We're In Touch

Promoting Massage Therapy through Education and Professionalism

A Letter from Your President

Visit www.amta-nh.org
Fall 2012

Research –"the continual generation of a relevant body of knowledge" Rigorously controlled and replicated research is a key to the professionalization of any healthcare field.

I'm looking for an inspiration and my mind stumbles across a Muse for the profession, Massage Therapy Foundation. Do you know that your work and profession are supported by the Massage Therapy Foundation? And that MTF has been working in the background to produce the "scientific" support that lets the profession of massage therapy stand up and be utilized by evidenced based research that lets massage therapist play on the big field. Bottom line, research can help answer questions that lead to a better understanding of how massage can improve people's lives.

The volume and importance of research in field of massage therapy has grown experientially as previously there were a lot of claims of the benefits of massage but little evidence to support them. And research about the efficacy of massage helps to improve skills, validate the medical and body/mind benefits of massage and helps expand the acceptance of massage therapists as professionals. This directly and beneficially affects us all.

Are you reading and utilizing the free online journal, International Journal of Therapeutic Massage & Bodywork: Research, Education & Practice (IJTMB)? This is an online peer-reviewed, open access scientific journal that is published quarterly. A treasure trove of information that can support you in developing treatment plans.

Most importantly did you know the 2013 Massage Therapy Research Conference will be in Boston April 25-27, 2013, hosting the Fascia Conference? Plan now to go and sit in on a session, view case reports, indulge your inquisitive side, immerse yourself in the fascia research talk that is out there happening on a worldwide stage. This research is not dull or over your head its many aspects relate directly to your table.

Give some thought to the benefits that Massage Therapy Foundation has had on your practice. It's all about benefitting the massage therapist, the elevation of massage therapy in the Integrative healthcare field and improving the lives of the people we touch. I am personally very grateful.

Sincerely,
Julie

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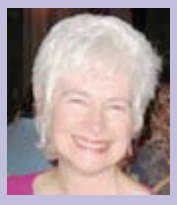

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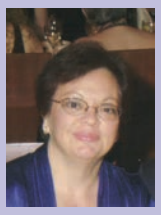

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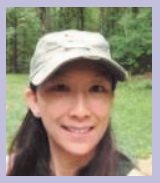

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Nashua, NH 03303
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Sportsmassage@amta-nh.org

Winter Ad Deadline: November 15

NUMBERS TO NOTE

National AMTA
847/864-0123 www.amtamassage.org
877/905-2700

NH Health and Human Services
800/852-3345, ext. 4607

National Certification Board for Therapeutic Massage and Bodywork
800/296-0664 www.ncbtmb.com

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CHI NEI TSANG MASSAGE

presenter
Mary Ellen Derwis-Balaz

DO NOT MISS OUT ON AN OPPORTUNITY TO LEARN & UNDERSTAND CHINESE MEDICINE THROUGH CHI NEI TSANG MASSAGE

TOTAL 12 CEHs

AMTA-NH CHAPTER EDUCATION

Saturday and Sunday
October 20 & 21, 2012

SERESC CONFERENCE CTR.
29 Commerce Drive
Bedford, NH

www.amta-nh.org

"Chi", most of us understand the word that describes the indescribable energy that influences life. What about the rest of it? Chi Nei Tsang means abdominal chi massage.

If you want to take your practice to the next level Chi Nei Tsang will get you there!

Participants will be able to perform basic abdominal detox massage and discuss its relationship to overall wellness with their clients. We will concentrate on:

- **Anatomy and Physiology of proper breath and its importance in healthy living**
- **Specific techniques to elicit client awareness**
- **Medical Chi Kung practice for practitioner and client**
- **Basic navel detox techniques**

Chi Nei Tsang is one of the most effective treatments for sciatica, headaches, back pain, constipation, bloating and stress related disorders.

DO NOT MISS OUT ON THIS OPPORTUNITY TO LEARN & UNDERSTAND CHINESE MEDICINE THROUGH CHI NEI TSANG MASSAGE

About Chi Nei Tsang…..

