



FSMTA Newsletter

March Chapter Meeting

Meeting Date – March. 9, 2011 (2nd Wednesday of the month)

Speaker – Facilitated by Christopher Brooks

Subject – BOMT Mandatory Courses – Aids, Laws and Rules

Time – 6:00 pm - Registration and Networking

6:25 pm – Welcome and announcements

6:30 pm - Program Begins

Location : Keiser University Auditorium,
Enter East Entrance & Parking Lot

Address: 1800 Business Park Blvd, Daytona Beach, FL
386-274-2725

President Report - Mark Bigelow, LMT

For our March Chapter meeting we will not have a guest speaker. Christopher Brooks will be leading us through the homestudy course workbooks provided by Elite Continuing Education, which is one of our FSMTA associate members. You will leave the class with answers to the test questions. We will also have some discussion and more that will help you understand the subjects better.

Elite has informed me that they have mailed a workbook to every licensed massage therapists in the state using a mailing list provided by the Board of Massage Therapy. If you did not receive a book, you may want to verify that your address is correct in state records. You may also have received one and did not realize what it was before sending it to the recycle bin.

Inside this issue:

Presidents Report	1,2
Treasurer's Report	3
Sports Report	9
Legislative Update	3
Classifieds	4,5,6,7, 8,10,11
It's the Law	9

Board of Directors:

President
Mark Bigelow, LMT

1st Vice-President
Chris Brooks, LMT

2nd Vice-President
Jane Sharpe, LMT

Secretary
Moises Sztyleman,
LMT

Treasurer
Gregory Neely, LMT

Immediate Past-President
Carol Morrell, LMT

Newsletter Editors

Betsy Morrison, LMT

Gregory Neely, LMT

President Report - Mark Bigelow, LMT– continued

If you have received your workbook by mail please bring it in with you to participate in the class. Thirty extra books have also been provided for those who do not have one. Should we run out of books, you will still be able to write the answers down and fill them in when you get a book, or you can go online to www.elitecme.com and fill in the answer sheet and submit your answers that way.

Elite has also given us a special price for these courses. Come to the chapter meeting and we will tell you what to put on your answer sheet to receive that special price.

March we will do Aids, plus Laws and Rules.

In May we will finish the mandatory courses with Ethics and Medical Errors.

Chapter Awards



Few nominations for chapter awards were received, but the winners are well deserving and to be congratulated. I thank them all for the time and dedication they give to the chapter which makes all run smoothly. We all honor them with this recognition.

Gregory Neely – Chapter LMT of the Year, for a tremendous job all year getting our newsletter changed to its current format, changing our website hosting to be more cost effective, making a chapter member database that can be used for any need, plus the monthly work involved in being a chapter treasurer with its paperwork and record keeping. Your contribution has been special and it's been a job well done.

Betsy Morrison – Outstanding Chapter Service, Betsy has taken the time to learn a new computer program so she could assemble our monthly newsletter for us. Taking the items needed, she arranges the pages, uses space fillers and artwork to enhance the visual effects and has given us a monthly journal to be proud of. May we all say that your contribution to the chapter each month has been simply – outstanding.

Sheree Urich – Outstanding Sports Massage Team Member, Sheree has been the team all by herself for the past year and we honor her efforts to keep massage therapy known in the sports arena. We have new members recently to add to the team and look to her for leadership with these new members. Thank you, Sheree for all you do.

These award winners will have their photos placed on the 'Wall of Fame' at the FSMTA State convention just outside the expo hall with all 19 other chapter award winners from around the state, plus the state award winners. We will honor them with a special wall plaque at an upcoming chapter meeting.



