

TABLE 1 PRE-COURSE REQUIRED READING: 25 PAGES

SARGA TABLE 1: COURSE DESCRIPTION

In Sarga Bodywork's Table 1 Course, students will gain barefoot massage skills in both posterior and anterior applications, and an understanding of Sarga Strap wrapping methods and body mechanics. In addition, students will be introduced to Sarga equipment and safety considerations. Upon completion of this 4-day course, students will be able to administer a 90-minute, full-body Sarga Bodywork treatment on raised massage tables. *Note that all techniques learned in this course can be applied to bodywork on Sarga Bodywork's floor-based equipment.*

Total class time: 4 days / 10am to 5pm / 6hrs class time per day / 24hrs total / 24 CEUs

CURRICULUM OUTLINE

1. Introduction to Sarga Bodywork's principles and ethos.
2. Foot-based awareness, mechanics, care and sanitation.
3. Cautions and contraindications of barefoot massage.
4. Safety considerations for Sarga Bodywork on raised massage tables.
5. Safety & setup of the Sarga Attachment and Sarga Floor Loops.
6. Sarga Strap body wrapping methods and body mechanics.
7. Sarga Stations.
8. Standing and seated posterior myofascial and deep tissue applications.
9. Standing and seated anterior myofascial and deep tissue applications.
10. 60-minute posterior routine for raised massage tables.
11. 30-minute anterior routine for raised massage tables.
12. 90-minute, full body, Sarga Bodywork massage routine for raised massage tables.

CERTIFICATION

To become a Certified Sarga Bodywork Practitioner®, students must first successfully complete Sarga Table 1 or Sarga Floor II with an accredited Sarga Bodywork instructor. Following course completion, students must then submit their 20 practice forms for review and pay the one-time \$25 certification fee.

COME TO CLASS PREPARED

SARGA BODYWORK's barefoot massage therapy courses are physically and mentally demanding, technique-based programs. Be sure to prepare your body and mind for a rigorous learning experience! Please refer to the list below before coming to class.

1. BEGINNER'S MIND

We celebrate the diversity of students who attend Sarga Bodywork courses, and whether one is still a novice bodyworker or has 10+ years of barefoot massage experience, cultivating a "beginners mind" is your best asset when preparing for a Sarga Bodywork Course.

Previous barefoot massage and/or Ashiatsu experience is usually an advantage when learning Sarga Bodywork, however if one expects this prior experience to translate into an effortless mastery of Sarga Bodywork, you can be sure to prepare for some frustration and disappointment!

The body mechanics employed in barefoot bodywork practices are a world unto itself, and the body mechanics required for Sarga Bodywork are considerably different than those employed in an Ashiatsu practice. When compared to the body mechanics used in an Ashiatsu practice, for one, practitioner stability is gained from *tensional force* by pulling upwards on a fabric strap. This is almost completely opposite from gaining stability by grasping onto fixed overhead bars.

As a student of Sarga Bodywork it is in your best interest to cultivate an attitude of *Shoshin*. *Shoshin* is a word from Zen Buddhism meaning "beginner's mind" and refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner would (paraphrased from [Wikipedia](#)).

2. FITNESS & CONDITIONING

Sarga Bodywork will absolutely get easier with practice, however learning this modality can be quite rigorous at first and excellent physical conditioning (particularly isometric strength), is a must to gain the most from a Sarga Bodywork course. Yoga, Pilates, dance, martial arts, or any full-bodied practice that encourages both strength and flexibility will help to condition you for practicing Sarga Bodywork.

Sarga Bodywork does not have specific weight restrictions for students who attend Sarga Bodywork courses. We recognize that a person's weight is not necessarily indicative of fitness level, however we reserve the right to deny applicants based upon our evaluation. This is

especially important for Sarga Bodywork practices on raised massage tables. For more on practitioner weight and safety considerations, please review our ["Safety Considerations for Sarga Bodywork on Raised Massage Tables"](#).

Here are four basic fitness measurements that can help to gauge your ability to learn and perform Sarga Bodywork with success:

1. The ability to balance on one foot for at least 1 minute without holding onto anything.
2. Excellent cardiovascular conditioning and the ability to jog for 10-15 minutes without stopping.
3. The ability to perform at least 3 sets of 20 [squats](#).
4. The ability to isometrically hold a [plank](#) for at least 1 minute.

If you do not feel confident that you could meet these four requirements, but would still like to attend a Sarga Bodywork course, then our [Sarga Floor 1 Course](#) would be the one for you! While basic strength and conditioning is still important here, a floor-based practice provides practitioners a much wider and more stable working area, and fitness level is less of a consideration.

3. ARRIVAL & DEPARTURE

- If you are arriving from out of town, please book your flights so that you arrive (at least) the day before the first day of class and leave (at least) the day after the last day of class.
- Since we are a certified CEU provider, any missed class time has to be made up, case by case.
- Class times are 10:00am-5:00pm (with a one-hour lunch break between noon and 2pm each day). Please arrive 10-15 minutes early, or with enough time to get settled before class begins. Please allow up to 15 minutes "flex time" after 5pm each class day.

