

Integrated Positional Therapy

BY LEE ALBERT, NMT



Integrated Positional Therapy (IPT) is a gentle and simple combination of two techniques which has been shown to be effective at addressing a wide-range of common acute/chronic neuromuscular conditions and associative pain with success. Unlike conventional treatment methods that focus on the symptoms of

pain and pain management, IPT takes a novel approach to eliminate associative neuromuscular pain at its root cause. With a focus on the close relationship that musculoskeletal mal-alignment/imbalance play in the development of general and localized pain, IPT delivers simple, therapeutic self-care techniques that help identify and correct muscular imbalances and effectively hone-in on many of the root causes of pain.

My Inspiration to develop IPT came from a strong desire to share with others my personal journey, what I learned on my journey, and the experience of how I became pain-free from a deep neuromuscular pain condition.

I was in chronic pain for many years following a car accident. Seeking relief from my pain, I sought the expertise of many pain specialists who practiced a variety of techniques/approaches—but to no avail. By chance, I came across a therapist trained in a form of muscle release called strain-counterstrain, or better known as SCS, and experienced the first extended cessation of pain since my accident.

Excited and intrigued by this approach, I immersed myself in acquiring an understanding of the healing mechanisms involved; and subsequently became professionally trained in applying these techniques. As my hands-on experience with these techniques evolved, I realized their limitations and began to explore a more comprehensive approach to neuromuscular pain that incorporated other effective techniques. My exploration lead to another proven approach to address musculoskeletal pain referred to as Muscle Energy Technique, or MET.

Through careful self-application and experimentation, I modified these two typically isolated approaches to pain mitigation, and developed a first-of-its-kind integrated system of muscle movement protocols that effectively address many of the root causes of neuromuscular pain. These protocols have resulted in a proven holistic and comprehensive, effective



long-term approach to pain mitigation/management that is drug and surgery-free.

The problem of chronic pain in our bodies is complex and far-reaching, and as it applies to musculoskeletal pain encompasses many different areas such the head, neck, back, limbs, specific joints and bones, and even chronic non-specific widespread tissue pain—just to name a few. Yet, despite the wide-ranging conditions and symptoms, all types of musculoskeletal pain share similar underlying mechanisms, manifestations, and potential treatments. In the final analysis, most pain is foundational, resulting from imbalances in a musculoskeletal system that is no longer level, square and plumb. Postural deviations, distortions, and muscle imbalances lead to skeletal misalignments that result in muscle tensions and skeletal stresses that cause inflammation and pain.

We are typically in pain, because we are misaligned or “crooked.” Even if we think we have good posture, we probably do not, as misalignments are often not obvious to the untrained eye. When using IPT we can quickly identify the most common misalignments, apply SCS and/or MET and develop quick and simple solutions to bring the body back into balance.

Lee will be teaching an “Integrated Approach to Positional Release Therapy” (13 CEH) at the Johnson City Senior Center, Johnson City September 29-30, 2018.

In This Issue

2 Message from the President

3 Lobby Day 2018

3 Member Highlight

4 Convention 2018

6 Education Corner

7 2018 Fall Continuing Education Schedule

8 CSMT Corner

9 Award Winners

10 CSMT-SMT Calendar

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intouch is published quarterly by the **American Massage Therapy Association® New York Chapter**, a non-profit professional organization of licensed massage therapists, massage therapy students and member schools. This publication welcomes contributions from readers. Submissions must include the author's name, address, telephone number and photo. Copyrighted material must be accompanied by a release from its holder. Submissions can be emailed to office@amta-ny.org.

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Ad Prices

Full page	\$350	Business Card	\$100
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Deadlines

Fall: September 1
Winter/Spring: March 1
Summer: June 1

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Message from the President

Thank you for electing me as your AMTA-NY Chapter President for the next two years! It was a pleasure seeing so many of our members at the 2018 AMTA-NY Convention. I enjoyed my time with you, and I hope you enjoyed your experience. I am excited to welcome our new chapter Board Members, Donald Goodale and Melanie Olivieri. They have served our chapter in other ways over the last couple of years; I look forward to their contributions to the board. Together, with Pat Collins and Kyle Hierholzer, we will be working on addressing the needs of the members and the chapter.

