



Alabama Kneads

<https://www.facebook.com/groups/AMTA.AL/>



Newsletter Highlights

Spring Edition/ AMTA Alabama Chapter

PRESIDENT
LaDonna Ward
256-962-0149
Ladonna.amta@yahoo.com

1st VICE PRESIDENT
Heather Harris
251-767-5706
heatherharris70@yahoo.com



Second Vice President
Roxanne Castille
205-914-6260
castille@massageitworks.net

Third Vice President
Liz Mawhinney
205-540-2438
theinnerbliss@aol.com



Treasurer
Ron Joganic
205-655-2193
joganics@msn.com

Secretary
Pat Williamson
256-462-1288
gmwill@bellsouth.net

Annual Convention
Refresh Your Career
Orange Beach, AL
May 03, 2012-May 05, 2012
NCBTMB Requirements
and/or State Hours!
See Pages 6-13

BOD at Large Place 1
Cynthia Taylor
205-821-0911
taylorbrm2@aol.com

BOD at Large Place 2
Paul Wolff
205-568-3108
pwofff@yahoo.com

Are you a Mentor for our state???

Are you involved???

Alabama Board of Massage Therapy
2777 Zeldia Road
Montgomery, Alabama 36106
(334)420-7233 or (866)873-4664
Fax (334)263-6115

AMTA National Office
500 Davis Street, 9th Floor
Evanston, IL 60201
(847)864-0123
Fax (847)864-1178

Alabama Kneads

American Massage Therapy Association
Alabama Chapter

This newsletter is published quarterly by the Alabama Chapter of the AMTA. A non-profit professional organization of licensed massage therapists and students preparing for licensure.

Alabama Kneads welcomes contributions from our readers. Information for publication must be submitted on disk or email. Copyright material must be accompanied with a release from its holder. Please mail contributions to:

Alabama Kneads
AMTA AL-Chapter
c/o Alabama Therapeutic Massage
1635 US HWY 278 East
Cullman, AL 35055
256-590-6689

Website: WWW.AMTA-ALCHAPTER.ORG
Email: kristiej.williams@gmail.com

Advertising Rates Per Issue

Business Card	2 x 3 1/2	\$25
1/4 Page	3 1/2 x 4 1/2	\$40
1/2 Page	4 1/2 x 7 1/2	\$55
Full Page	7 1/2 x 10	\$75
Classified	25 words or less Free to AMTA members	

All advertisements must be prepaid. All advertisements must be in standard format (word, jpg or tif), emailed to the above address. Please make check payable to AMTA-AL Chapter.

Submission Deadlines

2/10, 5/10, 8/10, 11/10

The Alabama Chapter reserves the right to edit materials for clarification and where appropriate for space, accept or reject materials and assumes no responsibility for errors, omissions, corrections or modification in publication. The opinions contained in this publication do not necessarily reflect those of the staff or of this publication, AMTA or the AL Chapter.

AMTA—Alabama Chapter Committee Chairs & Social Liaisons

Education

Paul Wolff
205-568-3108
pwollffer@yahoo.com

Government Relations

Ron Joganic
205-655-2193
joganics@msn.com

History

Rebecca Overstreet
Becca.overstreet@live.com

Newsletter / North Social Liaison

Kristie Williams
256-590-6689
Kristiej.williams@gmail.com

Public Relations

Jennifer Pyles
205-401-3996
jennilee4u2c@yahoo.com

MERT Coordinator

Liz Mawhinney
205-540-2438
theinnerbliss@aol.com

Southeast Social Liaison

Anna Rickabaugh
334-750-6522
annasrickabaugh@yahoo.com

Membership

Heather Harris
251-767-5706
Heatherharris70@yahoo.com
Sharon Bryant
Sharonb@hiwaay.net

Social Media

David Findlayson
Sharon Bryant
Kristie Williams



finlayson@aroma.com
sharonb@hiwaay.net
kristiej.williams@gmail.com

A Word From Our Chapter President

I'm very excited about our upcoming Annual convention in Orange Beach.

There are 6 different instructors teaching their expertise in a 4 to 8 hour class. You can pick and choose which classes you would like to take. You may only need a few CEU's and you may need all 20 CEU's.

With these kinds of choices you may get to have a partial vacation.

