



**MARCH 4 - 7TH, 2010**

SPONSORED BY THE CALIFORNIA CHAPTER OF THE  
AMERICAN MASSAGE THERAPY ASSOCIATION

**[WWW.AMTA-CA.ORG](http://WWW.AMTA-CA.ORG)**



# AMERICAN MASSAGE THERAPY ASSOCIATION



## 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:

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

# TABLE OF CONTENTS

<i>President's Welcome Letter</i> .....	Page 2
Schedule at a Glance .....	Page 3
Riviera Resort Map .....	Page 20
Information for 2010 .....	Page 22
Registration Form .....	Page 23
Candidate Resume Form .....	Page 24

## *Educational Workshops*

Zen-Touch™ Shiatsu .....	Page 4
Destiny & Intuition .....	Page 4
Ayurvedic Massage .....	Page 6
Nutrition for Massage Therapists .....	Page 6
Forearm Dance .....	Page 7
Essential Lymphatic Performance™ .....	Page 8
Active Myofascial Therapy .....	Page 9
Ethics .....	Page 10
Touch for Health Kinesiology .....	Page 10
Easing Back Pain with Rythmic Deep Tissue .....	Page 11
Watsu Introduction .....	Page 12
Introduction to Equine Massage .....	Page 15

## *Special Events & Meetings*

Comedy Keynote: "Laughter for Life" .....	Page 5
Government Relations--Special Interest Meeting .....	Page 13
Unit Officer Luncheon .....	Page 14
Exhibitor Reception--a night of Hollywood Glamour! .....	Page 25

# Join us in Palm Springs!



*A Message from our President... Melissa Colburn*

The AMTA-CA Board of Directors, Appointees & Convention Staff once again enthusiastically invite you to join us at the 2010 California Massage & Bodywork Convention in Palm Springs, March 4-7th!

At the Riviera Resort ([www.psriviera.com](http://www.psriviera.com)), our destination for restoration will provide us with a luxurious backdrop. There is plenty of space to relax, unwind and take advantage of spring time in the desert. If you can tear yourself away from the beauty of the desert, step inside to the Riviera's newly remodeled event center where we have several interesting topics on the educational slate this year-- a 16-hour Zen Touch Shiatsu Certification course with Seymore Koblin, Rhythmic Deep Tissue with Carole Osborne, and a convention favorite: Val Guin will be presenting the Forearm Dance, to name a few. The educational workshops being offered also qualify for continuing education credits for healthcare providers.

Please let all of your healthcare counterparts know they can come with you to Palm Springs!

Don't miss the Government Relations special interest meeting Friday afternoon from 2-4 pm (a special guest from CA Massage Therapy Association -CAMTC will join us) and the Friday night Business Meeting, so you can stay informed and involved in California Chapter business. Our business meetings and social events provide an opportunity for networking and sharing with colleagues, providing you with the support so many of us need to have a successful career. The business meeting will be followed by a fun-filled Comedy Keynote: Laughter for Life, with Greg Tamblyn. Saturday events include a Unit Officer Luncheon and later that evening, a reception in the exhibit hall. The Unit Officer Luncheon is open to all attendees-- come meet the Officers and see how volunteers provide networking and education events to you at the local level. A great time to thank, recognize and honor those members who keep your local units alive and thriving!

The exhibit hall is back! We are organizing sponsors and vendors for the Healthy Living Expo, an area to shop, try demos and pick up samples. Then put on your best Hollywood digs for the Exhibitor's Saturday Night Reception-- a Hollywood Glamour night... a lite faire of healthy appetizers will be available while you try your hand at the "Deal or No Deal" game, win some great prizes, get the last minute shopping done and get out on the dance floor.

We close our weekend together Sunday morning with the completion of our Business Meeting, have Chapter Board and Delegate elections and conduct our Award Ceremony for those individuals who exemplify volunteerism and service to our Chapter.

For those of you who just can't get enough of a good time, we have a special Post Convention Workshop planned: An Introduction to Equine Massage with Terri Mongait, our Immediate Past President.

So, book your flights NOW! Check out [www.kayak.com](http://www.kayak.com) for easy flight shopping. The Riviera Resort is close to many Southern California Airports... the closest being in Palm Springs, only 7 miles away! Check with your local Unit President or Chapter Board member about finding travel/hotel companions to share the costs and start making connections!

If you've never been to a California Massage & Bodywork Convention, come and experience energy and feeling of family that permeates the AMTA family. It's a time of encouragement, motivation, education, support and love... see you there!



FOR A COMPLETE LIST OF BOARD MEMBERS and APPOINTEES, PLEASE SEE PG. 12

RESERVE YOUR ROOM BY FEB 11 TO RECEIVE THE \$99 ROOM RATE  
WWW.PSRIVIERA.COM OR CALL 866-588-8311



# Schedule at a Glance

## *Thursday, March 4th, 2010*

AMTA-CA Chapter Board Meeting  
Onsite Registration & Welcome!

Business 1:00pm-4pm  
Registration 6:00pm-7pm

## *Friday, March 5th, 2010*

Onsite Registration  
Zen-Touch™ Shiatsu (Part 1 of 2)  
Nutrition for Massage Therapists  
Essential Lymphatic Performance™ (Part 1)  
Healthy Living Expo  
Government Relations Special Interest Meeting  
AMTA-CA Chapter Business Meeting  
Comedy Keynote: "Laughter for Life"

Registration 7:30am-6pm  
Seymour Koblin 8:00am-5pm  
KP Khalsa 9:00am-1pm  
Teri Rogers 9:00am-1pm  
12noon-6pm  
Amanda Whitehead 2:00pm-4pm  
Business 5:30pm-7pm  
Greg Tamblyn 7:30pm-9:30pm

## *Saturday, March 6th, 2010*

Morning Exercise  
Onsite Registration  
Zen-Touch™ Shiatsu (Part 2 of 2)  
Ayurvedic Massage (Part 1 of 2)  
Essential Lymphatic Performance™ (Part 2)  
Unit Officer Luncheon  
Ethics  
Forearm Dance  
Active Myofascial Therapy for the Neck  
Introduction to Watsu  
Healthy Living Expo  
Exhibitor Reception, a night of Hollywood Glamour!

Workout 7:30am-8:30am  
Registration 7:30am-6pm  
Seymour Koblin 8:00am-5pm  
KP Khalsa 8:30am-12:30pm  
Teri Rogers 8:30am-12:30pm  
Social 12noon-2pm  
John Maguire 9:00am-5pm  
Val Guin 9:00am-6pm  
Irene Diamond 2:00pm-6pm  
Kim Hartz/Tal Hurley 2:00pm-6pm  
11:00am-6pm  
Social 6:00pm-9pm

## *Sunday, March 7th, 2010*

Onsite Registration  
AMTA-CA Chapter Breakfast Business Meeting

Introduction to Watsu (REPEAT)  
Easing Back Pain with Rhythmic Deep Tissue  
Touch for Health  
Destiny & Intuition  
Ayurvedic Massage (Part 2 of 2)

Registration 11:00am-12noon  
Business 8:30am-10:30am  
Kim Hartz/Tal Hurley 12noon-4pm  
Carole Osborne 12noon-4pm  
John Maguire 12noon-4pm  
Seymour Koblin 12noon-4pm  
KP Khalsa 12noon-4pm

## *Monday, March 8th, 2010*

Post Convention Workshop: Intro to Equine Massage

Terri Mongait 10:00am-1pm

REGISTER ONLINE: [WWW.AMTA-CA.ORG](http://WWW.AMTA-CA.ORG)  
BY FEB. 20TH FOR PRE-REGISTRATION EARLY BIRD RATES

# 2010 Featured Educational Workshop



## ZEN TOUCH™ SHIATSU

*Seymour Koblin*

16 HR WORKSHOP: MARCH 5 and 6, 2010 8am – 5pm each day  
FULL BODY SESSION FOR BACK, LEGS, HARA, ARMS, NECK AND FACE.  
INCLUDES YIN YANG AND 5 ELEMENT THEORY.

