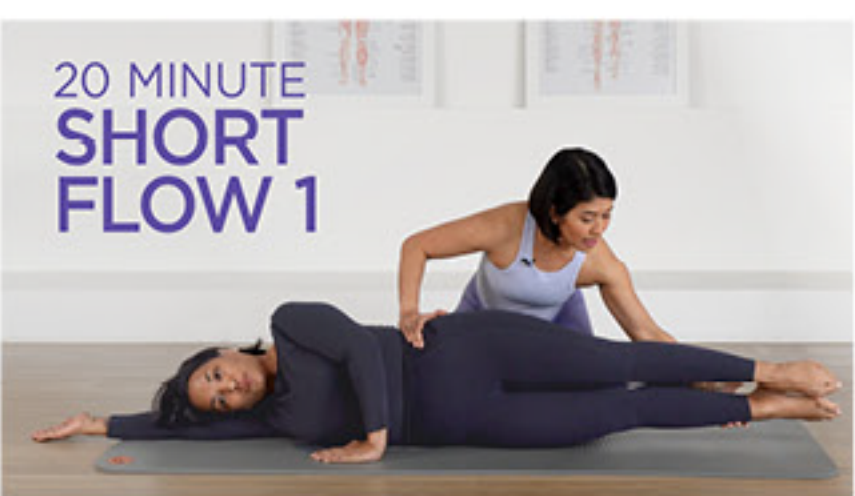


BEGINNER SHORT FLOW 1.0

These 15-20 min classes are not just for beginners. But they are also great if you are coming back after a long break. Or wanting to build a consistent practice. Each class will give you a balanced full body workout. You will strengthen your core, tone your body, improve coordination and your mind body connection.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 20 min Short Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Back Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hip Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)

WEEK 2

 20 min Stretch Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spine Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
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WEEK 3

 20 min Hip Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Back Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Stretch Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
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WEEK 4

 20 min Short Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spine Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
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BONUS

 15 min Breathing ☆☆☆☆☆	 15 min Hips Mobility 1 ☆☆☆☆☆	 20 min Full Body Stretch ☆☆☆☆☆	 10 min Pelvis Mobility ☆☆☆☆☆	 15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆
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You are welcome to add bonus classes anywhere your body needs them.