If you need to save money, you should look on our website and sign up for Ride Share/Room Share. I hope everyone will be there. Let's make this year better than last year. The social events are going to be a great place to get to know each other and make friends. Look for the details in this newsletter. Don't forget, its first come first serve. Classes are limited.

HOPE TO SEE YOU THERE

LaDonna Ward

To read the minutes from the February 2013 Board meeting, please visit our website
www.amta-alchapter.org

AMTA's Bolster Your Practice Interactive Online Courses!



Developed in response to member feedback, **Bolster Your Practice** is AMTA's new, interactive online course series focused on helping massage therapists build, grow and manage their practices. Perfect for those new to the profession or anyone wanting to revitalize their practices, **Bolster** covers the most key business topics and trends.

Bolster Topics:

- Marketing and branding
- Online reputation management
- Search engine optimization
- Employee and workplace management
- Daily deals and your practice
- Accounting and planning for your business

http://www.amtamassage.org/membership/benefits/detail/77?utm_source=%2fBolster&utm_medium=web&utm_campaign=redirect

Annual Meeting EXCITING NEWS

The Annual member meeting will be held Saturday 5-4-13 during the 2013 Annual Convention in ORANGE BEACH, AL

Our 2013 Chapter Delegates and Alternates to attend the 2013 National AMTA convention in Forth Worth Texas, September 25th-28th will be voted on at the meeting.

The Meritorious Award for the person who went above and beyond in the Massage Community for 2012 will be presented.

The President will give a report on your chapter progress and future goals.

Learn how YOU can become involved in the Leadership of this GREAT Chapter!

Would YOU like to be a Delegate or Alternate for the AMTA National Convention this year?

Tell us Why at this meeting:
Prepare a short statement to read at the annual meeting explaining why You should represent our Chapter at the 2013 National Convention in Forth Worth Texas.

We will then vote as a Chapter on the attendees!

Do you know someone who deserves the 2013 Meritorious Award for the Alabama Chapter?

Go nominate them NOW on the website!!!

www.amta-alchapter.org

Or Contact Ron Joganics

205-655-2193 joganics@msn.com



WE NEED VOLUNTEERS!

HOW WOULD YOU LIKE TO HELP US HELP YOU?

CONTACT ANY BOARD MEMBER TO FIND OUT HOW YOU CAN BECOME PART OF THE LEADERSHIP FOR THIS CHAPTER

Attention!!!!

Massage CE Education

Dee Vickers LMT, NCTMB

Massage Continuing Education Courses

Nationally Approved Provider (NCTMB)

Alabama, Tennessee, Georgia accepted

CE Retreat in Fort Payne, Al

March 8 and 9th , 2013

Tarsal Tunnel Massage

Ethical Networking

Hot Stone Deep Tissue Massage

10 CE Credits Cost \$195.00

Registration at Massageceeducation.com

go green!

going green is on everyone's mind and every little bit helps! you can reduce your carbon footprint by [renewing your membership](#) online or by phone. [renew now](#) and eliminate the need for a paper renewal notice in the mail!

[other ways to green your practice:](#)

communicate with your clients via email and through [your website](#)

use environmentally friendly [products](#)

turn the lights off in your office when you leave

[green your renewal today!](#)

[877.905.2700](tel:877.905.2700)



Annual Convention 2013 Orange Beach, Alabama

Refresh Your Career

May 03, 2013– May 05, 2013



This years annual convention will be held at the Beautiful Island House Hotel in gorgeous Orange Beach, Alabama! <http://www.islandhousehotel.com/>

When making your reservation, ask about the AMTA Rate of \$139.00 per night + Tax

Rideshare or Find a Roommate

Many massage therapists wish to save money and travel with colleagues or fellow chapter members. For those looking to share expenses with other convention attendees, take advantage of AMTA's travel matching service. When you carpool, share a taxi or share a room, you help create a more environmentally friendly convention, and gain an opportunity to connect with other massage therapists. You can log onto our Facebook page and post your information <http://www.facebook.com/groups/AMTA.AL/> OR You can contact us on the website at

http://www.amta-alchapter.org/contact_us0.aspx

Get up to ***20*** Hours CEU's for the Price of ***12***

From 4 to 20 CEU's Offered!!!

