

RELEASE & RENEW BEGINNER

This program helps you gently end the year and let go. For four weeks, you'll move in ways that support your body and calm your mind. Each class helps you feel better, with flexible rest days and bonus options. Finish the year feeling lighter, stronger, and grateful for your body.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 20 min Gratitude Body Scan ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strength Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Gentle Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 25 min Coming Home To Your Body ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Stillness Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Better Than A Massage ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Gratitude Body Scan ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strength Celebration ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Gentle Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 25 min Coming Home To Your Body ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Stillness Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Better Than A Massage ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 15 min Back & Posture ☆☆☆☆☆	 20 min Hip & Leg Motion ☆☆☆☆☆	 15 min Standing Flow 1 ☆☆☆☆☆	 20 min Beginner Flow Mat 2 ☆☆☆☆☆		

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