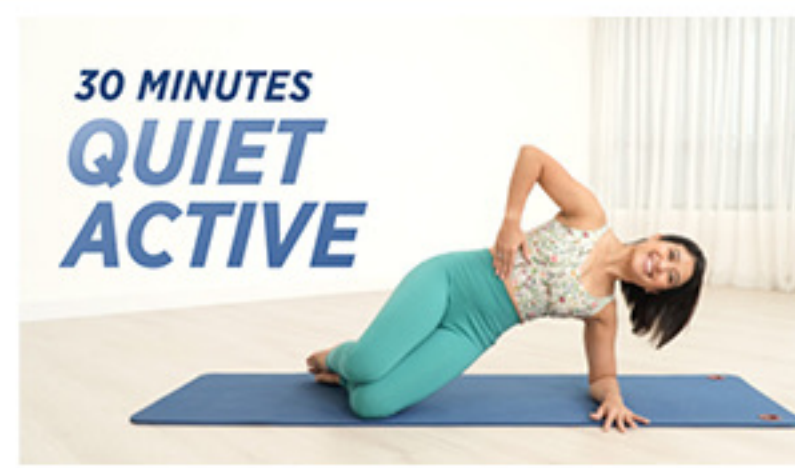
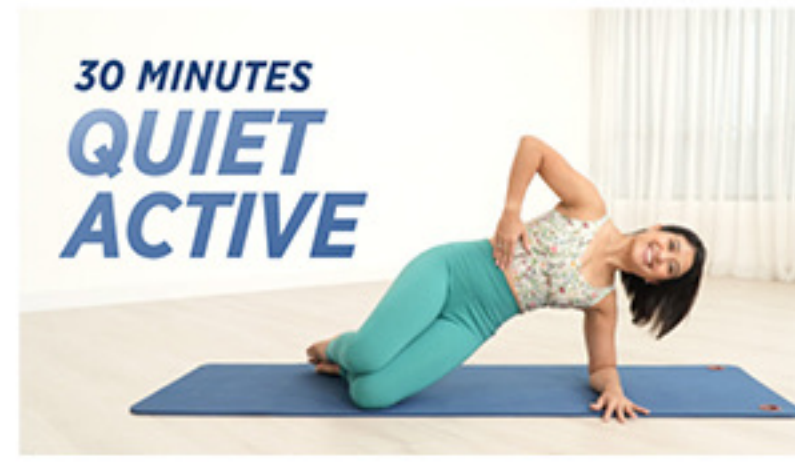


# REACHING YOUR DEEP CORE FOUNDATION PROGRAM

Reaching Your Deep Core Foundation Program is 28 days of finding the muscles that actually support your spine — and letting them work. Built for beginners, those returning after time away, and anyone whose back has never quite settled. By the end, it holds. Without thinking about it.

|        | DAY 1                                                                                                                                  | DAY 2                                                                                                                                         | DAY 3                                                                                                                                                       | DAY 4                                                                                                                              | DAY 5                                                                                                                                 | DAY 6                                         | DAY 7                                         |
|--------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------|
| WEEK 1 |  <p>25 min<br/>Beneath The Surface</p> <p>☆☆☆☆☆</p>  | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                 |  <p>30 min<br/>The Breath Connection</p> <p>☆☆☆☆☆</p>                    | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                      |  <p>30 min<br/>Quiet Activation</p> <p>☆☆☆☆☆</p>  | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| WEEK 2 |  <p>30 min<br/>Core Connect</p> <p>☆☆☆☆☆</p>        | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                 |  <p>30 min<br/>Core Centric</p> <p>☆☆☆☆☆</p>                            | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                      |  <p>30 min<br/>Core Creative</p> <p>☆☆☆☆☆</p>    | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| WEEK 3 |  <p>25 min<br/>Beneath The Surface</p> <p>☆☆☆☆☆</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                 |  <p>30 min<br/>The Breath Connection</p> <p>☆☆☆☆☆</p>                   | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                      |  <p>30 min<br/>Quiet Activation</p> <p>☆☆☆☆☆</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| WEEK 4 |  <p>30 min<br/>Core Connect</p> <p>☆☆☆☆☆</p>        | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                 |  <p>30 min<br/>Core Centric</p> <p>☆☆☆☆☆</p>                            | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                      |  <p>30 min<br/>Core Creative</p> <p>☆☆☆☆☆</p>    | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| BONUS  |  <p>10 min<br/>Breathing</p> <p>☆☆☆☆☆</p>           |  <p>10 min<br/>Pilates Core Strengthening</p> <p>☆☆☆☆☆</p> |  <p>10 min<br/>Upper Back &amp; Shoulder Strengthening</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Foot Mobility</p> <p>☆☆☆☆☆</p> |  <p>10 min<br/>Pilates Workout</p> <p>☆☆☆☆☆</p>  |                                               |                                               |

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