



Hands in Motion

American Massage Therapy Association Utah Chapter

Quarterly Newsletter

www.amtautah.org

Winter 2010 Edition

PRESIDENT'S MESSAGE by Dave Hunter

As I reflect over the last two years as President

and thinking that this may be my last article as president of the Utah AMTA Chapter. I would like to reflect on previous messages and tie them together in this edition. I want you all to know that I believe that AMTA is a great organization that serves its members while advancing the art, science, and practice of massage therapy. When you look at what this organization has to offer our members it's just astounding. I remember encouraging you to visit the National Website for tools for your practice. Please use these resources to help you succeed. I also want to thank you all for your support and kind words that you have personally expressed to me. I have enjoyed working for you.

These last two years have really gone by fast, and it has been an incredible growing experience for me. I express gratitude to those who have served on the Board, including the Committee Chairs. It is because of their hard work and dedication to the profession that we are where we are today as a chapter. Each one of these **volunteers** is to be commended for their dedication and diligence in working to make the profession a positive experience for us as members. We have worked to protect therapists in the re-writing of health regulations, fought against illegal activities harmful to the profession and have been an advocate of the profession on Utah's Capitol Hill. Once again, the AMTA Utah Chapter has been the **ONLY** massage therapy organization engaged to protect your interests this way. Many non-members receive these benefits as well but you can be proud to know that you, as a member of this organization, support these efforts and have the opportunity to be involved yourself.

I believe that the quality of our classes has increased and we are bringing in a **National Presenter** to teach at the **February**

2010 State Convention. What a great opportunity it is to learn from some of the best in our profession.

I remember talking about change and how it is the only constant thing, and how Mother Nature is involved in the revolving door, where she is constantly creating, destroying and re-creating herself. Change can be a good thing. I mentioned we can learn from this.

To remain stagnate, without change or movement, is to commit one's spirit to a lifetime of confinement. As we continue to see the wild fluctuation in the stock market, financial sages keep giving the same advice: "Invest for the long term. Don't be alarmed by short term losses." It's a good reminder that the best investments usually are ones that require foresight and patience. It's hard to keep in mind with all the scary headlines but it's an enduring truth. We need to invest in ourselves. You know the saying "When you have your health, you have just about everything." You already know the value of a great massage. Hopefully you are enjoying the benefits of massage regularly and taking care of yourself. If we take care of ourselves then we are better able to take care of our clients. Remember when a client comes to us for a massage we have the opportunity to help them leave everyday life behind, if only for an hour. Your knowledge, compassion and experience will bless those on whom you work. What a gift we all have to give! To make a positive difference in the lives of others.

Again, we have a wonderful organization, please continue to support those who work for you. I have seen firsthand the difference your leaders have made making sure this profession stands for the art science and practice of massage therapy. We do care about **YOU!**



Dave Hunter, President
AMTA Utah Chapter

Convention 2010

It seems that everyone I talk to these days is asking how are you doing? How is business? I reply, "I'm just hanging in there and we are still open". I know that is not true for some of my colleagues. Just in the past month I know of one therapist whose landlord closed the office where she rented space, another had to close their office. It makes me even more determined to make my practice more successful. Which brings me to the theme of this year's convention. **Embrace the Journey that Unites Us!** We are all in this world together; "United We Stand Divided We Fall" is a favorite quote.

Embrace the Journey that Unites Us!

I encourage you to bring a colleague to the 2010 Utah AMTA Chapter Convention and Embrace our Journey together.

This year we have a new challenge at convention. How can we encourage members' success during this difficult time and the personal struggles we are all dealing with? Along with Sephanie Jackson and Emily Tomer of the convention committee I feel confident that we are



by Lisa Moen

(Continued on page 3)

AMTA UTAH CHAPTER

Board of Directors

| | |
|---------------------------------|----------------------------------|
| President | 801.450.5466 |
| Dave Hunter | healinghands4u@msn.com |
| 1st Vice President | 801.597.3019 |
| Eddie Sims | qualitytouch@gmail.com |
| 2nd Vice President | 801.864.7477 |
| Ron Findlay | nik_777@yahoo.com |
| 3rd Vice President | 801.870.8229 |
| Lisa Moen | bodyworkersetc@comcast.net |
| Treasurer | master_touch_massage@hotmail.com |
| Brenda Swadley | 801.879.0070 |
| Secretary | 801.298.4853 |
| Ellen Ketcham | ellenketcham@yahoo.com |
| Immediate Past President | 801.916.8752 |
| Roger Olbrot | mrolbrot@usa.net |

Committee Chairs

| | |
|------------------------------|------------------------------|
| Membership | 801.879.0069 |
| Kara Harvey | harvey353@msn.com |
| Member at Large | 801.879.0067 |
| Ivan Thompson | atmincijt@yahoo.com |
| Education | emilytomer@gmail.com |
| Emily Tomer | 801.879.0071 |
| Convention | |
| Finance | 801.864.7477 |
| Ron Findlay | nik_777@yahoo.com |
| Law & Legislation | 801.864.7477 |
| Ron Findlay | nik_777@yahoo.com |
| Sports | admin@secondwindbodywork.com |
| Camylle Katherman | 801.755.0702 |
| Website | 801.560.7370 |
| Kirk Jorgensen | kirk_jorgensen@yahoo.com |
| Newsletter | 801.560.7370 |
| Kirk Jorgensen | kirk_jorgensen@yahoo.com |

Delegates

2009

Brenda Swadley 801.879.0070
master_touch_massage@hotmail.com

Eddie Sims (alternate) 801.597.3019
qualitytouch@gmail.com

2010

Carolyn Redington 801.661.7602
bodybasics2@msn.com

Ivan Thompson 801.879.0067
atmincijt@yahoo.com

Eddie Sims (alternate) 801.597.3019
qualitytouch@gmail.com

AMTA Mission Statement

The mission of the Utah Chapter of the American Massage Therapy Association is to help develop the art and science of massage therapy as a visible means of treatment and preventive medicine; and to practice the profession of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah.

AMTA Goals

- To raise public recognition of massage therapy as a health care profession and its benefits
- To substantiate massage therapy as a means of regaining and maintaining good health
- To exhibit high standards in providing massage therapy to the public
- To be reputable healthcare providers in our communities
- To maximize access of quality massage therapy for all individuals
- To strengthen the professional maturation and personal growth of our members
- To be a collective wealth of information in the field of massage therapy and to share our knowledge with fellow therapists and the public (e.g. Licensing, educational requirements, legislation, etc.)
- To befriend massage therapy students and fellow massage therapists
- To promote membership growth and continue the organization's efficacy, visibility and viability. In our quest, the Utah Chapter of the American Massage Therapy Association will be guided by the standards of care and accountability.

AMTA Code of Ethics

This Code of Ethics is a summary statement of the standards by which massage therapists agree to conduct their practices and is a declaration of the general principles of acceptable, ethical, professional behavior.

Massage therapists shall:

- Demonstrate commitment to provide the highest quality massage therapy/bodywork to those who seek their professional service.
- Acknowledge the inherent worth and individuality of each person by not discriminating or behaving in any prejudicial manner with clients and/or colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, limitations, and effectiveness by continued education and training.
- Acknowledge the confidential nature of the professional relationship with clients and respect each client's right to privacy.
- Conduct all business and professional activities within their scope of practice, the law of the land, and project a professional image.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Accept responsibility to do no harm to the physical, mental and emotional well-being of self, clients, and associates.