Our board and committees regularly work on identifying needs for our members as well as the profession and execute ways to address those needs. Illegal practice issues and restrictive legislation laws at the local level continue to be at the forefront of our discussions. We will continue to pursue action in the courts to protect LMT's from discriminatory legislation. We are still waiting for a court date for our Greenburgh case. We will update the chapter with the judges' decision when it is received. We will also be trying a new approach when addressing negative stereotypes of the profession via educating District Attorneys, State Police, and local law enforcement about state education laws relating to the practice of massage without a license. Our hope is, if they know and understand the laws, we will see more state-wide enforcement. I will also be working to explore how we can begin educating the public about Licensed Massage Therapists; specifically, that we are trained medical professionals in NY. My hope is to share the research with the public about the benefits of massage therapy and how we can play a role in helping them to enjoy a better quality of life. By education and identifying the need for our services, we should be able to open the eyes of the consumer to the many benefits of massage therapy while creating the opportunity for our members to prosper.

I am looking forward to working with our board, as well as our dedicated Committee Chairs, to serve you the members and the profession. Together I believe we can continue to bring awareness to our great profession.

Enjoy your summer!



Nicholas Bodkin, LMT
AMTA-NY Chapter President

Lobby Day 2018

BY LINDSAY BODKIN, LMT, GOVERNMENT RELATIONS CHAIR



We had an extremely productive Lobby Day this year! Rebecca Marino & Kathleen Digan from Ostroff Associates assisted us while meeting with NYS Legislature. Our main goal was to pass a bill allowing LMT's to bill insurance for Worker's Compensation claims. While the Worker's Comp bill passed early in the Assembly (thank you to Assemblywoman Carrie Woerner), and Senator Robach worked extremely hard to bring it to the Senate floor, the Senate, unfortunately, did not pass this bill. We, as an organization, are committed to continue to educate our Legislators, and Lobby Day gives us the platform to do so. We hope that you consider participating in Lobby Day next year, as we continue to elevate the standards and morals of our profession.

Back Row: Pat Collins (hiding), Larry Andreassen, Eugene Wood, Frank Casucci, III, Jodi Fox, Kimberly Hegeman Corpus
Front Row: Kathleen Digan, Nick Bodkin, Lindsay Bodkin, Kathleen Macdowell, Lisa Day, Michele Kilcer, Rebecca Marino

Member Highlight

BY LINDA TOOMEY, BAS, LMT



My journey with massage therapy began at an early age through the influence of my great-grandmother from Berlin, Germany. I have memories of when she would self-massage her hands and arms while explaining to me how important this was for her self-care. Through great-grandmother's words of wisdom, seeds of massage therapy benefits were planted in my heart. Years down the road, these seeds began to grow and blossom as I achieved my New York massage therapy license in 1999. From the very start of my career, it was important to become a professional member of the American Massage Therapy Association (AMTA). Being apart of AMTA has played a vital role in my career with guidance and support – AMTA has always been there for me. In addition, AMTA has opened the door for opportunities to be proactive in the profession.

Throughout the years, it has always been a goal to continue my massage therapy education. Education is a major asset for professional



development and qualification that represents a level of commitment. AMTA has been instrumental in keeping my focus towards continuing education. I have grown in experience and knowledge from many of AMTA's quality educational offerings at the AMTA National Convention, NY-State Chapter Convention and regional classes. Over time, passion began to develop in my heart for teaching in the profession. In preparation as an educator, I began to take steps in higher education. Most recently, I graduated from Siena Heights University with a Bachelor of Applied Science Degree in Massage Therapy – Summa Cum Laude Honors. In pursuing education, we not only give ourselves a quality of life, but we also enrich the lives of people around us. Celebrating 75 years, AMTA has progressively led the profession forward by advancing massage therapy education and standards. The future looks bright for the massage therapy profession, as doors of opportunity continue to open before our eyes.

"If you or someone you know would like to be the focus of our member highlight, please submit an article for consideration."



