



October 26-29, 2016
Milwaukee, Wisconsin



amta
american **massage therapy** association®

ALABAMA KNEADS

AMTA Alabama Chapter

Spring 2016



Annual Spring Convention
Refresh your career!

Orange Beach, AL
April 22-24, 2016

LET'S ALL GO TO THE BEACH!

ARE YOU INVOLVED?

Volunteer Opportunities
Inside

Don't Forget to Vote!

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A Word from Our Chapter President

I'm not sure if I'm sad or happy. I am usually fine with change when it happens in my life. I will just go with the flow, make decisions, stand by them, and move on. I'm telling you all this because this is my moment of change after seventeen years.

Our Annual Spring Convention this year in April will bring my Chapter volunteer status to an end. In 1999, I took a position on our Alabama Chapter Board of Directors as the Secretary. I have loved every minute volunteering for this wonderful association in all my different roles over the years. I've always been extremely proud to be a member of an association whose main goals are to help our profession grow and where all the money made goes back into the organization. The AMTA is the only non-profit massage association in our profession, and it is constantly working for us. My favorite aspect of the AMTA is the state chapter level. The fact that we have a state presence always working to bring great continued education to our area, including social events, is amazing. Making our chapter like a family has been something we, as a chapter, have worked toward for many years now. None of this could have been possible if it had not been for the wonderful volunteers alongside me.

Your Alabama Chapter Board of Directors, Committee chairs, and Committee members work hard by volunteering their time to make our state chapter something to be proud of. There is no way I could go back over the years and thank everyone that has volunteered alongside me—there are just too many! These people inspired me and helped this chapter grow and flourish with love and support for one another.

My volunteer days are not over; I'm just going to the AMTA National level to continue doing what I love to do.

So, once again, a BIG THANK YOU to my volunteer colleagues for all your support and time.

I hope you will come to my last shindig in Orange Beach at our Annual Convention. The education, social events, and time on the beach will be unforgettable. Oh, by the way, it will be my birthday as well! Celebration is in order for all sorts of reasons!

HOPE TO SEE YOU THERE!!!!

LaDonna Ward
AMTA—AL Chapter
President

Roomshare/ Rideshare

Looking to save money on gas and hotel room expenses at 2016 AMTA-AL Annual Convention in Orange Beach, Alabama?

Visit <http://al.amtamassage.org/events/roomsharerideshare> to find others also looking to share a ride and/or a room.

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Get the hours you need for state licensure renewal and/or board certification! OR pick and choose a few hours while enjoying Orange Beach!

# 2016 Annual Convention Orange Beach, Alabama

Once again, AMTA-AL's annual convention will be held at the Island House Hotel on the sandy beaches of Orange Beach, AL.

Ask for the AMTA room rate of \$129.00/night + tax!

Visit <http://www.islandhousehotel.com> or call 800.264.2642 for reservations. Act quickly! Rooms will fill up fast!

## Continuing Education

**Mary Ellen Derwis**

Chi Nei Tsang

Level 1, Module 1  
Lung/Large Intestine

10 CEs

**Dr. Ben Benjamin**

Advanced Deep Tissue  
Muscular Therapy  
Technique Workshop

7 CEs

AMTA Members - \$15/CE hour

Non-AMTA Members - \$25/CE hour



## Learn and be social!

**AMTA-AL offers  
several  
opportunities to  
socialize with  
fellow massage  
therapists!**

Come mingle with your colleagues at a Massage Mingle on Friday! Enjoy a free luncheon on Saturday! Enjoy a Sunset Cruise Saturday night for \$20/ person or \$35/couple.

## MEET THE INSTRUCTORS

### Ben Benjamin, PhD

Dr. Ben Benjamin has been practicing massage since 1963 and has been nationally recognized for his contributions to massage therapy, receiving the AMTA President's Award in 2000, and an induction into the Massage Therapy Hall of Fame in 2010. Ben has dedicated his life to helping people cope with and overcome the pain and stress caused by injury to the body.

### Mary Ellen Derwis

Mary Ellen Derwis is an international massage therapy educator with over 22 years of experience in massage therapy and the healing arts. She is the founder of Chi Nei Tsang School in Independence, OH, and teaches a wide variety of massage and healing modalities. She approaches healing through the five element model of Taoism (fire, water, earth, wood, and metal) which allows for personal growth and healing path one's own pace.

## CLASS DESCRIPTIONS

### Advanced Deep Tissue Muscular Therapy Technique Workshop

With Dr. Ben Benjamin

This workshop is 95-97% deep tissue massage and myofascial techniques which address neck, low back and leg injuries. The anatomy portion is primarily taught through teaching every participant how to touch each structure. This is a one day workshop. Thirty-five unique techniques are taught in this seven hour workshop.

### Chi Nei Tsang:

#### Abdominal Massage Level 1, Module 1 Lung/Large Intestine

With Mary Ellen Derwis

This class gives each therapist an easy, doable protocol they can integrate into their existing practice as well as the foundation of Chi Nei Tsang with concentration on Breath Elimination and the fascial components of abdominal work.

