



52b Integration Massage: Deep Swedish



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Class Outline

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|--------------------------------|--|
| 15 minutes | Break |
| 5 minutes | Attendance, Breath of Arrival, and Reminders |
| 75 minutes | 1 st trade |
| 20 minutes | Break and switch tables |
| 75 minutes | 2 nd trade |
| 20 minutes | Break down, clean up, and discussion |
| Total time: 3 hours 30 minutes | |



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Class Reminders

ABMP Exam Coach

- “Access your ABMP account” using instructions on page A-74
- Familiarize yourself with ABMP Exam Coach, especially the “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

- 53a Internship Orientation Review Questions (Due before class starts. Packet A: 179-180).
- 55a Review Questions (Due before class starts. Packet A: 181-194).

Quizzes:

- 57a Quiz (48a, 49a, 50a, 51a, 52a, 54a, and 55a)
- 58a Quiz (45a, 45b, 47a, 50b, 51b, 56a, and 56b)

Exams:

- 60a Exam

Preparation for upcoming classes:

- 53a Deep Tissue: Introduction
 - Trail Guide: quadratus lumborum.
 - Packet D: 5-10.
- 53b Deep Tissue: Technique Demo and Practice - Posterior Upper Body
 - Packet D: 11-14.
- 56a/b Internship: This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.



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Packet D - 3



How can you satisfy the desire for deeper work?

Deep Swedish - what is it? How can you do it?

- Intentional
- Grounded
- Focused (technique)



How can you satisfy the desire for deeper work?

How to deepen your Swedish

- Be clear about receiver wants
- Establish communication
- Relax and lean in, allowing the client's body to provide support
- Focus deeper (intention and visualization)
- Focus techniques:
 - Compressive effleurage (especially on short segments)
 - Lean some weight in on fulling
 - Deepen friction and stripping (warm and go slower)
 - Stay with your hands (don't rush ahead with your mind)



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