FSMTA – Flagler/Volusia Chapter Board



**President – Mark Bigelow, 386.214.6268,
bigelowseminars@aol.com**



**1st Vice President – Christopher Brooks, 386.795.2033,
dean@daytonacollege.edu**



**2nd Vice President – Jane Sharpe, 386.586.3007,
janolmt@webtv.net**



**Secretary – Moises Sztyleyman, 305.481.1630,
mossage57@yahoo.com**



Treasurer – Gregory Neely, 386.492.2958, greg@newagetouch.com

Central Office Address: 1870 Aloma Ave Suite#260: Winter Park, Fl 32789

Lynn Hupp Exec. Director: 407-628-2772 or toll-free 1-877-376-8248 or 1-877-FSMTA 4 U.

Please notify Central office of any changes in address , phone, etc.

Monthly Treasurer Report - Gregory Neely, LMT



Our Account balance is \$5004.57.

Annual Budget has been sent to the main office for the new fiscal year.

Legislative Report - Gregory Neely, LMT

Please take a few minutes to email/call your legislative state representatives,

It's imperative you take action!

Visit our website for details

<http://www.fsmtafv.org/2011/02/14/bills-2011/>



Learn 2 great modalities!



- *Detoxifies & Contours the Body*
- *Supported by Research*
- *Great Revenue for LMT's*
- *Non-surgical Facelift*
- *Cost of Class \$695*
Can be recovered with only one Client
- *3 Days of Training in a Small Class*
- *Product & Marketing Support*
- *24 National & Florida CE's*

March 12-14
Daytona Beach, Fl

Lymphatic Drainage Plus

- *Learn how the Lymphatic System works.*
- *Learn how to perform manual Lymphatic Drainage to the face, neck, upper body and lower body.*
- *Learn how to incorporate Lymphatic Drainage into a massage*
- *18 National & Florida CE's*
- *2 Days of Training in a Small Class*
- *Cost of class \$395*

February 19-20
Orlando, Fl



Mercedes Jordan is the Top National trainer for Lypossage. She is a massage therapist and an esthetician. She owns Jordan Health Clinic & Day Spa

For more information and to Register
Call LMT Success Group at (800) 201-2247

Feel called to work with elders...but don't know where to start?

Attend a Compassionate Touch® workshop!



Why Compassionate Touch® training?

Compassionate Touch® is a hands-on complementary approach for those in eldercare, hospice and palliative care. It combines focused touch and sensitive massage with specialized communication skills to help enhance the quality of life for those in later life stages.

Our training empowers massage therapists and other health professionals to serve this expanding population with confidence and to celebrate the mutual benefits of this uplifting work.

Why now?

According to the American Medical Association ~In 2011, America's 78 million baby boomers will begin turning 65 at a rate of one every 10 seconds. The American Massage Therapy Association states that the use of massage among those 65 and older has tripled in the past decade.

Now is the perfect time!

**2011 is the year to expand your practice
and get paid for your passion!**



Compassionate Touch® Level 1 Workshop (20 CE)

When: March 11-13, 2011

Where: 1111 South Lakemont Ave. Winter Park, FL

**Early registration, group discounts and payment plans available -call 417-844-8514 for details
Check our website for more details**

"This workshop is above and beyond the best of its kind!"
Paula Dean, LMT, Dallas TX

"I have been in practice 20 years. Compassionate Touch enhances the way I connect with all my clients."
Randa Cherry, LMT, Cedar Rapids, IA

Unique Setting! Our training is always held in eldercare facilities.



www.compassionate-touch.org

FL CE Provider #50-8934

GOOD NEWS FOR ALL LMT'S IN : CENTRAL & NORTHEAST FLORIDA

SAT. - FEBRUARY 26, 2011 – ST. AUGUSTINE , FL.

**THERE IS A WAY TO DEPOSIT MORE MONEY
INTO YOUR BANK ACCOUNT IN 2011,
EXPAND YOUR PRACTICE, & HAVE CLIENTS
COMING IN FOR 1-3 SESSIONS A WEEK.
AND IT IS MUCH EASIER THAN YOU MIGHT THINK!!**

SEIZE THE OPPORTUNITY TO TAKE THIS SEMINAR INSURANCE BILLING PROCEDURES, LAWS, & RULES

INSTRUCTOR: Larry Self, LMT

(For Vivian M. Mahoney), See Larry's Bio Below

With the current economic downturn, we have been overwhelmed with requests for insurance billing information as massage therapists are seeking other avenues for supplementing their income. Vivian has been the FSMTA Insurance Consultant since 1990. She has created this seminar from 25 years of practical experience to help you increase your income and provide your clients with regular treatment to enhance their wellness possibilities.

