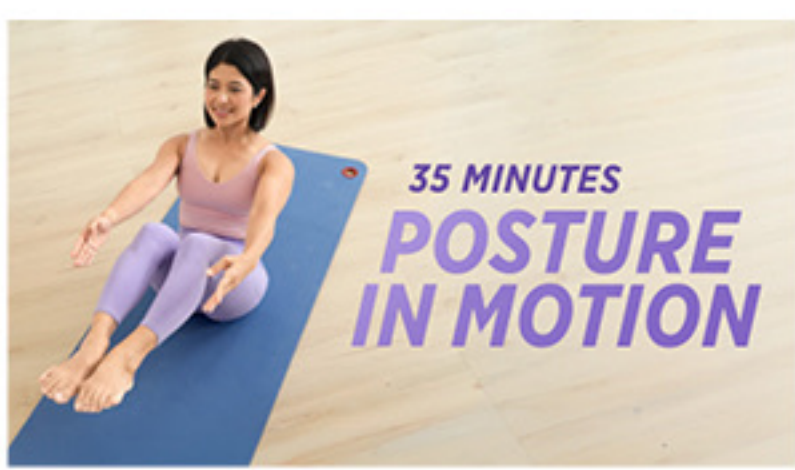
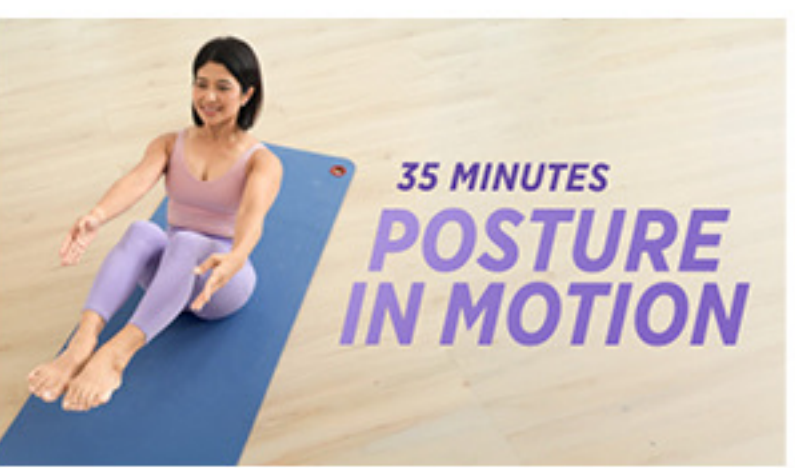
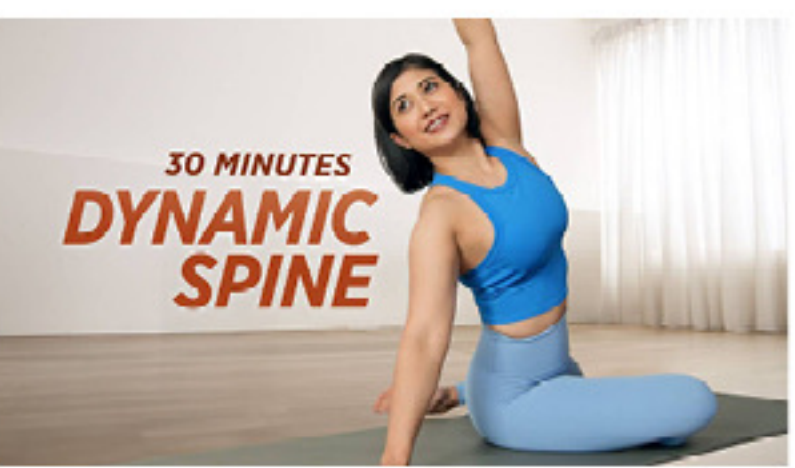


WALKING ON AIR INTERMEDIATE PROGRAM

Four days a week. Four weeks.

The full postural system trained as one. Walk on Air: Strength builds on foundational awareness to create genuine endurance — so good alignment stops being something you access after a session and becomes simply how you move through the world.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 25 min Stack and Breathe ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min The Long Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min The Invisible Corset ☆☆☆☆☆	 35 min Rooted To Rise ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 35 min Posture In Motion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Back Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Spine Stretch & Mobility ☆☆☆☆☆	 30 min Dynamic Legs & Hips ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min The Invisible Corset ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Rooted To Rise ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Posture In Motion ☆☆☆☆☆	 30 min Dynamic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Back Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Spine Stretch & Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Dynamic Spiral ☆☆☆☆☆	 30 min Dynamic Legs & Hips ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 20 min Everyday Core ☆☆☆☆☆	 20 min Quick Flow 1 ☆☆☆☆☆	 20 min Hip Flow 1 ☆☆☆☆☆	 20 min Standing Pilates ☆☆☆☆☆		

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