

# SARGA TABLE 1 HOMEWORK: 9 PAGES

## ATTIRE & PERSONAL HYGIENE SUGGESTIONS

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Here are some attire and hygiene considerations to keep in mind when practicing Sarga Bodywork:

1. Always wear clean and professional clothes that you can move freely in.
2. Don't wear clothes with a lot of extra trailing fabric as it will get in the way of your strokes and your Sarga wrapping techniques. For considerations of modesty, loose or baggy clothes are not ideal, as a supine recipient might be able to see up your shirt or shorts if they are too loose.
3. Capri pants (three quarter length pants) are ideal because long pants that go all the way to the ankles will get in the way of your techniques; you don't want to have any clothing touching recipient's bodies.
4. Consider wearing colors/materials that don't show sweat stains as Sarga Bodywork can be a rigorous practice and some individuals might experience excess perspiration, especially in the beginning as you build up your strength and stamina while adjusting to the new techniques.
5. If you have long hair, keep it tied up and off your face and neck for ease of movement and to keep it away from the wrapping methods of the Sarga Strap.
6. Always be showered, clean and wearing deodorant; bodywork is a close contact practice and you want to stay as clean and fresh as possible.
7. Brush your teeth frequently and after eating. It is a good habit to have a toothbrush, toothpaste, and breath mints at your studio or in your bag for a quick refresh before and after treatment sessions.
8. Remove all jewelry, especially rings, bracelets, toe rings and anklets. Be mindful of long trailing earrings and necklaces as these may catch on the Sarga Strap.

9. Keep the nails of your fingers and toes very short and nicely filed with no rough edges and cuticles. It is smart to always carry a nail clipper and a nail file with you. (See *“Foot Hygiene and Care”*).

10. If you are someone who perspires a lot, keep a small towel handy to dry off sweat as necessary. One of the best places to keep a small washcloth or hand towel is tucked into your holster strap or on your person to avoid having to break contact with the recipient or step up and down from the treatment table.

## SELF-CARE SUGGESTIONS

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One of the great benefits of being a bodyworker is that our trade requires us to maintain a high level of health and awareness in our own bodies. It encourages us to be at our best, so we may be full of energy and able to give as much as our trade requires. To achieve this, it is essential to remember that the first person we need to take care of is ourselves. Here are some basic self-care practices.

1. Drink large amounts of water to stay well hydrated throughout your workday.
2. Get plenty of sleep. In our fast-paced lifestyles, many of us are having increased difficulty relaxing into a parasympathetic state and are not getting enough quality sleep.
3. Wholesome diet: This is a vast and personal subject and one that is hugely contextual and relative to each individual's needs and preferences. However, one basic concept at the base of all healthy and mindful dietary approaches is to consume organic, fresh, and minimally processed foods whenever possible.
4. Sarga Bodywork is a great exercise practice in and of itself, however even if you feel like you have had plenty of physical activity after a long day at the office, make sure that you incorporate other movement practices in your daily life. A diverse movement practice will enrich your neuromuscular health, enhance your bodywork practice, and help you to release unwanted tension and misalignments.
5. Swimming (in the ocean if available) is excellent for cultivating qualities of ease and fluidity and for releasing tension.
6. Foot Exercises: Practice the foot exercises we demonstrate in class. These are easy to do anywhere (carry a small Lomi Ball in your bag and leave one at your studio). You may want to do these exercises in the morning before your workday begins and/or in between treatment sessions.
7. Foam Roller/Lomi Ball Exercises: Use a foam roller or the large Lomi Ball for releasing tension and sore muscles after a long day.

# CHECKLIST FOR SARGA BODYWORK ON RAISED MASSAGE TABLES

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1. A Massage table that meets all requirements listed in "[Safety Considerations for Sarga Bodywork on Raised Massage Tables](#)".
2. A [Sarga Bodywork Table Kit](#) (Sarga Attachment & Sarga Strap).
3. One or two stools, 28-30" in height or per your height preferences. Stool height can also be adjusted by adding a yoga block.
4. Anti-slip rug material for your stool's sitting surface.
5. One set of cotton flannel sheets per treatment (1 fitted, 1 top sheet & 1 headrest cover).
6. One hand towel & one small washcloth per treatment.
7. A foot-bath basin.
8. An instant hot water maker (see "[Foot Care and Hygiene](#)").
9. A sanitizing spray.
10. Tea tree oil for footbaths.
11. [A lotion holster](#).
12. [Myo.Rub](#).
13. A foot file (see "[Foot Care and Hygiene](#)").
14. A pair of studio slippers (see "[Foot Care and Hygiene](#)").

