



AMTA Wisconsin Chapter

## Fall Education Event November 5 to 7, 2021



### **Radisson Hotel and Conference Center Fond du Lac**

625 West Rolling Meadows Drive  
Fond du Lac, WI 54937  
(920)923-1440

\$129.00 plus taxes single or double  
per night

Breakfast is included with a reservation

### **Northern Thai Massage Part 1 Supine with Susan Cossette--14 CEUS**

**Saturday, November 6th 9am to 12:15pm and 1:15pm to 5pm**

**Sunday, November 7th 9am to 12:30pm and 1:30pm to 5pm**

This fully clothed therapy is performed on a floor mat. The therapist and the receiver should wear comfortable, loose fitting clothes such as a cotton t-shirt and light sweatpants or yoga pants. You will be instructed on various techniques involving the use of your hands, arms, elbows, knees and feet to perform core leaning pressure, reflexology acupressure, assisted progressive stretching and some yoga postures and breath work to allow the energy lines (Sen lines and Nadis) to open, flow and balance. This type of massage has often been referred to as lazy persons yoga; as the receiver experiences the benefits of yoga through assisted postures. This rhythmic and meditative therapy allows one to enter into a state of deep relaxation as well as allowing any imbalance of energy to flow through and out of the body. Most of the attention is focused on the legs. Other areas include feet, abdominal work, arms and; hands, face, neck and shoulders. Benefits for your client: Increased flexibility, increased energy flow and circulation, relaxing nerve constriction, lymph stimulation, improve structural balance and to facilitate the release of emotional pain or blocked energy.

What to bring to class: A twin, full or queen flat or fitted sheet, a pillow with a pillow case. A Thai mat either twin, full or queen size (memory foam, light futon mattress, thick blankets with yoga mat also acceptable only if you do not have a Thai style mat), you may bring your own cushion such as a meditation pillow or Thai 12 x 12 pillow mat. If you tend to get cold you may bring a light blanket. Disposable wipes for sanitizing feet and hands. Facial cleansing clothes work well. Something to write with if you would like to take notes. Please bring socks and/or slippers to wear inside the classroom.



**Susan Cossette** is an approved NCBTMB provider #388145-00. Her classes are designed to help you heal your body, mind and spirit by releasing emotions, bringing spiritual realization and positive change for peace, serenity and balanced health. Beyond traditional teaching, she shares her lifetime experience as an intuitive empathic on her healing journey and 23 years of experience in the holistic field.

## **Manual Therapies for Surgeries, Scars, and Burns with Peter Whitridge--18 CEUS** **Nov. 5th 6pm to 9pm; Nov. 6st and Sunday Nov. 7th 830am to 12pm, 1pm to 5pm**

Deepen your therapy skills by examining how manual therapies can positively affect scars from surgeries, trauma or burns and become an important adjunct for home care and tissue healing for your clients. The use of gentle manipulations, guided active movements, and hydrotherapies can help clients develop skills to adapt and cope with scarred and traumatized tissues. This class is designed to help you expand your knowledge about the effects of touch on the human body and explore the physical and emotional aspects of this very personal client issue.

What to bring to Class: Massage table, sheets, pillow or bolster, face cradle cover, and unscented lubricant.



**Pete Whitridge** has been a licensed massage therapist since 1988. He is a founder and Past President of the Alliance for Massage Therapy Education (AFMTE) and has dedicated his career to helping establish high standards in massage therapy education. He teaches throughout the US and is a frequent speaker at FSMTA, AMTA, and FCA meetings and conventions. Pete has served as Chair of the Florida Board of Massage Therapy. He received the FSMTA Charles Canfield Award for dedicated service to the massage profession in 2004. He was inducted into the Massage Therapy Hall of Fame in 2016 at the World Massage Festival in Atlantic City.

## **Anatomy Trains: Tensegrity Spine with Debra Dower--14 CEUS** **Saturday, November 6th and Sunday, November 7th 9am to 12pm and 1pm to 5pm**



The Structural Essential series is a set of intensive soft-tissue technique courses divided into functional regions. Combining movement and manual techniques for the most efficient and long-lasting results and using the latest research on the interaction between skeleton, muscles, joints, and fascial proprioceptors, this series of workshops will take you to a new level in therapy. Designed with the busy manual therapist in mind, each

Structural Essentials event gives you a new understanding of the relevant area. The content will outline how the structural and functional anatomy relates to many common issues as well as to the rest of the body. Based on many new and established approaches this series will give you the skills in palpation, BodyReading and functional analysis needed for the modern multidisciplinary therapist.

