



MINT CONDITION

MIND AND BODY

by jennifer mckinney

Foundations

FLOW WITH THE SEASONS

“Live each season as it passes; breathe the air, drink
the drink, taste the fruit, and resign yourself
to the influences of each.

— Henry David Thoreau

Just like we are affected by the moon and the sun, simply for when to sleep and when to rise, we are also affected by the overall energies of each season. I created this program with the seasonal energies in mind so that the connection of our bodies and our environment flow together, instead of push against.

Don't forget!
I'm only an email away!
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flow

with the

seasons

ENERGETICALLY

Foundations is an online wellness program that follows

the energies of the seasons when programing workouts and yoga flows.



winter

DECEMBER - FEBRUARY

Go inward & invite in
physical restoration.

Focusing on basic strength training and yoga for range of motion, the body is being prepared for more intensity moving into the Spring and given time to heal any nagging injuries. In December we will go even further inward with a Meditation Challenge.



spring

MARCH - MAY

Time for growth.

Turning up the intensity slightly will help your body build strength and lovingly stretch your limits. Getting creative with new fitness toys/equipment and bringing some focus to a new season of healthy foods will have you cruising into a fun-filled Summer.



summer

JUNE - AUGUST

Challenge and celebrate your body.

Challenging the body and taking workouts outside will prime your body for active summer activities. Workouts will feel more like play and will give you a chance to connect with others. Going hard, in a safe manner, for these few months will leave your body feeling ready for a scaled back Fall.



fall

SEPTEMBER - NOVEMBER

Checking in with your habits.

Schedules get busy and without the foundational habits life can pull us away from our goals rather quickly. Taking time to boost our self care and choosing minimalist workouts will help keep your energy levels flowing to handle the hustle and bustle of the Holiday Season.



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