

SPINE SPACING INTERMEDIATE PROGRAM

You'll explore flowing movements, targeted releases, and precise alignment work that challenges your awareness and control. Each class builds on the last, guiding you through your upper body, full spine, and integrated movements that teach your body to move with more ease. This is your journey to mastering spinal decompression from the inside out.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 35 min Cervical & Thoracic ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Wave Your Vertebrae ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Integrate Your Space ☆☆☆☆☆	 30 min Shoulders & Thoracic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Spine Forward Flexion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Spine Mobility Rotation ☆☆☆☆☆	 30 min Spine Mobility - Full Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 35 min Cervical & Thoracic ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Wave Your Vertebrae ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Integrate Your Space ☆☆☆☆☆	 30 min Shoulders & Thoracic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Spine Forward Flexion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Spine Mobility Rotation ☆☆☆☆☆	 30 min Spine Mobility - Full Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 10 min Abdominal Strength ☆☆☆☆☆	 15 min Standing Spine & Shoulders Focus ☆☆☆☆☆	 20 min Quick Flow 1 ☆☆☆☆☆	 15 min Realign Your Body ☆☆☆☆☆		

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