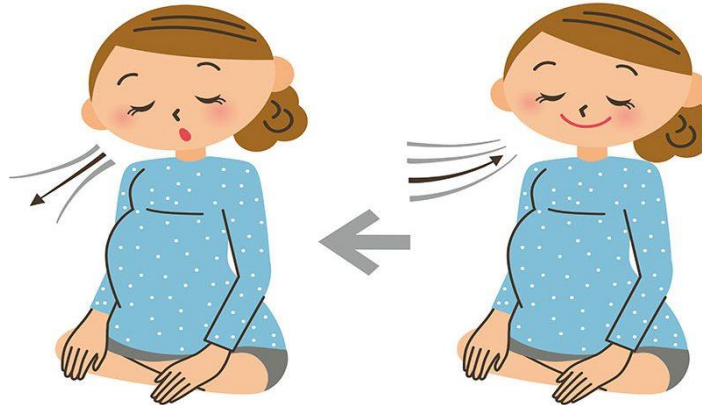


# Daily Peer *Massage* Routine

# Daily Massage Routine

Ask permission to  
touch your partner

# Breathing



Hands on shoulders, breathe in through your nose, out through your mouth x 3

**eye glasses x 3**



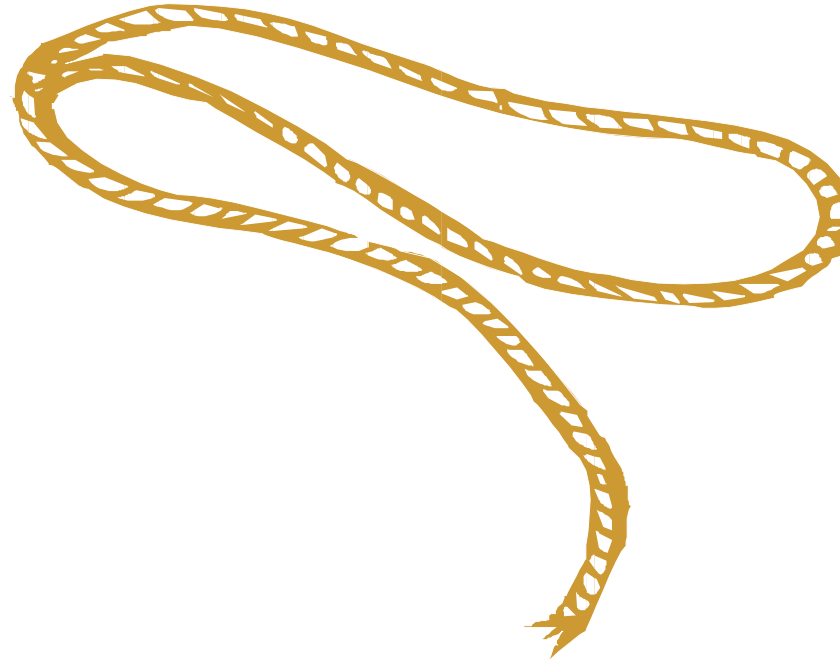
Make three circles around the shoulder blades.  
Stroke out to the arms and hold

# baker / kneading



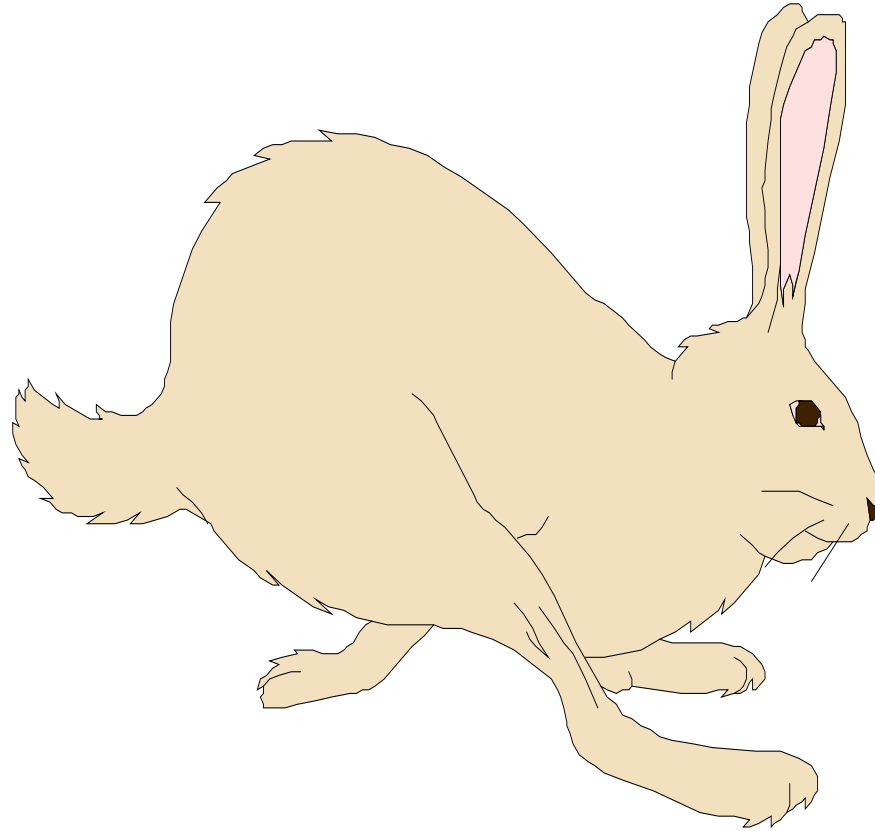
Place hands on shoulders and make gentle squeezing movements with the palm and fingers.

