

## 69a – History of Massage: Modalities

### Lesson Plan

<u>Minutes</u>	<u>Activity</u>
5	Attendance and Breath of Arrival; briefly remind re upcoming assignments, quizzes, exams, class content
5	Shiatsu and Thai massage
5	Energy-based therapies – Reiki, Therapeutic Touch
10	Clinical Approaches within Massage Therapy – Ben Benjamin, Judith Walker Delaney, Paul St. John, Bob King, Whitney Lowe, Benny Vaughn
5	Cranio-sacral therapy
5	Movement based therapies – Trager, Aston patterning, Feldenkrais
10	Ida Rolf – Structural Integration – and offshoots – Tom Myers & Daniel Blake
10	Therapies integrating both energy and structure: Fritz Smith – Zero Balancing; Deep Massage: Lauterstein Method

#### **Learning Outcomes – Program Level – 500-Hour**

- Students learn all skills and knowledge to be successful therapists by the time they graduate.

**Learning Outcomes – Course Level – Massage Therapy** – students show familiarity with modalities beyond 500-hour level topics and feel well guided re future choices re CE's, etc.

#### **Learning Outcomes – Class Level**

Students become more familiar with the various modalities of massage; some future choices for them in terms of CE's and Advanced Program; introduction to some basic ZB fulcrums

#### **Class Schedule – Student Preparation**

- Read Packet F 101-103