

RELEASE & RENEW INTERMEDIATE

This four-week program helps you end the year feeling balanced, mobile, and renewed. You'll follow simple sequences that ease tension, improve balance, and open tight areas. With bonus classes, you can move at your pace and enter the new year feeling fresh and strong

WEEK 1

DAY 1



30 min
Balance
Celebration

☆☆☆☆☆

DAY 2

ACTIVE
REST DAY
(see bonus
videos)

DAY 3



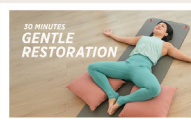
30 min
Mobility
Celebration

☆☆☆☆☆

DAY 4

ACTIVE
REST DAY
(see bonus
videos)

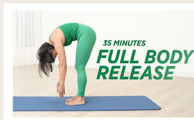
DAY 5



30 min
Gentle
Restoration

☆☆☆☆☆

DAY 6



35 min
Full Body
Release

☆☆☆☆☆

DAY 7

ACTIVE
REST DAY
(see bonus
videos)

WEEK 2



35 min
Release What
You've Carried

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



35 min
Complete &
Celebrate

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



20 min
Standing
Strong

☆☆☆☆☆



15 min
Realign Your
Entire Body

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)

WEEK 3



30 min
Balance
Celebration

☆☆☆☆☆

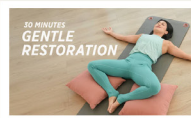
ACTIVE
REST DAY
(see bonus
videos)



30 min
Mobility
Celebration

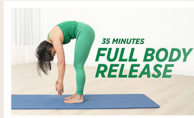
☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



30 min
Gentle
Restoration

☆☆☆☆☆



35 min
Full Body
Release

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)

WEEK 4



35 min
Release What
You've Carried

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



35 min
Complete &
Celebrate

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



20 min
Standing
Strong

☆☆☆☆☆



15 min
Realign Your
Entire Body

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)

BONUS



15 min
Breath Work

☆☆☆☆☆



15 min
Everyday Core

☆☆☆☆☆



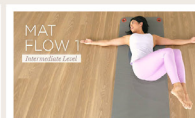
15 min
Back Flow 1

☆☆☆☆☆



15 min
Standing Flow 1

☆☆☆☆☆



20 min
Short Mat Flow 1

☆☆☆☆☆

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