TOGETHER IN Touch



BY LINDA TOOMEY, LMT, CONVENTION CHAIR

Convention 2018 was a success on every level! The convention was held on May 4 - 6, 2018, at the Holiday Inn Liverpool – Syracuse, New York. It was a fun-filled weekend with opportunities for networking with massage therapists from all over the state. With an offering of great classes and quality presenters, massage therapists had the opportunity to study a variety of modalities and new techniques. Time was well-spent enjoying the Vendor Marketplace with discovering new products and services.

At the Annual Business Meeting Luncheon, the chapter business was conducted for the year. Dolly Wallace, AMTA National Past President, was the keynote speaker. Dolly celebrated AMTA – 75 Years in Business! Furthermore,

AMTA-NY Chapter officers and delegate were elected by the members. Among the convention highlights was the dinner dance with a DJ for a great time on the dance floor. In addition, AMTA-NY Chapter awards were presented and the newly-elected officers and delegate were sworn in.

Congratulations to the 2018 Election winners:

Chapter President (2 yr term): Nick Bodkin

Board Member (2 yr term): Melanie Olivieri

Board Member (1 yr term): Donald Goodale

Chapter Secretary (2 yr term): Kyle Hierholzer

Delegate to the Assembly of Delegates
(2 yr term): Donald Goodale

Congratulations to the Chapter 2018 Award Recipients:

Outstanding Volunteer Award: Kevin Pelletier

Certificate of Appreciation Award:
Kathleen Miller, RN

President's Award: Donald Goodale

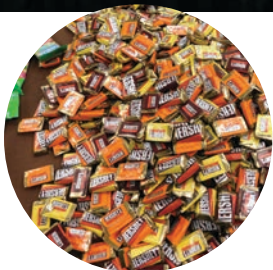
Meritorious Award: Larry Rockwell

Kristen Sykora Award: Cindy Allen

Congratulations to the First Place 2018 Student Scholarship Essay Winner:

Rebeca Torres-Rose from the Center of Natural
Wellness (\$1000)

CONVENTION 2018



Congratulations to all the drawing prize winners!

Much appreciation to our 2018 vendors who donated the drawing prizes.

A special thank you to Upledger Institute International and Massage Envy for sponsoring this year's convention as well as to our Breakfast/Break sponsor, Jin Shin Institute.

Thank you to all volunteers who gave of their time toward a successful convention. I would like to take a moment to applaud our amazing Convention Committee for their dedication to produce an excellent convention: Nick Bodkin, Pat Collins, Lindsay Bodkin, Ed Pacyna, Cindy Allen — you are the best!



SAVE THE DATE

AMTA-NY Convention 2019!
April 12 – 14, 2019
DoubleTree by Hilton Hotel
Tarrytown, New York

Education Corner

BY PAT COLLINS, LMT, EDUCATION CHAIR



Have you ever heard the old adage that “you get what you pay for?” Meaning that if you don’t pay much for something then it isn’t worth much. When it comes to your continuing education, sometimes this is true and sometimes it isn’t. I recently was enticed by “free” online CE’s. I was led to a website that had a short YouTube clip that was more like a movie trailer, after which I was invited to pay handsomely to get a real class. I also took an inexpensive online course, got a few CE’s but didn’t learn very much. Classic “you get what you pay for” moments.

At the AMTA-NY Chapter we keep your education prices as low as we can while still covering the expenses that a class incurs (like paying a teacher and renting a space). If you’re a chapter member and register early, your classes are still just \$15 per credit hour! We thoroughly vet each instructor for teaching expertise as well as quality class content. While the classes aren’t that expensive you get exceptional value for your continuing education dollars.

Our 2018 Fall classes are ready – Myofascial Release, Traditional Thai, Clinical Orthopedic Manual Therapy, Positional Release and Cupping just to name a few! Please see the AMTA-NY website and Facebook page for descriptions, locations and more information.

Currently, we are working on booking all the 2019 classes. We hold classes in each of our eight “Education Zones” so something will be fairly close to you. The Education Zones are: Western NY (around Buffalo), Western Finger Lakes (around Rochester), Central NY (around Syracuse), Southern Tier (around Binghamton), Northern NY (around Lake Placid), Capital District (around Albany), Hudson Valley (around New Paltz) and New York City/Long Island. If you have a topic or instructor that you would especially like to learn or learn from, please contact the chapter office as soon as possible! We look forward to hearing from you!