4. WHAT TO WEAR

- Wear comfortable clothes that you can move freely in. Ankle-length capri leggings, yoga pants or shorts are best. Do not wear anything that has loose/trailing bottoms as this will get in the way when working with your feet.
- For those with long hair, we recommend wearing it back to avoid it getting in the way while working.

5. WHAT TO BRING

- Depending on your learning style, you may want to print out the entire course manual. If not, please just print a copy of the "In Class Material" section of the course manual (access to the online manual and a printable PDF version will be available to you after completing your registration). Please conserve resources by selecting double-sided printing in Black & White.
- Two clean hand towels per day.
- One set of clean sheets per day (one fitted sheet, one top sheet, and one face rest cover). For raised-table courses (SARGA TABLE 1 & 2), please make sure these are cotton flannel massage sheets (not bed sheets!). Note that this is a 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 see: [NRG Deluxe Flannel Sheets](#) or [Arcadia Organic Cotton Flannel Sheets](#).
- A pair of clean rubber flip-flops to wear exclusively in the classroom for treatments. These should be made entirely of rubber, without fabric straps, for ease of sterilizing and drying in-between client sessions.
- A nail clipper and nail file in case you need a trim.
- Snacks and a lunch if you will not be eating out during the 1-hour break.
- Drinking water (refills available at class).
- You do not need to bring lotion or a lotion holster as we will provide Myo.Rub and the Sarga Holster for use in class.

6. REQUIRED READING

- After your registration for a course is complete, you will receive a link to access the online course material.
- You are welcome to review all of the course material, however please finish reading "Pre-Course Required Reading" before the first day of class.

7. PERSONAL CARE & OTHER CONSIDERATIONS

- Please come with clean, pedicured feet every day of class (clipped and clean toenails and cuticles, filed calluses, etc.).
- Please purchase a foot file for personal use. We like the Swedish Clover Foot File which can be purchased online at Amazon.com.
- Participants must be willing to disrobe (with appropriate draping) to receive bodywork every day of class.

- We recommend not eating a heavy meal at breakfast or lunch, as this is not ideal for receiving/giving bodywork.
- Please arrive 10-15 minutes early on class days.
- Keep your evenings free with plenty of time to rest. You will be learning a lot of new information and new ways of using/moving your body. The work is deep at every level and it may stir up layers of thoughts and emotions. Give yourself space to integrate the work and use your free time to rest and relax.

WHO WE ARE

WE ARE A TEAM OF BODYWORKERS who are passionate about our work. We believe that the rigor of our times requires a commitment to continually return to our sensory experiences; that by deepening the experience of our bodies, we deepen our experience of the world to which we belong. We believe that somatic practices such as bodywork are an essential response to a humanity that is in need of being more in-touch with its humanness and with the environments that we inhabit.

WE BELIEVE that awareness is medicine, and by approaching bodywork in a mindful way, we might cultivate conditions that allow a keen responsiveness to the somatic dialogue with our clients. This approach, combined with the unique methodology of Sarga Bodywork, allows for a distinctively transformative and healing therapy.

OUR MISSION is to provide a distinctively transformative and healing therapy, while offering the techniques and materials to help inspire our fellow bodyworkers to resource their innate creativity in ways that are mindful, safe, minimally strenuous and fabulously efficient.

~ Jivatma Massaguer & Daniel Tsukayama, founders of Sarga Bodywork

WHAT IS SARGA BODYWORK?

SARGA BODYWORK is a barefoot massage method that employs the use of a fabric strap fastened to a massage table to deliver therapeutic myofascial and deep tissue techniques. This fabric strap is used by practitioners for stability and to add tensional and gravitational force to specific manual therapy techniques. These techniques, combined with the broad contact surface of the foot, help to stimulate length, hydration, detoxification, and relaxation in recipients' bodies.

SARGA BODYWORK's courses train and certify practitioners in our distinctive methodology. Our proprietary bodywork [products](#) facilitate a creative, efficient, and completely mobile application of these methods.

SARGA BODYWORK marries method and design, enabling practitioners to gain tensional support and force with a fabric strap fastened to a massage table or floor-mat via our proprietary equipment. In addition to providing support, the [Sarga Strap](#) can be transformed into a variety of tools and facilitates a wide range of body mechanics for the practitioner. By pulling up on the strap while applying downward pressure with the foot, practitioners gain an integrity of tension that is then transferred onto the recipient's body. Utilizing [high-friction lubrication](#), gravitational and tensional force, practitioners can deliver consistent, oblique pressure to provide a uniquely effective myofascial therapy.

SARGA BODYWORK utilizes gravitational and tensional force stemming from the principles of tensegrity. [Tensegrity](#), a concept coined by the architect Buckminster Fuller, is the pattern that results when "push" and "pull" have a synergistic relationship. This basic dialogue of polarity is at the foundation of Sarga Bodywork methodology.