Chi Nei Tsang is a modality that uses breath, massage, and movement of the Chi as tools to bring awareness back into the organ systems of the body. In Taoist Medical Chi Kungs' perspective, all disease emanates from the disruption of Chi. One of the most powerful ways to physically balance that Chi flow is through abdominal manipulation via Chi Nei Tsang. Chi moves within the fascia. It communicates within the fascia. Fascia covers every cell of the body therefore through it Chi communicates with all body systems including the muscular system. Both smooth, cardiac and skeletal. This being said, Chi Nei Tsang is one of the most effective treatments for sciatica, headaches, back pain as well as gastrointestinal discomforts, and stress related disorders. When one performs a Chi Nei Tsang treatment things begin to happen:

* By the very nature of physical touch detoxification of the abdominal contents begins
* Imbalances of visceral structure and congestion of structural patterns release and seek a more healthy position and function within the abdominal cavity
* Unprocessed emotions trapped within the digestive system are attended to
* Through massage and breath the client becomes more self aware and now has choices available in lifestyle they did not know existed

Learn more about Mary Ellen from her website

Mary Ellen Dervis-Balaz, Lmt.,Cht.
Universal Healing Tao Instructor
www.beinthetao.com

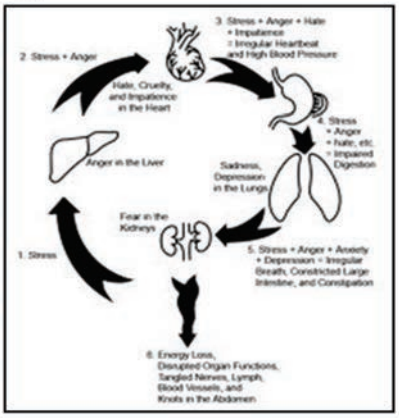
Weekend Schedule

Saturday: October 20, 2012
8:30am Registration- 9-12 Noon class, Lunch & Chapter Business Meeting 12-1:30pm 1:30pm-5pm class **Lunch Included in Workshop Fee**

Sunday: October 21, 2012
Class 9-12noon, **Lunch on your own** 1-4pm class

Where: SERESC CONFERENCE CENTER
29 Commerce Drive, Bedford, NH

When one performs a Chi Nei Tsang treatment things begin to happen!



Chi Nei Tsang is a Chinese approach to detox by means of fascial component, cardiac and skeletal systems.

Student Scholarship News
Scholarship Extension
AMTA-NH is offering $2,500 in scholarships!

The AMTA-NH 2012 scholarship program consists of three awards in the amounts of $1,000, $800, and $700. If you are, or know, a massage student who is interested in receiving one of these awards, please visit our AMTA-NH website for more information:
www.amta-nh.org

Scholarship details are available on the application form and the extended student scholarship deadline is **October 31, 2012**. For questions contact the Scholarship Chair, Darlene Nadeau, at (603) 493-1478 or 2ndvp@amta-nh.org

Education Review: Myofascial Release with Kevin Comeau, and TuiNa Massage with Julie Netti.

This past May 2012 the AMTA-NH held two lively workshops on Cinco de Mayo weekend. The two day workshop, Chinese Medicine/TuiNa Massage, was presented by Julie Netti, a consultant, educator and TuiNa massage practitioner out of Exeter, NH. The one-day workshop, Myofascial Release: Techniques and Body Mechanics, was presented by Kevin Comeau, owner of Vermont Massage Therapy and teacher for the massage certification program at New Hampshire Technical College in Claremont.

Both workshops were well attended, giving over 70 participants the opportunity to experience superior massage education that was engaging, thought provoking, fun and highly useful.
Some areas covered in TuiNa massage were: review of Eastern/Western medicine, the 5 elements in relationship to the human body, and building the understanding of TuiNa manual skills.

In the Myofascial Release workshop, the emphasis was on exploring deep myofascial release techniques through the lens of the body, maximizing the use of weight for pressure and depth, and the use of elbows and fists rather then the excessive use of our thumbs.

Evaluations from both workshops reflected happily satisfied participants who would like to explore in greater depth TuiNa massage techniques with Julie Netti, and have Kevin Comeau back to instruct on Myofascial Release with specific work on the spine, the hip – SI joint, or extremities.

AMTA-NH's next quality educational workshop is Chi Nei Tsang/ Abdominal Detox Massage with instructor Mary Ellen Derwis-Balaz. It will be held this October 20 -21, 2012 at Seresc Conference Center in Bedford, NH.
Hope to see you there!

