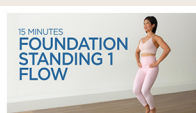


UNWIND & ALIGN BEGINNER PROGRAM

Teach you to release tension, improve flexibility, and celebrate your body's strength. You'll learn gentle stretching techniques and mindful movement practices that help you feel better every day. The classes are restorative and progressive, building awareness of how your body moves and feels. Perfect if you want to start slow and focus on wellness

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 20 min Body Gratitude Scan ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Upper Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Strength Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Shoulder Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Full Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strength Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Upper Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Body Gratitude Scan ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Shoulder Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Full Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 10 min Back Strength ☆☆☆☆☆	 15 min Foundation Standing Flow 1 ☆☆☆☆☆	 15 min Shoulders & Thoracic Spine Mobility ☆☆☆☆☆	 20 min Beginner Flow Mat 1 ☆☆☆☆☆		

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