AMTA Members: \$20/per CEU hour Up to \$240.00 (you will not pay over \$240.00 for the classes)

Non AMTA Members: \$25.00/Per CEU hour up to \$300.00(you will not pay over \$300.00 for the classes)

BRING A NON AMTA MEMBER AND GET \$5.00/OFF PER PAID CEU HOUR!!!

Get the required hours you need for State and/or NCBTMB Requirements

OR

Pick and choose just a few hours while on vacation!

These classes will FILL UP FAST!!!! First Come First Serve! See Page 7

- Yoga for the Massage Therapist
- Deep Tissue NMT– Elbow Tendonitis and Carpal Tunnel Syndrome-**FREE !!**
- Reiki-Energy NCTMB Hours
- SacroWedgy NCTMB Hours
- Ethics
- Using Facebook to promote your Business

Annual Convention: What's Offered?

Refresh Your Career

Materials required for Hands on Classes: Massage Table, sheets, lubrication and loose clothing.

Materials for Yoga Class: Yoga Mat or Beach Towel with loose clothing

Materials for Ethics and Facebook: Notetaking material-Please see Facebook Prerequisites under the Facebook Class Description on Page 10

Please Indicate your first(1)and second(2)choices for the courses you want to attend in each time slot. If a course is sold out, you will be assigned your next choice. *If you do not choose a 2nd choice, you will be contacted!*

Friday Morning 8:00 a.m. – 12:00 p.m.

- | | | | |
|---|---|--|----------------|
| 1 | 2 | Ethics (4 CEU's) | Donna Robinson |
| 1 | 2 | Yoga for the Massage Therapist (4 CEU's) | – Jasper Wolfe |

Friday Afternoon 1:30 p.m. – 5:30 p.m.

- | | | | |
|--|---|--|---------------|
| 1 | 2 | SacroWedgy (8 CEU's) | Cindy Ballis |
| (Class to continue on Saturday Morning))(Both classes must be attended for CEU credits) | | | |
| 1 | 2 | Using Facebook to Promote Your Massage Business (4 CEU's)- | Sharon Bryant |

Saturday Morning 8:00 a.m. – 12:00 p.m.

- | | | | |
|---|---|---|--------------|
| 1 | 2 | SacroWedgy (8 CEU's) | Cindy Ballis |
| (Continuation from Friday afternoon)(Both classes must be attended for CEU credits) | | | |
| 1 | 2 | Deep Tissue/Neuromuscular Therapy (4 CEU's) | |
| | | Elbow Tendonitis/Carpal Tunnel Syndrome | LaDonna Ward |



Saturday Afternoon 1:30 p.m. – 5:30 p.m.

- | | | | |
|---|---|---|---------------|
| 1 | 2 | Reiki (8 CEU's) | Bliss Wood |
| (Class Continues on Sunday Morning) (Both classes must be attended for CEU credits) | | | |
| 1 | 2 | Using Facebook To Promote Your Massage Business (4 CEU's, Repeat) | Sharon Bryant |

Sunday Morning 8:00 p.m. – 12 noon

- | | | | |
|---|---|--|--------------|
| 1 | 2 | Reiki (8 CEU's) | Bliss Wood |
| (Continuation from Saturday afternoon)(Both classes must be attended for CEU credits) | | | |
| 1 | 2 | Yoga for Massage Therapist (4 CEU's, Repeat) | Jasper Wolfe |

****Please see pages 10-13 For Class Descriptions, Schedules and Registration form.
Please complete this page and return with registration form!**

2013 Annual Convention

Knowing the Instructors:

★ **Donna Robinson, MAE, BA** **Business Instructor**

Donna is a Project Manager in Corporate Education at Beville State Community College. In her position, she manages education programs designed to support businesses and organizations, manages instructors and educational resources, and orchestrates outreach and building partnerships with the community at large. She also helps businesses create customized training programs that help employees learn solutions and best practices that can be applied to their current jobs. Donna has been an instructor of Business in the Massage Therapy field for two years. She has truly enjoyed learning about the world of massage therapy and has a passion for helping others understand the concept of ethical behavior in massage. She holds a Bachelor of Arts in Communication from the University of Louisiana at Monroe and a Master of Arts in Adult Education and Training from the University of Phoenix.