Zen-Touch™ Shiatsu is an innovative approach to traditional shiatsu/acupressure and Oriental bodywork created by Seymour Koblin. Praised by many as the ultimate bodywork experience, Zen-Touch™ evokes deep health regenerating effects by balancing extreme lifestyle conditions that have affected one's physical /emotional /spiritual body.

This form of bodywork allows the client to remain comfortably clothed during sessions, and can be done on a massage table or futon mat. Applying pressure while stretching limbs in a gradual, nurturing fashion enhances energy flow and stimulates vitality. Every touch combines body assessment with therapy as the practitioner sensitively responds to the unique condition of each client. Benefits of Zen-Touch™ include relief from neck and back pain, increased flexibility, stress alleviation, improved digestion, posture, and concentration. Zen-Touch™ is unique in its benefit to the practitioner—it evokes a state of being where one enjoys giving as much as receiving.

## DESTINY AND INTUITION

BONUS WORKSHOP WITH SEYMOUR KOBLIN ON SUNDAY!

4 HR WORKSHOP: MARCH 7, 2010 12noon – 4pm

Continuation of the Body Reading theme is further explored with an intuitive understanding of the energetic body. Intuitive skills are developed to forecast tendencies in health, relationships and life path.

Shape your Destiny through the power of intuition!

*About the Speaker:* Seymour Koblin—NCCAOM Diplomate ABT, HHP, Kushi Institute CI, PHD

Seymour Koblin began his career as a Holistic practitioner and educator in 1978 in New York City. After studying personally with Michio Kushi, Master CK Chu, Shizuko Yamamoto and Wataru Ohashi, he moved to San Diego in 1987 when he began his role as an instructor and the eventual director and founder of the School of Healing Arts. He is the creator of Zen-Touch™ Shiatsu, a health balancing system that incorporates traditional Asian philosophy and healing methods into a flowing system of bodywork, and assessment/recommendation counseling. Known for his uncanny ability to intuitively understand a person's most relevant life issues, he guides people to integrate their health with the cycles of nature. Exercise (based on Tai Chi), Nutrition, and Way of Life Recommendations are included in his work.

As an educator Seymour creates an interactive environment where participants experience many different facets of themselves through humor, movement, music, touch and intuition.

**Comedy Keynote**  
**Friday, March 5th 7:30-9:30pm**

**HILARIOUS HEARTFELT MUSIC**



**“Laughter for Life”**

**Greg Tamblyn**  
**Vibrating** at the  
**Frequency of Fun!**

Did you know that amusement is a very high vibration?

Mystics teach one of the most influential things you can do in our society is to have a good day. We'll enjoy one together, using songs, stories, and no small amount of humor.

***“I am sure you are Chicken Soup for a lot of Souls  
out there in the world.”***

***-- Jack Canfield, author of Chicken Soup for the Soul***

***“No Contest! This is the cleverest musical take on modern life.  
Your cheeks will hurt from laughter as your heart fills with empathy.”***

***-- Yoga Journal***

**ADVISORY: GREG'S SONGS CONTAIN ANTI-DEPRESSIVE LYRICS!**

**Get free songs, videos, and humor at Greg's website: [GregTamblyn.com](http://GregTamblyn.com)**

# Educational Workshops



## AYURVEDIC MASSAGE

*KP Khalsa*

8 HR WORKSHOP: MARCH 6 and 7, 2010

Part 1: Saturday, 8:30am – 12:30pm

Part 2: Sunday, 12noon – 4pm

Ayurveda, the traditional healing system of India, is becoming widely as an effective alternative approach to health and healing. A major of Ayurveda is the use of three main constitutional body types: kapha (stable), pitta (intense) and vata (fluctuating). The three body types or doshas indicate/determine physical and psychological characteristics. Ayurveda has a 5,000-year history of using unique sophisticated techniques as integrated parts of a total healing system. Massage is Ayurveda for even the most serious conditions. Massage therapists can benefit from knowledge of Ayurvedic body types by learning how different body types respond to temperature and pressure, specific Ayurvedic massage techniques, simple lifestyle suggestions, what the tendencies towards weakness are in each body type, and the structural strengths and weaknesses of each type. In addition, learn about effective Ayurvedic topical preparations used in massage for muscle activation and injury prevention and therapy. Please be advised that oils and lotions may be used in this class and it would be good to wear clothing that could get soiled.

## NUTRITION FOR MASSAGE THERAPISTS

4 HR WORKSHOP: FRIDAY, MARCH 5, 2010 9am – 1pm

The majority of massage patients are taking some supplemental nutrients. These substances are having therapeutic effects– and side effects– on their bodies. Massage therapists need to know how supplements affect the patient's response to massage, mood, behavior and overall health. We will cover nutrient absorption and metabolism, legal issues and several classes of nutrients of interest to massage therapists. We will discuss several nutritional remedies for musculoskeletal and other common conditions seen in clients.

*About the Speaker:* Karta Purkh Singh Khalsa, Yogaraj (Ayurveda), LMT, NCTMB, DN-C, RH, RC

KP Khalsa is a nationally certified massage therapist, nationally certified kinesiologist, state certified dietitian and nationally registered herbalist. He is a certified education provider for The National Certification Board for Therapeutic Massage and Bodywork and the Florida State Board of Massage Therapy, faculty trainer for the U.S. Association of Specialized Kinesiologists, senior editor for The Harvard University Natural Standard, professor at Massachusetts College of Pharmacy and Health Sciences and faculty instructor at Bastyr University's College of Naturopathic Medicine. Khalsa is the author of over 1,500 published health articles, including those in *Massage and Bodywork* and the journal, *Massage*, and has written or edited 30 books on health topics, including *Fibromyalgia: A Guide for Massage Therapists* (Natural Wellness Publishing) and *The Way of Ayurvedic Herbs* (Lotus). He has presented over 150 times at national and state conferences and is featured in 3 DVD continuing education courses on massage techniques. Khalsa is senior research scientist and principal formulator for Yogi Tea and Peace Cereal natural foods products. He lives in Eugene, Oregon.



# Educational Workshops

FOREARM DANCE™ | Essentials

*Val Guin*

8 HR WORKSHOP: SATURDAY, MARCH 6, 2010, 9AM – 6PM

Save you hands, Save you body!™

Learn the Essentials of Forearm Dance I from the creator of the successful Forearm Dance Series, Val Guin.

This Practitioner Friendly Massage Technique enables you to give your clients a relaxing & fluid, full-body massage while also safely accessing deeper layers of tissue, providing the sensation and relief your clients are looking for using only your Forearm as your tool.

Learn to go deeper without working so hard.



With the use of “efficient body mechanics”, that we’ll teach you, you’ll gain the tools necessary for maintaining a successful massage practice and move on to the Forearm Dance II intermediate class. Have fun and become more successful as a massage and bodywork professional! Create a Stronger Practice, Create a Stronger Life!™

Whether just beginning in your career or working for decades, whether building a practice or breaking old bad habits, utilizing Forearm Dance enables you to have a more solid foundation with which to better springboard everything you’ve learned in a more effective manner. Posture often seems secondary, to me it’s essential, it’s primary. It’s because of good posture and body mechanics and the appropriate use of tools that we actually last in this business and our bodies get younger over time. The more you perform Forearm Dance the younger you’ll feel. Whether you’re a practitioner in your 20’s or your 60’s – 70’s you can still do Forearm Dance!

