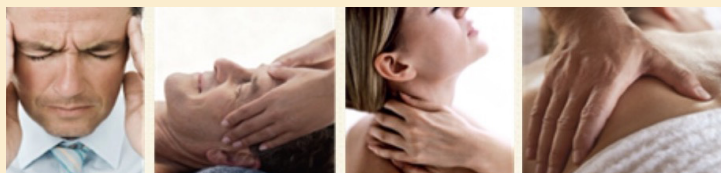




Deep Tissue: It's All About The Details

September 17, 2016

TRS Professional Suites
40 Exchange Place, 3rd Flr
New York, NY 10005
9AM – 4:30PM with lunch break
CE Hours: 7



Led by Barbara Joël, LMT, participants will:

- Expand their skills with with a fresh look at deep tissue work for the head, neck, shoulders and back.
- Find that the attention to detail will be a step up for recent graduates, and an additional useful tool for the seasoned MTs bag of tricks.
- Discover how, by angling our hands during manipulation, we can affect muscle tissue to respond in various ways while utilizing pressure more efficiently. This saves your hands while working deep.
- Receive 'client' feedback as various techniques are applied. This offers a client's perspective of comfort level, tolerance and reveals how our style of manipulation is perceived. How often have we asked ourself: "I wonder how my massage feels?"

Upcoming Events

September 17, 2016

Deep Tissue: It's All About the Details
TRS Professional Suites
40 Exchange Place, 3rd Floor
New York, NY 1005
Barbara Joël, LMT

December 4, 2016

Easy Peasy: Website Creation and
Effective Online Marketing
Ripley-Grier Studios
520 8th Avenue
New York, NY 10018
Denise Williams, LMT

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with Barbara Joël, LMT**

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My First Trip to India

Sue Gelbman, LMT

This year at age 54, I took my first trip to India! My journey included the cities of Delhi, Varanasi, Haridwar and Rikikesh, all in the northern part of the country.

Travelling with a group of people from throughout the world who study Indian history, healing and culture was fascinating and satisfying, as I have intuitively been drawn to these ancient and deep teachings. In each city, we visited various shrines and temples. Some were quite small, even in the backyard of a home. There were many bells that we rang there and the sound was loud and pulsating! I loved it!

At the Saturn god temple we held a plate full of offerings including dry lentils and flowers. Walking in a slow circle around the deity, we placed an offering in each receptacle. Flower wreaths of yellow and orange marigolds were placed around our necks upon arriving at a shrine deep in the densely populated city of Varanasi!

In that old and colorful city full of silks, we watched the evening rituals from a boat on The Ganges river, called Ma Ganga in the homeland. The following morning we were taken on bicycle rickshaws back to the boat for sunrise! The stillness and serenity of the river were amazing! The rickshaws in the dense traffic (with cows, mopeds, bicycles, cars and tuc-tucs) was exhilarating to say the least!

Although a very poor country, India is rich with spirituality. I'd like to say almost anyone may greet you with a Namaste, hands held palms together at the chest. Namaste: the light in my honors the light in you. We are equals inside. From beggars to hotel concierges, the greeting is used.



I came home even more grateful to live in this materially rich and beautiful country. The smallest things here are physically large and abundant in comparison to that in India.

How has this affected my massage practice? I've truly felt we are all equal and have always treated each client as a precious being and an individual. And yet, because of my experience of India, my commitment and connection to spirit and the sacredness of life has deepened. I meditated often during the last week in a beautiful retreat house in the foothills of the Himalayas. My final prayer or wish as I stood with my feet by Ma Ganga was 'more'. More love, more light, more me, the essence of me.

Massage therapy is quite a unique profession. We spend an entire hour with a client in much silence. The music and the breath are the main sounds. To me it's a very spiritual experience, an honor, and an opportunity to exchange energies, one giving, one receiving, or perhaps both giving and both receiving! The flow of life, energy, compassion, mind, heart, change, and health is apparent in each massage session.

Namaste!

Om shanti, peace!

Shalom!

Ellen Rosenfeld, LMT

I had the pleasure of traveling to Israel in May and wanted to share how that experience enhanced my thoughts on touch and my massage practice.

