



**Rebalanced.
Renewed.
Rooted.**



Convention 2026
Saratoga Springs, New York

Schedule of Events

Thursday, April 16

CEH

| | |
|----------------|------------------------------|
| 8:30 – 10:30am | Board of Directors Meeting |
| 11:30-7pm | Convention Registration Open |

Multiple Day Sessions

Thursday, April 16-Sunday, April 19

CEH

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| CranioSacral Therapy, Level 1 (24 CEH)/Nick Night, LMT | 24 |
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Friday, April 17-Sunday, April 19

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| The Core Workshop-Principles and Practical Applications in the Art of Jin Shin (20 CEH)/Alexis Brinks, LMT | 20 |
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Friday, April 17

CEH

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| 6:45-8:15 am | Annual Business Meeting Full Breakfast | |
| 6am-5pm | Convention Registration Open | |
| All Day Class Sessions 8:30am-12:30pm; 2-6pm | Corestone Advanced Upper Body (4 CEH) and Corestone Advanced Lower Body (4CEH)/Shelle Hagen, LMT | 8 |
| | Massage & the Wounded Heart, Supporting the Grieving Process with Therapeutic Massage/Erica Keays, LMT | 8 |
| | Deep Tissue 1.0 -Back, Neck & Head/ Jared Cooper, PT, CMTPT | 8 |
| | Getting Comfortable Working with TMJ Dysfunction/Scott Raymond, LMT | 8 |
| | Asian Reflexology/Janet Blevins, LMT | 8 |
| 10am-7pm | Vendor Marketplace Open | |
| 12:30-2:00 pm | Vendor Marketplace Open House and Luncheon | |
| 2-6pm | Classes resume from the morning | |
| 6 -7:30pm | Vendor Marketplace Open | |
| 7:30-9pm | Sound Bath and Reflection/Relaxation time | |

Saturday, April 18

CEH

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| 7 – 9am | Light Continental Breakfast (vendors may be open during this time) | |
| 7am – 1:30pm | Convention Registration | |
| All Day Class Sessions 8am-12pm; 1:30-5:30 | Give a Great Massage Again: How to Refresh and Reinvent your Back Work (4 CEH) and Give a Great Massage Again: How to Refresh and Reinvent your Leg Work (4 CEH)/David Lobenstine, LMT | 8 |
| | Advanced Seated Massage/Greg Hurd, LMT | 8 |
| | Deep Tissue 2.0 -Shoulders, Hip, & Extremities/Jared Cooper, PT, CMTPT | 8 |
| | The Iliopsoas Complex (4 CEH) and Getting Comfortable with Side-lying Position (4 CEH)/Scott Raymond, LMT | 8 |
| | Gua Sha for Hands and Feet/Janet Blevins, LMT | 8 |
| 10am – 5:30pm | Vendor Marketplace Open | |
| 12 – 1:30pm | Lunch Break (on own) | |
| 1:30 - 5:30 pm | Classes resume from the morning | |
| 7 pm | Dinner Dance – “Elemental Mask-aurade” Themed Banquet Dinner & Awards Ceremony | |

Sunday, April 19

CEH

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|--------------------------------------|---|---|
| 7:30 – 8:30am | Light Continental Breakfast | |
| Morning Sessions 8:30am – 12:30pm | Give a Great Massage Again, How to Refresh and Reinvent your Neck Work/ David Lobenstine, LMT | 4 |
| | Ethics for Massage Therapist; How we view and choose our actions/ Greg Hurd, LMT | 4 |
| | Myofascial Stretch Therapy Jumpstart/ Jared Cooper, PT, CMTPT | 4 |
| | Massage for Dysfunctional Breathing/ Scott Raymond, LMT | 4 |
| 8:30am-11:30pm | Acupressure and Gua Sha for Headaches/ Janet Blevins, LMT | 3 |
| 10am-1pm | Vendor Marketplace Open | |
| 1pm | Convention Concludes: Please complete your convention evaluation | |



Lecture Class



Hands-on session-please bring a massage table, sheets, and lubricant.

Class Course Descriptions

All weekend Session

Thursday, April 16-Sunday, April 19

April 16: 2-6pm | April 17: 8:30am-12:30pm; 2-6pm | April 18: 8am-12pm; 1:30-5:30pm | April 19: 8:30am-12:30pm

 **CranioSacral Therapy, Level 1 (CEH:24)**

Instructor: Nick Night, LMT

Attendance all 4 days is required to receive credit

This dynamic, primarily hands-on course teaches an 11-step protocol for releasing fascia restrictions throughout the body & cranium.

Includes assessment pre- & post- treatment for fascial & Craniosacral Rhythm restrictions; palpation of the Craniosacral rhythm via movements of the cranial vault bones or palpation of the body.