# climbing down a rope x 3



Have partner put one arm back . Place one hand just under the arm pit. Press firmly yet gently and 'climb', hand over hand, down the arm to the hand.

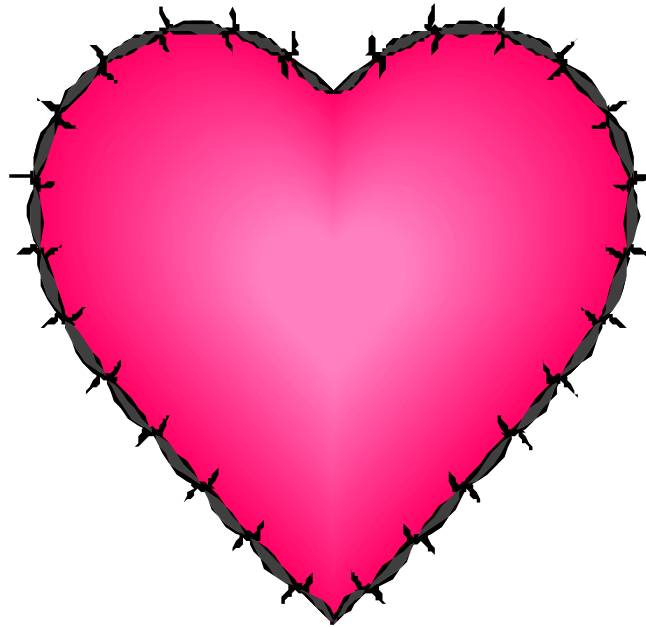
# bunny hops



Climb down a rope (see before).  
Press gently with thumbs in the palm of  
the hands. Climb back up the rope.



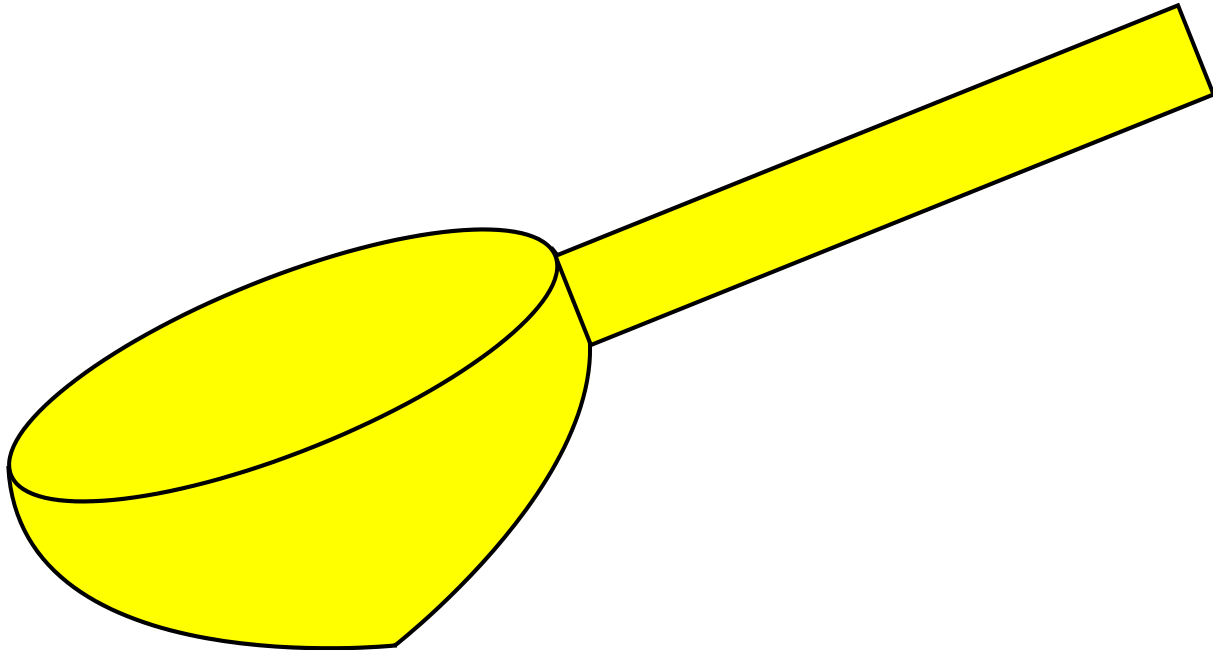
# hearts x 3



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.

