



Maryland Massage

AMTA Maryland Chapter Newsletter

Inside this Issue

- 1 Pilates & You
- 2 Amnesty for Non-Renewed Therapists & Practioners
- 3 License Tage
- 4 Member Loyalty Program
- 5 AMTA Student Fee Waiver
- 6 Chapter Elections
- 7 Maryland Chiropractic and Massage Therapist Board
- 8 Refer A Friend
- 9 Massage Coach
- 10 Message From The President

Pilates & You

Pauline Lockard

As a massage therapist and fitness instructor, I get many questions about how to work the body's core. People (that includes us as massage therapists) want to maintain proper body mechanics and "firm up." Ninety-nine percent of the time, my recommendation is to bring Pilates training techniques into their exercise routine. Even for that one percent for whom standard Pilates may not be ideal, there are a number of modifications that can enable this great exercise modality to be appropriate for everyone. I always tell people, "if you can breathe, you can do some form of Pilates."

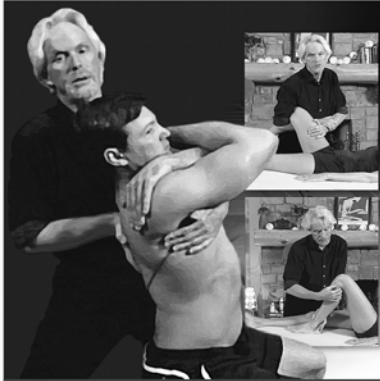
Often, following this recommendation, people usually ask "what is Pilates?" and "what is the value of Pilates over just plain AB work?" Although most people tend to think that in order to strengthen the "core," they need to do 100 abdominal crunches, strengthening the "core" involves so much more than just the working the abdominal muscles.

As massage therapists, we can truly appreciate the core since we constantly work with clients who have tight or weak musculature--upper trapezius, pectoralis major and minor, levator scapular, erectors, hip flexors, hamstrings, and other key muscles. Several factors are in play here, but our

typical clients (actually most of us) are constantly fighting gravity as we sit, move, stand and work every day. Over time, gravity makes tremendous demands on our ability to maintain good posture and body alignment. In order to tackle the effects of gravity, we need to target more than just those abdominal muscles. In addition, as you know, in order to maintain our framework for our body we need to consider some strengthening and stretching routines to keep our body healthy to perform our functional daily tasks. This does not always mean using the weight room. It can mean supplementing your routine with some resistance exercises that involve your own body weight. How affordable is that?

Understanding Pilates and its foundation becomes very important when adding this exercise modality to your life. I recommend reading about the philosophy and century old history of this exercise. Briefly, here, Joseph Pilates, the founder, combined elements of self-defense, yoga, gymnastics, martial arts, dance and other modalities to develop "conrtology." Conrtology, as he defined it, is the "complete coordination of body, mind and spirit. (Does that sound familiar to us in our practice of massage therapy?) Joseph Pilates found that the results of implementing these exercises brought several benefits to

Continue on page 3



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 a tropical learning experience for \$1,345 (sold out past 5 years)

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July 31 - Aug. 2, 2009 Panama City, FL
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most practioners. These include:

- Increased flexibility through joint mobility
- Increased balance
- Increased muscular endurance and strength
- Improvement or maintenance of posture and alignment
- Increased body awareness
- Increased bone density through the strengthening exercises
- Increased ability for concentration and movement control
- Increased movement through precision and flow resulting in the ability to synchronize movements as you become more aware of your body

As massage therapists, we spend most of our sessions moving with a flow, shifting our weight, and using our bodies to facilitate our intentions. It is essential for our own longevity to be able to move with ease and without restriction. It is critical for our bodies to elongate when needed while maintaining stability and strength. We often need to transfer our weight without losing our rhythm, maintaining our breath and our own core stability for posture and alignment.

Through the series of exercises developed by Joseph Pilates, you can reap the benefits of “conrtology,” if you perform them regularly. Even if you do not have time to complete the full series of exercises on a regular basis, if you

perform, even a few of the exercises to help target some of the components this could be very beneficial.