This is a hands-on class, please bring your table, sheets and lubricant.

PLEASE NOTE:

- *Advanced review is required to get the most out of this class. A review sheet will be provided.*
- *Due to the advanced nature of the class, you must be a licensed therapist to participate. Massage therapy students cannot register for this class.*
- *This is not an Upledger sponsored class and is not accepted in their curriculum if you want to take a level 2 CST class with Upledger.*
- *There is an additional \$50 charge as it is a 24 CEH class*

Class size limited to 48 attendees

All weekend Session

Friday, April 17-Sunday, April 19

April 17: 8:30am-12:30pm, 2-6pm |
April 18: 8am-12pm | 1:30-5:30pm |
April 19: 8:30am-12:30pm

 **The Core Workshop-Principles & Practical Applications in the Art of Jin Shin (20 CEH)**

Instructor: Alexis Brinks, LMT

Attendance all 3 days is required to receive credit

This course is an introduction to the principles and practice of the Art of Jin Shin, a healing modality that originated in Japan and stems from ancient traditions. Key concepts such as Life Force, Breath, Depths, SELs, Body Reading, Pulse Listening, and gain practical tools for harmonizing body, mind, and spirit using the hands. The structured curriculum is aligned with The Core Textbook to support learning for both personal and professional application. By the end of the workshop, students will have the foundation to give a complete session.

This is a hands-on class, please bring your table, sheets and lubricant.

Friday, April 17

All Day Sessions • 8:30am–12:30pm & 2-6pm

 **Corestone Advanced Upper Body (4 CEH) and Corestone Advanced Lower Body (4CEH)**

Instructor: Shelle Hagen, LMT

AM session; Corestone Advanced Upper Body (4 CEH)

The Corestones Upper Body class is a dynamic, 4-hour workshop designed specifically for licensed massage therapists looking to enhance their skills and deepen their understanding of upper body anatomy and therapeutic techniques. This class focuses on the integration of effective, evidence-based practices to address common issues such as tension, stiffness and pain in the upper back, shoulders, neck and arms.

and

PM Session: Corestone Advanced Lower Body (4CEH)

This hands-on class will guide participants through advanced techniques using CoreStone tools to target key muscle groups, release myofascial tension, and promote better movement patterns in the lower body. During this interactive session, attendees will learn how to incorporate the use of innovative tools to address common lower body issues such as tight hips, hamstring strains, calf discomfort, and plantar fasciitis. Participants will experience deeper, more precise muscle release, which will help relieve chronic pain, improve flexibility, and mobility.

These are hands-on classes, please bring your table, sheets and lubricant.

 **Massage & the Wounded Heart, Supporting the Grieving Process with Therapeutic Massage (8 CEH)**

Instructor: Erica Keays, LMT

This class discusses the physical and emotional ramifications of the grief experience and how therapeutic massage can support in the stages of grief, prolonged grief, PTSD, and depression. The class covers hospice massage and the role practitioners can play in this environment. Emphasis on respecting our scope of practice and maintaining ethical standards around grieving clients. The class also takes a deep dive into emotional release.

Lecture class

 **Deep Tissue 1.0 -Back, Neck & Head (8 CEH)**

Instructor: Jared Cooper, PT, CMTPT

This class will discuss the anatomy and biomechanics of the neck, head, jaw, and back, including key muscle groups, fascial connections, and common postural imbalances. Identify muscular holding patterns and restrictions that contribute to pain, tension, and dysfunction in the cervical spine, thoracic spine, TMJ, and suboccipital region. Demonstrate knowledge of safe and effective DT techniques for releasing chronic tension in the neck, upper back, jaw, and scalp. Apply techniques to release the suboccipitals, scalenes, masseter, temporalis, and deep spinal muscles.

This is a hands-on class, please bring your table, sheets and lubricant.

Class Course Descriptions

Friday, April 17 *continued*

Getting Comfortable Working with TMJ Dysfunction (8 CEH)

Instructor: Scott Raymond, LMT

In this 8-hour hands-on workshop we will get deeper into the anatomy and biomechanics involved in TMJ dysfunction along with common complaints and how to address the symptoms of TMJ dysfunction while staying within our scope of practice. Attendees will learn how to integrate myofascial release, trigger point therapy, along with neuromuscular and intraoral techniques into their regular style of practice while following all protocols and regulations set forth by NYS.

This is a hands-on class, please bring your table, sheets, protective gloves and lubricant.

Asian Reflexology (8 CEH)

Instructor: Janet Blevins, LMT

My grandmother always said "If your feet are happy your whole body is." Asian reflexology is rooted in Classical Chinese medicine applying acupressure to specific points on the feet, hands, and ears to help promote relaxation and relieve tension. This class entails meridian theory and acupressure points along with basic reflexology.

