

UNWIND & ALIGN INTERMEDIATE 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

WEEK 1

DAY 1



30 min
Mobility
Celebration



DAY 2

ACTIVE
REST DAY

(see bonus
videos)

DAY 3



20 min
Shoulders
Stretch

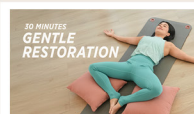


DAY 4

ACTIVE
REST DAY

(see bonus
videos)

DAY 5



20 min
Gentle
Restoration



DAY 6



30 min
Dynamic Legs
& Hips



DAY 7

ACTIVE
REST DAY

(see bonus
videos)

WEEK 2



30 min
Hip Stretch



DAY 2

ACTIVE
REST DAY

(see bonus
videos)



30 min
Balance Celebration



DAY 4

ACTIVE
REST DAY

(see bonus
videos)



30 min
Upper Body
Stretch



30 min
Lower Body
Stretch

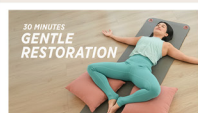


DAY 7

ACTIVE
REST DAY

(see bonus
videos)

WEEK 3



20 min
Gentle
Restoration



DAY 2

ACTIVE
REST DAY

(see bonus
videos)



20 min
Shoulders
Stretch



DAY 4

ACTIVE
REST DAY

(see bonus
videos)



30 min
Hip Stretch



30 min
Mobility
Celebration



DAY 7

ACTIVE
REST DAY

(see bonus
videos)

WEEK 4



30 min
Balance Celebration



DAY 2

ACTIVE
REST DAY

(see bonus
videos)



30 min
Dynamic Legs
& Hips



DAY 4

ACTIVE
REST DAY

(see bonus
videos)



30 min
Upper Body
Stretch



30 min
Lower Body
Stretch

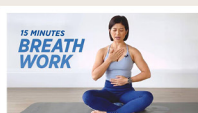


DAY 7

ACTIVE
REST DAY

(see bonus
videos)

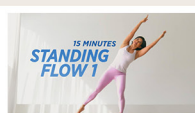
BONUS



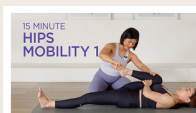
15 min
Breath Work



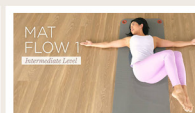
15 min
Full Back
Strength



15 min
Standing Flow 1



15 min
Hips Mobility 1



20 min
Mat Flow 1



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