

**[Test] Holiday Card**

1 message

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Fri, Dec 20, 2024 at 3:25 AM



## Thank you from the bottom of my heart!

My Dearest Bad Dogs,

✨ As we wrap up another amazing year of movement and joy together, I'm absolutely bubbling with gratitude! Your enthusiasm, determination, and yes - total badassery - have made every training session a celebration.

You know what's magical? Watching you discover just how incredible your bodies are, crushing goals you never thought possible, and finding pure joy in movement. Whether you're mastering your first push-up, dancing through cardio, recovering from a momentary setback, or hitting a new personal best - you're rewriting the rules and having a blast doing it!

Remember those moments when we laughed so hard we had to take a break between sets? Or when you surprised yourself with your own strength? That's what this journey is all about - finding power, pleasure, and playfulness in movement, exactly as you are.

## The Winter Rest & Refresh!

As most of you know, I'll be taking a holiday hiatus from Dec 21st through Jan 5th. And, I have prepared a gift for you that I hope you will make use of during this time.



This already-programmed, 2-week, semi-individualized, personal training offering is my gift to you this holiday season. You will find suggested movement practices (workouts) programmed for you every day in our PTDistinction training portal. Additionally, you will find coaching sheets — with suggested reflections — scheduled for Mondays, Wednesdays, & Fridays during those two weeks.

Most of you are logging into our PTDistinction portal pretty regularly. If you haven't logged in for a while and have forgotten how to do so, please let me know asap and I will resend your login link so you can take advantage of this special gift!

## Other Suggested Movement Opportunities

To complement the Rest & Refresh workouts that are programmed in your training portal, I've also curated the following supportive Yoga practices in case you want to take some time with any of these over the next couple of weeks. You can play them directly from this email — no need to go hunting for them in the member studio!



30min Morning Yoga



40min Bedtime Yoga



45min Restorative Yoga



35min Chair-Supported Yoga Flow



40min Chair-Supported Power Yoga



40min Wall-Supported Power Yoga

And don't forget [our youtube playlist of BDR Snacks](#) filled with lots of under 15-minute movement practices if you ever want to get a little something different in.

## Some Holiday Cheer

And one more final little nugget of cheer... if you've been working with me for a while, you know I am a total nerd about my playlists. While I was searching for something to do my own workout to yesterday morning, I discovered these two old holiday gems from 2020 and I offer them here for your listening pleasure...

### Power Yoga Dec 2020



a gentle alternative Christmas mix

### Rebel Yoga Dec 2020



an obnoxious Christmas mix

If you're in the mood to listen to some deep alternatives to the incessant pop-Christmas playlist everywhere you go, these should do the trick. I hope you enjoy!

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Thank you for letting me be part of your fitness adventure this year. You've inspired me, challenged me, and reminded me daily why I love what I do. Here's to another year of breaking barriers, building strength, and most importantly - having FUN while doing it!

Wishing you joy, movement, and all the holiday cookies your heart desires! 🌲💪

With gratitude and excitement for 2025  
-JodiAnn

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