Hands in Motion is published quarterly by the American Massage Therapy Association, Utah Chapter, a non-profit, professional massage therapy association. This publication welcomes contributions from readers that are type-written or in electronic format with a legible signature, name, address, phone number and email address. Articles, letters, success stories, advertisements and other materials must be related to massage therapy to be of benefit to our reader/membership. Electronic formats such as .DOC, .RTF, .JPG, .GIF or other universally recognized formats are appreciated. Send submissions to:

AMTA Newsletter
c/o Kirk Jorgensen
1287 Milky Hollow Ln
West Jordan, UT 84084
kirk_jorgensen@yahoo.com

Deadlines for upcoming issues:

| | |
|----------------|-------------------|
| Spring 2010 | February 15, 2010 |
| Summer 2010 | May 17, 2010 |
| Fall 2010 | August 16, 2010 |
| Winter 2010-11 | November 15, 2010 |

Display Ad Rates (includes optional linked image* on our website)

| | | |
|--------------|-------|---------------------------------------|
| Full Page | \$205 | |
| Half Page | \$105 | *image supplied by advertiser |
| Quarter Page | \$55 | hypertext link supplied by advertiser |

Classified Ad Rates (text only)

| | |
|-------------|----------------------------------|
| Members: | 50 words: \$25 / 100 words: \$35 |
| Non-Members | 50 words: \$35 / 100 words: \$45 |

Or go to http://www.amtautah.org/?page_id=18

Convention2010

supporting this effort and I am sure you will see this in this years convention.

Stephanie has given the convention a facelift. James Waslaski, a national presenter, is teaching Orthopedic Massage, our first 3-day class. We are truly fortunate to have James teaching at our chapter convention. Syl Carson is back with a two-day class offering, "Chakra Therapy for Healing Practitioners", a fascinating look at Chakras and their relationship to healing. A new face on the scene is Taunya Robbins, teaching Tuina Acupressure. I'm having a difficult time myself trying to decide what to take. My good friend Janet Peacock is teaching Level I Reiki, we are so happy she could work this class

into her busy schedule, and Ivan Lach, a favorite instructor of many therapists, is going to help us with the intricacies of the Sacroiliac Joint.

As part of your Chapter Convention we are also holding the annual membership and business meeting at the end of the day Friday the 5th. There will be a surprise Keynote speaker that night. The Vendor Expo this year will be two hours each day, complete with lunch.

In planning this convention price was an important factor. We compared to other continuing education offerings. Consider these, AMTA Convention offers a Classroom environment, food, a Vendor Expo, networking with other therapists and live, personal interaction with a nationally certified instructor. Compare this with other venues

(Continued on page 14)

Building Your Marketing Train

by Kelly L. LeFevre

You should always make time to market and grow your practice. As a licensed massage therapist, I have learned that marketing comes more naturally when you have a well-planned system in place. That is why I developed the Marketing Train for Massage Therapists. Just like a regular train, there are three main components to your Marketing Train: The Engine, The Cars and The Caboose.

The Engine

The engine is the most essential and powerful component of any well-oiled train. The engine is fueled by activities that give your mas-

sage practice the power to move forward through some of the following strategies:

- Speaking engagements, workshops or teleclasses
- Forming strategic alliances
- Networking
- Using direct mail, such as sending out marketing letters or postcards
- Writing articles
- Doing radio interviews

(Continued on page 5)

Advertisement

Myotherapy College of Utah

Simply Great Bodywork

Approved by the
National Certification Board of Therapeutic Massage and
Bodywork (NCBTMB) as a continuing education provider.
Provider #450162-06

*Continuing Education courses
Available during the Winter 2010 Term*

**Thai Massage I & II
Aromatherapy
Principles of Ayurveda I
Crystal and Stone Awareness
Deep Tissue
Jin Shin Do I**

If you are interested in taking any of these courses, please
call **Janet at (801) 484-7624**
or email her at info@myotherapycollege.com

Myotherapy College of Utah is accredited by the
Accrediting Commission of Career Schools and Colleges of Technology
(ACCSC)

Vendor Expo at Convention 2010

Daily During Lunch

The AMTA Vendors Expo at our yearly convention promises to be a great place to enhance your practice, network, and recharge your battery. Stop by and learn about the wonderful benefits of essential oils in your practice. Marty Hager LMT of DoTerra Essential Oils will be sharing her knowledge of using essential oils to create a soothing and healing revenue stream for your practice. A must see for sure! In addition you will find vendors for table/bolster covers, office décor and more.

Want to do some networking? Our vendor expo will feature some great networking opportunities. Meet local Chiropractors, Health Coaches, Business Coaches, Complementary Modalities and so much more. This is a great place to meet other businesses who can send clients your way.

Need to recharge? Stop by and have a massage or better yet have an ionic foot spa detox with Susi's Health and Wellness. Her sessions are a wonderful way to pamper yourself! Enjoy your detox, feel tingly and energized then follow it up with Susi's signature reflexology and leg massage. It's a great treat!

This years vendor expo should prove to be a great place to enhance your practice and care for you!

See you there!!

AMTA Utah Chapter
Candidate Application and Resume

PLEASE PRINT in dark ink or type your responses. You may use additional paper on your resume to answer questions. PLEASE ATTACH A COPY OF YOUR RESUME TO THIS FORM – Or send it with this form.

I AM SEEKING THE FOLLOWING POSITION:

- President (2-year Term) 2nd Vice President (2-year Term)
 Treasurer (1-year Term, until 2011, then 2-year terms) Secretary (2-year Term)

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Fax _____ Email _____

Employer _____ Address _____

of years practicing massage therapy _____ # of years as AMTA member _____

Massage school attended _____

Address of massage school _____

Number of hours completed for graduation _____ Graduation Date _____

Massage License # _____

Other Education _____

List AMTA Chapter or National office held and/or committee work (include dates)

Statement of intent (list community of professional experience that will enhance your ability to serve – strengths and qualifications that you would bring to this position and how you see yourself contributing.

Are you able to commit to the entire term of the office you are seeking? yes no

Are you willing and able to commit the time needed to get the job done? yes no

Your signature below indicates that if you are elected for this office, you are able and agree to serve for the prescribed term of office, that the information provided here is accurate and that permission is granted for the verification of that information.

Signature _____ Date _____

Return this form to:
no later than
JAN 5, 2010
Carolyn Redington
P.O. Box 475
Garden City UT 84028
bodybasics2@msn.com
801.661.7602

Download this form at
<http://www.amtautah.org/files/ElectionApplication2010.pdf>

TO ENSURE THAT ALL CANDIDATES MEET QUALIFICATIONS FOR A CHAPTER POSITION,
NO NOMINATIONS WILL BE TAKEN FROM THE FLOOR AND ONLY APPLICATIONS RECEIVED
PRIOR TO THE DEADLINE WILL BE ON THE BALLOT.

