

THE INTIMACY REVIVAL CHALLENGE



30 Days to Reclaim Your Desire, Your Freedom, Your Ease, and Your Strength

30
DAYS



One small step a day. Five to ten minutes of coming home to your body.



Isa Herrera, MSPT, CSCS
Your guide for the next 30 days



The 30 Days: A Note from Me

Welcome, Queen. For the next 30 days, you and I take one small step a day. Nothing overwhelming, just five to ten minutes of coming home to your body. Each week we reclaim something that is yours: your desire, your freedom, your ease, and your strength. Small steps, done daily, add up to a transformation. Follow the calendar, open your emails, show up for the live masterclasses, and cheer each other on in our SuperstaRR Queens group.

Big LOVE, Isa



How this calendar works

- **Every day has one clear thing to do.** Some days a small move or stretch. Other days new content drops, a podcast, blog, free ebook gift, or live masterclass, and the calendar tells you plainly to go get it.
- **Each day ends with a question.** That is your daily post prompt in the SuperstaRR Queens group. Drop your answer and let your sisters celebrate you.
- **Watch your email.** Your blogs, gifts, and masterclass links all arrive there.
- **Four weekly themes** carry you through: Desire, Freedom, Ease, and Strength.

START HERE

FOLLOW ALONG

The Intimacy Revival Challenge starts now. One small step a day, and I am with you the whole way. *What are you most ready to reclaim?*

GET READY

Create a cozy healing space you will return to for the next 30 days. *Where will yours be?*

GET READY

Book your calendar for the free weekly masterclasses, live at 10 AM EST. Check your email for the links. *Which one will you join live?*

 **Get Ready**



Your 30-Day Calendar · Weeks 1 & 2

WEEK 1

Reclaim Your Desire

Reawaken your intimacy and comfort from the inside out



August 1

Hydration sip: Pour one extra tall glass of water and sip it slowly today.

POST IN OUR GROUP

How much do you usually drink in a day?

August 2

PODCAST

Pelvic Power Podcast: “The FDA Just Changed the Estrogen Rules: The Option They Aren’t Telling You About.”

Released today, listen now.

POST IN OUR GROUP

What did you discover?

August 3

Hip circles: Stand tall, hands on your hips, and draw ten slow circles each way to wake up your center.

POST IN OUR GROUP

How awake does your center feel today?

August 4

BLOG

“Estrogen-Free Options for Vaginal Dryness.”

Check your email for the link.

POST IN OUR GROUP

What do you most want to feel again?

August 5

CLAIM YOUR GIFT

“The Estrogen-Free Guide to Ending Vaginal Dryness.”

Check your email. Download it to claim your VIP masterclass ticket.

POST IN OUR GROUP

Did you grab your gift?

August 6

MASTERCLASS · LIVE

“Reclaim Your Desire,” live @ 10 AM EST.

Check your email for the link.

POST IN OUR GROUP

What is your one burning question for Isa?

August 7

Gentle pelvic rock: Sit tall and slowly rock your pelvis forward and back fifteen times, breathing soft.

Renewal starts within too, and Total Fem Rejuvenator is estrogen-free and made to support your natural moisture and tissue renewal.

POST IN OUR GROUP

What woke up as you moved?

August 8 · Week 1 Reflection

Look back at week one and name one small shift you feel.

Share it below so we can celebrate you.

WEEK 2

Reclaim Your Freedom

Feel steady and confident to laugh, lift, and live



August 9

Free laugh: Plant your feet, stand tall, and let yourself laugh out loud today, big and free.

POST IN OUR GROUP

When did you last laugh all the way?

August 10

PODCAST

Pelvic Power Podcast: “Why Your Kegels Aren’t Working, and What Your Leaks Are Really Telling You.”

Released today, listen now.

POST IN OUR GROUP

What did you discover?

August 11

Steady marches: Hold your counter, lift one knee, then the other, ten slow lifts each side.

A relaxed body supports a calmer bladder, and Total Fem Ultimate Bladder Health is made to support healthy, everyday bladder function.

POST IN OUR GROUP

How steady did you feel on your feet?

August 12

BLOG

“Why Kegels Aren’t Fixing Your Leaks (and What to Do Instead).”

Check your email for the link.

POST IN OUR GROUP

What would more freedom look like for you?

