



MESSAGE
MASTERY
ONLINE

DANCE MASSAGE

A Fun Classroom Activity

Dance massage promotes technique fluidity, rhythm, and variety. It's the perfect activity to use when your students are falling into predictable techniques and session patterns.

CONSIDERATIONS FOR TEACHERS

- **Monitor body mechanics.** Students should adjust their stances for each table and focus on ergonomic movement, regardless of the music or table height.
- **Prioritize client comfort.** Students must begin each round with a quick check-in and stay attuned to their client's feedback.
- **Keep rhythm grounded.** No matter how upbeat the song, strokes should remain safe, intentional, and professional.
- **Screen music for content.** Instructors should curate a playlist of student-submitted songs that reflect varied tempos but exclude inappropriate lyrics or themes.

EQUIPMENT CHECKLIST

- Students favorite songs of any style so long as they have appropriate lyrics.
- A smartphone or playlist device loaded with prescreened student songs
- A speaker (portable, midrange volume is ideal)
- Hand sanitizer at each massage station, as students will be switching tables at the end of each song.

DIRECTIONS

Divide the Class: Assign half of the students to tables as clients. The other half are therapists.

Set Expectations: Before beginning, review boundaries and consent, staying embodied and intuitive, adapting techniques to rhythm, maintaining body mechanics, and being mindful of different client types.

Call Out the Region: For example: “Left posterior leg.” Give students a moment to undrape and apply lubricant.

Start the Music and Say “Go”: Play a song from the curated playlist. Students begin massaging the targeted region, moving with the rhythm and embodying the spirit of the song, without compromising client comfort or technique quality.

Switch: After 2–3 minutes (or the length of a song), call for therapists to sanitize their hands and rotate to a new client.

Repeat: Call out a new body region, start a new song, and repeat the process until each student has practiced on several clients and body regions.

PROCESS THE EXPERIENCE

After the final round, gather the class into a circle for a short debrief. Processing helps students reflect on what they’ve learned and integrate the experience into their future practice. You might ask:

- What did you notice about your own body as you worked with the music?
- Did the music help you change the way you applied your techniques? How?
- Which song surprised you the most in terms of how it influenced your massage?
- What did you learn about adapting to different client bodies today?
- Do you think this activity will affect how you approach your future massage sessions? Why or why not?
- What sensations or emotions came up for you as a client during the session?