

Register Now!

AMTA-HI CHAPTER
PROUDLY PRESENTS

Managing Physical Stress with Therapeutic Massage Active Muscle Therapy-Introduction & Intermediate



October 9, 10 & 11

Remington College-Honolulu Campus

1111 Bishop Street, 2nd Floor

Honolulu, HI 96813

Class 9:00am-4:00pm, One hour lunch break

Jeffrey Forman Ph.D. BCTMB, CMT-After 36 years of teaching and 23 years as massage therapy program coordinator at De Anza College in Cupertino, California he is now Professor Emeritus. A popular speaker, author, consultant and researcher, his most recent research studied the effects of massage combined with eccentric resistance on ankle flexibility and balance in adults aged 50-65 years. He has previously conducted studies investigating the effects of Active Muscle Therapy (AMT) techniques on hamstring length and strength and on the neck flexibility, forward-head posture and neck shoulder pain of office workers. He's also studied the effects of a home neck care program on office workers experiencing non-specific neck/shoulder pain. He's presented his research at numerous international research conferences including Newfoundland, Moscow, Miami and most

Managing Physical Stress with Therapeutic Massage-Friday, October 9, 2015

- Understanding stress and how if left unchecked can negatively affect the human mind and body
- Evaluate & isolate physical and psychosocial manifestations
- Learn diaphragmatic breathing/exercises & improve lung capacity
- Utilize a variety of workday stress reduction tips

Introduction to Active Muscle Therapy-Saturday, October 10, 2015

- Principles of AMT-how to reduce myofascial restrictions that contribute to pain, postural faults and mobility issues
- AMT techniques to engage and treat targeted tissue/muscle
- Critical thinking skills to adapt AMT techniques to other parts of the body

Advanced Active Muscle Therapy-Sunday, October 11, 2015

- Learn specific techniques for neck, shoulder, chest, back, and hips
- Utilize tools to prevent injuries and save your hands as an LMT
- AMT techniques for client's self-care

Wear proper attire (tanks, sports bra & shorts) and layer clothing if the room is too cold. Yoga mats and/or massage tables are provided for use. You may bring a towel for use on the table or mat.

TUITION: \$450.00

Early registration @ \$400.00 until 9/30/15, Class on Friday ONLY, \$100.00

REGISTER EARLY, Space limited to 30 students.

Stress Management & Active Muscle Therapy – October 9-11, 2015

Remington College-Honolulu Campus, 1111 Bishop Street, 2nd Floor, Honolulu, HI 96813

Name: _____
(As you would like it to appear on your certificate) Please Print!

Address: _____

City: _____ State: _____ Zip Code: _____

Cell Ph: _____ Office Ph: _____ Home Ph: _____

Email Address: _____ Exp _____ VVS _____

Billing Address/Zip Code: _____

Signature: _____

Make checks payable and mail your registration to:

AMTA-HI Chapter, P.O. Box 2538, Ewa Beach, HI 96706

For Information contact: Olivia Nagashima at olivialmt808@gmail.com