

**Early Registration \$55** (Before March 15)

**Registration \$65** (March 16 – April 23)

**Late Registration \$75** (after April 23 and at the door)



**REGISTRATION FORM (Mail-In)**

**AMTA Healing Connections and Chapter Meeting**

Holiday Inn University Area, 1901 Emmet Street, Charlottesville, VA 22901  
Sunday, May 6, 2012

Name: \_\_\_\_\_  
Daytime Phone: \_\_\_\_\_ Email address \_\_\_\_\_  
AMTA member number: \_\_\_\_\_ Date Joined: \_\_\_\_\_  
Membership Type: \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Emergency phone: \_\_\_\_\_  
School (if applicable): \_\_\_\_\_ School rep. signature: \_\_\_\_\_  
Complimentary Luncheon:  YES  NO

**Check One: Four, 4-Hour Seminars (4CEs each)**

**All classes begin at 2:00pm**

- Self Improvement: Ways to Increase Business Self-Confidence
- Breath and the Chakras
- TendinoMuscular Meridians for Women's Health
- NeuroStromal Release Technique

For more information, visit the website ... [www.amtava.org](http://www.amtava.org)

**REGISTER ONLINE:** <http://events.constantcontact.com/register/event?llr=765wjycab&oeidk=a07e5jodo5k62b7127c>

Please send this form with your check (payable to AMTA VA Chapter) to: Judy Harris, 2402 Nordok Place, Alexandria, VA 22306  
If you are attending the meeting/luncheon and are not taking a class, please reserve with Judy Harris at [chapteradm@amtava.org](mailto:chapteradm@amtava.org) or (703) 966-3639.

\*\*\* The Annual Meeting /  
Chapter Elections—  
Your Vote Counts! \*\*\*



AMTA VIRGINIA CHAPTER  
Judy Harris  
2402 Nordok Place  
Alexandria, VA 22306

# Healing Connections 2012



**Healing Connections**  
**Virginia Chapter Annual Conference**  
Charlottesville, VA  
Holiday Inn University Area  
1901 Emmet Street, Charlottesville, VA 22901

**Sunday, May 6, 2012**  
**9:15am - 6:00pm**

Plan your weekend and register NOW!  
Deadline for early registration is April 23.

**Expect something DIFFERENT!**

There is something for everyone at this year's  
Healing Connections Conference.  
It's time to think only of YOU. AMTA does!

Gain knowledge, meet and make friends,  
eat good food—PLUS, attending the morning  
Chapter Meeting earns 1 FREE EXTRA CE hour.

**RAFFLE:** Grand Prizes  
2012 National Convention Registration  
or an iPad.

**Suzanne Scurlock-Durana**  
**Keynote Speaker**

## About the Presenters



**Dr. Peter Bower** has been practicing osteopathic and medical manipulative therapy since 1988. In 1995, he became an adjunct teaching professor at the University of Virginia School of Medicine Department of Physical Medicine and Rehabilitation, Charlottesville, where he also has a thriving medical practice. Specializing in the diagnosis and treatment of non-surgical orthopedic and neurologic problems, Dr. Bower's approach utilizes the hands-on skills taught by osteopaths in addition to conventional medical methodologies. Neuro-Stromal Release Technique is his own creation.

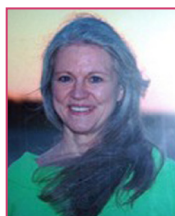


**Linda Roisum** has been a bodyworker since 2000, and teaches courses such as Lypassage, Ethics for Massage Therapists, HotStone, Reiki, and Reflexology. She graduated from Marymount University with a B.B.A. in International Business. She has over 10 years of training, development and management expertise gained while working for DocuPro, a financial data company. She is an entrepreneur and business owner, serving as President/CEO of Prosperous Massage Practice.

Linda, her husband and their cat travel between their two homes in Alexandria, Virginia and Playas del Coco, Costa Rica.



**Deborah Valentine-Smith**, AOBTA®-CI, Lic. M.T. (NY), has been a registered practitioner of Jin Shin Do® Bodymind Acupressure® since 1979 and a registered teacher since 1983. She is currently an adjunct faculty member at the Cayce/Reilly School of Massotherapy in Virginia Beach. She travels extensively, teaching the full Jin Shin Do® practitioner training and courses she developed, including "Western Body, Eastern Mind: Integrated Anatomy and Physiology" and "MMAT: Muscle Meridian Acupressure Therapy." Deborah is a contributor to *A Complete Guide to Acupressure*, published by Japan Publications, and is the Editor-in-Chief of *Pulse*, the national newsletter of the AOBTA®. She is currently the national AOBTA® Communications Director and maintains a private practice in Kimberton, PA and New York City.