Afraid of doing the paperwork?

You will learn how to complete all necessary forms, what fees are ethical and payable, what type of insurance you can bill, claim verification and much more, all in a simple step by step format of instruction. And **you will make more money** by including insurance clients in your practice.

The seminar includes Vivian's manual which covers every form, code, procedure, and law you need to know to be successful & increase your income. It also includes Practice Building, Marketing, and a section on Taxes & the IRS specific for massage therapy to help minimize what you may owe. **Take this class with Larry & receive free consultations with Vivian for 1 year.**

FEE: \$275.00 / \$255.00 - For FSMTA Members

Includes Manipulate Your Future Insurance & Practice Building Manual

6 CE CREDITS – Approved by Florida BOMT & NCBTMB & Accepted by AMTA & ABMP

Class Hours: 9 AM TO 5 PM (Lunch 12:30 to 2:00 PM)

Seminar Location: The Meeting Room, 2121 US 1 South #24, St. Augustine, Fl. 32086
904-797-4025

To Register: Go to www.massageinsurancebilling.com and click on "Seminar Schedule" to find and register for this seminar or call Vivian at 865-436-3573

Instructor Bio: Larry Self, LMT, was personally trained by Vivian & has been teaching these seminars with great reviews. As a massage therapist & educator since 1989, he has years of experience billing insurance and credits his success to having taken Vivian's seminars several times over the years. His instructions cover the same valuable training and teaching materials that she has created over the last 25 years. She will continue to keep her finger on the pulse of the insurance billing industry and seeks to create changes as they relate to massage therapists and insurance acceptance and reimbursement.

You know how those commercials on TV say “**BUT WAIT, THERE’S MORE!**”! Well, here’s your “wait, there’s more” for this seminar.

1) FSMTA Members receive a \$20 discount for this seminar. Just use the code DRVM in the Comment Section of the Registration Page. Vivian will then deduct this amount when she manually charges your credit card. Your credit card will not be charged until the seminar is confirmed to take place (upon the minimum number of students necessary completing the registration process).

2) Any potential class participant who can get at least seven persons to register may take the class for free. Contact Vivian at 865-436-3573 if you are able to organize a group of this size.

***Please register as soon as possible to ensure that the seminar will take place. The absolute final possible date for registration is Feb. 9, 2011.**

UPCOMING Insurance Billing Seminars:

Feb. 26, 2011 - St. Augustine, Fl.

March 5, 2011 - Ft Myers, Fl.

Aug. 13, 2011 - Sarasota, Fl.

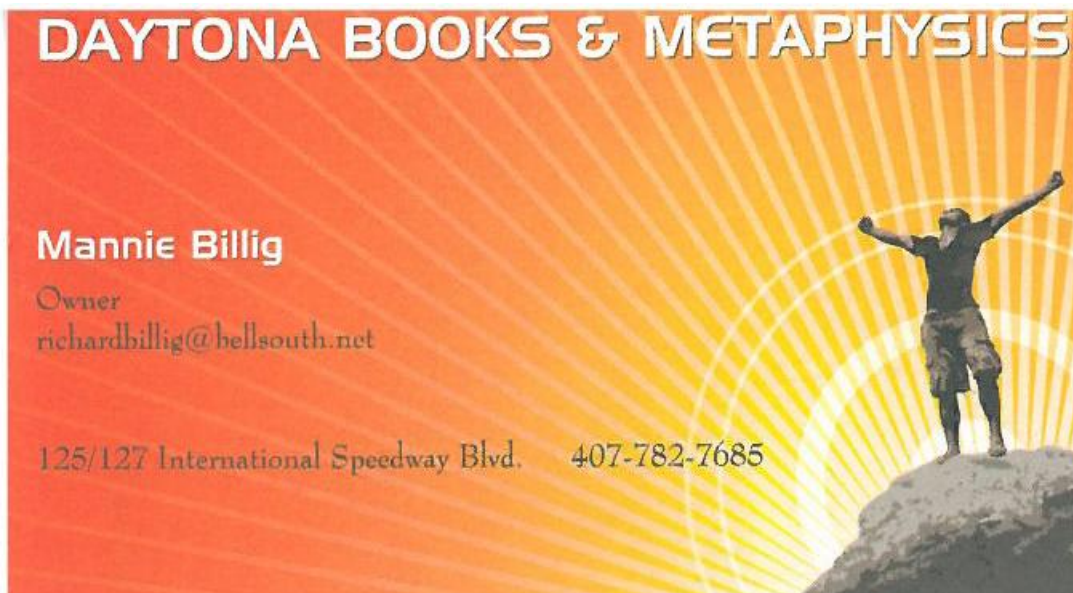
Dec. 3, 2011 - Ocala, Fl.