## *About the Speaker:*

With over 30 years of mind and body therapy experience, the scope of Val Guin’s extensive career, as a private practitioner of the healing arts, international educator, program administrator and as the innovative force behind the revolutionary “Forearm Dance™ technique” is unquestionable. As an instructor at the renowned Institute of Psycho-Structural Balancing, (IPSB), for over 24 years, Guin solidified her reputation as the “teacher to the teachers.” by creating “Forearm Dance™”. Described by MTJ magazine as an instructional massage program that is as “invigorating for the practitioner, as it is healing for the client” Guin’s unique methodology combines efficient body mechanics that use the forearm and olecranon as tools, giving therapists a greater freedom of movement, which increases strength, while placing less strain on the body.

Guin is a founding member of the Santa Monica Center of Healing arts where she maintains her private practice. With a client list built solely upon personal recommendation, professional athletes, musicians, celebrity fans, chiropractors, powerhouse execs, physical therapists, orthopedists and housewives’ alike not only call on Guin to utilize her expertise in successfully addressing and treating a wide range of chronic mind, body/movement injuries and imbalances, but also for her ability to apply her experience in an understandable and enjoyable manner.

REGISTER ONLINE: [WWW.AMTA-CA.ORG](http://WWW.AMTA-CA.ORG)  
BY FEB. 20TH FOR PRE-REGISTRATION EARLY BIRD RATES

# Educational Workshops



## ESSENTIAL LYMPHATIC PERFORMANCE™

*Teri Rogers*

MARCH 5TH (9am–1pm) and MARCH 6TH (8:30am–12:30pm)

Part 1 -- Friday: Back, Abdomen and Lower Extremities

Part 2 -- Saturday: Arms, Chest, Breast (prerequisite Fri.'s class)

Essential Lymphatic Performance™ is an essential protocol for life. Whether someone is a well-toned and healthy competitive athlete, a pregnant or nursing mother, an arthritic senior, a child with a sprained ankle or a bed bound patient in the hospital ~ there is a dramatic need for lymphatic drainage massage. Reduce the pressure that causes pain ~

Improve the body's natural immune system ~ Help beautify the body by clearing the lymphatic vessels that lay just under the skin and surround all of the organs ~ all of this can be done quickly and easily without any pressure on the body. These techniques can be performed before or during your usual treatments to take the tension out of the body and the "work" out of your style of massage.

With the escalating rise in such diseases as Cancer, Diabetes, and HIV, there is also a need for Essential Lymphatic Performance™ to work with people in hospital, hospice and nursing home settings. Doctors are recognizing that this can also be a valuable adjunct to their treatments as well. When a person is immobile for any period of time, there tends to be a buildup of the interstitial fluid in the extremities causing discomfort to the person as well as additional work for all of the organs, especially the heart.

In sports, Essential Lymphatic Performance™ can make a huge difference in the performance of an athlete. Whether it is pre-competition to get everything up and moving ~ or post-competition to remove the edema and help with pain, lactic acid buildup and stress injuries. In pregnancy and childbirth, it helps with the swelling and water retention, relieving tension and easing the birth. When working with children there constantly seems to be small injuries and it is great to be able to relieve the swelling and pain ~ quickly and with no pressure at all. It makes you a great hero.

Essential Lymphatic Performance™ will be taught clothed ~ so please wear loose, comfortable, cotton clothing without a lot of buttons or zippers. We will perform the breast massage with the shirt on ~ but preferably without a bra during that session. Tables, bolsters and face cradle covers will be required for this class. Blankets would be a benefit. Please bring writing materials.

### *About the Speaker:*

Teri Rogers, Acupressurist, Holistic Health Practitioner, Writer, Teacher, Healer and Naturopath has been studying massage and Eastern healing arts since 1980 throughout the United States and the Pacific Rim. Since 1985, she has taught massage and Eastern modalities at several colleges, massage conferences and exclusive spas in the United States.

Teri has studied and taught internationally in China, Hawaii, Mexico, Bali, Lombok, the Philippines and Thailand. In 1990 she lived in Chiang Mai, Thailand to teach at the Old Medicine Hospital (The Foundation of Shivago Komarpaj). Teri currently maintains a successful practice working with Eastern and Western doctors, chiropractors, and acupuncturists. She taught at Mueller College for Holistic Studies in San Diego since 1985 and is currently teaching in Laguna Beach, California.

# Educational Workshops

## ACTIVE MYOFASCIAL THERAPY-- The Diamond Method™

*Irene Diamond*

SATURDAY, MARCH 6, 2010, 2PM – 6PM

Get Rid of Your Client's Neck Pain– Fast!

Perfect for Whiplash, Migraines and Headaches, TMJ, Limited Range of Motion, and any cervical myofascial dysfunction.

Active Myofascial Therapy is a movement-based fast-acting, manual therapy method used to rehabilitate injuries and dysfunction and reduce or eliminate myofascial pain. AMT is a very comprehensive approach that incorporates myofascial therapy, neuromuscular reeducation, trigger point release, bio-mechanic and postural education, and therapeutic exercises. Get long-lasting results with your clients in only 3–4 sessions, with very little strain on your body.



This seminar will be instruction and practice of the hands-on and therapeutic exercise components of AMT for the cervical region. Students will learn quick assessment techniques to detect any dysfunction, therapy protocol, and will have plenty of time to practice AMT technique with partners.

This workshop is 80% hands-on practice, 20% lecture.

Plus, you will receive Active Myofascial Therapy yourself to get rid of your own neck problems.

You will leave the seminar with the ability to immediately incorporate the AMT principles, protocols and techniques into your practice. All attendees will receive printed manual with practice-related documents. And, all attendees will be entered in a drawing to win one FREE bodyCushion system (Over \$500. value)

Please have a basic understanding of applied anatomy and good palpation skills.

Wear clothes that allow access to your neck and upper torso. Bring lotion or cream.

### *About the Speaker:*

In 1988, Irene Diamond started her massage practice on a shoe-string budget with nothing more than a massage table and some linens. Working only part time, within 8 months she was earning over \$74,800. In 1988 she established the only travel business in the world that arranged massage therapists to provide services on cruise ships.

In 1997, she opened the first Wellness Center in San Francisco, which is still one of the top-rated centers for massage in the city. She created a proprietary system for massage therapists called: "Wellness Suites", which is a licences business model for massage clinics or centers. She provides one-on-one coaching services to massage therapists and now is the proud owner of [www.SuccessfulMassageTherapists.org](http://www.SuccessfulMassageTherapists.org), a business resource for massage therapists to help them grow more successful practices.

# Educational Workshops



## ETHICS AND TOUCH FOR HEALTH KINESIOLOGY

*John Maguire*

6 HR ETHICS WORKSHOP: SATURDAY MARCH 6, 2010, 9am – 5pm

This course will define the ethical implications of the practitioner's choices in defining their own Personal Code of Professional Behavior. The participants will engage in frank discussions on setting boundaries, values, behavior, and sexual impropriety. This course will examine the changing perspective that occurs as the massage therapist moves from new graduate, experienced practitioner, to mature practitioner. The participants will be guided in the development of a personal list of questions and responses to help maintain professional boundaries and behavior. There will be group discussions to determine the value and use of each question and response. Role-playing will be done to facilitate the practical and appropriate integration of these tools into the therapist's daily practice.

4 HR TOUCH FOR HEALTH KINESIOLOGY WORKSHOP: SUNDAY MARCH 7, 2010, 12noon – 4pm

Quick ways to eliminate physical and emotional stress and pain.

In this powerful 4 hour presentation you will learn several practical and easy to use techniques to quickly relieve stress and pain and gain an understanding of how energy medicine works. Focus will be on how to integrate these holistic approaches into a massage.

