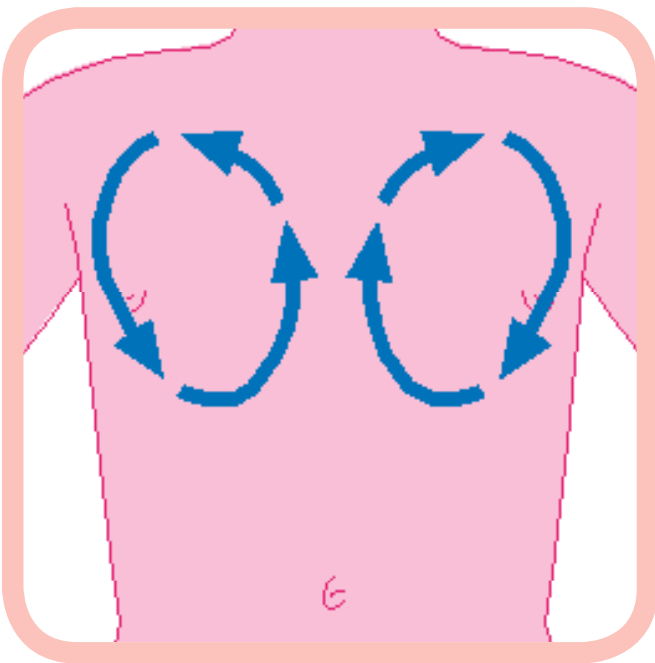
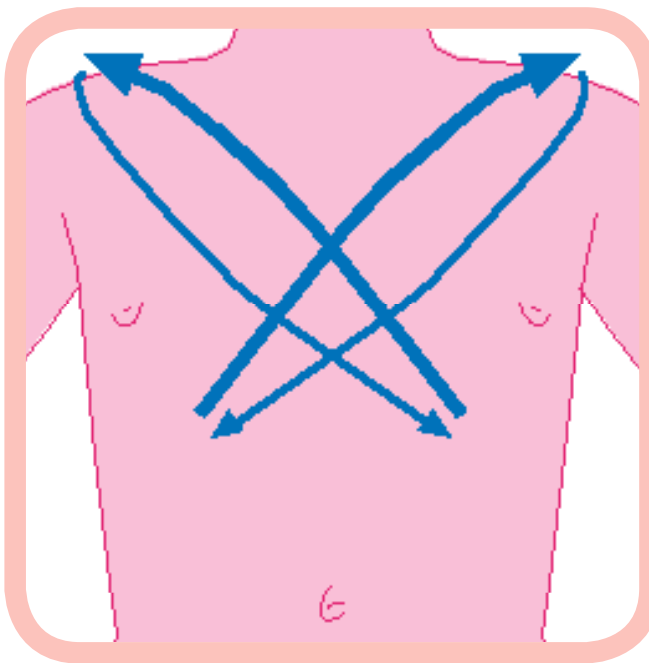


