

Palming/Thumbing Ida/Pingala on the Arm



- Extend your partner's arms down by their sides and make their elbows comfortable.
- Come into a side lunge beside your partner.
- Tent your bottom hand over their wrist.
- Use your top hand to palm, thumb, then palm the Sen line on the back of the arm, moving along the edge of the biceps down to the pinkie side of the wrist.
- Repeat several times.

Cautions

Make sure the wrist has a little room to move, and never place pressure on the elbow itself.

Benefits

Releases the muscles of the arm, increases circulation.

Dolphin Press

- Ask your partner to turn their face down.
- Kneel above your partner's head and place your forearms on either side of their spine, to the inside of their shoulder blades. Interlace your fingers.
- Lean into your forearms. This may be enough pressure for your partner, rendering full Dolphin unnecessary.
- To come into full Dolphin, tuck your toes and lift your knees. This brings more weight into your arms and more pressure to your partner's back. Hold for several breaths.
- To release, bend your knees and release your arms.



Cautions

This pose requires more balance than you might think. Be mindful in your movement. If your partner has discomfort of any kind in their neck, it is important that their head be straight and not turned to the side.

Benefits

Great release for the upper back!

For Yogis

Dolphin pose is common in many yoga classes but if you aren't familiar with it, it's a good idea to try it on your own before you try it on your partner. Grab a mat for extra stability and warm up with some shoulder stretches. Start on all fours. Place your elbows directly under your shoulders. Plant your hands and press into your forearms. Tuck your toes and lift your knees. Press your hips back. Keep the shoulders wide and the neck long and endeavor to make one long line between your elbows and your hips, even if this means your knees are bent. Hold at least a few breaths before releasing.



Double Leg Postures

Having flipped your partner onto their back, you are in the home stretch. They may be disappointed that they will remain on their back for the remainder of the massage and have no more flips, but this is the

part of the massage when the deep relaxation really starts to settle in. Make sure you have whatever blankets and other creature comforts you want nearby to facilitate this great relaxation.

Double Leg Postures: Arrest Flip

- Squat on one side of your partner, facing them.
- Place their far hand behind their back and hold it gently with your bottom hand.
- Pull their far shoulder with your top hand to begin to turn them over.
- As their hips begin to stack, gently pull their hand from behind their back.

Arrest Flip



Cautions

If your partner has shoulder or rotator cuff issues, you will want to be very careful with the arm behind their back. It is important that they do not land on that arm, and that the twist required to remove the hand from behind their back does not cause them pain. Timing is everything here.

Benefits

A fun way to turn your partner over.

Leg Shake



- Stand at your partner's feet, facing the top of the mat.
- Grasp your partner's heels and lift their feet to a comfortable height. Be sure their pelvis remains on the mat.
- Shake their legs back and forth, then up and down.
- To release, gently lay their legs back down on the mat.

Cautions

Be mindful of your partner's knees. Be sure you are lifting with your legs, not your back.

Benefits

Releases tension in the whole body.

- Standing, place your partner's right arm across their chest and bring their left hand to their belly.
- Lift your partner's right leg and bend their knee.
- Take that leg across their body to bring them into a twist.
- Secure the twist by placing your left leg behind their right knee.
- If your partner is smaller than you, place your right foot on the floor behind their bottom so your leg supports the stacking of their hips.
- If your partner is larger than you, step your right foot back into a high lunge.
- Reach down and grasp their left wrist with both hands. You may also want them to grasp your wrist for added security and support.
- With straight arms, lean back to lift your partner's torso off the floor into a deep twist.
- Hold as long as you feel comfortable.
- To release, lower their torso. Place their arm down and unwind their legs.
- Repeat on the other side.

Trap Twist



Cautions

Not appropriate for folks with disc or spine issues, nor for some shoulder issues. Communication with your partner is key in this big pose. This can be a challenging one for the giver, especially if the partner is larger than them. The longer your lunge, the more leverage you will have to lift your partner. Remember not to bend your elbows; you want to lift by leaning back with your body weight rather than pulling back with your arms.

Benefits

Amazing stretch for the trapezius and a great opportunity for your partner to practice giving up control and really relaxing.