Benevolence
Roseanne Beaurivage

Benevolence Committee Report Fall 2012

Did you know that everyone is on the Benevolence Committee? Well you are and your report is needed! Please contact Benevolence when you hear of a NH massage therapist receiving recognition, awards, having babies (or grandchildren). Drop a memo when one of our colleagues adds a degree to their L.M.T. title. Keep us timely with news of illness, accident or surgery.

We try to customize benevolence with quality cards, favorite colors, flower or animal... so passing along any personal information is helpful. Thanks so much for helping to make this small chapter a big-hearted community!

Since reporting at the last meeting Benevolence has sent sentiments and tokens to express our heartfelt solidarity and support to fellow members.

Congratulations to new parents Colin Widhu, (our former newsletter editor) and Mariah. They now share their lives with a healthy new baby boy! Declan was born this spring. He'll probably receive more massage in his first six months of life than the rest of us in a lifetime!

By printing Mahrheahnnah Ostroth will have her first grandchild.
Dana McCoy and her son, Quentin have joined forces with Christopher Bishop and his daughter, Kaylan. They are living in a newly renovated home in Canterbury. Moved and married the same week in May!

Sue Appleton recently lost her mother, Mariejane Breguet, a remarkable and talented woman. Her 101 years of life were memorialized this past August.

Vickie Branch has also lost her mother this year. We give our deepest sympathy for their losses.

We continue to send love, light and healing to Leo Beaudry, whose strength and courage amid challenges are an inspiration.

Membership Committee

Laura Wakeford

WELCOME

Welcome and congratulations on becoming part of AMTA-NH! Did you know that you joined a superior professional organization made up of over 600 licensed massage therapists in New Hampshire? Or that it was established 25 years ago? Do you realize you can be involved with your Chapter to promote our profession? Just attend one of our meetings and find out how much we do!

After 14 years of being an AMTA-NH Chapter professional member I decided it was time to take my involvement up a notch. I treasure the camaraderie and support I have always received from members. I have attended numerous continuing education courses both locally and regionally since 1998. My career has benefited enormously not only from the education but from the opportunity to network and form long lasting friendships.

Lisa Champagne, Pembroke
Trevor Ebel, Pembroke
Carrie Faucher, Bedford
Aimee Maxwell, Merrimack
Kori McKenzie, Nashua
Nicole Perry, Silver Lake
Jeff Phillips, Allenstown
Steven Auger, Nashua
Maura Blutt, Manchester
Donna Briggs, Derry
Tina Graham, Raymond
Samantha Malm, Sandown
Kittie O'Mullen, Allenstown
Isol Torres, Manchester
Jennifer White, New Ipswich
Nicholas Boccia, Londonderry
Victoria Makris, Laconia
Charles Marchetti, Manchester
Randy Vaillencourt, Nashua
Deborah Woods, Manchester
Lisa Angione, Hooksett
Kaitlyn Bir, Lee
Ataivo Drew, Manchester
Michele Lamb, Rochester
Brittney O'Brien, Londonderry
Jennifer Pardee, Manchester
Elizabeth Sweeney, Mancheser
Ashley Brown, Salem
Elizabeth Bennett, Newmarket
Ashley Collins, Hooksett
Kimberly Gagnon, Auburn
Alicia Hall, Hudson
Joseph Hann, Concord
Julie Morrissye, Merrimack
Nicole Mosier, Nashua
Jason Ross, Derry

The Membership Chair position just makes sense to me as a way to give back and promote the AMTA and our Chapter's growth. I've been told my enthusiasm is contagious. When I found out I get to visit massage schools and talk to future LMT's about the AMTA I was excited! When I know about a good thing I love to share it!

How long have you been an AMTA-NH member? Were you first exposed to AMTA as a student? I would love to hear from you if you would consider visiting your alma mater and reaching out to students. We have prepared materials, you will be "trained" and what a great thing for a student to hear from a successful practicing therapist. Tell them about the high quality continuing education offered at reasonable prices, that you love.

THE MUSCULAR WELLNESS INSTITUTE

CEU'S IN ADVANCED TISSUE TECHNIQUES FOR MANUAL THERAPISTS

JEFF MAHADEEN National Presenter
Certified Structural Integrator, LMT, NCBTMB

MWI'S submersion program is considered the "Graduate" program for Manual Therapists.