2010 Elections

by Carolyn Redington
Chair, Commission on Candidacy



Time again for chapter Elections

At the Utah Chapter State Convention membership meeting February 5, 2010, elections will be held for the following positions:

1. **Utah Chapter President** - Job description includes serving all committees and working with the board as a leader and presides over and sets the agenda for all Chapter Board Meetings. As a planner, decides what topics make it to the meeting agenda, sets the initiatives and monitors progress of all committees and projects. This position is responsible for setting the direction and pace of the Chapter's activities that have been determined by the Utah Membership and Board of Directors. [2-year term]
2. **Second Vice President** - Oversees Chapter Committees as directed by the President. This includes supervision of Membership Committee and Law and Legislation. [2-year term]
3. **Secretary** - Records minutes of all Chapter Board Meetings and Utah Chapter State Convention and forwards to AMTA National Office. Post minutes two weeks before the next Chapter Board Meeting and coordinates with the President to post the agenda for next Chapter Board Meeting. Reports all election results to the AMTA National Office. [2-year term]
4. **Treasurer** - This position serves as the financial coordinator for the Chapter ensuring the integrity of the fiscal affairs of the Chapter through maintenance of accurate financial records of the Chapter. Conducts day-to-day financial affairs of the Chapter under the direction of the Board of Directors. [1-year term, 2-year term in 2011 and thereafter in odd years]

All positions require the person to be an active professional member of the chapter and attend the State Convention. Candidates must complete the application for candidates (opposite page also available on the AMTA Utah website), attach a resume and also agree to sign the Chapter Volunteer Code of Conduct which can be found on the AMTA Utah Chapter website and AMTA National website. Please include a short paragraph of your intent and your ability to serve the Chapter.

Deadline for applications is January 5, 2010 and must be postmarked with this date to be accepted and included on the ballot. A list of candidates will be posted on the Website prior to the elections February 5, 2010.

All **Professional Active** members are eligible to vote in this election. All members are encouraged to attend.

Eligibility Requirements

President / Vice President

In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet one or more of the following requirements:

- Completed one term year as a Chapter Board member within the last three years.
- Completed one term year as a Chapter committee chair or member, within the last two years.
- Completed one term year as a National Standing Committee Chair or National Board member within the last two years.

Secretary

In addition to being a Professional member in good standing and signing the Chapter Volunteer Code of Conduct, she/he must meet the following requirement:

- Completed one year of AMTA membership.

Treasurer

Same as for Pres/Vice Pres, plus

- Completed one year of AMTA membership and have experience in bookkeeping, accounting or finance.

Visit our website and go to CONVENTION INFORMATION for more details.

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Many massage therapists try to do too many things to market their practice and never go "deep" enough for any of them to be really effective. Think about your current marketing activities and pick up to three strategies. Do them consistently, do them well and allow them to fuel your business.

If you are still building your practice, I recommend spending 60 to 90 percent of your time on the engine. The number of new clients you get is relative to how much activity you are generating through the engine, just like the speed of a train is determined by the power of the engine.

The Cars

The cars on your Marketing Train represent passive marketing strategies. This includes designing a logo, building a website and creating brochures and business cards. No rail car would go anywhere without an engine car pulling them forward. The same is true with pas-

sive marketing strategies. While these items are a necessity for professional practices, they don't bring business on their own. You have to incorporate them into your active marketing strategies to make them work.

The Caboose

At the end of your Marketing Train is the caboose. These are activities that keep your passengers (clients) on board. Also known as "keep-in-touch" strategies, or relationship marketing, caboose activities include sending quarterly newsletter and using a contact management system to make phone calls.

The electronic newsletter is most effective. Many times, people need to hear from you multiple times before they buy your services. A newsletter keeps you in front of prospects and existing customers without being intrusive. Your goal should be to funnel as many people as possible to your newsletter list. When developing content for

(Continued on page 15)

AMTA Utah Chapter Convention 2010

February 5-7, 2010
Salt Lake Airport Hilton
5151 Wiley Post Way, Salt Lake City, UT 84116



Embrace the Journey that Unites Us !

| | Track A | Track B | Track C | |
|-------------------|---|--|--|---|
| Friday Feb 5 | Orthopedic Massage James Waslaski 21 hrs. NCBTMB (see pg. 8) | Chakras Syl Carson 12 hrs. NCBTMB (see pg. 9) | Tuina Taunya Robbins 12 hrs. (see pg. 11) | Reiki Level I* Janet Peacock 8 hrs NCBTMB (see pg. 12) |
| Saturday Feb 6 | | | | |
| Sunday Feb 7 | | | Sacroiliac Joint Ivan Lach 6 hrs. NCBTMB (see pg. 10) | Sacroiliac Joint Ivan Lach 6 hrs. NCBTMB (see pg. 10) |

*** JANET'S REIKI CLASS WILL BE HELD ON FRIDAY FEBRUARY 5. IT'S 8 HRS. NCBTMB.**

Schedule

| | Friday | Saturday | Sunday |
|---------------|--|----------------------------------|----------------------------------|
| 7:30 to 8:15 | Registration | NO REGISTRATION! | Registration |
| 8:30 to 11:30 | Class | Class | Class |
| 11:30 to 2:30 | Lunch, Vendor Expo | Lunch, Vendor Expo | Lunch, Vendor Expo |
| 2:30 to 5:30 | Class | Class | Class |
| 6:30 p.m. | Keynote Speaker (Janet's class goes until 6:30) | (James class will go until 6:30) | (James class will go until 6:30) |
| 7 to 9 p.m. | Business Meeting | | |

Online Registration, click this link => http://www.amtautah.org/?page_id=1079

Convention 2010 - February 5-7, 2010 - Registration Form

Salt Lake City Airport Hilton
5151 Wiley Post Way, Salt Lake City, UT 84116

ONLINE REGISTRATION CLICK => http://www.amtautah.org/?page_id=1079

AMTA Membership # _____

Best phone #, indicate type _____

Name _____

I have included payment by

Address _____

check made payable to AMTA-UT (# _____)

money order made payable to AMTA-UT

City, State, Zip _____

NO CREDIT OPTION THIS YEAR FOR MAIL-IN REGISTRATIONS, SORRY.

Email _____

_____ \$300 FULL REGISTRATION Track: (circle one) A B C

A la Carte Registration:

_____ \$200 Chakras by Syl Carson (TWO DAY - Friday & Saturday only)

_____ \$200 Tuina by Taunya Robbins (TWO DAY - Friday & Saturday only)

_____ \$100 Sacroiliac Joint by Ivan Lach (ONE DAY - Sunday only)

_____ \$100 Reiki I by Janet Peacock (ONE DAY - Friday only)

- _____ Coupon

+ \$35 non-AMTA registration fee

- \$25 Student *Member* discount

ONLINE REGISTRATION

http://www.amtautah.org/?page_id=1079

_____ TOTAL DUE

Please plan on attending the keynote speaker and business meeting dinner on Friday. We will be serving hors d'oeuvres and having an inspiring evening. Registration includes hot lunches for the days a participant registers (Friday and Saturday only). Please indicate if you will be joining us for lunch by writing in "YES" or "NO": (no meals available to those registering after January 31, 2010)

_____ FRIDAY— Fajitas: Prepared with assorted fresh ingredients that include onions, green & yellow peppers, cilantro and lime. Served with warm flour tortillas, salsa fresca, shredded cheeses and sour cream. Your choice of chicken, beef or vegetable.

_____ SATURDAY— Wok: Made to order stir fry with black bean garlic sauce, Korean chili lime sauce, Schezuan sauce and sesame orange sauce, peppers, onions, bean sprouts, cabbage, mushrooms and scallions. Your choice of chicken, shrimp or beef.

Register online or send this form to Convention Registrar:

Brenda Swadley

5646 West 11270 North

Highland, UT 84003

PLEASE NOTE: IT IS YOUR RESPONSIBILITY TO CONFIRM YOUR REGISTRATION.

