

28 DAYS TO AWAKEN YOUR FLEXIBILITY BEGINNER

Designed to revitalize your body and mind. This program targets not just your muscles but also your fascia, the key to fluid movement. Each day, we'll guide you through routines that enhance flexibility, ease tension, and boost your overall well-being. Perfect for any age or fitness level, this program is your gateway to a more supple, pain-free you. Embark on this journey of rejuvenation today!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Upper Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Shoulder Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Full Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Foot Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hips Mobility 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 10 min Shoulder Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hips Mobility 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Full Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Foot Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Upper Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breath Work ☆☆☆☆☆	 10 min Back Strength ☆☆☆☆☆	 15 min Foundation Standing Flow 1 ☆☆☆☆☆	 10 min Pilates Upper Back & Shoulder Strength ☆☆☆☆☆	 15 min Beginner Flow Mat 2 ☆☆☆☆☆		

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