★ **Jasper Wolfe, LMT, Yoga Instructor**

Jasper received her 200 hr. Yoga Certification in Ashtanga in 2006 at GreenPath Yoga Studio in San Francisco, Ca., under the tutelage of Clayton Horton in the tradition of Pattabi Jois. She has had the privilege to study with other renowned teachers such as Dharma Mitra, Seane Corn, and David Swenson. She is the owner of Conscious Body Yoga & Massage Therapy; a private practice that specializes in Bodywork, Thai Yoga, and Private Yoga Instruction. She also teaches at several studios in the Birmingham area such as The Yoga Circle, Villager Yoga, and the LJCC. Jasper is on the staff of the Birmingham School of Massage and has worked as a Bodywork Instructor of Swedish, Deep Tissue, and Neuromuscular Massage Therapy. She is an Ambassador for Off the Mat into the World and is Co-facilitator of the local Yoga in Action Birmingham Group. She is also an Ambassador for Sweet Om Alabama and Co-facilitator of the Birmingham Community Kirtan.

★ **Cindy Ballis –Sacro Wedgy NCBTMB # 450972-09**

SACROLOGY® - study of the sacrum utilizing the Sacro Wedgy®

My name is Cindy Ballis and my Father invented the Sacro Wedgy® so I've been working with, as well as using it, for over 25 years. During that time I've had the privilege of working with some amazing therapists and after thousands of demonstrations at massage therapy events finally starting seeing a pattern to the Sacro Wedgy® routine. Now at the insistence of other therapists and instructors developed a class to teach these routines. A lot of what is taught is for self care especially for the symptoms common to this business such as hip pain, back pain, sciatica as well as poor posture. We also teach easy, gentle access to the psoas and piriformis muscles so you learn to work "smarter" not "harder". Physician heal thyself - then the rest of the world.

★ **Sharon L. Bryant**– Using Facebook to promote your Massage Business

Sharon L. Bryant has been practicing massage since 2008. She specializes in Ashiatsu Oriental Bar Therapy and various other barefoot modalities. Sharon came to massage as a lateral career shift from the defense industry in Huntsville, AL where she still works part-time. Her mathematics and engineering background allowed her to develop the computer skills and curiosity needed to develop an online marketing presence for massage that is almost free and drives enough business to her to keep her as busy as she needs to be.

2013 Annual Convention Knowing the Instructors:

★ LaDonna Ward, LMT, CNMT

LaDonna Ward has been teaching in the field of massage therapy for 21 years. Her private practice mainly consists of working with people in chronic pain. As a therapist with many Continued Education hours and many different certifications, she has always considered Deep Tissue/Neuromuscular Therapy her calling in the bodywork field. She is the Co-Owner of the Birmingham School of Massage and currently is the President of the AMTA-AL Chapter. LaDonna is a native of Cullman, AL.

★ BLISS WOOD NCBTMB # 451894-12

the founder of *ChantDance*[™], has been involved in the healing arts industry for nearly 20 years offering Reiki, massage, and yoga to communities throughout the Southeast and Southwest. She is a licensed massage therapist, especially focused in energy work and Thai Yoga Massage. Combining her talent as a musician and author, Bliss has also written and recorded educational material for the healing journey. Bliss also has been a dedicated yogini for 20 years and is a registered hatha yoga instructor. She has a Master's Degree in Metaphysical Science and is a Reiki Master devoted to sharing this sacred and powerful gift with others.

Annual Convention!

Refresh Your Career

****SEE PAGES 10-12
FOR CLASS SCHEDULES AND DESCRIPTIONS**

Annual Convention Daily Events!

Friday, 5-3-2013- Registration begins at 7:00 a.m.
8:00am-12:00pm

*** Ethics with Donna Robinson (4 CEU's)**

The Value of Ethics

Each practitioner is invested with the responsibility to adhere to standards of ethical practice and conduct set by the profession and taught in schools. This class will include the philosophy and science of ethics and its relationship to massage therapy. Participants will discuss methods to keep the value of ethics in the massage therapy profession and solve ethical dilemmas.

*** Yoga for the Massage Therapist with Jasper Wolfe(4 CEU's)**

Yoga for Massage Therapists:

A workshop in Self-care and Mindfulness for the Bodyworker

In this 4 hour workshop, participants will learn the basic philosophy of yoga and why it works. They will also be guided through several breathing exercises that can bring more energy and clarity to the mind and body. The workshop will include a 90 minute yoga class designed for the beginning practitioner and sequenced to help ease the daily tension and pain felt by the massage therapist. In the remaining part of the workshop, participants will begin creating a plan for their own self-care so they are better able to provide therapy for their clients.

