRATION INFORMATION

Payments toward convention can be made in increments and can be sent to Brenda Swadley toward your cost of convention. Prepare now and the cost is much easier to afford. Call Brenda at 801-763-9417 to inquire.

Coming soon...!

# AMTA UTAH STATE CONVENTION

The AMTA-Utah chapter invites all members as well as non AMTA members alike, to join us for our State convention in Wendover, NV.

**Location:** Montego Bay in Wendover, NV

**Dates:** January 11-12 & 13, 2004

## Scheduled Highlights:

### Sunday

- Evening Social & Keynote Speaker: 6:00 p.m.**  
Kay Bene

### Monday

- Breakfast: 7:00 a.m.**
- Morning Education Session: 8:00 a.m. - 12:00 p.m.**  
Classes to be announced
- Lunch: 12:00 p.m.**
- Afternoon Education Session: 1:30 p.m. - 5:00 p.m.**  
Classes to be announced

### Tuesday

- Breakfast: 7:00 a.m.**
- Bus Ride Home**

## Presenters

**Kay Bene**

**Ruth Werner**

*Other presenters to be announced*

*Kay Bene's class will be on "Hyperventilation Syndrome", breathing space, neck, shoulders, and chest (3ceu's)*

*Come out and play with us! And maybe even win a million dollars in Wendover. We look forward to seeing you there!*

## Come and join us in Wendover, Nevada for our Utah State Convention.

This will be such a fun time. We have rented a bus (more like a limo-bus) to take us to Wendover. Remember-in January the roads may be slick and not as fun to drive. There will be Bingo on the bus and we are giving away lots of prizes, including a one-year renewal of your professional AMTA membership!

**Sun. Jan 11-** LeBus will stop and make a pickup behind Staples next to Newgate Mall in Ogden. The next stop will be in Bountiful in the Kmart parking lot 680 W 2600 S. by the Big Kmart sign. Then on to Salt Lake City where the pickup will be at 750 S. State Street, on the east side of State Street by Sears, between Bank of Utah and Totally Awesome Computer. Those coming from the South will need to make it to Salt Lake to take the bus. The cost of this convention will be a flat rate of \$250.00. This includes tuition for classes, breakfasts, lunch on the 12th, room nights at Montego Bay for both nights plus bus transportation. What a great deal! We really want to have a large turnout this year, and we want to have some fun!

## REGISTER EARLY!

### SEE PAGE 5 OF THIS NEWSLETTER FOR REGISTRATION INFORMATION

Payments toward convention can be made in increments and can be sent to Brenda Swadley toward your cost of convention. Prepare now and the cost is much easier to afford. Call Brenda at 801-763-9417 to inquire.



or know another member who is **Moving?**

If you have had a change of address please don't forget to notify the AMTA National office. In order to keep receiving all of your AMTA materials, please send your new address and contact information to:

**AMTA NATIONAL MEMBER SERVICES**

820 Davis St., Suite 100  
Evanston, IL. 60201-4444  
Or call 847-864-0123  
FAX: 847-864-1178  
info@amtamassage.org

**AMTA NATIONAL CONVENTION**  
October 22-26, 2003 Richmond, Virginia

October 20th will find me packing my bags & raring to go once more to National Convention!

EXPENSIVE...you think; yes it is, but most all of us afford the things we want and make a priority. I attended my first National Convention in Albuquerque, New Mexico about nine years ago. Several of us pooled our resources and drove down together. I've only missed one since then due to health problems.

How do I do it? I don't know, a number of ways I guess...saving ahead, planning for it each year, running specials on gift certificates...being an officer or volunteer has often helped cut the costs...but mostly it's because I so much look forward to going each year. I have had such fun experiences, grown in my professional knowledge, and enjoyed the camaraderie of other therapists. Each year I add something new to my business from the marketplace, from eye pillows to body wrap materials. Ask me about Old Town in Albuquerque, the River Walk in San Antonio, looking for alligators in the bayou in New Orleans, or the Old French city of Quebec. The more who attend together each year the greater time we all have and the more our state is represented. Try it; I don't think you'll ever regret it!

