



60th Diamond Anniversary Registration Guide

**November 1 - 5, 2013
Kananaskis, Alberta**



Location

Delta Lodge at Kananaskis

Delta Lodge at Kananaskis consists of 3 buildings. The Lodge, Signature Club and Mount Kidd Manor. Check in for all 3 buildings is at the Lodge building. Check in time is 4 pm and check out time is 11 am. Delta Lodge at Kananaskis Cancellation Policy is 72 hours prior to arrival.



Hotel Features

Summit Spa - Summit Spa is available for treatments daily from 8:00 am - 10:00 pm. In the Summit Spa is where you will find our 17m indoor pool, indoor/outdoor whirlpool, eucalyptus steam room, sauna and fitness centre all available from 6:00 am to 11:00 pm.

Children's Creative Centre

The Children's Creative Centre is located in the Mount Kidd Manor and is designed to provide families with hours of entertainment. The centre is available 7:00 am - 9:00 pm daily. On Friday nights (with exception of

specialty long weekends) the centre features a "Family Movie" night from 8:00 pm - 10:00 pm.

Pet Policy

Pets are welcome at the Delta Lodge at Kananaskis for a \$35/stay. We do offer pet free rooms in the Signature Club.

Parking

Self Indoor \$14/night

Valet \$20/night

Free Outdoor Parking in Village Centre

In Room Amenities

- Alarm clock/radio
- Cable television with pay per view
- Movies
- Video Express Check Out
- Coffee Maker & Kettle
- Hair Dryer
- Iron & Ironing Board
- Mini Fridge
- Telephone with Voice Mail
- Internet
- June Jacobs products