June 4, 2011 - Tallahassee, Fl.

April 23, 2011 - Deerfield Beach, Fl.

Aug. 27, 2011 - Orlando, Fl.

Click on our website for details.



DAYTONA BOOKS & METAPHYSICS

Mannie Billig
Owner
richardbillig@bellsouth.net

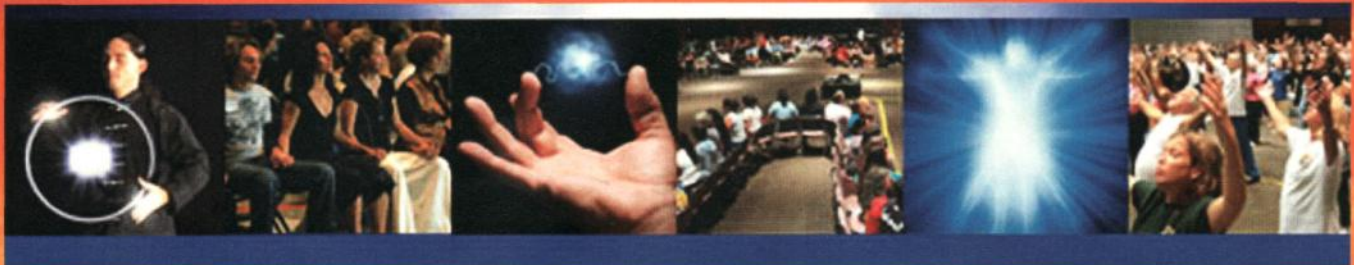
125/127 International Speedway Blvd. 407-782-7685

Qigong Session

Qigong (or ch'i kung) is an internal Chinese meditative practice which often uses slow graceful movements and controlled breathing techniques to promote the circulation of qi within the human body, and enhance a practitioner's overall health.

Reiki Masters & Yogis are calling this seminar, "The most powerful experience of ENERGY."

2-3 HOURS OF AMAZING QIGONG HEALING



Qigong Healing & Breathing Application

Breath Empowerment: Feels like a "Humming Engine" inside your abdomen! Initiates flow of Qi.

Empty Force Qigong: Your energy field becomes so palpable - it feels like solid matter.

Spiraling & Pressing Qi: Subtle movements are the REAL KEY to harnessing the Qi-Energy.

Cloud Hands: Beautiful Practice for strengthening lungs and opening the chest.

Earth Hands: Strengthens the hips, legs, & the reproductive center of the body.

Around the World: Rotating at the waist, large spheres of energy are formed. Used to give Qi.

Qigong Push Hands: Energy is projected. Qi gently "pushes" the body and assists movement.

Tumo Breathing: Pressurizes Qi to flow strong. Pulsation of Blood & Qi flows down arms and legs.

Wuji Style Qigong: Learn 7 Wuji Movements. A "MAGNETIC DANCE" of Qi. Create your own form.

