

Silver State Massage Express

Find us online at: www.amta-nv.org
Email: newsletter@amta-nv.org



Volume 10, Issue 1



Never "Enough" Time

It has been a year ALREADY—WOW! I am very pleased to help lead such a steadfast chapter of massage therapy professionals.

I dream of more members adding their life-experience, massage expertise, personal and professional drive to the already strong association we know as the AMTA and the Nevada Chapter through finding their Reason to join the chapter leadership team.

Our chapter has had some challenges in the past year: from government relations considerations to staying in touch with our members. We've had a few member meetings that keep our members in touch, but only in the Las Vegas area.

The current Chapter Board of Directors and I have been volunteering in all the positions, and rotating around over the years—we have had so much fun bringing education and professional development opportunities to the members . And we want to do so much more in the next year....and beyond!

There are only "so many hours in a day", and, as we've discovered: "so many days in a month". One of those days, the chapter Board of Directors dedicates some time to meeting by phone and making decisions that affect the more-than-400 Nevada chapter members—hopefully, in the best interest of them all.

We need your input.

From the occasional survey we publish (usually after events and on our website) to actively seeking leadership and volunteer Potentials, we are always looking for fresh ideas from fresh and tried-and-true minds. This means "You"! :D

There is an amount of time that you want to be involved – we know! From volunteer massage event planning—in your neighborhood or business's geographical

area - to member meetings with free education opportunities for members, to annual membership education opportunities from massage therapy's BEST Educators...or more!

When you think about the number of hours spent managing what-we-think-is the "best" way to represent and serve our members, you realize: it's a lot more work that it seems.

When I was "elected President", it was a great moment of realization that soon became a real responsibility. I didn't add any more volunteer hours to my calendar from previous offices or years...but it was a whole new world. And I couldn't have done as well without the support of the volunteers in our Committees, members of the Board of Directors, and our Immediate Past President & my mentor, Billie Shea.

I am very proud of taking on and being mostly successful in fulfilling that responsibility...as I am of every President that has served before me.

Entering my second year of a two-year term, I just want to express my heartfelt, warmest gratitude to all members and professionals that are always seeking to improve and enrich their quality of life, their practices, and their association. Volunteers ARE members, and we all depend on each other to stand strong and fast in the face of challenge and the light of achievement and growth.

We again extend you Invitation—Please join us for food, fun, news, and education at this year's Annual Chapter Meeting and Education Opportunity—there is still time to [Register...](#)and take advantage of opportunities that seek to improve and enrich your massage therapy practice!

David J Otto LMT

Nevada Chapter President

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Links to MORE:

- 2012 amta-nv Annual Meeting [Report & Pictures](#)
- 2013 amta-nv Annual [Meeting Invitation](#)
- March 14 [NCBTMB announcement](#)
- August 14 [City of Las Vegas regulation update](#)
- August 17 Member Meeting [Report & Pictures](#)
- Continuing Education [classes in Nevada](#)—[Submit](#) your NEVADA CE class
- [Submit a professional article](#) for the AMTA-NV publications
- [National Massage Therapy Awareness Week®](#)
- [2013 AMTA National Convention](#)
- Interested in serving on the Nevada State Board of Massage Therapists? [Read more...](#)

Nevada Chapter Board of Directors

David Otto , *President*
Michelle Viesselman, *2nd Vice-President*
Brad Enerson, *Treasurer*
Billie Shea, *Immediate Past President*
[About the Nevada Chapter Board of Directors](#)



Got Talent? We NEED You!

Apply for a Board, Committee, or Volunteer Position with the amta-nv chapter—network with and assist supporting your fellow professionals and members!

[Apply Now](#)

Available Positions:
Newsletter Editor
Secretary
President
2nd Vice President
to name a few!

Don't delay: Elections will be held in June 2014—nominate yourself or another professional member

By May 25, 2014

[Apply Now](#)

Welcome our Newest Chapter Members!

May 2013

- Brandon Borom
- Joshua Bulos
- Reuben Chavez
- Anastasia Crittenden
- Johanna Hudson
- Julie Kay Jaques
- Kristal LeCavalier
- Jeana Lercara
- Gregg Nakamasu
- Shannel Pagador
- Jared Scott
- Alicia Stine
- Shamae Stoddart
- Jacob Thompson
- Dani Veach
- Alyssa Vensor

Thai Yoga Massage, Beyond the Rub Jamie Schab, LMT

I discovered the amazing modality of Thai Yoga massage here in our great city of Las Vegas. I have been practicing as a massage therapist since 2001. Before I began to practice Thai Yoga massage, I was primarily doing deep tissue bodywork, and because of the effort and energy I was exerting, I began to feel repetitive strain in my hands and body.

This was one reason I began to practice yoga on a regular basis. The breath, movement and energy I received from the yoga really helped my stamina and strength so I could continue doing the massage I love. In addition to the physical aspects, I also found peace and balance in my life and with myself; I wanted to share this gift with others and guide them to their place of inner peace through my massage.



That is when Thai Yoga massage found me.

Thai Yoga massage is performed on a floor mat, while the receiver is fully clothed, and the massage usually will last one or more hours. I work with the receiver through different positions: seated, face-up, face-down, and side-lying. Each change flows into the next:

- ◆ **Combining movement** – compression massage moves blood through the body- and my body is always moving along with the receivers' for a sense of safety, oneness and stabilization,
- ◆ **Stretching** – passive, relaxing stretches that get deep into the limbs, hips, spine, organs, and the whole body and,
- ◆ **Breath** - as the massage and stretches combined together can be very deep and intense (in a good way!) BREATH is the path way to the release of tension and emotions.

This combination of movement, stretching and breath is what makes Thai Yoga Massage so unique and powerful!

Read the [entire article](#) on the chapter website!

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Structure for Wounded Warriors—

Complimentary Recovery Through Therapeutic Massage and Counseling for Soldiers and Veterans

Our mission is to serve our Military and Veteran communities by offering complimentary specialized Therapeutic Massage and Counseling for injury and emotional recovery, restoring health and balance to our Wounded Warriors

Please help in supporting our Troops by donating at www.SFWW.us Or Contact 719-358-8653.

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Register Today—Early Registration rates apply through July 15, 2013
<http://www.amtamassage.org/education/AMTA-2013-National-Convention.html>

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amta-nv chapter Calendar

Today ◀ ▶ June 2013 ▾ Print Week Month Agenda ▾

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 9:30am Sunday \	27	28	29	30	31	Jun 1
2 9:30am Sunday \	3 8am 2013 AMTA	4	5	6	7	8 9am CE Opp: Cr
9 9:30am Sunday \	10	11	12	13	14	15
16 9:30am Sunday \	17 9am CE Opp: Sp	18 9am CE Opp: Sp	19	20	21	22
23 9:30am Sunday \	24	25	26	27	28	29
30 9:30am Sunday \	Jul 1	2	3	4	5	6

Events shown in time zone: Pacific Time Google Calendar