I traveled with a group of women through an organization called the JWRP (Jewish Women's Renaissance Project). They send Jewish moms from all over the world to Israel for 9 days of sightseeing and learning. As a result I heard many different languages being spoken, not just English and Hebrew. We also visited a place called the Nalaga'at Center, which translates to the Please Touch Center, where speech and hearing impaired adults perform shows and serve in their two restaurants. They had a Blackout restaurant without lights and Café Kapish for the hearing impaired, which our group dined in.



I had to communicate in many other ways while I was on my trip. I was reminded how powerful a smile can be, or a hug, or how a gentle hand on someone's arm as you are passing by can communicate good morning without saying a word.

I was able to experience Touch is its own unique language. Before there was effleurage and petrissage and the science of Massage Therapy, there was this physical human energy exchange that spoke volumes.

Experiencing this power of touch on this trip has enhanced what I do as a Massage Therapist. Just like an archeologist excavating the dirt in Jerusalem uncovers new insight into history, I feel like I have gained insight into a deeper level of meaning behind my bodywork.

Shalom!

Interested in Leading?

You are invited to discuss the responsibilities and rewards of board service one of the 5 positions below. We're look forward to seeing what you bring to the table!

Contact: Lou Mazzella, president@nysmassage.org



Membership Secretary (1 – subject to change)

Membership Secretary Assistant (2) (Shared team responsibility)

- Act as the point person regarding membership questions (benefits, renewal etc)
- Monitor membership database (most member info is under the member's control)
- Work on recruitment as well as retention. Notify members who are in arrears



Newsletter Editor (2)

- Keeps our members, schools, and advertisers informed
- Collect, co-ordinate stimulating content and advertising
- Constant Contact or email marketing experience preferred



Treasurer (2)

- You keep the Society's board apprised of our financial health monthly
- Must be proficient with Quick Books (or propose a viable alternative)
- Accept payment from various sources into the appropriate account for the Society
- Pay Society related expenses such as printing, postage, presenters, Board's expenses, etc



Medical Massage Director (2)

- Selects presenter for massage workshops (4-6 per year)
- Sign off on CE letter / certificate of completion
- Keep NY State mandated CE records updated for all CE eligible events

(1) Current position has been filled via vote or appointment

(2) Current position is open for the right applicant

Upcoming Workshops

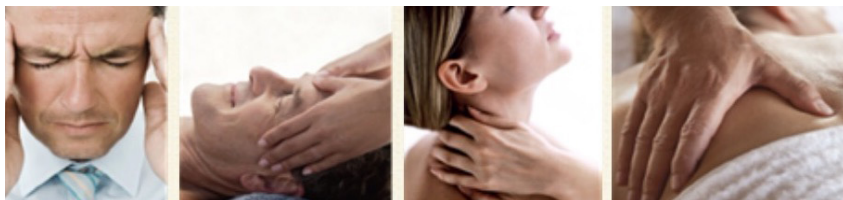
Saturday, September 17, 2016

Deep Tissue: It's All About the Details

Barbara Joël, LMT

Time: 9:00 AM - 4:30 PM

Location: TRS Professional Suites
40 Exchange Pl. 3rd Fl.
New York, New York 10005



CE: 7 NY Hours

Early Bird Tuition: \$100 Members; \$140 Non-members

Standard Tuition: \$140 Members; \$180 Non-members

Early Bird Deadline: August 29, 2016

Bring: Sheets, towel, lunch and/or snacks. A limited amount of table will be provided – register early!

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Barbara Joël's 30-year career has spanned a variety of skills and experience. Besides a 25-year private practice and working with various health professionals, she was a visiting teacher in N.J., N.H. and Massachusetts for advanced and athletic massage therapy. Besides serving the NYSSMMT 3 times as President, she held various positions including Sports massage Team Director for abled and disabled events, and lobbied in Albany. She is presently employed full time in a CPS, NYC spa and is a part time college student.



Sunday, December 4, 2016

11 AM – 3 PM

Easy Peasy: Website Creation and Effective Online Marketing

Denise Williams, LMT

CE: 0 CE Hours – priceless for your business!

Ripley-Grier, 520 8th Ave., New York, NY

For workshop information & registration, visit nysmassage.org > Events; workshops@nysmassage.org