**Linda Tingle** has studied subtle energy most of her adult life. Since her early twenties, she has studied yoga and alternative health practices. Linda began exploring the breath since 1975 while living in an ashram in Florida. She opened a flotation tank service and intensely studied breath, meditation and contemplation. She is the owner of Body Energy Institute, is a certified yoga instructor, an instructor for the Cayce/Reilly School of Massotherapy and a presenter for the Upledger Institute.

### Suzanne Scurlock-Durana, CMT, CST-D

Keynote Speaker



For over 25 years, Suzanne Scurlock-Durana has masterfully taught her step-by-step practice of present moment awareness to people from all walks of life. Supported by her book *Full Body Presence* and its companion audio, she passionately teaches the practical skills that allow us to feel the joy of being present in each moment of our lives, without burning out. A sought-after speaker in her field, she has taught thousands the how-to skills of presence, grounding, and healthy boundaries, and her unique approach to this work is taught beautifully in the Healing From the Core curriculum, which includes a six-level training series and a complementary audio series. She has authored numerous articles, and thousands visit her popular blog, *Presence Matters*. She has a private practice in Reston, VA. Since 1986, she has been a certified instructor of CranioSacral Therapy and SomatoEmotional Release with The Upledger Institute. She is also on the faculty at Esalen Institute, providing ongoing staff development training there, and collaborates regularly with Emilie Conrad to integrate Continuum movement and healing presence.

## Course Descriptions

### NeuroStromal Release Technique\*

Dr. Peter Bower

The nervous system is an independently mobile system within the body. It is capable of acquiring painful tissue restrictions just like any other body structure. This course will teach how to examine the NeuroStromal structures for restriction and apply gentle Release Techniques.

The participant will come away with a deeper sense of touch and connection to their client. In the process, the key component of many unresolved pain issues will be uncovered and treated.

**neuro** - noun - indicating a nerve or the nervous system

**stro-mal** adj - pertaining to fascial connective tissue framework of an organ, gland, or other structure, as distinguished from the tissues performing the special function of the organ or part

**re-lease** verb - to set free from confinement, restraint, or bondage; an unfastening or letting go of something caught or held fast

### Self Improvement: Ways to Increase Business Self-Confidence

Linda Roisum

Very few people succeed in business without some degree of self-confidence. It's hard to convince others of your ability when you feel like a bag of nerves inside.

The good news is that self-confidence can actually be learned. In this 4-hour class, we will take stock of where you are at the present moment, get you in the right mind set and give you several tools to use to help you gain more self-confidence.

### TendinoMuscular Meridians for Muscle Pain & Cellulite\*

Deborah Valentine-Smith

This hands-on workshop introduces a simple, powerful technique using the Tendino-Muscular Meridians, which run through the fascia, nourish the skeletal muscles, and is especially powerful for moving stagnant Qi and blood.

Using acupressure techniques engages the flow of Qi to assist fascial release. It is easy on the practitioner and gentle on clients, yet the results have been compared favorably to more labor-intensive methods. The techniques can be easily incorporated into massage and bodywork sessions.

### Breath and the Chakras\*

Linda Tingle

The class emphasizes awareness to the subtle energies of the breath and the chakra system using a combination of yoga, conscious breathing, and meditation.

In this hands-on workshop, you/client will experience a progressive sequence of self-sensing exercises that can reveal deeply seated and often unconscious feelings, bringing clarity and awareness to their own breathing patterns. They will also learn how to modify the breath as a means to manage stress and to induce a deep state of relaxation.

\* Please bring a massage table to these seminars.

Dress: comfortable, loose-fitting clothing

American Massage Therapy Association -  
Virginia Chapter



Like us on  
Facebook

Registration fee includes  
all morning events,  
Chapter Meeting,  
keynote speaker and lunch



**Hotel Accommodations:**  
Holiday Inn University Area  
1901 Emmet Street  
Charlottesville, VA 22901  
1-800-242-5973 434-977-7700

Ask for AMTA to get the special rate.  
Consider room sharing.  
**Conference Rate: \$99.00.**

## AGENDA



8:30am - 9-15am:  
9:15am -12noon:  
12:15pm -1:15pm:  
2:00pm - 6:00pm:

Registration  
Chapter Meeting and Elections  
Luncheon  
Seminars



All cancellations must be received in writing BEFORE April 20 for full refund (less a \$25 administration fee.)  
Cancellations received after this date will be given credit for future Virginia Chapter classes.

### Cancellation Policy:

Mail to Judy Harris, 2402 Nordok Place, Alexandria, VA 22306. E-mail cancellations will NOT be accepted.

Questions? Please contact Judy Harris at 703-966-3639 or [chapteradm@amtava.org](mailto:chapteradm@amtava.org)

Plan your weekend and register NOW at <http://events.constantcontact.com/register/event?llr=765wjycab&oeidk=a07e5jodo5k62b7127ci>