

This is the recommended pace of TWO practice sessions per WEEK,  
but you can go faster if you wish.

		DAY 1	DAY 2
MODULE 1-3 30-60min per practice	WEEK 1	<i>(ONLY WATCH)</i> <b>Intro (01:45)</b> <b>Start here</b> The Mind-Body Connection (03:14) The Key To A Fluent Body (07:14) The Naturally Confident Dancer (08:32)	<b>Key Dance Techniques</b> Posture (08:00) Contract-Release (07:33) Spinal Undulations (22:16)
	WEEK 2	Flatback & Co. (09:22) Squats & Twists (18:50)	Leg Extension (31:12)
	WEEK 3	Balance (25:43) <i>Optional: Off-Pole routine (22:46)</i>	<i>Optional: Repeat "Balance" or another technique video</i> <b>Off-Pole routine (22:46)</b>
MODULE 4 60-90min per practice	WEEK 4	<b>Head</b> Coming up next (00:40) Technique Head (32:28) Off-Pole routine (22:46)	Technique Head (32:28) Off-Pole routine (22:46)
MODULE 5 90min per practice	WEEK 5	<b>Arms &amp; Hands</b> Technique Arms & Hands (49:06) <i>Optional: Off-Pole routine (22:46)</i>	Technique Arms & Hands (49:06) Off-Pole routine (22:46)
MODULE 6 90min per practice	WEEK 6	<b>Legs &amp; Feet</b> Technique Legs & Feet (59:35) <i>optional Off-Pole routine (19:35)</i>	Technique Legs & Feet (59:35) Off-Pole routine (19:35) What's Next? (03:41)