

69b History of Massage – Bodywork Tree - and Demo

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	break
5	Attendance and Breath of Arrival; briefly remind re upcoming assignments, quizzes, exams, class content handouts out for this year's TLC workshops and Advanced Program (including application)
15	Quick glance at upcoming TLC workshops
5	Quick look at Curriculum and Schedule for next Advanced Program
15	Organization, Issues, Activism – encourage getting informed / involved in organizations – AMTA, TDLR, Federation of State massage Boards, National Certification Board for Therapeutic Massage and Bodywork
15	Guide students through Bodywork Tree – answering specific questions about different modalities, should they arise (also utilize as review for history questions that might be on MBLEx)
10	Break
15	Continue with - Guide students through Bodywork Tree – answering specific questions about different modalities, should they arise (also utilize as review for history questions that might be on MBLEx)
45	View video's you choose with requests from students as well
10	Break
15	Show them some new and nifty techniques One possibility - Discuss ZB and show a few fulcrums – <i>as many of these as you have time to show and have them practice briefly</i> Half moon vector through neck to center the whole person Half moon vectors with a twist to each side. Fulcrums to the trapezius Closing fulcrums for: -the ribcage: -pelvis

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- Closing half moon through the legs to encourage energy flow through the whole person

45 Guide students through an exchange of some fulcrums

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 105-108