## STATIONARY OR ELECTRIC MASSAGE TABLES

1. A stationary massage table that meets all requirements listed in "[Safety Considerations for Sarga Bodywork on Raised Massage Tables](#)". Note that some stationary massage tables may have cushioning that is too soft, making it unstable for practitioners.
2. [A Sarga Attachment for Stationary/Electric Massage Tables](#) or a frame that can accommodate the installation of [Sarga Loops for Stationary Tables](#), i.e. a table with a frame that can be drilled into for fixing these hardware units.

## CHECKLIST FOR SARGA BODYWORK ON FLOOR TABLES

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1. A portable massage table with “shiatsu release cables” or the ability to unfasten one end of both horizontal undercarriage cables (tools required for the latter).
2. [The Sarga Attachment for Floor-Based Massage Tables](#) or the installation of [The Sarga Floor-Loops](#) (see “[Sarga Floor-Loop Installation](#)”).
3. A Sarga Strap.
4. [A large floor pad](#) to provide a sanitizable surface surrounding your massage table/mat. For a more affordable option, four yoga mats can be configured to achieve the same application.
5. Non-slip, sanitizable slippers such as these [Cloud 9 Spa Slippers](#) or the [Classic Slide by Crocs](#) can be used in place of a large floor pad.
6. A [Sarga Headrest Floor Board](#).
7. If your massage table’s headrest is not designed to lay flat on the floor, affecting cervical alignment and/or making breathing stuffy for your recipients while lying prone, an ergonomic and ventilated headrest designed for lying on flat surfaces is available on our [online store](#).
8. One or two yoga blocks for seated neck and shoulder work or the ["Big Step" by Earthlite](#).
9. One set of cotton flannel sheets per treatment (1 fitted, 1 top sheet & 1 headrest cover).
10. One hand towel & one small washcloth per treatment.
11. A footbath basin.
12. An instant hot water maker (see details in “[Foot Care and Hygiene](#)”).
13. A sanitizing spray.
14. Tea tree oil for footbaths.
15. [A lotion holster](#).
16. [Myo.Rub](#).
17. A foot file (see details in “[Foot Care and Hygiene](#)”).

## PRODUCTS WE LIKE

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### 1. COTTON FLANNEL SHEETS

The type of sheets used for Sarga Bodywork on raised massage tables is safety consideration as synthetic/polyester sheets can be slippery for standing practitioners. We recommend the "Standard Flannel" TOP sheets from both [Inner Peace Sheets](#) and [Sew & Sew](#) (*Note that these sheets are narrower in width than your average massage sheets. We prefer this width as there is less fabric to negotiate during treatments. You will also be able to fit many more sheets in a load of laundry, saving time and resources!*). For FITTED cotton flannel sheets we have had luck with: [NRG Deluxe Flannel Sheets](#) or [Arcadia Organic Cotton Flannel Sheets](#).

### 2. FOOT CARE

One of the best quality foot files that we have found is the [Swedish Clover Foot File](#) which can be purchased online. This file has a coarse side and a smooth side. Use on wet or dry feet. The coarse side may be too rough for some feet. Also check out the [Earth Therapeutics Smoothing Stone](#).

### 3. DELUXE FLEECE PAD BY EARTHLITE

A soft, one-inch thick, fleece pad set that fully wraps around the sides of the table. This application will protect the vinyl of your massage table from abrasion by the Sarga Strap. [Available for purchase in our online store.](#)

### 4. FOOT BATH BASIN

A durable and inexpensive [foot bath basin](#).

### 5. FACE CRADLE FOR FLOOR-BASED BODYWORK

If your massage table's headrest is not designed to lay flat on the floor, affecting cervical alignment and/or making breathing stuffy for your recipients while lying prone, an ergonomic and ventilated headrest designed for lying on flat surfaces is available in our [online store](#).