2018 Fall Continuing Education Schedule

Go to www.amtanewyork.org to get all the details on these classes and their locations

Northern NY

COMT Techniques for the Low Back & Pelvis (16 CEH)
Joe Muscolino, Location; Tupper Lake
September 22-23, 2018

Capital District

ACE Cupping, Level 1 (22 CEH)
William Burton, Location; Albany
November 9-11, 2018

Central NY

Gross Anatomy-Lower Body (8 CEH) **Location; Syracuse**
September 15, 2018

Clinical Massage for Veterans II (8 CEH) **Location; Syracuse**
September 16, 2018

Gross Anatomy-Upper Body (8 CEH) **Location; Syracuse**
October 20, 2018

Clinical Massage for Veterans I (8 CEH) **Locations; Syracuse**
October 21, 2018

Southern Tier

An Integrated Approach to Positional Release Therapy (13 CEH)
Lee Albert, Location; Johnson City
September 29-30, 2018

Know the Qi and Move the Qi: 5 Element Theory and Shiatsu
(16 CEH) **Ericka Clinton, Location; Johnson City**
November 3-4, 2018

Western Finger Lakes

Introduction to Thai Massage (20 CEH)
Yaron Gal Carmel, Location; Victor/Rochester
October 26-28, 2018

Western NY

Introduction to Myofascial Release (14 CEH)
Lisa Satalino, Location; Williamsville
November 10-11, 2018

Long Island

Pre and Post Natal Bootcamp (16 CEH)
Susan Rachel Condon, Location; Long Island
November 17-18, 2018

Hudson Valley

Critical Myofascial Strategies; The Lower Extremities (16 CEH)
Richard Condon, New Paltz
October 13-14, 2018



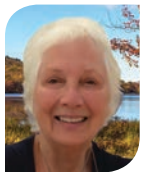
Keep Track of all CE Credits in One Place

The AMTA National website has a great tool to allow you to "self-report" all courses you take anywhere! To do so, simply log in to www.amta.org click on "Update Education Credentials". This tool allows you to put all credits that you have taken anywhere all in one place!

For any questions about this, or to access log-in information, please contact AMTA National at 1.877.905.0577.

CSMT Corner

BY SAMANTHA PAIGE-GRAEBER, LMT, CSMT CHAIR



March 29th the ER Team had the opportunity to participate in a drill at the Greater NY Offices of the American Red Cross. Along with me were Russ Borner, Vanessa Greene and Melanie Schmich. Together they provided 39 massages in a 4 hour time frame to some very happy and grateful responders.



L to R: Melanie Schmich, Samantha Paige-Graeber, Vanessa Greene and Russ Borner

We held a very successful CSMT ER training at the 2018 chapter convention in Syracuse. Thirty-four AMTA members attended and twenty-two joined the CSMT ER! A hearty and heart-felt welcome aboard to them! It is hoped to hold another training somewhere in the near future.



ER Class

May 10th, Jasmin Pitter along with Patricia Noel and Avril Steininger participated in the Downing Cares Committee's Family Fun Night with the proceeds going to the Ronald McDonald House of Long Island.

This is the fourth year supporting this group. They raised \$110. Overall, the Committee raised \$7,600.



CSMT with Downing Cares Committee Volunteers for their Family Fun Night

The CSMT celebrated our 10th year at the Living Healthy with Lupus event. We provided 50 massages to the attendees. This is an event where those who suffer with Lupus get a makeover, learn about nutrition, do Tai Chi, have lunch, get to listen to a guest speaker and have fun. This took place on May 12th at the Hospital for Special Surgery. The team: Hiroko Gilhooley, Patricia Wilcox, Lle-Anne McKenzie, Michelle Kelly Dillon and Samantha Paige-Graeber.



Front: Michelle Dillion, Back L to R: Samantha Paige-Graeber, Patricia Wilcox, Hiroko Gilhooley, Lle-Anne McKenzie

For our next upcoming events, see our calendar listed in this newsletter on page 10, check Face Book or go to our website.

