

A woman with curly hair, wearing a blue tank top and dark leggings, is performing a Pilates exercise on a sandy beach. She is lying on her back with her legs raised and bent at a 90-degree angle, holding her feet with her hands. She is smiling and looking towards the camera. The background shows a beach, the ocean, and distant mountains under a clear sky. The entire image is framed by a white border.

FALL

INTO

PILATES +
STRESS RELIEF
CHALLENGE
CHECKLIST

BALANCE

A little about Ky.....



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!

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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 in just 5 days you can:

- ★ Reduce Stress
- ★ Connect your Core
- ★ Tone your Body
- ★ Energize your Life
- ★ Calm your Mind
- ★ Deepen your Sleep
- ★ Increase your Happiness

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!

☐

- Registered for extra challenge support by activating special trial offer to Blessful Body Pilates membership

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- Workouts scheduled in planner

☐

- Invited a friend to join

☐

- Stated my purpose for the challenge: (fill in blank)

☐

- Watched Orientation video

☐

- Vowed to keep going if I miss a day w/o any shame!

☐

- Committed to having fun!

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