Week 3 - Chest, Arms & Hands

1. Butterfly Wings



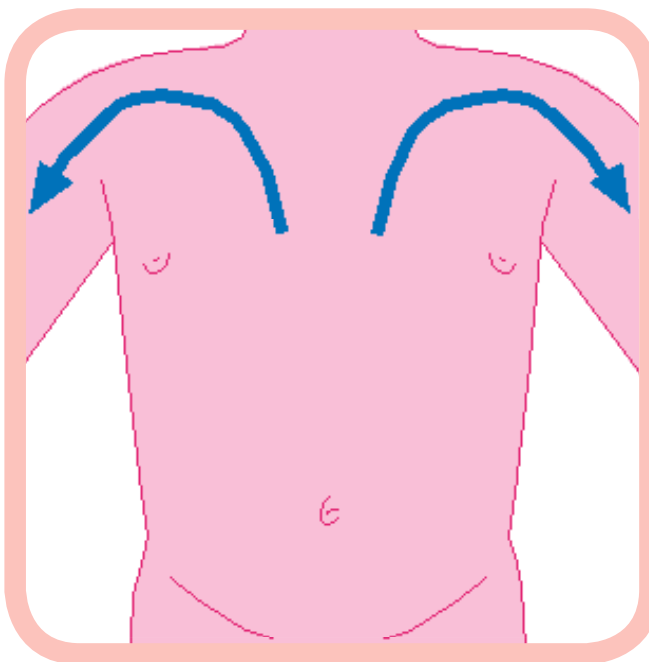
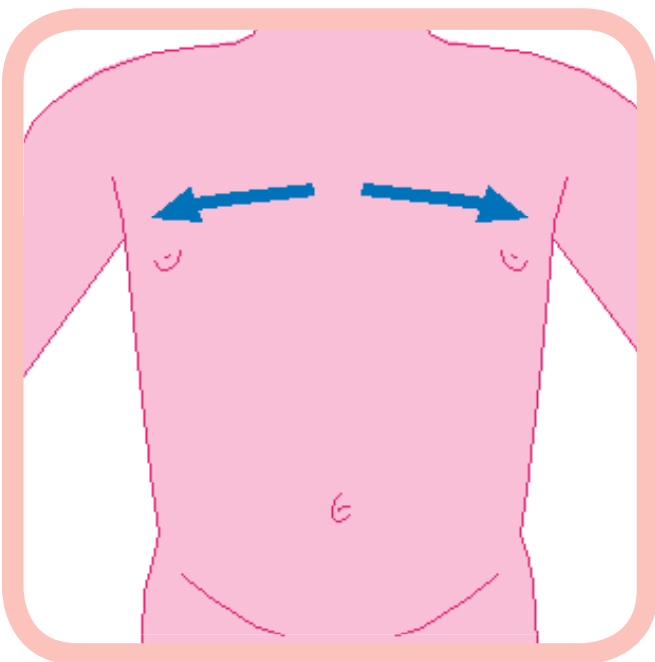
2. Cross Your Heart



