



68b Integration Massage: Receiver's Choice



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### Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 <sup>st</sup> trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 <sup>nd</sup> trade technique demo and practice
<u>20 minutes</u>	<u>Break down, clean up, and discussion</u>
3 hours and 30 minutes total	



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## Class Reminders

### Exams:

- 70a Exam

### Special Reminder:

- 71b Sports Massage: Technique Demo and Practice – Pre-Event and Post-Event
  - Please wear athletic clothing to this class.
  - You will be giving and receiving several 10-minute pre- and post-event massages in an athletic context

### Preparation for upcoming classes:

- 69a History of Massage: Modalities
  - Packet F: 101-104.
- 69b History of Massage: Bodywork Tree and Demo
  - Packet F: 105-108.



# 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.*



## 68b Integration Message: Receiver's Choice