August 13

CLAIM YOUR GIFT

“The Leak-Free Blueprint: What Your Bladder Is Really Telling You.”

Check your email. Download it to claim your VIP masterclass ticket.

POST IN OUR GROUP

Did you grab your gift?

August 14

MASTERCLASS · LIVE

“Reclaim Your Freedom,” live @ 10 AM EST.

Check your email for the link.

POST IN OUR GROUP

What will you ask Isa live?

August 15 · Week 2 Reflection

Name one moment this week you felt a little more in control and free.

Share it below. Your win might inspire another Queen.



Your 30-Day Calendar · Weeks 3 & 4

WEEK 3

Reclaim Your Ease

Soothe and comfort your outer lady parts with daily tenderness



August 16

Happy-baby ease: Lie on your back, draw both knees toward your chest, and rock gently side to side for one minute.

POST IN OUR GROUP

Where did you feel the softening?

August 17

PODCAST

Pelvic Power Podcast: “You’re Putting It in the Wrong Place: The Vulva Conversation No One Has With You.”

Released today, listen now.

POST IN OUR GROUP

What did you discover?

August 18

Room to breathe: Reach for soft cotton today and skip anything tight.

Your delicate skin loves to breathe, and Down There Oil is made to soothe and comfort the delicate skin down there, on the outside.

POST IN OUR GROUP

What small comfort can you give yourself today?

August 19

BLOG

“Vulva vs. Vagina: Are You Treating Dryness in the Wrong Place?”

Check your email for the link.

POST IN OUR GROUP

When did you last truly care for this part of you?

August 20

CLAIM YOUR GIFT

“The Down-There Comfort Guide.”

Check your email. Download it to claim your VIP masterclass ticket.

POST IN OUR GROUP

Did you grab your gift?

August 21

MASTERCLASS · LIVE

“Reclaim Your Ease,” live @ 10 AM EST.

Check your email for the link.

POST IN OUR GROUP

What comfort question will you bring?

August 22 · Week 3 Reflection

Notice where you feel more ease than a week ago. Write one line.

Share it with your sisters below.

WEEK 4

Reclaim Your Strength

Rebuild your whole-body strength from your core to your crown



August 23

Supported squat: Hold a sturdy counter, sink into a supported squat, and hold twenty to thirty seconds, breathing softly.

POST IN OUR GROUP

How strong did you feel?

August 24

PODCAST

Pelvic Power Podcast: “Collagen Isn’t Skincare: It’s the Scaffolding Holding Up Your Pelvic Floor.”

Released today, listen now.

POST IN OUR GROUP

What did you discover?

August 25

Steady legs: Hold a sturdy chair and rise onto your tiptoes a few times, slow and steady.

POST IN OUR GROUP

How steady did you feel?

August 26

BLOG

“Collagen and Your Pelvic Floor: The Connection Nobody Talks About.”

Check your email for the link.

POST IN OUR GROUP

Where do you most want to feel strong?

August 27

CLAIM YOUR GIFT

“The Collagen Scaffolding Guide.”

Check your email. Download it to claim your VIP masterclass ticket.

POST IN OUR GROUP

Did you grab your gift?

August 28

MASTERCLASS · LIVE

“Reclaim Your Strength,” live @ 10 AM EST.

Check your email for the link.

POST IN OUR GROUP

What is your one question for Isa?

August 29

Nourish: Add one collagen-rich food today, bone broth, salmon, or eggs.

Total Fem Collagen is made to support the collagen your body makes less of with age, for your skin, joints, hair, and pelvic tissue.

POST IN OUR GROUP

What is your favorite way to nourish yourself?

August 30 · YOU DID IT

You did it, Queen. Look back at all 30 days and name your biggest shift, in your body, your confidence, or your spirit.

Share it below so we can celebrate how far you have come.

Information provided in this calendar and during the Intimacy Revival Challenge is not intended as a substitute for medical advice or care from a healthcare professional. PelvicPainRelief.com recommends consulting your healthcare provider if you are experiencing medical issues relating to incontinence, pelvic pain, pelvic organ prolapse, or other health concerns.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

THE INTIMACY REVIVAL CHALLENGE · 30-DAY RECLAIM CALENDAR · WEEKS 3 & 4