### 6. LARGE FLOOR PAD (8 x 6 FOOT) FOR USE BENEATH A MASSAGE TABLE

[This mat](#) is large enough to provide a sanitizable surface surrounding an average sized massage table (laid flat). Position the bottom edge of your table so that it is even with the base of the mat. A mat less than 8 x 6 feet in dimension is *not* ideal.

### 7. WOODEN STOOL FOR SEATED WORK

A [saddle style wooden stool](#) for seated work.

## 8. PORTABLE STOOL FOR SEATED WORK

A [foldable stool](#) for easy portability. Use with a [yoga block](#) if more height is needed.

## 9. "BIG STEP" BY EARTHLITE

If you need more height for "Standing-Floor-To-Table" techniques, or if you need a low stool for seated floor-based work, [this sturdy, yet lightweight stool](#) does the trick!

## CERTIFICATION & LIFE AFTER CLASS

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1. **PRACTICE!** As soon as possible, practice the techniques and routines learned in class. We recommend that practitioners deliver around 20 Sarga Bodywork sessions before advertising or adding Sarga Bodywork to their treatment menu.

2. **PATIENCE.** Be patient with yourself. You are learning an advanced massage technique. It will take a bit of time for these techniques to become easeful and natural.

3. **PICTURES.** One of the great things about Sarga Bodywork is that it is a visually stunning modality! Once you become comfortable with the techniques, take some pictures and video for your advertising media.

4. **CERTIFICATION.** Certification is available for graduates of Sarga Table 1 or Sarga Floor II. Following course completion, students must then submit twenty [Practitioner Feedback Forms](#) for review by emailing copies or photographs of the forms to [Jiva@SargaBodywork.com](mailto:Jiva@SargaBodywork.com), or snail-mailing hard copies to: Sarga Bodywork, P.O. Box 824, Kailua, HI 96734. We ask that your practice sessions are performed on at least **8 different individuals**. Following approval, please pay the [\\$25 certification fee](#) to complete your certification. Allow 7-14 days for processing.

If you would like to be listed on Sarga Bodywork's [Therapist Directory](#), join our [Directory & Discounts](#) membership which provides certified Sarga Bodyworkers with directory listing and product discounts.

5. **STAY POSTED!** Stay connected with Sarga Bodywork teachers and alumni through our [Sarga Graduates Facebook Page](#), through [Instagram](#), our website, and our [E-mail list](#). We post new course dates and locations and other developments through these venues. We love to hear from our graduates and hope to stay connected to support you and your practice.

## DIRECTORY & DISCOUNTS

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SARGA BODYWORK'S DIRECTORY & DISCOUNTS offers Sarga Bodyworkers directory listing and product discounts. Cost: \$79 (one-time fee). D&D is also available to graduates before certification, and/or without directory listing. We look forward to supporting you in your professional development and hope to inspire further success in your business practices.

### DISCOUNTS & BENEFITS:

- 10% off Sarga Bodywork's [online store](#), with online code.
- 15% off [The Sarga Massage Table Package by Earthlite](#) with online code.
- 15% off The [Earthlite Ellora Electric Lift](#), with online code.
- 15% off Earthlite's entire [online store](#) when ordering through Sarga Bodywork.
- 15% off [Lily Lotus](#) brand clothing, with online code.
- 20% off your first purchase with [Natural Aloha](#), with online code.
- Downloadable Sarga Bodywork Client Intake Form (by request).
- Wholesale benefits (if you are interested in retailing Sarga Bodywork products, [click here](#) for our list of products available at wholesale prices).

### DIRECTORY LISTING REQUIREMENTS:

- Sarga Bodywork Certification
- Current massage licensure.
- Current liability/malpractice insurance.
- Good standing with Sarga Bodywork.

### THERAPIST INFORMATION FOR DIRECTORY LISTING:

For listing in Sarga Bodywork's Therapist Directory, please email the following information to [Sarga@SargaBodywork.com](mailto:Sarga@SargaBodywork.com) after purchasing *Directory & Discounts*:

- A short bio (60 words or less)
- Headshot
- Practice location(s)
- Preferred method of contact
- A link to your preferred online presence (website and/or social media page(s), etc.