Please direct all questions to

Lisa Moen at bodyworkersetc@comcast.net or

801-879-0071 for questions by phone.

Continuing Education Certificate

CAN BE USED ONE OF FOUR WAYS:

\$75

OR

\$50

OR

\$25

OR

\$25

toward full, 3-day
convention registration

toward 2-day
convention registration

toward 1-day
convention registration

toward any
2010 AMTA class

Not redeemable for cash. One certificate per AMTA member. Expires December 31, 2010. No exceptions.

Utah Convention 2010

Orthopedic Massage:

A multidisciplinary Approach to Address Soft-Tissue Dysfunction, Pain and Injuries

Weekend Seminars (3 Days):

Lower Body: addresses pelvic stabilization and lower extremity injuries. The conditions covered include low back pain, sciatica, SI joint dysfunction, scar tissue, plantar fasciitis, Achilles tendinosis, anterior compartment syndrome, medial shin splints, lateral shin splints, ankle sprains, stress fractures, hamstring strains, iliotibial band friction syndrome, patellar tendinosis, chondromalacia and meniscus tears.

Upper Body: addresses pelvic stabilization and upper extremity injuries. The conditions covered include low back pain, sciatica, SI joint dysfunction, scar tissue, frozen shoulder, thoracic outlet, rotator cuff injuries, bursitis, bicipital tendinosis, cervical pain, whiplash injuries, compressed discs, rhomboid pain, mid and upper back pain, medial and lateral epicondylitis, carpal tunnel syndrome and arthritis.

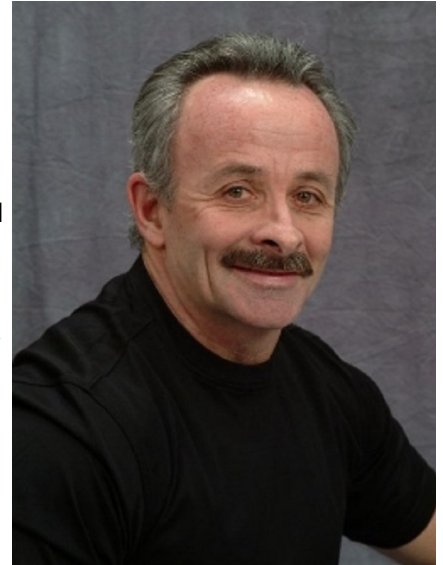
Go To Online Registration

http://www.amtautah.org/?page_id=1079

THIS CLASS FRIDAY & SATURDAY
FEB 5,6

James Waslaski

James Waslaski, worked 20 years as a paramedic, and in a trauma center, while teaching emergency medical courses. He studied pre-med in college prior to his massage training in Florida. James served as Professional Relations Chair for Florida and received the 1998 FSMTA outstanding state service award. He also served as AMTA Sports Massage Education Council Chair from 1993-1997 receiving the AMTA National Officer Award. James was the 1999 recipient of the FSMTA International Achievement Award.



As a self published author and international lecturer he has pioneered deep pain free orthopedic massage, pain management, sports injury, and sports enhancement treatments. His unique structural and multidisciplinary bodywork approach has been taught throughout the United States, Ireland, London, Scotland, Canada, Costa Rica, Puerto Rico, Greece, Australia, and the Caribbean. His seminars are now being requested in New Zealand, South Africa, Amsterdam, Holland, Italy, Egypt, Russia, and Dubai.

James has presented at state, national and international massage conventions, as well as chiropractic conventions, osteopathic conventions, the College of Sports Medicine, the University of South Wales, the Olympic training center in Australia, and the osteopathic and manipulative massage therapy convention in London. His audience consists of Massage Therapists, Physical Therapists, Occupational Therapists, Athletic Trainers, Osteopaths, Chiropractors, Nurses, and Physicians.

He has worked with collegiate, professional and Olympic athletes, including the 1996 Olympic Games and the New York Yankees. He has published articles, books, manuals, and a series of DVDs on sports injuries, chronic pain, and complicated orthopedic conditions. James has also produced a motivational audio series, highlighting success strategies of leaders in the wellness industry to help guide massage therapists to their true spiritual blueprint for success. James has been working with a major publishing company to publish Advanced Clinical Massage Therapy-A Structural Approach to Pain Management with hopes to bridge the gap between all health care providers throughout the world.

James was inducted in 2008 into The Massage Hall of Fame

Utah Convention 2010

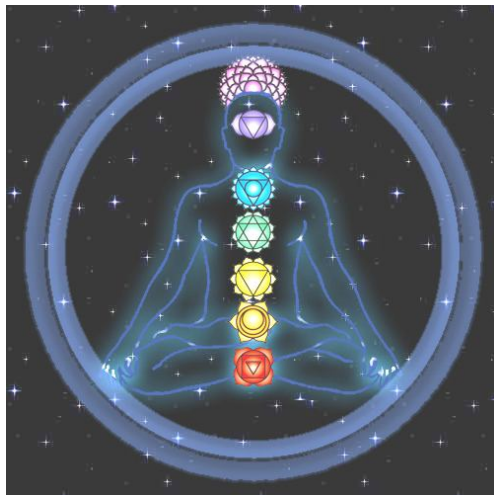
Chakra Therapy for Healing Practitioners...

Presented by Syl Carson Founding Director, Bodhi Yoga Center L.L.C

Bodhi Yoga™ Chakra Therapy Training. Participating in this program for healers empowers you to make your sessions more profoundly healing and beneficial for your clientele by demystifying the Chakras.

Understanding Chakra Therapy Applications for Bodyworker

- What the Chakras really are, and how they apply to therapeutic bodywork:
- Meet Kundalini Shakti and Shiva Healing:
- Bio-development of the Human Energy System:
- How the Spirals move, the Liberating and Manifesting Currents of the Chakras:
- Light, Color and Gemstone therapy for the Chakras



Chakra Therapy for Bodyworkers

As we move further into the new millennium, the chakras have begun to work as essentially one undulating stream of Mind/Body intelligence. Each Chakra center is both a foundation for the next and a vital piece in a system of fully integrated wholeness. The aim of this training is to move into a comprehensive understanding of where these spirals meet one another, how they converse within your client; as well as the way you relate to your clientele as a healer.

When you know the axis point of disharmony in the body/mind, you can effect the greatest amount of change with the least effort. Dr. David Hawkins refers to this as "The Critical Point" of analysis—a widely accepted principle in physical science. The clearer we see, interpret and understand the chakra system and its therapeutic application, the greater our ability as healers, to facilitate healing.

Right now our world culture is moving into a higher level of consciousness, where body and mind are beginning to work together in new ways. As a result of this "Awakening", we are finding new and creative ways we are able to "do" more with less effort. The role of the chakra system in this movement is monumental. This training will facilitate a masterful understanding of a chakra system that is awakened to serving the higher purposes of our new millennium, and the way the body and mind connect in our time.

We are constructed to function as "Vibrant Human Beings", to live our best life, to effect the greatest amount of change across our world, and to come into creative conversation with our limitless potential...and to entrain all who come to us for healing with this same empowerment.

Used by
permission

Go To Online Registration

http://www.amtautah.org/?page_id=1079

THIS CLASS FRIDAY & SATURDAY
FEB 5,6

Syl Carson, LMT Founding Director Bodhi Yoga Center

In 2000 Syl obtained her Certification as a Yoga Instructor from the White Lotus Foundation, Santa Barbara, CA (a nondogmatic foundation that certifies from a therapeutic Hatha yoga approach) from Ganga White & Tracey Rich.

