

Hugging Etiquette for Sensational Hugs

- **If you want a hug, ask for a hug (Remember a hug is not a cuddle)**
 - **Verbally** (a simple "can **I** have a hug please?" << you want it, own it and ask for it from yourself, don't put the responsibility on them) or
 - **With gestures**, open posture, left arm up right arm down (this then naturally creates a heart to heart position as your heads will go to the right of each other ending up on the others left shoulders)
 - o (do not just jump on someone)
- **If you don't want to receive the hug, Say No**
 - **Verbally** (a simple 'No thank you') no need to explain or apologies profusely
 - **With gestures** (a simple hand in front of you, or a namaste and then move away)
 - o (a respectful response to a respectful request is all that is needed)
- **If someone says no – Thank them for their honesty and move on.**
 - **This is not a conversation starter.** They have their reasons, which can stay a secret, are probably not about you, and don't need to justify themselves to you or defend themselves from your potentially perceived rejection.)
- **Check if they know the Hugging Etiquette** so you are on the same page.
- **Start the hug**, find a comfortable position for both of you.
 - **Left hand up** and heads to the right of each other (this gives a heart to heart connection)
 - **Body contact** accept that it will be there, no need for a bump and grind!
 - **Feet / Legs** All dependant on height/size etc, but usually interwoven feet (step your left foot between the other persons feet, rather than toe to toe is more comfortable) with a slight bend in the knees
 - **Hands** Let them sit where they feel comfortable, **still but strong**. There is no need for rubbing or patting the back, (rubs and pats are usually a sign of being uncomfortable in the hug in which case the person doing it can simply release instead)
- **Look after yourself** in the hug
- **Let the other person look after themselves** (after all you both know the hugging etiquette, so you don't need caretakers.)
- **A hug has no set length.** Based on the above points it will last as long as it needs to.
- **Simply sink into / Feel into the hug.**
- **If one of the two releases the hug the other will release too.** (Remember, it takes two to hug and one to be clingy)
- **Thank each other.**
- **The physical hug is now complete** (other interactions from here are not part of a hug request)

**The Sensational Hug will stay with you for
as long as you let it.**

