



hands in motion

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

president's message



The achievements of an organization are the results of the combined effort of each individual.

—Vince Lombardi

would like to thank those of you who took time out of your busy schedules to participate in your Chapter State Convention and the Annual Meeting.

Lynette did a great job planning and bringing everything together. For those of you who couldn't make it you definitely missed out. I can only speak for the Coldstone/Migrane and Face toning classes, SOOO AWESOME! Kelly is a fantastic teacher and she really knows her stuff. If you ever get a chance to take a class from her, do it. The CPR/First Aid class sounded like they were having a good time. We could periodically hear them shouting for help. Now that I think about it, it was a good thing it was only practice because I don't think anyone came to their rescue. Unfortunately we didn't get the opportunity to share the same building with the Chair Massage class but the reviews were very good. This year your Board of Directors are bringing you, the members, really great CE classes which I hope you take advantage of. I want everyone to know I am still here if you have any suggestions or concerns in regards to the chapter. I would really like to see more members get involved, even if it is to come to one class or show up to a board meeting.

Thank you for you,

Robyn Ryther

rryther@comcast.net

mission statement

The mission of the Utah Chapter of the American Massage Therapy Association is to advance the art and science of massage therapy as a visible means of treatment and preventative practice; and to foster the professional practice 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

education 2015

Hi, all! We've got some awesome classes scheduled for 2015 that we hope you will take advantage of. Remember, to keep your AMTA member status, you need to take 48 continuing education credits in four years—which comes out to 12 continuing education credit hours per year. Attending convention will gain you anywhere from 6 to 18 of those credit hours in just three days. Anyone who attended the 2015 Convention earned either 6 or 12 credit hours in just two days. That being said, and following our 2015 theme of Come Grow with AMTA-Utah Chapter, we are offering the following classes this year.

■ MARCH 12-14

Beginning Oncology Certification with Lauren Muser Cates. We are drastically lacking in certified Oncology Massage therapists in the state of Utah, and yet we have a good number of the best cancer treatment centers in the country. For anyone interested in becoming certified to give cancer massage, this is the perfect class. CE's: This is a 3-day, 8-hours a day, 24 credit hour NCBTMB certification class.

COST: Students \$288, AMTA Members \$288, Non-member \$480.

LOCATION: Residence Inn By Salt Lake City/Murray, 171 East 5300 South, Murray, Utah 84107. The hotel is giving us a \$50 discount per night for anyone who stays there. The cost for AMTA Members attending the class is \$119 per night.

■ SEPTEMBER 10-12

Side-Lying Pregnancy Massage with Kelly Lott. We had such a blast with Kelly at Convention 2015 that we are hoping to bring her back for this class in September. CE's: This will be a 3-day, 7-hours a day, 21 credit hour NCBTMB certification class.

COST: Students \$252, AMTA Members \$252, Non-member \$420.

LOCATION: TBA.

■ SEPTEMBER 13

Cold Stone Migraine Miracle Treatment Teacher Certification with Kelly Lott. Those of us who attended Kelly's class(es) at Convention 2015, particularly her Cold Stone Migraine Miracle Treatment class, asked her to come back and certify us to teach her Cold Stone Migraine Miracle Treatment. I was Kelly's volunteer (and it was a good thing because I had a migraine the size of Mount Olympus), and I can tell you that it REALLY works! So, if you are interested in becoming a NCBTMB certified teacher of Kelly's Cold Stone Migraine Miracle Treatment, you'll want to attend this class.

REQUIREMENTS: You must have attended Kelly's Cold Stone Migraine Miracle Treatment certification class. This class only certifies you to give the Cold Stone treatments. CE's: This is a 1-day, 8-hour, 8 credit hour NCBTMB certification class. This class will certify you to teach Kelly's Cold Stone treatment to others.

COST: \$400 per person.

LOCATION: TBA.



■ NOVEMBER 7

Social Networking as a Business Tool with Instructor TBA. This class is not your average class on social networking. There will be very little lecture and tons of helping us to set up our own web pages! So, if you are like me and you don't even know where to begin, this is the perfect class. Come and have a fun time with us as we set up our websites! CE's: This is a 1-day, 7-hour, 7 credit hour class. This is not an NCBTMB certified class; however, it still counts towards your AMTA required continuing education credit hours.

COST: Students \$10, AMTA Members \$10, Non-members \$50.

