

PROGRAM

8th Annual Oklahoma City

July 2-4, 2021

MAT Workshop



WELCOME

I'm delighted to welcome you to our July 4th Oklahoma City workshop.

This is our 8th year bringing you this event and we have a bunch of surprises including a new 10,000 sq. ft. venue, reduced hotel room rates, trolley passes, and a host of special guest educators who's bios are presented in this program.

This popular event features special video animation, anatomy dissection and dozens of head-to-toe techniques that stimulate visual learners, while relaxed practice sessions with my highly skilled teaching assistants will delight all you kinesthetically attuned therapists.

On Saturday afternoon, James Waslaski will be presenting "Kinetic Chain Patterns for Complicated Shoulder Conditions." I've also invited some of my other favorite educators to join us at this event.

Following James Waslaski's Saturday presentation, you'll be able to connect with these celebrity massage educators at various stations in the ballroom where they'll do informal demos of their specializations and answer any questions you might have. Watching these massage celebrities present is one of my favorite parts of the weekend event.

Of course, there will be a bunch of July 4th activities in Oklahoma City and the venue is located in the very epicenter of all the action. The Oklahoma City Convention Center is just a short walk or trolley ride to the BrickTown Canal for dining, dancing, and attractions such as the OKC Memorial, Museum of Art, Myriad Botanical Gardens, and the Boathouse District.

Note: We will be respecting all CDC Covid-19 protocols so everyone can feel safe when working with your partner. The great advantage of this event is that we have lots of space to move around in and a new clean facility.

Looking forward to another lively interactive event!

In touch, Erik Dalton



WORKSHOP SCHEDULE

Friday, July 2

8am	Register
9am – 10:15am	Introduction
10:15am - 10:30am	Break
10:30am – 11:30am	Play Time
11:30am – 1:00pm	Clinical Reasoning for Back, Hip & Leg Pain
1:00pm – 2:00pm	Lunch
2:00pm – 2:30pm	Clinical Reasoning for Back, Hip & Leg Pain (continued)
2:30pm – 2:45pm	Break
2:45pm – 6:00pm	Clinical Reasoning for Groin, Hip, & Quad Pain

Saturday, July 3

9:00 am – 10:30 am	Between the Blade Pain
10:30 am – 10:45 am	Break
10:45 am – 1:00 pm	Mobilizing the T-spine
1:00 pm – 2:00 pm	Lunch
2:00 pm – 5:00 pm	James Waslaski: Kinetic Chain Patterns for Complex Shoulder Conditions
5:00 pm – 6:00 pm	Celebrity Guest Demos

Sunday, July 4

9:00 am – 10:15 am	Clinical Reasoning for Neck & Arm Pain
10:15 am – 10:30 am	Break
10:30 am – 1:00 pm	Assessing & Treating Neck & Arm Pain
1:00 pm – 2:00 pm	Lunch
2:00 pm – 5:00 pm	Assessing & Treating Neck & Arm Pain (continued)
5:00 pm	Class Photo (make sure you pick up your certificate)

FEATURED GUEST PRESENTER



Featured Guest Presenter

JAMES WASLASKI

James Waslaski integrates 30 plus years of expertise in Manual Therapy, and Elite Sports Therapy, to enhance the education and patient outcomes for all Manual Therapists. He is a published author and international lecturer, who teaches manual therapy at approximately 45 seminars yearly.

James was inducted in 2008 into the Massage Therapy Hall of Fame. He was also nominated and awarded by his peers and colleagues, the designation of teacher of the year in 2012 at The Canadian Massage Conference and in 2015 at the World Massage Festival.

Kinetic Chain Patterns for Complicated Shoulder Conditions

There is clinical evidence that a huge contribution to shoulder pain comes from prior injuries or surgeries (scars) and musculoskeletal imbalances throughout the entire body. Fascial lines of tension can cause the entire body to compensate.

Without doing Total Body Balancing Techniques and treating scars that have accumulated over a lifetime, the shoulder symptoms usually return. Therapists will evaluate the stirrup spring system in the ankle responsible for “Ascending Syndromes” that work their way up into the knee, hip, spine, shoulder and neck.

