



Idaho In Touch

A Publication of the American Massage Therapy Association

TO SUPPORT OUR MEMBERS AND PROMOTE THE HIGHEST PROFESSIONAL STANDARDS

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“Fall is here and the Opportunity is coming...” A Message From Our President

As I pulled on my sweatshirt yesterday morning and headed out to the foothill trails with the hounds, I realized fall is upon us. Perhaps it is not the brisk morning air but all of the other tell-tales of this season. The smell that the waning and yellowed grasses and weeds take on as they dry and die off, the reappearance of backpacks on children as they head somewhere with purpose rather than nowhere in particular with the kind of leisure that smacks of summer and the swan song of summer for me: rolling up the tubes to my boat and hanging the frame in the garage rafters.

Oh, but it has been a great summer. My husband and I spent many fine days on many fine rivers this year, all over Idaho and even as far as Colorado. I’ve had my oars in hand so much this summer I often had to remind myself that reverse in my car does not entail back-oaring. Rafting to me is invigorating, exciting, scary, frustrating, fun and even peaceful.

My friend Ahmad and I sat on our boats on the bank of the Middle Fork of the Salmon River, laughing because here we were swatting away hornets and talking about what we loved about rafting. A month before we had been swatting away mosquitos on the bank of the Green River and we wondered what we would be swatting away on the bank of the Snake River in August. We were slightly sunburnt, our bodies tired from rowing all day and making and breaking camp every day, strapping things down in anticipation of an afternoon thunderstorm, and pouring over the map in anticipation of the next day’s rapids. It occurs to me that this may not be everyone’s slice of heaven, that rafting is a working vacation, that to the uninitiated it sounds like a lot of logistics. Fair assumption.

The same is true of many other undertakings – things worth doing are sometimes hard. One person’s idea of “worth doing” can vary greatly from the next person’s. I’m sure if you handed me a double wedding-ring quilt to finish I would run from you, screaming. Likewise, many folks would take one look at rafting’s idea of a bathroom and give the same sort of reaction. Truly, it is our differences in work and at play just as much as our similarities that make us want to know each other. We take time when we come together to learn about one another.

Fall is here and the opportunity is coming for community within our chapter when we come together for unit meetings and education. I invite everyone to take a moment to learn something about your fellow unit members and foster the community!

Be well-

Suzie



WELCOME NEW MEMBERS

(Since June 1st, 2014)

First Name	Last Name	City	Unit
Angelena	Ahlers	Priest River	Northern
Camille	Bloxham	Pocatello	Eastern
Patricia	Casey	Buhl	Central
Darla	Chessmore	Rexburg	Eastern
Meloney	Clifton	Boise	Western
Carlin	Enlow	Star	Western
Kim	Gneiting	Nampa	Western
Karen	Hall Ray	Nampa	Western
Sarah	Heckathorn	Boise	Western
Kristin	Hess	Coeur D Alene	Northern
Jessica	Kowallis	Boise	Western
Tammey	Maus	Boise	Western
G. Michael	Montague	Pocatello	Eastern
Malli	Murdoch	Grace	Eastern
Kindra	Ruiz	Idaho Falls	Eastern
Heide	Schaefer	Idaho Falls	Eastern
Cobra	Skinner	Grace	Eastern
Demirose	Trevizo	Saint Anthony	Eastern
Gesile	Zamora	Saint Anthony	Eastern

VOLUNTEER!

Get Involved as a volunteer for the AMTA Idaho Chapter! There are many benefits and opportunities for professional growth. Please see [page 14](#) for available positions and details.

WELCOME! THANK YOU FOR JOINING THE AMTA-IDAHO CHAPTER

LOOK FOR YOUR UNIT REPRESENTATIVES ON THE AMTA-ID OFFICER ROSTER ([PAGE 14](#)) AND CONTACT THEM WITH ANY QUESTIONS YOU MAY HAVE.



Contact Hayley Lowry for details:
208-540-1028
hayley.lowry@gmail.com

Deadlines:

Feb. 15 • May 15 • Aug. 15 • Nov. 15

Advertising Costs

- Full Page: \$85 per ad
- ½ page: \$65 per ad
- ¼ page vertical: \$45 per ad
- ¼ page horizontal: \$45 per ad
- Business card size: \$20 per ad

Discounts available for multiple insertions.

