

## Session 3 – Introduction to Body Clues and Relaxation

### Pizza Massage:

**In pairs or a circle:**

- **Knead the dough (fingers and thumbs)**
- **Smooth on some tomato paste (flat hands)**
- **Sprinkle on cheese (finger tips tapping)**
- **Add ingredients of choice, e.g. Pepperoni, olives (thumbs)**
- **Put the pizza in the oven (rub hands together briskly to warm, place on back)**
- **Take pizza out of oven when ready and cut it in pieces... (light karate chops)**