MWIs mission statement is to offer quality in-depth education to therapists and body-workers seeking to raise their level of training and to enhance the level of their profession.

- MWI offers three different therapeutic treatment tracks and also offers a wholistic submersion as well.
  - Individual therapeutic tracks - 240+ hours of theory and treatment
    - Students can sign-up for the NMT track, the Myofascial Mobilization track, or the Strengthening Therapeutic track.
    - Three different tracks that can be taken in any order and at any time.
      - MM 96 hrs - Spring and Fall 2013 (see dates on adjoining page)
      - NMT 96 hrs - Summer 2013 (check website)
      - Strengthening Therapeutics 48 hrs - Fall and Winter 2013 (check website)
      - Total 240 hrs

"When I started with Jeff, I had nearly 10 years of experience and a small 2 day a week practice. I've taken nearly 250 hrs of training at MWI, and I wish there was more. He has a gift and a passion to teach and taught me more than I could ever have imagined. Because of Jeff's classes my practice has easily doubled, and I don't see any end in sight. Is all I can say is… Just do it ☺" **Nancy, Portsmouth NH**

  - The Wholistic Submersion
    - This is the whole encompassing track.
    - This is for the therapist who is looking to raise their level of their education by taking all three tracks in a 1 year period.
    - Complete the wholistic track in less than 12 months. (10-11 three day weekends throughout the course of the year. Approximately 1 class a month)
    - *The wholistic track also affords the student a* ***significant discount*** *for course tuition.*
    - There is a clinical internship for no extra charge. (patients are provided to hone your skills with an instructor present)
    - Over 150hrs of hands-on treatment demos and practice
      - MM 96 hrs - Spring and Fall 2013 (see dates on adjoining page)
      - NMT 96 hrs - Summer 2013 (check website)
      - Strengthening Therapeutics 48 hrs - Fall and Winter 2013 (check website)
      - Clinical practice 20 hrs - Fall and Winter 2013
      - Wholistic Track Total - 260 hrs

Check website or call for additional dates, cost and detailed course information.
www.MuscularWellnessInstitute.com , 603-228-7711

THE MUSCULAR WELLNESS INSTITUTE

CEU'S IN ADVANCED TISSUE TECHNIQUES FOR MANUAL THERAPISTS

JEFF MAHADEEN National Presenter
Certified Structural Integrator, LMT, NCBTMB

Are you ready to increase your knowledge and marketability and set yourself apart from other Therapists?

Plan Ahead - 2013 Dates

Myofascial Mobilization Certification – Hopkinton NH

- 24- 48 CEUs - Take one or both weekends
- March 22nd - 24th A&P of Fascia, Tx of the Lower Extremity and Hip - **24 ceus**
- April 5th – 7th MM of the Neck, Back, Chest, Shoulder and Arm **-24 ceus**

MM Incorporates:

- Muscle testing
- Range of motion
- Myofascial Release
- Active and passive release techniques
- Postural assessment taught and refined everyday

Jeff's knowledge base is so broad and his teaching experience seems so vast when it comes to the body. He has wonderful ability and patience to convey the information in an easy to understand. I look forward to taking more courses with Jeff in the near future. **Jennifer, Nashua NH**

$450 per 3 Day Weekend of MM certification course. **Early Registration for entire Course $750 save $150**

Advanced Myofascial Mobilization
Hopkinton NH

- Designed to take the MM practioner to a new level
  - Open to MM Practioners Only
- **two – 3 day weekends 48 ceus**
- May 3rd – 5th & June 1st-3rd

Advanced MM Incorporates:

- Kinesiology
- Active Mobilization Techniques
- Corrective movement protocols
- Advanced postural assessment techniques
- Introduction to Strengthen Therapeutics included

$900 for 48 hrs of Adv MM. **OR Early Registration - $800 save $100**

Register for all 96hrs of MM and Adv MM. Early Registration for entire series- $1450 **save $100**

Intro to Myofascial Mobilization of the Pelvis - 7 CEUs Hopkinton NH, Nov 10th 2012
This is an intro course to the effectiveness of the MM technique through releasing the Pelvis. MM is a comprehensive program of soft tissue manipulation techniques that balance the pelvis.