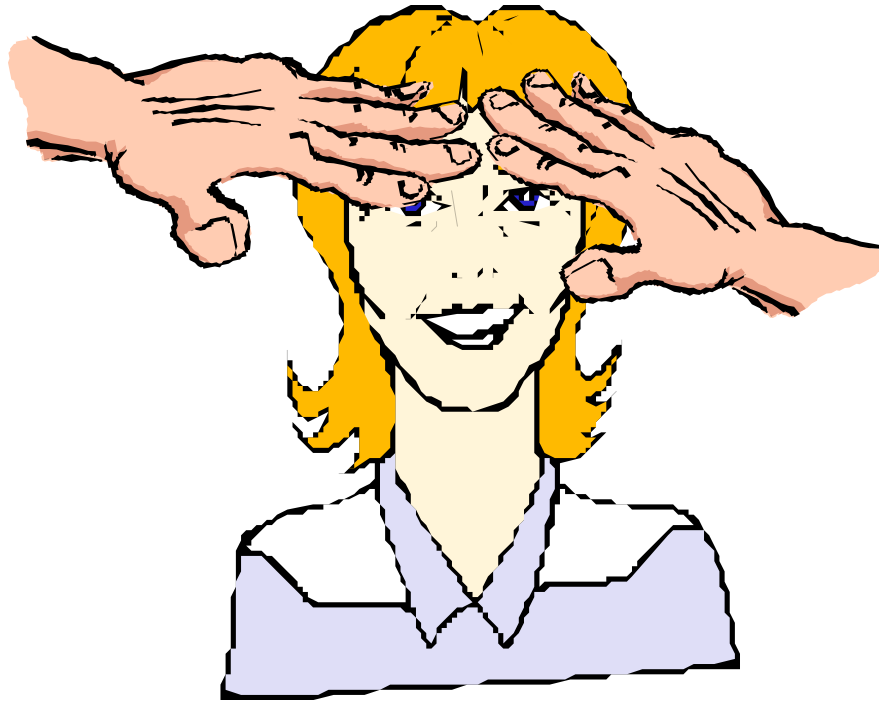


# scooping x 3



Place your right arm on the left shoulder and make gentle half circles with arm and wrist. (scoop)  
Repeat with the left arm on the right shoulder.  
Foundation classes might like to do this without the cross body action.

# forehead stroke x 3



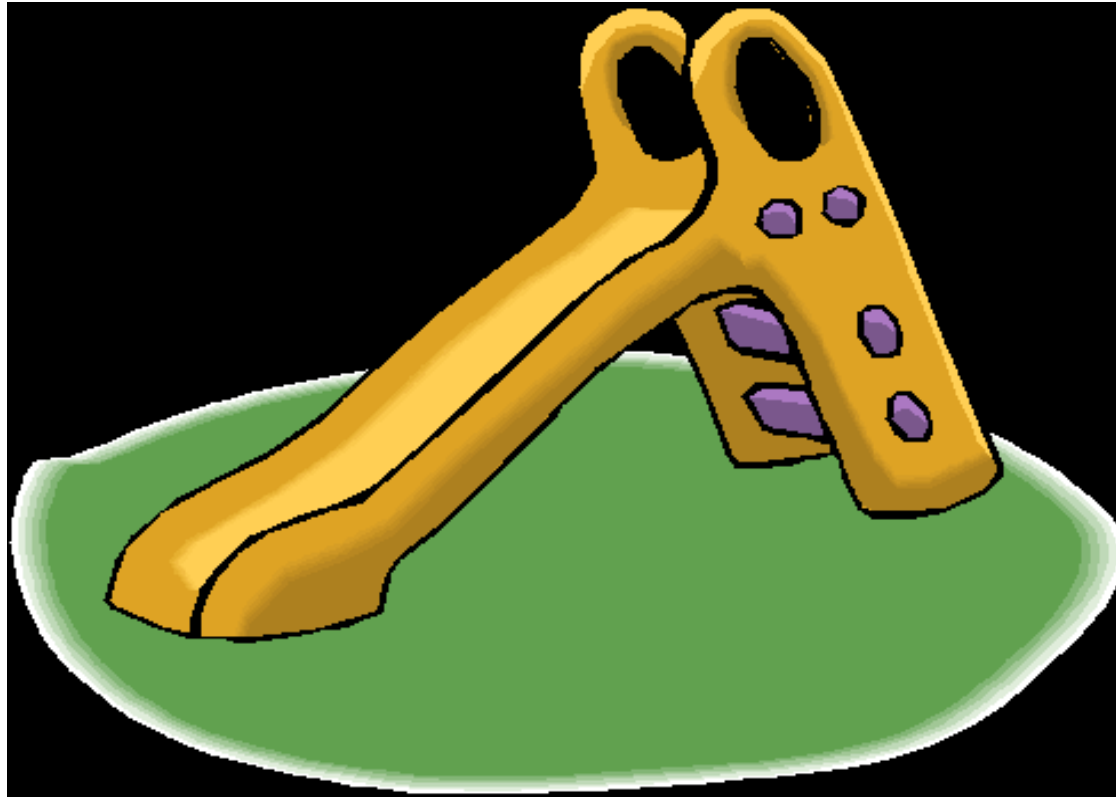
Place the fingers on the forehead and stroke around to the side. Hold the head for a couple of seconds.

