



MASSAGE
MASTERY
ONLINE

MASSAGE ROUND ROBIN

ACTIVITY DIRECTIONS

Massage Round Robin is a peer-learning activity where students share their best massage techniques. It works well in courses where students already demonstrate proficiency in draping, body mechanics, and foundational bodywork systems like Swedish massage. The activity aims to build students' technique toolboxes while honoring each student's unique style and creativity. Students think critically about the depth of their work and methods that feel satisfying to clients.

Directions:

Explain the activity to students.

Direct students to pair up and organize their massage stations. The students acting as clients get in position on their massage tables.

Direct massage exchange pairs to spend five minutes “warming up” the body region where you want students to work first (e.g., the back, the anterior arms, etc.).

Ask students, “Therapists, who has a great technique for (the body region where students are working)?”

Choose a student who has raised their hand and call the other therapists to this student's massage table. Massage clients stay on their massage tables. When all the therapists have gathered, ask the therapist at the featured table to demonstrate their great technique.

Therapists view the demonstration and ask questions. Then, they return to their massage tables and practice the technique on their clients.

The therapist who taught the technique and you (the instructor) circulate to give feedback. Continue to work on the technique until everyone is performing it correctly. Depending on the body region (e.g., arms, legs, feet), you might direct students to try the technique on the other side.

You may choose to continue working on the same body region or direct students to warm up a new area.

Repeat the process. Ask students, "Therapists, who has a great technique for (the body region where students are working)?"

Choose a student who has raised their hand and call the other therapists to this student's massage table. Massage clients stay on their massage tables. When all the therapists have gathered, ask the therapist at the featured table to demonstrate their great technique.

Therapists view the demonstration and ask questions. Then, they return to their massage tables and practice the technique.

The therapist who taught the technique and you (the instructor) circulate to give feedback. Continue to work on the technique until everyone is performing it correctly. Depending on the body region (e.g., arms, legs, feet), you might direct students to try the technique on the other side.

Progress this way until all the therapists have demonstrated one technique for the group. If a student acting as a therapist struggles, they may need leeway in which body region they address. Have them show their best technique for whichever region they choose.

Depending on time, you might have a few students demonstrate more than one technique, but you should ask every therapist to show something before allowing repeats.

When the exchange period expires, have therapists and clients switch roles and lead the second group through the activity.

At the end of the activity, gather students in a circle and ask them to reflect on their experiences and learning. Have students share which techniques they liked most and what they learned from other therapists in their class.