52b Integration Massage: Deep Swedish

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Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1st trade
20 minutes	Break and switch tables
75 minutes	2nd 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
- 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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