The most important concept and component of Pilates is breathing. You need to try to master the proper breathing techniques in order to get the most value from the exercises. As Joseph Pilates always said, “Even if you follow no other instructions, learn to breathe correctly.” Why? Deep breathing helps you target the engagement of the deep transverse abdominals. Steady inhalation allows for expansion of the ribcage engaging the diaphragm and the assisting muscles followed by a steady, conscious exhalation as if you were trying to fog a mirror to engage the abdominal muscles specifically the deep transverse recti. If breathing properly, you should feel a fullness of air on the inhalation as the ribcage expands and a firmness of the abdominals on the steady exhalation.

Once you have mastered the breathing component, you are ready to apply this principle to the series of exercises that are known in the “traditional” school of training or work with exercise that may help you focus on your functional requirements. I encourage anyone starting Pilates to take some private lessons or attend a group Pilates mat class to help facilitate learning the series of exercises. It is important to have an instructor available to help with the alignment cues. If it were not possible to take classes or have private lessons, a video or book on the exercises would be almost as beneficial. Among all the exercises in the series, some of my personal favorites include leg circles, arm circles, bridge, abdominal five exercises, swimming, and plank.

Just these few exercises helped increase my flexibility, specifically in the hip and shoulder regions. These few routines provide stabilization to the entire body, especially with the bridgework and planks. Finally, these exercises allow my body to work in synch as I combine the efforts of the abdominal muscles (all of them) and erector muscles.

As massage therapists, we are always trying to help our clients release their tightness and tension but also educate them on the benefits of breathing. We finish our SOAP notes, with suggestions in the “Plan” on treatment approaches to helping our clients get stronger, more flexible, more relaxed and to improve their posture. It is time to review our PLAN and become more aware of our own bodies. A great option to help us help our clients and ourselves is through Pilates.

Pauline Lockard is a teaching assistant at PMTI where she teaches the required curriculum for Exercise Physiology. She combines massage therapy, teaching group exercise classes, and personal training in her practice.

Amnesty for Non-Renewed Therapists & Practitioners

During the 2008 renewal process approximately 25% or 800 therapists and practitioners did not renew their licenses/registrations. Those massage therapists and practitioners got a second chance to renew.

The Board of Chiropractic and Massage Therapy Examiners voted in November 2008 to grant a one-time amnesty for those individuals who had not renewed their license/registration. Non-renewed therapists and practitioners received a phone call from Board staff to inquire about renewing to active status.

Under the amnesty program, the late and reinstatement fees were waived. Candidates were also given an extra 60 days to complete the CEU requirements if they followed strict guidelines. The Board will conduct extensive investigations to ensure that individuals practicing massage in Maryland have a valid, active license.

AMTA License Tags Still Available

Carol Lancaster, Chair Membership Committee

To get a special license with the AMTA logo, contact Carol Lancaster by email at aquietmoment1@yahoo.com or call 410-489-4147. You will need to provide your AMTA Member number. Once your "member in

good standing" status is approved, you will be sent the paperwork you need to complete and mail to the DMV. At present, the license plates cost \$25. "We get nothing from the license tag sales," says membership chair Carol Lancaster, "but this can be a way of advertising what you are proud of doing."

Membership Loyalty Appreciation Gift

Carol Lancaster, Chair Membership Committee

Starting in January, AMTA-National will be giving discount coupons with over \$250 in savings to those members who renew their membership in 2009. The coupons will be for a wide range of products such as tables, accessories, oils, creams, home study classes, and much more. These coupons will be included in your renewal packet.

Specify exact measurements for column widths and spacing, use the Columns command on the Format menu.

Chapter Fees Waived for Students

Carol Lancaster, Chair Membership Committee

In an effort to make the AMTA-MD Chapter more affordable for students, the Board of Directors has waived the Chapter fee for new and current members who are actively attending an AMTA member school and enrolled in that school's massage program. The Chapter fee

waiver offer will expire at the end of this fiscal year (February 2009). The Chapter Board will likely renew this offer for the next fiscal year (which runs from March 2009 to February 2010) at its meeting in February.