Friday, 5-3-2013- Registration begins at 1:00 p.m.
1:30p.m.-5:30p.m.

*** SacroWedgy with Cindy Ballis (8CEU's) NCBTMB # 450972-09**

***CLASS TO CONTINUE ON SATURDAY MORNING-BOTH CLASSES MUST BE ATTENDED
FOR (8 hrs CE Credit)***

Now at the insistence of other therapists and instructors developed a class to teach these routines. A lot of what is taught is for self care especially for the symptoms common to this business such as hip pain, back pain, sciatica as well as poor posture. We also teach easy, gentle access to the psoas and piriformis muscles so you learn to work "smarter" not "harder". Physician heal thyself - then the rest of the world.

*** Sharon L. Bryant- Using Facebook to promote your Massage Business (4 CEU's)**

Learn how to create and maintain a Facebook page for your massage business. Concepts on using social media effectively to communicate with your clients, best practices and online etiquette will be explored. Leave class with a functioning Facebook page for your business.

Pre-Requisites: Personal Facebook account, laptop or tablet computer equipped with WiFi and appropriate software to access Facebook (i.e., Internet explorer or Facebook app/Facebook page app), and a sense of adventure. If you need help determining whether you meet the pre-requisites, please contact me: sharonb@hiwaay.net or [256-603-4596](tel:256-603-4596).

Saturday, 5-4-2013- Registration begins at 7:00 a.m.
8:00am-12:00pm

***SacroWedgy with Cindy Ballis (8CEU's) NCBTMB # 450972-09**
CONTINUATION FROM FRIDAY AFTERNOON-BOTH CLASSES MUST BE ATTENDED
FOR (8 hrs CE Credit)

Now at the insistence of other therapists and instructors developed a class to teach these routines. A lot of what is taught is for self care especially for the symptoms common to this business such as hip pain, back pain, sciatica as well as poor posture. We also teach easy, gentle access to the psoas and piriformis muscles so you learn to work "smarter" not "harder". Physician heal thyself - then the rest of the world.

***Deep Tissue/Neuromuscular Therapy (4 CEU's) Elbow Tendonitis/
Carpal Tunnel Syndrome with LaDonna Ward, AL Lic# 208 (FREE CEU's)**

The purpose of this course is to demonstrate a clear knowledge of the anatomy behind carpal tunnel syndrome and the causes, treatment options and prevention strategies.

Learning Objectives

- Describe the history, anatomy, and causes of carpal tunnel syndrome
- List diagnostic options for carpal tunnel syndrome
- Explain treatment options and outcomes for carpal tunnel syndrome.

Present measures that may be taken by individuals, employers, and healthcare professionals to prevent carpal tunnel syndrome

Carpal Tunnel Syndrome as well as tendonitis in the elbow is not only a concern for massage therapist but also a very common diagnosis for over-use of the forearm muscles. LaDonna feels this class will have several different perks for LMT's that will be attending this particular Annual Convention. Every massage therapist could use some therapy on their arms and detailed knowledge of how to help others.

Complimentary lunch served from 12:00p.m.-1:30p.m.

Saturday, 5-4-2013- Registration begins at 1:00 p.m.
1:30p.m.-5:30p.m.

***Reiki with Bliss Wood (8CEU's) NCBTMB # 451894-12**
CLASS TO CONTINUE ON SUNDAY MORNING-BOTH CLASSES MUST BE ATTENDED FOR
(8 hrs CE Credit)

Reiki Level I

Description: Originating in Japan, Reiki is a safe, gentle, non-intrusive hands-on healing technique for use on yourself or with others.

Objective: You will learn to give a Reiki treatment as well as learn the protocol for self-treatment. This class will give you the understanding of the concept of energy using the knowledge of the chakras and energy bodies.

Program Goal: This material imparts the knowledge required to pass the NCBTMB as well as initially attunes the student to the Reiki energy. It allows for you to learn to perform bodywork on a clothed client, which is necessary in professional practice due to health and/or psychosocial constraints.

***Sharon L. Bryant-** Using Facebook to promote your Massage Business (4 CEU's)**REPEAT**
Learn how to create and maintain a Facebook page for your massage business. Concepts on using social media effectively to communicate with your clients, best practices and online etiquette will be explored. Leave class with a functioning Facebook page for your business.

