



Featuring: Ben Benjamin, James Waslaski, & La Stone® by Cindy Baker

ANNUAL NATIONAL CONFERENCE

GROWING TOGETHER: BUILDING OUR FUTURE

SASKATOON, SK
Sheraton Hotel & Conference Centre
October 22-25, 2009



natural health practitioners of canada
praticiens de la santé naturelle du canada

To register: www.nhpcanada.org or 1 888 711 7701

NHPC CONFERENCE INVITATION

The Natural Health Practitioners of Canada are pleased to invite you to join us for our 21st Annual National Conference being held in the serene setting of Saskatoon, Saskatchewan at the Sheraton Hotel and Conference Centre from October 22 – 25, 2009.

The 2009 Conference, Growing Together: Building our Future, is a reflection of the new direction the Association is taking. As we work to build our professional abilities and the Association, we must also work to reduce our environmental footprint. Through initiatives like switching to Bullfrog energy, and using FSC certified paper, we are greening your Association.

Joining us for this celebration are top caliber speakers and presenters from around the world. We are thrilled to have three feature presenters; Cindy Baker of LaStone, Ben Benjamin a leader in Orthopedic massage, and James Waslaski an instructor at the forefront of pain management. We also have David Sheehan, Michelle Yaffe, and Steven Goldstein coming from Australia, to share their knowledge with conference participants. Also from Australia will be Richard Hill who will conduct our plenary session of Body to Brain and Brain to Body - Connections and Communications.

Delegates are invited to visit the conference tradeshow, showcasing industry suppliers and NHPC Partners. Delegates are also encouraged to mix and mingle with peers at the Connections Café an oasis for delegates at the end of the day. This year we also have pre-conference workshops to extend learning opportunities.

The NHPC would also like to welcome the Reflexology Association of Canada to our conference. By partnering with this association we continue to build partnerships and relationships, as well as being able to offer you top quality reflexology training.

I look forward to seeing you in Saskatoon.

Colleen MacDougall
Executive Director
Natural Health Practitioners of Canada





Richard Hill

Body to Brain and Brain to Body -Connections and Communications

The old ideas of separation between brain and body still linger, partly because the brain seems to be so complex. The brain is, however, just a link in the dynamic flow of energy and information that enables us to function and flourish. The dance of communication that can start with touch, thoughts, movement or sensorial perception has become better understood and new theories are opening our imagination to new possibilities. There are even new ways to measure the beneficial healing response of non-intrusive therapy through the observation of gene expression. It is an extraordinary era to be engaged in the healing arts!

Richard has devised the winner/loser world hypothesis. His presentations include the Association of Solution Oriented Counselors and Hypnotherapists of Australia (ASOCHA), The Milton Erickson Foundation's Brief Therapy Conference, San Diego in December 2008 and the Australian National Mental Health Summit in 2009. He is also a member of the Neuroleadership Institute and the Creative Skills Training Council and lectures widely on the nature of being human from a neuroscience perspective. He practices at the Davis Health Centre in Sydney, Australia.



Ben Benjamin

Soft Tissue Injury Assessment & Therapeutic Techniques for The Lower Back & Pelvis

This comprehensive workshop will teach you how to effectively assess and treat the most commonly injured structures in the low back. You'll learn how to differentiate muscle, ligament, and disc injuries, and you'll fine-tune your palpation skills and hands-on treatment techniques. The three-day format provides ample time to develop all the skills you need to address a wide range of patient issues.

Ben Benjamin holds a Ph.D. in Sports Medicine and Education and is the founder of the Muscular Therapy Institute. He studied with Dr. James Cyriax, the "father of orthopaedic medicine," and has applied his insights to the healing of common soft tissue injuries through skilled massage therapy. Recipient of numerous awards, including the AMTA's National President's Award, Dr. Benjamin is the author of many articles on working with injuries as well as the widely used books in the field Listen to Your Pain, Are You Tense?, and Exercise Without Injury. He has been in private practice for over 40 years and teaches extensively throughout the United States and internationally.