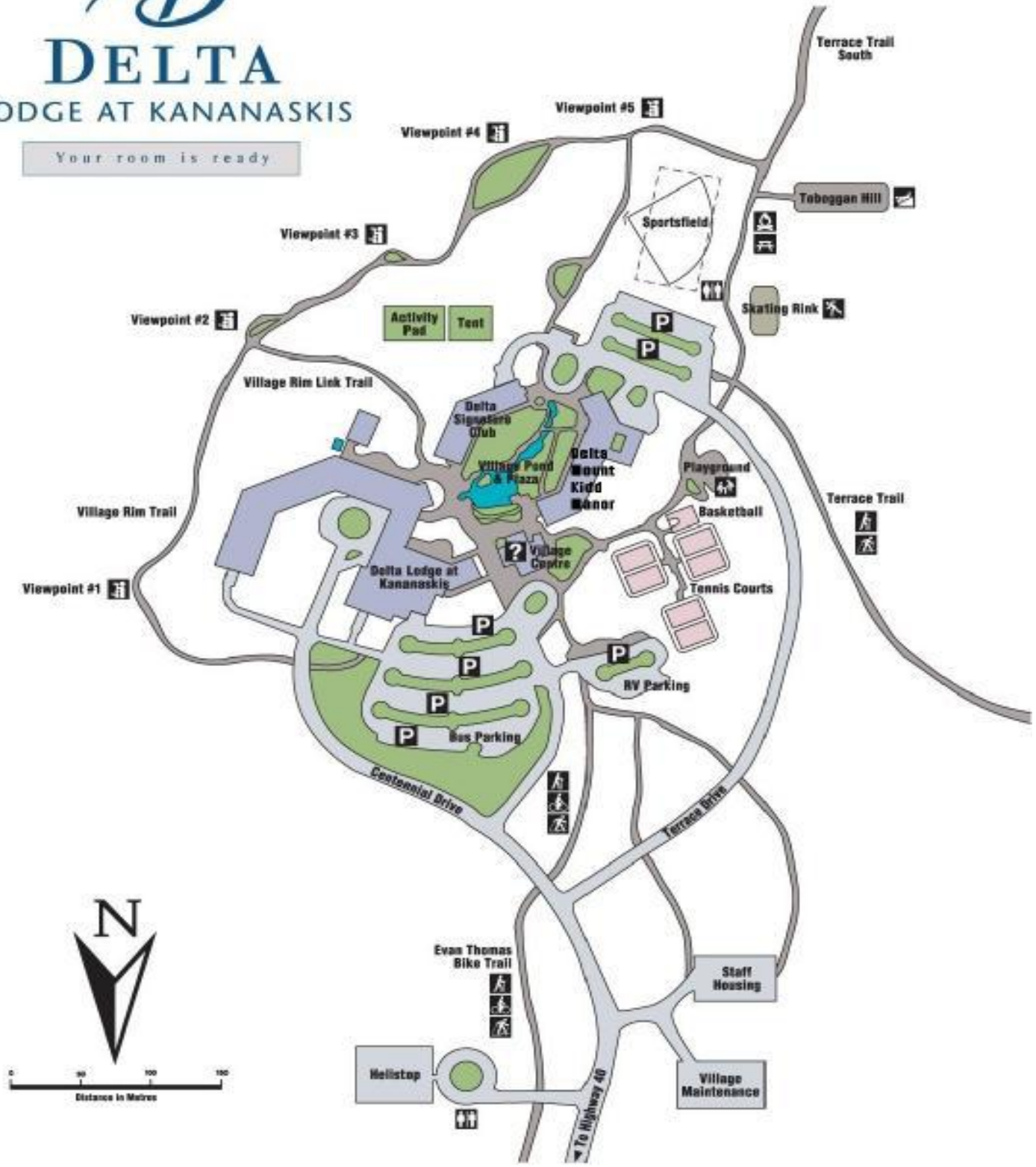




DELTA

LODGE AT KANANASKIS

Your room is ready



Kananaskis Village



Getting There

Directions

From the Calgary Airport: At the first intersection turn left onto Barlow Trail north. Follow Barlow Trail for approximately 2 minutes until you reach Airport Trail and turn left. Once on Airport trail you want to continue to drive for approximately 2 minutes until you reach Deerfoot Trail (Highway #2). Turn right onto Deerfoot Trail North and continue for approximately 5 minutes then exit onto Stoney Trail west. Continue on Stoney Trail West for approximately 20 minutes until you reach Highway #1 (also known as 16th Ave or Trans Canada Highway). Turn right (west) onto Highway #1 and continue for approximately 35 minutes until you reach the exit Kananaskis Trail (exit #118 - Hwy #40 south). Take Highway 40 for 20 minutes to the Kananaskis Village/Nakiska Road and turn right. Take your first left (Centennial Road) and follow to the Lodge.

From Edmonton: Follow Highway #2 South to Stoney Trail West, on the northern edge of Calgary, before you reach the airport. Continue on Stoney Trail West for approximately 20 minutes until you reach Highway #1 (also known as 16th Ave or Trans Canada Highway). Turn right (west) onto Highway #1 and continue for approximately 35 minutes until you reach the exit Kananaskis Trail (exit #118 - Highway #40 south). Take highway 40 for 20 minutes to the Kananaskis Village/Nakiska Road and turn right. Take your first left (Centennial Road) and follow to the Lodge.

From Calgary: Follow Highway #1 (also known as 16 Ave or Trans Canada Highway) west for approximately 35 minutes until you reach the exit Kananaskis Trail (exit #118 - Highway #40 south). Take highway 40 for 20 minutes to the Kananaskis Village/Nakiska Road and turn right. Take your first left (Centennial Road) and follow to the Lodge.

Delta Lodge at Kananaskis Airport Shuttle Service

\$55.00 - Per Person One Way, 2 - Hour Trip

Departure times from Calgary International Airport:

12:00 PM, 3:30 PM, 4:30 PM, 6:30 PM

Departure times from Delta Lodge at Kananaskis:

8:30 AM, 12:30 PM

For booking and further information:

www.sightseeingtoursCanada.ca



Photo courtesy of Brewster Inc.



Event Highlights

2013 marks a significant milestone in MTAA history - the organization is tremendously proud of its past and even more excited about its future. To commemorate this landmark in our history, we are hosting a special 60th Diamond Anniversary Conference from November 1 – 5, 2013 in Kananaskis, Alberta.

Massage Therapy is well on the way to being a formal health profession, with regulation under the *Health Professions Act* in Alberta and several other jurisdictions in Canada on the horizon. The MTAA's long history of setting and maintaining high standards for entry to practice, professional development and upholding accountability to the Alberta public are what make our organization truly unique and a much needed staple in the Alberta non-profit and health care landscape.

Since 1953, we have been a provincially focused, non-profit organization exclusively representing Massage Therapists - a continual challenge that has proven itself to yield positive change and ever expanding growth. Once considered a 'fringe' therapy, Massage Therapy is now the most widely accessed Complementary Alternative Medicine (CAM) in Canada, with 1.5 Billion Dollars being spent annually on Massage Therapy across Canada. As one of the founding members of the Canadian Massage Therapist Alliance (CMTA), the MTAA continues to support the advancement of the profession both provincially and nationally.

The MTAA Annual General Meeting (AGM) will open the event on November 1, 2013. This is an MTAA member only meeting at which the past year's accomplishments and coming year's plans will be discussed with the membership in attendance.

On Saturday, November 2, the learning is in full swing! A number of Professional Development courses will be taking place and the day will end with a special networking reception in the Exhibit Hall.

Courses continue on Sunday, November 3 and then a whole bunch of new courses will begin on Monday, November 4 through to Tuesday, November 5.

Throughout the entire Conference there will be an open and interactive exhibit full of valuable services and products that relate to the practice of Massage Therapy.

No event of this caliber is complete without an abundance of opportunities to learn, network and enjoy the surroundings. The MTAA 60th Diamond Anniversary Conference is no exception with a busy schedule of courses, activities and networking receptions. You can choose to spend 1, 2, 3, 4 or all 5 days in Alberta's mountain playground at this world class resort.



I'm a Member...



Families

Interested in bringing your spouse, partner or family along with you to enjoy the splendor of Kananaskis Village and the Rocky Mountains? No problem!!!



Children's Creative Centre

The Children's Creative Centre is located in the Mount Kidd Manor and is designed to provide families with hours of entertainment. The centre is available 7:00 am - 9:00 pm daily. On Friday nights (with exception of specialty long weekends) the centre features a "Family Movie" night from 8:00 pm - 10:00 pm.

Babysitting Services Available

Register your spouse or partner to also participate in any of the special celebration activities that will be taking place and hire a sitter for your kids! The Delta Lodge at Kananaskis is pleased to provide babysitting services for all guests. This service is based on the availability of the employees who have the experience and qualifications

necessary to ensure your kids are well taken care of based on your preferences. If interested, please contact the MTA for the Babysitting Request form.

