

# 14-Day Wellness Program

## The Lymphatic System

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p><b>LIVE WORKSHOP RECORDING</b></p> <p><b>Lymphatic System</b> with Miranda Esmonde-White</p> <p>🕒 30min</p>	<p><b>Rebalance Your Connective Tissue</b> with Miranda Esmonde-White</p> <p>🕒 30min</p>	<p><b>Body Detox Massage Workshop</b> with Sahra Esmonde-White and Rose Gwet</p> <p>🕒 30min</p>	<p><b>Season 11 Ep.01: Full Body Workout</b> with Miranda Esmonde-White</p> <p>🕒 23min</p>	<p><b>Toning &amp; Cellular Vitality</b> with Sahra Esmonde-White</p> <p>🕒 52min</p>	<p><b>Core Stability</b> with Amanda Cyr</p> <p>🕒 34min</p>	<p><b>Season 12 Ep.12: Hamstring Flexibility</b> with Miranda Esmonde-White</p> <p>🕒 23min</p>
<p><b>LIVE CLASS RECORDING</b></p> <p>with Miranda Esmonde-White</p> <p>🕒 30min</p>		<p><b>Tension Release</b> with Meg Feeney</p> <p>🕒 30min</p>				
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p><b>LIVE CLASS RECORDING</b></p> <p>with Miranda Esmonde-White</p> <p>🕒 30min</p>	<p><b>Full Body Stretching</b> with Miranda Esmonde-White</p> <p>🕒 23min</p>	<p><b>Facial Detox Massage Workshop</b> with Miranda Esmonde-White and Rose Gwet</p> <p>🕒 30min</p>	<p><b>Barre Tone &amp; Release</b> with Gail Garceau</p> <p>🕒 47min</p>	<p><b>Season 10 Ep.10: Zero Impact Cardio</b> with Miranda Esmonde-White</p> <p>🕒 23min</p>	<p><b>Full Body Workout</b> with Jenny Bertrand</p> <p>🕒 30min</p>	<p><b>Relaxation Workout</b> with Alexa Leon</p> <p>🕒 29min</p>
		<p><b>Season 14 Ep. 01: Full Body Alignment</b> with Miranda Esmonde-White</p> <p>🕒 23min</p>				

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 STANDING FLOOR BARRE