James Waslaski

Orthopaedic Massage for Complicated Shoulder Conditions and Pelvic Stabilization

Based on revolutionary clinical research, participants will learn new techniques that will forever change the way they approach myofascial, trigger point, and tendon pain. These innovative structurally oriented routines, offer pain-free multi-modality methods for achieving immediate results from the following clinical conditions: Low back pain, SI joint dysfunction, disc compression, bulging discs, sciatica, rotator cuff injuries, shoulder impingement, bursitis, pectoralis minor strains, bicipital tendinosis, rhomboid pain, thoracic outlet, cervical sprains and strains, whiplash, atlas / axis & C1/C2 mobilization, migraine headaches, medial and lateral epicondyle pain, carpal tunnel syndrome, trigger finger, and joint arthritis. Ground-breaking Frozen Shoulder and Hip Capsule Adhesion techniques will highlight this dynamic interactive workshop. This incredible multimedia presentation, consisting of assessments, treatments, and client self care for chronic pain and sports injuries, will facilitate permanent results; even in the most complicated clinical conditions.

James Waslaski, worked 20 years as a paramedic, and in a trauma center, while teaching emergency medical courses. He studied pre-med in college prior to his massage training in Florida. James served as Professional Relations Chair for FSMTA and received the 1998 FSMTA outstanding state service award. He also served as AMTA Sports Massage Education Council Chair from 1993-1997 receiving the AMTA National Officer Award. James was the 1999 recipient of the FSMTA International Achievement Award.



Cindy Baker

La Stone®: Original Body

In this Original Body class you will learn how to use heated stones and chilled stones coupled with Swedish massage strokes and Energy balancing techniques to support the full experience of LaStoneTherapy®. Students learn how to heat and chill the stones and how to control the various temperatures of the stones for use on the client within a therapy session. We focus on Contraindications and why Geo-thermo-therapy is the answer to aiding your clients in physical and emotional self healing. We explain the philosophy encompassing the power of breath, stone placement balanced with ceremony and the effects that authentic LaStone®Therapy treatment has on the "Body-Mind-Soul". Finally, you will learn how to properly care for your stones and equipment and how to honor the "Harvest" of gathering your own stones so that you can continue to add stones to your original set of hot and cold stones. La Stone® requires all participants to have a massage therapy pre-requisite.

Over the years Cindy has worked in one of Vancouver's Five Diamond Hotel's Spa specializing in LaStone®Therapy exclusively; many of her regular clients were from Hollywood and included Professional Athletes in town for sporting events. Cindy expanded her studies and has now achieved Master LaStone®Therapist status and is currently a Certified LaStone®Therapy Instructor, teaching across Canada and the United States. She is also the Satellite Owner and facilitator for all LaStone® workshops throughout Canada.

CONFERENCE AT A GLANCE

THURSDAY, OCTOBER 22, 2009

- 7:00 a.m. AGM & Conference Registration
- 8:00 a.m.- 12:00 p.m. NHPC Annual General Meeting
Members Only
Chair - Paul Buffel, President
- 1:00 p.m.- 5:00 p.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Self Care for Therapists (1/2 Day)
- *Michelle Yaffe*
- Introduction to Ortho Bionomy® (1/2 Day)
- *Elizabeth Beeson*
- Engage-Connect-Amaze! (1/2 Day)
- *Robyn Beazley*
- 6:00 p.m.- 9:00 p.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Demystifying Ethics & Professionalism: A Journey
of Professional Integrity (1/2 Day)
- *Cathy Sveen*

FRIDAY, OCTOBER 23, 2009

- 6:30 a.m.- 8:00 a.m. Conference Registration
- 8:00 a.m.- 11:30 a.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Soft Tissue Injury Assessment & Thereapeutic
Techniques for the Lower Back & Pelvis (3 Days)
- *Ben Benjamin*
- Orthopaedic Massage for Pelvic Stabilization and
Upper Body Conditions (3 Days)
- *James Waslaski*
- Myo-Fascial Cupping (1 Day)
- *David Sheehan*
- Introduction to Ortho-Bionomy® (1/2 Day)
- *Elizabeth Beeson*
- Health & Healing through Reflexology (1 Day)
- *Linda Hughan*
- 11:30 a.m.- 1:30 p.m. Opening Ceremonies & Plenary Session
*Body to Brain and Brain to Body - connections and
communications - Richard Hill*
- 1:30 p.m.- 5:00 p.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Soft Tissue Injury Assessment & Thereapeutic
Techniques for the Lower Back & Pelvis (3 Days)
- *Ben Benjamin*
- Orthopaedic Massage for Pelvic Stabilization and
Upper Body Conditions (3 Days)
- *James Waslaski*
- Mind/Body Connection - How the State of One
Alters the Other - (1/2 Day)
- *Richard Hill*
- Myo-Fascial Cupping (1 Day)
- *David Sheehan*
- Health & Healing through Reflexology (1 Day)
- *Linda Hughan*
- 5:00 p.m.- 7:00 p.m. Tradeshow & Welcome Reception
- 7:00 p.m.- 9:00 p.m. Social Evening - Practitioners Olympics
- 9:00 p.m.- 11:00 p.m. Connections Cafe Open

