



Breathe

A Holistic 30-Day Pilates Journey

INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day when you complete the exercise. If you're injured, sick, or otherwise unable to exercise, then watch the video and check it off. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	Welcome to Pilates at Find Your Center AND Lesson on Breath – Lateral Breathing	12
2	Focus on lateral breathing. Beginning Pilates Class – Roll-Up	30
3	Focus on lateral breathing. Beginner II Pilates Class – Teaser OR Intermediate Pilates Class – Roll-Up and Neck Pull	30
4	Practice the Roll-Up, Neck Pull, or Teaser with lateral breathing. Repeat 5-10 times. Hold a challenging position for 5-10 breaths.	10
5	Practice lateral breathing while walking.	10
6	Release- Pilates Plus Gentle Yoga	40
7	Lesson on Breath – Exhale on the Effort	14
8	Beginning Pilates Class – Breath Pattern for Ab Engagement	30

Day	Exercise	Minutes
9	<p style="text-align: center;">Exhale on the effort.</p> <p style="text-align: center;"><i>Beginning Pilates Class – Full Body Warm-Up</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Beginner II Pilates Class – Variations for Ab Strength</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates Class – Warm-Up for Intense Exercise</i></p>	30
10	<p style="text-align: center;">Choose any 5 Pilates exercises.</p> <p style="text-align: center;">Practice on your own, exhaling on the effort.</p>	15
11	<p style="text-align: center;">Share – Leave a question or comment in the <i>Discussion Forum</i>.</p>	5
12	<p style="text-align: center;"><i>Beginning Pilates Class – Breath for Slow Controlled Movements</i></p>	30
13	<p style="text-align: center;"><i>Beginning Pilates Class – Basic Mat Sequence</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates Class – Sustained Positions</i></p>	30
14	<p style="text-align: center;">Choose any 5 Pilates exercises.</p> <p style="text-align: center;">Practice them with the breath pattern for slow controlled movements.</p>	15
15	<p style="text-align: center;"><i>Beginning Pilates Class – Full Body Warm-Up</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Beginner II Pilates Class – Teaser</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates Class – Roll-Up and Neck Pull</i></p>	30
16	<p style="text-align: center;">Review – Take a refresher on a Pilates breath technique.</p> <p style="text-align: center;"><i>Lesson on Breath – Lateral Breathing</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Lesson on Breath – Exhale on the Effort</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Beginning Pilates Class – Breath Pattern for Ab Engagement</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Beginning Pilates Class – Breath for Slow Controlled Movements</i></p>	15-30

Day	Exercise	Minutes
17	Focus on using one of your Pilates breath techniques while going about your regular activities.	10
18	<p style="text-align: center;"><i>Beginning Pilates Class – Front Plank Prep</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates Class – Bridging</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Pilates with Props – Centering and Stability with Large Ball</i></p>	30
19	<p style="text-align: center;"><i>Beginning Pilates Class – Roll-Up</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Beginner II Pilates Class – Variations for Ab Strength</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates Class – Sustained Positions</i></p>	30
20	<p style="text-align: center;"><i>Beginning Pilates Class – Basic Mat Sequence</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates Class – Bridging</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Pilates with Props – Centering and Stability with Large Ball</i></p>	30
21	Choose – Find 5-10 exercises and 1-2 breathing cues that work for you. Practice your exercises and cues. Remember them for later.	20
22	<p style="text-align: center;"><i>Beginning Pilates Class – Standing "Mat"</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates Class – Ab and Oblique Strength</i></p>	30
23	Practice the exercises and breath cues you chose (on Day 21).	15
24	Take off your shoes. Feel the floor or ground. Visualize sending your breath down through your feet and into the earth.	5

Day	Exercise	Minutes
25	<p><i>Beginning Pilates Class – Roll-Down</i></p> <p><i>OR</i></p> <p><i>Pilates Class with Props – Arm Strength Standing</i></p> <p><i>OR</i></p> <p><i>Intermediate Pilates Class – Ab and Oblique Strength</i></p>	30
26	<p><i>Walk and Breathe – Step as you exhale and pause as you inhale, walking slowly around a small space.</i></p>	10
27	<p><i>Pilates Plus Gentle Yoga</i></p> <p><i>OR</i></p> <p><i>Pilates Plus Yoga</i></p>	30-40
28	<p><i>Practice the exercises and breath cues you chose (on Day 21).</i></p>	15
29	<p><i>Beginning Pilates Class – Breath for Slow Controlled Movements</i></p> <p><i>OR</i></p> <p><i>Beginning Pilates Class – Full Body Warm-Up</i></p> <p><i>OR</i></p> <p><i>Intermediate Pilates Class – Bridging</i></p>	30
30	<p><i>Write – How do you feel at the end of your 30-day journey?</i></p>	5