



Chair Massage with Common Ground's Ground Work Program

Thank you so much for your interest in bringing Chair Massage to your business or organization!

Here are a few helpful things to know about how Common Ground's Ground Work Program organizes chair massage:

1. Common Ground requires a minimum of 2 hours of chair massage to be held on a given day at a given location.
2. Our practitioners offer a maximum of 3.5 hours of chair massage to be held on a given day at a given location.
3. If a practitioner is offering more than 2 hours of chair massage, he/she will take an unpaid 15 minute break after 2 hours of chair massage. Common Ground will take care of this planning piece, and it will be reflected in the scheduling sign-ups provided to you.
4. If you would like 4 hours or more of chair massage, we will recruit multiple practitioners. The practitioners will offer chair massage in tandem, back-to-back, or on separate days. This scheduling will depend on your scheduling needs and practitioner availability.

How to determine how many hours of chair massage you need:

1. We can organize chair massage to serve 5, 4 or 3 clients per hour. We always allow 2 minutes in between chair massage to allow individuals to get in and out of the chair, wipe down the chair, and to check in with the massage therapist about any injuries.

5 clients per hour	4 clients per hour	3 clients per hour
10 minute chair massages each	13 minute chair massages each	18 minute chair massages each

How to schedule your office or group's chair massage in advance:

Please have individuals in your group/ office sign up for chair massage in advance of the day. There are 2 ways we recommend doing sign-ups:

1. Common Ground will provide a link to a google doc where your group can sign up online. Please note: this will not require a google account. You can forward this link to your group, and they will be able to sign-up without logging into an account.
2. If you would prefer, Common Ground can email you a pdf sign-up sheet that you can print so individuals can sign up manually (or you can assign times and notify them).

Thank you for supporting Common Ground! We look forward to working with you.