Experience the power and effectiveness of one of the most advanced systems of holistic health care. Touch For Health Kinesiology is the ultimate blend of structural and energetic bodywork, where you can find and correct the source of a person's pain. Through the art and science of muscle testing, you can "listen" to the innate wisdom of the body to have it guide you to what is needed to create total health and optimum performance. This approach, based on Chinese Medicine and modern advances in Energy Medicine, uses a wide variety of effective techniques to eliminate pain and dysfunction and restore the body and emotions to a state of balance. In this workshop you will learn several practical skills that you can integrate into your client work to get profound and often instant results. It is also an excellent approach to creating peak performance with athletes.

*About the Speaker:* John Maguire, Kinesiologist

As the founder and director of the Kinesiology Institute based in Southern California, John has trained a wide variety of doctors, therapists, and holistic health professionals through several professional training programs he has created on optimizing health and performance. He is a dynamic teacher, who is adept at making complex information practical and easy to understand. Through his popular Kinesiology Certification and Mentorship Program, many graduates have developed successful practices transforming people's lives.

In addition to conducting seminars, John has a private practice utilizing Energy Kinesiology. His clients commonly notice increased energy, improved posture, freedom from chronic and acute aches and pains, better digestion and elimination, and greater overall relaxation and freedom from emotional stress and trauma, in addition to the prevention of malfunctions and pains.



# Educational Workshops

## EASING BACK PAIN WITH RHYTHMIC DEEP TISSUE TECHNIQUES

*Carole Osborne*

4 HR WORKSHOP: SUNDAY MARCH 7, 2010, 12noon – 4pm

Explore a unique, non-intrusive approach to lumbar and pelvic discomfort. You can induce profoundly nurturing neuromuscular release with rhythmic deep tissue blended techniques. This approach is a creative synthesis from over 35 years of study and professional body therapy practice. Rhythmic Deep Tissue is elegant, efficient, and effective myofascial therapy that is easy on your body, and fun to do.



First we will review back and pelvic pain and its source in restricted movement. Then you will experiment with subtle undulatory movements to assess areas of decreased mobility in the joints and soft tissue. These gentle rocking movements can induce a client's neurological willingness to soften habitual structural patterns. They introduce new movement and feeling possibilities to areas of restriction and pain.

Next you will sculpt deeply into areas of chronic myofascial constriction in the back and pelvis. Slow, sensitive myofascial compression can relax muscles and affect lasting biomechanical changes to connective tissue. When moderated to sensitively hover at the pleasure/pain borderline, this sculpting can promote effortless, non-intrusive reorganization of soft tissue.

Finally we will blend together moving and sculpting simultaneously, using one hand for each modality. Intervertebral and pelvic joints will gracefully sway while paravertebrals soften. Back pain will ease as upper and lower body reconnect and lengthen. These rhythmic deep tissue techniques can also increase the client's kinesthetic awareness and their exploratory attitude. They help to restore functional ease and balance while fostering integration of body, feeling, mind, and Spirit.

### *About the Speaker:*

In 2008 the AMTA Council of Schools named Carole Osborne the National Teacher of the Year, a high point of 35 years as a somatic arts and sciences educator. In addition to private practice, she has worked in osteopathic, psychological, and women's medical settings primarily in San Diego, CA. Her earliest bodywork studies were with the Arica Institute, Milton Trager, Tai chi Master Abraham Liu, and in an apprenticeship with Edward Maupin, Ph.D. learning the structural approach of Ida P. Rolf. As her work has matured, she has developed a unique form of rhythmic deep tissue sculpting and begun incorporating osteopathic and neuromuscular soft tissue therapies. Carole co-founded the International Professional School of Bodywork (IPSB), in San Diego, in 1977, where she continues to teach.

Carole has written two textbooks, Pre- and Perinatal Massage Therapy and Deep Tissue Sculpting, and her articles appear in many professional and mainstream publications. She was a major contributor to Teaching Massage. She provided consultation on several videos, and for other prenatal and infant massage media items and curricula at massage therapy schools. Penny Simkin and Phyllis Klaus' newly released book on pregnancy and sexual abuse survivors includes Carole's input. She was a representative to the 1999 Massage Research Agenda Workgroup for the Massage Therapy Research Foundation, providing input to the Foundation's 10-year research agenda.



# Educational Workshops



## WATSU INTRODUCTION

*Kim Hartz  
and Tal Hurley*

4 HR WORKSHOP OFFERED SATURDAY (2–6pm) & SUNDAY (noon– 4pm), MARCH 6 and 7, 2010

Watsu is WATER ShiatSU, a form of aquatic massage that was devised by the unfortunately named Harold Dull in Harbin Hot Springs, California, in the 1980s. He studied Zen Shiatsu in Japan and developed Watsu when he started floating people in the warm pools in Harbin. Watsu is an unbeatable unwinding experience – a combination of deep meditation and massage while floating in a warm pool. Water babies will be completely blissed out, but if you're not comfortable going swimming, this therapy is probably not for you.

During a Watsu session, the patient is held and supported while being moved, floated, and gently stretched in 94–degree water. The buoyancy and hydrostatic pressure of water helps to support and increase circulation as the body is continually moved. Each move flows smoothly into the next.

Holistically, Watsu emphasizes trusting the body to seek its own natural balance. During a session, the practitioner's awareness is drawn to the patient's breath and natural movement. The concept is that the experience of deep relaxation and nurturing can facilitate a meditative/intuitive state that helps alleviate pain and facilitate restoration. Those who can benefit from Watsu include people who are experiencing stress/ tension, muscle spasticity, muscle guarding, limited range of motion, and chronic pain.

This 4-hour workshop will be a fun, playful introduction to the world of Watsu!

---

## AMTA CALIFORNIA CHAPTER BOARD MEMBERS AND APPOINTEES

### 2009/10 Board of Directors:

Melissa Colburn, President  
John Lambert, 1st Vice President  
Michael Roberson, 2nd Vice President  
Karen Russell, 3rd Vice President  
Meredith Evans, Treasurer  
Bobbie Sanford, Secretary  
Patricia Rusert-Gillette, Northern Rep.  
Vacant, Southern Rep.  
Terri Mongait, Immediate Past President

**Visit [www.amta-ca.org](http://www.amta-ca.org) for more info!**

### Appointees:

Maxine Donaldson, Awards Chair  
Joanie Hillerts, ByLaws/Standing Rules Chair  
Viki Ius, Chapter Office Administrator  
Lucy Wojskowicz, Convention Coordinator  
Amanda Whitehead, Government Relations Chair  
Karen Russell, Newsletter Editor  
Deb Tuck, Officer's Training - North  
Lucy Wojskowicz, Officer's Training - South  
Richard Merk, Parliamentarian  
Irene Diamond, Public Relations Chair  
Arlene Estrella, Volunteer Coordinator

**RESERVE YOUR ROOM BY FEB 11 TO RECEIVE THE \$99 ROOM RATE  
[WWW.PSRIVIERA.COM](http://WWW.PSRIVIERA.COM) OR CALL 866-588-8311**

# Special Interest Meeting Government Relations

FRIDAY, MARCH 5TH, 2010, 2-4PM

*Speaker: Amanda Whitehead and Special Guest*

For those who are new to California politics, AMTA-CA Government Relations Chair Amanda Whitehead, will present a primer on local and state government and how the laws that concern massage therapists get made. We will discuss how AMTA-CA members can become effective advocates for our industry.

A representative from the California Massage Therapy Council (CAMTC) will also be present to discuss the current state of that organization and how voluntary certification affects AMTA members.



**your  
massage  
supply  
destination!**

We are here for you! Call, visit or shop online!

Aromatherapy, oils, creams, lotions, tables, chairs, linens,

CDs, charts, accessories, soaps, incense, hot stones, tools, DVDs, books, candles, bolsters, holsters, lots of organic, vegan & local products, minor repairs, and much more....

