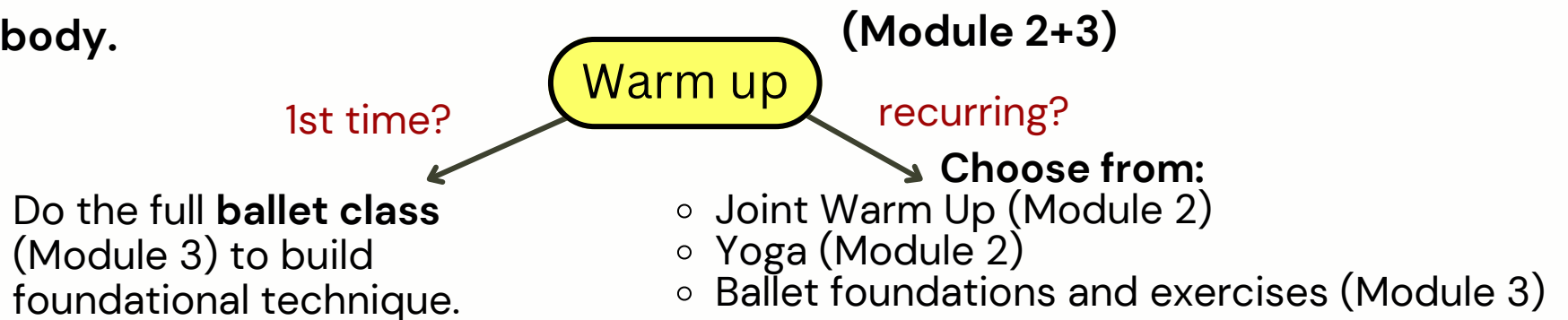


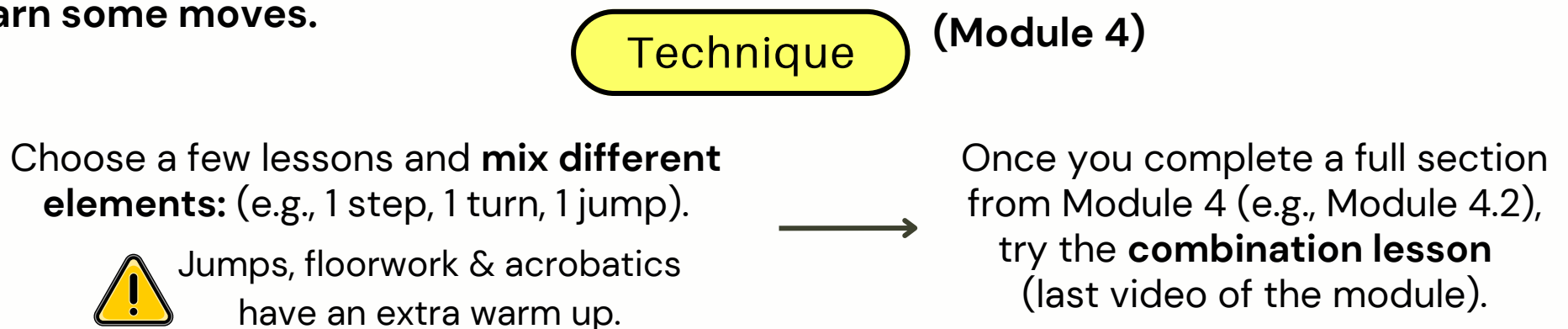
# Daily Training Plan

## DANCE FOR FLOWARTISTS - ONLINE COURSE

### Prepare the body.



### Lets learn some moves.

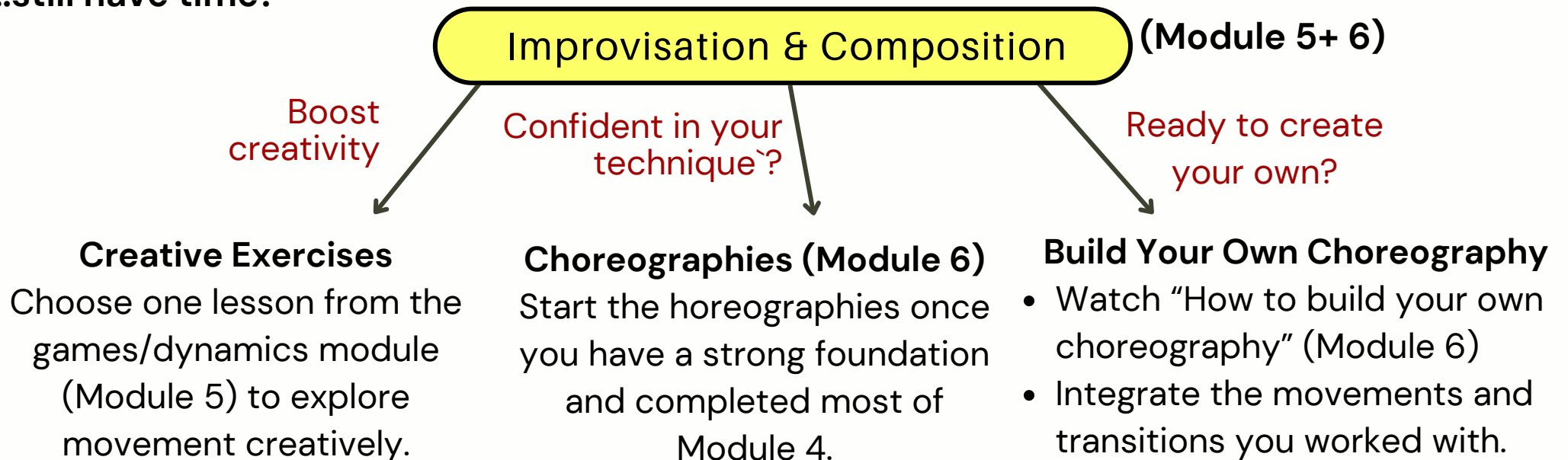


### Time to integrate!

#### Fluid Motion Practice

- Take your prop and play with the new move(s).
  - Try different variations with props and explore transitions.
  - Film yourself to review your progress and transitions.
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### ...still have time?



### Close the practise.

#### Cool Down (Module 7)

Cooling down helps release tension and support recovery and relaxation.

#### Select a Cool Down that works for you:

- With a mat (floor-based stretching)
  - Standing cool-down (without going to the floor)
  - Your own personal stretch routine
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