



# PRISM of *Possibilities*

2022 CONVENTION PROGRAM



*June 22-25, 2022*

*Renaissance World Golf  
Village Resort  
St. Augustine, FL*



# PRISM of Possibilities



**Massage Convention & Trade Show | June 22-25, 2022**



**Crystal A. Howard**  
FSMTA Executive President

## Welcome to the 2022 FSMTA Massage Convention & Trade Show!

We are extremely grateful to see all of you in person. The next few days will be focused on reconnecting with colleagues you perhaps haven't seen in a long time, expanding your network with new attendees, engaging with vendors, and gaining knowledge to use in your practice and grow your business. We are excited to have a fantastic lineup of continuing education classes and events and hope you enjoy everything convention has to offer. The massage industry continues to grow and each one of us plays a large role in the strength of the profession. We would like to thank all our sponsors and exhibitors. Without your support and participation, none of this would be possible and we are grateful for the relationships we have with all of you.

On behalf of the FSMTA Board of Directors, please enjoy convention, be safe, and make some new friends. Thank you for attending the 2022 FSMTA Massage Convention & Trade Show!

## Exhibitors

ACE Massage Cupping .....	211	HiDow International .....	404
Acu-Pulse .....	200	Immune 8 .....	103
APLGO .....	208	Kitchen Craft .....	100
Aromatantra .....	111	Massage Envy .....	107
Comfort Craft .....	207	MASSAGE Magazine .....	102
Covidas20 .....	108	Acucups .....	104
Cryoderm .....	308	Quantum Balance Crystals .....	206
Cupping Canada .....	202	Relax Saunas of Momentum .....	301
Dragon Rises College of Oriental Medicine ...	210	RLT .....	209
FL BOMT / ULA .....	110	SafeFrom5G.com .....	112
FSMTB .....	106	Signature Session .....	105
First Alternatives .....	306	Smart A-Z Minerals .....	305
Green Sunshine CBD .....	204	Upledger Institute International .....	201
Healthy Living Moxie .....	400	World Massage Festival .....	109

## Sponsors

The Original Jojoba Company  
Massage Envy





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## General Information

### REGISTRATION / CHECK-IN

The FSMTA Registration and Check-In Desk(s) will be open during the following hours:

Wednesday, June 22	5:00pm – 8:00pm
Thursday, June 23	7:00am – 5:00pm
Friday, June 24	7:00am – 6:00pm
Saturday, June 25	7:00am – 5:00pm

### BADGES

Be sure to wear your badge at all times during the Convention. Admission to all sessions will be by badge only. If you registered for full convention, you will receive a badge and admission to all social activities. If you registered for single or two day only, you will receive a badge and may attend the social events on the days for which you are registered. Exhibitors, presenters, speakers, board members and volunteers will have identification ribbons on their badges.

### LANYARD COLORS

Red - Attendees  
Black - Presenters  
Green - Students  
Maroon - Volunteers  
Blue – Executive Board Members

### TABLE CHECK

Table check is offered for your convenience at a cost of \$5 per day at the Hospitality Desk.

Table check is open during the following hours:

Thursday, June 23	7:00am – 5:45pm
Friday, June 24	7:00am – 5:45pm
Saturday, June 25	7:00am – 1:00pm

### PHOTOGRAPHIC IMAGERY AND VIDEO

By registering and attending the FSMTA Massage Convention & Trade Show, attendees agree and permit the association's use of any and all photographic imagery and video.

### CLASS SESSIONS

FSMTA will be monitoring attendance in each class session room. If you need to leave a session at any time, please check with the CE Monitor. Remember that in order to receive CE credit you must sign in and sign out of each class session you attend.

### EXHIBIT HALL

You are encouraged to visit each exhibitor in the exhibit hall. Please take time to thank each exhibitor for attending and supporting the association. Door prize drawings will be held during peak exhibit hall times. You must be present to win. Exhibit Hall hours are:

Thursday, June 23	6:30pm – 8:30pm
Friday, June 24	10:00am – 6:00pm
Saturday, June 25	10:00am – 4:00pm

### FIRST TIMERS

Watch for those wearing a "gold star" so we can give them a warm FSMTA welcome!

### IMPORTANT NOTICE

The content of this convention reflects the views of the presenters and speakers and does not necessarily represent the position of FSMTA. Neither FSMTA nor their officers, members, or staff assume responsibility or liability for the accuracy of information presented or the appropriateness of use with specific clients. Each attendee is advised to make an independent determination regarding the content and use of this information.

### MASKS AND SOCIAL DISTANCING

Masks are recommended but not required. If you are unvaccinated and/or immunocompromised, we encourage you to wear a mask. Look for color coded stickers on attendee badges that indicate contact comfort level.  
Green – Handshakes and close contact welcome  
Yellow – Elbow taps and a modest distance appreciated  
Red – No contact and maintain a respectful distance



# PRISM of Possibilities



## Program Schedule

### Wednesday, June 22, 2022

5:00pm – 8:00pm **Registration / Check-In Desk Open** Foyer

### Thursday, June 23, 2022

7:00am – 5:00pm **Registration / Check-In Desk Open** Foyer

8:00am – 5:00pm **The Inside-Out Paradigm©: Freeing the Heart by Releasing the Body's Central Linkage** with Dale Alexander Legends 1

8:00am – 5:00pm **Introduction to Cranial/Structural Therapies** with Ross Hoffman Legends 2

