

# PROGRAM AGENDA

## FRIDAY, MARCH 18

3:00 PM AMTA Board Meeting (open to the public, not required by attendees)

## SATURDAY, MARCH 19

7:00 AM Registration Begins  
 7:00-9:00 Hot Breakfast Buffet / Exhibits Open  
 9:00 Class Begins  
 10:10-10:30 **(Ralph Stephens)** Break / Exhibits Open  
 10:30-12:30 Class Resumes  
 10:20-10:40 **(Patricia Barrance)** Break / Exhibits Open  
 10:40-12:30 Class Resumes  
 10:30-10:50 **(Nancy Bloemer)** Break / Exhibits Open  
 10:50-12:30 Class Resumes  
 12:30-2:00 PM Luncheon / Business Mtg.  
 2:00-2:30 Exhibits Open  
 2:30-4:30 Class Resumes / END of Day 1

4:30-7:00 PM Exhibits Open  
 5:30 BIG RAFFLE! TONS of giveaways!  
 6:30-7:00 Happy Hour - Catch up with old classmates & new friends!  
 7:00 Entertainment - "Comedy Sportz"  
 (Improv Comedy Act)

## SUNDAY, MARCH 20

7:30-9:00 AM Hot Breakfast Buffet / Exhibits Open  
 9:00 Class Begins  
 10:10-10:30 **(Ralph Stephens)** Break / Exhibits Open  
 10:30-12:00 Class Resumes  
 10:20-10:40 **(Patricia Barrance)** Break / Exhibits Open  
 10:40-12:00 Class Resumes  
 10:30-10:50 **(Nancy Bloemer)** Break / Exhibits Open  
 10:50-12:00 PM Class Resumes  
 12:00-1:00 Lunch / Exhibits Open  
 1:00-3:30 Class Resumes / END of Class  
 4:00-6:00 **Post-Convention Education**  
 CPR Recertification

### Questions?

Call Brianne (641) 236-4089 or e-mail to [briannerg@gmail.com](mailto:briannerg@gmail.com)

### PLEASE NOTE:

You MUST keep this schedule for state verification of CE hours. There will be NO partial CE credits given. Participants must be present for the entire program to receive CE hours.

# Marriott

## CEDAR RAPIDS

1200 Collins Rd NE  
 Cedar Rapids, IA 52402



*AMTA Group Rate \$89\*/Night (plus tax)*  
*For hotel reservations*  
*call: 800-396-2153*  
*by Friday, March 4, 2011*  
*\*Group rate not applicable after this date*

## Entertainment:

the interactive improv experience  
**comedysportz**®



Saturday, March 19 at 7:00 p.m.

Comedy Sportz is an interactive comedy troupe similar to what you would see on "Who's Line Is It Anyway?" the popular TV show hosted by Drew Carey.

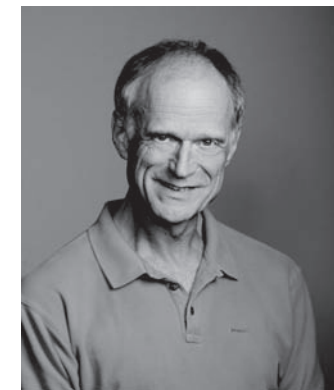
PRSRSTD  
 U.S. POSTAGE  
 PAID  
 GRINNELL, IA 50112  
 PERMIT NO. 276

Brianne Goetzinger, 1st VP  
 AMTA - IA Chapter  
 2203 East 140th St. N.  
 Grinnell, IA 50112



AMTA - Iowa Chapter  
*presents*

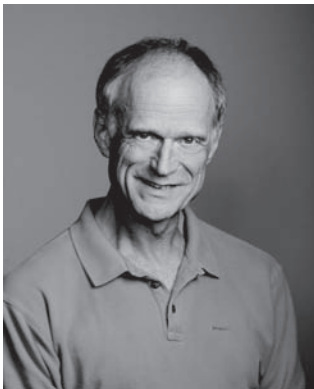
## 2011 Spring Convention



This program is eligible for twelve (12) hours of your CE requirements. These hours may be eligible Category A or Category B depending on your class selection.



The AMTA - Iowa Chapter is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.



**Ralph  
R. Stephens**

Ralph R. Stephens, BS Ed, LMT was the 2008 Inductee into the Massage Therapy Hall of Fame! Iowa's own and only internationally recognized instructor, therapist, and author has been practicing massage since 1986. One of the few master instructors in the profession, Ralph clearly presents what you need to know in a way that you can take it home and use it immediately. He is known for making complex anatomical concepts easy to understand and fun to learn. Don't miss this opportunity to study with this friendly, knowledgeable, and inspiring instructor.