Ganga is often referred to as "The Architect of American Yoga". He opened the first yoga center in the United States in 1967. He conducted the first Yoga Teacher Training in the U.S in 1968. Ganga holds the honored title of "Yogiraj (meaning King of Yogis)". Ganga taught Syl the importance of blending the best of many yoga modalities into an inspired, pragmatic practice, which requires skill and mastery as opposed to training and routine. This is the central philosophy Syl passes on to her students that are awarded Certification as Bodhi Yoga™ Teacher.

Following her certification with Ganga, Syl founded the parent company of Bodhi Yoga™, White Mountain Yoga, located in Provo, Utah. Her Center for Bodhi Yoga™ is cradled at the base of the 9000-foot Mount Timpanogos in the heart of the Wasatch Mountain range where Syl was born.

In 2002 she was awarded certification as an Advanced Master Thai Yoga Therapist from Saul David Raye. Syl has received training in seven separate yoga modalities including: Ashtanga, Hatha, Kundalini, Iyengar, Restorative, Chakra Yoga and "Nuad Bo Rarn" Traditional Northern Thai Yoga Therapy.

She uses her understanding of the subtle nuances of mind/body interplay as she leads Bodhi Yoga™ classes with compassion, and humor.

Syl has released two Yoga workbooks, Five Yoga DVDs and Six CDs, and the brand new WMY Home Study DVD Program through White Mountain Multi-Media L.L.C. In 2004 she partnered with best selling author Carol Tuttle in the 20 hour DVD Series: "Becoming a Vibrant Human Being".

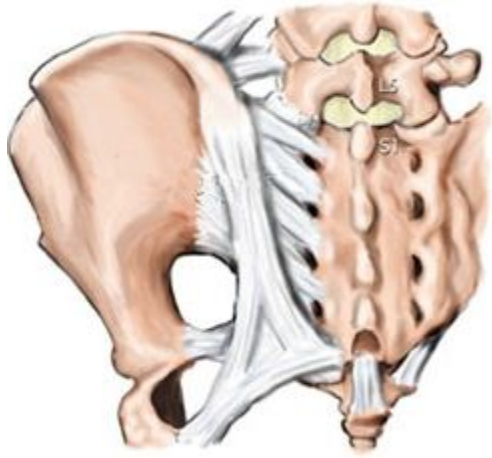
Syl has also been a regular guest on the KJZZ TV morning program called "The Home Team", on the local Utah channel 14. During her appearances with host Maria Carr, Syl shares a Yoga moment, with information on the benefits of the practice.

Syl has dedicated her life's work to her son Tom, who with his coming restored her sight.



Utah Convention 2010

Sacroiliac Joint



Objectives:

Participants will learn:

- To describe the anatomy and biomechanics of the pelvic joint complex.
- To describe the biomechanical and functional integration of the pelvis and lumbar spine.
- To identify function and dysfunction of the SI, pubis symphysis, and lumbar spine.
- To perform a skilled, thorough pelvic joint evaluation.
- To be able to treat common and complex unilateral and bilateral dysfunction of the SI, pubis symphysis and lumbar spine.
- Understand how the hip participates in SI joint dysfunction.
- Will have hands-on skills to effectively treat SI joint.

Outline:

1. the most common pattern of lumbo-pelvic joint dysfunction
2. SI joint evaluation and demonstration
3. SI joint examination – movement
4. SI joint examination – orthopedic tests
5. SI joint Manual Corrective Techniques
6. SI joint movement therapy

Ivan Lach

Ivan studied sport science, anatomy and kinesiology with emphasis in physiotherapy at the University of Palacky in Czechoslovakia. He is currently in private practice in Salt Lake City, Utah, where he specializes in neuromuscular and orthopedic related problems as well as assessment and treatment of soft tissue injury and dysfunction.

“I have taught many workshops on local and national level specializing in neuromuscular and orthopedic massage. My focus is devoted to the treatment of and ongoing clinical research of soft tissue pain and biomechanical dysfunctions.”

Go To Online Registration

http://www.amtautah.org/?page_id=1079

THIS CLASS SUNDAY, FEB 7

Utah Convention 2010

Tuina Acupressure

Tuina is an ancient Chinese medical massage technique that uses the basic theory of traditional Chinese medicine. Tuina means, "push-pull". In Tuina we are pushing in good Qi (vital energy) and pulling out bad Qi

Tuina includes various specific massage techniques and pushing specific sets of acupressure points on the body to open up meridian pathways and increase energy flow or Qi, increase blood circulation, reduce slight displacement of joints, heal soft tissue injuries, adjust function of internal organs, as well as adjusting nerve regulation, joint mobility, cellular tissue flushing, and proving pain relief.



Each student will learn:

- The History of Tuina
- The benefits, effects and contraindications of Tuina
- Approaches to therapeutic problems
- Techniques and applications of Tuina in adults and children

Tuina is a simple yet very powerful and effective Chinese modality. It is easy to learn and practice and can very simply and effectively be added into any massage, enhancing the healing and comfort level for a client in specific areas of concern. It is a combination of pressure points and massage manipulations that really work to accelerate healing and relieve inflammation and pain. Each recipe can be done anywhere from ten minutes to thirty minutes and works well on all age groups. I have personally used it and had rapid, positive results on asthma, post viral coughing, pneumonia, headaches, knee pain, shoulder pain, acute, chronic and post operative. I have had excellent results with people finally getting better from a lingering illness by using the Energy Tuina recipe. I have used Low Back and Sciatica Tuina for years to assist people with healing and mobility in their low backs, some of them curled up in one position, unable to move and after the treatment they were able to get up and walk. I have used Stomach Tuina for viruses, indigestion and chronic stomach aches, Kidney Bladder Tuina for acute and chronic cystitis and even relieved menstrual cramps with the Dysmenorrhea Tuina recipe. I have had amazing results in people as old as 90 and as young as three months.

Testimonials from some of my students include:

"I love Tuina, I use it all of the time, particularly on my own family when it's late at night or in the middle of the night and they have a complaint. I can work on them using a Tuina recipe, be done in ten to fifteen minutes, we all go to bed and feel better in the morning. I also Tuina on extended family members who want me to work on them at a family get together because I can give an effective treatment in a short amount of time." –Sandra Johnson

"I use Tuina a lot of the time because I can incorporate it easily into a massage or any other modality. Tuina is very effective at relieving my client's pain and discomfort for longer periods of time than just a regular massage can." –Shauna Twitchell

Taunya Robbins

Taunya Robbins has lived in South Jordan, UT for seventeen years. Taunya has five children, two boys and three girls and have added three more by them marrying my children. I have six grandchildren, three boys and three girls.



She is Wife, Mother, Homemaker, Licensed Massage Therapist, Certified Childbirth Educator, Certified PUSH Therapist, Instructor at Renaissance School of Therapeutic Massage, Certified in Spinal Touch, CranioSacral therapy, Precision Muscle Balancing, EFT therapy, NLP therapy, and Student of herbs, homeopathics, essential oils, iridology, generational healing, the gospel of Jesus Christ and any other fascinating thing I can take a class about.

Hobbies and interests include: Taking classes and learning more about as much as possible, the above mentioned topics as well as how to be a better wife, mom and grandmother. I also enjoy sewing, music, art, nature, biking, exercise, health, wellness, nutrition, enjoying my husband, children and grandchildren, helping others and striving every day to become more Christ like.