8:00am – 5:00pm **Thai Massage for the Table** with Jill Burynski Legends 3

8:00am – 11:00am **Introduction to Rapport Building & Communication (\*Ethics)** with Ian McIntosh Wentworth

8:00am – 4:00pm **Sports Injury With Visceral Manipulation** with Lorilynn Dowiak Troon

8:00am – 4:00pm **Julstro Method of Osteopathic Muscular Therapy- Low Back, Sciatica, Hip & Knee plus Self Treatments** with Julie Donnelly St. Augustine E

8:00am – 5:00pm **Practical Considerations for Prenatal Massage** with Michelle Bullock & Stephanie Olson St. Augustine F

8:00am – 4:00pm **Art of Holistic Massage Foundation 3: Reflexology** with Alvina Quatrano St. Augustine G

11:15am – 12:00pm **FSMTA Annual Meeting Luncheon** (FSMTA members only – registration required) St. Augustine A & B

12:00pm – 1:00pm **FSMTA Annual Meeting** (FSMTA members only – no registration required) St. Augustine A & B

1:00pm – 5:00pm **Overview of Craniosacral** with Frederick Stahlman Wentworth

2:00pm – 5:00pm **Successful Start Program** (\*For students and LMTs licensed less than 2 years) St. Augustine A & B

5:00pm – 6:00pm **Professional Perspectives** St. Augustine A & B

6:30pm – 8:30pm **Welcome Reception and Exhibit Hall Grand Opening** St. Augustine C & D

### Friday, June 24, 2022

7:00am – 6:00pm **Registration / Check-In Desk Open** Foyer

8:00am – 5:00pm **The Inside-Out Paradigm©: Cervical Stenosis & Mobilization of the Shoulder** with Dale Alexander Legends 1

8:00am – 4:00pm **A Touch of Craniosacral Therapy for the Massage Therapist** with Liz Brinson Legends 2

8:00am – 4:00pm **Julstro Method of Osteopathic Muscular Therapy - Full Body Self Treatments Plus Carpal Tunnel** with Julie Donnelly Legends 3

8:00am – 4:00pm **Sports Injury With Visceral Manipulation** with Lorilynn Dowiak Troon

8:00am – 4:00pm **Full Body Refresh, Psoas & Piriformis Release; Prone/Supine: Reconnecting Neuromuscular Responses** with Laurel Freeman St. Augustine A

8:00am – 4:00pm **Structural Dynamics: Pelvic Biomechanics and Low Back Pain Strategies** with Lynn & Ann Teachworth St. Augustine E

8:00am – 10:00am **Ignite: Moving From Burned Out to Shining Bright** with Felicia Brown St. Augustine F

8:00am – 4:00pm **Art of Holistic Massage Foundation 1: Subtle Body** with Alvina Quatrano St. Augustine G

10:00am – 5:00pm **Massage Makes Me Happy Room** (10 & 15 minute massages available) Wentworth

11:00am – 1:00pm **Lunch with Exhibitors** St. Augustine C & D

1:00pm – 5:00pm **Integrated Manual Therapy and Orthopedic Massage for Complicated Elbow, Forearm, Wrist & Hand Conditions** with James Waslaski St. Augustine B

1:00pm – 5:00pm **Overview of Craniosacral Therapy for Infants and Children** with Claudia Silva St. Augustine F

2:30pm – 3:30pm **Refreshment Break with Exhibitors** St. Augustine C & D

# Saturday, June 25, 2022

8:00am - 10:00am	<b>Growing Your Massage Business With Every Touch</b> with Felicia Brown	St. Augustine G
8:00am - 11:00am	<b>How to Stretch Your Clients</b> with Teresa Matthews	St. Augustine F
8:00am - 11:00am	<b>Infection Control Practices</b> with Tim Carver	Legends 1
8:00am - 4:00pm	<b>Total Body Balancing for the Massage Therapist</b> with Kerry D'Ambrogio	Legends 3
8:00am - 4:00pm	<b>Tennis Sports Massage Specialty</b> with James Fritschle	St. Augustine E
9:00am - 11:00am	<b>FSMTB School Information Session</b>	Troon
10:00am - 4:00pm	<b>Massage Makes Me Happy Room</b> (10 & 15 minute massages available)	Wentworth
11:00am - 1:00pm	<b>Lunch with Exhibitors</b>	St. Augustine C & D
1:00pm - 5:00pm	<b>AHA Heartsaver CPR/AED</b> with Tim Carver (additional cost required)	Legends 1
1:00pm - 5:00pm	<b>Relief from Head, Neck and Shoulders - Quick Release Technique</b> with Ross Hoffman	Legends 2
1:00pm - 5:00pm	<b>Protecting Your Assets: Self Defense for Massage Therapists</b> with Teresa Matthews	St. Augustine F
1:00pm - 3:00pm	<b>Florida Laws and Rules with Ian McIntosh</b>	St. Augustine G
2:30pm - 3:30pm	<b>Refreshment Break with Exhibitors</b>	St. Augustine C & D
3:00pm - 4:00pm	<b>Human Trafficking with Ian McIntosh</b>	St. Augustine G
6:00pm - 11:00pm	<b>President's Celebration</b>	St. Augustine A & B



Take some time for yourself!

Visit the Massage Makes Me Happy Room for a chair massage or foot massage. Tickets can be purchased with cash at the Hospitality Desk. \$10 for 10 minutes and \$15 for 15 minutes. Proceeds are donated to the Massage Therapy Foundation.

Renaissance World Golf Village Resort St Augustine  
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