SATURDAY, OCTOBER 24, 2009

- 8:00 a.m.- 9:00 a.m. Exercise Session & Tradeshow
- 9:00 a.m.- 12:00 p.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Soft Tissue Injury Assessment & Thereapeutic
Techniques for the Lower Back & Pelvis (3 Days)
- *Ben Benjamin*

SATURDAY, OCTOBER 24, 2009

- 9:00 a.m.- 12:00 p.m. Orthopaedic Massage for Pelvic Stabilization and
Upper Body Conditions (3 Days)
- *James Waslaski*
- Self Care for Therapists (1 Day)
- *Michelle Yaffe*
- First Aid & CPR (1 Day)
- *St. John Almbulance*
- Thai Reflexology (1/2 Day)
- *Karen Ball*
- 12:00 p.m.- 1:00 p.m. Lunch & Tradeshow
- 1:00 p.m.- 5:00 p.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Soft Tissue Injury Assessment & Thereapeutic
Techniques for the Lower Back & Pelvis (3 Days)
- *Ben Benjamin*
- Orthopaedic Massage for Pelvic Stabilization and
Upper Body Conditions (3 Days)
- *James Waslaski*
- Self Care for Massage Therapists (1 Day)
- *Michelle Yaffe*
- First Aid & CPR (1 Day)
- *St. John Almbulance*
- Introduction to Healing Touch (1/2 Day)
- *Cindy Palajac*
- 5:30 p.m.- 6:30 p.m. Cocktails
- 6:30 p.m.- 9:30 p.m. Awards Banquet (Dinner included)
- 9:30 p.m.- 11:00 p.m. Connections Cafe Open

SUNDAY, OCTOBER 25, 2009

- 7:00 a.m.- 8:00 a.m. Exercise Session & Tradeshow
- 8:00 a.m.- 12:00 p.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Soft Tissue Injury Assessment & Thereapeutic
Techniques for the Lower Back & Pelvis (3 Days)
- *Ben Benjamin*
- Orthopaedic Massage for Pelvic Stabilization and
Upper Body Conditions (3 Days)
- *James Waslaski*
- Fibromyalgia: Clinical Approaches for the Manual
Therapist (1 Day)
- *Steven Goldstein*
- Introduction to Polarity Therapy (1 Day)
- *Marie-Claire Bourgeois*
- Conscious Leadership (1 Day)
- *Gail Gibson*
- 12:00 p.m. - 1:00 p.m. Lunch & Tradeshow
- 1:00 p.m.- 4:00 p.m. La Stone® - Original Body (4 Days)
- *Cindy Baker*
- Soft Tissue Injury Assessment & Thereapeutic
Techniques for the Lower Back & Pelvis (3 Days)
- *Ben Benjamin*
- Orthopaedic Massage for Pelvic Stabilization and
Upper Body Conditions (3 Days)
- *James Waslaski*
- Fibromyalgia: Clinical Approaches for the Manual
Therapist (1 Day)
- *Steven Goldstein*
- Intro to Polarity Therapy (1 Day)
- *Marie-Claire Bourgeois*
- Conscious Leadership (1 Day)
- *Gail Gibson*
- 4:00 p.m.- 4:30 p.m. Closing Ceremonies

PRE-CONFERENCE WORKSHOPS

SELF CARE FOR THERAPISTS

Michelle Yaffe

(Thurs p.m.)

Ever wanted to learn ways to protect yourself and maintain your practice for the long haul? Self Care for Therapists is an examination of many different areas related to therapists' health and longevity. These include specific exercises, nutrition, dynamic and static stretching, body mechanics, client-practitioner interpersonal dynamics, and safely managing your workplace and client schedule. This workshop is designed to stop you becoming one of the statistics of the massage industry. You will learn how to best take care of yourself so that you can be successful in your practice, increase the longevity of your career and best of all enjoy the work that you do. Learn to be your greatest asset, and keep it that way.