SARGA BODYWORK encourages myofascial technique over effleurage or deep tissue techniques. We define myofascial technique as manual therapy characterized by sustained, oblique, and high friction contact with the aim of stimulating a stretch response in the fascia associated with muscle (myo) tissue (think shear-force). We celebrate the broad, densely innervated surfaces of our feet as perhaps the most effective and intelligent tools for this purpose!

SARGA BODYWORK seeks to offer another set of tools for bodywork practitioners. Burn-out and fatigue from the sometimes demanding and strenuous aspects of our trade are common. Sarga Bodywork offers a whole new way of using our bodies as massage practitioners, resulting

in less strain and repetitive-use injuries, especially on parts of our upper bodies like hands, shoulders and elbows.

SARGA BODYWORK is completely mobile. Bodyworkers tend to be an independent breed, and the beauty of being a bodyworker is that our work goes with us wherever we go. We might be working at multiple locations, driving to outcalls, or traveling the globe while providing treatments to fund our wanderlust. Sarga Bodywork serves this independence by providing barefoot bodywork that is not limited by the need for structural overhead support that is built into a treatment room.

SARGA BODYWORK treatments can be performed either on a raised massage table or a floor-based massage table/mat. Both equipment configurations offer their own advantages and practitioners will tend to have a preference for one or the other. The raised-table configuration gives practitioners more options during treatments to incorporate traditional massage techniques with the hands and forearms. The floor-based equipment allows practitioners a more spacious and stable working configuration and can be integrated with Thai or Polynesian-inspired bodywork and assisted stretching therapies.

SARGA BODYWORK has meaning both in Spanish and in Sanskrit. In Spanish, sarga refers to a tapestry woven from many different threads. This is a fitting concept for us, since Sarga Bodywork synthesizes techniques and teachings from many different traditions. In this way, Sarga Bodywork is a colorful tapestry of bodywork traditions, carefully gathered and creatively woven into a beautiful quilt of possibility. It is appropriate that this metaphor of a tapestry is connected to the fabric that we hold in our hands for balance and support. In Sanskrit, the word sarga can refer to a creation or origin energy, made manifest into form. This idea sustains our mission to provide techniques and materials that help inspire bodyworkers to resource their innate creativity in ways that are mindful, safe, minimally strenuous, and fabulously efficient.

NOTES ON FASCIA

Although Sarga Bodywork practices and proclaims the wonders of myofascial bodywork, we don't pretend to be fascia and anatomy experts or claim to know exactly why connective tissue can benefit and change from our manual therapy methods. We may know a few of the "hows" of myofascial manipulation, but we really don't know many of the "whys".

[Ida Rolf](#) (1896-1979) pioneered the manual manipulation of connective tissue (Structural Integration) that many body therapies reference in the West, but quantitative fascia research is still quite new, and the mechanisms that catalyze change in recipients' bodies via manual input remain....a bit fuzzy. It is unknown whether these changes are primarily caused by inputs such as pressure and shear-force, or ensue from more subtle inputs that recruit nervous system stimuli to inspire neuromuscular fluency, body awareness, or simply a parasympathetic wave. While the latest science may provide more insight and language around our work as manual therapists, we know that scientific understanding is just one aspect of the healing arts. *To be skillful bodyworkers our challenge is to remain curious, comfortable and energized within the inherent mystery of healing.*

Being more technicians and therapists than scientists, with our hands and feet deep in our trade, it has been exciting to hear the latest studies on fascia from scientists and anatomists as they filter out to us in the field. But while the quantitative fascia science continues to evolve, out here in the field the therapeutic results remain qualitatively undeniable!

As technicians, our goal as Sarga Bodywork practitioners is to provide a systematic and full-bodied "combing" of recipients' connective tissue during our massage treatments. Like a comb being run through a lock of hair, straightening out twists, kinks, and facilitating more organization, Sarga Bodywork techniques aim to increase organization in the fibrous fascial network of the human body.

Sarga Bodywork subscribes to the idea that the therapeutic manipulation of fascia (myofascial technique) can be characterized as having slow, sustained, oblique and high-friction contact...

...and we experience these techniques as having a lengthening, hydrating, detoxifying and organizing effect on the fascial network of the human body...

...and we find the broad contact surface of the human foot to be an incredibly useful and intelligent tool for this purpose!

FURTHER READING

For more information on manual therapy's effect on the body's connective tissue, a cursory internet search will reveal research by [Robert Schleip](#), [Tom Myers](#), [Gill Hedley](#) and more. An in-depth exploration of the technical application of myofascial bodywork has been long practiced and taught by [The Rolf Institute](#), [The Rolf Guild](#), Tom Myers' [Anatomy Trains](#), John Barnes' [Myofascial Release Treatment Centers & Seminars](#), and more.