Pre-Requisites: Personal Facebook account, laptop or tablet computer equipped with WiFi and appropriate software to access Facebook (i.e., Internet explorer or Facebook app/Facebook page app), and a sense of adventure. If you need help determining whether you meet the pre-requisites, please contact me: sharonb@hiwaay.net or [256-603-4596](tel:256-603-4596).

SEE PAGE 12 FOR SUNDAY'S CLASS SCHEDULE

Annual Convention Daily Events!

Sunday, 5-5-2013- Registration begins at 7:00 a.m.
8:00a.m.-12:00p.m.

* Reiki with Bliss Wood (8CEU's) NCBTMB # 451894-12
*CONTINUATION FROM SATURDAY AFTERNOON-BOTH CLASSES MUST BE ATTENDED
FOR (8 hrs CE Credit)*

Reiki Level I

Description: Originating in Japan, Reiki is a safe, gentle, non-intrusive hands-on healing technique for use on yourself or with others.

Objective: You will learn to give a Reiki treatment as well as learn the protocol for self-treatment. This class will give you the understanding of the concept of energy using the knowledge of the chakras and energy bodies.

Program Goal: This material imparts the knowledge required to pass the NCBTMB as well as initially attunes the student to the Reiki energy. It allows for you to learn to perform bodywork on a clothed client, which is necessary in professional practice due to health and/or psychosocial constraints.

* Yoga for the Massage Therapist with Jasper Wolfe(4 CEU's)-REPEAT

Yoga for Massage Therapists:

A workshop in Self-care and Mindfulness for the Bodyworker

In this 4 hour workshop, participants will learn the basic philosophy of yoga and why it works. They will also be guided through several breathing exercises that can bring more energy and clarity to the mind and body. The workshop will include a 90 minute yoga class designed for the beginning practitioner and sequenced to help ease the daily tension and pain felt by the massage therapist. In the remaining part of the workshop, participants will begin creating a plan for their own self-care so they are better able to provide therapy for their clients.



AMERICAN MASSAGE THERAPY ASSOCIATION

Alabama Chapter



<http://www.amta-alchapter.org/home0.aspx>

Registration Form

GET REGISTERED - Refresh Your Career 2013 ANNUAL AMTA-ALABAMA CHAPTER CONVENTION

Name: _____

Address: _____

AMTA#: _____

Phone#: _____

**\$50.00 Deposit to
reserve your classes!**

1st Come first serve!!

SEE PAGE 7 For Hours

Number of hours: _____ AMTA Members \$20.00/CEU Hr-Not to exceed \$240.00
(bring a non AMTA Member and receive \$5.00 off Each CEU Hour)
NON-AMTA Member \$25.00/CEU Hour-Not to exceed \$300.00

Elective Social Events:

Friday Night 5/3/13 Massage Mingle FREE 8:30-? BYOB (location TBA)

Saturday 5/4/13 6:30pm-8:30pm

We are Going on a SUNSET Cruise, witness the Gulf Coast with us as we socialize on the Zeke's Lady! We will provide Light Snacks, You bring your beverage (no glass). This will be a relaxing, yet entertaining time for Therapists around the State to Mingle and enjoy our Beautiful surroundings!

Cruise Charge: _____ \$15.00 Per Person or \$25.00 Per Couple *LIMIT 52 People-Register Fast!!*

Total Amount: _____

Total Amount included with Registration Form: _____

*You will be responsible for making your own Hotel reservation SEE PAGE 6 for details
RIDESHARE/ROOMSHARE available! Contact us on the website www.amta-alchapter.org*

Make Checks Payable to AMTA Alabama Chapter

When mailing your registration form, you may pay entire amount OR \$50.00 Deposit and pay the remainder at the door! However, we need you to complete registration form ASAP along with PAGE 7 to reserve your spot!