This is a hands-on class, please bring your table, sheets and lubricant.

Saturday, April 18

All Day Sessions •

8am–12pm and 1:30-5:30pm

Give a Great Massage Again: How to Refresh and Reinvent your Back Work (4 CEH) and Give a Great Massage Again: How to Refresh and Reinvent your Leg Work (4 CEH)

Instructor: David Lobenstine, LMT

AM session: Give a Great Massage Again: How to Refresh and Reinvent your Back Work (4 CEH)

No matter where you are in your career or what kind of work you do, this course will help you refresh and reinvent your work on one of the most important parts of the body; the back, so that you can elevate your work from average to awesome. Learn a sequence that you can incorporate into your massage therapy sessions and personalize to each client based on their unique needs. As you learn specific techniques, we will also explore the foundational principles of giving a great massage, so that you can feel good in your own body while you work.

and

PM Session: Give a Great Massage Again: How to Refresh and Reinvent your Leg Work (4 CEH)

It is easy to overlook the legs while you are giving a massage. You shouldn't. This course integrates the foundational principles of David's longer, full-body Give a Great Massage Again course, so you'll learn new techniques for the legs and also how to stay happy in your body as you work. You'll practice a full sequence in both prone and supine that you can integrate into your very next sessions! And we'll explore using your body weight and breath, so that you can nurture a long and successful career.

These are hands-on classes, please bring your table, sheets and lubricant.

Advanced Seated Massage (8 CEH)

Instructor: Greg Hurd, LMT

Seated Chair Massage is a quick, fully clothed massage done in a specially designed chair that supports the head, arms, and back. In this class, we will look at being creative in the seated massage, massaging with different techniques, seated massage for relaxation, stress relief, and pain relief. Apply depth comfortably and effectively. Look at the business of seated massage.

This is a hands-on class, please bring your massage chair and lubricant.

Deep Tissue 2.0 -Shoulders, Hip, & Extremities (8 CEH)

Instructor: Jared Cooper, PT, CMTPT

Students will use layered palpation to identify soft tissue restrictions in the shoulder, hip, leg, and arm muscles. Students will demonstrate the safe and effective application of deep tissue massage including the use of the elbow, forearm, fist, and hand for the shoulder, hip, leg, and arm muscles. Students will perform a deep tissue routine on the shoulder, hip, leg, and arm muscles.

This is a hands-on class, please bring your table, sheets and lubricant.

The Iliopsoas Complex (4 CEH) and Getting Comfortable with Sidelying Position (4 CEH)

Instructor: Scott Raymond, LMT

AM Session: The Iliopsoas Complex (4 CEH)

During this 4-hour class attendees will review the anatomy of the entire abdominopelvic region and create a deeper understanding of the kinesiology of the iliopsoas. We will learn how to advise clients how to improve the function of the iliopsoas and who to refer out to when the needed work is no longer in our scope of practice. You will have a deeper understanding of how iliopsoas integrates movement with stabilization and understand the indications and contraindications of addressing this muscle. We will practice effectively addressing the iliopsoas in prone position.

and

PM Session: Getting Comfortable with Sidelying Position (4 CEH)

Sidelying position (also called lateral recumbent position) is a unique and often underused, massage treatment position. Sidelying is a comfortable position for many clients, especially for those who are side sleepers. This comfort can lead to a sense of security, often enabling more effective work. Sidelying also offers the unique opportunity to place more lateral muscle groups "face up" toward the massage therapist, making them easier for you to address. This four hour, hands on class will help you guide clients into and out of sidelying position, teach you secure draping techniques, help you understand how to apply your techniques to anatomy in sidelying, and understand when this position would be a good treatment choice.

These are hands-on classes, please bring your table, sheets and lubricant

 **Gua Sha for Hands and Feet (8 CEH)**
Instructor: Janet Blevins, LMT

Gua Sha translates to scraping as a therapeutic technique that involves gently moving different types of tools across areas. We will focus on the feet and hands, promoting blood circulation, reducing swelling, relaxing, decreasing tension and pain while avoiding contraindicated areas.

This is a hands-on class, please bring your table and sheets

Sunday, April 19

8:30am–12:30pm (unless otherwise stated)

 **Give a Great Massage Again, How to Refresh and Reinvent your Neck Work (4 CEH)**

Instructor: David Lobenstine, LMT

It seems like everyone has neck issues. Feel like you need some creative solutions? Here you'll learn how to merge deep tissue and myofascial techniques with an attention to the client's breath, in order to do innovative, personalized work to this vital and delicate area. This course also integrates the foundational principles of David's longer, full-body "Give a Great Massage Again" course, so you'll learn new techniques for the neck and also how to stay happy in your body as you work.

