



## Level One Schedule

DAY	CURRICULUM
<b>1</b>	<b>Learn the Arch &amp; Flatten</b>
2	Practice the Arch & Flatten
3	Practice the Arch & Flatten
<b>4</b>	<b>Learn the Back Lift</b>
5	Practice the Back Lift
6	Practice the Back Lift
<b>7</b>	<b>Learn the Arch &amp; Curl</b>
8	Practice the Arch & Curl
9	Practice the Arch & Curl
<b>10</b>	<b>Daily Practice Class 1</b>
11	Use Daily Practice Class 1
12	Use Daily Practice Class 1
13	Use Daily Practice Class 1
<b>14</b>	<b>Learn the Side Curl</b>
15	Practice the Side Curl
16	Practice the Side Curl
<b>17</b>	<b>Learn the One-Sided Arch &amp; Curl</b>
18	Practice the One-Sided Arch & Curl
19	Practice the One-Sided Arch & Curl
<b>20</b>	<b>Learn the Iliopsoas Release</b>
21	Practice the Iliopsoas Release
22	Practice the Iliopsoas Release
<b>23</b>	<b>Daily Practice Class 2</b>
24	Use Daily Practice Class 1 or 2
25	Use Daily Practice Class 1 or 2
26	Use Daily Practice Class 1 or 2
<b>27</b>	<b>Learn Hip Slides &amp; Hip Raises</b>
28	Practice Hip Slides & Hip Raises
29	Practice Hip Slides & Hip Raises
<b>30</b>	<b>Learn the Diagonal Arch &amp; Curl</b>
31	Practice the Diagonal Arch & Curl
32	Practice the Diagonal Arch & Curl
<b>33</b>	<b>Learn the Washcloth</b>
34	Practice the Washcloth
35	Practice the Washcloth

- 36**     **Daily Practice Class 3**
- 37     Use Daily Practice Class 1, 2 or 3
- 38     Use Daily Practice Class 1, 2 or 3
- 39     Use Daily Practice Class 1, 2 or 3
- 40**     **Learn Hip Circles**
- 41     Practice Hip Circles
- 42     Practice Hip Circles
- 43**     **Learn Hip Rotation**
- 44     Practice Hip Rotation
- 45     Practice Hip Rotation
- 46**     **Learn the Flowering Arch & Curl**
- 47     Practice the Flowering Arch & Curl
- 48     Practice the Flowering Arch & Curl
- 49**     **Daily Practice Class 4**
- 50     Use Daily Practice Class 1, 2, 3 or 4
- 51     Use Daily Practice Class 1, 2, 3 or 4
- 52     Use Daily Practice Class 1, 2, 3 or 4
- 53**     **Level One Daily Practice Class**