

21 DAYS BEGINNER TO INTERMEDIATE JOURNEY

Ready to transform your practice step by step? This thoughtfully designed 21-days journey is your bridge from where you are to where you want to be. We'll guide you from basic movements to more challenging flows, building not just your physical strength and flexibility, but your confidence too. Every day brings new discoveries about what your body can do. You'll progress at your own pace, celebrating small wins while working toward bigger goals.

DAY 1  30 min Just Move! ☆☆☆☆☆	DAY 2  20 min Full Spine Mobility ☆☆☆☆☆	DAY 3  30 min Ignite Your Center ☆☆☆☆☆	DAY 3  5 min Roll Up ☆☆☆☆☆	DAY 4 ACTIVE REST DAY	DAY 5  20 min Abdominal Strength ☆☆☆☆☆	DAY 6  45 min Mix It Up Flow ☆☆☆☆☆
DAY 7 ACTIVE REST DAY	DAY 8  30 min Short & Effective ☆☆☆☆☆	DAY 9  45 min Full Body 1 Stretch ☆☆☆☆☆	DAY 10  30 min Quick Flow Short Mat ☆☆☆☆☆	DAY 10  5 min Roll Like A Ball ☆☆☆☆☆	DAY 11 ACTIVE REST DAY	DAY 12  20 min Hips Strength ☆☆☆☆☆
DAY 13  45 min Flow Routine Mat ☆☆☆☆☆	DAY 14 ACTIVE REST DAY	DAY 15  30 min Feel Good Mat ☆☆☆☆☆	DAY 16  20 min Spinal Rotation Lateral Flexion ☆☆☆☆☆	DAY 17  30 min Centering Yourself ☆☆☆☆☆	DAY 17  5 min Side Lift ☆☆☆☆☆	DAY 18 ACTIVE REST DAY
DAY 19  15 min Upper Back Strength ☆☆☆☆☆	DAY 20  45 min Strong Flow - Flow Mat ☆☆☆☆☆	DAY 21 ACTIVE REST DAY				

You are welcome to add bonus classes anywhere your body needs them.