Publish dates:

Mar. 1 • June 1 • Sept. 1 • Dec. 1

What's New With Idaho?

AMTA - ID Government Relations Report

As of July 1, 2013 it is unlawful to practice massage therapy without a license. In addition, as of July 1, 2014 the "grandfather" option is no longer available and all applicants will need to apply through the Examination process or through Endorsements, (having been licensed in another state.)

The Board approved an updated Education Approval Application form which can be found on the website under "Continuing Education."

When considering amendments to the current Laws and Rules, the Board takes into consideration the current legislative atmosphere as well as feedback in support of and/or opposition to the proposals. Before any proposed changes are presented to the Legislation, all licensed massage therapists will be notified by mail. The following amendments are currently being considered for presentation the Legislation during the 2015 session.

1. Elimination the word "light" from Rule 503.01.c.
2. Adding Rule 601. To clarify the supervision of clinical work and the supervision of field work.
3. Adding to the Law 54.4003.2.h. an exemption for persons from another state or country temporarily practicing massage therapy on clients participating in organized athletic events or performing arts events.

The question regarding therapeutic exercises has recently been added to the very last Q&A on the FAQ's page on the website.

Q: "According to Idaho Code 54-4004.3, massage therapists shall not perform therapeutic exercise. What is therapeutic exercise?"

A: "Therapeutic exercise is defined by the CPT coding, page 371, #97110 as therapeutic exercises intended to develop strength and endurance, range of motion, and flexibility."

Our new license total is: 2310 which is far beyond our original expectations!!

We have a new Administrative Assistant replacing April Haynes. Her name is Erin Anderson. So if the website doesn't address your concerns or questions, you can call her at 208.334.3233 or email at mas@ibol.idaho.gov.

Respectfully submitted,
Judy Silcock
AMTA-ID GR Chair





CVOP 2014 - Evanston, IL

This years CVOP was held in July. Evanston was so beautiful with greenery and quaint shops everywhere. Despite the amazing selection of restaurants, all within walking distance, my favorite was Lou Malnati's Chicago-Style Pizza. It was so

delicious I could've easily eaten there for every meal! We even made it to the AMTA headquarters and took a tour. Lake Michigan was amazing with it's ocean-esque view and gorgeous running paths. To top it all off the people were so welcoming and ple-



asant. Just a hop, skip, and a jump away was the Baha'i Temple. There aren't words sufficient

enough to describe this beautiful building, but simply stated - it was spectacular. We spent one evening exploring Chicago and enjoying the Taste of Chicago. Navy Pier was so much fun and riding the 150' ferris wheel was worth every second!

We kicked off the weekend with Chris Voltarel and Ann Blair Kennedy (ABK) sneaking into the room "Mission Possible" style to introduce the theme and setting for our meetings. Not only was it hilarious, but it kept things flowing well and made it easy to include

yourself and learn. They introduced a new system of thinking called SOAR - Strengths, Opportunities, Aspirations, Results. Essentially, finding what your chapter is doing right and expanding on that. Focus on strengths and proactive thinking vs. weaknesses and being reactive.

We leaned heavily on how to work together as a team by exploiting each others strengths and delegating work

accordingly. Not only did things flow better, but we also learned more about ourselves and others.

Lastly, we discussed the importance of change. For Idaho, our big change was licensing, but in addition we've seen technology and community become more important. We need to embrace the changes before they come so we can transition easily. We value you, our members, and want to better

prepare you for what's coming.



While the entire weekend was filled with fun, it was a learning experience I will never forget. I'm very grateful for the chapter's generosity in sending me. -Deserae Johnson
ID Western Unit Rep



MOTOR INHIBITION: WHEN WEAKNESS ISN'T REALLY WEAKNESS!

DOUGLAS NELSON, CNMT

Many clients who come to see me have also been to several other health care providers. It is not uncommon for them to have also visited a physical therapist, who prescribed specific strengthening exercises. Unfortunately, these exercises aggravated the symptoms. This was frustrating to the patient as well as the therapist. The therapist is typically convinced that the patient was simply not doing the home exercises as no increase in strength happened over time. Understandably, the therapist questions the commitment of the patient to the healing process. The patient typically decides to quit doing the exercises, putting them back where he/she started, but no better. This is especially common in people experiencing low back and shoulder problems.

