

Massage Workshop

This massage routine will take approximately one hour. You can perform it on a massage table or on the floor.

- The receiver lays down in Makarasan, hands are down, next to the body. You can sit on the receiver's hips/ties.
- Place the root of your hands next to the spine, fingers pointing out. Ask the receiver to breathe in and on the exhalation gently press the back. Only press the upper back. It is possible you might hear some popping sound.
- To massage the feet: sit behind the receiver and let one of his legs rest on your thigh. Hold the other foot and with cup hands holding the sides of the foot, gently shake the foot by moving your hands up and down.
- Hold the ankle with one hand. With the other hand make a cup hand and squeeze the sides of the foot. Squeeze and release is the movement, moving from the heel towards the toes and back. The slower the movement, the better.
- Keep holding the ankle with one hand, use the other hand to point and flex the foot.
- Hold the foot with both hands from the outside of the foot, fingers are in the centre of the foot. Press the middle of the sole of the foot, moving from up to down and back. Make sure you press with the fingertips, not with the nails.
- Hold the ankle, cup hand the upper part of the foot and turn the foot 10 times clockwise and 10 times anti-clockwise. Make big, slow movements.
- Now we will work on the arch of the foot. The arch of the foot is in correspondence with the spine; it has the same shape. If you see the arch, you see that there is a 'line' where the skin changes colour. This is the location where you want to press with your thumb, following the line up and down. The motion is slow, firm and you can do this approximately 10 times.
- Hold the base of the little toe and gently pull the toe (it might pop). Do this with each toe separately
- Again hold the base of the little toe, gently pull the toe and make 5 circles clockwise and 5 circles anti-clockwise. Do this with each toe separately.
- Change foot and repeat the previous steps on the left foot.
- Move on to the Achilles. Let the receiver's feet rest on your shoulders and cover the legs with cloth if you don't have massage oil. With the first two fingers and thumb press the Achilles from down to up until where the calve starts. You can repeat this process a couple of times.
- Grab and squeeze the calves firmly, the movement is like making dough. The calves are sensitive so be careful not to work too long on the calves.
- Now we will work on the knee joint, one at a time. Place your hand in the inside of the knee, thumb out, fingers together. Bend the knee, bring the heel towards the hip and hold this position for approximately 5 seconds. Repeat this process for the other leg.
- Change your sitting position, sitting next to the receiver.
- With blade hands, make a chopping movement from the hips to the calves.
- Moving on to the hamstrings points. Make an imaginary cross on the upper legs. Press firmly with your thumbs in the middle of the cross and make small spiral movements without moving the thumbs of their place. Spiral 10 times slowly clockwise and 10 times anti-clockwise.
- Move upwards to the hips. Make an imaginary cross on each buttock. Press the centre of the cross firmly inward with your thumbs and make slow spiral movements, 10 times clockwise and 10 times anti-clockwise.
- Look for the kidney points. You can find them by following the spine down. Feel where the ribcage ends. Here you will feel round muscles. This is the point, press it firmly inward with your thumbs and make slow spiral movements, 10 times clockwise and anti-clockwise.

- Find the highest point of the back, these are muscles. Press this point with your thumbs, making slow spiral circles, 10 times clockwise, 10 times anti-clockwise. Press on the muscles and not the spine.
- Make jazz hands and massage the muscles of the shoulder. Grab, pull and release the muscles, and do the same with the deltoid muscles.
- Make an imaginary 'T' shape on the back, with the spine and shoulders. Where the top of the 'T' ends, you will find the shoulder points. They are soft points. Press these points with the thumbs and make spiral movements.
- Make 2 fists and tap the back muscles. Here you can use some force, tapping the whole back, but be careful not to tap on the spine.
- Place the forehead of the receiver on the floor. Make two blade hands and place one on the back of the head and the other one in between the shoulder blades. Very slowly and gently, hardly touching the receiver, only using the palms of the hands and without pressure, make small circles, 5 times clockwise and 5 times anticlockwise.
- Cover the neck with cloth, if you don't have massage oil. Gently massaging the neck muscles.
- Hold and gently squeeze the root of the hair, but be gentle and careful not to pull.
- Stimulating the skull with the tips of your fingers as if you want to mess up the receiver's hair.
- Starting from the hairline gently brush the hairs back with your thumb and other fingers.
- Stimulate the ears by gently pressing and squeezing them.
- Use your thumbs to brush the eyebrows, starting from centre moving outwards.
- Stand up, hold the receiver's ankles and gently pull the legs and wiggle both legs from side to side. Gently place the legs down and let the receiver relax in Shavasana for a couple of minutes.
- Let the receiver drink enough water or herbal tea to clean up the released toxins in the body.