



TO GUIDE, TO BE GUIDED / 02

Invite people to work in pairs. If they agree, ask them to stand side by side and press their forearms against each other. The contact should be comfortable, but fairly stable. One person guides the other who has their eyes closed. The guides direct their partner in space. Then the roles are reversed.



CIRCLE OF MESSAGES

Make sure everyone agrees to be touched on the neck, shoulders and back. Invite participants to massage in a caring and gentle way. Make a circle. Every other person steps forward into the circle. In this way, two circles are formed: an outer circle (the masseurs) and an inner circle (the people being massaged). The people being massaged face the centre of the circle and close their eyes. From this point on, everyone is silent and the masseurs communicate through signs. Each masseur stands behind the back of a person being massaged, so that pairs are created. The masseurs begin the massages. Two to three minutes later, at the same time, the masseurs move one person to the right, so that they are massaging someone new. Make as many changes as you like. The goal is to keep the people being massaged from guessing the identity of the masseurs. When the massages are over, change the roles: the masseurs become the people being massaged and vice versa. Accompany the activity with relaxing music.