Now in my office, my job is to help this client out of this conundrum. When I resistive test the muscle, it is indeed weak. Range of motion (ROM) may also be reduced, though active ROM may be within 70% of normal. What causes the muscle to be so resistive to rehabilitation and fatigue so quickly? The answer often lies in the principle of motor inhibition.

Motor inhibition is the shutdown of a mus-



cle to prevent injury to a joint or further injury to the muscle itself. Muscles essentially do one thing, which is to contract. In the presence of a tissue injury such as a trigger point, the muscle has a diminished capacity to contract, which we term weakness. Normally, when a muscle is weak, the corrective strategy is to overload it repetitively, slowly raising its capacity (exercise.) Unfortunately, there is a serious

difference between true weakness and weakness due to motor inhibition. Specific strengthening exercises to a truly weak muscle can produce miraculous results. Overloading a muscle weakened by motor inhibition can produce disastrous results. For those of us who are massage therapists, we don't often think about strength issues, but this can be enormously important in helping people in pain. Research shows that trigger points decrease strength in the muscle in which they reside, called



local motor inhibition. For example, a trigger point in the infraspinatus will cause the infraspinatus to test weak as compared to the other side. Worse yet, trigger points can refer motor inhibition, creating weakness in distant muscles. In the case of the infraspinatus, the typical referral is to the anterior deltoid, which will then test weak. No amount of strengthening will rehabilitate the anterior deltoid until the trigger point in the infraspinatus is addressed.

The effect of precise manual therapy to a muscle with neurologic inhibition is often dramatic. If the noxious input to the muscle is decreased, restoration of function is accomplished quickly. This may be visible in the restoration of R.O.M., strength increases, and restored function. The subscapularis is a good illustration of this principle. The function of this muscle is to assist in the stabilization and downward depression of the humeral head during abduction. When neurologic inhibition is present, the subscapularis does not stabilize the glenohumeral joint. This becomes crucial because 95% of all dislocations of the shoulder are anterior-inferior, exactly the plane of motion the subscapularis stabilizes. This may also lead to a distinct popping and clicking in the joint during abduction. While there are other reasons for clicking in the joint, none of them would be affected by restoration of subscapularis function. If the clicking disappears following treatment, the motor inhibition of the subscapularis was the cause.

In the sequence of treatment, manual release of the tissue will be followed by restoration of near normal strength and ROM.

The patient could then be referred to a P.T. or A.T.C. or anyone qualified to help them with specific incremental strengthening. The patient and muscle are now ready and available to benefit from exercise therapy, which will be needed to maintain complete function. In cases where previously prescribed exercises made the client worse, careful resumption of those same exercises will now rapidly increase the healing process. The exercises were the right call, but at the wrong time. In this way, you can maximize the good work of physical therapists or certified athletic trainers.

The applications of massage therapy are quite broad, increasing range and strength is only part of the picture. The next time your client complains of a feeling of weakness with no indications of neural deficit or other pathology, remember to consider motor inhibition.

The founder of Precision NMT seminars, Doug has taught hundreds of seminars and to various populations from physician's conferences to educational seminars for lay people. Practicing massage therapy since 1977, he has studied with a host of great educators and worked in several clinical environments. He is the president of Body-Work Associates, a sixteen therapist massage therapy clinic in Champaign, IL which has been in operation since 1982.



Doug still maintains a very active practice; he doesn't just teach, he has a busy personal practice (seeing over 1,100 client visits annually); the clinic is the laboratory for the development of PNMT. Doug has treated thousands of clients over the years, from the NBA to the NFL, factory workers, and high level musicians who suffer musculoskeletal pain.

Doug is passionate about the efficacy of the work and has conducted many clinical research studies to investigate PNMT. He is a member of the International Myopain Association and the International Association for the Study of Pain and is also a regular columnist for Massage and Body-work magazine.

© Douglas Nelson, 2011

The Science and Art of Soft-Tissue Therapy

Like tuning a fine instrument, successful therapy depends on the smallest turn of the hand done with clarity of purpose and full attention to detail.

