

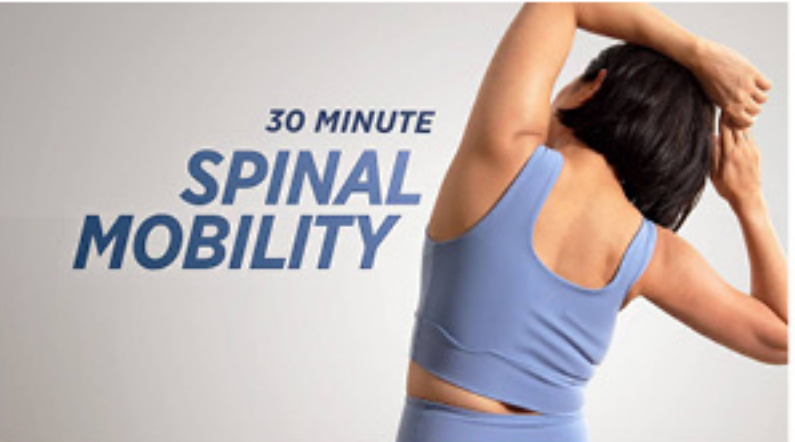
SPINE SPACING BEGINNER PROGRAM

This beginner-friendly program gives your spine what it's been craving: space to breathe. Through gentle classes, you'll release tension, create length, and discover more freedom in your body. You'll work through your neck, shoulders, and lower back with simple movements that feel good and teach your spine to decompress naturally. This is your journey to feeling spacious and free from the inside out.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 25 min Discover Your Compression Patterns ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Neck & Shoulder Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Lengthen Your Lower Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)

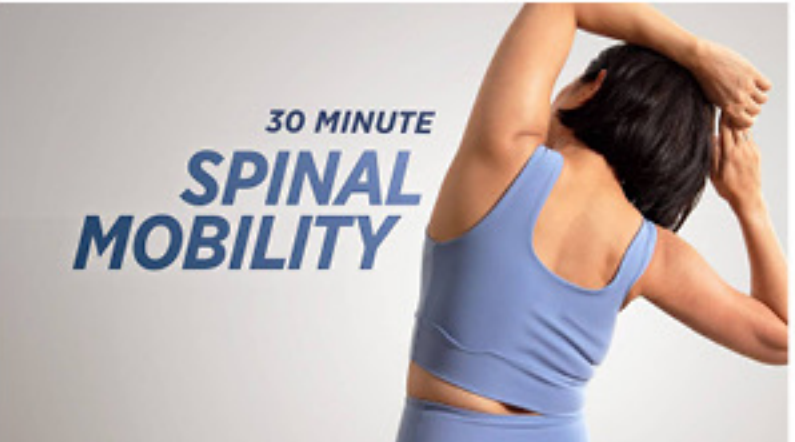
WEEK 2

 20 min Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Spinal Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Gentle Spine Awakening ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
---	--	---	--	---	--	--

WEEK 3

 25 min Discover Your Compression Patterns ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Neck & Shoulder Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Lengthen Your Lower Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
---	--	---	--	---	--	--

WEEK 4

 20 min Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Spinal Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Gentle Spine Awakening ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
---	--	---	--	---	--	--

BONUS

 10 min Breathing ☆☆☆☆☆	 15 min Everyday Pilates ☆☆☆☆☆	 20 min The Central Anchor ☆☆☆☆☆	 15 min Hip Strength ☆☆☆☆☆	 15 min Stretch Routine ☆☆☆☆☆
--	---	--	---	--

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