

- Apply the ‘bump’ slowly and to the extent that the receiving body accepts.
- Apply the ‘bump’ slowly enough to receive feedback (verbal and/or non-verbal reactions) from the body. Always start with light moves – then you have scope to go deep if requested.
- Use your body movement and breathing to apply the ‘bump’ – not pokey fingers or thumbs.
- Maintain this pressure throughout the ‘glide’ – no going in deep with the glide, nor flicking off and losing the pressure. Use your arms and hands as a frame rather than fingers/thumbs flicking.