A few relevant articles on Fascia:

- This interesting blog post by "Alice" offers a cursory overview of recent research that undermines former ideas about manual therapies' effect on connective tissue: [If We Cannot Stretch Fascia, What Are We Doing?](#)
- A critique by Tom Myers of Anatomy Trains on the previous piece "If We Cannot Stretch Fascia, What Are We Doing?": [Can Fascia Stretch?](#)
- A short paper by Budiman Minasny, PhD, describing how the mechanisms of "fascial unwinding" or Myofascial Release (MFR) have both mechanical and neurological involvement, but that the mechanisms of change remain "grey": [Understanding the Process of Fascial Unwinding](#).
- In this article, author Dr. Russel Schierling describes the highly innervated nature of fascia and what happens when chronic pain causes connective tissue to lose proprioceptive acuity: [Fascia, Proprioception, and Chronic Pain](#).
- Gil Hedley's famous ["Fuzz Speech"](#) video on YouTube.

GETTING TECHNICAL

At Sarga Bodywork we subscribe to the idea that the therapeutic manipulation of fascia (myofascial technique) can be characterized as having slow, sustained, oblique and high-friction contact...

...but what does that actually mean in practice??

Here we detail how we define: 1. Slow 2. Sustained 3. Oblique 4. High-friction contact, and how these four ideas translate into practical applications.

1. SLOW

By “slow” we mean that as we apply a manual therapy technique, we are moving at a speed that allows us to “stay behind the wave” of the recipient’s tissue as much as possible. This requires that the “slack” in the tissue remains ahead of our manual therapy tools, and a gentle, yet assertive stretch is applied to the tissue behind our manual therapy tools. If our manual therapy tools get ahead of this “wave” of tissue, we no longer consider it to be a myofascial application, which Sarga Bodywork emphasizes in practice.

“Slowness” will vary from body to body and is more of a felt-sense than a quantifiable speed, but is achieved by a combination of adequate pressure, oblique vector direction, and a specific quality/quantity of lubrication.

2. SUSTAINED

By “sustained” we refer to a consistency in the manual elements that underlie the myofascial techniques that Sarga Bodywork practices. Speed, pressure, oblique vector direction, and friction maintain an equanimity and rhythm that are not choppy or imposing to the affected tissues, but rather seamlessly adjust to their qualities from the start to the finish of an applied technique.

3. OBLIQUE

By “oblique” we refer to the angle of application, whereas this angle is neither parallel nor perpendicular to the tissue that is being affected. This oblique application of manual therapy techniques has a “shearing” effect on the underlying layers of connective tissue, thereby facilitating mobility between these layers.

4. HIGH-FRICTION CONTACT

By “high-friction contact” we refer to manual therapy applications that are not slick or slippery from massage oils and lotions, but rather maintain a certain “tack” and “drag” on the affected tissues. “Friction” often implies discomfort, but as Sarga Bodywork techniques seek to stay on the soothing, parasympathetic side of manual therapies, by no means should recipients experience any discomfort during a Sarga Bodywork treatment.

STRUCTURAL BODYWORK CONSIDERATIONS

Sarga Bodywork draws inspiration from a few theories of [Structural Integration \(S.I.\)](#) and the work of [Ida Rolf](#). While Sarga is in no way a form of Structural Integration, it employs directionally oriented [myofascial technique](#), which in our opinion is one of the most effective manual therapy methods of facilitating healthful change in the structure of the human body.

Following S.I. theory, Sarga Bodywork employs the idea that manual therapy techniques should generally take tissue: 1. Lateral to medial (towards the spine), 2. Caudal to cranial (towards the head) for work on the anterior thorax, and 3. Cranial to caudal (towards the sacrum) for work on the posterior thorax.

The combination of these techniques help in the reversal of structural inefficiency and/or common structural patterns of the ageing process whereas tissue migrates laterally, the scapulae and shoulder girdle complex migrate away from the spine, and the thorax rounds forward (concentrically shortening anteriorly/eccentrically tightening posteriorly).

Within these techniques, the mechanisms that catalyze structural change in recipients' bodies are uncertain; it is unknown whether changes in recipients' connective tissue are the result of manual input (fascial sculpting), or proprioceptive input (a nervous system response). However, we believe that any changes that occur because of these inputs are at least a combination of both. Through the time-tested history of Structural Integration and our own experience practicing and receiving these techniques, we believe these changes contribute to both the health of recipients' connective tissue and the balance of recipients' physical structure.



ANATOMICAL TERMINOLOGY

Aside from common bony landmarks and muscle groups referred to in the "Technique & Sequences" section of the course manual, please review these structures that are often referred to in Sarga Bodywork courses so that you will be able to better understand the course material and your teacher's cues.

