

Week 1

Mindfulness & Movement Experience

Fix Your Neck, Back and Habits

WED, May 18	2:30-3pm EST: EXPERIENCE KICKOFF
THUR, May 19	Pre-Recorded: INTERNAL SELFIES 11-11:45am EST: CHECKPOINT #1 - Reconnect Your Brain and Body
FRI, May 20	Pre-Recorded: LETTING GO 11-11:45am EST: SELF-ASSESSMENTS with Dr. T
SAT, May 21	Pre-Recorded: LETTING GO OF YOUR STORY
SUN, May 22	Pre-Recorded: FINDING THE BREATH
MON, May 23	Pre-Recorded: BRINGING AWARENESS TO THE BODY 11am-Noon EST: Q&A + FINDING YOUR NECK & BACK ASYMMETRIES with Dr. T 4-4:30pm EST: SECRET NECK RELIEF EXERCISE with Coach Lindsay
TUES, May 24	Pre-Recorded: MINDFUL LISTENING 12:30-1:00pm EST: SLEEP, STRESS and BURNOUT with Dr. Marissa
WED, May 25	Pre-Recorded: WALKING MEDITATION 11-11:30am EST: SPINE FLEXIBILITY with Will Schneider

All live sessions will be recorded and available within 24 hrs

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Week 2

Mindfulness & Movement Experience

Fix Your Neck, Back & Habits

THUR, May 26

Pre-Recorded: **ESCAPING INTO NATURE**

10:30-11am EST: **THE THORACIC RELEASE DRILL** with Coach Lindsay

11-11:45am EST: **CHECKPOINT #2 - What New Habits Do You Want to Build?**

FRI, May 27

Pre-Recorded: **EQUANIMITY**

12:30-1pm EST: **YOUR BELLY AND YOUR BRAIN** with Chef Nikki

SAT, May 28

Pre-Recorded: **CALMING THE MIND**

SUN, May 29

Pre-Recorded: **OVERCOMING DISTRACTION**

MON, May 30

Pre-Recorded: **HANDLING DIFFICULT EMOTIONS**

11-11:45am EST: **DR. T TIME Q&A plus Solving Your Neck's Asymmetries**

4-4:30pm EST: **A NECK ASYMMETRY BUSTING DRILL** with Coach Ray

TUES, May 31

Pre-Recorded: **BEING AT PEACE WITH PAIN**

12:30-1pm EST: **THE HABITS AROUND US - How our Surroundings Make or Break our Habits** with Dr. Marissa

WED, Jun 1

Pre-Recorded: **MEDITATING WITH PAIN**

11-11:30am EST: **HABITS AND STILLNESS** with Will Schneider

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Week 3

Mindfulness & Movement Experience

Fix Your Neck, Back & Habits

THUR, Jun 2

Pre-Recorded: **OVERCOMING SELF-DOUBT**

10:30-11am EST: **GO-TO LOW BACK & NECK WARM-UP** with Coach Lindsay

11-11:45am EST: **CHECKPOINT #3 - Re-Pattern Movement, Food & Mindset**

FRI, Jun 3

Pre-Recorded: **ALLEVIATING ANXIETY**

12:30-1pm EST: **RECREATE YOUR FOOD HABITS** with Chef Nikki

SAT, Jun 4

Pre-Recorded: **DIFFUSING DEPRESSION**

SUN, Jun 5

Pre-Recorded: **FINDING FULFILLMENT IN THE NOW**

MON, Jun 6

Pre-Recorded: **GRATITUDE**

11-11:45am EST: **DR. T TIME Q&A + NECK & BACK HEALTH ROUTINE**

TUES, Jun 7

Pre-Recorded: **LOVING KINDNESS**

11-11:45am EST: **CLOSEOUT ASSESSMENTS** with Dr. T

WED, Jun 8

Pre-Recorded: **TYING IT ALL TOGETHER**

11-11:30am EST: **MAINTAIN A HEALTHY SPINE** with Will Schneider

THUR, Jun 9

11-11:30am EST: **CHECKPOINT #4 - What's Next + Awards**