

Back to School

September 2011

Dede Dancing, LMT

This month I begin teaching at the local massage college—East-West School of Integrative Healing Arts. I'll be presenting "Anatomy/Physiology" and "Massage for Pain conditions"... Yay! (I'm moving forward in my career) Yikes! (teaching science) ☺

When I expressed those feelings to one of my mentors she said something like, "Yay and yikes do seem to go together when the going is good...you step outside your comfort zone and the challenge brings lots of energy for you to direct."

May we all rise to our challenges this autumn with energy that feeds our creativity and not our fears.

Summer does give way to autumn (officially) on the 23rd of this month. Sigh. The immune system is vulnerable in this time. One of the things we can do to help our immune systems cope with the challenge of the change is **eat some yellow/orange foods—yams, sweet potatoes, carrots—may give you just the boost you need to stay healthy.**

During the months of July and August we've offered **\$10 off** what I have been calling "**Floor Massage**" because I'm learning new skills. Some of you have taken advantage of the special, and I love this form of work. Many have asked for more information. So here you go:

When you schedule your floor massage, be sure to let Becky (or me) know that is what you want. You will be asked to wear or bring comfortable, loose-fitting or stretchy clothes. Something that would be good to work out in...it will feel like a massage and not a workout though—promise!

Entering the massage studio you will notice...no table. I pad the floor with workout mats, and cover those with a cotton sheet so you're not lying directly on the rubber mat. Depending on your priorities for the session, you will lie on your stomach, side, or back. You will have pillows, bolsters, and a blanket to support and comfort you.

I will begin by gently placing my foot on your foot or leg. Working with your breath I will slowly apply more pressure, or rock your leg with my foot. That's how most of your massage will go—I use my feet to push and rock, push and rock, applying more pressure as your tensions release. When your muscles are warm I may give them a gentle stretch.

Whether we work on the table or the floor, I like to work out the tensions on a superficial level first, going deeper as your tissues soften, so it never really hurts. If we encounter tender spots that you would rate higher than a 3 on a pain scale of 1 to 10, that is usually indicating there's a problem in the muscle. We'll work that out, keeping the discomfort at a 3 or below. When you feel pain, muscles naturally tense—we want to avoid that.

**We'll keep the special on floor massages going for another month...
I'm still learning!**