Chapter Elections

Elections for three AMTA-MD Board positions will be held on May 2006 during the Mid-Atlantic Conference. The Chapter business meeting and elections is tentatively scheduled for 1:15 p.m.

It is not necessary for AMTA-MD members to be registered for the full conference in order to attend this meeting and vote.

Officers to be Elected

- Secretary
- Treasurer
- 1st Vice President

Location

Holiday Inn Oceanfront
6600 Coastal Highway (66th Street)
Ocean City MD 21842
800-837-3588

Call the Holiday Inn at the above number for directions.

Maryland Board of Chiropractic and Massage Therapy Examiners

Wayne M. Parker
Chair Law & Legislation
Committee

Applications are still being accepted for three of the new positions on the new Board of Chiropractic and Massage Therapy Examiners. Applications can be downloaded from the Chapter homepage at www.amtamd.org. If you are interested in being a part of this process, please submit your application to the Chapter.

Thus far, there have been three Interim Committee meetings. Committee members have been reviewing the current regulations and fine-tuning them.

Refer a Friend

Carol Lancaster, Chair Membership
Committee

AMTA–National is currently offering \$50 off your next Professional Membership renewal for each person you refer who joins AMTA. Have five or more friends join and you can receive your membership renewal FREE and that includes Chapter fees!

The friends you refer will get their first year's Professional Membership for \$199 (plus Chapter fee)! For more information, go to <http://www.amtamassage.org/forms/>

referafriend.html or call 1-877-905-2700.

The Massage Coach

Cary Bayer

People want to work with you because of the work that you do with your hands. That much is obvious. What is less obvious, however, is that they also want to work with you because of the work that you have done on yourself emotionally and spiritually. That is because many clients tend to see their massage therapist as a healer who helps them relieve their own stress. The last thing a client wants is a stressed-out massage therapist. They want an LMT who has what the Beach Boys sang about in the '60s—good vibrations. LMTs with good hands and good vibes succeed far more often than those with just good hands.

Success depends upon serenity. The great French philosopher Blaise Pascal once said, "All of man's troubles stem from his inability to sit quietly in a room alone." I could give you the experience of *profound* serenity, but I would need to put on my hat as a Transcendental Meditation teacher to do that, but I cannot do that in writing. In one minute, in writing, however, I *can* give you a *small* dose of serenity. Serenity is important because it attracts people to you. It is what everyone, knowingly or not, is seeking. If you embody it, it barely matters what you say because, as Ralph Waldo Emerson summed up so beautifully, "Who you are speaks so loudly, I can't hear what you're saying."

Would you like a *taste* of serenity? Close your eyes now, and take a deep breath. Release all your cares

on the exhale and keep breathing deeply for one minute, alternating deep inhales with trouble-releasing exhales. After a minute stop, open your eyes, and see if you feel some additional silence and peace? Most likely, you will.

Can you see what this "One Minute Breather" can do if you center yourself this way before *each* massage? This is the value of Serenity. Find some way to give yourself the experience of longer periods of mental silence on a daily basis. I spend an hour and a half daily doing Transcendental Meditation; 30 million Americans do yoga; still others do tai chi. How you relax is up to you. *That* you relax has a lot to do with your increasing your serenity. In addition, your increasing serenity has a lot to do with increasing your success.

Cary Bayer is a Certified Life Coach in New York and Florida. He teaches CE workshops on marketing a massage business and other communication topics. He also writes for *Massage Today* and several global, national, and state massage publications. He can be reached by phone at 845-679-5526 during the summer and at 954-788-3380 the rest of the year. alternatively, by email at successaerobics@aol.com. His website is www.carybayer.com.



Presidents Message

*Krista Young, President
AMTA-MD Chapter*

Well it is a new year and a new beginning for us all. In the last year, there have been many changes for us as professionals. We are now licensed, which will bring new opportunities and, perhaps, some anticipation that the future will bring us real acceptance among healthcare providers.

