

Week 1

Mindfulness & Movement Experience Building Low Back Longevity + Emotional Resilience

WED, Jan 12	11:30-Noon PST: EXPERIENCE KICKOFF
THUR, Jan 13	Pre-Recorded: INTERNAL SELFIES 8-8:45am PST: CHECKPOINT #1 - Reconnect Your Brain and Body
FRI, Jan 14	Pre-Recorded: LETTING GO 8-8:45am PST: SELF-ASSESSMENTS with Dr. T
SAT, Jan 15	Pre-Recorded: LETTING GO OF YOUR STORY
SUN, Jan 16	Pre-Recorded: FINDING THE BREATH
MON, Jan 17	Pre-Recorded: BRINGING AWARENESS TO THE BODY 8-9am PST: DR. T TIME Q&A + Focus on Low Back Imbalances 1-1:30pm PST: SECRET BACK RELIEF EXERCISE with Coach Ray
TUES, Jan 18	Pre-Recorded: MINDFUL LISTENING 8-8:30am PST: SLEEP, EMOTIONS AND PAIN with Dr. Marissa
WED, Jan 19	Pre-Recorded: WALKING MEDITATION 8-8:30am PST: MINDFUL YOGA with Will Schneider

All live sessions will be recorded and available within 24 hrs

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Week 2

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- THUR, Jan 20** Pre-Recorded: ESCAPING INTO NATURE
7:30-8am PST: THE STRENGTH DRILL FOR THE LOW BACK with Coach Lindsay
8-8:45am PST: CHECKPOINT #2 - Getting Better at Mediation & Mobility
- FRI, Jan 21** Pre-Recorded: EQUANIMITY
9:30-10am PST: WHAT TO EAT TO AVOID INFLAMMATION with Chef Nikki
- SAT, Jan 22** Pre-Recorded: CALMING THE MIND
- SUN, Jan 23** Pre-Recorded: OVERCOMING DISTRACTION
- MON, Jan 24** Pre-Recorded: HANDLING DIFFICULT EMOTIONS
8-8:45am PST: DR. T TIME Q&A plus Low Back Movement Routine
1-1:30pm PST: THE GO TO WARM-UP FOR THE LOW BACK with Coach Ray
- TUES, Jan 25** Pre-Recorded: BEING AT PEACE WITH PAIN
9:30-10am PST: PAIN SCIENCE AND THE LOW BACK with Dr. Marissa
- WED, Jan 26** Pre-Recorded: MEDITATING WITH PAIN
8-8:30am PST: MINDFUL YOGA with Will Schneider

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Week 3

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THUR, Jan 27	Pre-Recorded: OVERCOMING SELF-DOUBT 7:30-8am PST: GO-TO LOW BACK WARM-UP with Coach Lindsay 8-8:45am PST: CHECKPOINT #3 - Repatterning Movement, Food & Mindset
FRI, Jan 28	Pre-Recorded: ALLEVIATING ANXIETY 9:30-10am PST: MOOD AND FOOD CYCLE with Chef Nikki
SAT, Jan 29	Pre-Recorded: DIFFUSING DEPRESSION
SUN, Jan 30	Pre-Recorded: FINDING FULFILLMENT IN THE NOW
MON, Jan 31	Pre-Recorded: GRATITUDE 8-8:45am PST: DR. T TIME Q&A + HOW TO LOAD THE LOW BACK
TUES, Feb 1	Pre-Recorded: LOVING KINDNESS 8-8:45am PST: CLOSEOUT ASSESSMENTS with Dr. T
WED, Feb 2	Pre-Recorded: TYING IT ALL TOGETHER 8-8:30am PST: MINDFUL YOGA with Will Schneider
THUR, Feb 3	8-8:30am PST: CHECKPOINT #4 - What's Next + Awards

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