***Everything you need under one roof!***

**WE PROUDLY CARRY THESE AND MANY OTHER FINE BRANDS:**



**365 Tenth St • San Francisco CA 94103 • 415.255.4693**

**Shop Online at: [www.SFMassageSupply.com](http://www.SFMassageSupply.com)**





# 2010 AMTA-CA LUAU LUNCHEON

**Show off your Hawaiian Flair  
while enjoying Island Cuisine!**

Don't miss the opportunity to meet and acknowledge  
the Unit Officers and win prizes for best  
Hawaiian/Island costumes while networking with  
fellow therapists in a tropical setting.

***FREE FOR UNIT OFFICERS!***

***\$5 MEMBERS***

***\$10 NON-MEMBERS***

Food served 12noon-1:30pm  
Recognition and prize awards beginning at 1:15pm

**YOU DON'T WANT TO MISS THIS  
FUN FOR ALL SPECIAL EVENT!!!**



# Post-Convention Workshop

## INTRODUCTION TO EQUINE MASSAGE

*by Terri Mongait*

3 HR POST CONVENTION WORKSHOP:  
MONDAY, MARCH 8TH, 2010 (10AM – 1PM)

This will be a hands-on basic introductory equine massage and bodywork class. You do not need to have any previous horse experience to enjoy this class. My objective is to give everyone the opportunity to explore an option to potentially expand your client base. So if you are ready to experience something new and are comfortable around critters, this class is for you.



You will learn basic horse safety, equine anatomy and easy-to-learn-and-use massage strokes. We will also explore energy fields (yours and the horse's). This class will add more tools for your massage tool box and, perhaps, open new doors for you.

You DO NOT need a massage table, sheets or oils or lotions. (One reason why I like working with animals). You will be outdoors so comfortable clothes and shoes are strongly recommended. Finally, come prepared for a fun and unique experience!

### *About the Speaker:*

Terri Mongait, EBW, NCTMB is the owner of Equine Massage Associates and Horses2Hearts. She is a nationally certified massage therapist, a certified Equine Body Worker®, and also an Equine Guided Learning Facilitator. In addition to massage therapy, Terri practices craniosacral therapy, Reiki and energy balancing. And, through her Horses2Hearts business, Terri utilizes her horses as co-facilitators to provide clients with unique life coaching experiences.

Terri is an active member and Immediate Past President, California Chapter of the American Massage Therapy Association (AMTA). She is also a member of the International Equine Body Work Association (IEBWA) and the Equine Assisted Growth and Learning Association (EAGALA). You can reach Terri at [terri@horses2hearts.com](mailto:terri@horses2hearts.com) or call 909-489-9654.

## THANK YOU TO OUR CONVENTION STAFF!

LUCY WOJSKOWICZ, Convention Coordinator  
VIKI IUS, Registrar  
MICHAEL ROBERSON, Exhibit Coordinator  
ARLENE ESTRELLA, Volunteer Coordinator

Volunteering comes from ones heart... thank you to all those hardworking volunteers at our registration desk, for those helping hands outside our classrooms, and for doing all you can do in support of the AMTA-CA Chapter!

REGISTER ONLINE: [WWW.AMTA-CA.ORG](http://WWW.AMTA-CA.ORG)  
BY FEB. 20TH FOR PRE-REGISTRATION EARLY BIRD RATES

# Physician's Guide

## to THERAPEUTIC MASSAGE Third Edition

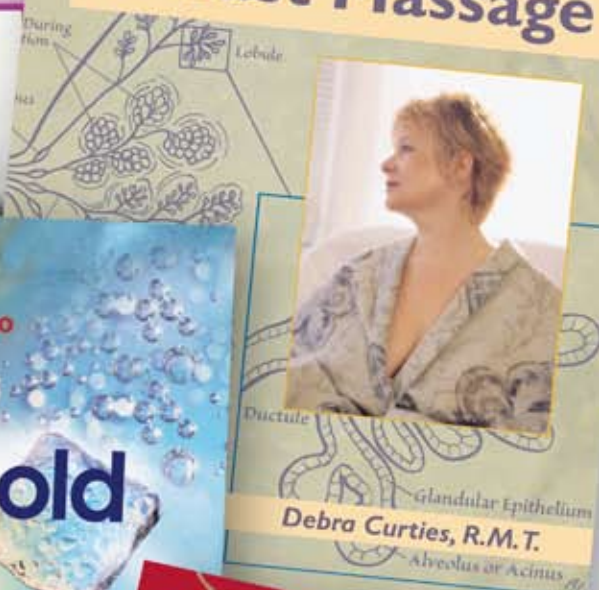


## Pre- and Perinatal Massage Therapy

A Comprehensive Practitioner's Guide to  
• Pregnancy • Labor • Postpartum



## Breast Massage



An Introduction to

## Heat & Cold as Therapy

## Making Sense of Research

Martha Brown Menard, PhD



Foreword by Aviad H...

Providing  
textbooks and  
educational materials  
for bodywork  
practitioners

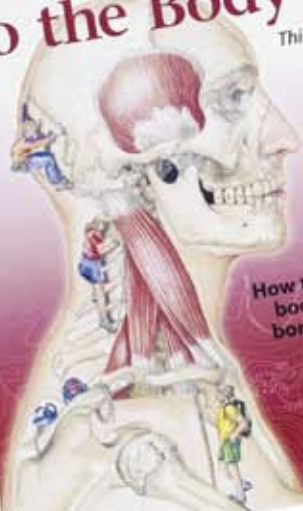
## Massage Therapy & Medications

General Treatment Principles

by Randal S. Persad, Dip. Pharm., R.M.T.  
Foreword by Dr. John Yates, PhD

## Trail Guide to the Body Third Edition

Fully Revised • 200 New Illustrations



How to locate the  
body's muscles,  
bones and more

Andrew Biel

Books of  
Discovery

## THE INTEGRAL ANATOMY SERIES



"Awesome!"  
Hansjoel Persad, PhD & Carol Bui,  
Dorland Publishers

Vol. 2: Deep Fascia and Muscle  
See what you touch. Rare visions of the human form explored through dissection.

Gil's insights  
are a vital  
contribution."  
Richard Publishers, MD



Curties-Overzet  
Publications

Toll Free: 1-888-649-5411

Fax: 1-416-923-8116

[www.curties-overzet.com](http://www.curties-overzet.com)



Receive a **FREE** embroidered  
2010 Convention Cap  
for referring a first-timer to the  
California Massage & Bodywork Convention  
in Palm Springs, California!



(while supplies last)

To qualify, both the person referring as well as the attendee must email the California Chapter Office at [info@amta-ca.org](mailto:info@amta-ca.org), prior to checking in at registration. Offer only good thru February 20th, 2010.

# Learn Geriatric Massage

- **Expand Your Client Base**
- **Increase Income**

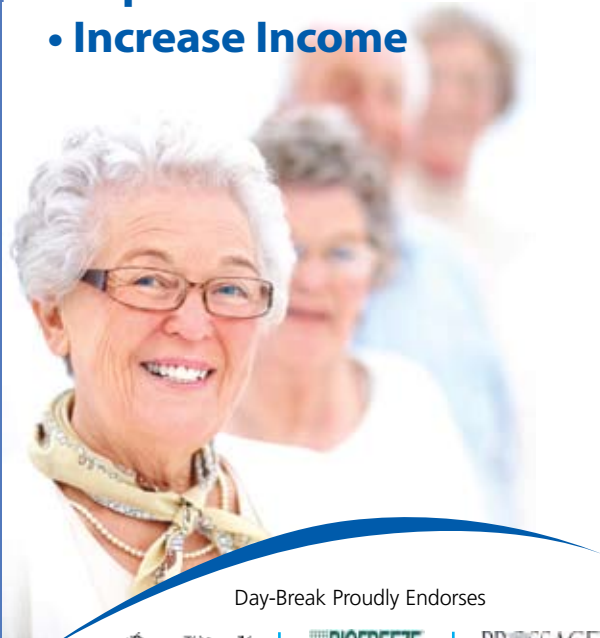
Beginning and advanced classes  
Include valuable hands-on work  
with seniors from robust to frail.

