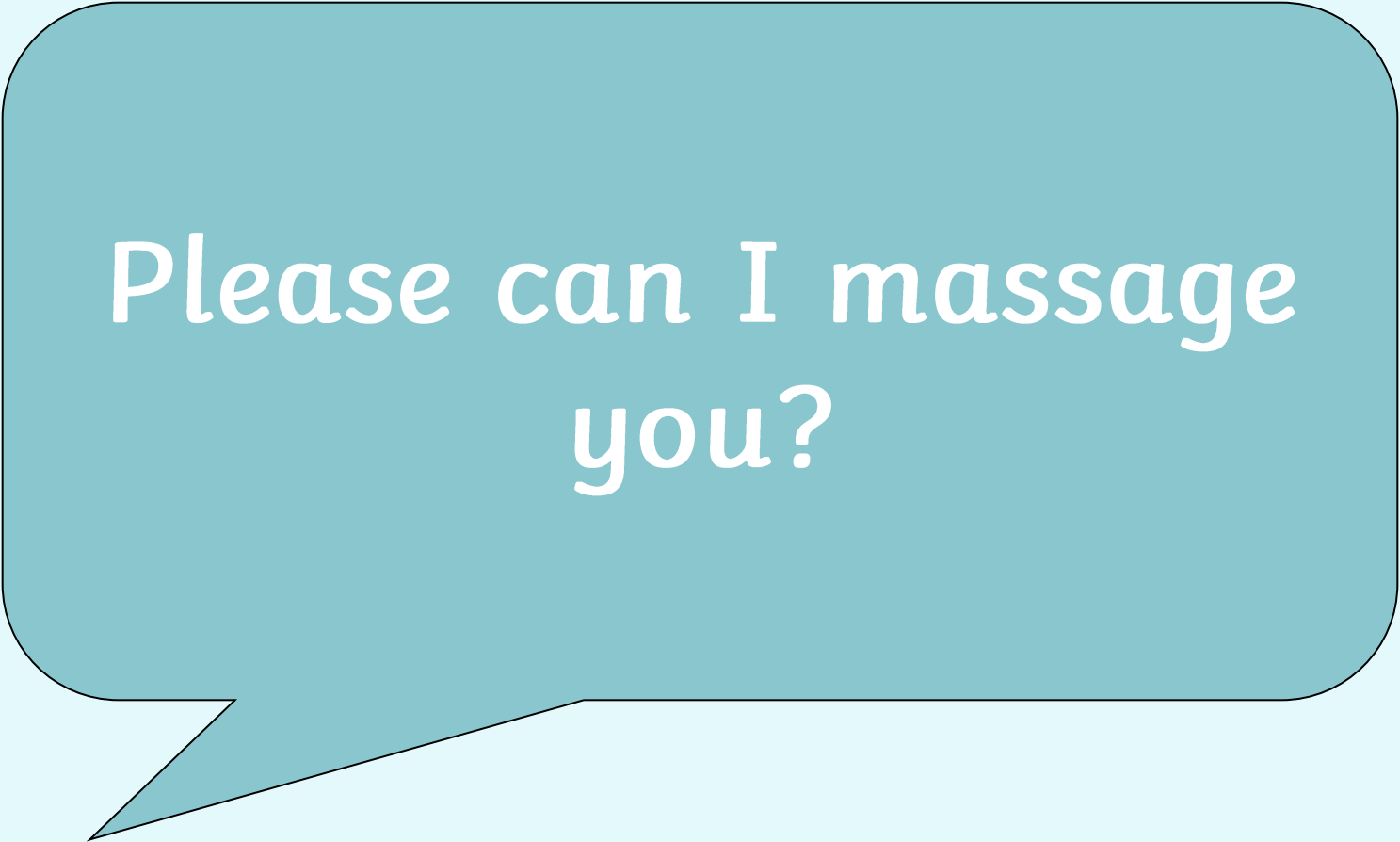


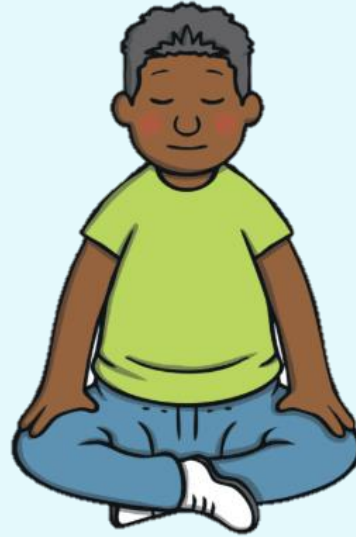
Massage Time





Please can I message
you?

Breathing



- Hands on your tummy
- Close your eyes
- Breathe in through your nose
- Breathe out through your mouth

Eye glasses



Make circles around the shoulder blades.