*by Debby Adams*

**REGISTRATION COSTS**

Full registration costs are **\$250.00**

\*Registration costs can be separated into three incremental payments

First Payment	\$85.00
Second Payment	\$85.00
Third Payment	\$80.00

There is no payment schedule but final payment is due no later than the first day of the convention. No refunds will be available after 12/19/2003

**Please direct any questions to Brenda Swadley at (801) 763-9417**

**I have enclosed:**

Full Registration Fee: \$250.00

Initial Registration Fee: \$85.00 \*

Send registration form and check to:

**Brenda Swadley**  
5646 West 11270 North  
Highland, Utah 84003

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Phone \_\_\_\_\_

Massage School \_\_\_\_\_

*Students please list the name of the massage school you are attending*

## Help Wanted!

Massage Awareness Oct. 25th 2003

We are looking for AMTA members, and any other massage therapist volunteers who wish to participate in a Massage Therapy Awareness Week event. October 20-25 is the official Massage Therapy Awareness Week, and it is important to show the public what our profession is all about.

On Saturday October 25th the Utah Chapter has chosen to participate in a huge event supporting local charities. We will join in a combined effort with many other organizations to provide massage therapy for this event.

Massage will be performed in several locations including **Layton Hills Mall, South Towne Mall, Provo Towne Mall**, and hopefully **Southern Utah malls** as well.

Please join us in this event. The massage therapy profession will gain much media attention through newspapers, radio, flyers, and local event calendars.

Thank you in advance for your support.

Please contact Janene Jaynes at 801-794-9821,  
or Caroline Rowse at 801-294-1955 for more information.

### Member Spotlight - Karen Lessman (Continued from page 1)

Karen: I have also been at the births of eight babies-both at home and at the hospital. I was there as a massage therapist/doula. Pretty cool since I have no children of my own!!!! Additionally, I have helped several people through the transition from life to death as a massage therapist. This has been both an honor and a blessing for me. Last, but not least, I have been able to teach people about massage therapy! I have taught workshops all across the country, in four different schools and in many community settings. I currently teach anatomy and physiology, advanced massage and shiatsu at the Sensory Development Institute here in St George. I am also on the State Massage Therapy Board for DOPL.

#### **Ron: Could you share some personal achievements, even if they are not massage related?**

Karen: I am married to the sweetest man on the planet-RJ Hughes. I have four great and big dogs that love me unconditionally. I was a high school biology teacher for 11 years (seven of them on the Wind River Indian Reservation), a bush camp cook in Alaska for nine geologists and a Zookeeper for two years in the bird and reptile house. I have traveled through much of the world, including Nepal, the Patagonia, East Africa, Australia, New Zealand, and Russia.

#### **Ron: How has massage therapy affected your life?**

Karen: Attending the Desert Institute opened my mind to a whole new way of looking at health, wealth and relationships. It was profound. Massage has given me opportunities to travel, get married, and to meet some of the best people. I love my work because I love my clients and students. I have been able to be a positive influence in the world.

#### **Ron: Tell us a bit about you, your personal info, if you like?**

Karen: I was born and raised in western Nebraska (Scottsbluff), the second of four children. I attended college at the University of Northern Colorado. I love to garden (get my fingernails dirty), hike, cross country ski, read, and travel. I have an awesome family. I love my Heavenly Father and know that I do nothing without Him, all that I have is from Him, and my life is dedicated to serving Him.

*I thank Karen for the opportunity to learn about her life and career; Karen has had a profound impact on my life as a person and as a massage therapist. I have learned so much though being taught by and watching Karen as a wonderful human being.*

# WIND WALKER RETREAT

...WISH YOU WERE THERE!

by Dave Hunter

Imagine a place where you can relax and stimulate your senses at the same time. Be in a place surrounded by a multitude of natural wonders. A place where Native American culture has a history. The Native Americans believe that Mother Nature has special places to cleanse your body, mind and spirit. At such places it is said that the energies and spirit of the place are especially suited for absorbing negative energies and recharging one's personal life force. I believe we all felt that Wind Walker is one such place. A sanctuary buffeted from worldly cares by the soothing, healing arms of nature. I believe we all experienced that feeling and that the Wind Walker Retreat was a great success.