Approved by NCBTMB and FSMTA

## DAY-BREAK

GERIATRIC MASSAGE INSTITUTE

**FOR 2010 SCHEDULE**  
visit [www.daybreak-massage.com](http://www.daybreak-massage.com)



Day-Break Proudly Endorses

**Bon Vital**  
Essential Vitamins & Minerals

**BIOFREEZE**  
Pain Relief Topical Anesthetic

**PROSSAGE**  
Massage & Bodywork Products

Internationally Acclaimed Lecturer  
and Author

**Sharon Puszko, PhD, LMT**  
317-722-9896  
e-mail: [spuszko@juno.com](mailto:spuszko@juno.com)

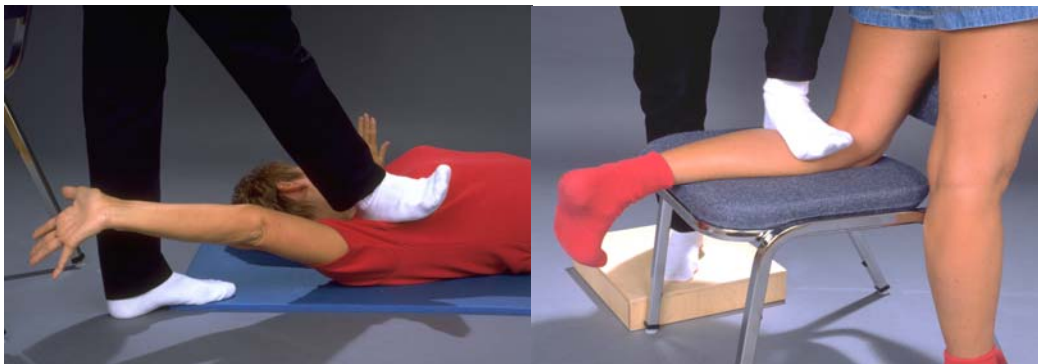


Sharon Puszko, PhD, LMT



***"More powerful than yoga, deeper than massage, more effective than physical therapy or Rolfing"***

***They say a picture is worth a 1000 words.***



"The Rossiter System should be learned by every manual and massage therapist. I can't believe how effective it is in restoring function to people with previously intractable conditions like frozen shoulder and carpal tunnel syndrome. A single session is often enough to restore function. 'Unbelievable,' as one of my clients told me. Forget surgery and pills. RUN, don't walk, to the next Rossiter training session."

--Carol Orrell, MS, LMT, Virginia

**Stop by our booth and experience Rossiter first "foot". Drop your business card into our basket for the free drawing and pick up discount coupons for future Rossiter workshops.**

**Northern Ca. Rossiter Instructor**

**John Prior**

**(510) 366-9767**

[strategicbodywork@yahoo.com](mailto:strategicbodywork@yahoo.com)

**Southern Ca. Rossiter Instructor**

**Ron Arbel**

**(619) 251-4263**

[ron@ronarbelhbp.com](mailto:ron@ronarbelhbp.com)

**Listing of Rossiter Workshops**

<http://www.therossitersystem.com/seminars/>

NCBTMB Provider #: 324305-00 (21 CEU), Board of Certification (BOC), National Athletic Trainers Association, National Association of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), Dental Assisting National Board (DANB)

# JACO

## WHOLESALE DAY SPA SUPPLIES



presents...

"California Massage & Bodywork Convention" show special -



& *Bon Vital'*®

Let the cooling powers of Biofreeze add extra comfort to your client's massage

★ Purchase 12 Biofreeze 3oz. Rolls or 4oz. Tubes and receive absolutely **FREE:**

- (1) 8oz. tube of Bon Vital Deep Tissue Lotion
- (1) 2oz. spray bottle of Biofreeze

Offer valid  
through  
March 31, 2010

Find everything you need  
for your business at JaCo!



Save  
an additional  
**15% off**  
your order



JaCo Distributors, Inc

800 642 4617

Lafayette, CA

# Riviera Resort Map



## Grand Ballroom I Exhibit Hours:

**Friday, March 5th, 2010 - 12noon to 6pm**

**Saturday, March 6th, 2010 - 11am to 6pm**  
**(Healthy Living Expo Reception to follow, 6pm - 9pm)**



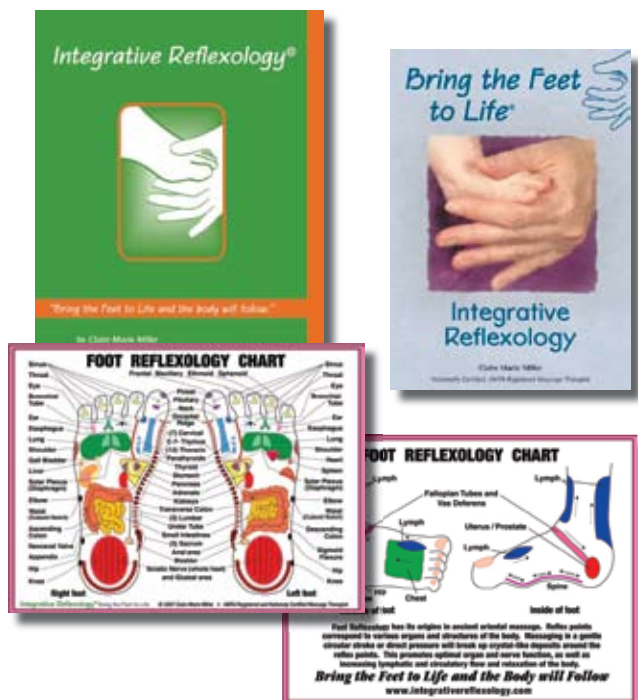
# Claire Marie Miller Seminars, Inc.

*30 Years experience teaching with Heart & Soul*

## Integrative Reflexology®

### Home-Study Course

Includes: Integrative Reflexology Manual  
Bring the Feet to Life DVD &  
2-sided 8.5" x 11" foot chart



## Hot Rockin' Reflexology &

### Sweet Feet Aromatherapy Home-Study Course

Includes: HRSF DVD and Booklet,  
Sweet Feet Cream and 8 essential oils  
Sweet Feet Card, Small Reflexology Chart  
Set of 16 Rocks & Foot wrap



## Amazing Products for Expanding your Knowledge and Practice

DVDs, Instructional Booklets, Reflexology Charts, Foot Cream, Essential  
Oils, Sweet Feet Kit, Foot Rollers, Rocks, Posters, & Reflexology socks



## Two Integrative Reflexology® Classes

### Lymphatic Massage & Reflexology for Detoxification

October 5 - 6, 2010

Boulder Hot Springs • Boulder, MT

\$325 • 14 CE's

Take both  
classes  
and save \$50

### Basic

### Integrative Reflexology®

October 8 - 10, 2010

Healthworks Institute • Bozeman, MT

\$425 • 24 CE's

Certification given in class

Call today - Class size limited to 20



[www.integrativereflexology.com](http://www.integrativereflexology.com) • [www.nurturingthemothet.com](http://www.nurturingthemothet.com)

• **Claire Miller 919.967.9015 - clairmar@bellsouth.net** •

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) approved continuing education provider # 49535-00  
Nationally Certified Massage Therapist - NC-LMBT #0580 • American Massage Therapy Association Member since 1982





# Information for 2010

## *Chapter Business Meetings and Awards*

The AMTA-CA Chapter holds its annual Business Meeting at Convention. Everyone is invited to attend this meeting which begins Friday, March 5th from 5pm – 7pm and concludes Sunday, March 7th at the 8:30am Business Breakfast Event. Topics at the meeting include: a report of the Chapter's past year accomplishments and goals for the future, a financial report, new and old business. Elections for open positions on the Chapter Board require a candidate Resume. Your completed Candidate Resume (page 24) must be received by the CA Chapter Office, "Attn: Commission on Candidacy", no later than Friday, February 26th, 2010 (postmarked no later than February 22nd, 2010). If the Commission on Candidacy receives and qualifies a nominee for each open Chapter Board position, then nominations from the floor will NOT be accepted. More information about open positions can be downloaded from the Chapter website: [www.amta-ca.org](http://www.amta-ca.org).