Cat Grip



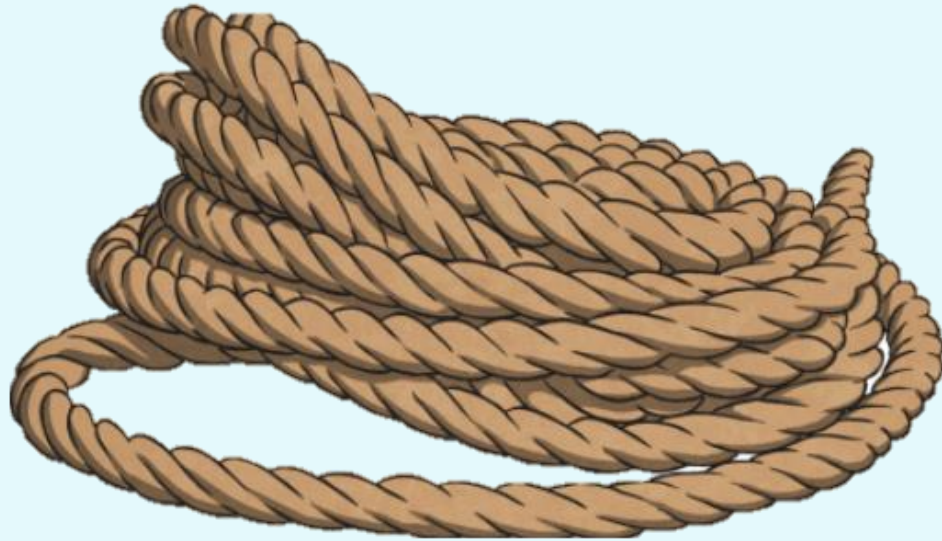
Sit behind the person receiving the massage with one hand behind the neck and the other on the head. Take a 'cat grip' around the neck and make gentle movements with the fingers on one side and the thumb on the other side.

Baker



Place hands on shoulders and make gentle squeezing movements with the palm and fingers.

Climbing down a rope



Have your partner put one arm back. Hold their hand with one of your hands and use the other one to gently squeeze their arm moving from the shoulder down to their hand.

Bunny Hops



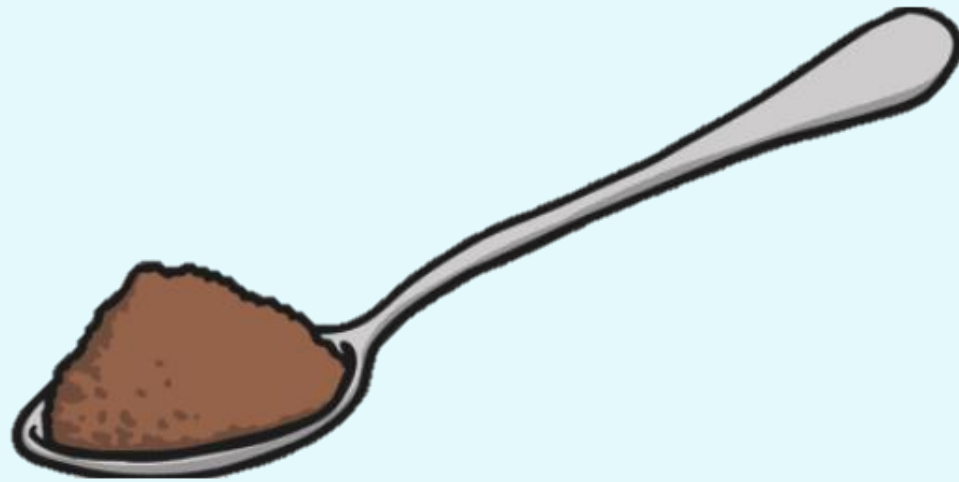
Press gently with thumbs in the palm of the hands.

Hearts



Begin at the base of the spine, with one hand either side of the spine. Move the hands upward making a small heart-shaped formation, and coming back down to the base of the spine. Continue making a larger and a larger heart shaped formations.

Scooping



Place your right arm on the right shoulder and make gentle half circles with arm and wrist. (scoop)
Repeat with the left arm on the left shoulder.

Forehead Stroke



Place the fingers on the forehead and stroke around to the side. Hold the head for a couple of seconds.