# Hairdresser



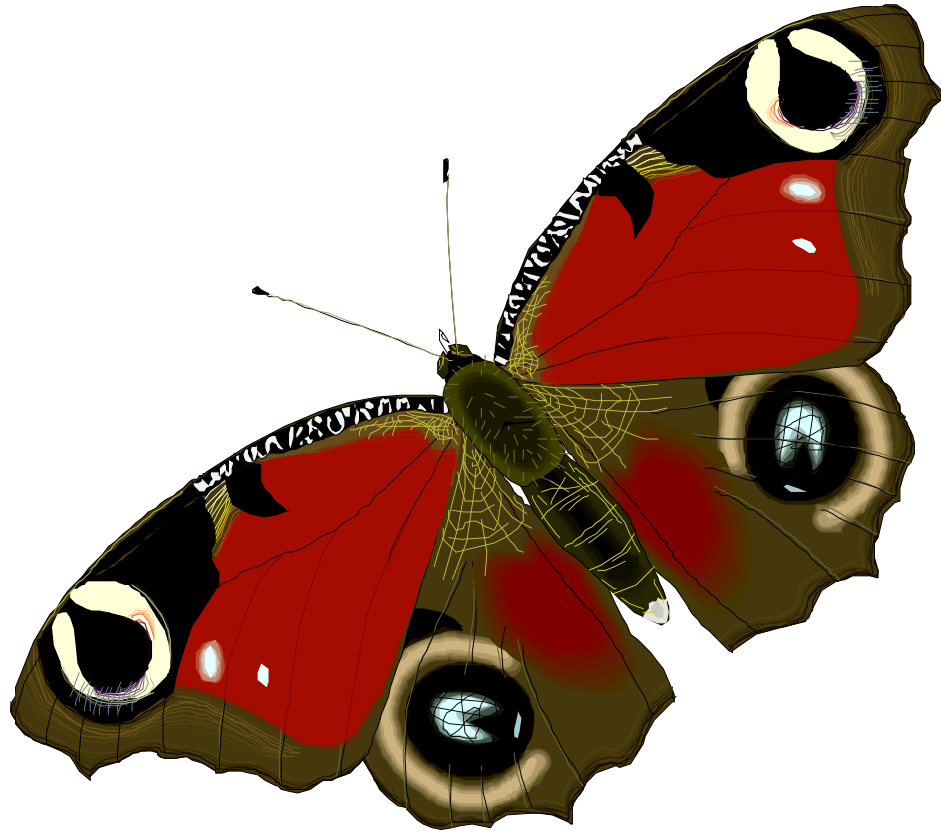
Place fingers on top of hair, make circles with fingertips.

# sliding board x 3



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

# butterfly x 3



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 x 3



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 x 3



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

# brushing the horse x 3



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

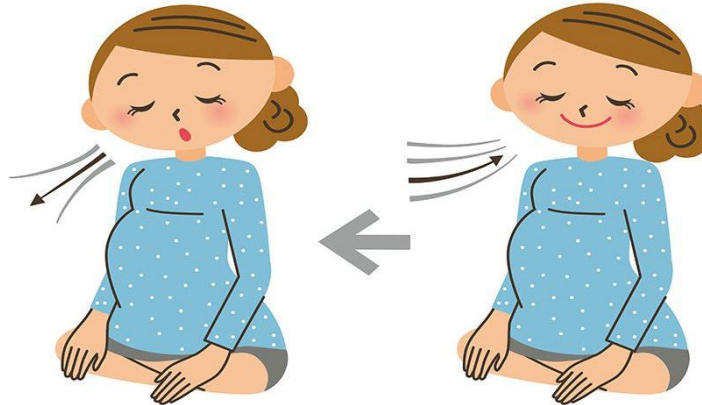


# brushing off the snow x3




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

# Breathing



Hands on shoulders, breathe in through your nose, out through your mouth x 3



Everyone say  
'thank you'  
to each other.