

# MAMASITA METHOD TRAINING FLOW



## YOUR MAMASITA 4-WEEK TRAINING LOOP

This is a simple 5-day practice loop you can repeat weekly throughout the month, at your own pace.

- ✓ Structured but flexible
- ✓ Technique-focused (not random training)
- ✓ Designed for confidence, control & performance quality

Even 30–60 minutes per session will create visible progress.

EVERY TRAINING DAY IS RECOMMENDED TO START WITH A MEDITATION & WARM UP

### WEEK 1

**Hip Connection & Groove**

**Intention:**

Connect to your hips & develop a deeper awareness of your natural rhythm. Focus on releasing tension, finding ease in your movement, & allowing your grooves to feel grounded and authentic.

**Focus Tutorial:**

Follow Along Grooves (Hip Focus)

[START](#)

### WEEK 2

**Expansion & Openness**

**Intention:**

Create more space through your upper body by opening the chest and improving posture. Focus on breathing fully, moving with confidence, and cultivating an elegant, lifted presence.

**Focus Tutorial:**

Chest Opening Stretches and Yoga Warm Up

[START](#)

### WEEK 3

**Isolation & Control**

**Intention:**

Strengthen your mind-body connection by refining your isolations. Focus on precision, body awareness, and learning how different parts of your body can move independently while staying connected to the music.

**Focus Tutorial:**

Beginner Live Class Isolations

[START](#)

### WEEK 4

**Flow & Performance**

**Intention:**

Bring together your grooves, posture, and isolations into a fluid dance experience. Focus on musicality, confidence, and expressing yourself fully while moving with intention and freedom.

**Focus Tutorial:**

Beginner Live Class Isolations and Floor Work Drills

[START](#)