



amta
american massage therapy association™
Kansas



The Mission of the AMTA Kansas Chapter is to advance the profession of massage therapy through service to its members.

Fall Newsletter

September 2016

Message from your President

Greetings my fellow massage therapist!

This newsletter has me pondering the relevance of our group..... Your board of directors recently had our team building and strategic planning meeting and this was a major topic. We as a board are always trying to find ways to communicate with members, encourage participation and get feedback from you to make our association what you need.



I understand how easy it is to become complacent...your book is full, you are making enough money, why do they need me to communicate/participate in any way...and will they even listen? I can most assuredly tell you that YES this board will listen!! We truly want you to tell us what you need, or want and we want to be where you go for great education, community and information!

Every newsletter I tell you how great our last education was (and it was), and how awesome it is to hang out with the people who come (we are such a very cool diverse group) and how you totally missed out on putting some fantastic tools in your tool box (you did). I love seeing the same folks again and again. Many of you also feel like family. I am greedy, I want more! I want to know more of you, I want to learn more, and have more skills. Mostly I want you to be as excited about these things as I am! So please let us know how we can make our meeting/educations better for you! Your board of directors is available at all times just, email or call! My number is 785-821-4442 and the email is presidentamtaks@gmail.com! Like us on face book Amta-ks Kansas!

I hope to see my friends and make new friends in the fall at our edumeeting!

Paige Harper

Your President, AMTA KS

We have set up a team store to purchase shirts, hoodies and duffle bags with the AMTA logo. This is a fundraiser for us to help offset Government Relations/Legislative costs. The logo will be embroidered on most products. The sling bag doesn't have the logo embroidered. There are several shirt and color options. Please read the descriptions. Some won't shrink as much as others. Click on the link below to begin shopping. Your order will be made and shipped individually. The store will close on September 30, 2016. If you have any questions, please feel to contact anyone on the board.

<http://teamstore.gtmsportswear.com/americanmassagetherapyassociation>

Upcoming Events



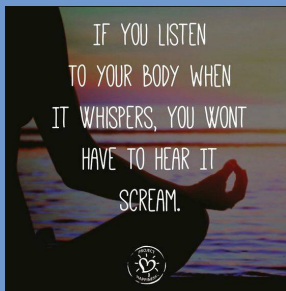
Don't forget to register for National October 26-29 2016

www.amtamassage.org

Board Members for 2016

President: Paige Harper
1st V.P. Robert Bowers
2nd V.P. Bennie Bolton
3rd V.P. Connie Brown
Secretary Patty Glenn
Treasurer Shirley Davis
Government Relations Alicia Chance
IPP Marla Hieger
HOD Marla Hieger
MAL Debbie Severson

facebook: Amta-ks



AMTA-KS Fall Meeting October 1, 2016

Register on amta-ks.org

Class: Musical solutions for wellness Going Beyond Using Background Music for Massage

Instructor: Janalea Hoffman

Where: United Methodist Church in Benton, Kansas
Address: 14300 SW 20th Street Benton, KS 67017
Will be held in the basement.

Directions: from Topeka, Lawrence: Turnpike to El Dorado (exit 71) to hwy. 54 west to Benton about 11 miles turn left on Main street, left onto SW 20th street and you are there.

I-70 and Salina: hwy I-135 South to El Dorado to exit 11 Right on Main street then to SW 20th street.

I-35 from Kansas City area: I-35 to Emporia, get on turnpike to El Dorado to exit 71 to hwy 54. West to Benton 11 miles turn Left onto Main street then go to SW 20th street.

Cost for class: Members: \$60.00 Non-Members \$90.00
You can pay cash or check at the door. Wear comfortable clothing

Lunch will be provided. Please let us know if you have special needs for your lunch.

Lodging for those that need it Friday September 30th night we have a block of rooms reserved at Super 8 2530 W. Central El Dorado, KS 67042
Phone: 1-316-321-4888



Janalea Hoffman



Janalea Hoffman has a private practice in Music Therapy in the Kansas City area. She has written a self help book on Music Therapy-RHYTHMIC MEDICINE-Music With a Purpose and published 14 therapeutic music CD's. She was one of the first people to write music for specific healing issues and to create new techniques with music to "go beyond using music as background". Hoffman has a master's degree in Music Therapy from the University of KS and did her internship in England. She travels frequently giving workshops and lectures on MUSIC AND WELLNESS and THE POWER OF THE SOUND ENVIRONMENT for health care professionals and other groups. Hoffman received the Spirit Award from Madonna Hospital for her innovative work with music and medicine. She also has a passion for reviving the Native American flute and gives many classes on how to play, as well as the therapeutic aspects of this soulful instrument.

Musical Solutions for Wellness Agenda

AGENDA FOR THE DAY

Registration from 8:30-9:00

9:00 to 9:30 Introduction to the healing power of music
How music can be an important part of your wellness program-for you and your clients! The power of the sound environment!

9:30 to 10:00. Power point presentation on Ways our Brains Respond to Music.

A. Elements of music.

B. Why rhythm and entrainment are especially important for massage therapists.

C. Experiential session.

D. Experiencing music at 80 beats a minute versus music at 60 and 50 beats per minute. How these rhythms can affect your clients.

E. Examples of Musical Biofeedback.

10:00 to 10:30 Experiencing the Physical Effects of Music

10:30 to 10:45. Video clips of powerful healing with music.

10:45 to 11:00. Break

11:00 to 12:00. Experiencing our brains emotional response to music.

1. Music and the immune system.
2. Experiential session with music and emotion-three different types of music.

3. Processing this experience.

12:00 to 1:00. Lunch

1:00 to 2:00. Music for alleviating pain.

1. Music to help move energy in the body.
2. Experiential session with Musical Acupuncture--a technique to move beyond just music as background in a massage session.

2:00 to 3:15. Active music making. Easy instruments to play for self expression.

We will have a hands on experience of cathedral drums and native American Flutes. Each participant will have a loaner, native flute to learn the scale for playing simple, meditative music. No prior musical knowledge needed for this.

3:15 to 3:25. Break

3:25 to 3:35. Video of indigenous people using a musical ritual for healing.

3:35 to. 3:45. Review of how massage therapists can "go beyond using music as background"

3:45 to 4:00. Questions

4:00 evaluations and certificates

Phone | Fax
Email
Website

[Click Here to Sign-Up](#)

Copyright ©2013 Company Name. All Rights Reserved.