## Course Details 6 CE Hours, Cat. A

### *Medical Massage for Cranial Pain - TMJ & Headaches*

Headaches, jaw pain, and pain in the neck are the focus of this 85% hands-on presentation that is rarely taught and receives rave reviews. You will learn how to easily help patients with headaches, TMJ, whiplash, neck pain, and more with safe, pain free, medical massage techniques. (No interoral techniques.) A special section will cover cranial bone interaction with the pelvis and feet plus simple ways to facilitate better whole body alignment and interaction. Massage table required. Wide-neck upper body clothing recommended.

### What to bring:

- 1) One massage table per 2 people.
- 2) Wear loose fitting clothes and dress in layers. The room temperature is difficult to control to meet everyone's temperature needs.
- 3) Bring energy for a fun-filled weekend and SMILES!



**Patricia  
Barrance**

Patricia is a practitioner in Reflexology, Reiki and Healing Touch. She has a Reflexology practice in Marion, Iowa and teaches her 450-hour Reflexology Certification Program, called Reflexology-Plus™. Patricia is a founding member of the Reflexology Association of Iowa, RAI. Patricia's skills as a Reiki Master, Karuna Reiki Master and Healing Touch, incorporates a beautiful blend of healing energy to the reflexology treatments.

## Course Details 6 CE Hours, Cat. B

### *Introduction to Reflexology*

The Reflexology Workshop will include the history, Zone Theory, benefits, contraindications, side effects, anatomy diagrams of the bones of the feet, and the Foot Reflexology treatment sequence. Reflexology honors the whole person, body, mind, spirit, so we will also include the Energy aspect of bodywork. Correct Reflexology technique will be taught and practiced. All participants will give and receive treatment.

### Please bring:

- A pillow
- Blanket
- Massage table
- Fitted sheet, to protect the massage table or reflexology chair
- Talcum powder - the foot needs to be dry and smooth
- Lotion for after the treatment - foot lotion or massage lotion
- Please wear comfortable clothing - light colored clothing is recommended



**Nancy  
Bloemer**

Nancy has worked professionally in the field of integrative medicine since 1986. She began by teaching yoga in group settings. In 1992, she added a private massage therapy practice incorporated various massage therapy modalities. In 2007, Nancy moved into researching the body, mind, spirit relationship in health and wellbeing through her doctoral dissertation involving adolescent women and yoga. Over the last twenty years, she has presented workshops, lectures and classes to countless groups regionally, nationally and internationally. She has produced wellness related newsletters, articles, videos, audio recordings and authored a book on practical self care. Nancy can be reached through the website: [www.practicalwellness.org](http://www.practicalwellness.org)

## Course Details 6 CE Hours, Cat. B

### *The Yoga of Breath: Inspire your self, your clients and your practice.*

What if you could call upon one physiological process to relieve low back restriction, release the upper body and neck tension that comes with doing massage, keep you focused and refreshed throughout your day, and enable you to relax and let go of the day's demands when you wanted to retire for the day? Would you say that would be too good to be true? Not so! Come learn how something you do every minute of your life can be transformed into a powerful tool with endless possibilities when done with expanded knowledge and conscious intent. Drawing from diverse disciplines, you'll acquire specific self care tips and techniques for yourself and your clients. "Breathe" life into your practice!

*(Continued in next column)*

### *Bringing Peace to Your Practice: Tips and Techniques for Avoiding Burnout in a Care-Giving Profession.*

Care giving professions are simultaneously rewarding and draining. The more you enjoy the pleasures of giving your time, expertise, caring and soul, the more you run the risk of burning out. This session offers helpful perspectives, tips and techniques for enjoying your work without allowing it to drain you completely.

### Please bring:

- Yoga mat or blanket

## Post-Convention Education



Sunday, March 20  
4:00 -6:00 p.m.

**Kelly M.  
Johnson Rose**

Kelly has been an instructor for the American Red Cross since 2001. She is currently the Parks and Recreation Director for the City of Grinnell. Her undergraduate degree is in Athletic Training from the University of Iowa and she also holds a Masters Degree in Public Administration with an emphasis in Health Care from Drake University.

## Course Details 2 CE Hours

### *CPR-PR / AED*

CPR for the Professional Rescuer is a class for those responding to adults, children and infants experiencing breathing and cardiac emergencies. Use of Automated External Defibrillator on Adults will also be taught.