INTRODUCTION TO ORTHO-BIONOMY®

Elizabeth Beeson

(Thurs p.m.)

This practical, hands-on class provides an orientation, touching on the history, philosophy and principles of Ortho-Bionomy® as developed by Canadian Osteopath Arthur Lincoln Pauls. Ortho-Bionomy® creates an atmosphere for clients to connect with their inner wisdom by awakening self-corrective reflexes that open the door to healing, awareness and structural balance. Techniques include gentle, conscious contact with the hands, comfortable positioning of the body for release and integrative exercises for neuro-muscular re-education.

ENGAGE - CONNECT - AMAZE!

Robin Beazley

(Thurs p.m.)

A creative approach to business – from branding yourself and your company, to exploring how attitude and communication create the foundations of your business. This dynamic presentation will include engaging breakout sessions and enable you to create action steps to apply these amazing ideas and concepts to your business immediately. You will explore new ways to connect with your clients and receive an abundance of referrals. Most importantly, increase your profits by effectively following up with current customers and capitalizing on prospective clients. We will explore and focus on how to reignite your success and grow your business, using fun and innovative techniques while harnessing the positive energy and passion you have for your business.

DEMYSTIFYING ETHICS & PROFESSIONALISM: A JOURNEY OF PROFESSIONAL INTEGRITY

Cathy Sveen

(Thurs p.m.)

This workshop is designed to give therapists and practitioners a refresher on ethics in the business world. After completion, this course will qualify as the ethics portion to the NHPC Continued Competency Program. Instructor Cathy Sveen completed a Masters in Conflict Resolution and Analysis and has had her own business in conflict resolution since that time as a trainer, mediator and consultant in conflict management. Workshop covers why do we need to study ethics, what does it mean to be a health care professional, the NHPCA Code of Ethics, and how to use them in everyday practice, working through challenging ethical situations, gaining confidence in managing ethical situations

MAIN CONFERENCE WORKSHOPS

ORIGINAL STONE - LA STONE®

Cindy Baker

(Thurs, Fri, Sat, Sun - Full Days)

In this Original Body class you will learn how to use heated stones and chilled stones coupled with Swedish massage strokes and Energy balancing techniques to support the full experience of LaStone® Therapy. Students learn how to heat and chill the stones and how to control the various temperatures of the stones for use on the client within a therapy session. We focus on Contraindications and why Geo-thermo-therapy is the answer to aiding your clients in physical and emotional self healing. We explain the philosophy encompassing the power of breath, stone placement balanced with ceremony and the effects that authentic LaStone® Therapy treatment has on the "Body-Mind-Soul" Finally, you will learn how to properly care for your stones and equipment and how to honor the "Harvest" of gathering your own stones so that you can continue to add stones to your original set of hot and cold stones. *La Stone® requires all participants to have a massage therapy pre-requisite. Certificate Program.*

SOFT TISSUE INJURY ASSESSMENT & THERAPEUTIC TECHNIQUES FOR THE LOWER BACK & PELVIS

Ben Benjamin PhD

(Fri, Sat, Sun - Full Days)

This comprehensive workshop will teach you how to effectively assess and treat the most commonly injured structures in the low back. You'll learn how to differentiate muscle, ligament, and disc injuries, and you'll fine-tune your palpation skills and hands-on treatment techniques. The three-day format provides ample time to develop all the skills you need to address a wide range of complaints. There are six major components to the training. Anatomy-View, draw, and palpate the relevant musculoskeletal structures. Assessment- Practice musculoskeletal assessment tests and palpation of injured structures. Theory- Learn how to use the history, positive assessment test findings, and results of palpation to determine which structures are injured. We'll discuss the possible causes of injury as well as effective treatments. Integration After you've learned the theoretical background and assessment procedures, we integrate this knowledge through hands-on learning games and supervised mock clinics. Technique Discuss, practice, and review detailed treatment techniques to eliminate adhesive scar tissue. Clinic: On the third day of the training, you practice your skills by taking part in an injury assessment clinic, free and open to the public, under Dr. Benjamin's supervision.