- [Dorsum](#) of the foot
- [Dorsiflexion vs Plantar flexion](#)
- Ankle and wrist [retinaculum](#)
- Medial and lateral [malleolus](#)
- [Pes anserine](#) (aka "goose foot")
- [Popliteal fossa](#)
- The teardrop shape of the [Quadriceps group](#)
- [Ischial tuberosity](#)
- [Greater trochanter](#)
- [ASIS](#) and [PSIS](#)
- [Iliac crest](#)
- [Thoracolumbar fascia](#)
- [12th rib](#)
- [Inferior \(#9\) and superior \(#7\) angles of the scapula](#)
- [Lateral border of the scapula \(#10\)](#)
- [Acromion process](#)
- [Manubrium](#)
- [Occipital ridge](#)

CAUTIONS & CONTRAINDICATIONS

With any bodywork and massage modality, but especially with foot-based and deep tissue techniques, it is important for the practitioner to be aware of contraindications.

Some conditions may require that you modify your treatment, not work with the person at this particular time, or even withhold treatment completely. Most importantly: ***When in doubt, ask questions!*** Never hesitate to check in with the recipient and ask about pressure, contact preferences, and comfort level.

DEEP TISSUE MASSAGE TECHNIQUES SHOULD NOT BE DONE ON THE FOLLOWING:

- Pregnant women or women trying to become pregnant.
- Persons with any type of implants within 9 months of insertion, or implants causing discomfort; i.e. hip, pacemaker, breast implants, rods, discs, screws, plates, [IUD's](#), knee replacement, artificial eye lenses, ear tubes, [stents](#) etc.
- Boils, skin lesions, rashes or abscesses.
- [Staph Infection](#), [MRSA](#) and [Sepsis](#).
- Heavily pronounced [varicose veins](#).
- Advanced stages of [arteriosclerosis](#).
- Recent eye procedures; i.e. Lasik surgery within 72 hours.
- [Tuberculosis](#), [thrombosis](#), [aneurysm](#), kidney disorders, recent bowel or [hernia](#) surgery.
- Any acute inflammation conditions!
- People on medication for bruising or blood clotting; i.e. blood thinners such as Warfarin or Coumadin.
- Uncontrolled and untreated high/low blood pressure or heart conditions.
- Advanced stages of [osteoporosis](#) or other bone degenerative conditions.
- Rib fractures or weakness.
- Cancer in [metastatic](#) or terminal stages.
- Recent scarring.
- Any recent (severe) injuries, surgeries and fractures.
- Fevers or flu symptoms.

USE CAUTION WHEN WORKING WITH THE FOLLOWING CONDITIONS:

- Kidney disorders. If a person is having difficulty excreting toxins via natural means, such as urination, treatment should be withheld or require physician's consent. During deep tissue therapies, we as practitioners have the ability of manually moving cellular metabolic waste. If the body's ability to process and filter is impaired, this can cause additional stress on organs and

tissue or result in pain and cramping. Our usual post treatment recommendations of hydrating with fluids or balancing with electrolytes (sodium/potassium), are contraindicated; especially for those on dialysis. Check to see how often they receive massage, when is the best time (i.e. before or after dialysis), and if you decide to treat, lightly is the best strategy, with no deep compressions on the hamstrings or calves.

- [Herniated discs](#). Acute herniations will result in recipient being in quite a lot of pain from prolonged standing, sitting, or even lying prone and supine (Positive muscle test: Straight leg raise). If treatment is appropriate, bolster proactively! [See Bolstering & Recipient Body Positioning: Lumbar Alignment](#)
- Recent bruises.
- Autoimmune diseases ([Lupus](#), [rheumatoid arthritis](#), [scleroderma](#))
- Recent injections of substances in joints, i.e. cortisone shots, stem cell injections, etc.
- Any recent surgeries (especially of joints).
- Heavy menstrual cramping or abnormal cycles.
- Low platelet count (pressure can cause bruising or hematoma).
- Early stages of [osteoporosis](#) or other degenerative bone conditions.
- [Degenerative disc disease](#).
- [Sciatica](#).
- [Scoliosis](#).
- [Vertebral fusions](#).

CONSENT

While Sarga Bodywork aims to stay on the soothing/parasympathetic side of manual therapy, it does wield some heavy-handed tools (barefoot massage, myofascial techniques, tensional and gravitational force) that if misused or misrepresented, could be (or appear) invasive, aggressive, or even injurious.

As manual therapists, it is our responsibility to be actively engaged in the dialogue of client CONSENT, safety and trust, and boundaries in our practices. No matter how long-standing the client-therapist relationship, consent needs to be reestablished in every session. In addition to checking in with clients about contact, pressure and comfort, perhaps the best way to maintain trust, communication and consent with our clients is to educate them (informed consent) in the techniques and theories that we employ in our practices, and to be honest about our own understanding and limitations of these techniques.

BOLSTERING & RECIPIENT BODY POSITIONING

With any bodywork and massage modality, but especially with foot-based and deep tissue massage techniques, recipients' comfort and alignment on your massage table must be an important consideration. For Sarga Bodywork, a massage table with medium-firm foam density is ideal both for practitioners' standing stability while working, and to minimize rebound from the recipients' body as you apply your techniques. In addition, make sure that you have the right kind of bolsters available to align your recipients appropriately.