This is a hands-on class, please bring your table, sheets and lubricant.

 **Ethics for Massage Therapist; How we view and choose our actions (4 CEH)**

Instructor: Greg Hurd, LMT

Ethics is a vast and exciting field. People, religions, organizations, experience, emotions, current beliefs, morals, and so much more tell us what we are supposed to do. But it all comes down to what you choose. In this class, we will look at your options and actions and the consequences of your choices. Once you say something, do something...it is done. You then deal with the consequences of your actions.

Lecture class

 **Myofascial Stretch Therapy Jumpstart (4 CEH)**
Instructor: Jared Cooper, PT, CMTPT

Students will demonstrate proficiency in the safe and effective application of a 15-minute assisted stretching routine. Students will perform PNF techniques to address adverse muscle tone, cramping, and spasms.

This is a hands-on class, please bring your table, sheets and lubricant.

 **Massage for Dysfunctional Breathing (4 CEH)**
Instructor: Scott Raymond, LMT

Dysfunctional breathing (DB) is defined as chronic or recurrent changes in the breathing pattern that cannot be attributed to a specific diagnosis, causing respiratory and non-respiratory complaints. Its cause is due to alterations in breathing patterns that interfere with the normal respiratory processes and can co-exist with diseases such as COPD, anxiety, or heart disease. When clients experience symptoms of dysfunctional breathing it is a whole person approach.

Dysfunctional breathing can unsettle the mind, affect the musculoskeletal system, altering the mood and metabolism. DB can play a part in premenstrual syndrome, chronic fatigue, neck, back and pelvic pain, fibromyalgia and some aspects of anxiety and depression.

We will:

- Review the structure and function of breathing.
- Create a deeper understanding of the biomechanics of functional and dysfunctional respiratory patterns and how massage therapy can help.
- Understand the indications and contraindications of working with clients experiencing dysfunctional breathing patterns
- Understand and observe hands-on massage techniques to alleviate the symptoms associated with dysfunctional breathing.

This is a hands-on class, please bring your table, sheets and lubricant.

8:30am-11:30pm

 **Acupressure and Gua Sha for Headaches (3 CEH)**
Instructor: Janet Blevins, LMT

PLEASE NOTE: *this class will be held 8:30am-11:30pm*

Gua Sha is a light, scraping technique developed in Asia using smooth edged tools such as jade. In class we will use techniques for different headache types and for identifying areas of tension. We will also learn to use specific acupressure points for headache reduction and frequency and prompting relaxation.

This is a hands-on class, please bring your table, sheets and lubricant.

 Lecture Class

 Hands-on session-please bring a massage table, sheets, and lubricant.

Lodging Information



Hotel:

The Saratoga Hilton
534 Broadway
Saratoga Springs, NY 12866

*The negotiated rate is \$184/
night ++. This rate will be in
effect until March 27, 2026.*

Lodging contact:

The recommended reservations method is online;
A dedicated website to book your hotel rooms is at this web address:
[https://book.passkey.com/
gt/220740305?gtid=2d234acbf64752dcc0947d89f40e3adf](https://book.passkey.com/gt/220740305?gtid=2d234acbf64752dcc0947d89f40e3adf)

This link is customized specifically for the American Massage Therapy Assn, NY Chapter Conference at the Saratoga Hilton

If you prefer to call for reservations, dial 888-866-3596, which is central reservations, and use code is **"ASIE"** to receive our negotiated rate

Deadline to book this rate is March 27, 2026.

Parking:

Self parking for overnight Hotel guests is \$12.00 per vehicle per night.

Overnight guest are required to provide license plate number to the front desk upon check in for billing.

Hotel parking is also available for day guests: first hour is free, \$6.00 for up to four hours, \$12.00 for over four hours.

Day attendees will be directed to process payment using mobile device. These prices are inclusive of tax.

Pricing noted above is subject to prevailing rate upon arrival.

PLEASE NOTE: City Center Parking structure is priced and charged independently from Hotel.

Carpooling is strongly advised and early arrival, if you are driving in daily, may help ensure ease of parking.

Please bring your parking lot ticket in with you and you will be given a sticker.

Presenters



Janet Blevins, LMT



Alexis Brinks, LMT



Jared Cooper, PT, CMTPT



Shelle Hagen, LMT



Greg Hurd, LMT



Erica Keays, LMT



David Lobenstine, LMT



Nick Night, LMT



Scott Raymond, LMT



Scan this QR Code to learn more about these fabulous presenters!



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new york chapter

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