Over the course of two days, participants will learn and review basic Chi Nei Tsang techniques that affect the fascia of the body. Students will demonstrate understanding of relationship between fascia and structural dysfunction, both in abdominal organs and their relationship to musculoskeletal dysfunction.

## WHY WAIT?

**Class space is limited and will fill up fast!**  
**Reserve your spot today! First come, first served!**

Send in your included registration page with your payment or deposit! Or you can register online at <http://al.amtamassage.org/amta-al-spring-convention-registration> at AMTA-AL's website.

## ELECTIONS!

During Saturday's luncheon, we will hold elections for different board positions.

**President\***—Sets direction and pace of the Chapter's activities based on the vision that has been determined by the Chapter membership, Chapter Board of Directors, and other Chapter Officers. Serves as a leader, planner, mentor, mediator, and facilitator.

**2nd Vice President\***— Assist Chapter President in achieving Chapter goals and effecting policies and/or decisions made by the Chapter Board of Directors.

**Secretary**—Official keeper of the Chapter records and is responsible for maintaining and updating Chapter records during her/his term of office.

**1st Delegate**—Represents their Chapter members in the House of Delegates and related activities, informs the Chapter of timelines, and facilitates the Chapter's influence in the HOD

**Alternate Delegate (2)**— Stays informed and ready to assume Delegate position (see Delegate).

For the first time ever, we'll also be including online voting! So please be sure to vote for our board! They volunteer to serve you!

\* — must have completed one term year as Board member within 3 years OR as Committee Chair within 2 years.



## 2016 AMTA-AL Spring Convention

with Mary Ellen Derwis & Dr. Ben Benjamin

### Cost:

Chi Nei Tsang (10 Ces) - \$150 Member / \$250 Non-Member  
Advanced Deep Tissue Muscular Therapy Technique Workshop (7 CEs) - \$105 Member / \$175 Non-Member

### Schedule:

#### Friday, April 22, 2016

8:30 am—Check-in  
9:00 am - 12:00 pm—Chi Nei Tsang\* OR Advanced Deep Tissue Muscular Therapy Technique Workshop  
12:00 pm - 2:00 pm—Lunch on your own  
2:30 pm - 5:30 pm—Chi Nei Tsang\* OR Advanced Deep Tissue Muscular Therapy Technique Workshop  
6:30 pm—Massage Mingle (FREE)

#### Saturday, April 23, 2016

8:30 am—Check-in  
9:00 am - 12:00 pm—Chi Nei Tsang\* OR Advanced Deep Tissue Muscular Therapy Technique Workshop  
12:00 pm - 2:00 pm—AMTA-AL Luncheon (FREE) & Elections  
2:30 pm - 5:30 pm—Chi Nei Tsang\* OR Advanced Deep Tissue Muscular Therapy Technique Workshop  
6:30 pm—Evening Cruise

#### Sunday, April 24, 2016

8:30 am—Check-in  
9:00 am - 12:00 pm—Chi Nei Tsang\*

\* To receive credit for Chi Nei Tsang, you must attend Friday or Saturday AND Sunday.

### Cancellation Policy

If you must, please do us the courtesy of canceling in a reasonable amount of time. Please contact Paul Wolff for refunds.

# Register for the Spring Convention!

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

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

Are you an AMTA Member?     YES     NO *(Check only one.)*

**Please select the CEs you will attend:**

- Friday, April 22nd & Sunday, April 24th, Chi Nei Tsang, Level 1 (10 CEs)
- Friday, April 22nd, Advanced Deep Tissue Muscular Therapy Technique Workshop (7CEs)
- Saturday, April 23rd & Sunday, April 24th, Chi Nei Tsang, Level 1 (10 CEs)
- Saturday, April 23rd, Advanced Deep Tissue Muscular Therapy Technique Workshop (7CEs)
- I am not attending any CE classes this weekend.

**Please select the Social Events you will attend:**

- FREE Massage Mingle—Friday, April 22nd @ 6:30 pm
- FREE Luncheon & Member Meeting—Saturday, April 23rd—ALL ARE WELCOME!
- Sunset Cruise—Saturday, April 23rd @ 6:30 pm—\$20single/\$35 couple
- I am not attending any Social Events this weekend

**Alabama Kneads**  
1755 Timberlane Circle SE  
Cullman, AL 35055

## Questions or Comments?

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### PAYMENT

Please may checks payable to AMTA-AL Chapter and send your payment to:

Paul Wolff  
2625 Willow Brook Lane  
Vestavia, AL 35226

\$50 deposit will hold your space. \$15/CE hour member rate, \$25/CE hour non-member rate. Evening Cruise \$20 single/ \$35 couples

To pay by credit card, please visit <http://al.amtamassage.org/amta-al-spring-convention-registration>

PLACE  
STAMP  
HERE