

PETRA LEHMAN-BRAUER'S

21 DAY MOBILITY

program



CREATEPOWERYOGA.COM



Welcome!

Congratulations on signing up for the 21-day
Mobility Challenge!

At the end of your 21 days, you will have a greater understanding of the way your body functions and find more mobility and efficiency in your movement. You will have completed not only a physical challenge, but also one of mindfulness and curiosity. Get ready for 3 weeks of exploration, exercise and insight.

DISCLAIMER

The information provided in this guide is provided "as is" and is intended to promote general health improvement through healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this guide as a substitute for the health advice, diagnosis or treatment from a qualified professional.

Everyone will have their own specific needs and the information and recommendations contained in this guide are designed as a set of "generic guidelines" only. This guide does not consider any person's specific objectives, situations, or individual requirements.

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INTRODUCTION

This program is best approached with curiosity, as any learning should be. “Beginner’s mind” is integral to yoga. We don’t always know what we don’t know. As you start this challenge, try dropping everything you think you know about your practice, and explore what IS. Being curious allows us to be in the experience we are having now. When we are curious, we are more likely to notice our body’s feedback and discover something new.

As you move through the program, remember that everyone begins in a different place. Your poses and movements won’t look like mine, or your friends, or like an Instagram influencer. They’ll look like yours. I talk about how to vary poses and movements throughout the challenge – take what you need and explore what works in your body and watch your progress. This is not about an end-goal, it’s about the progress made from YOUR starting point.

I’m not going to lie – this will be challenging! If you have a tough day, pick it up again tomorrow. Recruit your family and friends to move through the program with you and support each other. Dedicate yourself to your rest days with the same determination as your movement days. Most of all, ENJOY discovering your amazing body and all it can do.



Petra

START RIGHT (NOW)

This program is not just about mobility, it's about learning about how your body works, how it moves, and exploring your relationship with your own thoughts. To get the most out of this program:

1

USE THE LESSONS: The bonus lessons that I've built into this program take your challenge to a new level, and each one will directly relate that that day's workout. Take 3 extra minutes each day to fully engage in this program. Some lessons are videos built into the playlist, and some are written lessons in the video descriptions.

2

IMPLEMENT THE MANTRAS: Your relationship with yourself is not just physical. Each day of this program will give you an intention (mantra) to live by and reflect on that day. Your daily mantra and explanation can be found in the daily video description.

3

SET YOUR SCHEDULE: Find the time of day that works best for you to take 35-minutes of movement and curiosity. Having a plan and routine makes any practice more sustainable.

4

ENLIST SUPPORT: Starting something within a community of support is one of the best ways to engage and commit. Share the program with a partner, friend, or social media and enjoy moving through the workouts together and sharing your progress.

5

REACH OUT: Feeling stuck or unsure? Reach out! E-mail me at createpoweryoga@gmail.com or DM @createpoweryoga on Instagram. We will work out what is feeling confusing or limiting to help you continue with excitement and confidence.

EQUIPMENT

You can do this program fully with only your body and minimal space. However, there are days where some props can be really helpful to move more deeply into a movement or support yourself in poses. Please don't feel like you have to run out and buy equipment! Here's a list of great things to have, and alternatives that you can probably find in your home right now.



Two 4" yoga blocks are some of yoga's most versatile tools. We use them in a variety of ways to stabilize, support or deepen poses.

Alternative: stacks of hardcover books, a small stool, water bottles/jugs



One 8ft yoga strap helps you reach for your feet or hands when your limbs and range of motion just aren't long enough!

Alternative: belt, long scarf, dog leash



A 4ft long dowel is an incredibly helpful tool for opening the shoulders and accessing twisting movements in alignment.

Alternative: the handle of a broom or mop

Thank-you!

I'm so excited for you to begin your journey with this program! Please reach out to me for support or program questions

Links



E-mail

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Instagram

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