This year, we have a new president in America. His taking office is; of course, new but the process of changing leaders is the same as it has always been. Therefore, anticipation of change is in the air everywhere. I have talked about change before, but let me remind you of my philosophy. Change can be good. Embrace it, play with it, and mold it to be whatever you need it to be.

Now what has changed here at the AMTA-MD Chapter? You will read in this issue that the chapter office has moved. This change is small since we just moved down the hall, but we did this for more space. Why do we need more space? A big

change with this small move is that we will now offer a store where you can buy lotions and other massage-related items. It also gives us classroom space and that will allow us to increase the number of continuing education classes we can offer,

Of course, the best bargain for continuing education here in Maryland is our **Mid-Atlantic Conference**. It will be in the same location at the Oceanfront Holiday Inn in Ocean City. I hope you received our New Year greeting card with the dates (April 30 to May 3) and some preliminary information so you can begin to plan to attend. A change to our conference is that this year we will offer post convention workshops on Sunday, May 3. If you have attended before, I look forward to seeing you among the familiar faces. This year, why not bring a friend or two. You will be able to share a room and enjoy the savings that will give you.

We are in the final planning stages and the conference brochure will be out next month. I am looking for a few volunteers to do a few small tasks at or before the conference. This will only involve a few hours here and there and would be a good way for you to help your chapter without a big time commitment. If you are willing to help, please call my cell @ 443 717 4240 and leave your name and number. I will call you with details to see if we can find a task, you are interested in doing. (No board members please; I want to find some new volunteers!)

Therefore, I am waiting with anticipation to see what changes unfold this year. It is winter now, but spring will come with flowers, more daylight, and warmer weather. Like the opening of the first

blossoms, your first (or second or third) volunteer experience will be rewarding for you and for the chapter.

You can replace the pictures in this template with your company's art. Select the picture you want to replace, point to Picture in the Insert menu, and click From File. Choose a new picture and then click Insert. Select the Link to File box if you do not want to embed the art in the newsletter. This is a good idea if you need to minimize your file size. Embedding a picture adds significantly to the size of the file. You might want to consider embedding a picture if file size is not an issue and you use a picture in every edition of your newsletter.

Massage Demonstration Days in Annapolis

With a new legislative session underway, therapists from the Chapter will be going to Annapolis for the annual Legislative Massage Demonstration Days.

Two dates are established for the demonstration days in the House of Delegates:
Tuesday Feb. 24 in room 318
Wednesday April 1 in room 318

One date is set for the Senate:
Tuesday March 10
We are still waiting to set another date in the Senate. In addition, the room location for the Senate has not been determined yet.

More information will be provided via email or through your county representative,

Please email or call the Chapter office if you would like to participate in this annual event.

We Have Moved

As of January 1, 2009, the AMTA-MD Chapter office will be in a new location. It is in the same building; we just moved down the hall. The new office is a spacious suite measuring 20' x 31', large enough to host the Chapter Office Administrator, equipment, and continuing education classes.

In addition to all that, we will now have a retail sales area featuring Soothing Touch massage and spa supplies (a dream come true for third VP Anita Benedictis). This store will be stocked with books, jewelry, and clothing. If you remember the store that BSM had when it was located on Dogwood Road, which is what we would like to create.

We are planning to have an open house in May or June (date to be announced). This will give us a chance to get settled in the new space. However, if you would like to see the new office before then, please feel to pop in for a cup of tea. Office hours are normally Monday, Tuesday, and Wednesday from 8am to 1pm. Call ahead though just to make sure Velina Glass, our office manager, is in.

The address will remain the same: 1701 Edmondson Ave, Suite 202, Catonsville, MD 21228
Phone (443) 612-9119

AMTA Awards Nominations Sought

It is time again to honor the volunteers who do so much for our association. It is easy! Just fill out the online form, hit the submit button, and you are done! What is in it for you? Your chapter volunteers will be truly grateful that you took YOUR time and effort to recognize THEIR time and effort! Awarding work well done helps keep everyone motivated. Each award application must be submitted separately [HERE](#).

The submission deadline for the 2009 Awards Program is April 15, 2009.

