

DAILY 5-MINUTE PILATES RITUAL

Use this warm-up anytime you need: more mobility, gentle activation, a calming start to your day.

Centering Breath

Sit tall.

Inhale through the nose, feel your ribs expand sideways.

Exhale through the mouth, gently draw your navel in toward your spine.

Awakens the core, calms the nervous system, prepares you for mindful movement.

Seated Spinal Mobility

Hands on thighs.

Inhale, arch gently (lift chest).

Exhale, round spine softly.

Repeat slowly 6-8 times.

Lubricates the spine, reduces stiffness, improves posture awareness.

Shoulder Rolls + Chest Opening

Inhale, lift shoulders up.

Exhale, roll them back and down.

Then interlace fingers behind you (or hold a strap) and gently open the chest.

Improves posture, releases tension, prepares upper body for movement.

Gentle Side Stretch

Seated or standing.

Reach one arm up, lean gently to the opposite side.

Switch.

Lengthens waist muscles, improves breathing capacity, supports spinal mobility.

Bridging

Lie on your back.

Press your feet into the mat and lift your hips to create a straight (plumb) line from shoulders to knees.

Strengthens the glutes, hamstrings, and deep abdominal muscles while improving core stability and spinal mobility.

Knee Folds

Lie on your back with knees bent, feet flat on the floor.

Lift one knee, lower with control, switch sides.

Think: exhale to lift, inhale to lower.

Activates deep core muscles, warms up hips.

Chest Lifts

Lie on your back, knees bent.

Inhale, on the exhale, curl abdominals up, hold on the inhale, exhale lower slowly.

Engages deep abdominal muscles, great for working with Pilates breath.

You're ready to move!