Until then.....

Award Winners

BY KIM CORPUS, LMT, AWARDS CHAIR

This year's awards were given to recognize and honor both AMTA members and members of the community that have advocated, supported, and contributed to the advancement of the profession of massage.

Kevin Pelletier received The Outstanding Volunteer Award. If you have attended any NY conventions over the years you are sure to have been greeted by him. It was an honor that he deserved and we recognized him with the Outstanding Volunteer Award!

The Certificate of Appreciation Award was given for the first time this year to Kathleen Miller, RN. It was given to honor someone who has contributed to the massage profession by bridging the gap between AMTA and massage, and other associations and professions.

Donna Webb was awarded The Government Relations Activist Award. As a retired NY City detective, she brings a unique perspective to illegal practices and because of this she has the ability to consistently and clearly articulate key points in meeting with legislators.

The Sports Massage Achiever Award was given to Theresa Contos to openly honor an AMTA member and to acknowledge accomplishments in the area of sports massage.

The President's Award was given to Donald Goodale, who contributes to the massage profession in an outstanding manner and volunteers in a diligent and altruistic manner.

Cindy Allen received The Kristen Sykora Award, in memory of Kristen Sykora. With this award we recognized a person who embodies Kristen's love, passion and advocacy for our profession

The Meritorious Award was given to acknowledge and honor an AMTA member who is diligent in being a volunteer in an altruistic manner. This year it was awarded to Lawrence Rockwell.

Thank you Rebeca and all the students that submitted their thoughts in essays.

Rebeca chose the topic of "participating in volunteer work" or outreach projects (with relevance to you and massage therapy) as the focus of her essay.

The AMTA-NY Student Essay Scholarship First Place Winner

REBECA TORRES-ROSE

Center of Natural Wellness, Albany

Participating in Volunteer Works

When I learned that I was pregnant with my son, Jackson, some of the first books I read were on infant massage. My earliest childhood memories include my mom rubbing me with lotion after a bath, and I was so excited to have that same bonding experience with my child. Twenty weeks into my pregnancy we learned that our baby had Down syndrome as well as a congenital heart defect (CHD). As I looked into this genetic condition, I learned about the possibility of hypo- and hypertonia and how massage could help normalize muscle tone. It could also help with breathing, nursing, digestive difficulties, postural control and overall development. Unfortunately, I never got the chance to massage my son. He was stillborn full-term and my husband and I only got to spend one day in the hospital with his body before we had to say goodbye.

After Jackson died, I was fortunate to receive massage as part of my healing and I benefited greatly from having that time on the table. I also had the opportunity to attend a retreat for bereaved mothers of children with CHD. At that retreat I started thinking about going to school for massage therapy. I wanted to be able to offer the healing experience I had received to others who were suffering in the same way.

Once I become an LMT, I want to pay it forward by volunteering for some of the organizations that have made such a difference to me in this journey of healing. I want to volunteer massage at Hayden's House of Healing's retreats for grieving families of children with CHD. I also want to reach out to organizations that provide support to families that have experienced a perinatal loss. I have learned through my induction into the tribe of women who have experienced a pregnancy loss that not only does grief live in the body, but also that many women become embattled with their bodies after such a loss, blaming themselves for it. I want to be able to help these bereaved women re-establish a positive relationship with their bodies through massage.

I also want to be able to offer volunteer massage at fundraising events for the local Down syndrome resource center's Buddy Walk, the Angel Names Association and the Tears Foundation memorial walks. Also, after having heard the stories of some of the moms at the retreat who spent many incredibly stressful hours in hospitals because of their children's heart conditions, I would like to volunteer massage at the Albany Ronald McDonald House for families who are staying there while their child is at one of the local hospitals.