Benefits of massaging legs

- Very Relaxing
- Improves Circulation
- Hand massage stimulates reflex points

3. Chest Prayer



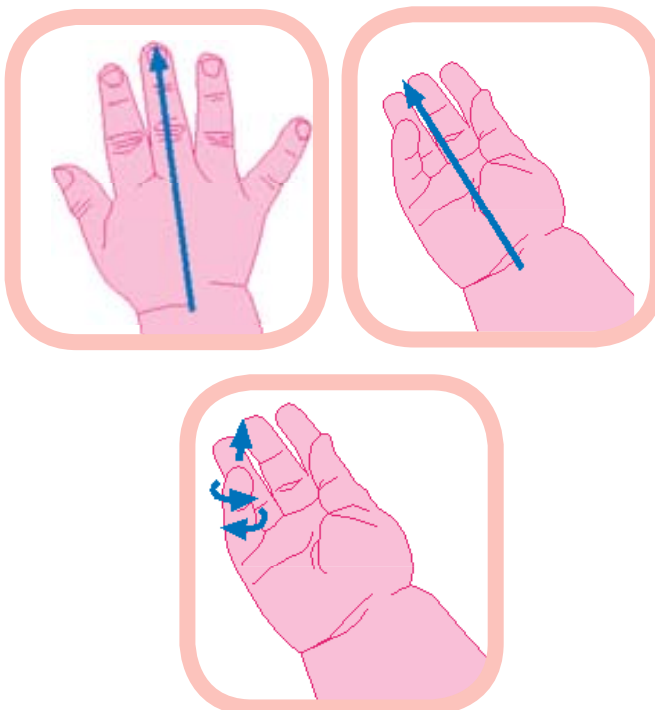
Cautions

Start with still touch

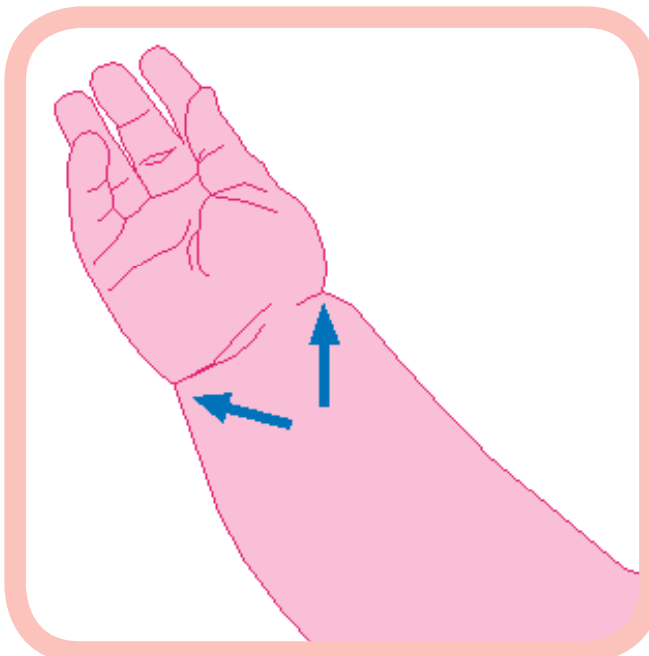
Make sure strokes do not go below the ribcage

Avoid putting pressure on the elbow joints

4. Love Glove

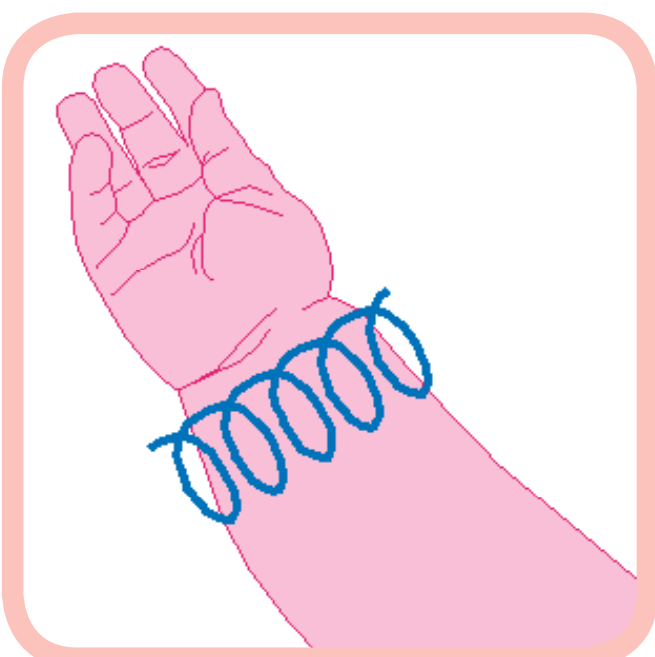


5. Wrist Kiss

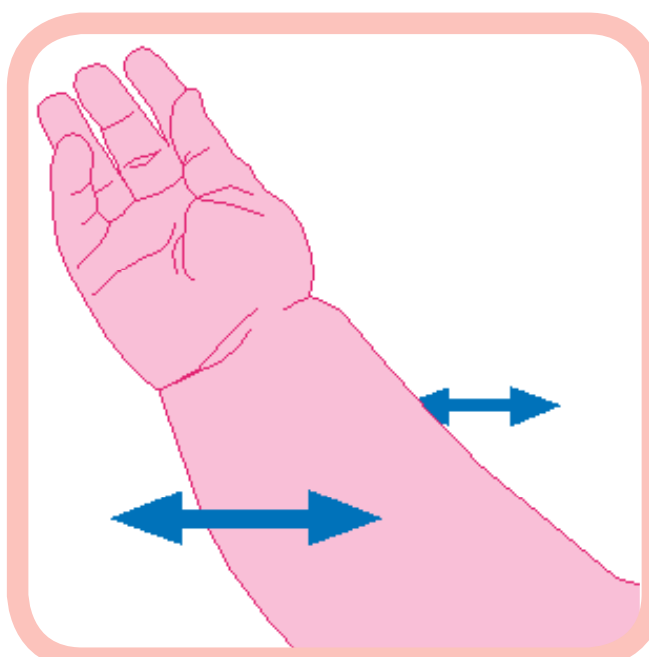


🎵 5 Little Speckle Frogs 🎵

6. Friendship Bracelet



7. Arm Wobble Wobble



🎵 Jelly on a plate 🎵