LOCATION: TBA.



AMTA convention

First Aid/CPR

top left, Gerri Allen
top right, Roger Olbrot

Full body Chair Massage

Center, Meade Steadman, instructor
Lower left, Lynette Rogers
Lower right, Jennifer Wakefield-Dillier



MYOSKELETAL ALIGNMENT SEMINARS

Upcoming Seminars

- San Antonio, TX April 11-12
- Charlotte, NC May 9-10
- West Palm Beach, FL August 29-30
- Memphis, TN October 10-11
- Boston, MA November 7-8

Salt Lake City
March 14-15



Based on the foundational work of Erik Dalton's Myoskeletal Alignment Techniques, this workshop includes the latest in proprioceptive and muscle rebalancing routines. It also includes Paul Kelly's corrective exercise and research based clinical rehab.

Myo- (Prefix): A prefix denoting a relationship to muscle.

Skeletal (Adjective): Of, relating to, or functioning as a skeleton

Myoskeletal Alignment is a term developed and coined by Erik Dalton, PhD. in the early 80s after seeing a need for a more integrative perspective on pain management in the human body.

Freedom From Pain
INSTITUTE
Erik Dalton's Myoskeletal Alignment Therapy

Exciting new research from Stanford and the 2015 International Pain Conference

In this 2-day, 16 CE Workshop,

Paul teaches assessment and treatment for the following conditions:

- Ascending and Descending Syndromes
- Foot, Ankle & Knee Pain
- Low Back, Hip & SI Joint Disorders
- Scoliosis
- Torticollis and TMJ
- Rotator Cuff, Carpal Tunnel & Thoracic
- Headaches & Neck Pain

Upgrade your skills, increase referrals and elevate your clients to a new state of health....The Myoskeletal Way!!!

\$395

Mention this ad, and receive \$50 off

Website- paulkellymyoskeletalworkshop.com

El Tropicano Riverwalk Hotel

110 Lexington Avenue, San Antonio TX 78205

CONTACT US AT 865-288-4412

welcome new members

On behalf of the Board of Directors, welcome to the Utah Chapter of the AMTA. Feel free to contact any Board Member if you have any questions or concerns regarding your membership. In your welcome e-mail, you will find helpful information regarding your membership and the Chapter. Use your gift certificate toward any upcoming education class.

Glad to have you aboard.

November 2014

Ashley Baker
Burgandy Bell
Melissa Clarke
Mary Harris
Justin Harrison
Marisa Mendez
Gavriela Simkovits
Nakia Tyler
Nicholas Wilcox

December 2014

Jessica Bramwell
Kellie Grossman
Rachel Hardy
Merilee Johnson
Morgan Ludlow
Shaura Wedig

January 2015

Nicole Ashton
Rocky Avila
Hayley Beames
Sarah Clawson
Elias Cruz
Rieder Curtis
Valentina De Ferrari
Dustin Driggs
Rachel Engstrom
Elizabeth Fields

Melinda Fraser
Ester Frescas
Michael Garavatti
Steven Garcia
Katherine Gardner
Faviola Gomez
Kristen Hamilton
Jenelle Hanrion
Karen Heap
William Howard
Ivan Kear
Amber Kehl
Francisco Marron
Mercadies Matney
Michael Maw
Steven Moss
Taylar Ngo
Ray Ornelas
Anya Passow
Brannigan Roeber
Ashley Sadler
Alisha Seifried
Tonya Shaw
Ashton Sponaugle
John Taylor
Emmalee Taylor
Alexis Taylor
Joslyn Walter
Sam Watson
Angela Wood