Every year, a Unit Officer member is chosen to receive an award that is given to recognize their special contribution to the functioning of their Unit. The recipients often wear many hats and have generously given of their time and energy in support of their Unit. Along with the Unit Award, Chapter Awards for Service and volunteerism are awarded at the Sunday morning Business Meeting and Breakfast.

Don't forget to collect your prize ticket at the door for each day's meeting attendance, good for a chance to win AMTA membership dues for one year! This membership prize drawing as well as the installation of the newly elected officers will also take place on Sunday morning.

## *Unit Officer Luncheon*

All are invited to join our Unit Officer Luncheon Luau on Saturday, March 6th from Noon – 2pm (program at 1:15pm, food service until 1:30pm). All Unit Officers are invited Gratis as we honor and thank them for their service to the AMTA, particularly on their local level. Prizes for best Hawaiian or Island flare. Unit Officers, Board Members and Appointees FREE; Members \$5; Non-Members \$10; Guests \$25

## *Cell Phones and Pagers*

We realize cell phones and pagers are a convenience and sometimes necessary for running your business or staying in touch with family, however, interruptions and disruptions within a workshop by these items can be very unpleasant and distracting. Participants in all workshops and meetings are asked to honor the speakers and the attendees by leaving their cell phone ringers off, silent, or on vibrate mode.

## *Continuing Education (CE Contact Hours)*

AMTA National CE Requirements: 48 Hours within a 4-year period for Professional Membership.

AMTA-CA Chapter NCBTMB Provider Number is: 020025-00.  
California Board of Registered Nursing Provider Number is: CEP6891.

## *Workshop Cancellation Policy*

80% of registration fees will be refunded if a written cancellation is postmarked by February 22nd, 2010. This program is subject to change without notice.

# AMTA-CA 2010 CONVENTION REGISTRATION FORM

Last Name: \_\_\_\_\_

AMTA Member Number: \_\_\_\_\_

First Name: \_\_\_\_\_

Membership Type: \_\_\_\_\_

Badge Name: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

School Phone: \_\_\_\_\_

School (if applicable): \_\_\_\_\_

School Representative Signature: \_\_\_\_\_

**FAX TO: 707-824-0998 or mail by February 20th, 2010**

AMTA-CA CONVENTION  
1007B West College Ave. #405  
Santa Rosa, CA 95401

*Cancellation Policy: 80% of registration fees will be refunded if a written cancellation is postmarked by February 1st, 2010. Refunds cannot be given if cancellation is postmarked after February 1st, 2010. This program is subject to change without notice.*

## WORKSHOP FEES (10% discount for students)

EARLYBIRD RATES (fax/mail by Feb. 20th, 2010)		ONSITE REGISTRATION	
Member	Non Member	Member	Non Member
\$275	\$300	\$300	\$325
\$80	\$100	\$100	\$125
\$80	\$100	\$100	\$125
Part 2 of 2	Part 2 of 2	Part 2 of 2	Part 2 of 2
\$150	\$175	\$175	\$200
\$80	\$100	\$100	\$125
\$100	\$125	\$125	\$150
\$150	\$175	\$175	\$200
\$80	\$100	\$100	\$125
\$100	\$125	\$125	\$150
\$100	\$125	\$125	\$150
\$80	\$100	\$100	\$125
\$80	\$100	\$100	\$125
\$80	\$100	\$100	\$125
Part 2 of 2	Part 2 of 2	Part 2 of 2	Part 2 of 2

Write 1, 2 or 3 on the line next to the workshop name below to indicate your first, second, and third workshop preferences. Circle the appropriate pricing structure for your registration. Use one registration per person. We suggest you retain a copy of your registration for your records.

### Friday, March 5th 2010

- 8am - 5pm \_\_\_\_\_ #1 Zen-Touch™ Shiatsu (Part 1 of 2)  
9am - 1pm \_\_\_\_\_ #2 Nutrition for Massage Therapists  
9am - 1pm \_\_\_\_\_ #3 Essential Lymphatic Performance™ (Part 1)

#### Speaker

Seymour Koblin  
KP Khalsa  
Teri Rogers

### Saturday, March 6th 2010

- 8am - 5pm \_\_\_\_\_ #4 Zen-Touch™ Shiatsu (Part 2 of 2)  
8:30am - 12:30pm \_\_\_\_\_ #5 Ayurvedic Massage (Part 1 of 2)  
8:30am - 12:30pm \_\_\_\_\_ #6 Essential Lymphatic Performance™ (Part 2)  
9am - 5pm \_\_\_\_\_ #7 Ethics (6 hour workshop)  
9am - 6pm \_\_\_\_\_ #8 Forearm Dance  
2pm - 6pm \_\_\_\_\_ #9 Active Myofascial Therapy for the Neck  
2pm - 6pm \_\_\_\_\_ #10 Introduction to Watsu

Seymour Koblin  
KP Khalsa  
Teri Rogers  
John Maguire  
Val Guin  
Irene Diamond  
Kim Hartz/Tal Hurley

### Sunday, March 7th 2010

- 12noon - 4:00pm \_\_\_\_\_ #11 Introduction to Watsu (REPEAT)  
12noon - 4:00pm \_\_\_\_\_ #12 Easing Back Pain with Rhythmic Deep Tissue  
12noon - 4:00pm \_\_\_\_\_ #13 Touch for Health  
12noon - 4:00pm \_\_\_\_\_ #14 Destiny & Intuition  
12noon - 4:00pm \_\_\_\_\_ #15 Ayurvedic Massage (Part 2 of 2)

Kim Hartz/Tal Hurley  
Carole Osborne  
John Maguire  
Seymour Koblin  
KP Khalsa

### Business Meetings & Events (place check mark near each event you will attend, and circle cost)

- 2:00pm - 4:00pm \_\_\_\_\_ Friday, March 5th, 2010 -- Government Relations Special Interest Meeting  
5:00pm - 7:00pm \_\_\_\_\_ Friday, March 5th, 2010 -- AMTA-CA Chapter Business Meeting  
7:30pm - 9:30pm \_\_\_\_\_ Friday, March 5th, 2010 -- Comedy Keynote Address with Greg Tamblyn "Laughter for Life"  
12noon - 2:00pm \_\_\_\_\_ Saturday, March 6th, 2010 -- Unit Luncheon Mixer (Officer's FREE!)  
8:30am - 11:30am \_\_\_\_\_ Sunday, March 7th, 2010 -- AMTA-CA Chapter Business Meeting & Breakfast Buffet  
10:00am - 1:00pm \_\_\_\_\_ Monday, March 8th, 2010 -- POST CONVENTION WORKSHOP: Intro to Equine Massage

Members	Non Members	Add'l Guest
\$0	\$0	\$0
\$0	\$0	\$0
\$0	\$0	\$25
\$5	\$10	\$25
\$0	\$25	\$25
\$100	\$150	n/a

- \_\_\_\_\_ I require ADA Assistance  
\_\_\_\_\_ I am a First-Time Attendee  
\_\_\_\_\_ I am a New AMTA member (join date: \_\_\_\_\_)  
\_\_\_\_\_ Privacy Please! Do not share my contact info.  
\_\_\_\_\_ I am a Board of Directors or Unit Officer Member.  
\_\_\_\_\_ Unit and Title: \_\_\_\_\_

