How long does the re-origin program take to complete?

General FAQs and Resources · https://www.re-origin.com/support/how-long-does-the-reorigin-program-take

The re-origin program is fully self-paced, meaning there’s no fixed timeline to complete it.

Most members are encouraged to follow the program over a minimum of 6 months, allowing enough time to build consistency and see meaningful changes. However, you can move through the content at your own speed depending on your schedule, energy levels, and personal goals.

The program is delivered through short, easy-to-digest video lessons, making it simple to fit into your daily routine.

There is no “finish line” in the traditional sense, many people continue using the tools long-term as part of their lifestyle to support ongoing wellbeing and resilience.

Can I go faster or slower through the program?

Yes. You can move at your own pace,some people progress more quickly, while others take their time and revisit content as needed.

Do I need to complete everything to see results?

Not necessarily. Many members begin to notice benefits by consistently applying the core techniques, even before completing all content.