Intro to Myofascial Mobilization of the Rotator Cuff - 7 CEUs Portsmouth NH., February 1st 2013
This is an intro course to the effectiveness of the MM technique through releasing the often complex rotator cuff. We will explore the tissue dysfunction of shoulder impingement and frozen shoulder.

Check website for mailing list, cost and detailed course information.
www.MuscularWellnessInstitute.com , 603-228-7711

Make it YOUR Chapter!

Your chapter is creating a list of volunteers interested in participating in a variety of ways. You can participate for a few hours, a day or an ongoing basis. Not sure what suits you, try something out—no long-term obligations are necessary in most cases.

By participating in different events, you get an insider's view of how the chapter works, get to meet other massage and healthcare professionals, make a difference in the Chapter and even in the State. Do you have an idea for volunteering that you do not see here? Great!! Write it in and let me know.

I look forward to working with you to build your practice, inform the public about the benefits of massage, and participate in community events all around the State.

Regards,

Beth Boucher

AMTA-NH Chapter Volunteer Information Form

Name_____ Address_____

City_____ State____ Zip_____ Phone_____

Email (optional)_____

I am interested in volunteering with the following committees:

___**Awards Committee** identifies chapter members that deserve recognition for contributing to AMTA and/or the massage therapy profession in an outstanding and altruistic manner.

___**Education Committee** provides educational opportunities to chapter members at chapter meetings and/or as independent educational events.

-___**Benevolence Committee** identifies chapter members in need of support or recognition from their fellow AMTA members.

___**Sports Massage Team** organizes chapter members to provide massage therapy at sporting events throughout the state (sports training required).

___**Massage Volunteer Committee** represents the AMTA and themselves by participating in community service events which have requested massage therapy be provided. This may be an athletic event, healthcare expo, charitable event, massage awareness event (maybe even an event YOU suggest!)

___**Membership Committee** collects and prepares written reports for the newsletter and contacts the national office for census figures before each board and chapter meeting; welcomes new members by phone or mail; and maintains contact with the state-approved massage schools.

___**Newsletter Committee** is responsible for timely publication and distribution of the chapter's quarterly newsletters. Photographers, writers, and graphic designers are welcome.

___**Webpage Committee** maintains and updates the chapter's website.

___**National Convention Delegates are** elected at the Annual Chapter Meeting to represent the Chapter at the National convention the following year. Delegates have a vote at the House of Delegates' meeting, attend Chapter meetings, and report to the membership on convention educational seminars.

___**Outreach/Public Relations Committee** organizes participation in local community events providing a venue for public awareness of the benefits of massage therapy and the AMTA. Duties can include: consistent communication with local businesses and Chambers of Commerce in member's area regarding massage opportunities at community events; dissemination of information to the public about massage therapy in the area; and onsite volunteering at local events.

I prefer to volunteer: ___one time only ___one-day projects only ___as much as possible

Mail this to: *Beth Boucher c/o AMTA Newsletter, P.O. Box 10367, Bedford, NH 03110 or email Beth at bboucher@gmail.com with your contact information and the selected committee(s).*

Craniosacral Therapy Alliance

Strafford, New Hampshire

an alliance of therapists and teachers working together to move the craniosacral therapy field forward

Our Mission:
To move generic Craniosacral Therapy forward by offering classes based on traditional teachings along with the latest research and techniques. Our classes explore new definitions of release, anatomy detail of the sacrum and occiput. Advanced classes focus on the sacredness of stillness and listening to the body. Our goal is to train therapists in using CST to relieve tension, stress and pain–both physical and emotional–so their clients can heal and regain health and happiness.

Reminder: October 2012 Deadline for CEUs for some state licenses

This is a great opportunity to learn about CST while you earn CEUs

Certified NCBTMB Provider #451232-10

www.CSTAlliance.com

Join Our Email List: ashpt@aol.com

Sign Up Today to Begin Your Craniosacral Adventure!

Facebook "CSTAlliance"

Bring Basic CST Into Your Practice in 3 Days

Offering Complete CST Curriculum with Don Ash in NH

Latest Research and Development, World Class Instructors
18 CEUs, Local Venues

The Craniosacral Therapy Alliance (CSTAlliance) is offering its **CST Basic Elements One** three-day class this fall on September 23-25 and September 28-30 in Rochester, New Hampshire. **Don Ash, PT, CST-D,** will be the class instructor. Don brings to his classes over twenty years of CST experience. To learn more about this and other classes in the CSTAlliance's complete CST curriculum, visit our website **www.CSTAlliance.com**

A healthy central nervous system can:
- ***promote healing***
- ***decrease pain***
- ***increase range of motion***
- ***decrease stress***
- ***provide relaxation***

These benefits improve nutritional metabolism and increase healing potential as people recover from illness, disease, surgery, developmental delay and general life stressors.