9-Breath Method: ULTIMATE Breath Practice. Blissful waterfall of Qi removes stress & negativity!

Advanced 9-Breath: Takes Energy to deepest levels. We become PURE SPIRITUAL VIBRATION.

"I've been a practitioner of Reiki since 1983. I love Reiki and find your Qigong helps my practice tremendously. I FEEL the energy more powerfully now than I ever thought possible! - Rev. Ojela Frank, Author, Reiki Master"



Seating Limited so Call (386) 214-6465

Ed Eisler L.M.T. from EislerTherapeutics.com

Level 3 Instructor from Supreme Science Qigong

Sunday, April 3, 2011

Ongoing Last Sun in Each Month
also Wed 5:30-6:30 in Port Orange, Call for Info

Sports Corner - Adan Araujo LMT

Hello to all from the Sports Massage Team. My name is Adan Araujo and I am the new captain for the sports team. I know that I have big shoes to fill, thanks to Sherri Urich and all her outstanding work in the past with the sports team. I hope to continue in her footsteps with the team.

This past Saturday, February 12, we had the certification class for the sports team, the class was taught by William Muhlsadt. We had a great turn out and the space provided by Daytona Book and Metaphysics was great. Daytona Books has a very good selection of products for massage therapist, especially energy workers. William's class was very informative and fun, our time there went by quickly. If anyone is interested in getting certified to join the sports team please feel free to call me and I will find out when the next class is being held.

Being new to this position, I would like to hear from any member who may know about any upcoming event where the FSMTA sports team can help in providing our skills. So please let me know of any event or idea that may have, I am open to any and all suggestions. I am working on setting up some new events for the summer months.

I hope to hear from you soon and once again thanks to everyone for your support.

Adan Araujo LMT 386-295-4846

It's The Law...Do You Comply?



64B7-30.001 Misconduct and Negligence in the Practice of Massage Therapy

(3) Offering massage therapy at a sports event, convention or trade show without obtaining the written approval of the owner or property manager of the site at which the sports event, convention or trade show.

Can you set up a massage chair on any street corner and massage people? No.

Chapter 480.046 (n) Practicing massage at a site, location, or place which is not duly licensed as a massage establishment, except that a massage therapist, as provided by rules adopted by the board, may provide massage services, excluding colonic irrigation, at the residence of a client, at the office of the client, at a sports event, at a convention, or at a trade show.

Energy Renewal

Saturday, April 16th, 8:30 - 4:00 pm



Daytona Books & Metaphysics
125 International Speedway Blvd.
Daytona Beach, FL 32114

This 6 hour program is a retreat style class for all levels of interest. The class syllabus is both didactic and experiential to provide you with a day of Energy Renewal, a day for YOU.

8:30 Registration
 9:00 Yoga
 10:00 Food Healing Techniques
 10:30 Break
 10:45 Reflexology
 noon: Break for lunch
 1:00 Integrative Rest
 (Yoga Nidra)
 2:00 Qigong
 4:00 Closing

The class provides 6 CEU's for Licensed Massage Therapists and Yoga Alliance Teachers.

For more information and paypal payment email:

WellConnected@me.com
Suggested donation \$40



6 CEU's

FL Board of Massage
 Provider #50-12519
 NCBTMB #45414-10

Yoga Teachers
 Yoga Alliance #53755.

Instructors are Ed Eisler and Suzanne DeWees

Both are licensed massage therapists and certified yoga instructors.

Ed is a Level 3 Instructor in Qigong ,Certified Fitness Trainer (ACE), and a Certified Food Based Healing Instructor.
EislerTherapeutics.com

Suzanne has been awarded her PhD in Integral Health. She is an SCSCMA Certified Healer and a Kripalu Yoga Mentor.
SuzanneDeWees.com

Together, they bring you years of experience in teaching health & wellness and providing energy renewal to individuals and groups.

