



SPRING RENEWAL RETREAT

Here's the Details You Need to Know





Hello dear - and congrats for stepping up and joining our 5-day Spring Renewal Retreat. I know that there's a lot going on in the world today that makes it harder to focus on your selfcare. And that's exactly why it's more important than ever to intentionally move your body so you can reduce stress and pain.

Whether you're a beginner to Pilates home workouts, or have a consistent daily practice - this retreat is specially designed to help you feel stronger, reduce pain, increase energy, eliminate stress, and be renewed!

By the end of the week you'll feel more revitalized and have a path to living a pain-free, active life. You'll feel the difference that giving yourself just 15 minutes of nourishing movement each day can make on your body, mind, and spirit!

It's easy to experience great results when you're following a plan that focuses on form, alignment, and ease.

I'm so excited for you to experience this!

Read through this guide and complete the checklist and planner to prepare. If you'd prefer to have more support and guidance through the retreat, you can upgrade by joining the Blessful Body Pilates Membership - click here for all the details!

LOGISTICS:

It's important to know that the Blessful Body isn't like other fitness programs. We believe in an ALL OR SOMETHING philosophy to whole body wellness. NO SHAME OR BLAME

To prepare for this type of program, start by getting clear on why you are joining this retreat and then set your intentions and goals to honor your purpose.

Then pledge to treat yourself with compassion, and celebrate all your wins along the way!

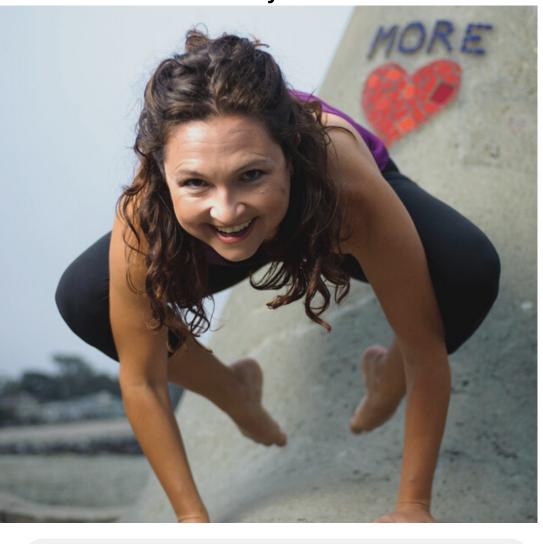
During the week of the retreat I'll be sharing the week's workouts with you from the Blessful Body Membership. Each day you'll receive an email with the workout at 4 am EDT - beginning on April 11th. There will be a catch-up page in case you miss any videos.

You will probably prefer to have a Pilates or yoga mat, but a thick towel will also work!

Before we begin I recommend **printing the retreat checklist and planner** found on pages 4 & 5 of this guide.

Post the planner in a prominent place so you'll see it each day of the retreat and be reminded of your goals and intentions.

A little about your teacher...



My Favorites:

Reading Partner: My 9-year old daughter

Exercise: Pilates (of course)

Party: Roller skating birthday parties

Chore: Organic gardening

Food: Tacos

Dessert: Flourless Chocolate Cake

Hi, I'm Ky Russell, MA

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

Pilates & yoga help me live pain free and be more connected, calm, and energetic.

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

I'm a self-proclaimed movement lover and geek (especially mindful movement like Pilates and yoga).

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

I started creating my daily approach to Pilates and working out 7 years ago. I was in graduate school with a new baby, and assuming responsibility for my ill parent. I found with all the new stress in my life I needed shorter, daily workouts that recharged and refreshed my body and mind.

My Spring Renewal Challenge is the perfect way to rejuvenate, renew, and refresh your body and mind. Just in time for Spring!

SPRING RENEWAL 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!

| Set your intention for the retreat - how many workouts do you want to do during the week? |
|---|
| Schedule workouts in planner - pick specific time each day! |
| Invite a friend to join |
| Write out your purpose for the challenge (why did you sign up for the retreat? |
| |
| Plan where you'll do the daily workouts (living room, yard, gym, etc.) |
| Vow to keep going if you miss a day w/o any shame! |
| Commit to having fun and enjoying the process. |

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"Every moment of our life can be the beginning of great things" ~Joseph Pilates

SPRING RENEWAL RETREAT WEEKLY PLANNER

| Friday | Integrating Workout: | Integration Challenge | Mindful Mood Check-In: |
|-----------|---------------------------|------------------------------|---------------------------|
| Thursday | Restoring Workout: | Pilates for Stress Relief | Mindful Mood Check-In: |
| Wednesday | Strengthening Workout: | Core Foundation Flow | Mindful Mood Check-In: |
| Tuesday | Lifting Workout: | Pilates Posture Party | Mindful Mood Check-In: |
| Monday | Grounding Workout: | Connections | Mindful Mood Check-In: |
| Goals | | | |
| Intention | | | Affirmation |

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"Every moment of our life can be the beginning of great things" ~Joseph Pilates SPRING RENEWAL RETREAT WEEKLY PLANNER

SAMPLE PLANNER

411 - 415, 2022

Integrating Integration Workout: Challenge Friday Mood: Stress Relief Restoring Pilates for Thursday Workout: Mood: Strengthening Wednesday Foundation Workout: Mood: Core Flow Workout: Posture Tuesday Lifting Pilates Mood: Party Connections Grounding Workout: Monday Core Mood: - MORNING - HEALTHY OF WATER WORKOUT - 64 02. - SLEEP HYGIENE MEALS Goals DULIMITED POTENTIAL 4 0 th PRESENCE RIEDER THE MAT Affirmation I HAVE Intention

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