

REBUILD

YOGA FOR SUPERMOMS

WHAT IS THE PROGRAM ABOUT?

You’ve brought life into this world, and now it’s time to rebuild yours.

Rebuild is a 30-day postnatal yoga program, designed by a mother, to help new moms gently reconnect with their bodies, rebuild strength, and find balance again. From breath work and pelvic floor recovery to mindful movement and emotional grounding, every session supports healing at your pace, in your space.

Whether it’s a quiet moment before your baby wakes or calm after a long day, this is where you’ll feel strong, centered, and at home in your body again.

WEEK 1: Reconnect with Your Body (Days 1–7)

Focus: Breath, grounding, gentle mobility, pelvic floor awareness

MON	WEEK 1	DAY 1	Gentle Grounding Flow
TUE		DAY 2	Reconnect & Release
WED		DAY 3	Pelvic Floor Love
THU		DAY 4	Rest / Guided Breath
FRI		DAY 5	Hips & Heart Opener
SAT		DAY 6	Balance & Strength Flow
SUN		DAY 7	Stretch & Restore

WEEK 2: Rebuild Core & Stability (Days 8–14)

Focus: Core activation, posture correction, and rebuilding inner strength safely

MON	WEEK 2	DAY 8	Rebuild Your Core
TUE		DAY 9	Lower Back Support
WED		DAY 10	Balance & Strength Flow
THU		DAY 11	Rest / Gentle Breathwork
FRI		DAY 12	Stretch & Restore
SAT		DAY 13	Hips & Heart Opener
SUN		DAY 14	Return to Stillness – Guided Breath & Dhyana

WEEK 3: Strengthen & Energize (Days 15–21)

Focus: Strength building, endurance, and reawakening energy through mindful movement

MON	WEEK 3	DAY 15	Strengthen & Lengthen
TUE		DAY 16	Rebuild Your Core
WED		DAY 17	Slow Power Flow
THU		DAY 18	Rest / Gentle Meditation
FRI		DAY 19	Hips & Heart Opener
SAT		DAY 20	Balance & Strength Flow
SUN		DAY 21	Stretch & Restore

WEEK 4: Integration & Empowerment (Days 22–30)

Focus: Uniting strength and softness, cultivating balance, and feeling confident in your body

MON	WEEK 4	DAY 22	Twist & Detox
TUE		DAY 23	Slow Power Flow
WED		DAY 24	Lower Back Support
THU		DAY 25	Strengthen & Lengthen
FRI		DAY 26	Stretch & Restore
SAT		DAY 27	Return to Stillness – Guided Breath & Dhyana
SUN		DAY 28	Rest / Free Movement

MON		DAY 29	Gentle Grounding Flow
TUE		DAY 30	Reconnect & Release

Practice time:

Mornings (for energy) or evenings (for calm), whichever fits your baby's rhythm.