Basic Elements One: This is a three-day class that enables the student to return immediately to their setting and be able to effect a positive change in the client, patient, friend or family loved one. Practitioners will learn how to combine basic CST with what they currently do now for added positive results for their patients and practice. Students will learn exciting information on the fluid nature of the body, new definitions of release and the mechanics of craniosacral rhythm based on the traditional teachings of William G. Sutherland, D.O., and John E. Upledger, D.O., O.M.M., as well as new research. This is the first of three classes in our basic CST certification program.

BE1 (Basic Elements One) 3-Day CST Class, 18 CEUs
September 23-25, 2012 Rochester, New Hampshire
September 28-30, 2012 Rochester, New Hampshire
Registration Fee: $498, Required Text: "The CST Handbook" $25

To learn more about this class and other classes, or **to register online visit www.CSTAlliance.com** and click on "Curriculum." You can also **register by calling Jill at 603-948-2820** or sending an email to **ashpt@aol.com**

About the CSTAlliance Teaching Staff: Staff includes Don Ash, PT, CST-D; Roy Desjarlais, MT, CST-D; and Sheryl McGavin, OT, CST-D. Together we have over 40 years of national and international teaching experience. We are offering a 7-class curriculum and certification program in CST.

To see excerpts from Don's books; "Lessons From The Sessions,""The CST Handbook," and "Body of Water, Ocean of Mind," please visit **www.CSTAlliance.com** and click on "Store."

CSTAlliance | 722 First Crown Point Road | Strafford, NH 03884 | Phone: 603-948-2820 | ashpt@aol.com | www.CSTAlliance.com

Hands-On Learning *for* Hands-On Professionals

Clinical Orthopedic Massage Techniques for the Neck

with Dr Joe Muscolino, DC

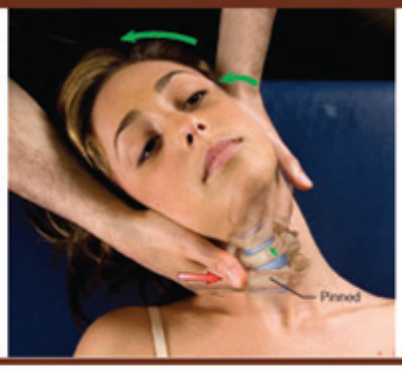
November 3 - 4, 2012
Brattleboro, Vermont

LearnMuscles.com ~ The Art & Science of Kinesiology

2 Days ~ 16 CE Hours

$225: AMTA Members
$275: Non-AMTA

$55 per night hotel



Register online at:
www.AMTA-vermont.org
or scan this QR code

AMTA-VERMONT

American Massage Therapy Association®

Upcoming Events

2012

Oct 20, 21, 22 Abdominal Massage, Seacoast Career School - 12 CEHs

2013

February 3 Cranial Sacral Therapy with Don Ash, Seacoast Career School - 6 CEHs

May TBA

BOD meeting dates 2012

September19 Phone conference 7pm-9pm
November 7 Common Man, Concord 9am–12pm
December 13 Phone conference 7pm-9pm
Meetings are open for your participation. Please RSVP to president@amta-nh.org to verify location and time.

National and Regional events

October 3-6, 2012 National Convention Raleigh, NC
September 25-28, 2013 National Convention Ft. Worth, TX
March 14-17, 2013 New England Regional Conference Mar
April 25-27, 2013 Massage Therapy Foundation Research Conference, Seaport Hotel Boston, MA

For ALL details, please visit our website: www.amta-nh.org and click on “upcoming events”

10 day lomilomi intensive

on Emerald Lake in NH ~ April 12-21, 2013

- Become proficient giving a full body Mana Lomi® massage.
- Learn Mana Lomi® advanced treatment for back, neck, shoulder, elbow, wrist, hip, knee and ankle conditions.
- Explore body awareness & movement.
- Learn Hawaiian healing meditations, chants, songs & *ho'oponopono* practices for body, mind & spirit alignment.
- Share healthy meals and lodging.
- Have fun!
- Earn 54 massage CE credits

Participants will learn Mana Lomi® healing massage at an accelerated pace in this residential lomilomi program.

