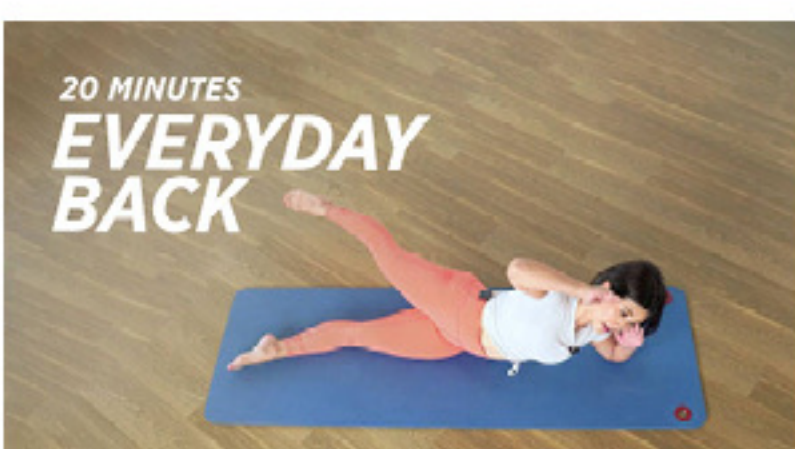
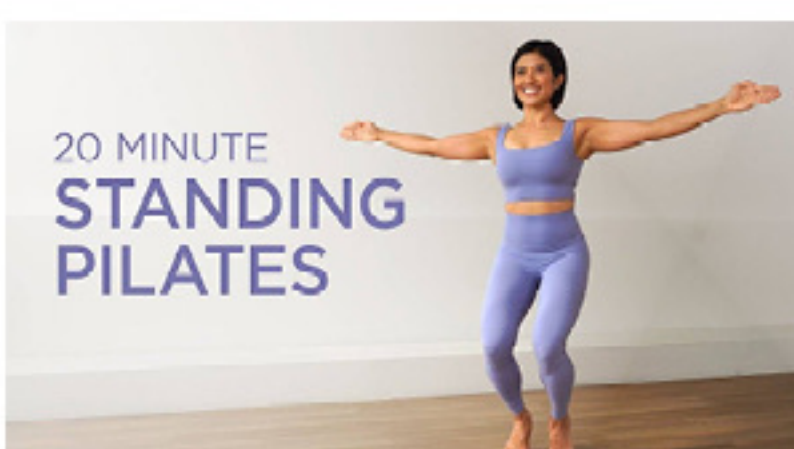


FEELS BETTER THAN A MASSAGE INTERMEDIATE PROGRAM

This program takes you deeper into release and freedom with longer, more dynamic sessions. Over four weeks, you'll melt away layers of tension you didn't even know you were holding. Each class guides you through flowing movements that unlock your spine, shoulders, hips, and legs while building strength and flexibility.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 30 min The Melting Sequence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Deep Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Tension Relief ☆☆☆☆☆	 35 min Full Body Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 35 min Release What You've Carried ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Dynamic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Upper Body Freedom ☆☆☆☆☆	 35 min Full Range Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min The Melting Sequence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Deep Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Tension Relief ☆☆☆☆☆	 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)	 30 min Dynamic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Upper Body Freedom ☆☆☆☆☆	 35 min Full Range Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 20 min Everyday Core ☆☆☆☆☆	 20 min Everyday Back ☆☆☆☆☆	 20 min Hip Flow 1 ☆☆☆☆☆	 20 min Standing Pilates ☆☆☆☆☆		

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