Hairdresser



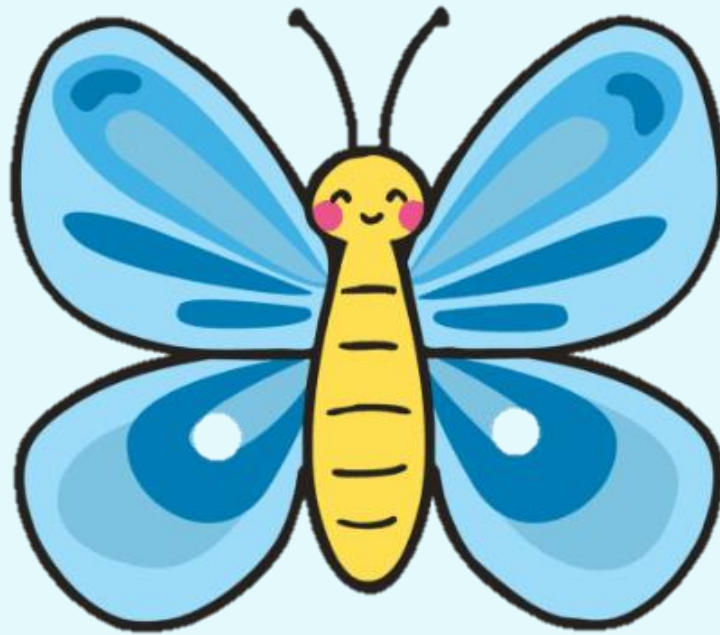
Place fingers on top of hair, make circles with fingertips.

Slide



Stroke from the top of the head down the neck and over the shoulders.

Butterfly



Hands on the middle of the back. With one hand cross over diagonally to the opposite shoulder. Give a little press and bring hand back to the beginning. Repeat with the other hand.

Bear Walk



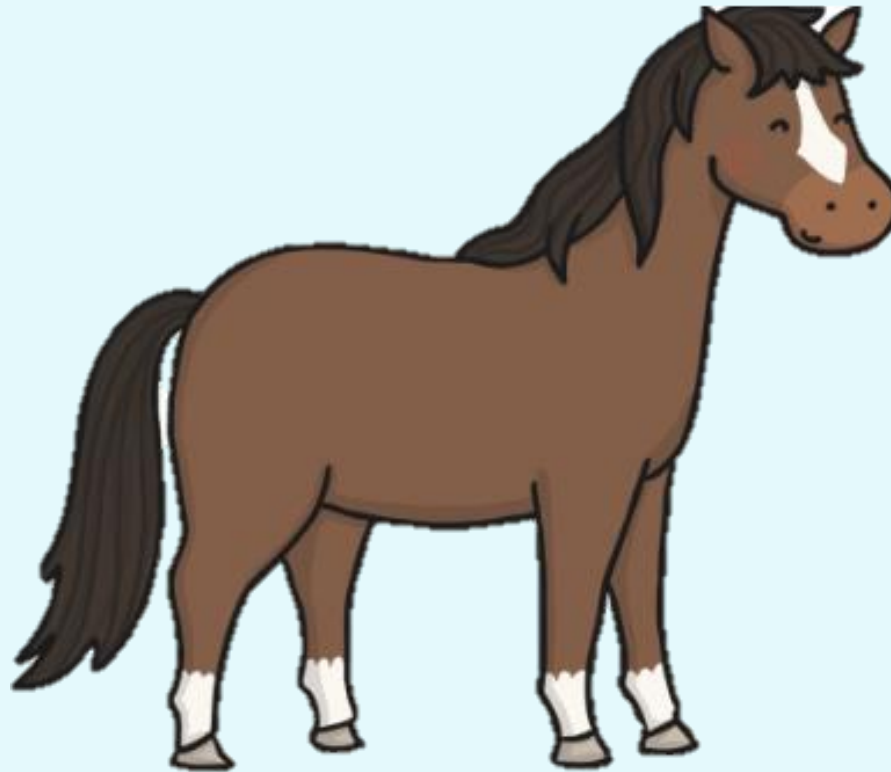
Place hands on either side of the spine, almost at the bottom of the spine. Press one hand after the other 'walk' up the back.

Ice Skating



Place the sides of the hands parallel on each side of the spine.
Move hands back and forth up the spine

Brush the Horse



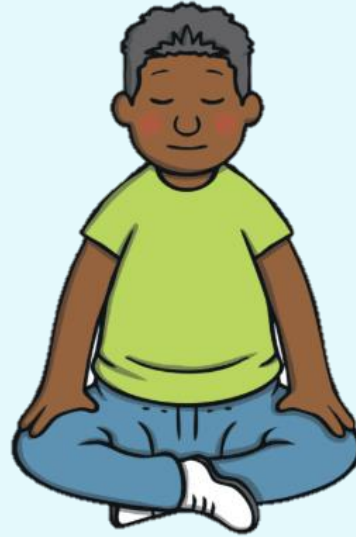
Stroke with one flat hand at a time from the neck down the centre of the back.

Brush off the Snow



Stroke rather quickly out from the spine, down the back from shoulders to hip.

Breathing



- Hands on your tummy
- Close your eyes
- Breathe in through your nose
- Breathe out through your mouth



**Thank you for letting
me message you.**