ORTHOPAEDIC MASSAGE FOR PELVIC STABILIZATION & UPPER BODY CONDITIONS

James Waslaski

(Fri, Sat, Sun - Full Days)

Based on revolutionary clinical research, participants will learn new techniques that will forever change the way they approach myofascial, trigger point, and tendon pain. These innovative structurally oriented routines, offer pain-free multi-modality methods for achieving immediate results from the following clinical conditions: Low back pain, SI joint dysfunction, disc compression, bulging discs, sciatica, rotator cuff injuries, shoulder impingement, bursitis, pectoralis minor strains, bicipital tendinitis, rhomboid pain, thoracic outlet, cervical sprains and strains, whiplash, atlas / axis & C1/C2 mobilization, migraine headaches, medial and lateral epicondyle pain, carpal tunnel syndrome, trigger finger, and joint arthritis. Ground-breaking Frozen Shoulder and Hip Capsule Adhesion techniques will highlight this dynamic interactive workshop. This incredible multimedia presentation, consisting of assessments, treatments, and client self care for chronic pain and sports injuries, will facilitate permanent results; even in the most complicated clinical conditions.

HEALTH & HEALING THROUGH REFLEXOLOGY

Linda Hughan

(Fri - Full Day)

Reflexology is fast becoming one of the most popular therapeutic body-work modalities in the world. This workshop will introduce to you the general principles of reflexology, its theory and application including demonstrations and participant hands on. Learn how this timeless art and science can facilitate the healing potential of the body. Presented in conjunction with the Reflexology Association of Canada.

MYO-FASCIAL CUPPING

David Sheehan

(Fri - Full Day)

Myofascial Cupping is a fabulous addition to the toolbox for Massage Therapists. Myo-Fascial cupping is a modified version of the ancient Eastern-style cupping major differences include targeting the musculoskeletal system rather than meridian systems used by traditional Chinese practitioners and using the cups in a moving sequence, rather than stationary. Myofascial Cupping also saves the hands of the MT and suction can be varied using a vacuum gun which dictates the level of negative pressure from deep to very subtle, allowing the MT to cup in areas not normally associated with traditional flame cups. This workshop is a must-do for the professional therapist seeking a change from the 'thumb busting' day in day out approach.

MAIN CONFERENCE WORKSHOPS

INTRODUCTION TO ORTHO-BIONOMY®

Elizabeth Beeson

(Fri a.m.)

This practical, hands-on class provides an orientation, touching on the history, philosophy and principles of Ortho-Bionomy® as developed by Canadian Osteopath Arthur Lincoln Pauls. Ortho-Bionomy® creates an atmosphere for clients to connect with their inner wisdom by awakening self-corrective reflexes that open the door to healing, awareness and structural balance. Techniques include gentle, conscious contact with the hands, comfortable positioning of the body for release and integrative exercises for neuro-muscular re-education.

MIND/BODY CONNECTION - HOW THE STATE OF ONE ALTERS THE OTHER

Richard Hill PhD

(Fri p.m.)

We can heal with our state of mind and we can also harm. This is also true for our state of body which can affect our mind. We will examine how this is possible and describe some of the damaging states of mind and body that interfere with health and wellbeing referring directly to the 'Winner/loser World' mindset. Understanding how social control of our sense of value and self worth causes damage to our wellbeing can be utilised to increase the effect of many of our current healing practices. Several new techniques will be introduced and practiced including my own Arbitrary Mind Maps and Ernest Rossi's, Mirror Hands Healing Protocol. These are highly creative and interactive processes that stimulate both private inner healing and conscious interpersonal realisations - often at the same time

SELF CARE FOR THERAPISTS

Michelle Yaffe

(Sat - Full Day)

Ever wanted to learn ways to protect yourself and maintain your practice for the long haul? Self Care for Therapists is an examination of many different areas related to therapists' health and longevity. These include specific exercises, nutrition, dynamic and static stretching, body mechanics, client-practitioner interpersonal dynamics, and safely managing your workplace and client schedule. This workshop is designed to stop you becoming one of the statistics of the massage industry. You will learn how to best take care of yourself so that you can be successful in your practice, increase the longevity of your career and best of all enjoy the work that you do. Learn to be your greatest asset, and keep it that way.

FIRST AID & ADULT CPR

St. John Ambulance

(Sat - Full Day)

Designed to meet industry, business and government requirements, St. John Ambulance first aid courses are your assurance of quality, flexibility and expertise. Emergency level first aid is a state-of-the-art, modular, course of basic first aid skills and other select subjects needed to sustain life and manage the scene of an injury. Also includes Level A CPR for Adults.

THAI REFLEXOLOGY

Karen Ball

(Sat a.m.)