Therapists will also correct tibial torsion patterns in the knee, along with iliosacral torsions and resultant ascending roto-scoliosis of the lumbar spine. If uncorrected, this can lead to ascending kyphosis of the thoracic spine, and resultant atlanto-occipital joint compression. After treating scars, and doing total body balancing, manual therapists will evaluate and treat shoulder impingement, bursitis, bicipital tendinosis, rotator cuff injuries, and thoracic outlet. The highlight of this class will be new clinical studies and techniques that will revolutionize the treatment of advanced stage adhesive capsulitis, known as “Frozen Shoulder.”

www.orthomassage.net

GUEST EDUCATORS



TIL LUCHAU

Til Luchau is a lead instructor and the Director of Advanced-Trainings.com. With a diverse background that includes manual therapy, somatic psychology, transformative education, as well as organizational and leadership development, Til's ability to connect interdisciplinary, big-picture ideas to practical, real-world applications has made his talks, training, and events popular worldwide.

As a Certified Advanced Rolfer™, Til was on the faculty of the Dr. Ida Rolf Institute® for 20 years, where he served as Coordinator and Faculty Chair of the Foundations of Rolting Structural Integration program.

The author of the Advanced Myofascial Techniques textbook series, his regular Myofascial Techniques and Somatic Edge columns have been featured in Massage & Bodywork magazine since 2009. A 2015 inductee into the Massage Therapy Hall of Fame, and in 2018 named Massage Magazine's first Massage All-Star, his private practice is based in the Boulder, Colorado area, and includes manual therapy, as well as online consulting and coaching related to personal well-being, business development, and professional supervision with practitioners and teachers from around the world.

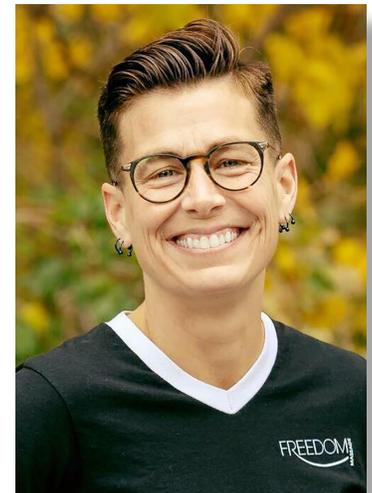
www.advancedtrainings.com

DIANE MATKOWSKI

Diane Matkowski has been practicing massage for more than 25 years and is the owner of Freedom Massage in Philadelphia, Pennsylvania. In 2006, she published her first book, *The Body Is Art: A Mentoring Guide for Massage and Bodywork*. Diane has also written articles and been featured in *Massage Therapy Journal*, *Massage Magazine*, *Massage and Bodywork*, *Massage World*, *Different Strokes*, *Main Line Today*, and the *Daily Local News*.

She recently finished her second book, *The Massage Therapist's Guidebook*, which is also an NCBTMB approved home study course. Diane provides mentoring for massage therapists nationwide on "The Massage Mentor" Facebook group. She interviews legends in bodywork such as James Waslaski, Erik Dalton, Til Luchau, Rebel Massage, David C. Morin, and Whitney Lowe. Diane and her Freedom Massage staff of ten LMTs recently received their seventh "Best Massage in 2020" award in Philadelphia.

www.themassagementorinstitute.com



GUEST EDUCATORS

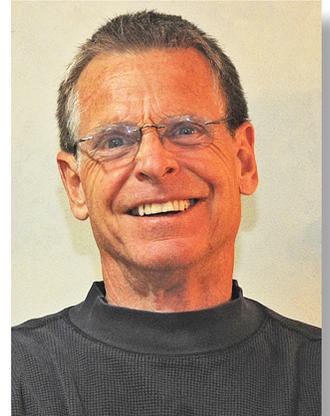
ART RIGGS

Art Riggs is a Certified Advanced Rolfer from Oakland, California who has been teaching bodywork since 1988. A lifetime of hard physical activity and high-level athletic pursuits including ultra-marathons led him to bodywork, first as a grateful recipient, and later as a student and practitioner.

The fulfillment he experienced in both receiving and performing bodywork led him away from graduate studies in Exercise Physiology at the University of California to a full-time career as a Rolfer and teacher of Deep Tissue Massage. Art has worked on injuries and performance issues with several Olympic athletes, professional football and basketball players, dancers, and musicians. Yet, the most gratifying aspect of his work is with his client's in the general population where he seeks to provide a better awareness of their bodies allowing more ease and comfort in their everyday lives.