Summit Spa and Fitness Centre

Treat someone special to some time in the Summit Spa! There is a wide array of services available including no charge access to the indoor, 17 metre pool, an indoor/outdoor whirlpool, Eucalyptus steam room, and a fully equipped weight and cardio room. Want to really treat them to something special? Book a Rosemary Mint Awakening Body Wrap....Elemental Nature Facial.....Summit Manicure and Pedicure.....all available for either men or women!



Pet Sitting

We most certainly cannot forget about the four-legged family members! Many of the Delta guest rooms are pet friendly and you can even make arrangements for a staff member to check on Fido and take him for a walk while you're in your courses!

Outdoor Activities

There is an abundance of outdoor activities available for your family members while you are learning new skills in your Professional Development courses. Depending on weather conditions, your family can have fun at the playground, basketball court, tennis court, the baseball diamond, the skating rink, the toboggan hill or Kananaskis Outfitters can help with arrangements for cross country skiing, snowshoeing, guided tours for hiking, biking, canoeing, GPS adventures and more!



Schedule

Schedule Subject to Change

Friday, November 1, 2013

8:00 am - 1:00 pm	Exhibit Hall Open
8:30 am	AGM Registration Open
10:00 am	MTAA 2013 AGM
12:30 pm	Celebration Lunch (registered attendees only)
2:00 pm	Celebration Activities (registered attendees only)
4:00 pm	Exhibit Hall Open
4:00 pm - 6:00 pm	Gala Banquet Reception
6:00 pm - midnight	Gala Banquet and Entertainment

The MTAA Annual General Meeting is only open to MTAA members in good standing and invited guests.

Saturday, November 2, 2013

7:00 am	Exhibit Hall and Course Registration Open
8:00 am	Concurrent Courses
9:30 am	Nutrition Breaks
11:30 am	Lunch Breaks
2:30 pm	Nutrition Breaks
5:00 pm	Networking Reception
8:00 pm	Exhibit Hall Closes

Sunday, November 3, 2013

7:00 am	Exhibit Hall and Course Registration Open
8:00 am	Concurrent Courses
9:30 am	Nutrition Breaks
11:30 am	Lunch Breaks
2:30 pm	Nutrition Breaks
4:00 pm	Exhibit Hall Closes
6:00 pm	Mountain Campfire

Monday, November 4, 2013

7:00 am	Exhibit Hall and Course Registration Open
8:00 am	Concurrent Courses
9:30 am	Nutrition Breaks
11:30 am	Lunch Breaks
2:30 pm	Nutrition Breaks
5:00 pm	Networking Reception
8:00 pm	Exhibit Hall Closes

Tuesday, November 5, 2013

7:00 am	Exhibit Hall and Course Registration Open
8:00 am	Concurrent Courses
9:30 am	Nutrition Breaks
11:30 am	Lunch Breaks
2:30 pm	Nutrition Breaks
4:00 pm	Exhibit Hall Closes
6:00 pm	Mountain Campfire



Courses

For the complete instructor biographies, please refer to the Conference Guide or visit the 2013 Conference page on the MTAA website at www.mtaalberta.com.

Kinesio Taping

Chiropractor Roger Berton teaches this introductory course which covers the core concepts, theory and application of Kinesio Taping. Kinesio Tape is used to relax overuse syndromes or spasms, decrease pain and swelling or to stimulate weak muscles and promote stability while allowing functional and full range of motion. Made infamous by its visible presence at the 2012 Summer Olympics in London, Kinesio Tape functions can stay on a patient for 3 to 5 days. This course is designed to enhance one's ability to apply this modality - one of the most non-invasive soft tissue treatments in use today. In this course, you will understand the concepts of Kinesio Taping, review muscular physiology as it relates to Kinesio Taping, learn application skills, the various cutting techniques and their clinical applications and time efficient methods to relax overuse syndromes/spasms to stimulate weak muscles and to decrease pain and swelling. This course will provide you with the theory and technique to do Kinesio Taping in a manner that enhances mobility and stability.

*This course will be held on Monday, November 4 and Tuesday, November 5, 2013.
16 Primary MTAA PD Credits*

Assessment and Treatment Planning for the Low Back, Pelvis, Hip and Lower Extremity

Massage Therapist, Doug Alexander provides insight to fully integrate assessment skills into the process of clinical reasoning, treatment and homecare prescription in the Low Back, Pelvis, Hip and Lower Extremity Region. Participants practice evaluating alignment, recruitment pattern testing, active range of motion, over-pressure and resisted for all the relevant joints in the region as well as all the common orthopedic tests. With particular reference to the orthopedic tests, a sequenced flow for each orthopedic test (with all the nuances of handling skills) as well as an overall flow of applying all the tests in an efficient smooth manner is practiced. The specificity and reliability of the tests as well as how to make the test more reliable is learned. Weaving the assessment findings through a process of identifying the most significant impairments in a client's case and creating an outcomes-based treatment plan that incorporates manual techniques as well as homecare prescription is taught and practiced. All registrants to the course will receive access to the online version of the course which includes the course manual, video clips of all the technical performances, as well as quiz questions. After the course, reviewing anything covered by watching high definition video clips of all the techniques taught in the course. ***Students are welcome to register for this course.***