1. ANKLE BOLSTERS & LEG ALIGNMENT

For recipients with large feet, limited ankle range, or ankle considerations, make sure that a large enough bolster is available to comfortably position the lower legs. Bolstering at the ankles correctly also keeps recipients' legs from externally rotating at the hip.

2. ELBOW ALIGNMENT

Make sure that recipients' arms remain pronated and not hyper-extended when working in both supine and prone positions. Always maintain a healthy bend at recipients' elbows when applying massage technique to the arms.

3. CERVICAL ALIGNMENT

Make sure that your recipients' cervical alignment when lying prone is as close to his/her natural standing alignment as possible. Avoid overextension of the cervical spine and any techniques that would contribute to overextension. This is often an aspect of headrest design, and we highly recommend using headrests that can adjust both vertically and angularly.

4. LUMBAR ALIGNMENT

For recipients with lower back considerations, [herniated discs](#) or [hyperlordosis](#), first make sure that lying prone or supine is suitable (in extreme cases recipients can be in quite a lot of pain from prolonged standing, sitting, or even lying prone/supine). If treatment in these cases is appropriate, bolster proactively! Use a pillow under the abdomen, convexly supporting the lumbar spine, at level with the umbilicus and ASIS in prone position. In supine position, add additional bolstering behind the knees to ease low back tension, or request that the recipient bend their knees with feet flat on the table; knees collapse medially and feet are set wider apart beyond shoulder width. Non-acute phase should follow the same protocol as not to exacerbate symptoms or an acute onset. In addition, never employ massage techniques that apply direct downward pressure to the lumbar spine, especially for recipients with these lumbar considerations.

5. BREAST PILLOW

For recipients with larger breasts or breast implants, have a breast pillow available. These are available online or can be made easily by cutting out two large holes in a foam pillow with a serrated knife. Recipients with larger breasts will also need their headrest vertically raised for proper cervical alignment while lying prone.

CLASSROOM PRESSURE SCALE

Recipient safety and comfort is as much a priority in the office as it is in the classroom. **ALWAYS** begin a session by communicating about contraindications. When applying manual therapy techniques, be attentive to both verbal and non-verbal cues from your recipient. ***If in doubt, ask for feedback!*** Conversely, be sure to give your partner feedback when on the receiving end of these techniques. Use the number scale below to communicate ideal pressure during a Sarga Bodywork course.

Any Contraindications  **ASK!**

1: Warm up / light pressure 

2: More pressure ok! 

3: Perfect pressure & contact 

4: LESS PRESSURE PLEASE 

5: *OUCH!* 

FEET!

In our urbanized society, with concrete and perfectly flat surfaces and the widespread use of shoes, we are forgetting the intelligence of our feet. We live in environments that are more and more disconnected from the natural world and from the sensory and proprioceptive experience of our bodies. One of the most powerful ways of accessing body awareness and the energy from the Earth is through our feet. Our feet are our base of support and our connection to the Earth; it is only from strong roots that we can expand.

In the past, humans would keep their feet agile and strong by walking barefoot in natural environments, on a variety of terrains with different textural qualities. Today, we walk primarily on flat, uniform surfaces wearing closed shoes. While wearing shoes might be necessary because we no longer live in an environment that is conducive to being barefoot, it is not the best for the health of our feet. Many shoes immobilize the feet, weakening the muscles, inhibiting fascial freedom and causing a lack of vitality in the overall structures of the feet. These misalignments can travel up the body creating disease in our musculoskeletal system, manifesting as pain in the knees, hips, and all the way up the back and neck. Being barefoot and cultivating awareness in our feet restores the strength and flexibility they need to provide a strong, solid foundation for our bodies.

Use of the feet for massage is an ancient practice, most notably in parts of Asia and the Pacific. Many of these techniques however, do not commonly use lotion or oil for practical reasons. To cross the slippery slope of combining lubrication with foot-based bodywork, structural support is imperative. [Keralite Massage](#) and [Ashiatsu](#) are two elegant expressions of this combination that use an overhead rope or a bar for balance.

In using our feet as massage tools, we begin to discover a whole new realm of dexterity in our soles and toes, opening up a much wider range of body mechanics as practitioners. It might take some time, but with patience and dedication, you will soon begin to perceive your feet as coordinated, nimble and capable tools.

FOOT CARE & HYGIENE

Proper foot care and hygiene is essential for bodyworkers who use their feet. All standards for [OSHA](#) apply. It is very important to keep your feet as clean and sanitary as you would keep your hands. Here are some basic foot care protocols.

