



98b Integration Message Receiver's Choice



98a Critical Thinking Case Studies

5 minutes	Attendance, Breath of Arrival, and Reminders
15 minutes	Case Studies
10 minutes	Discuss
30 minutes	Total



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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98b Integration Massage

Receiver's Choice

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



98b Integration Massage Receiver's Choice

- Find your session partner(s) and determine who will receive/give first.
- Givers do a brief interview to determine the receiver's focus areas and choice of techniques and protocols to receive.
- Givers: be creative in addressing the receiver's needs and focus areas – use all of the many techniques you have acquired while you have been in school (deep tissue, side-lying, deep massage, orthopedic protocols, prone and/or supine positions, clothed stretches, etc.)



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