



Harmonize

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	Listen to a short piece of calm music. Close your eyes and focus on harmonizing your breath with the music.	5
2	Short Lesson - Full Body Coordination with Breath	6
3	Advanced Beginner Pilates Class - Flow	27
4	Short Lesson - Shoulder Bridge	17
5	Choose any version of the Shoulder Bridge, Single Leg Lift, and/or Pelvic Curl to practice throughout the month. Practice your exercise with music. Harmonize your movement with the music.	10
6	Research and Reflect - Search online to see how others define <i>harmony</i> . Write or think about, <i>What does harmony mean to me?</i>	5
7	Practice your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise. AND Beginning Pilates Class - Basic Routine with Flow OR Practice your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise. AND Advanced Beginner Pilates Class - Flow	30 OR 30
8	Choose a piece of music that fits your mood. Practice your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise in harmony with the music.	5
9	Short Lesson - Shoulder Bridge	17

Day	Exercise	Minutes
10	Practice your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise. AND Beginning Pilates Class - Basic Routine with Flow OR Practice your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise. AND Advanced Beginner Pilates Class - Flow OR Practice your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise. AND Intermediate Pilates Class - Flow	30 OR 30 OR 30
11	Form a Habit - Choose a time and place to do your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise daily.	5
12	Do your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise in your chosen time and place. AND Short Lesson - Full Body Coordination with Breath	10
13	Do your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise in harmony with music that fits your mood.	5
14	Do your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise 5 times in your chosen time and place. Then lie still and observe your breath. Repeat.	10
15	Do your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise in your chosen time and place. AND Beginning Pilates Class - Full Body Warm-Up in Harmony with Music OR Do your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise in your chosen time and place. AND Intermediate Pilates Class - Bridging	30 OR 30

Day	Exercise	Minutes
16	Check In - Adjust your daily practice. Do your Shoulder Bridge, Single Left Lift, and/or Pelvic Curl exercise in your chosen time and place. Consider shifting to a more challenging version, backing off to practice a simpler version, or adding more exercises to create a sequence.	10
17	Do your daily exercise or sequence in your chosen time and place. AND Play a musical instrument, sing, or hum.	10
18	Do your daily exercise or sequence 5 times in your chosen time and place. Then lie still and observe the sounds around you. Repeat.	10
19	Do your daily exercise or sequence in your chosen time and place. AND Beginning Pilates Class - Breath Pattern for Ab Engagement	35
20	Do your daily exercise or sequence 5 times in your chosen time and place. Then lie still and observe the sensations of the floor and air around you. Repeat.	10
21	Share - Share your thoughts in the Discussion Forum . AND Do your daily exercise or sequence in your chosen time and place.	10
22	Do your daily exercise or sequence 5 times in your chosen time and place. Then lie still and observe what is in your field of vision. Repeat.	10
23	Do your daily exercise or sequence in your chosen time and place. AND Beginning Pilates Class - Breath for Slow Controlled Movements OR Do your daily exercise or sequence in your chosen time and place. AND Intermediate Pilates Class - Bridging	35 OR 30
24	Do your daily exercise with music that fits your mood.	5
25	Do your daily exercise or sequence 5 times in your chosen time and place. Then lie still and observe how your body feels. Repeat.	10

Day	Exercise	Minutes
26	Walk - Notice how your body parts move in harmony with each other as you walk slowly around a room. AND Do your daily exercise in your chosen time and place.	20
27	Do your daily exercise or sequence 5 times in your chosen time and place. Then lie still and observe your thoughts and feelings. Repeat.	10
28	Do your daily exercise or sequence in your chosen time and place. AND Beginning Pilates Class - Full Body Warm-Up in Harmony with Music OR Do your daily exercise or sequence in your chosen time and place. AND Intermediate Pilates Class - Bridging	30 OR 35
29	Do your daily exercise or sequence 5 times in your chosen time and place. Then lie still and observe sensations of smell and taste. Repeat.	10
30	Reflect - Write about how you feel at the end of your 30-day journey. AND Do your daily exercise or sequence in your chosen time and place.	10