*This course will be held on Saturday, November 2 and Sunday, November 3, 2013.
16 Primary MTAA PD Credits*



Courses

Foam Rolling

Catherine D'Acoust presents Foam Rolling is a self-myofascial release (SMR) technique that is used by athletes and physical therapists to inhibit overactive muscles. This form of stretching utilizes the concept of autogenic inhibition to improve soft tissue extensibility, thus relaxing the muscle and allowing the activation of the antagonist muscle. With foam rolling you can improve flexibility, function, performance and reduce injuries. The travel size foam roller will be featured in the course. The principles of foam rolling and basic guidelines of training are reviewed. Self-myofascial release principles, assessing overactive muscles, screening clients to complete self-myofascial release are discussed. How to treat major muscles groups, training the core and balance using the foam roller and Range of motion/flexibility training with the foam roller are demonstrated and practiced. **Students are welcome to register for this course.**

This course is a 1-day course held on Sunday, November 3, 2013.

8 Primary MTAA PD Credits

Considering Fascia in the Mix - A Massage/Manual Therapy Approach

Cathy Ryan's fascination with Fascia will help develop a better understanding of fascia's biomechanical role, the impact of its dysfunction and subsequent musculoskeletal implications. The theoretical component covers the nature, architecture, and function of the deep fascia in its musculoskeletal role. The practical component helps the therapist develop the skills to identify/assess fascial presentations, manually engage fascia and successfully treat the fascial aspect of common musculoskeletal [soft-tissue] disorders. The techniques demonstrated can be utilized to address; the fallout associated with fibrosis seen in conjunction with chronic inflammation, immobilization, cumulative soft-tissue trauma,

Repeat Motion Disorders and Myofascial Trigger Points. The techniques will assist the therapist with providing more comprehensive delivery of care and achieving more sustainable treatment outcomes. The techniques can be easily incorporated into a manual therapy treatment session thereby providing an additional tool to the tool box without the need to entirely reconstruct the approach to practice approach. The course is reinforced with a manual that includes a glossary of terms, applicable illustrations, a listing of additional resources and references. The course material includes emerging research and concepts from the International Fascia Research Congresses and evidence informed clinical considerations applicable to Massage/Manual Therapists. **Students are welcome to register for this course.**

This course is 1-day course held on Saturday, November 2, 2013.

8 Primary MTAA PD Credits



Courses

Stability Ball Training

Catherine D'Aoust proffers an applicable approach to assessing and creating core stability. The first day of this two day course covers Core Activation, Assessment & Training Techniques. According to Diane Lee, Physiotherapist, "stabilization means being able to control the amount of movement of your joints during loading. Every joint has an amount of motion that is natural for it, and the quantity of your joint motion may be quite different from someone else's. Stability is not about how much movement you have, but rather how well you can control it." The course discusses the anatomy of stability and the integrated model of function.

Day two covers Stability Ball Functional Training. Posture is defined as the typical position of the body – the relative arrangement of one body part to another. It is dynamic; it can be affected by structure, muscle weaknesses and imbalances, gravity, typical movement patterns, the positions adopted at work and leisure environments. If posture is good, joints are stable, with muscle strength and flexibility being equal about the joint. This course presents the importance of posture and the muscles that may affect it. Functional kinetics (how to train for rehab and conditioning) and study case studies for back, shoulder and hip are integrated throughout the course. ***Students are welcome to register for this course.***

*This course will be held on Monday, November 4 and Tuesday, November 5, 2013
16 Primary MTAA PD Credits*

Ligamentous Articular Strain Technique - Lower Extremity

Ruptured or injured ligaments are a source of mechanical problems. When an injury occurs, the joint becomes displaced beyond this physiologic position, and some, if not all, of the surrounding ligaments become stressed and un-balanced. Having been keenly practicing for 19 years, Robert Libbey developed Ligamentous Articular Strain Technique (L.A.S.T.) based on scientific research. L.A.S.T. affects mainly ligaments, joint capsules, fascia, muscles, tendons, and indirectly, lymphatic and blood flow. L.A.S.T. is one form of treatment which attempts to help stimulate the innate self correcting healing properties of the body in order to return it to its pre-injured homeostatic state. In this course the fascial-ligamentous & membranous connections from the thorax to the feet are explored. L.A.S.T incorporates aspects of myofascial release techniques, positional release techniques, biodynamic craniosacral techniques, visceral manipulation and periosteal release techniques. Participants in the course will learn to competently and effectively treat somatic dysfunctions of the ligamentous and fascial structures from the Lower Extremity. Treating alignment issues from the feet to the pelvis will keep patients functioning more efficiently and improve their quality of life!

*This course will be held on Saturday, November 2 and Sunday, November 3, 2013
16 Primary MTAA PD Credits*



Courses

Advanced Sport Massage

Kip Petch, a Certified Sport Massage Therapist, will be presenting Advanced Sport Massage, which is ideal for Massage Therapists and other Allied Health Care Professionals who would like to improve their knowledge and skills when working with athletes at any level, whether it is right at the training or competition venue or in a clinical environment. This highly practical course provides participants with Sport Massage theory and numerous practical techniques that can be immediately utilized with athletic teams, or with individual athletes at sporting events or a clinic setting. This course also provides excellent information that is extremely useful in preparation for the Canadian Sport Massage Therapists Association (CSMTA) practical certification examination. Course participants gain: an appreciation for the value of Sport Massage and its similarities and/or differences to classical massage; an understanding of the physiological and psychological effects of Sport Massage, competency in administering specific Sport Massage techniques and substantial knowledge of when they are best administered; quick and concise method of gathering useful information to make the Sport Massage session more efficient; understanding of the specific indications and contraindications for a variety of Sport Massage circumstances; the ability to provide the athletes of any sport with an excellent quality of Sport Massage; effective Sport Massage protocol when covering an athletic event; competency in the theory and techniques of Pre-event, Post-event and Inter-event Sport Massage.

