

FIBRE FITNESS

Flowga

7-DAY CHALLENGE

DAY ONE

INTRODUCTION TO #FFFLOWGA
5-MINUTE JOURNAL

DAY 2

5-MINUTE JOURNAL
BREATHING & HEALING

DAY 3

5-MINUTE JOURNAL
BREATHING & HEALING
SUN SALUTATIONS

DAY 4

5-MINUTE JOURNAL
BREATHING & HEALING
SUN SALUTATIONS
MOVE

DAY 5

5-MINUTE JOURNAL
BREATHING & HEALING
SUN SALUTATIONS
MOVE
FEEL

DAY 6

5-MINUTE JOURNAL
BREATHING & HEALING
SUN SALUTATIONS
MOVE
FEEL
ENGAGE

DAY 7

5-MINUTE JOURNAL
BREATHING & HEALING
SUN SALUTATIONS
MOVE
FEEL
ENGAGE
CELEBRATE

#FFFLOWGA