

Ritual 1: The Morning Reset

Time: 5-7 minutes

Theme: Begin with breath, not your to-do list.

Why it matters: The first five minutes of your day set the tone for everything that follows.

Try this: Sit or stand tall, feet grounded. Inhale for 4 counts, exhale for 6. Add gentle arm reaches or roll-downs to wake up the spine. End with one intention: "Today, I'll move with ease."

Mini Sequence (done standing): Breathing • Roll Down • Standing Arm Circles (+twist & reach) • Pelvic Clock standing.

Prompt: Journal: what you felt (vs how you feel) during and after sequence.

Reflection Prompt (Take a few minutes each week to reflect)

How did I move this week?

What did movement make me feel?

What made it easier to show up?

What made it harder?

One word to describe my energy today?

Ritual 2: Intention in Motion

Time: 10 minutes

Theme: Make movement a mindset, not a task.

Why it matters: You don't need a perfect plan — just a pattern. Creating small, consistent habits rewires your body and brain for longevity.

Try this: Before your first coffee sip or email scroll, choose your intention: calm, energy, focus, or strength. Move accordingly: slow breathwork, gentle core activation, or flowing side stretches.

Mini Sequence (kneeling & seated): Cat-Cow • Knee Folds • Side Bends • Seated Spine Twist

Prompt: Write down how you felt afterward on a scale of 1–5. Repeat tomorrow. Then write down 5 things you are grateful for (i.e., today, I'm grateful that I took time to move today).

Reflection Prompt (Take a few minutes each week to reflect)

How did I move this week?

What did movement make me feel?

What made it easier to show up?

What made it harder?

One word to describe my energy today?

Ritual 3: The Evening Unwind

Time: 10-12 minutes

Theme: Reset your nervous system before bed.

Why it matters: Pilates isn't just about strength — it's about regulation. Ending your day with gentle breath and mobility cues signals your body it's safe to rest.

Try this: Dim the lights, close the door, and take three deep breaths. Use slow spinal movements to release tension from the day. End with a moment of gratitude for something your body allowed you to do.

Mini Sequence (supine): Pelvic Curl • Supine Twist • Hamstring Stretch • Legs on Wall

Prompt: keep the lights dim, yet recall one word that describes how you feel after the sequence, if you have your journal near by – write it down, and look at first thing in the morning.

Reflection Prompt (Take a few minutes each week to reflect)

How did I move this week?

What did movement make me feel?

What made it easier to show up?

What made it harder?

One word to describe my energy today?

Ritual 4: Move with Mood

Time: 5-15 minutes

Theme: Match your movement to your energy, not your expectations.

Why it matters: Consistency isn't sameness — it's adaptability. The secret to showing up daily is meeting yourself where you are.

Try this: Feeling tired? Try gentle stretching and breath. Feeling stressed? Ground with core-based stability work. Feeling energized? Flow dynamically and sweat it out.

Mini Sequences based on how you feel: Tired? Supine Breathing • Roll Down • Shoulder Bridge. Stressed? All 4's Arm Marching • Dead Bug • Cat-Cow. Energized? Rolling Like a Ball • Teaser Prep • Plank Flow

Prompt: Journal about the journey of movement, what felt good? Challenging? What thoughts came up? Emotions?

Reflection Prompt (Take a few minutes each week to reflect)

How did I move this week?

What did movement make me feel?

What made it easier to show up?

What made it harder?

One word to describe my energy today?

Ritual 5: Move Together

Time: 5-10 minutes

Theme: Connection sustains consistency.

Why it matters: Community builds accountability and joy — two things that make rituals stick.

Try this: Text a friend after your practice (“I moved today — you?”). Join a live virtual class. Share a playlist or your favorite 5-minute flow.

Mini Sequence: Standing Roll Down • Arm Swings • Standing Balance • Heart-Opening Stretch

Prompt: Tag your partner or accountability buddy (if you have been doing this with one) with #PilatesRituals to share your progress. You can also, post in social media how you are doing with this journey...that's a BIG accountability buddy!

Reflection Prompt (Take a few minutes each week to reflect)

How did I move this week?

What did movement make me feel?

What made it easier to show up?

What made it harder?

One word to describe my energy today?
