



Chest

1. RESTING HANDS

2. OPEN BOOK



3. BUTTERFLY

4. INTEGRATION



Sweep both hands from chest, to tummy all the way to the feet.

Arms and Hands

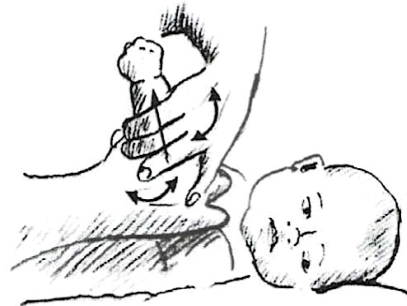
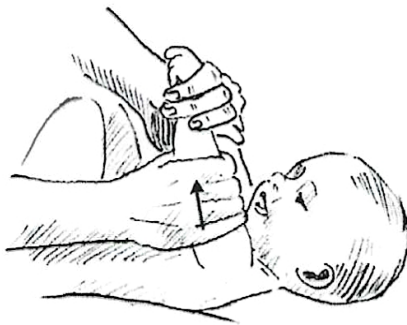
1. RESTING HANDS

2. PIT STOP



3. INDIAN MILKING

4. HUG AND GLIDE



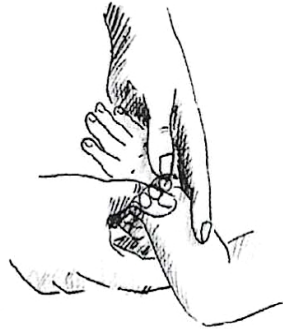
5. PALM STROKE AND FINGER ROLL

6. TOP OF HAND

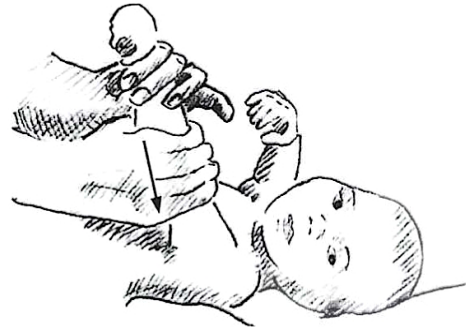




7. WRIST CIRCLES



8. SWEDISH MILKING



9. ROLLING



10. INTEGRATION

Sweep your hands from baby's shoulders, to chest, to tummy, to legs, to feet in a single stroke integrating the whole body.