1. PRE-GAME FOOT CARE

Filing the calluses and rough edges of your feet is essential for any bodyworker who uses his/her feet as manual therapy tools. Filing your feet can be done dry without soaking or after a foot soak when the skin is soft. Sit in a comfortable place and soak your feet in hot but comfortable water; no less than 10 minutes to thoroughly soften calluses, dead skin and cracked heels. The cooler the water, the longer you have to soak to soften the skin. It is best not to rush this process; have enough time set aside to prepare your working tools. Preparation should be done the night before or the morning of a day at the office. Focus on areas that have a tendency to build up calluses, such as the outer edges of the heels, the ball of the big toe, and the lateral edge of the pinky toe. 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. Also check out the [Earth Therapeutics Smoothing Stone](#).

2. TOENAIL CARE

As massage practitioners, we are taught to keep our fingernails very short. The same is true for our toenails. Clean your toenails and cuticles and clip them short. File sharp edges and areas that might scratch or be abrasive to recipient's bodies, especially the 5th toe/pinky toe.

3. MOISTURIZING

After soaking and filing your feet, apply a moisturizer to keep your feet soft. The Sarga [Foot Rub](#) or other moisturizers containing beeswax, shea or cocoa butter are ideal for their deeply moisturizing properties. If your feet have a tendency to get dry, apply moisturizer before bed and wear socks overnight.

4. PRE-TREATMENT FOOT SOAK

Before each session, fill the bottom of a basin with tap water. Have hot water ready in a portable hot water maker and add the hot water to the cold water in the basin until a hot but comfortable temperature is achieved. You may wish to add some essential oils (tea tree oil is ideal for its antibacterial properties). Keep this basin ready under the massage table while applying lotion to the recipient. Just before stepping up onto the massage table, slide out the basin and wash your feet thoroughly, between the toes, around the nail beds and above the

ankles (we like to make some splashing noises with our feet so that recipients are reassured that we work with clean feet!). This process also helps to warm up cold feet! Dry and sanitize your feet after washing.

5. FOOT SANITATION

Sanitize your feet before and between treatments. Sanitizing should not take the place of a foot wash! We prefer alcohol-free sanitizers, as alcohol can dry out the skin of the feet and cause them to peel. [Alcohol-free sanitizers](#) can be found online, however for a quick DIY sanitizing solution, add 1/3 part ethyl alcohol and 2/3 parts water to a spray bottle. Add 10-20 drops of tea tree oil. If this solution causes your feet to peel, you will need to switch to an alcohol-free sanitizer.

6. FOOT WASH & TREATMENT FOOTWEAR

To keep your feet clean in your treatment room and to avoid getting lotion on the floor, keep 2 pairs of smooth, simple, rubber slippers that are easy to sanitize (no fabric straps) that are reserved for this purpose. Having 2 pairs is ideal; 1 for freshly washed feet, and the 2nd to step into during treatments. This 2nd pair is to be washed between treatments, as it become greasy and soiled.

CLASS PHOTOS & IMAGES FOR MARKETING

We want to share in the excitement of your completion of a Sarga Bodywork Course! Class photos are a great way to immediately show people what Sarga Bodywork is about and to pique interest and start discussions but should not be used for permanent marketing purposes. We encourage graduates to take their own professional photos/videos after class.

We would like to note the distinction between ***class photos used for social media posts*** and ***photos/videos used for permanent marketing purposes***. Please refer to your media release waivers and the definitions below regarding class photos and videos.

IN-CLASS PHOTOS & VIDEOS (THAT YOU OR OTHER STUDENTS CAPTURE WITH CAMERAS OR SMARTPHONES):

1. Must be used for personal/educational purposes only.
2. However, if you would like to post an **in-class photo** of yourself and/or a Sarga Bodywork instructor on social media, please make sure that it does not include other students. *Not everyone in class releases full permission to use their image(s), and we need to respect their privacy. If you would like to post an in-class photo of yourself and/or a Sarga Bodywork instructor, please crop out any other students who may appear in the photo, including any recipients lying on the massage table(s).*
3. Please refrain from posting **in-class videos** on social media platforms. In-class videos should be used for personal/educational purposes only.

CLASS PHOTOS ON THE FACEBOOK GRADUATE PAGE (TAKEN BY INSTRUCTORS):

After each Sarga Bodywork course an album of photos from class will be posted on the *Sarga Bodywork Community Facebook Page* by admin. These photos have been approved by our admin team and may be shared/re-posted on your social media platforms.

PHOTOS/VIDEOS USED FOR PERMANENT MARKETING IMAGERY:

Original photos and videos produced by you, outside of a Sarga Bodywork course are yours to publish and use as you wish. It is your exclusive legal right to reproduce, publish, sell, or distribute these photos and videos as you choose. Note that copyright on your original images/videos is automatic and there is no further action required to gain copyright protection, although you may wish to use the universally recognized © symbol as a way to remind your audience of these inherent rights and to discourage others from using, distributing, re-posting,

or preparing derivative images based on your work.