This course examines the spine as a tensegrity truss – how the bones float within the myofascial balance. Assessment and techniques for freeing and balancing the spine address:

- Anterior and posterior curvatures – lordosis and kyphosis
- Side bends
- Rotations (and counter-rotations)
- Guy-wires on both the front and the back of the spine, and
- Balancing trunk spinal work into the cervical spine and sacrum

**PreRequisite:** Must have attended the Anatomy Trains in Structure & Function Workshop

**What to bring to Class:** Massage Table, sheets/towels, Non-oily lotion, Specific Clothing: During the practical portion of this workshop, participants will be asked to remove articles of clothing. (The legs, abdomen and most of the back will be exposed for palpation and technique). Therefore, we ask that you dress appropriately for you and your fellow students to feel comfortable in the classroom. Suggestions: briefs/boxers for underwear, full coverage bra, or a 2-piece swimsuit work best but form fitting clothing such as running shorts, sports bra, tank top are adequate\*. \*No one is compelled to disrobe beyond their comfort level.



**Debra Dower** is co-owner of Ananda Integration and Dower Wellness, based out of Lancaster PA. She has over a decade of experience in the alternative health and wellness field. She and her husband, Nick, are currently spearheading the Holistic Therapy movement at Lancaster General Health/ Penn Medicine, where she is the manager of Holistic Therapy.

Debra graduated from the Lancaster School of Massage, where she now teaches Anatomy and Physiology. She is a Board Certified Structural Integrator and completed the entire course of study at Anatomy Trains Structural Integration (ATSI). Debra is now an assistant teacher at the ATSI course and a teacher for the Anatomy Trains short courses. She has over 1,000 hours of certified yoga instructor training and teaches yoga at Evolution Power Yoga in Lancaster, PA.



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**REGISTRATION FEES:** Registration fees include classes, daily continental breakfast & buffet lunch. Please email any special dietary needs to Leah Strutz, Education Chair at faamtawi@gmail.com..

**PAYMENTS By Credit Cards:** Please make credit card payments on the Chapter website at: <https://wi.wp.amtamassage.org>

CLASS	INSTRUCTOR	DATES/TIMES	AMTA MEMBER	NON-AMTA MEMBER
Northern Thai Massage Part 1 Supine	Susan Cossette	November 6th 9am to 12:15pm and 1:15pm to 5pm November 7th 9am to 12:30pm and 1:30pm to 5pm	\$150.00	\$200.00
Manual Therapies for Surgeries, Scars, and Burns	Peter Whitridge	November 5, 6pm to 9pm November 6th November 7th 830am to 12pm and 1pm to 5pm	\$190.00	\$240.00
Anatomy Trains: Tensegrity Spine	Debra Dower	November 6th and November 7th 9am to 12pm and 1pm to 5pm	\$150.00	\$200.00

**MAIL IN Payments:** Please make checks payable to: AMTA-WI Chapter Check # \_\_\_\_\_ Total Amount Paid: \$ \_\_\_\_\_ Please mail registration form and payment by **10/15/2021** to:  
AMTA-WI Chapter Spring State Convention  
c/o Leah Strutz, Education Chair  
1635 South 21st Street  
Manitowoc, WI 54220.

**Phone Registration Available;** Call Leah Strutz at 920.901.3573

**ADA Assistance** available upon request

**HOTEL RESERVATIONS:** Contact Radisson directly at 920.923-1440 to make reservations by 10/5/21, Please request American Massage Therapy Association - Wisconsin Chapter to receive the group rate. Single or Double \$129.00/night plus tax includes breakfast and one drink ticket.

**REFUNDS/CANCELLATION POLICY:** Full refund, minus \$30.00 administrative fee. No refunds will be given for cancellations less than 72 hours prior to the event.

**QUESTIONS, COMMENTS, CONCERNS:** Contact Leah Strutz, Education Chair 920.901.3573 or faamtawi@gmail.com



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**2021 AMTA-WI Fall Education Event  
Paper Registration Form  
November 5-7, 2021 at the Radisson Hotel  
and Convention Center, Fond du Lac**

Please Print Clearly  
Name

Address

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number

Email Address

AMTA Member #

Please Mark the Class You Want to Take

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**Make Checks Payable to AMTA WI**

**Please Mail To:** AMTA-WI Chapter Fall Education Event  
c/o Leah Strutz, Education Chair  
1635 South 21st Street  
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