While I will never have the physical and emotional bonding experience of massage with my son, Jackson, I can honor the bond I continue to experience with him through volunteer activities that bring healing to others.



amta

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New York Chapter

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Convention Committee

Linda Toomey, LMT

Scholarship Committee

Melanie Olivieri, RN, LMT

New York State

Delegates, AMTA

National Convention

Donald Goodale (2018 – 2019)
Lindsay Bodkin (2017 – 2018)
Frank Casucci (2017 – 2018)
Melanie Olivieri (2017 – 2018)

CSMT-SMT Calendar

CENTRAL, SOUTHERN TIER AND WESTERN FINGER LAKES UNIT

Women's Wellness Weekend

DATE: Saturday, September 22nd, 2018

TIME: 10am to Noon and Noon to 5pm - Lunch is provided

LOCATION: Camp Good Days and Special Times, 643 West Lake Road,
Branchport, NY 14418

CONTACT TEAM LEADER: Beth Bergmann

E: bethbergmann@verizon.net

C: 716.861.2092

NY/LI UNIT

LI Brain Tumor Walk

LOCATION: Jones Beach, Field 5, 1000 Ocean Parkway,
Wantagh, NY 11793

CONTACT TEAM LEADER: Alexandria Nicholas

E: alnichol91@aol.com

C: 516.330.7384

NYFF Burn Center's Holiday Event

DATE: December 11, 2018

LOCATION: NY Hospital, 525 East 68th Street, NYC 10021

TO VOLUNTEER CONTACT TEAM LEADER: Eve Bucca

E: erbucca@aol.com

C: 914.907.5411

ROCHESTER AND BUFFALO

Bike MS Buffalo

DATE: Saturday, August 11, 2018

LOCATION: 10191 Lake Shore Rd, Irving, NY 14081 Evangola State Park

TO VOLUNTEER CONTACT: Shania Sonnevill

C: 315.576.3321

E: shania.lmt@gmail.com

Bike MS Rochester

DATE: Saturday, August 26, 2018

LOCATION: Elmwood Avenue & Moore Rd, Rochester, NY 14620 Genesee
Valley Park Rochester, NY

TO VOLUNTEER CONTACT: Shania Sonnevill

C: 315.576.3321

E: shania.lmt@gmail.com

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— Natalie K., LMT

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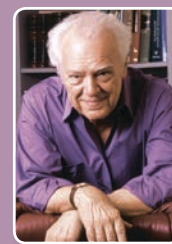
CRANIOSACRAL THERAPY 1 (CS1)
Philadelphia, PA Jan 10-13, 2019
Montreal, QC Feb 14-17, 2019
Albany, NY Apr 4-7, 2019
White Plains, NY May 2-5, 2019
Toronto, ON May 23-26, 2019

CRANIOSACRAL THERAPY 1 (CS1)
White Plains, NY May 2-5, 2019
Toronto, ON May 23-26, 2019
Philadelphia, PA Jun 6-9, 2019

SOMATOEMOTIONAL RELEASE 1 (SER1)
Toronto, ON Nov 30-3, 2019

SOMATOEMOTIONAL RELEASE 2 (SER2)
Hartford, CT Apr 11-14, 2019

CST FOR PEDIATRICS 1 (CSP1)
Hartford, CT Mar 14-17, 2019



John E. Upledger, DO, OMM,
developer of
CranioSacral Therapy

Additional dates/locations:

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**SAVE
THE
DATE**

AMTA-NY Convention 2019!

April 12 – 14, 2019

DoubleTree by Hilton Hotel Tarrytown, New York



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New York Chapter

The mission of the american massage therapy association®
is to serve amta members while advancing the art, science and practice of massage therapy.

Useful **Links**

AMTA NATIONAL OFFICE

www.amtamassage.org

**NYS EDUCATION DEPARTMENT
OFFICE OF THE PROFESSIONS**

www.op.nysed.gov/prof/mt

MASSAGE THERAPY JOURNAL

www.amtamassage.org/journal/home.html

MASSAGE & BODYWORK MAGAZINE

www.massagemag.com

MASSAGE TODAY

www.massagetoday.com

MASSAGE THERAPY FOUNDATION

www.massagetherapyfoundation.org

Social **Networking**

To network online with AMTA, visit www.amtamassage.org and click on the corresponding social media icons at the bottom of the page, or follow these links:



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www.facebook.com/amtanychapter



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www.twitter.com/AMTANY



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www.linkedin.com

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YOUTUBE

www.youtube.com/amtamassage

*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.