*This course will be held on Monday, November 4 and Tuesday, November 5, 2013
16 Primary MTAA PD Credits*

Self-Care Yoga for Massage Therapists

Leigh Milne wants to remind everyone to take time to take care of yourself! This course will include an overview of common musculoskeletal conditions affecting massage therapists that can benefit from yoga. Once we identify key conditions and symptoms we will engage in a yoga practice designed to target these areas. This is a practical course - come prepared to do yoga. You will also take away yoga poses that can be used in your practice to treat clients with like conditions. Participants will also enjoy a restorative asana pranayama practice to reduce fatigue and increase relaxation. Yoga has been found to elevate GABA levels thereby elevating mood and decreasing stress. All participants for this course are requested to please advise if you are able to bring your own yoga mat and yoga blocks. ***Students are welcome to register for this course.***

*This course will be held on Monday, November 4 and Tuesday, November 5, 2013
16 Primary MTAA PD Credits*



Courses

Assessment and Treatment Planning of the Head, Neck, Jaw, Shoulder and Upper Extremity

Massage Therapist, Doug Alexander provides insight to fully integrate assessment skills into the process of clinical reasoning, treatment and homecare prescription in the Head, Neck, Jaw, Shoulder and Upper Extremity Region. Participants practice evaluating alignment, recruitment pattern testing, active range of motion, over-pressure and resisted for all the relevant joints in the region as well as all the common orthopedic tests. With particular reference to the orthopedic tests, a sequenced flow for each orthopedic test (with all the nuances of handling skills) as well as an overall flow of applying all the tests in an efficient smooth manner is practiced. The specificity and reliability of the tests as well as how to make the test more reliable is learned. Weaving the assessment findings through a process of identifying the most significant impairments in a client's case and creating an outcomes-based treatment plan that incorporates manual techniques as well as homecare prescription is taught and practiced.

All registrants to the course will receive access to the online version of the course which includes the course manual, video clips of all the technical performances, as well as quiz questions. After the course, reviewing anything covered by watching high definition video clips of all the techniques taught in the course. Bonus access to the Head, Neck and Jaw as well as Shoulder Girdle and Upper Extremity course components online is provided for free to each participant of the course. ***Students are welcome to register for this course.***

This course will be held on Monday, November 4 and Tuesday, November 5, 2013
16 Primary MTAA PD Credits

Treating Headaches and Migraines

This two-day course, delivered by David Zulak, looks at practical techniques available for the treatment of headaches in general, and migraines in particular. The course is practical; be ready to start working on each other soon after the seminar starts. The techniques demonstrated and practiced come from a variety of disciplines, and are chosen for their safety, ease of use, ability to fit neatly into any therapist's style, and above all, for their effectiveness! There will be no long lectures! All lectures, demonstrations, pictures, practice and discussions will be incorporated together. This course addresses treating headache/migraine as they happen as well as treating the client preventatively. The basics of head, jaw and shoulder girdle anatomy are reviewed. Brainstorming, problem solving and practice are employed to expand on the structures (articular, muscular, vascular and neurological) being treated and how to address them. Bring questions from practice for discussion and innovative treatment approaches.

This course will be held on Saturday, November 2 and Sunday, November 3, 2013
16 Primary MTAA PD Credits



Sponsors

The MTAA would like to thank the following organizations for their support of the 60th Diamond Anniversary Conference!



Look for the for these special buttons on our sponsor websites, promotional material and Facebook pages .
If you know of someone who you think SHOULD be present, be sure to have them contact the MTAA Office!



I'm a Sponsor...



I'm an Exhibitor...





Conference Registration Options

To ensure that the Diamond Anniversary Conference is accessible to anyone and everyone who is interested in attending, the MTAA has put together a number of different options, packages and rates for registration as outlined below.

Diamond Registration Package

This package is the best of the best for the Diamond Anniversary Conference - absolutely EVERYTHING over all five days of the Conference is included!! Starting Friday, November 1 you will receive access to the Post-AGM lunch, afternoon Celebration Activities, one (1) ticket to the Gala Banquet, four (4) full days of course access including all nutrition breaks, lunches and networking opportunities. ***You won't get this much value for this price anywhere else!!***

3-Day Course Registration **

The 3-day registration allows you to pick and choose which courses you want to attend between Saturday and Tuesday. Prefer to attend a 1-day course on Saturday and then a 2-day course on Monday and Tuesday? No problem! This registration option allows ***you*** to choose which 3 days of courses you attend. Your registration provides you with access to three (3) full days of courses including all nutrition breaks and networking opportunities on those days.

