

BODY WHISPERS BEGINNER

Designed to help you distinguish between your mind's "shoulds" and your body's true needs. Each week develops a different listening skill - physical sensations, emotional cues, energy levels, and intuitive movement choices. By the end, you'll have developed a profound understanding of your body's unique communication style.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 20 min Gentle Guide ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core Whispers ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Balance Basic ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Flow Foundations ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strength Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Balance Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Gentle Guide ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core Whispers ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Balance Basic ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Flow Foundations ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strength Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Balance Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 15 min Abdominal & Hip Strength ☆☆☆☆☆	 10 min Spine Mobility ☆☆☆☆☆	 20 min Beginner Flow Mat 2 ☆☆☆☆☆	 15 min Standing Flow 1 ☆☆☆☆☆		

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