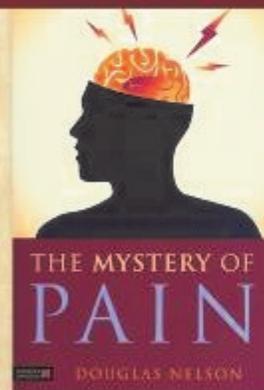
Why Precision Neuromuscular Therapy (PNMT)?

PNMT is a problem-solving approach to soft-tissue therapy.

We don't just teach you how, we teach you why.

- **We don't teach recipes or routines.** Every client is different, every session is different. Clients feel like each session is a work of art and the therapist never gets bored.
- **Great treatment on the wrong muscle won't help.** Don't guess, assess.
- **Greater effectiveness.** Fascial work is great, when fascia is the problem. Trigger point therapy can be miraculous, when trigger points are the source of pain. Restoring structural symmetry is good, but it may have nothing to do with the client's presenting symptom. We teach you how to decide which approach is the most efficient and effective for each client.

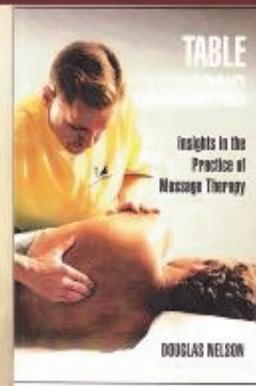
Join the thousands of therapists who have studied Precision Neuromuscular Therapy® (PNMT)



Deepen your understanding of the science of pain.

Order your copy on Amazon or at www.nmtmidwest.com

\$25.00



Insightful and inspiring reading!

Order your copy of *Table Lessons* on Amazon or at www.nmtmidwest.com

\$16.95

 **Precision**
Neuromuscular Therapy
seminars

PNMT was created by Douglas Nelson, a massage therapist in Champaign, IL. His clinic, which began in 1982, sees over 12,000 clients per year. Teaching PNMT since 1997, NMT MidWest conducts over one hundred seminars annually

Please check out www.nmtmidwest.com for a current schedule or call 866-325-7668

AT A GLANCE **Upcoming** **EVENTS**

Eastern Unit Member Meeting:
(See [page 9](#) for complete details)

September 10, 2014 Begins at 6:30 p.m.
Tommy Vaughn's Grill, 850 Jensen Grove Dr, Blackfoot, Idaho
RSVP by Sept 9th to Melinda Shodin at amtaideurep@gmail.com
Dinner, networking, and discussions on insurance billing (RSVP).

Northern Unit Meeting and Workshop:
(See [page 10](#) for complete details)

September 14, 2014 Begins at 1:00 p.m.
CPR/AED Refresher Training
Lewiston Lion's Club

AMTA National Convention:

September 17-20, 2014
Denver, Colorado

Central Unit Potluck Social:
(See below for complete details)

October 3, 2014 from 6 to 8 p.m.
Cutters subdivision Park in Hailey, Idaho

Eastern Unit Workshop:
(See [page 11](#) for complete details)

October 11, 2014 Begins at 8:30 a.m.
Myofascial Release for the lower body (Part 2)

Western Unit Meeting and Workshop:
(See [page 12](#) for complete details)

October 18, 2014 Begins at 7:00 a.m.
Kinesiology/LMT yoga and self care

CENTRAL UNIT MEETING/POTLUCK

Friday, October 3, 2014 from 6-8 p.m.

Cutters Subdivision Park in Hailey, Idaho

Bring your family! Different kinds of soup will be served. Bring a salad or rolls or dessert to share. We will meet, greet, and discuss continuing education, locations etc. All massage therapists are invited: Non-AMTA welcome!

EASTERN UNIT MEETING

Wednesday, September 10, 2014 at 6:30 p.m.