Her experiences in Therapeutic Massage and in Complimentary Medicine include: Owning and operating my own business, "A Touch of Peace Licensed Therapeutic Massage" for the past ten years. Teaching Massage Therapy modalities, particularly Tuina, at Renaissance School of Therapeutic Massage for the past seven years. Teaching Natural Family Centered Childbirth Classes for 25 years. Attended, coached and acted as labor support doula to many births. Giving birth naturally to five children at free standing birth centers and at home. Studied and practiced nutrition and its effects for the past 30 years. Studied and used Homeopathic medicine for the past 26 years. Studied and used Herbs for the past 15 years. Studied and used Essential oils for the past six years. Being a mother for 30 years; this is where I have learned the most.

"Being alive and finding answers to my own health issues: Specifically: Hormone imbalance, Allergies, Depression, Metal Toxicity, Auto-Immune Disorders, Restoring a weakened immune system, Candida/Yeast infection and Nutritional deficiencies. I've been a great guinea pig."

Utah Convention 2010

REIKI LEVEL I

Reiki (pronounced ray-key) is a Japanese word representing universal life energy, the energy that is all around us. It is derived from rei, meaning universal or "transcendental spirit" and ki, meaning "vital life force energy" or "universal life energy".



One of the greatest Reiki healing health benefits is **stress reduction and relaxation**, which triggers the bodies natural healing abilities, and improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and well being to the recipient.

When the flow of the "Life Force Energy" is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives. These can stem from emotional or physical trauma, injury, and negative thoughts and feelings. Some sources are: fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others. Reiki is excellent for healing any physical, mental, emotional and spiritual issues.

Health Benefits of Reiki:

- Creates deep relaxation and aids the body to release stress and tension,
- Accelerates the body's self-healing abilities.
- Assists in more restful sleep
- Can help reduce blood pressure
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and supports the breaking of addictions,
- Helps relieve pain
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony.
- Assists the body in cleaning itself from toxins,
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy,
- Supports the immune system.
- Increases vitality and assists in slowing the aging process.
- Raises the vibration frequency of the body,
- Helps spiritual growth and emotional clearing

Reiki is a Japanese form of healing. It incorporates elements of other alternative healing practices such as spiritual healing, auras, chakra balancing, and meditation. Reiki involves the transfer of energy from practitioner to client in order to enhance the body's natural ability to heal itself through the balancing of energy. Reiki utilizes specific techniques for restoring and balancing the natural life force energy within the body. It is a holistic, natural, hands-on energy healing system that touches on all levels: body, mind, and spirit.

Janet

Peacock, LMT

Janet graduated from Myotherapy College of Utah in May 2000. She opened her private practice immediately



following graduation and worked for the college as a supervisor for off campus events. Janet also received her Reiki Master training in August 2001 and began practicing and teaching Reiki during this time.

In October 2001 she became the Director of Admissions for Myotherapy College, as well as continuing in private practice. In December 2003 she opened Essentials Skin Care and Bodywork Retreat. In 2005 after a wrist surgery Janet worked for Silverado Hospice and worked with patients and their families with end of life care. During this time of learning and self-reflection, it became clear to her that she needed to return to the massage industry. She returned to Myotherapy College in September 2007 as Director of Admissions and as an instructor for Practice Building II, Reiki, and Thai Massage. With a renewed sense of passion she immersed herself in Reiki and Thai Massage, specializing in these modalities in her practice. She has trained with 3 instructors in the traditional Thai protocol, each bringing a unique perspective to the work.

In addition to teaching for Myotherapy College, she teaches privately as well as for the University of Utah Life Long Learning, and Northwest School of Massage in Tacoma, WA.

Janet Peacock, LMT
1104 E. Ashton Ave. Suite 211
Salt Lake City, UT 84106
(801) 231-4271
peacoc1576@msn.com

Go To Online Registration

http://www.amtautah.org/?page_id=1079

This class FRIDAY, FEB 5

Delegate Reports

National Convention 2009

2009 Delegate Report

by Edie Sims

This year I was a Utah Chapter Delegate with Brenda Swadley. This was my first year as delegate and I learned a lot. I never realized the work that goes into the process of the parliamentary procedure. National AMTA is very helpful. This year they sent an online toolbox helping delegates to be familiar with the processes and procedures and to better understand the importance of Chapter Delegates.

This year there were four Position Statements and two Recommendations

Position Statements

- It is the position of the American Massage Therapy Association (AMTA) that massage can aid in pain relief. Originated by Ann Blair Kennedy -Passed
- It is the position of the American Massage Therapy Association (AMTA) that massage may be effective in reducing lower back pain. Originated by Ann Blair Kennedy -Failed
- It is the position of the American Massage Therapy Association (AMTA) that massage can be effective in reducing anxiety. Originated by Ann Blair Kennedy-Failed
- It is the position of the American Massage Therapy Association (AMTA) that massage can improve the quality of life for those in Hospice and Palliative care. Originated by Lisa Curran Parenteau -Passed

The Recommendations

- The recommendation regarding the purpose of the President Council Submitted by the AMTA Indiana Chapter. - Failed
- The recommendation regarding the full time AMTA regional field representatives for students and schools. Author by Dorinda Springer -Passed

It was a pleasure to represent the Utah AMTA Chapter.



AMTA 2009 National Convention, Orlando, Florida – September 23-26, 2009

by Brenda Swadley

The 2009 National AMTA Convention, which was our 66th annual convention, was another informative and worthwhile event.

This year, we again had a one-day chapter leadership training with breakout sessions in the morning. I attended the training for chapter treasurers. This year we had a webinar training with our national financial contact, Ruth Cox. We had the opportunity to share ideas among the treasurers as well as address specific questions to Ruth.

I had the opportunity to represent the Utah chapter as a delegate at the 2009 convention. This year, the Utah chapter sponsored a member meeting in June to obtain input from our members pertaining to the position statements and recommendations that would be voted on at the House of Delegates meeting during the 2009 National AMTA Convention. Unfortunately, we did not have a good attendance by our members, however, we hope to have future opportunities to gain input from our members regarding the governing of our organization. While we welcome input from our members, we were instructed prior to voting at the House of Delegates to listen to the debate then vote our conscience. There may be information presented in the debate which will alter a previously held opinion.

Wednesday afternoon, we attended the orientation for House of Delegates, which greeted delegates with procedures on a mock recommendation and position statement exercise to familiarize the delegates with voting protocol. Thursday, we completed the work of the House of Delegates. The house passed two of the four position statements. Two of the failed position statements had grammar problems and one was lacking a strong position statement. The position statements which passed were:

- "It is the position of the American Massage Therapy Association (AMTA) that Massage Therapy can improve the quality of life for those in hospice and palliative care."
- "It is the position of the American Massage Therapy Association (AMTA) that massage can aid in pain relief."

The recommendation to the 2009 House of Delegates (HOD) regarding full-time AMTA regional field representatives for students and schools was passed by the HOD. Persuasive arguments by those in favor were that local volunteers aren't always available, dependable or good at public presentation. With specially trained representatives, there will be a more uniform presentation and more consistency.

The bylaw amendment recommendation to the HOD regarding the purpose of the presidents' council failed.

Thank you all for this opportunity to serve and to gain valuable insight and firsthand observation of the members having a voice in their organization.



