

WEEK

HEALED
Birthmark Sisterhood

MONDAY

Stretch

TUESDAY

Restorative Walk

WEDNESDAY

Core

THURSDAY

Restorative Walk

FRIDAY

Foundations

SATURDAY

Stretch

SUNDAY

Restorative Walk

NOTES:

- Listen to your body
- Go gently
- REST is best
- Be mindful of your movements
- Focus on alignment & posture
- Gradually build up restorative walking
- Establish correct breathing technique

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