Tommy Vaughn's Grill

850 Jensen Grove Drive Blackfoot, ID

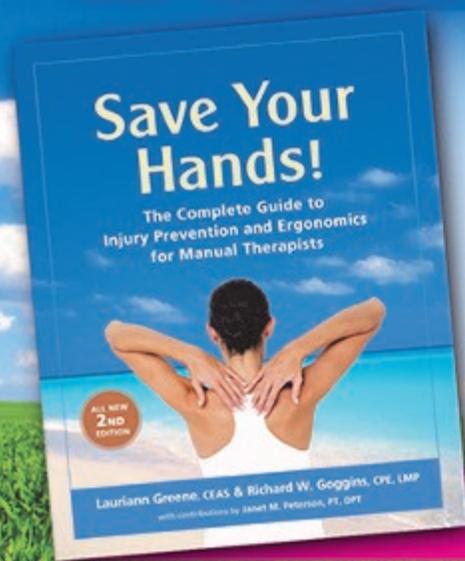
Meeting begins at 6:30 and dinner will be provided for those that RSVP. Please notify us of any food allergies. Join us for an enjoyable evening of networking. We will be discussing upcoming continuing education opportunities, convenient locations, and we will also be having a discussion on insurance billing and the proper codes used for billing. We'd like to use this time to get to know each other and find out how our chapter can better serve you. Please come and enjoy a night out!

RSVP to Melinda Shodin at (208)541-7771 or email:

amtaideurep@gmail.com by Tuesday, September 9th.

TEACH INJURY PREVENTION AND

EARN NEW INCOME!



Certified Injury Prevention Instructor (CIPI)

JOIN US IN:

Boston, MA	Sept 12-14, 2014
Los Angeles	Dec 5 – 7, 2014
London, England	April, 2015
Metro New York City (Norwalk, CT)	August, 2015

Get Certified for ONLY \$1,295!

Complete 52 CEUs, including three online courses and one Live Three-day Workshop.

WWW.SAVEYOURHANDS.COM/CIPI

When & Where

Sunday, September 14th, 2014
1:00pm-5:00pm

Lewiston Lion's Club
1205 8th Ave.
Lewiston, ID



AMTA - ID Northern Unit Workshop CPR/AED Refresher Training

REGISTER

AMTA annual meeting from
1:00-2:00p with the CPR/AED
course from 2:00-5:00p.

COST

AMTA Members \$50
All Others \$55

www.brownpapertickets.com/event/861759

CONTACT

Becky Olinger
208.305.3438
nunitrep.amtaid@gmail.com

or
Donna Hoffman
406.210.1093
3dmassage@gmail.com

AMTA ID Eastern Unit Workshop October 2014

TECHNIQUES IN MYOFASCIAL MASSAGE FOR THE LOWER BODY -8 CEUs

WHEN

Sat, Oct 11th, 8:30 am-5:30 pm

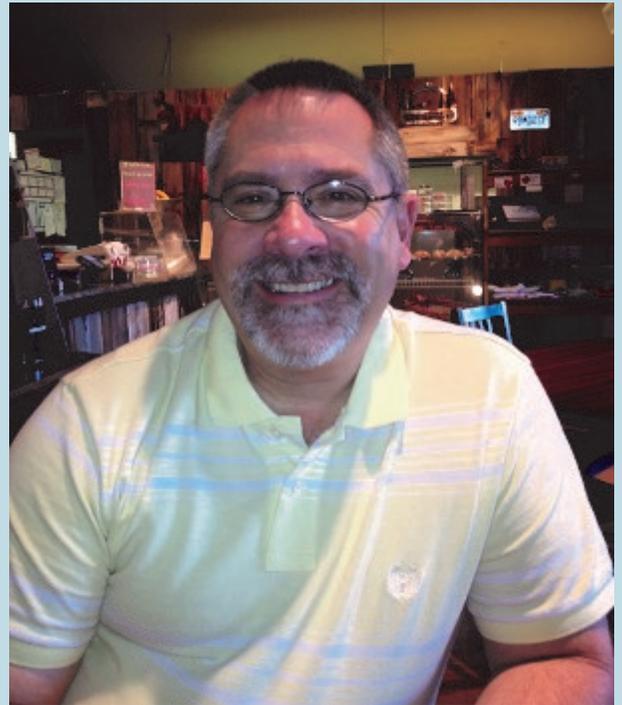
WHERE

921 South 8th Avenue, Pocatello, ID (ISU Massage Clinic)

The cost will be \$99 for AMTA members, \$119 for all others.

Techniques in Myofascial Massage for the Lower Body is designed for the therapist interested in learning a more clinical approach in massage techniques. Myofascial Release refers to the manual techniques for stretching the fascia and releasing bonds between fascia, skin, muscles, and bones. It aims to free the body of pain and increase the range of motion thereby fringing about a balance in the body. Participants will be introduced to direct and indirect techniques for accessing and releasing the fascia in parts of the lower body (abdomen, gluteals, thigh and leg). We will review the basic hand techniques used in myofascial release and dedicate most of the time to practice on each other.