Awards for Outstanding Individuals

You can find the criteria and submit the application form directly to the National Office for the following awards:

[Government Relations Activist](#)
[Humanitarian](#)
[Outstanding Sports Massage Achiever](#)

Chapter Meritorious and National Meritorious Awards

Do not forget to submit your [Chapter Meritorious](#) recipient, as well. This award, which honors an individual by acknowledging diligence in volunteerism accomplished in an altruistic manner, is the highest award bestowed upon an AMTA member by a Chapter. Each and every Chapter Meritorious recipient will be honored at convention.

You can also nominate your 2009 Chapter Meritorious recipient to be considered for the National Award.

NEW! Awards of Excellence for Chapters

Participate in AMTA's NEW [Give Chapters a Hand](#) Awards of Excellence Program for 2009! Over the past several years, AMTA has focused on delivery of a consistent member experience through chapters via programs like the Chapter Volunteer Orientation Program, the establishment of minimum chapter deliverables and increased chapter financial controls. This new set of awards recognizes the sizeable effort chapters put forth in meeting these increased requirements and was developed using survey feedback from chapter presidents and awards chairs. Be part of this exciting addition to AMTA's recognition of your chapter's efforts and submit your applications today!

Since there are so many new and exciting additions to the Awards Program, we would like to invite you to attend a conference call where your questions can be answered. The dates to choose from are below:

February 17 at 10 a.m. Central Standard Time
February 19 at 1 PM Central Standard Time

To attend the call, dial into 1-800-882-3610 and the pass code is 0774488#.

County Representative Meeting

Sunday February 22, 2009
from 1:00-3:00pm

at the Catonsville Office
1701 Edmonton Rd
Catonsville, MD

The purpose is to define what we want for AMTA Maryland, & how we can best accomplish it. The position of County Rep has changed over the years and is changing as we grow. Your experience can help create a better atmosphere and give direction to how to be prepared to grow. Please consider attending. Attached is a sheet with contact info for the county reps. Some of you may wish to car pool. Refreshments will be available.

The Newsletter Committee is expanding.

We are looking for volunteers to help with the following:

Graphics/Layout: This involves getting the newsletter in page layout (PDF) for printing or for sending as an e-newsletter. We also publish our Mid-Atlantic Conference brochure, which needs to be formatted for printing and for putting on our website. We have templates for Word and Publisher, but are open to using other software if the volunteer is experienced with another graphics/layout program.

Advertising Manager: This involves checking in the ads received, seeing that the checks or credit card payments get to the treasurer, and having an e-folder of the ads for each issue ready to send to the layout person or to the printer. This latter will be coordinated with the editor.

Advertising Sales: This involves researching local and national businesses that might be interested in advertising their products or services to our 1500 members. One person has already volunteered for this, but this can be handled by two or three people. If we have several people handling this part of our newsletter production, it can be as involved, as you want it to be.

If you are interested in joining our newsletter committee, please contact Nina Wendt, Newsletter Editor at 410-243-6064 or email her at nina.wendt@verizon.net.



Basic Pranic Healing Workshop - 16 NCBTMB CE hours

Location: Sterling, VA
Date and Time:
March 21 – 22nd, 2009
9AM – 5:30PM

Do you wish to

- Offer fast-acting and lasting treatments
- **Protect** yourself from physical and psychological contamination
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- **Heal** your clients & family even if they are hundreds of miles away from you
- Improve **relationships**
- **De-stress** and have clarity to make better business decisions

You will learn

- Techniques to relieve stress
- Treat ailments e.g. muscle sprains, **arthritis**, headache, fever, asthma
- **Etheric hygiene** for protection from disease energy contamination
- Energy anatomy and **11 major energy centers** that control our physical and emotional well-being
- **Distance** Pranic Healing technique
- Powerful **breathing** exercises
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- *"The workshop exceeded expectations. . .! Excellent dynamics, instruction, energy and focus."*
- *"Ann is a superb educator and a natural. Clarity, pacing, content. . . truly superb!"*

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In Herndon, VA: Call Allison 703-298-5876