AMTA - Utah Chapter master calendar

march 2015 – february 2016

Updated February 18, 2015

2015

- Mar 12-14 Continuing Education: Oncology Massage Class
- Mar 13 Newsletter Posting Date
- Mar 17 Government: Utah Board of Massage Therapy Meeting (DOPL)
- Mar 18 Chapter: Utah Chapter Board of Director's Meeting
- May 19 Government: Utah Board of Massage Therapy Meeting (DOPL)
- May 20 Chapter: Utah Chapter Board of Director's Meeting
- Jun 5-6 Continuing Education: Dynamic Foot
- Jul 15 Chapter: Utah Chapter Board of Director's Meeting
- Jul 17 Deadline: Newsletter Submissions Due
- Jul 21 Government: Utah Board of Massage Therapy Meeting (DOPL)
- Aug 3 Newsletter Posts
- Aug 20-22 AMTA National Convention – Pittsburg, PA
- Sep 10-12 Continuing Education: Side-Lying Massage
- Sep 15 Government: Utah Board of Massage Therapy Meeting (DOPL)
- Sep 16 Chapter: Utah Chapter Board of Director's Meeting
- Oct 25-31 National Massage Therapy Awareness Week
- Nov 7 Continuing Education: Social Networks as a Business Tool
- Nov 13-14 Chapter: Utah Chapter Strategic Planning Meeting
- Nov 17 Government: Utah Board of Massage Therapy Meeting (DOPL)
- Nov 20 Deadline: Newsletter Submissions Due
- Nov 30 Newsletter Posts
- Dec 18 Deadline: Candidate Applications for Elected Positions Due

2016

- Jan 20 Chapter: Utah Chapter Board of Director's Meeting
- Feb 4-6 Chapter, Continuing Education: Utah Chapter Convention
- Feb 17 Chapter: Utah Chapter Board of Director's Meeting

sneak peek...

2016 convention teaser

I want to thank everyone who attended our 2015 Convention. I believe I can speak for everyone when I say that we all had an enjoyable time. The presenters were awesome, as were the classes. That being said, we are now looking forward to the AMTA-Utah Chapter 2016 Convention, and let me tell you, we have some FUN stuff in the works. With the theme we have planned for 2016, who knows—maybe we can even manage to have an evening of fun and frivolity with a Murder Mystery night!

THEME: Mission Possible: Building and Improving AMTA-Utah Chapter

DATES: Thursday through Saturday, February 25-27, 2016

LOCATION: TBA

This kind of depends on getting a tentative list of members who will be planning to attend; however, we will be making registration for the event a little later on this year so you can register—or you can let us know if you are planning to attend by emailing us as soon as possible. If there are enough members willing to attend and who wish to attend in another area (i.e., Ogden, St. George, Cedar City, Provo, Moab, etc.), we can look at having it somewhere other than Salt Lake. Your mission, should you choose to accept it is. . . .? I'll bet the anticipation is killing you, isn't it!

QUESTIONS: Contact Lynette Taylor at taylor.lynette.h@gmail.com.

Be prepared to HAVE A BLAST when you join us for AMTA-Utah Chapter 2016 Convention!

american massage therapy association utah chapter **leadership roster**

March, 2015

board of directors

| | |
|--|--|
| President 801-209-4103 | Robyn Ryther rryther@comcast.net |
| Imm. Past President 801-916-8752 | Roger Olbrot rmolbrot@usa.net |
| 1st Vice President 801-485-7887 | Susan DeLegge s.delegge@comcast.net |
| 2nd Vice President 801-573-7382 | Jennifer Hanna jpzenergy@yahoo.com |
| 3rd Vice President 903-949-4178 | Ennis McInteir emcintier@hotmail.com |
| Treasurer 801-647-3812 | Maria Allan maria@MoonTideMassage.com |
| Secretary 801-560-7370 | Kirk Jorgensen kjor58@gmail.com |

elected delegates

| | |
|----------------------------------|---|
| 2014-2015 801-763-9417 | Brenda Swadley master_touch_massage@hotmail.com |
| 2015-2016 | Vacant |
| Alternate 2015 | Vacant |

appointed positions

| | |
|--|---|
| Awards Chair 801-763-9417 | Brenda Swadley master_touch_massage@hotmail.com |
| Convention Chair 801 492-6773 | Lynette Taylor taylor.lynette.h@gmail.com |
| Education Chair 801 492-6773 | Lynette Taylor taylor.lynette.h@gmail.com |
| Gov't Relations Chair 801-560-7370 | Kirk Jorgensen kjor58@gmail.com |
| Membership Chair | Vacant |
| Newsletter Editor | Vacant |
| Parliamentarian 801-485-7887 | Susan DeLegge s.delegge@comcast.net |
| Sports Massage Team 801-573-7382 | Jennifer Hanna jpzenergy@yahoo.com |
| Standing Rules Chair 801-485-7887 | Susan DeLegge s.delegge@comcast.net |
| Student Outreach Coord. 801 492-6773 | Lynette Taylor taylor.lynette.h@gmail.com |
| Website Coordinator 801-560-7370 | Kirk Jorgensen kjor58@gmail.com |