AMTA-ID is excited to welcome back Roger Olbrot, President of the AMTA-Utah chapter! Roger is a teacher and Director of Education at the Myotherapy College of Utah. He holds bachelor's degrees in Chemistry and Biology, with further graduate studies in Medical and Environmental Microbiology. Roger directed the massage therapy at the 2002 Olympic Winter Games in Salt Lake City, co-directed the massage therapy for the International Gay Games in Sydney, Australia in 2002 and co-directed the massage therapy for the 2004 Olympic Summer Games in Athens, Greece. Roger will be teaching us the basic concepts of fascia and Myofascial Release techniques for the lower body.



Educator Roger Olbrot

NCBTMB Provider # 450162-06

Participants should wear shorts and a top that can be easily lifted to accommodate work on the abdomen. Bring sheets and a lotion or cream that gives very little glide, so the skin and underlying structures may be engaged without slipping. Palmer's Cocoa Butter or Prossage Heat are acceptable. Bring water for hydration and something to write with. Tables will be provided. Class Schedule: Class starts at 8:30 a.m., break for lunch at 12:30 p.m. and back in class from 1:30 p.m. until 5:30 p.m.

Register Now! Online: <http://www.brownpapertickets.com/event/853134>

REGISTRATION FORM Please fill out the form below, detach, and mail with check or money order payable to "AMTA-Idaho." Address the envelope to **Andrea Gower, 5 Tulane Ave, Pocatello, ID 83201**. For further information, go to www.amtaidaho.org or call **Melinda Shodin** at (208) 541-1771 or amtaideurep@gmail.com.

Name _____ Telephone _____ E-mail _____

Address _____
Street or PO Box City State Zip

Total Fee Enclosed: _____

Cancellation Policy: Written notice must be sent to **Andrea Gower** and postmarked two weeks prior to the date of the class. At that point, all but \$50 of your registration fee will be refunded. In the case of a "No Show," no refund will be granted.

AMTA IDAHO WESTERN UNIT WORKSHOP



Broadview University Campus

2750 E Gala St Meridian, ID 83642
Saturday, October 18, 2014 7am-11am
Unit Meeting & Lunch to Follow
AMTA Members \$60 | All Others \$80

Kinesiology - We will be offering a refresher course of Kinesiology where we will cover common muscle attachment points, actions and stretching technique. The class will begin with a refreshing yoga session geared toward LMT self-care and guaranteed to prep your body for the course. Recommend yoga or thai mat to sit on as well as pen/paper. Handout will be provided. Tables and chairs available upon request.

More information coming soon!

REGISTER NOW!
ONLINE: (COMING SOON)
OR VIA MAIL

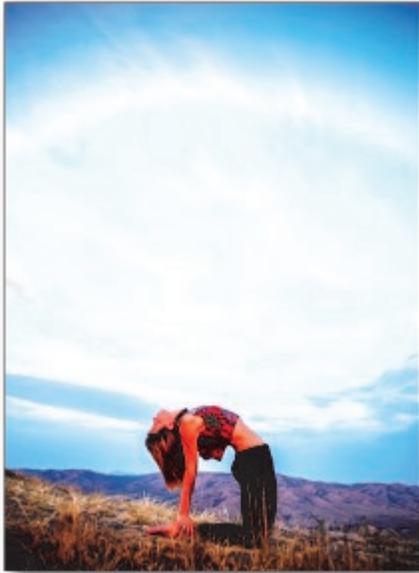
Please fill out the form below, detach, and mail with check or money order payable to "AMTA-Idaho." Address the envelope to **Deserae Johnson**, 1654 W. Boise St. Kuna, ID 83634. For further information, got to www.amtaidaho.org or call **Deserae Johnson** at 208.409.0422 or cmbidaho@gmail.com

Name _____ Telephone _____ E-mail _____

Address _____

Total Fee Enclosed: \$ _____

Cancellation Policy: Written notice must be sent to **Deserae Johnson** and postmarked two weeks prior to the date of the class. At that point, all but \$50 of your registration fee will be refunded. In the case of a "No Show," no refund will be granted.