**Free Introduction to Ortho-Bionomy....March 17
Spine & Pelvis** (Phases 1-4) 16 CE**March 18-19**

In Ellicott City, MD: Call Ann 312-280-1070

Chapman's Neurolymphatic Reflexes-Part I,
8 CE, Pre-requisite: Spine & Pelvis.....**March 20**
Postural Re-Education & Post Techniques,
16 CE**March 21-22**

In Virginia Beach, VA: Call A.R.E. Cayce/Reilly School
of Massotherapy, Karen 757-428-3588 x7285

Introduction to Chapman's Reflexes 3 CE.**Apr 17**
Chapman's Neurolymphatic Reflexes,
Full Protocol, 16 CE..... **April 18-19**

Pre-requisite: Spine & Pelvis + Part I or the Introduction.

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Advanced Practitioner has 24 years experience of
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Classes are small. Register 4 wks early & save.
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Self-care for massage therapists that's effective and FUN!!!
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\$95 including ball and pump

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◇ Small classes ◇ Baltimore City location

Spring 2009 dates:

April 5th ☐ May 10th ☐ June 7th

Two-hour workshops for the general public are also
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Nina Wendt, Certified Yamuna™ Body Rolling Educator

Call 410-243-6064



Synergy Continuing Ed Classes Summer/Fall 2008
 PA Dept of Private Licensed School License #4559 NCBTMB approved #450644-08

<p>MARCH 22, 2009 Neurology for the Massage Therapist Dr. Larry Plotkin Sunday 10 - 4 pm Investment - \$100 6 National CE Prerequisite: MT</p>	<p>JUNE 6, 2009 – Ear Candling Margie E. Schaeffer, LMT Saturday 10 – 1 pm Investment - \$45 (optional kit \$119) 3 National CE</p>
<p>MARCH 29, 2009 – S.E.E.M. (Stretching-Exercise-Education-Massage) Raju Mantina, NCMT Sunday 9 am – 6 pm Investment - \$200 8 National CE Prerequisite: MT</p>	<p>JUNE 13, 14 – Reiki I and II Janice Currens, Reiki Master Saturday 10 – 4:30 pm Reiki I Sunday 10 – 4:30 pm Reiki II Investment – Reiki I \$119 Reiki II \$125 6 National CE for each class</p>
<p>APRIL 3,4,5, 2009 – Ayurveda for Body Workers Shoshanna DiBetta Friday 6-9 pm Sat & Sun 9-6 pm Investment - \$375 18 National CE Prerequisite: MT</p>	<p>JUNE 14, 2009 – Trager David Haines Sunday 10 – 5 pm Investment - \$100 6 National CE</p>
<p>MAY 17, 2009 – Medical Massage for the Lumbar Spine and Lower Extremities – Dr. Larry Plotkin Sunday 10 – 4 pm Investment - \$100 6 National CE</p>	<p>NOVEMBER 1, 2009 – Reiki III Janice Currens, Reiki Master Sunday 10 – 4:30 pm Investment - \$200 6 National CE</p>

From the Editor

At the AMTA-MD Chapter, we have been working on “going green.” This issue of our newsletter is part of that effort. It is being published as an e-newsletter as an experiment to see how you, our members, respond to this format. We welcome your feedback about how an e-newsletter works for you. Please let the chapter officers or me know what you think. With an e-newsletter, we save on printing and mailing costs, both of which are significant. It also saves the week or two it normally takes between our mailing it and when you get it. You will have your newsletter as soon as it is ready.

If you know someone who does not have email, please let them know about this issue. They can call the office to arrange to get a newsletter. Our first attempt to produce an e-newsletter is a little rough around the edges. We ask your patience and understanding as we work on getting it right. One thing you will notice right away is that most of the ads appear at the end of the newsletter. We hope that you page down and read them. If you are printing the newsletter, we hope you will print them also. Our advertisers offer relevant programs and services to you as massage therapists. In addition, the advertising revenue supports our chapter and our newsletter.

Nina Wendt
 Newsletter Editor, nina.wendt@verizon.net