

Grace + Zen: The Healing Touch + Relaxing Pose Ritual

The human touch can be very comforting to people of all ages. Skin to skin contact is more powerful than one may think. We do incorporate some hands-on adjustments and love to our students in a simple and always appropriate manner. It is extremely important to always be visible to parents when touching a child and never touch anywhere inappropriate.

Some children do not want to be touched, especially if a new student. Always go to the student who is most comfortable with being touched first when offering massage. Go to the newest student last so they can peek at the other students enjoying their massage. Always ask a new student if they want a 'foot rub' etc. before touching them.

Mouse Pose Back Rubs: While the students are in mouse pose, stand behind each student. Rub your hands down the students' spine, one hand over the other, a few times. Then apply pressure with both hands flat to the students lower back and take a deep breath. Move on to the next student. Do not do this while on your knees, as it may look inappropriate.

Relaxing Pose Leg Swings: While student lays on their back, stand in front of their feet, facing them. Pick up both ankles while you lean forward and start to gently pull their legs out toward you, and gently swing students' legs side to side a few times. Gently place legs back on earth and apply a firm push of the ankles into the floor with a deep breath. This helps the student relax their body. Do not perform on your knees.

Relaxing Pose Shoulder Rubs: While student is laying on back, kneel behind their head. Gently push their shoulders into the floor and take a deep breath.

Relaxing Pose forehead Rubs: While student is laying on back, kneel behind their head. Gently hold their head in your hands. Use your thumbs to rub the forehead from the center outward a few times. Then move your thumbs to the temples on the sides of the head, and massage gentle circles. Finish by gently holding the head still and taking a deep breath.

Relaxing Pose Foot Rubs: While student lays on their back, kneel in front of their feet, facing them. Give both feet a few squeezes at the same time then firmly press feet into the floor and take a deep breath.