Embrace the Journey that Unites Us!

(Continued from page 3)

such as the Internet, mail order classes, magazine articles, home study courses, etc. I asked Camylle Katherman, our Sports Chair, to write up our research and this is what she found.

"Quality Continuing Education Can Be Expensive

"When shopping for the best value I found that AMTA Utah Convention wins hands down. At *under* \$17 per credit hour Utah Convention is nearly half the price of most hands-on courses.

"I found several home study courses at \$13 per credit hour. One class was on essential oils but I found it was not NCBTMB certified. Another on Myofascial Release advertised \$11 per hour but required extra payment for books and materials which nearly doubled the price to \$22/hour. Purchasing home study courses only gets you a book and may not provide the required NCBTMB CEU's. You receive no hands-on instruction and no chance to get answers to specific questions from a certified instructor.

"If you value a classroom environment with hands-on instruction and supervised practice you will find yourself paying upwards of \$25 per credit hour. And that's just for the class, not books and other materials, travel, lodging, and food.

"When you use the coupon (on the registration form) for the 3-day class it's only \$12.50 per credit hour, **and** you get the classroom environment that adds value to your educational experience. Also your full registration includes class materials, 2 meals, a great tote bag, and hundreds of dollars worth of door prizes, and the option to participate in a great raffle. Complete with NCBTMB CEU Credit. For me this is the best value for my money.

"AMTA UTAH CONVENTION IS THE BEST CONTINUING EDUCATION VALUE" - Camylle Katherman

Points to Remember about Convention 2010

1. All members are welcome and encouraged to attend
2. The Convention is at the Salt Lake Airport Hilton Hotel
3. There will be a Vendor Expo during the lunch period every day
4. Lunch will be provided on Friday and Saturday - no charge, see the registration form for menu choices
5. No lunch will be provided on Sunday
6. The business meeting is Friday night after classes
7. The business meeting is the Utah Chapter's annual meeting.
8. Elections for officers of the Chapter and to approve the proposed budget will be held at the annual meeting .
9. Bring a colleague and have FUN!

AMTA Utah Chapter Proposed Budget

The Board of Directors met in November to review the previous year's calendar and budget. Presented here is the proposed budget for the 2010-11 fiscal year for the AMTA Utah Chapter. This budget is presented for approval by a vote of the membership at the annual convention February 5, 2010.

| UTAH CHAPTER AMTA | | |
|---------------------------------|--------------------|--------------------|
| 2010-2011 PROPOSED BUDGET | | |
| | PROJECTED | PROJECTED |
| | March 1, 2009 Thru | March 1, 2010 Thru |
| | February 28, 2010 | February 28, 2011 |
| PROJECTED INCOME | | |
| Member Dues | \$51,075.00 | \$43,414.00 |
| Benevolent Fund | \$1,000.00 | \$700.00 |
| Newsletter - Advertising | \$3,200.00 | \$400.00 |
| Education Workshops | \$8,475.00 | \$10,360.00 |
| Interest and Dividends | \$15.00 | \$0.00 |
| State Convention | \$13,515.00 | \$24,530.00 |
| Sports Team | \$650.00 | \$390.00 |
| Reserves | \$0.00 | \$15,915.00 |
| TOTAL PROJECTED INCOME | \$77,930.00 | \$95,709.00 |
| PROJECTED EXPENSES | | |
| Benevolent Fund | \$500.00 | \$700.00 |
| Education Workshops | \$6,320.00 | \$8,455.00 |
| Legislative Services | \$5,000.00 | \$6,950.00 |
| Newsletter | \$18,743.00 | \$11,700.00 |
| Telephone | \$2,460.00 | \$3,180.00 |
| National Convention | \$9,850.00 | \$12,750.00 |
| Membership | \$8,250.00 | \$8,000.00 |
| Website | \$1,643.40 | \$1,727.00 |
| Library | \$200.00 | \$200.00 |
| Supplies/Postage/Copies | \$500.00 | \$500.00 |
| Chamber of Commerce | \$375.00 | \$375.00 |
| Public Relations | \$0.00 | \$0.00 |
| Office Assistant | \$0.00 | \$4,680.00 |
| Awards | \$720.00 | \$800.00 |
| Sports Team | \$700.00 | \$200.00 |
| Misc. | \$500.00 | \$500.00 |
| State Convention | \$15,727.00 | \$28,872.00 |
| Expansion and Recruiting | \$500.00 | \$500.00 |
| Chapter Volunteer Orientation | \$2,640.00 | \$2,640.00 |
| Insurance Bond | \$570.00 | \$250.00 |
| AMTA Foundation Donation | \$790.00 | \$800.00 |
| BOD Planning Retreat | \$1,930.00 | \$1,930.00 |
| TOTAL PROJECTED EXPENSES | \$77,918.40 | \$95,709.00 |
| PROJECTED RESERVE | \$11.60 | \$0.00 |
| Assets: | | |
| Checking Account | | \$53,062.00 |
| Wells Fargo CD | | \$5,433.00 |
| Library | | \$2,000.00 |
| Laptop printer | | \$50.00 |
| Net Worth | | \$60,545.00 |

Welcome New Members

August

Brooke Southam
Jaclyn O'Delia Johnson
James Gieber
Tasha Davis
Nicole Simons
Katherine S Greenburg
Jessica Newman
Janica Nielsen
Casey Allen
Emily Stout
Bree Leach
Jill C Anderson
Alicia Cope

Renee Winkler
Ashley Miller
Julie Clark
JennaBree Tollestrup-
Brown
Christina Stafford
Whitney Burton
Chaliece A Masters
Samatha Davis
Sara L Gilchrist
Jessica Kershaw
Danielle Schulz
Ivan Lach
Shannon Harton
Eileen M Ferguson

Nicole Allred
Caroline Hanlin
Marissa Weaver
Kaylee Dewey
Rhonda Ferros

September

Maleta Lavery
Anelissa Freeman
Jarred Gough
Molly Sullivan
Jared R Clayton
Kyle Harvey

October

Brittany Frisk
Eric Bert Firkins
Nicole Steed
Christy A Foster
Jami Gifford
Kaley Tallman
Krystal Privett
Jere Robert Hoover
Trista Olsen
Lisa M Peters
Elizabeth Ann Biangone
Mabel Sellers
Sagan Wamsley

November

Alicia Bauman
Heidi Williams
Tamara Hudgins
Britt Whiting
Michelle Rodriguez
Karl Jennings
Emily Anderson
Jovonna Howard
Natalie J. Blomdahl

CLASSIFIED ADS : EDUCATIONAL EVENTS

Become a Certified Educator of Infant Massage through Infant Massage USA. Salt Lake City, Utah January 7-10, 2010 at Vitalize Community Studio. This organization represents the philosophy of Vimala McClure author of Infant Massage A Handbook For Loving Parents. Now training in 50 countries around the world. 56 CEUs given to massage therapists and nurses. 5.0 given to occupational therapists. To register contact DeAnna Elliott, 719-256-4455 or 719-588-0680 (cell) or deanna12@fairpoint.net

Advertisement

Connect ~ Move ~ Transform

Opening January, 2010 !

Vitalize Community Studio

Dedicated to offering accessible, peaceful space to support the sharing of talents and knowledge within our community of healers and transformers. 1200 square feet of newly remodeled studio space available for classes, community gatherings & lectures. Home to the new headquarters of Utah Prenatal Massage Association.

