



You will need the following objects: a hand fan, two wooden spatulas, a little mop, a pot scourer, massage oil and a blanket.

Play through tracks one to six, using the objects as shown, with the music, with your receiving partner.

Keep to the Beat.



Fan over body
(guitar)



Blow skin with
long and short
breaths
(bassoon)



Press over body
using spatulas
with definite
but not
abrupt
movements



Flick with quick
movements
using little
mop



Squash scourers
gently onto body
- not too long in
any one place



Oil hands -
**knead, grasp
& squeeze**
muscle areas -
keep it lively!



Wrap in blanket
Relax,
keep in contact
and listen



Watch, listen and observe.
Keep to the Beat.