### PAYMENT INFORMATION (\*10% Discount for Verified Students)

Student Discount Amount: \_\_\_\_\_  
Total Payment Amount: \_\_\_\_\_  
Amex/Visa/Mastercard/Check #: \_\_\_\_\_  
Expiration Date: \_\_\_\_\_  
Approval Code: (office use only) \_\_\_\_\_

***Candidate and Volunteer Resume Form - submit to Chapter Office***  
**AMERICAN MASSAGE THERAPY ASSOCIATION-CA CHAPTER**

*Please print or type*

**Yr joined** \_\_\_\_\_

**Name** \_\_\_\_\_ **AMTA I.D. #** \_\_\_\_\_

**Home Address** \_\_\_\_\_

**Phone (w)** \_\_\_\_\_ **(h)** \_\_\_\_\_ **(fax)** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Years in massage** \_\_\_\_\_ **CAMTC#** \_\_\_\_\_ **Massage license?** \_\_\_\_\_ **City/County** \_\_\_\_\_

**Massage school attended/# of hours** \_\_\_\_\_

**Date of completion** \_\_\_\_\_ **Other related schooling** \_\_\_\_\_

**I am interested in volunteering in the following areas:**

<input type="checkbox"/> Awards	<input type="checkbox"/> Exhibitors	<input type="checkbox"/> Officers Training
<input type="checkbox"/> Budget	<input type="checkbox"/> Government Relations	<input type="checkbox"/> Parliamentary
<input type="checkbox"/> Bylaws & Standing Rules	<input type="checkbox"/> Membership	<input type="checkbox"/> Public Relations
<input type="checkbox"/> Convention & Workshops	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Scholarship
<input type="checkbox"/> Education	<input type="checkbox"/> Nominating	<input type="checkbox"/> Sports Massage
<input type="checkbox"/> National Convention Delegate	<input type="checkbox"/> Sergeant at Arms	<input type="checkbox"/> Other _____
<input type="checkbox"/> Board of Directors: President	<input type="checkbox"/> 1st VP	<input type="checkbox"/> 2nd VP
<input type="checkbox"/> 3rd VP	<input type="checkbox"/> Secretary	<input type="checkbox"/> Treasurer
<input type="checkbox"/> Rep: North/ South		

**Relevant community or professional experience** \_\_\_\_\_

**List AMTA Chapter (C) and Unit (U) Offices held with dates (include committees):** \_\_\_\_\_

**Other Qualifications** \_\_\_\_\_

**FOR THOSE SEEKING A BOARD OF DIRECTOR POSITION**

**How many hours a week do you estimate will be required to perform the duties of this office?** \_\_\_\_\_

**Are you currently able to commit the appropriate time for the performance of your duties?** **YES** **NO**

**What are your reasons and objectives for seeking this office?**

*At Board meetings, I understand that I must be present, focused and courteous; that I must put aside my private life for the duration of the function; that I will refrain from introducing distracting influences to other Board Members and that I will be prepared to transact the business of the Association.*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# HEALTHY LIVING EXPO RECEPTION

THE 2010 CALIFORNIA MASSAGE & BODYWORK SPONSORS PRESENT  
A HOLLYWOOD EXHIBITOR RECEPTION AT THE LEGENDARY RIVIERA RESORT!

**SATURDAY, MARCH 6TH, 2010, 6PM - 9PM**

*Special Thanks to Our Gold Healthy Living Expo Sponsors!*

MASSAGE ENVY  
C.A.R.E. EVALUATORS, LLC  
CA MASSAGE THERAPY COUNCIL (CAMTC)

----- SILVER SPONSORS -----

ROSSITER SYSTEMS  
VAL GUIN SEMINARS

----- BRONZE SPONSORS -----

CLAIR MILLER SEMINARS  
CLOUD QUILTS & DESIGNS  
CURTIES-OVERZET PUBLICATIONS  
FLOWER ESSENCE ENERGIES  
JACO DISTRIBUTORS  
SACROWEDGY MASSAGE TOOLS  
SAN FRANCISCO SUPPLY COMPANY  
SHARON PUSZKO GERIATRIC MASSAGE



*Special Thanks to the following sponsors who have contributed prizes for the Deal or No Deal Game!*

CARE Evaluators, LLC  
Cloud Quilts & Designs  
Laguna Canyon Spa

Rossiter Systems  
SacroWedgy  
San Francisco Supply Company

Sharon Puszko Geriatric Massage  
Val Guin Seminars

REGISTER ONLINE: [WWW.AMTA-CA.ORG](http://WWW.AMTA-CA.ORG)  
BY FEB. 20TH FOR PRE-REGISTRATION EARLY BIRD RATES



# Val Guin's Forearm Dance



Are you just beginning in your career or have you been working for decades? Whether you're building a new practice or trying to break bad habits, Forearm Dance™ will strengthen your Massage techniques and strengthen your foundation.

During my massage career of over 2 decades I had to develop an effective way to sustain my clientele, teaching schedule, and my own health. I have dedicated my life to spirit, my family and to my students. As bodyworkers, it is absolutely essential that we enter each day, each session, and each moment with openness, compassion, empathy and freedom for our clients and ourselves.

By practicing efficient posture, breath, thought, and action, you can find both freedom and strength in your body and in your life. Being authentic in our bodies and minds allows us to expand beyond these, becoming our truest selves.

Practice Forearm Dance™ and you will learn more efficient work habits while having fun and feeling good!

*Val Guin*

Creator - Forearm Dance™ Massage Series  
Internationally Known & Approved Provider For The NCBTMB

## Create A Stronger Practice, Create A Stronger Life!

"This Form Allows You To Penetrate In Between The Muscles In A Gentle, Yet Effective Way."  
*Nami (Student)*

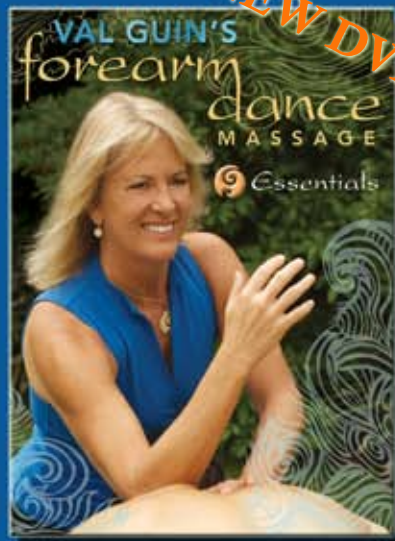
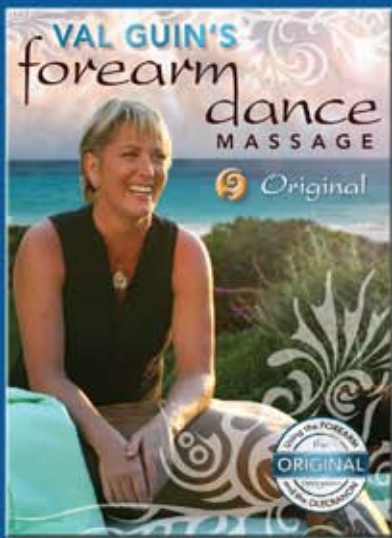
"Guin Is A Spirited And Inspiring Teacher"  
*MTJ Magazine*

"... Hand Saving Technique..."  
*Massage and Bodywork Magazine*

"Choreographed Touch...Forearm Dance Is Versatile!"  
*Massage Magazine*

**Val Will Be Instructing Her 8 Hour Forearm Dance Essentials Class At  
The 2010 AMTA Convention In Palm Springs, CA:**

**March 6, 2010 - Please See Program For Details**



Learn Efficient Body Mechanics & Increase Career Longevity  
Use Your Lower Body & Take Strain Off Back & Shoulders  
Work The Entire Body WITHOUT Using Your Hands  
Go Deep Without Working So Hard  
End Your Day Energized!

*Enjoy The Dance*