



98b Integration Message: Receiver's Choice



98b Integration Massage

Class Reminders

- **Preparation for upcoming classes:**
 - 99a Completion
 - 99b Exit Interview (15 mins; scheduled once you get completion email from Tila)



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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<u>Minutes</u>	<u>Activity</u>
10	Transition Break Announce the return time and write it on the board.
90	First Trade: Brief interview, Receivers Undressing and Givers Stretching
10	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
10	Tables undressed, cleaned, and put away Circle up Review the "Reminders" for upcoming classes.
3.5	Total Class Time



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- 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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