



# SPRING

*PILATES RETREAT  
CHECKLIST  
CALENDAR*

# RENEWAL



WELCOME TO THE

# SPRING RENEWAL RETREAT

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Here's the Details You Need to Know

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Hello dear - and congrats for stepping up and joining our Spring Renewal Pilates + Stress Relief Retreat. I know that there's a lot going on in the world today that makes it harder to focus on your self-care. 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 20 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. Remember that your retreat comes with 21-days of free and unlimited access to the Blessful Body Pilates Membership. Be sure to take advantage of all the goodies there!

## 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 a reminder to do the workout at 4 am EDT - beginning on April 17th.

You can find the workouts in the Blessful Body Hive's Membership Portal.

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...



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!

## 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

# SPRING RENEWAL CHECKLIST

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

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- Set your intention for the retreat - how many workouts do you want to do during the week?

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- Schedule workouts in planner - pick specific time each day!

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- Invite a friend to join

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- Write out your purpose for the challenge (why did you sign up for the retreat?)

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- Plan where you'll do the daily workouts (living room, yard, gym, etc.)

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- Vow to keep going if you miss a day w/o any shame!

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- Commit to having fun and enjoying the process.



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

# SPRING RENEWAL RETREAT WEEKLY PLANNER

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






THE BLESSFUL BODY

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## SAMPLE PLANNER

4/11 - 4/15, 2022

# SPRING RENEWAL RETREAT WEEKLY PLANNER

Intention <b>MINDFUL PRESENCE ON + OFF THE MAT</b>	Goals <b>- MORNING WORKOUT</b>  <b>- 64 OZ. OF WATER</b>  <b>- HEALTHY MEALS</b>  <b>- SLEEP HYGIENE</b>	Monday	Tuesday	Wednesday	Thursday	Friday
		Grounding Workout: ✓ Core Connections Mood: 	Lifting Workout: ✓ Pilates Posture Party Mood: 	Strengthening Workout: ✓ Core Foundation Flow Mood: 	Restoring Workout: ✓ Pilates for Stress Relief Mood: 	Integrating Workout: ✓ Integration Challenge Mood: 

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