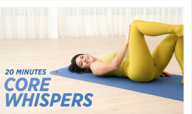


BODY WHISPERS INTERMEDIATE

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.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 20 min Dynamic Dialogue ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Balance Build ☆☆☆☆☆	 20 min Flow Freedom ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)

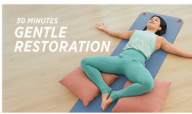
WEEK 2

 30 min Gentle Restoration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Mat Flow 5 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Intermediate Flow Mat 1 ☆☆☆☆☆	 30 min Intermediate Flow Mat 4 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
--	---	--	---	--	---	---

WEEK 3

 20 min Dynamic Dialogue ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Balance Build ☆☆☆☆☆	 20 min Flow Freedom ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
---	---	--	---	---	---	---

WEEK 4

 30 min Gentle Restoration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Mat Flow 5 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Intermediate Flow Mat 1 ☆☆☆☆☆	 30 min Intermediate Flow Mat 4 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
---	---	---	---	---	--	---

BONUS

 20 min Breathing ☆☆☆☆☆	 30 min Abs & Back Strength ☆☆☆☆☆	 30 min Total Body Stretch ☆☆☆☆☆	 30 min Full Spine Mobility ☆☆☆☆☆	 30 min Standing Pilates 1 ☆☆☆☆☆
--	--	---	---	---

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