***** Please note that participation in the Post-AGM Celebration Activities and Gala Banquet are not included in this package and must be purchased separately.***

2-Day Course Registration **

The 2-day registration gives you flexibility to decide which 2-day courses you want to attend. You can either choose courses running on Saturday and Sunday OR courses running on Monday and Tuesday! Your registration provides you with access to two (2) full days of courses including all nutrition breaks and networking opportunities on those days.

***** Please note that participation in the Post-AGM Celebration Activities and Gala Banquet are not included in this package and must be purchased separately.***

1-Day Course Registration **

The 1-day registration is for those who would like to participate in the celebration event, but may not be able to commit to more than one day. This registration option allows you to pick which 1-day course you want to attend on either Saturday or Sunday. Your registration provides you with access to one (1) full day course including all nutrition breaks and networking opportunities on that day.

***** Please note that participation in the Post-AGM Celebration Activities and Gala Banquet are not included in this package and must be purchased separately.***

Celebration Activities

Following the AGM, everyone registered for the Celebration Activities will kick off the afternoon with a special lunch followed by afternoon activities geared towards fun, frivolity, teambuilding, networking and most importantly - enjoying the spectacular surroundings of Kananaskis Country and the Rocky Mountains. Spend the afternoon participating in any number of activities of your choice and end the evening at the Gala Banquet for dinner, special guests, and dancing! Arrangements will be made for those registrants not booking a hotel room so that you can shower and change prior to the Gala Banquet.

Student Registration

MTAA Students Members are eligible to receive a 50% discount off of their Registration Only fees if received by the Early Bird deadline date of August 15, 2013. Courses eligible for student registration are outlined in the Course Descriptions.



Packages

Additional Package Options

But WAIT.....the options don't stop there!!!

Registration Only

This option includes your registration costs only - you would be responsible for your own hotel reservations at the Standard Room Rate of \$217.80, which includes all applicable taxes and service fees. **Choosing Registration Only includes:**

Course Registration, Nutrition Breaks for each day of your Course, Lunch for each day of your Course and Evening Networking Opportunities.

Want to save even more?? Chose one of the packages below and your hotel costs are included in your Registration Package!!!



Registration with Hotel Package A

This option includes your registration costs and one (1) night hotel reservation (Delta Room) for the night prior to your course. With this registration option, you receive the Diamond Room Rate of \$195.35, which includes all applicable taxes and service fees. **Choosing Hotel Package A Registration includes:**

Course Registration, Nutrition Breaks for each day of your course, Lunch for each day of your course, Evening Networking Opportunities, Hotel for the night prior to your course.

Registration with Hotel Package B

This option includes your registration costs, one (1) night hotel reservation (Delta Room) for the night prior to your course **in addition to** the night of your course. With this registration option, you receive the Diamond Room Rate of \$195.35, which includes all applicable taxes and service fees. **Choosing Hotel Package B Registration includes:**

Course Registration, Nutrition Breaks for each day of your course, Lunch for each day of your course, Evening Networking Opportunities, Hotel for the night prior to your course, Hotel for the night following your course.



Important Info

Interested in Carpooling or Room Sharing?*

Interested in attending the Conference but don't have a way to get there? Maybe absorbing the additional hotel costs doesn't work with your budget? Or do you have room in your vehicle to bring along some fellow MTAA members to the Conference? **Let us help!** The MTAA will be setting up online registration options for anyone looking to carpool or share a hotel room for the Conference. If you would like more information on this program, please contact the MTAA Office directly or sign into the MTAA member's area at www.mtaalberta.com! This is a great way to cut down on costs and network with your colleagues before and after the event! *

*** Available service to MTAA members only.**

All Taxes Included

Nothing can drive us crazier than not knowing the total amount that attendance will cost us. The all-inclusive pricing for the registration packages removes all of the guess work! All your registration costs, even Hotel Packages, include all applicable taxes and service fees.

Payment Plans

All registration packages come with payment plan options to make financing your registration as easy as it can be. A minimum, non-refundable, deposit of \$100.00 is required for all registrations choosing the payment plan option, with the balance to be paid by post-dated cheque(s) or pre-authorized credit card. Please note that all registrations must be paid in full by October 1, 2013.

What to Bring and Dress Code

All registrants who will be participating in the Celebration Activities on Friday are encouraged to dress appropriately for the weather and the activity that they are registered for. The weather can change quickly in the mountains, so please be sure you are prepared. The MTAA will have a secure area to store your extra items while you're out enjoying the afternoon as well as an area to change/shower to prepare for the Gala Banquet.

For all practical-based courses, registrants are asked to bring with them the following items:

Massage Table (any additional tables not required will be securely stored), two (2) sets of sheets, two (2) pillows, two (2) large towels, two (2) small towels, four (4) head rest covers, Unscented oil or lotion. Please ensure that you wear comfortable, non-restrictive clothing.

Dress Code for the Gala Banquet is business dress only, no yoga pants or sweat pants - dressy jeans are acceptable.



Important Info

Hotel Upgrade Options

All registration packages that include hotel costs are based on the Delta Room type. If you are interested in upgrading your room to a Premier, Deluxe King, Suite (Loft/Family/Executive), Signature Club Room or Signature Club Loft Suite, please contact the MTAA for information on the increase in room rate.