Vedanta Course in Central Florida

June 10th - 12th, 2011



James Swartz (Ram)

James Swartz (Ram) is one of the very few authentic teachers of Vedanta in the world today. He studied in the late 1960's and early 1970's under the guidance of Swami Chinmayananda, one of India's most respected sages. Since then, James has taught Vedanta to thousands of students the world over. He teaches Dec-Feb 2011 in Tiruvannamalai, Tamil Nadu, India, for his 30th year; followed by the teaching of Vedanta courses in Spain, Germany, England, South Africa, and Turkey before coming to Florida. This is a unique opportunity to explore the vision of Non-duality with humor and delight.

Fri June 10th:

7-9:30 pm Main Vedanta Teachings

Sat June 11th:

10am-noon Main Vedanta Teachings
noon-1:00 brown bag lunch or local restaurants
1:00-2:00 Yoga Nidra
2:00-5:00 Main Vedanta Teachings

Sun June 12th:

10am-noon Methods of Vedanta
noon-1:00 brown bag lunch or local restaurants
1:00-2:00 Yoga Nidra
2:00-4:00 Methods of Vedanta

Price of the course is \$80. The fee for the teacher is not built into the price as James has graciously agreed to provide the course on a donation basis. Donations are voluntary and may be given at the end of the weekend.

Lodging: 1. Historic Cassadaga Hotel in Cassadaga, FL 32706; www.cassadagahotel.net or 386 228-2323 2. Cabin on the Lake, 222 Tangerine Ave, Lake Helen, FL, 32744; www.cabinonthelake.com or 386 951-2684 3. several motels in nearby Deland or Orange City

June 10th -12th

is the date for a Vedanta Course with James Swartz (Ram) held in Central Florida, near the historic Spiritualist community of Cassadaga. It will be an extraordinary and inspiring opportunity to learn and practice the fundamental principles and methods of Vedanta - the Science of Self Inquiry. If you are interested in taking your spiritual questions further and would like to understand your true nature, the nature of mind and of the world, this course will be of great value.

Go to Ram's website to read the introduction to his book "[How to Attain Enlightenment, The Vision of Non-Duality](#)".

<http://www.shiningworld.com>

Course held at: IAM Center 140 E Michigan Ave, Lake Helen FL.
Contact Suzanne for information/registration
call 386 747 0574 or email VedantaCourse@me.com

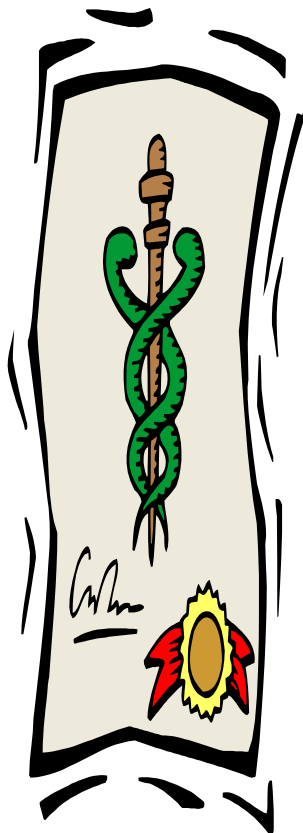
240 Ridgewood Ave
Holly Hill Fl 32117

Promoting professionalism through
training for massage therapists.

We're on the web at
www.fsmtafv.org



Upcoming Events and Speakers for 2011



March 9: BOMT Mandatory Courses, Aids, FL Laws and Rules

April 13: Leiah Carr, Tibetan Bowl Sound Massage

May 11: BOMT Mandatory Courses, Professional Ethics/Medical Errors

June: NO Meeting, Annual Convention, June 22-26, Orlando

July 13: Larry Self, Compassionate Touch

For renewal by August 31, 2011 you will need

- 12 - "relevant to massage therapy technique" CE Hours, must be in classroom only
- 6 - "general" CE Hours (can be classroom or done by homestudy courses)
- 2 - Professional Ethics
- 2—Prevention of medical errors
- 2 - Florida State Massage Laws and Rules
- 1—Aids prevention (not counted but required)

25 - total hours