Art is the author of Deep Tissue Massage--A Visual Guide to Techniques and the video, Deep Tissue Massage and Myofascial Release--A Video Guide to Techniques.

www.Deeptissuemassagemanual.com



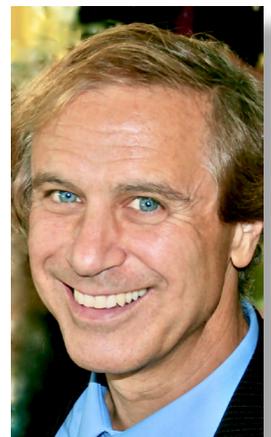
DR. MICHAEL KOPLIN

Michael Koplen, Massage Therapist and Doctor of Chiropractic, created the Masters In Massage Institute® to teach advanced client management skills to Massage Therapists through informative books, workshops, and home study courses.

After graduating from Emory University and the Boulder School of Massage Therapy, Michael opened the innovative Denver Massage Center which helped usher in a new era of professional massage. He went on to Palmer Chiropractic College to learn more about assessment, case management, and treatment approaches. "Dr. K" received a National Practitioner of the Year award and taught practice management procedures with the internationally acclaimed Landis-Ward Group for several years. In 2009 he became certified in healing techniques at Soul University in Penukonda, India.

In addition to teaching Massage Therapists advanced client management skills, Michael clinically treats patients, practicing along with Massage Therapists in Santa Cruz, California.

www.drMichaelk.com



GUEST EDUCATORS

DREW FREEDMAN

Drew Freedman, founder of The Boston Bodyworker and Learn2Tape, is a graduate of the University of South Florida Sports Medicine Program and The Sun Coast School of Massage Therapy. He is Board Certified in Therapeutic Massage and Bodywork as well as an Approved provider for Continuing Education through the NCBTMB.

In addition to Drew's daily commitments to The Boston Bodyworker, he also owns Learn2Tape, presenting and teaching kinesiology taping at conferences and symposiums across the US and Canada. Drew's 25 plus years of experience have allowed him to work at both the professional and collegiate level of competitive athletics. During his eight and a half years in Florida, Drew served as Head Trainer for the women's volleyball team and the Assistant Trainer for the men's basketball team at the University of South Florida.

Throughout his career, he has worked with a variety of professional teams including the New Jersey (Brooklyn) Nets, the Tampa Bay Mutiny, the Canadian National Softball team and the U.S. Olympic Volleyball team.

www.bostonbodyworker.com



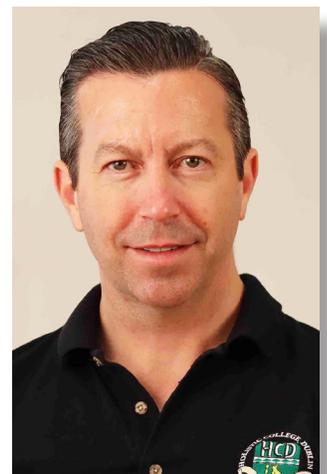
AUBREY GOWING

Aubrey Gowing is the author of two books, the acclaimed 'Myoskeletal & Sports Therapy' and the newly released 'Kinesiology Taping Strategies' both of which reflect his ongoing interest in the pain free treatment of overuse, repetitive strain and chronic injuries.

With 32 years clinical experience and 27 years teaching, Aubrey brings a high standard of professionalism and considerable expertise to all his training programs. In addition to his international seminars throughout Europe, Australia and Asia, Aubrey is a college director at Holistic College Dublin and has served three successful terms as President of the Irish Massage Therapists Association.

He is a Senior Myoskeletal Instructor for the Freedom from Pain Institute, a registered I.T.E.C instructor, NCBTMB accredited USA educator, and approved MMA teacher in Australia.

www.hcd.ie



GUEST EDUCATORS

ERIC BROWN

Eric Brown started his massage career in 1989 in Canada. He worked in private practice for 20 years managing two successful massage clinics in downtown Toronto. He has taught extensively in various massage colleges and was also involved in developing the Standards of Practice for massage legislation in Ontario, Canada.

In the early 90's Eric pioneered chair massage and worked with some of the largest companies in Canada, including IBM, Dell, Levi Strauss, Kellogg, Amex, as well as major hospitals, law firms, and financial institutions. He opened a massage school in 1994 and managed the school until 2011 training over 1,000 students.