Premier Room



Family Suite



Deluxe King



Loft Suite



Signature Club



Signature Club Loft

Conference Cancellation Policies

All Conference cancellation requests must be received in writing to the MTAA. Cancellations received prior to September 15, 2013 will be eligible for a refund of 80% of the registration costs only - any hotel room pre-payments as part of the Hotel Package will be refunded in full. Registrations on the payment plan are subject to the \$100.00 non-refundable deposit or 20%, whichever is greater. No refunds will be granted for cancellations received after September 15, 2013, nor will registrants be reimbursed in any way if they are unable to attend the event after this date. The MTAA will process all cancellation refund requests after the conference with payment made by cheque only.





ARE YOU EXCITED YET?! We certainly are!

Don't hesitate, sign up for your preferred course today in order to avoid disappointment - remember, registrations are completed on a first-come, first-served basis and must be sent by mail, fax or as an email attachment only to the MTAA Office.



**We can't wait to welcome you to the incredible
Delta Lodge at Kananaskis...**

See you in the Rockies!



CONFERENCE REGISTRATION

Registration Information

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Ph #: _____

Email: _____

- I am an MTAA Member
- I am an MTAA Student Member
- My Association is a CMTA Member (indicate association)

- I am a member of another organization/association (indicate which one)

Please indicate your choice of Registration below:

MTAA and CMTA Member Rate

Other Association/Organization Rate

Registration Only (No Hotel)	Eager Beaver	Early Bird	Regular	Eager Beaver	Early Bird	Regular
	Until June 1	Until August 15	After August 15	Until June 1	Until August 15	After August 15
<input type="checkbox"/> Diamond Registration	\$577.50	\$630.00	\$682.50	\$637.50	\$690.00	\$742.50
<input type="checkbox"/> 3-Day Registration	\$498.75	\$551.25	\$603.75	\$558.75	\$611.25	\$663.75
<input type="checkbox"/> 2-Day Registration	\$420.00	\$472.50	\$525.00	\$480.00	\$532.50	\$585.00
<input type="checkbox"/> 1-Day Registration	\$210.00	\$262.50	\$315.00	\$270.00	\$322.50	\$375.00
<input type="checkbox"/> Celebration Activities	\$131.25	\$157.50	\$183.75	\$191.25	\$217.50	\$243.75
Registration With Hotel Package A	Eager Beaver	Early Bird	Regular	Eager Beaver	Early Bird	Regular
	Until May 15	Until August 15	After August 15	Until May 15	Until August 15	After August 15
<input type="checkbox"/> Diamond Registration	\$1,358.90	\$1,411.40	\$1,463.90	\$1,421.90	\$1,474.40	\$1,526.90
<input type="checkbox"/> 3-Day Registration	\$1,084.80	\$1,137.30	\$1,189.80	\$1,147.80	\$1,162.30	\$1,252.80
<input type="checkbox"/> 2-Day Registration	\$810.70	\$863.21	\$915.70	\$873.70	\$926.21	\$978.70
<input type="checkbox"/> 1-Day Registration	\$405.35	\$457.85	\$510.35	\$468.35	\$520.85	\$573.35
<input type="checkbox"/> Celebration Activities	\$326.60	\$352.85	\$379.10	\$389.60	\$415.85	\$442.10
Registration With Hotel Package B	Eager Beaver	Early Bird	Regular	Eager Beaver	Early Bird	Regular
	Until May 15	Until August 15	After August 15	Until May 15	Until August 15	After August 15
<input type="checkbox"/> Diamond Registration	\$1,554.25	\$1,606.75	\$1,659.25	\$1,617.25	\$1,669.75	\$1,722.25
<input type="checkbox"/> 3-Day Registration	\$1,280.15	\$1,332.65	\$1,385.15	\$1,343.15	\$1,395.65	\$1,448.15
<input type="checkbox"/> 2-Day Registration	\$1,006.05	\$1,058.57	\$1,111.05	\$1,069.05	\$1,121.57	\$1,174.05
<input type="checkbox"/> 1-Day Registration	\$600.70	\$653.20	\$705.70	\$663.70	\$716.20	\$768.70
<input type="checkbox"/> Celebration Activities	\$326.60	\$352.85	\$379.10	\$389.60	\$415.85	\$442.10

Course Selection

Name: _____

Telephone Number: _____

- Courses are filled on a first-come, first-served basis so please indicate your first and second choices below based on your Registration Package. If the course you indicated as your first choice is sold out, you will be automatically registered for your second preference. In the event that both your first and second choice are sold out, the MTAA will contact you for further direction.
- Confirmation of Conference registration will be sent by email only.
- Please note that you must attend the entire course to earn PD Credits. Changes to courses are not permitted once confirmation has been sent. All attendees will receive a Certificate of Completion for each course they attend.
- Banquet Tickets are included in the Post AGM Activities as well as the Diamond Registration Package.

Diamond Registration Package includes the Post AGM Lunch, Celebration Activities, Gala Banquet plus 4 days of courses!