VIDEOS

Videos are a great way to showcase Sarga Bodywork. To protect the Sarga Bodywork brand and copyrighted methodology, we ask that you do not post footage of a stroke from start to finish. Close-ups and segmented videography are ok. It is a concern that others do not try to learn our proprietary protocols or attempt these techniques without proper training and course completion. If you are showcasing a mixed modality massage style or incorporating your own techniques not taught in Sarga Bodywork courses, we ask that you refrain from using Sarga Bodywork logos, and instead use your own business logo, so the work you are performing represents you and your own unique style. However, if you are showcasing Sarga Bodywork methodology, feel free to use Sarga Bodywork logos (available in the online [Graduate Store](#)) within your videos.

RE-POSTING SOCIAL MEDIA PHOTOS AND/OR VIDEOS:

Images are extremely easy to copy, re-post, and re-publish on the internet and we have an inherent interest to not let that happen without consent. We each work hard to create our photographs, investing time and money into our projects. But with a few simple clicks or the help of apps, people can take images and do almost whatever they want with them without many technical restrictions. We would like to protect both our images and yours, as much as we can, and so we ask that you respect the copyrighted images and videos published by our Sarga community. When re-posting other's original/copyrighted images, please follow the following criteria:

1. Ask for permission to re-post original image(s). Again, permission is not required for posting the admin-posted class photos provided on the Facebook Graduate Page.
2. After gaining permission to re-post an original image, use an app such as *Regramer* or *Repost*, and/or give credit to the owner; content should not be altered in any way and should be posted from a tasteful account.
3. Remember that every business and individual may refuse re-posts, especially if it will be re-posted by a brand, individual and/or business that represents conflicting interests or will use your image to generate revenue.
4. For more information on image copyrights on social media platforms, click [here](#).

~ *The Sarga Bodywork Team*

MARKETING, TRADEMARK & PATENT

SARGA, SARGA BODYWORK, SARGARX, and MYO.RUB are trademarked names which are legally associated with the products, services, and methods provided by this business. Practitioners may only use the name "Sarga" or "Sarga Bodywork" on marketing media once he/she has been certified as a Certified Sarga Bodywork Practitioner® in the proprietary methodology of Sarga Bodywork™. Doing so without [Sarga Bodywork certification](#) is a legal infringement. In addition, proprietary [Sarga Bodywork equipment](#) is exclusively available to practitioners who have been certified in Sarga Bodywork™ and have been trained in the proper installation and use of this equipment.

Other businesses and organizations may not use our proprietary equipment, or similar permutations, to teach massage technique. Our file with the US Patent and Trademark office covers equipment used for foot-based massage methods that is comprised of a piece of fabric or strap attached to a massage table and used by a practitioner both for support, and to deliver force to the receiving client. This file reads as such:

"A method of administering massage techniques comprising employing, by a massage practitioner, a foot of the massage practitioner to deliver force to a patient that is lying on a patient supporting device, and utilizing by the massage practitioner, a flexible member affixed to the patient supporting surface to assist with balance while employing the foot of the massage practitioner to deliver force to the patient."

Questions or comments? Contact us at Sarga@SargaBodywork.com

NON-DISCLOSURE & PRIVACY AGREEMENT

RELATING TO SARGA BODYWORK'S CURRICULUM, PROTOCOL & EQUIPMENT

Please remain aware that upon registration for this course you signed a contract with Sarga Bodywork stating that you will not teach or train others to practice any sequences, protocols, or techniques learned in Sarga Bodywork courses. You have also agreed that you will not use Sarga Bodywork's proprietary equipment (*Patent Pending by the USPTO*), or similar design permutations, which includes employing a piece of fabric, or other flexible member, fastened to a raised massage table, or a floor-based massage table/mat, to teach massage technique. In addition, it is understood that using Sarga Bodywork's equipment, or similar permutations, in a manner that is not in accord with the safety and setup guidelines prescribed in our certification courses, poses injurious risk to both the massage practitioner and the massage recipient.

The course manuals, the application of the Sarga Bodywork techniques and theories presented, are intellectual property belonging to Sarga Bodywork. If you wish to present or teach any portion of the copyrighted material from Sarga Bodywork's workshop and teaching resources, you must first undergo the required training and obtain written certification from Sarga Bodywork. If you are interested in being a part of our instructor group, we welcome your inquires.

The original Non-Disclosure and Privacy Agreement that you signed upon registration for this course covers any and all new information taught to you under Sarga Bodywork. If you have any questions regarding your contract or need to see a copy of the document you originally signed, please contact us at Sarga@Sargabodywork.com.

Please be aware that attendance at Sarga Bodywork courses and certification in Sarga Bodywork does not provide students with a manual therapy license. You must work within your scope of practice and abide by the laws that govern healthcare and massage practices in your region.

We are pleased to provide you with this educational opportunity. We hope that you benefit from this experience and that you apply the concepts and techniques with success in your massage therapy practice. We will be happy to promote your Sarga Bodywork practice wherever you will be taking it. We hope that you will keep in touch with us and stay tuned for new courses and developments. Don't hesitate to contact us with any questions that you may have. We are here to support you and we look forward to working with you in the future!

~ *The Sarga Bodywork Team*