The TLC Foundation for Therapeutic Massage presents

The Back Rub Club

A club that provides Tender Loving Care through a massage game – a game to play ANY TIME! – ANYWHERE!

We are a non-profit organization serving as many children as we can. We teach the TLC Back Rub Game© in the greater San Francisco Bay Area and at camps for children with illnesses or Special Needs.

Instilling: TRUST, LOVE, COMPASSION, INCREASING SELF ESTEEM AND SELF HEALING

www.foundationtlctouch.org • ph.: 831.334.0333 • email: ftlctouch@gmail.com
The Magic Seeds Magic Hands Strokes
We practice being S.A.F.E.

S. Say what you want or don’t want.

A. Always ask first: “Want a Back Rub now?” If not, just say “No thanks.”

F. Feedback: Say: “lighter”, “more pressure”, “not there”, “please go to this spot.”

E. Each time you can return the back rub right away or later.

1. The sun is warming your soil!

We want you to be in our Back Rub Club and we came here to teach you a special Back Rub Game that you can share with your friends and family.

We’ll pretend that your back is the garden and we’ll each plant a magic garden on our partner’s back.

Let’s rub our hands together really fast and feel the heat. Now put your hands on your partner’s back and let them feel the warm energy.

In order for our gardens to grow we need energy from the sunlight. The sun helps everything on our planet to grow.

So let’s BREATHE in the sun’s energy. “Take a deep breath” (make inhale noise) and imagine the sunlight coming into your head, and down into your shoulders and arms. Now EXHALE (make exhale sound) the warm energy of the sun out through your hands.
2. See and Feel the sunbeams spreading!!!

With two hands at once make sunbeams going out in all directions.

*Beams of sunlight are warming your soil for *YOUR* Magic Seeds to be planted.*

Sound: mmmmmmmmmmmmmmm

Start thinking about what kind of magic seeds you want planted on your back.

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3. Let’s turn the soil over!

**A.** Knead, squeeze and release the shoulders and then continue down the back.

Remember you can say “lighter” or “deeper,” “not there,” or “please go to this spot.”

**B.** Now make circles.

You can use one hand or both hands at once.
4. Time to smooth out the garden!

A. Using your hands go up and down gently and slowly.

B. Make several rows of zigzags all over the back.

5. Let’s make the holes for the seeds!

Make circles with your thumbs or fingertips. Imagine the sunlight energy going into the holes.

*How is my pressure? Do any special spots need more attention?*

So let’s BREATHE in the sun’s energy. “Take a deep breath” (make inhale noise) and imagine the sunlight coming into your head, and down into your shoulders and arms. Now EXHALE (make exhale sound) the warm energy of the sun out through your hands.
6. Which Magic Seeds would you like to plant?

Examples: carrots, watermelon, sunflowers, cotton candy, or even race cars or money trees.
Press the seeds into the holes. Stay on each hole a few seconds as you send in the sun’s energy.
Inhale the sunlight and exhale it out your hands.

7. What do all seeds need in order to grow?

Rain! What brings the rain?
The lightening and thunder.
A. Use back and forth motions down the entire back (like the Letter “Z”).
   Sound: cht...cht...cht...cht...

B. Rub the SIDES of the hands up and down on either side of the spine.
8. Now feel the thunder!

Very gently pound with fists lightly clenched all over the back.
Sound: receivers say “Ahhhhhhhhh”.

9. Here comes the Rain!

Tap gently with your fingertips.

*This magic rainwater will help your seeds grow!!!*
10. Oh look! Double Rainbows are magically appearing!

Use both hands crossing back and forth.

Inhale each color of the rainbow and exhale each color like you are painting a picture. Breathe in red and breathe out red. Continue with orange, yellow, green, blue and purple.

11. Your seeds have grown!

Rub your hands together and send sunlight on top of your grown seeds. Now we get to enjoy them together and remember this time forever.

You never know when the seeds of the things you want will grow and come into your life. It may be today or in a week or longer.

For fun ask someone to give you the back rub often. Plant the seeds for your wishes and dreams to come true and then imagine seeing and FEELING your wishes. They are here NOW!

Remember you can play the game on yourself anytime and anywhere. What part of your body needs attention? Send warm sunlight to your hand, arm, chest, belly, legs, feet, face or the top of your head.

Now turn to your partner and say “Thank you”. You can return the back rub now or later.
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presents

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“The TLC Foundation brought the Back Rub Club to Camp Sunburst this summer. Our campers, parents, and staff absolutely loved their program and enjoyed learning to tell the story while giving and (receiving!) back rubs! The Back Rub Club was such a success- we asked them to come back later on that week! TLC staff were sensitive, caring, and flexible and fit right into our group! We are so grateful for their services and hope they can come back again next summer. Thank you, Back Rub Club!”

Zoe, Director — Camp Sunburst 2010

We need your help!
with
Time, Talent and Treasure!

Volunteer – Donate generously
All donations are tax deductible.

The TLC Foundation for Therapeutic Massage is a non-profit corporation headquartered in Santa Cruz, CA

Samuel Schoonover, M.A., CMT, Director
1836 17th Ave. Suite D, Santa Cruz, CA 95062

www.foundationtlctouch.org • ph.: 831.334.0333 • email: ftlctouch@gmail.com