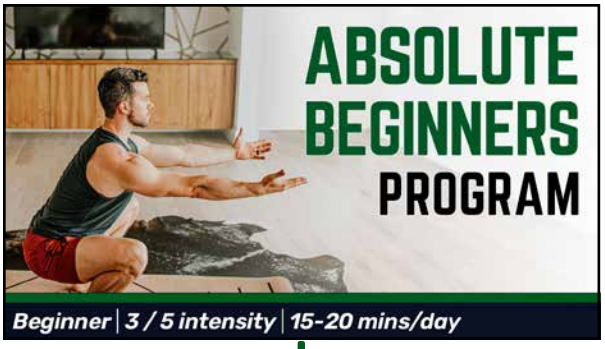
Beginner's Program Path



Absolute Beginners Program

A program designed for absolute beginners to Man Flow Yoga. It's great for people who are new to yoga, newer to fitness in general, and have a lower baseline of physical fitness.

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 3 / 5 intensity | 15-20 mins/day | 3, 5, or 7 days per week

Progression: Complete each workout in the cycle once; repeat 4-8x.



Explorer Series: Beginner 1

An all-purpose series for beginners that explores a variety of Members' Area workouts. Try out different styles of workouts and routines as you cover different topics, learn new things, and practice new postures.

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 3 / 5 intensity | 5-20 mins/day | 4-7 days per week

Progression: Complete each workout in the Program once



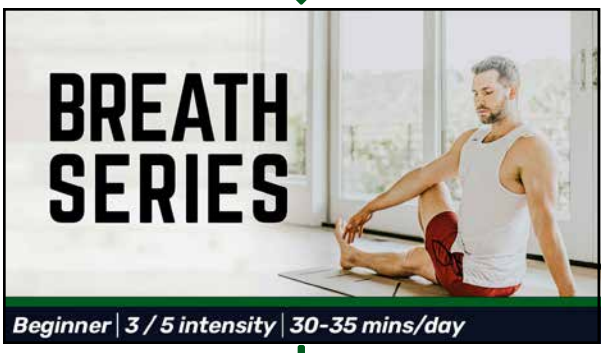
Beginner's FUNdamentals

Learn yoga at an easy-to-follow pace as you increase flexibility, build strength, and improve your balance in just about 30 minutes per day.

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 3 / 5 intensity | 30 mins/day | 3-5 days per week

Progression: Complete each workout in the cycle once; repeat 4-8x.



The Breath Series

A beginner-friendly yoga program to take your breathing to the next level. About breath above all else, you'll practice improved breathing and breath awareness, all while building strength, flexibility, and balance.

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 3 / 5 intensity | 30-35 mins/day | 3, 5, or 7 days per week

Progression: Complete each workout in the cycle once; repeat 4-8x.



Strength Foundations Course

Using a combination of yoga, physical therapy, bodyweight exercise, and resistance training, you'll do all of those exercises you should be doing but properly don't, to improve your muscle activation, correct movement patterns, and address root causes of pain and dysfunction at the source.

Required Tools: Yoga Mat, 2 Blocks, Strap, Resistance Bands*

Beginner | 4 / 5 intensity | 30-40 mins/day | 3-5 days per week

Progression: Complete each workout in the Program once

** Find Resistance Bands here:* ***go.mfy.tv/bands***

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Beginner's Program Path



Explorer Series: Beginner 2

Shorter, tutorial focused workouts to dial in specifics, with a few challenges and restorative routines to keep you entertained. Day 4 of each week is a higher intensity session (4) that is 30 minutes long. Day 7 of each week is a longer (35-39 minute) Restorative Workout

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 3 / 5 intensity | 5-40 mins/day | 4-7 days per week

Progression: Complete each workout in the Program once.



Morning Yoga for Guys 40+

Ease into your day with a variety of gentle morning yoga routines. Work on strength and flexibility and also help you get centered and ready to approach the day with a sense of calm and focus.

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 3 / 5 intensity | 25 mins/day | 3-6 days per week

Progression: Complete each workout in the cycle once; repeat 4-8x.



Build The Habit

A four week, 5 workout per week challenge that's focused on helping you build the habit of consistent yoga. In addition to a series of increasingly challenging, beginner-friendly workouts, you'll also receive a daily lesson that talks about the science behind habit formation.

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 3 / 5 intensity | 35-45 mins/day | 5 days per week

Progression: Complete each workout in the challenge once; repeat as desired



The Core Necessities

A comprehensive core program to strengthen your abdominal muscles, hips, and lower-back. This program guides you through a series of core-focused workouts to address the most common core weaknesses that lead to issues like back pain, anterior pelvic tilt, and overall poor posture.

Required Tools: Yoga Essentials (Mat, Blocks, Strap)

Beginner | 4 / 5 intensity | 10-35 mins/day | 3-6 days per week

Progression: 3 phases with 6 workouts each; repeat workouts in each phase 1-4x before moving on to the next phase.



90 Days to Flexible

A long-term program to get your body feeling stronger and more flexible. This is a program that pulls together much of what you've explored as a beginner to Man Flow Yoga - and many new things that you haven't - to help you make the transition from a beginner to an intermediate user of Man Flow Yoga.

Required Tools: Yoga Mat, 2 Blocks, Strap

Beginner | 3 / 5 intensity | 30-60 mins/day | 3-5 days per week

Progression: 3 phases of 10 workouts each (30 workouts total) Repeat workouts in a single phase 2-4x before moving on to the ext phase.

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