- Jan 3 Yoga Instructor Meet & Greet
- Jan 7-10 Infant Massage Educator Certification Course
- Jan 14 Infant Massage for Parents and Caregivers
- Jan 14 Empelvised, Embellied, Empowered
- Jan 25 Munay-Ki
- January 23 GRAND OPENING CELEBRATION!
- January 30 Essential Oils AromaTouch Technique
- Feb 6-7 Hands of Life - Awakening the Healer Within
- Mar 12-14 Prenatal & Postnatal Yoga Immersion & Teacher Training Certification

For a complete calendar of events, visit www.vitalizesugarhouse.com
Call: Angela Rhinehart, 801-661-1200 to reserve studio space; Karen Salas, 801-608-2273 for registration info.

2152 South Highland Drive * Salt Lake City

(Continued from page 5)

a newsletter, I follow the 80/20 rule with 80 percent focused on content and 20 percent promoting your massage therapy practice.



About Kelly L. LeFevre

Kelly L. LeFevre, LMT, MSM, is creator of Massage and Prosper™ and is committed to helping massage therapists across the country attract more clients, build their ideal practices and live a balanced life. Get your free

Massage and Prosper Success Kit at

www.MassageandProsperSuccessKit.com.

Advertisement

Hands of Life - Awakening the Healer Within with Julie Motz



"Healing is an ability that all humans share - not a special talent or gift. Anyone with enough curiosity and persistence can heal themselves and others. Healthy energy continually flows through our bodies in waves we know as emotions. Becoming aware of when we are in pure emotion and when we are locked in a defense or thrown into shock is the first step towards releasing the forces we need to keep ourselves moving forward expansively and creatively."

Introductory Lecture, Friday Feb 5, 7:00 PM \$20.00

Hands of Life Workshop
Saturday-Sunday, Feb. 6th & 7th
10:00 AM—5:00 PM each day
Course fee: \$150

Vitalize Community Studio
2152 S. Highland Dr. * Salt Lake City

Julie Motz is a renowned healer, teacher, and author of "Hands of Life". She has been doing healing, teaching and writing about energy fields and alternative medicine for twenty-three years. She has lectured at hospitals and universities across the nation and has been featured on 20/20, Discovery, and CNN. This will be her first visit to Salt Lake City.

This course is for anyone who assists others in transformation or for those on a journey of self-healing. For more information visit www.juliemotz.com or contact Julie at: jamtoday@juliemotz.com or 415-256-2528. To register call Karen Salas 801-608-2273

Useful Links

Next AMTA UT Board Meeting

<http://www.amtautah.org/?p=791>

Election Information - Job Descriptions (links require login name and password for members only)

[AMTA NATIONAL WEBSITE]

President <http://www.amtamassage.org/member/chapters/jobdesc-chappres.html>
Vice President <http://www.amtamassage.org/member/chapters/jobdesc-chapvp.html>
Treasurer <http://www.amtamassage.org/member/chapters/jobdesc-chaptreas.html>
Secretary <http://www.amtamassage.org/member/chapters/jobdesc-chapsec.html>

Code of Conduct http://www.amtamassage.org/member/pdf/Chapter_Volunteer_Code_of_Conduct.pdf

Election Application Form (page 4 of this newsletter)

[AMTA UTAH CHAPTER WEBSITE]

<http://www.amtautah.org/files/ElectionApplication2010.pdf>

Convention Schedule (page 6 of this newsletter)

[AMTA UTAH CHAPTER WEBSITE]

<http://www.amtautah.org/files/Convention2010Schedule.pdf>

Convention 2010 Registration Form (page 7 of this newsletter)

[AMTA UTAH CHAPTER WEBSITE]

<http://www.amtautah.org/files/Convention2010Registration.pdf>



Calendar

http://www.amtautah.org/?page_id=15

December 2009

16 Board of Director's Meeting

January 2010

5 Election Application Deadline

13 Candidates Posted Online

15 Convention Planning Mtg.

16 Sports-Ogden Stair Stampede

19 Utah Massage Board Meeting

20 Board of Director's Meeting

February 2010

5-7 UT Chapter Convention

12 Convention Planning Mtg.

15 Newsletter submittal deadline

16 Board of Director's Meeting

19 Massage @ State Senate

26 Massage @ State House of Representatives

March 2010

5 Convention Planning Mtg.

6 National Board Meeting

10 Board of Director's Meeting

12-13 Thai Massage (Table)

April 2010

9 Convention Planning Mtg.

14 Board of Director's Meeting

17 Sports @ Salt Lake Marathon

May 2010

1 Sports @ St. George Ironman

7 Convention Planning Meeting

12 Board of Director's Meeting

14-15 Scar Tissue Release

17 Newsletter submittal deadline

June 2010

2 Convention Planning Meeting

9 Board of Director's Meeting

12 Membership Meet Delegates

12 Sports @ Desert Sharks Tri

23 Free Class - Tai Chi

July 2010

9-12 National Chapter Volunteer

Orientation Program

10 Sports @ Cache Valley Tri

20 Board of Director's Meeting

August 2010

6 Convention Planning Mtg.

7 Membership Celebration

11 Board of Director's Meeting

16 Newsletter submittal deadline

27,28 Rossiter Method Class

28 Sports @ Bear Lake Tri

September 2010

6 Convention Planning Mtg.

8 Board of Director's Meeting

20,21 National Board Meeting

22-25 National Convention

October 2010

2 Sports @ St. George Marathon

8 Convention Planning Mtg.

9 Free Class - Acupuncture

13 Board of Director's Meeting

Useful Links

AMTA Locator Service

<http://www.amtamassage.org/findamassage/locator.aspx>

AMTA National Massage Therapy Week Reaches Millions

<http://www.amtamassage.org/news/09NMTAWPressRelease.html>

AMTA Massage Information Center- Refreshed with a new look!

<http://www.amtamassage.org/infocenter/index.html>

“Don’t Wait Out Recession” (article in Massage Magazine)

<http://www.massagemag.com/News/massage-news.php?id=8101>

“Combat Massage Business Lethargy” (article in Massage Magazine)

<http://www.massagemag.com/News/massage-news.php?id=7752>

“Doing a proper intake helps massage therapists better understand what clients need and expect from massage. “ (article in Massage Therapy Journal)

http://www.amtamassage.org/journal/summer09_journal/summer09_art3-1.html

“Reflections: [keeping your spirits up by eliminating negative self-talk]” (article in Massage Therapy Journal)

http://www.amtamassage.org/journal/winter08_journal/winter08_art6-1.html

American Dietetic Association

<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html>

2010 Dietary Guidelines for Americans (USDA Food Pyramid Website)

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

FitDay - Free online weight loss journal

<http://www.fitday.com/>

NCBTMB (National Certification Board Therapeutic Massage & Bodywork) Website

Code of Ethics

http://www.ncbtmb.org/about_code_of_ethics.php

Standards of Practice

http://www.ncbtmb.org/about_standards_of_practice.php

Utah Department of Professional Licensing (DOPL)

<http://www.dopl.utah.gov/>

Verify a License

<https://secure.utah.gov/llv/llv>

Massage Law

<http://www.dopl.utah.gov/laws/58-47b.pdf>

Massage Rules

<http://www.dopl.utah.gov/laws/R156-47b.pdf>

Code of Ethics

http://www.dopl.utah.gov/licensing/forms/Utah_MT_code_of_ethics_and_standards_of_practice.pdf