**On the nature walk**

touch with myself on a very deep level." It was truly an experience that will be remembered by all who attended. The following day we had the privilege of a second ceremonial experience that Bear Boy wanted to share with us. He took us up the canyon to a previously selected site. There he explained the influence that water has in one's life and we went to the river and participated in a water cleansing. This gave us the opportunity to face our fears, and believe me-getting into a cold river is scary enough. The ceremonies allowed us to release those fears to Mother Nature, and to cleanse and rejuvenate ourselves. It was incredible and very bonding.



**Massage under the stars**

bread and incredible desserts. No one went away hungry.

The atmosphere was relaxed, the activities flowed and no one seemed rushed. A Nature walk led by Loretta, the owner, was enlightening and educational. She revealed a history of the land and what role the Native Americans played. The land was used by the Indians to gather for pow wows and ceremonial activities. Barbara mentioned you could feel the presence of the ancestors and many others concurred. An exciting energy wheel and vortex exists on the property. The Nature walk was just the beginning and set the mood for our next experience, the Sweat Lodge.

We experienced a class on body scrubs and salt glows taught by Roger Olbrot, with the tables surrounding a large campfire under the stars. This was a unique experience. The breeze felt chilly at times to those on the tables, but the experience was great. The stars were so visible. And after you showered, your skin felt so soft. The campfires were a great time to wind down at the end of the day and we listened to one of the cowboys as he sang songs late into the evenings. Some spent time in the hot tub and swimming at midnight after the campfire.

The accommodations were wonderful, from condominium type lodgings furnished with log cabin furniture to tents and Tee-pees-but no televisions! The food was great, home-cooked country meals accented with fresh baked

As Barbara put it, "I didn't want the experience to end." The consensus of everyone was that it was rewarding and everyone took home something with him or her: whether it was a greater appreciation for others, a renewed faith, more compassion, knowledge, or wisdom. I have no doubt that all who attended, including Bear Boy, received so much from the weekend. And everyone said, We Must do This Again!



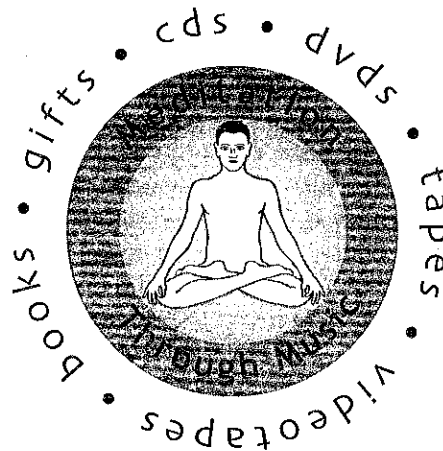


# New Age Metropolis to be... ☺

www.newagemetropolis.com

**Largest Selection of New Age Music in Utah!**  
*A wonderful selection for massage and non-massage settings.*

New Age, Electronic  
Cross Cultural  
Environmental  
Ambient  
Celtic  
Native American  
World Instrumental Music



Hear samples  
on the radio program  
"Nexus"  
heard on krcl 90.9 fm  
Sunday nights  
8:00 - 10:30

By Appointment Only  
**801-824-1910**

450 South 300 West  
Salt Lake City, Utah 84101

**Gift Certificates Available**

Expert consultation available  
for your music selection.

AMTA - Utah Chapter  
124 South 400 East Suite 330  
Salt Lake City, Utah 84111

Pre-Sorted Standard  
US Postage  
**PAID**  
Salt Lake City, Utah  
Permit No. 7421

485\*\*\*\*\*AUTO\*\*5-DIGIT 84010 #1

Carolyn M. Rowse  
3264 Plum Tree Ln  
Bountiful UT 84010-8056

