

31b Passive Stretches: Technique Demo and Practice – Lower Body

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
20	Transition Break Announce the return time and write it on the board.
75	Attendance and Reminders Display the reminders slide. Receivers Undressing and Givers Stretching First Trade
20	Reset the tables for the next session Break Announce the return time and write it on the board.
75	Receivers Undressing and Givers Stretching See above for details. Second Trade Refer to first trade for details.
20	Tables undressed, cleaned, and put away Circle up Review the “Reminders” for upcoming classes.
3h 30m	Total Class Time

Learning Outcomes

- **Class Level**
 - Students learn the principles and benefits of incorporating passive stretches into Swedish massage.
 - Incorporating and practicing both upper and lower body passive stretches.

Class Schedule – Student Preparation

- Packet F: 75-76.

Class Schedule – Assignments and Exams

- Students begin working on assignment 43a- Swedish Outside Massages.
Packet A: 57-62

Topic Focus

- To become familiar enough with Passive stretches for the upper body and to be able to improve their skills by practicing it at home.
- Incorporating and practicing both upper and lower body passive stretches.

Thoughts, Advice, or Warnings

- Be clear and insistent from the beginning about moving slowly and gently, not quickly when stretching and to support joints that might feel venerable to hyperextension.