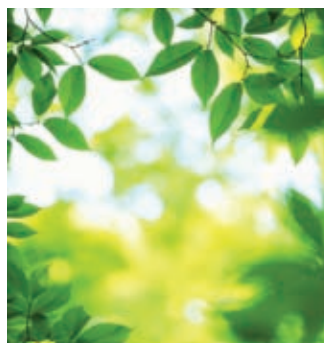
Thai foot reflexology is a marriage between the ancient healing arts of reflexology, Chinese tuina, Japanese shiatsu and Indian ayurvedic yoga. Working with the feet, lower legs and knees, this 2000 year old, highly-reputed session frees stagnant energy within the body's 72,000 sen (Thai-based energy lines) to produce a unique feeling of revitalization, relaxation and balance. In this class the presenter will share the history and benefits of Thai foot reflexology, as well as the difference between Thai and conventional western reflexology. She will demonstrate the entire session on one foot/leg and then answer questions from the audience. Those interested will have the opportunity to observe a demonstration of the leg/knee portion again and then to practice this segment under the supervision of the presenter.

INTRODUCTION TO HEALING TOUCH

Cindy Palajac

(Sat p.m.)

Healing Touch is a holistic approach to influencing the energy system in the body which supports physical, mental, emotional and spiritual health.



MORE INTRODUCTION TO HEALING TOUCH

It restores wholeness through harmony and balance which is created by sending energy to the receiver from a centered heart. You will learn how to sense and feel energy, decrease anxiety, increase the relaxation response of the body and learn the Healing Touch Sequence. Healing Touch is a non-invasive energy technique that uses light touch with the hands to create relaxation and self healing in the body. Come learn this sacred healing art.

FIBROMYALGIA: CLINICAL APPROACHES FOR THE MANUAL THERAPIST

Steven Golstein

(Sun - Full Day)

Fibromyalgia is a chronic syndrome, characterized by widespread body pain and pain at specific tender points. Clients can exhibit a range of symptoms including fatigue, sleep disturbance, muscle soreness and headaches. Join Steven Goldstein BSc MST Musculoskeletal Therapy who will review current evidence based research that links the benefit of massage with people suffering from fibromyalgia. This will be followed by the hands-on component where Steven will demonstrate and instruct on possible treatment protocols that can be integrated into your practice.

INTRODUCTION TO POLARITY THERAPY

Marie-Claire Bourgeois

(Sun - Full Day)

In this workshop, Registered Polarity Practitioner Marie-Claire Bourgeois will discuss the basic concepts of Polarity Therapy and how they can be used to restore and enhance the vital energies of the mind, body and spirit. The focus will be on the 5 elements and the energetic pillars of Polarity: bodywork, nutrition, yoga-based exercises, self-awareness/thought patterns, and meditation/stillness. The participants will learn simple, useful and effective techniques to enhance a client's flow of energy to reach a higher state of balance and wellness. The afternoon will be reserved for hands-on practice sessions.

CONSCIOUS LEADERSHIP

Gail Gibson PhD

(Sun - Full Day)

The leading edge best practice in organizations today is attention to conscious leadership. Conscious leadership is a simple yet powerful model of leadership underpinned by the belief that before you can lead others, you must become a leader in your own life. For leadership to be truly extraordinary in a way that gets results and grows people, it must be consciously practiced. Doing leadership is not the same as being a leader. And being a conscious leader is a choice. Your choice.

* Continued Competency credits from NHPC, CMTD and CMTBC available.

REGISTRATION FORM

SECTION A: CONTACT INFORMATION

Name: _____ Member Number (if applicable): _____

Mailing Address: _____ City: _____

Province: _____ Postal Code: _____ Telephone: (home) _____

Email: _____

Name on Badge (first and last): _____

(In accordance with the Privacy Legislation, the information you provide on this form is confidential and the purpose of it is to facilitate the administrative aspects of the conference. To view our Privacy Policy, please visit the NHPC website at www.nhpcanada.org.)

CANCELLATION POLICY: A cancellation fee of \$50.00 will apply to any cancelled registration. All registration cancellations must be made in writing to the NHPC. Please note cancellations postmarked after September 22, 2009 and "no shows" are not eligible for refund or credits.

SECTION B: DIETARY CONSIDERATIONS

Please check the appropriate box: None Diabetic Vegetarian Other

If you selected Other, please explain: _____

SECTION C: CONFERENCE REGISTRATION FEES

All prices are in Canadian Dollars and include GST. Fees include awards banquet and meals where indicated.

