



## Level One Schedule

DAY	CURRICULUM	DAY	CURRICULUM
<b>1</b>	<b>Learn the Arch &amp; Flatten and Back Lift</b>	<b>33</b>	<b>Daily Practice Class 3</b>
2	Practice the Arch & Flatten and Back Lift	34	Use Daily Practice Class 1, 2 or 3
3	Practice the Arch & Flatten and Back Lift	35	Use Daily Practice Class 1, 2 or 3
<b>4</b>	<b>Learn the Arch &amp; Curl</b>	<b>36</b>	Use Daily Practice Class 1, 2 or 3
5	Practice the Arch & Curl	37	<b>Learn Hip Circles</b>
6	Practice the Arch & Curl	38	Practice Hip Circles
<b>7</b>	<b>Daily Practice Class 1</b>	39	Practice Hip Circles
8	Use Daily Practice Class 1	<b>40</b>	<b>Learn Hip Rotation</b>
9	Use Daily Practice Class 1	41	Practice Hip Rotation
<b>10</b>	Use Daily Practice Class 1	42	Practice Hip Rotation
<b>11</b>	<b>Learn the Side Curl</b>	<b>43</b>	<b>Learn the Flowering Arch &amp; Curl</b>
12	Practice the Side Curl	44	Practice the Flowering Arch & Curl
13	Practice the Side Curl	45	Practice the Flowering Arch & Curl
<b>14</b>	<b>Learn the One-Sided Arch &amp; Curl</b>	<b>46</b>	<b>Learn the Hamstring Release</b>
15	Practice the One-Sided Arch & Curl	47	Practice the Hamstring Release
16	Practice the One-Sided Arch & Curl	48	Practice the Hamstring Release
<b>17</b>	<b>Learn the Iliopsoas Release</b>	<b>49</b>	<b>Daily Practice Class 4</b>
18	Practice the Iliopsoas Release	50	Use Daily Practice Class 1, 2, 3 or 4
19	Practice the Iliopsoas Release	51	Use Daily Practice Class 1, 2, 3 or 4
<b>20</b>	<b>Daily Practice Class 2</b>	52	Use Daily Practice Class 1, 2, 3 or 4
21	Use Daily Practice Class 1 or 2	<b>53</b>	<b>Level One Daily Practice Class</b>
22	Use Daily Practice Class 1 or 2		
<b>23</b>	Use Daily Practice Class 1 or 2		
<b>24</b>	<b>Learn Hip Slides &amp; Hip Raises</b>		
25	Practice Hip Slides & Hip Raises		
26	Practice Hip Slides & Hip Raises		
<b>27</b>	<b>Learn the Diagonal Arch &amp; Curl</b>		
28	Practice the Diagonal Arch & Curl		
29	Practice the Diagonal Arch & Curl		
<b>30</b>	<b>Learn the Washcloth</b>		
31	Practice the Washcloth		
32	Practice the Washcloth		