He is a pioneer in online education. In 1999 he started BodyworkBiz. In 2006 he established Massage Therapy Radio and produced over 200 podcasts. In 2008, he launched World Massage Conference, the first online conference in the massage profession. It featured some of the top leaders in the profession and produced over 400 online presentations. It was the largest event in the massage profession year after year for ten years before being sold to ABMP in 2018.

He is the author of five number one bestsellers on Amazon, including 60 Clients in 60 Days.

www.massagemastery.online



ARIANA VINCENT

Ariana Vincent, CEO of The Ariana Institute for Wellness Education, has been a nationally approved Massage Therapy Instructor and a Continuing Education Provider for over 20 years. She is approved through the National Certification Board for Therapeutic Massage, the Texas Department of Licensing and Regulation, and many other state boards.

She has been a Texas Licensed Massage Therapist for over 30 years. Ariana was included in the first group of massage therapists to become licensed in Texas in 1986 and is a member of World Massage Festival's Massage Therapy Hall of Fame. She also received the Alliance for Massage Therapy Education's Continuing Education Provider of the Year award. In addition to teaching, Ariana has authored eight massage therapy manuals.

www.arianainstitute.com



GUEST EDUCATORS

CHARLIE PEEBLES

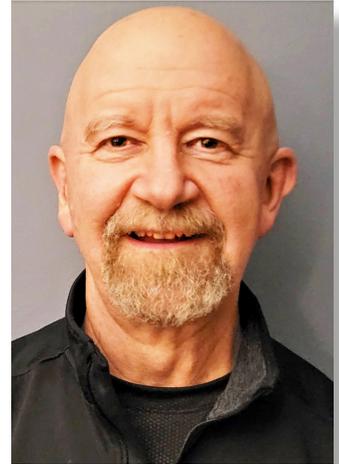
Charlie Peebles graduated from the Florida College of Natural Health and then returned to Terre Haute, Indiana to assist Ivy Tech Community College in setting up their new massage therapy program. While at Ivy Tech, he reached out to the Indiana State University (ISU) director of athletic training to try and collaborate the programs.

After teaching at Ivy Tech for seven years, the program was discontinued. Two years later he received a call from the chairperson for Indiana State's Department of Applied Medicine and Rehabilitation asking if he would be interested in developing a minor degree massage therapy program for the university.

The first thing he did was reach out to Erik Dalton to help with curriculum.

Now, almost ten years later, the **“Advanced Myoskeletal Therapy Massage Program”** is a huge success and a model for other universities.

Erik Dalton has become an affiliate faculty member and the **“Erik Dalton Myoskeletal Massage Therapy Endowed Scholarship”** has enabled three students to continue their education in physical therapy with a minor degree in Myoskeletal Massage. Charlie is very proud of the ISU accomplishments and grateful for all the support from Erik Dalton, Indiana State University, and all the Dalton Gang for their support in this endeavor.



Indiana State University

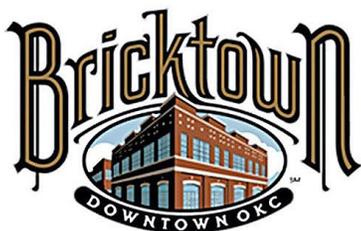
ADVANCED MASSAGE THERAPY PROGRAM

Indiana State University and the Freedom From Pain Institute have partnered to create the only minor degree in massage therapy offered by a major United States university. The program is attracting a variety of health professionals including massage, physical and occupational therapists. To elevate the status and continued growth of the Indiana State University program, the Freedom From Pain Institute is in the process of financing an ongoing continuing education scholarship grant to help fund qualified and passionate students of physical medicine.

[indiana-state-university-scholarship-program](https://www.indiana-state-university-scholarship-program.com)



**OKLAHOMA
CITY
CONVENTION
CENTER**
(Workshop Venue)



Bricktown

Hop on the streetcar and enjoy all that the River Walk has to offer....

- **Clubs**
- **Restaurants**
- **Night Life**



Scissortail Park

Just steps outside the conference center is the 36 acre fun park with food trucks, entertainment, walking trails, farmer’s market, and much more!



Boathouse District

Whitewater rafting, zip lining, climbing

OKC Streetcar Map

