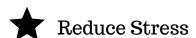
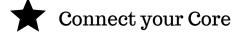


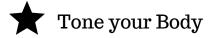
A little about Ky.....



## Fall Into Balance in just 5 days you can:







**Energize** your Life

**\*** Calm your Mind

★ Deepen your Sleep

Increase your Happiness

Hi, I'm Ky! I live in Santa Cruz, CA (a wonderland of redwood forests and beaches) with my husband, daughter, and tiny dog, Scout.

Pilates & stress relief tips help me be connected, calm, and energetic for myself & my family.

I can't wait to share these workouts and benefits with you!

I'm a self-proclaimed movement lover (especially mindful movement like Pilates, yoga, & mindfulness).

I have a Master's degree in
Kinesiology and certifications in
Pilates, yoga, and personal training.
I've taught Pilates and exercise
(focusing on women's mind, body,
and emotional health) since 2001, and
am also a former faculty member in
Kinesiology at SJSU, specializing in
embodied stress management.

I started creating my tri-core daily practice of Pilates, mindfulness, & breathing in 2012. I was in graduate school with a new baby, and assuming responsibility for my terminally ill mother. I found with all the new stress in my life I needed shorter, daily workouts and Blessful Living techniques that recharged and refreshed my body and mind.

My Fall into Balance Challenge combines these practices to restore, balance, and connect your body, mind, & spirit so you can enjoy your Fall and finish the year strong!

### FALL INTO BALANCE CHECKLIST

Use this check-list to help prepare for the challenge. Print this up and check each box when it's done if you like!

<ul> <li>Registered for extra challenge support by activating special trial offer to Blessful Body Pilates membership</li> </ul>
Workouts scheduled in planner
Invited a friend to join
Stated my purpose for the challenge: (fill in blank)
Watched Orientation video
<ul> <li>Vowed to keep going if I miss a day w/o any shame!</li> </ul>
Committed to having fun!

The Blessful Body www.kyautumn.com

# Fall into Balance Pilates+ Stress Relief Challenge

#### Day 1

- Connect to the Core Workout
- Blessful Living Tip:
   Deep Calming
   Breath

#### Day 2

- Booty Blast Barre Fusion Workout
- Blessful Living Tip: Mindful Eating

#### Day 3

- Upper Body Posture
   Toner Workout
- ☐ Blessful Living Tip: Affirmations

#### Day 4

- Nourishing Stretch & Release Workout
- Blessful Living Tip: Mindful Positivity

#### Day 5

- Full Body Balance Workout
- Blessful Living Tip:
   Gratitude