1-Day Registration / 3-Day Registration / Diamond Registration	1st Choice	2nd Choice
Saturday - Considering Fascia in the Mix - A Massage/Manual Therapy Approach	<input type="checkbox"/>	<input type="checkbox"/>
Sunday - Foam Rolling	<input type="checkbox"/>	<input type="checkbox"/>
2-Day Registration / Diamond Registration	1st Choice	2nd Choice
Saturday & Sunday - Assessment and Treatment Planning - Lower Extremity	<input type="checkbox"/>	<input type="checkbox"/>
Saturday & Sunday - Treating Headaches and Migrains	<input type="checkbox"/>	<input type="checkbox"/>
Saturday & Sunday - Ligamentous Articular Strain Technique (LAST)	<input type="checkbox"/>	<input type="checkbox"/>
Monday & Tuesday - Assessment and Treatment Planning - Upper Extremity	<input type="checkbox"/>	<input type="checkbox"/>
Monday & Tuesday - Advanced Sport Massage	<input type="checkbox"/>	<input type="checkbox"/>
Monday & Tuesday - Kinesio Taping KT1/KT2	<input type="checkbox"/>	<input type="checkbox"/>
Monday & Tuesday - Stability Ball Training	<input type="checkbox"/>	<input type="checkbox"/>
Monday & Tuesday - Self-Care Yoga	<input type="checkbox"/>	<input type="checkbox"/>
Other Options		
Post AGM Lunch, Activities and Banquet Only	<input type="checkbox"/>	
Gala Banquet Tickets (include number required) @ \$78.75 each	<input type="checkbox"/>	_____
Additional Meal Tickets (include number required) @ \$52.50 each per day	<input type="checkbox"/>	_____

Method of Payment: Credit Card Cheque made payable to MTAA Payment Plan

Card Number: _____ Expiry: _____

All Registration Forms, with applicable payment must be sent by mail, fax or email to:

Massage Therapist Association of Alberta
 #201, 4929 - 50 St., Red Deer, AB T4N 1X9
 Email: info@mtaalberta.com Fax: 403-346-2269

Celebration Activities Selection

Name: _____

Telephone Number: _____

- Activities are filled on a first-come, first-served basis so please indicate your first and second choices below based. If the activity you indicated as your first choice is sold out, you will be automatically registered for your second preference. In the event that both your first and second choice are sold out, the MTAA will contact you for further direction.
- Confirmation of Activity selection will be sent by email only.
- Please note that changes to your chosen activity selection will only be permitted prior to August 15, 2013. Any requests to change activities received after this date cannot be guaranteed.
- Please note that with all activities, they are weather dependent - in the event that inclement weather restricts any of these activities, the MTAA will work with the Delta Lodge at Kananaskis to arrange a suitable and comparable alternative.
- Activities are not eligible for PD credits and no refunds will be given for non-attendance.
- All Celebration Activity registrations include lunch as well as the Gala Banquet, sorry no refunds are given for non-attendance.

Activity Registration	1st Choice	2nd Choice
Survivor Challenge - Outlast, outsmart and endure! Survivor Challenge will challenge participants on both a physical and intellectual level. Participants will be divided up into several "clans" to create a clan banner, build their own shelter and compete in three unique challenges. The winning clan will be announced at the Gala Banquet!	<input type="checkbox"/>	<input type="checkbox"/>
Kananaskis Olympics - The singing of O' Canada and parade of the Kananaskis Olympic Torch will ensure this event is off to the perfect start! Teams will compete in a series of four Mountain Olympic events with points awarded for each sport. A medal ceremony will take place at the Gala Banquet.	<input type="checkbox"/>	<input type="checkbox"/>
Scavenger Hunt - The hunt consists of 5 components: answering questions, gathering puzzle pieces, retrieving objects, completing challenges and identifying photographs of various locations through the Village.	<input type="checkbox"/>	<input type="checkbox"/>
Zumba in the Mountains - Enjoy the Latin-inspired dance class suitable for all fitness levels with the majestic Rocky Mountains as your backdrop (if inclement weather, this will take place inside). Ensure you wear comfortable, loose clothing.	<input type="checkbox"/>	<input type="checkbox"/>
GPS Adventure - This GPS Scavenger hunt will combine the same components as the traditional Scavenger Hunt with the use of a hand held GPS unit. This activity will challenge you at an intellectual and technical level and include instruction for, and use of the GPS units.	<input type="checkbox"/>	<input type="checkbox"/>
Nature Journaling - Take the time to slow down a little and enjoy the beautiful surroundings in Kananaskis Country. In this session you will learn different sketching and journaling techniques that will bring out the artistic challenges in everyone.	<input type="checkbox"/>	<input type="checkbox"/>
Boundary Ranch Horseback Riding - Experience the mountain beauty while the horses do all the work! A great introduction to riding through wooded trails, picturesque ponds, all with the Kananaskis Range backdrop.	<input type="checkbox"/>	<input type="checkbox"/>
Guided Hike - The Introduction Hike lasts 1 hour in duration and includes a Certified Guide and Poles. For the more experienced hikers, a 2-3 hour Hike can also be arranged for an additional cost of \$25.00	<input type="checkbox"/>	<input type="checkbox"/>
Guided Mountain Biking - The Introduction Mountain Biking lasts 1 hour in duration and includes a Certified Guide, Bike and Helmet. For the more experienced bikers, a 2-3 hour Bike can also be arranged for an additional cost of \$25.00	<input type="checkbox"/>	<input type="checkbox"/>

Celebrating 60 years of service in Alberta!



Massage Therapist Association of Alberta
#201, 4929 - 50 Street
Red Deer, AB
T4N 1X9

P: 403-340-1913
F: 403-346-2269

Email: info@mtaalberta.com
Website: www.mtaalberta.com

