

## 98b Integration Massage: Receiver's Choice

### 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.
90	<b>First Trade: Brief interview, Receivers Undressing and Givers Stretching</b>
20	<b>Reset the tables for the next session</b> <b>Break</b> Announce the return time and write it on the board.
90	<b>Second Trade: Brief interview, Receivers Undressing and Givers Stretching</b>
20	<b>Tables undressed, cleaned, and put away</b> <b>Circle up</b> Review the "Reminders" for upcoming classes.
4h	<b>Total Class Time</b>

### Thoughts, Advice, or Warnings

- Let the students be creative and use the myriad of techniques they have acquired during their education. Students could choose to do side-lying, all prone or supine, clothed stretches, etc.
- If you're odd that day, consider having the assistant or yourself trade with the odd person out. Another option is to have the group of 3's time broken into 55-minute sessions.
  - Morning class timing 8:45-9:05 Table setup and break
  - Morning class timing 9:05-10:00 1<sup>st</sup> trade, 5-minute switch
  - Morning class timing 10:05-10:35 First half of the 2<sup>nd</sup> trade
  - Morning class timing 10:35-10:55 Break
  - Morning class timing 10:55-11:25 Second half of the 2<sup>nd</sup> trade, 5-minute switch
  - Morning class timing 11:30-12:25 3<sup>rd</sup> trade
  - Break down and circle up 12:25-12:45