

WALKING ON AIR FOUNDATION PROGRAM

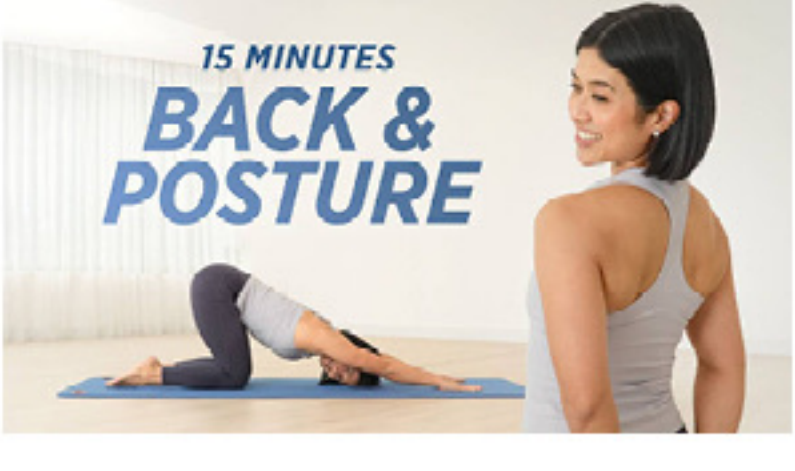
Three days a week. Four weeks.

One goal: teaching your body to stand tall without trying. Walk on Air: Foundation trains the deep postural muscles that make effortless posture possible — so by Day 28, the lightness you feel after class follows you everywhere.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 20 min Postural Muscles ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Stack and Breathe ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min The Long Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)

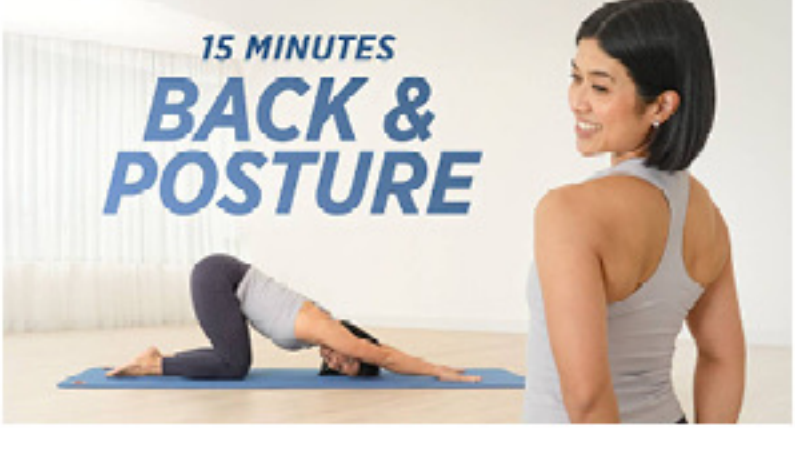
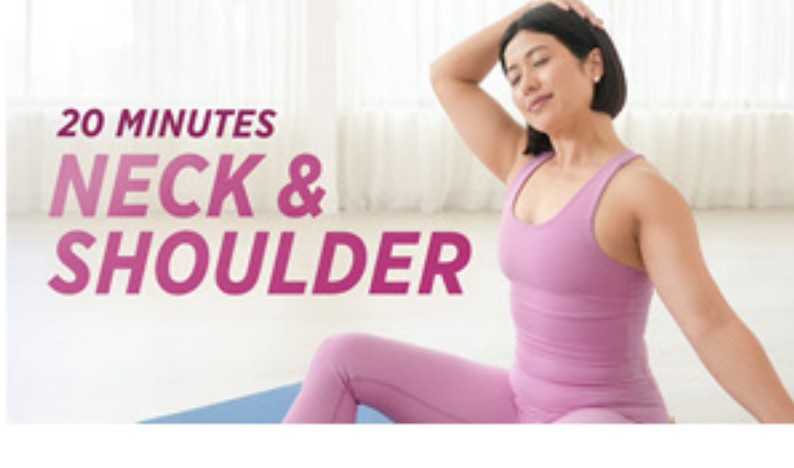
WEEK 2

 15 min Back & Posture ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min The Art Of Stacking Your Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Neck & Shoulder Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
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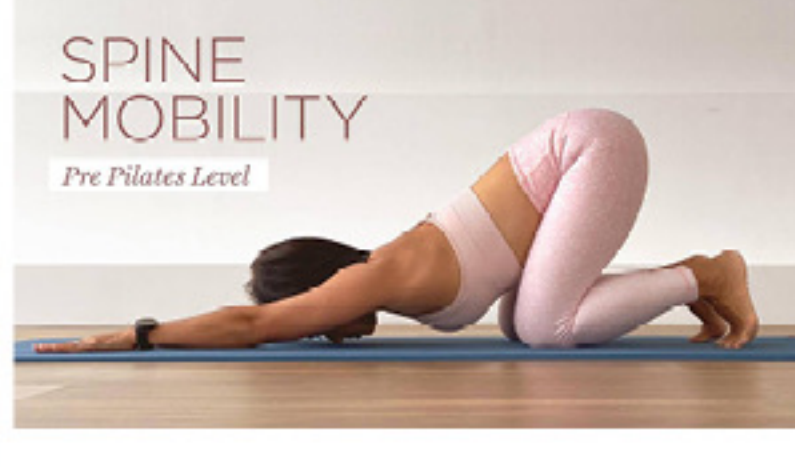
WEEK 3

 20 min Postural Muscles ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Stack and Breathe ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min The Long Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
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WEEK 4

 15 min Back & Posture ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min The Art Of Stacking Your Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Neck & Shoulder Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
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BONUS

 10 min Breathing ☆☆☆☆☆	 10 min Pilates Core Strengthening ☆☆☆☆☆	 15 min Spine Mobility ☆☆☆☆☆	 15 min Full Body BASI ☆☆☆☆☆	 15 min Stretch Routine ☆☆☆☆☆
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You are welcome to add bonus classes
anywhere your body needs them.