Full Conference Registration Type	Registration Price
AGM Registration	<input type="checkbox"/> \$ Free
Pre-Conference	<input type="checkbox"/> \$250.00
La Stone® - Original Body (4 Days)	<input type="checkbox"/> \$800.00
Regular Conference (excluding La Stone®) NHPC & RAC Members	<input type="checkbox"/> \$525.00
Regular Conference (excluding La Stone®) Non Members	<input type="checkbox"/> \$625.00
Student Delegate (excluding La Stone®)	<input type="checkbox"/> \$300.00
One Day Pass	<input type="checkbox"/> \$250.00
Payment must be included with your Registration Form	Total _____

SECTION D: FULL CONFERENCE WORKSHOP PREFERENCES

Please number your top three choices for each day with "1" being your first choice. Workshops will be filled on a first come, first served basis. If the workshop you indicated as your first choice is sold out, you will be placed according to openings based on your second and third choices. Please note that some courses are full weekend courses, and you must attend all of the days to earn credit. Individuals registered for these courses cannot register for any other courses.

Thursday, October 22, 2009

All Day:

— La Stone®: Original Body (4 Day)

Pre-Conference

Afternoon

— Self Care for MT's (1/2 Day)
— Intro to Ortho-Bionomy® (1/2 Day)
— Engage-Connect-Amaze (1/2 Day)

Evening

— Demystifying Ethics & Professionalism (1/2 Day)

Friday, October 23, 2009

All Day:

— La Stone®: Original Body (4 Day)

— Ben Benjamin (3 Day)

— James Waslaski (3 Day)

— Health & Healing through Reflexology (1 Day)

— Myo-Fascial Cupping (1 Day)

Morning Workshop:

— Intro to Ortho-Bionomy® (1/2 Day)

Afternoon Workshop:

— Mind/Body Connection (1/2 Day)

Saturday, October 24, 2009

All Day:

— La Stone®: Original Body (4 Day)

— Ben Benjamin (3 Day)

— James Waslaski (3 Day)

— Self Care for MT's (1 Day)

— First Aid & CPR (1 Day)

Morning Workshop:

— Thai Reflexology (1/2 Day)

Afternoon Workshop:

— Intro to Healing Touch (1/2 Day)

Sunday, October 25, 2009

All Day:

— La Stone®: Original Body (4 Day)

— Ben Benjamin (3 Day)

— James Waslaski (3 Day)

— Fibromyalgia (1 Day)

— Intro to Polarity Therapy (1 Day)

— Leadership (1 Day)

SECTION E: PAYMENT METHOD

Payment Options:

Cheque (enclosed) Visa Money Order Mastercard

Name on Card: _____

Card Number: _____ Expiry Date: _____ Signature: _____

Registration forms may be mailed, dropped off or faxed to the NHPC:
Suite #600, 10339-124 Street, Edmonton, AB, T5N 3W1 Tel: 780-484-2010 Fax: 780-484-3605 Web: www.nhpcanada.org
Please contact Stacy at the NHPC office if you have any questions at 1-888-711-7701 or syoung@nhpcanada.org

CONFERENCE INFORMATION



Courtesy of City of Saskatoon

WEATHER AND DRESS

Saskatoon daytime temperatures in October are usually between -5 and 10 degrees Celsius. During the educational and general sessions, it's suggested you wear casual business attire. Layered clothing is recommended for possible inclement weather and cool meeting rooms. The awards banquet is a semi formal event.

SHERATON CAVALIER SASKATOON HOTEL

On-site Accommodations

Sheraton Cavalier Saskatoon Hotel
612 Spadina Crescent East
Saskatoon, Saskatchewan
S7K 3G9

Reservations

Direct: (306) 652-6770

Visit the online site to book into the NHPC block of rooms
<http://www.starwoodmeeting.com/Book/NHPC>

Special Conference Rate: \$135.00/Guestroom
Must book by September 22, 2009 to receive conference rate
(All rates are net and are subject to applicable taxes)



Courtesy of Sheraton Cavalier Saskatoon



Courtesy of City of Saskatoon

EDUCATIONAL REMINDERS

Message Table Information

Many of the classes are hands-on and do require message tables. Participants are responsible for bring their own table or any other materials, such as sheets, towels, or oils necessary for the class. Participants will be advised of their class needs in a conformation letter.