



52b Integration Massage: Deep Swedish



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Class Outline

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 the ABMP Exam Coach “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

- 53a Internship Review Questions (due before class starts) – *turn in hard copy for Tammie to grade – not done on Classmarker*
- 55a Review Questions – due before class starts

Quizzes and Exams:

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