EFFORT AND EASE

BY NICHELLE SCOGGIN-LABRUM

As Massage Therapists we have cultivated our touch. Through many sessions we have observed the various pressures we give and its capacity to create length, space, relaxation, and healing. We therapists spend many hours observing and studying touch qualities in relation to the clients' wellbeing. Through our various forms of bodywork each client's body observes, gives feedback, and develops new connection deepening their body awareness.

Body awareness for the massage therapist can be the make-it, or break-it of their career. While giving massages it can be so easy to find yourself out of alignment and creating more dysfunction in yourself then you're

releasing from the person on the table. Sthira and Sukah are Yoga teachings of refining the balance between effort and ease. To begin to understand this yogi teaching, it is essential to desire career longevity and to cultivate balance in the physical body. Balance begins from the earth.

Sthira- is a Sanskrit word which describes effort, firmness, and activation. Sukah- translates to ease, soft, or comfortable. Together these two words are like yin and yang or polar opposites, qualities to nurture and achieve the delicate balance between both. As a massage therapist, this can be understood by learning body mechanics from the ground up.

Sthira teaches us to be connected aware of the ground we stand on and our connection to it through all ten toes, the center of our heels and the balance between the inside and outside of the feet. By starting at the ground and how we are standing on our feet, we are able to bring that same attention all the way up through each joint and muscle group, in turn finding our bony structure in proper alignment and good body mechanics. This alertness and firmness is Sthira.

Sukah is the ease and grace that follows once the structure is aligned, it's the way the muscles effortlessly do their job, it's the expression of your massage work while you yourself are comfortable and pain free in your own body.

By practicing yoga poses and learning

to cultivate the teachings of Sthira and Sukah we are learn to move within our bodies in a healthy and balanced manner. Try these poses to create strength in your body with steadiness and gracefully give your next massage.

Warrior 1: Lunges are the perfect poses for cultivating Sthira and Sukah because it teaches body mechanics that can be used while you massage.

Warrior 2: This pose give the shoulders a little reset by reversing the forward shoulder motion we can find ourselves in while in massage sessions.

Tadasana: It's been said, "If one can learn to stand in this pose correctly, that they could stand forever" okay well maybe we don't want to stand forever, but how about standing without tiring to quickly. Tadasana or Mountain Pose is a great place to feel a grounding and equal weight distribution throughout the whole of both feet.

The following list of poses, are a few of my favorites for relieving common Massage Therapist aches and pains. Note that our jobs consist of arms forward and sometimes shoulders rounded, each of the following poses, are the reverse motion.

- Supported Bridge Pose
- Cobra Pose
- Cow/Cat Pose
- Camel Pose
- Thread the Needle

For complete picture tutorial, benefits, and modifications visit www.yogajournal.com/poses.

A fully licensed Massage Therapist, Nichelle completed her training at Idaho State University, in The Massage Therapy Program in 2007. In her evolution as a bodyworker, her personal strengths have moved into the directions of Myofascial Release, Sports Massage and Pregnancy. Nichelle greatly enjoys relieving people of their pain and speeding up injury recovery time. Her knowledge centers an understanding of the fascial body and her treatments target a full integration of fascia and muscles. Helping individuals relieve limiting conditions like plantar fasciitis, carpal tunnel, and tendonitis.

Currently, Nichelle is obtaining her Registered Yoga Teacher 200 hour certification. In 2010 Nichelle completed a Yoga Teacher Certification with Lori Head, PhD and taught at Mind Your Body in Pocatello from 2010-2012 (stopping at 8 months pregnant and spending the next year with her new baby girl). Nichelle is grateful to offer her massage/bodywork and yoga to the Pocatello Community at her studio, Blue Feather Healing Arts.



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Chapter Alternate Delegate 2013
Becky Olinger
(see Northern Unit Rep)

Government Relations Chairman
Judy Silcock
(see 2nd Vice President)

Facebook & Website Administrator
Becky Olinger
(see Northern Unit Rep)

OPEN Volunteer Positions:

Leadership Chairman - Open
Marketing Chairman - Open
Secretary - Open
First Vice President - Open
Central Unit Representative - Open
Central Unit Assistant Rep - Open
Membership Chairman - Open

Chapter WEB page
www.amtaid.org

National WEB page
www.amtamassage.org