

## 32b Passive Stretches: Guided Full Body

### Lesson Plan

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

### 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.