One full tuition RAINBOW SCHOLARSHIP will be awarded to someone who uses manual healing arts to contribute to community.

Details on website.

Mana Lomi® Teacher

Barbara Helynn Heard, LMP

lomilomi practitioner 16 years, lomilomi teacher 7 years

Pictured above left with
Mana Lomi® founder Dr. Maka'ala Yates, D.C

WA massage license MA 00009734

other 2012 Mana Lomi® classes in New England

Mana Lomi®

Burlington, VT ~ Touchstone Healing Arts
- Sep. 7-9 Fri –Sun ~ Mana Lomi® level 1 ~ 27 CEs
- Sep. 10 Mon ~ Shoulder Treatment ~ 8 CEs

Pawtucket, RI ~ Inner Wisdom Studio
- Sep. 13 Thu ~ Hands & Feet Treatment ~ 8 CEs
- Sep. 14-16 Fri –Sun ~ Mana Lomi® level 1 ~ 27 CEs

Manchester, NH ~ Northeastern Institute of Whole Health
- Nov. 16-18 Fri-Sun ~ Mana Lomi hot stones ~ 27 CEs

Danbury CT ~ Ridley Lowell Institute
- Dec. 7 Fri ~ Anywhere/Anytime
  techniques done in chairs or on floor ~ 8 CEs
- Dec. 8 Sat ~ Hands & Feet Treatment ~ 8 CEs
- Dec. 9 Sun ~ Shoulder Treatment ~ 8 CEs

In the level 1 class a full body treatment protocol is taught.
All classes qualify for license renewal, including in NY State.

WHAT IS MANA LOMI®?

Mana Lomi® is based on Hawaiian healing concepts of working with the body, mind and spirit. It is hands on healing that is deep and powerful, yet gentle, giving immediate and long term results. Mana Lomi® symbolically means to communicate energetically deep within the bones of the individual and thus with the soul of the person.

Register at www.lomilomi-massage.org (206) 323-5871

We are now on Facebook. Look up AMTA New Hampshire or go to http://www.facebook.com/pages/AMTA-New-Hampshire-Chapter/216875128346096

Sports Massage
Clara Levesque

The primary reason I enjoy being an AMTA member is the camaraderie which occurs while working together to educate the community on the benefits of receiving a massage.

The **Hollis Road Race** (June 14, 2012), found four massage therapists (Lanying Benton, Beth Keltz, Jeanie Gorski, and Clara Levesque) working together to offer post-event massage to the runners who raised money to be distributed to local charities. Ellen Walker, LMT, spearheaded getting this group together. Her diligence enabled us to have a visible location. Prior to the runners return, we had the opportunity to offer massage to the volunteers who appreciated the work. We worked on a total of 28 runners, though if we have more therapists next year (including students) I'm sure more participants would utilize our service.

The **Mount Washington Road Race** (June 16, 2012) held every Father's Day weekend, was the site where five licensed therapists and four student therapists provided massage. Once we set up, Gina Formeister, had the attending students (Scott Calaio, Pam Keshib, Natania Sewall, & Jocelyn Hanlon) from White Mountain Community College in Littleton, work on the volunteers and those who were supporting the volunteers. The licensed therapists on board were: Donna Cormier, Cathy Wemyss, Cory Wemyss, Julie Sargent and Clara Levesque who worked on the participants of the road race.

Here to help serve the community -

Clara Levesque

AMTA-NH
760 LAFAYETTE ROAD
HAMPTON, NH 03842

PRSRT STD
US POSTAGE
PAID
MANCHESTER, NH
PERMIT NO 417

2012 – 2013 Calendar

Look for the CUT OUT Education Forecast on Page 13 for a list of all our events this year and next!

We are now on Facebook. Look up AMTA New Hampshire or go to http://www.facebook.com/pages/AMTA-New-Hampshire-Chapter/216875128346096

AMTA-NH Members:
Learn about chapter operations and get involved with developing issues by attending open board meetings. Please email president@amta-nh.org in advance.