Mail to:

**Ron Joganic
AMTA Annual Convention Registration
2000 Stone Mill Road
Trussville, AL 35173**



Upledger: *CranioSacral Therapy*



*John M. Upledger, CEO
and John E. Upledger, DO, OMM,
developer of CranioSacral Therapy*

Use CST to:

- Relieve stress, headaches, neck and back pain, TMJ, ADD/ADHD; to strengthen the immune system, to improve central nervous system disorders, and much more
- Build your practice; increase your earnings
- Reduce the strain on your body with our light-touch techniques
- Participate in a global alumni network that exceeds 100,000 practitioners, residing in 100+ countries
- Use our skilled Educational Services Counselors to help you chart your future—at the workshops, over the phone and online

**START
TRAINING**
**\$100 PER
MONTH**

**Ask about our Core-Pak
Training and Certification Package**
Save More Than 30% • Coursework Satisfaction Guaranteed!

Call or Click:
800-233-5880 | Upledger.com
To register, use Priority Code AL AMTA 3-13



CranioSacral Therapy 1 (CS1)

Tampa, FL Jun 6-9, 2013
Raleigh, NC Jul 25-28, 2013
Birmingham, AL Aug 1-4, 2013
Atlanta, GA Dec 5-8, 2013

CranioSacral Therapy 2 (CS2)

Atlanta, GA Sep 12-16, 2013
Cleveland, OH Sep 19-22, 2013

SomatoEmotional Release (SER1)

Raleigh, NC Jul 25-28, 2013

CST Touching The Brain 1; Stimulating Self-Correction Through Glial Interface (CTTB1)

Raleigh, NC Sep 25-29, 2013

CranioSacral Protocols for Common Conditions 1 (CPCC1)

Raleigh, NC Nov 20-24, 2013

Additional dates and locations at Upledger.com



AMTA T-Shirts!!

Advertise yourself and AMTA!
Let people know why an AMTA Therapist is different!

BUY A T-SHIRT TODAY!!!!
\$15.00 each (Also Available at the Annual Convention)
Contact Ron Joganic for your size and Color!!!

205-655-2193
joganics@msn.com

Become a Mentor!

shape the future of massage therapy:
become a mentor!



The new **amta** Mentoring Program helps guide those new to the profession on their path to success.

As an experienced **amta** member*, we invite you to be a part of this important Member Only benefit. By signing up as a Mentor you can share your wisdom, give back to the profession and expand your professional network. Mentors offer guidance, friendship and support to their Mentees.

*We ask that Mentors have at least five years of professional Massage Therapy experience.

goals of the **amta's** mentoring program

- Assist massage therapists who are new to the profession with goal setting, communication and success planning
- Help massage therapists adjust to and navigate their new career
- Allow Mentors to give back to the profession and **amta**
- Encourage Mentees to realize their full potential

why participate?

- Network and community involvement
- Foster lasting friendships
- Share mutual interests
- Develop leadership skills
- Sharpen communication skills
- Free benefit for all **amta** members

I'm interested in more information about the mentoring program!

Turn in this form after the presentation to your Chapter Representative, **or** Go to www.amtamassage.org/mentor to create a profile*, **or** Email mentoring@amtamassage.org for more information.

_____ name

_____ phone

_____ email

_____ best way to contact you

Once you complete a Mentor profile on the **amta** website, Mentees will search for you based on location, skills, work setting, etc. and request a relationship with you by email. You can accept or deny the request based on availability. You decide how many Mentees you would like to Mentor at any given time.

* www.amtamassage.org/mentor also includes links to resources to assist and guide program participants.

mailing address

500 davis street, suite 900 | evanston, il 60201-4695

Tell your massage therapist friends about AMTA's Refer a Friend program. Need help?

Check out our [tips and tools section](#).

1. Enter your friend's contact information in the form below. Add a second and third friend if you can! If it's easier, give us a call with your friend's information.
2. We'll take it from there!
3. For each friend that joins, you'll receive a \$20 gift card! No joke, (or strings attached) let us reward you for being an ambassador for **AMTA**! Plus, any friend that joins will receive a low introductory rate AND a special gift when they become an **AMTA** member.

Questions? Visit our [Refer a Friend FAQ](#) or call us toll free at 877.905.2700.



Alabama Kneads
1635 US HWY 278E
Cullman, AL 35055

ATTENTION: If you are receiving this through Postal Mail but would like to receive it through EMAIL please contact me at 256-590-6689 or kristiej.williams@gmail.com

Upcoming Meetings:

**Annual Convention in Orange Beach,
Alabama**

**Refresh Your Career
Island House Hotel**

May 3-5 2013 Details Inside

www.islandhousehotel.com