

YOUR SIX-WEEK HEALING JOURNEY

Success Kit & Journal

Welcome!

You're here. That's the hardest part.

This Success Kit is your companion for the next six weeks—a place to track your progress, reflect on what you're learning, and notice the small shifts that lead to lasting change.

This isn't about being perfect. It's about being present. It's about showing up for yourself, even when it's hard. Especially when it's hard.

Here's how to use this kit:

- **Track your sessions:** Check the box each time you complete a video. It's satisfying, and it helps you see your consistency building.
- **Journal your reflections:** Answer the prompts honestly. This is for you, not for anyone else. Notice what's changing, what surprises you, what challenges you.
- **Celebrate small victories:** Every class you complete, every moment of presence, every breath you take with intention—it all counts.

Remember: Progress isn't perfection—it's presence.

YOUR "BEFORE" SNAPSHOT

Take Your Photos Now

Before you start Week 1, take two photos:

- **Front view** (standing naturally, arms at sides)
- **Side view** (same natural posture)

What to wear: Whatever you feel comfortable in, but fitted clothing helps you see changes more clearly (sports bra + leggings, or fitted activewear).

How to stand: Just stand naturally. Don't suck in. Don't pose. This is your starting point—honest and real.

Where to save them: Keep them on your phone or email them to yourself with today's date. These photos are for YOU—your private record of where you started.

Why this matters: Six months from now, when you look back at these photos, you'll see how far you've come. Your body is already starting to change—even if you can't feel it yet.

YOUR STARTING POINT

Date: _____

What word do you want to feel in your body six weeks from now?

What brought you to this healing journey?

Close your eyes and connect with your body today. Where do you feel stiffness, tension, or discomfort?

What daily movements feel challenging right now?

"Your body isn't asking for perfect. It's asking for consistent."

Week 1: Your Breath

Finding Your Anchor

This week is all about connecting to your breath as the foundation for every movement. In Pilates, breath isn't just breathing—it's the rhythm that guides your body, calms your nervous system, and allows muscles to release and strengthen safely.

YOUR SESSIONS THIS WEEK

Complete 3 sessions this week. Check the box when done:

☐ **Breathing** (10 minutes)

☐ **Breath Work** (15 minutes)

☐ **Breathing** (20 minutes)

YOUR MINDFUL MOMENT

What surprised you about your breath this week?

How does your body feel right now?

END OF WEEK 1 CHECK-IN

What was one small victory you felt in your body this week?

Even if it's just "I showed up twice" or "I noticed my breath for the first time"—that counts.

REFLECTIONS

What else do you want to remember about this week?

Remember: Showing up is the hardest part—and you're here. That's what matters.

Week 2: Your Foundation

Waking Up Your Deep Core

This week, discover your deep stabilizers—the muscles that protect your spine and create effortless posture.

These muscles wrap around your entire torso, protecting your spine and creating stability from the inside out. Most people have never consciously engaged them before. This week, you're waking them up.

YOUR SESSIONS THIS WEEK

Complete 3 sessions this week. Check the box when done:

- ☐ **Beginner Flow Mat 1** (15-25 minutes)
- ☐ **Beginner Flow Mat 2** (15-25 minutes)
- ☐ **Beginner Flow Mat 3** (15-25 minutes)

YOUR MINDFUL MOMENT

What surprised you about your deep core this week?

Where do you feel more stable or supported in your body?

WEEK 2 CHECK-IN: NOTICING CHANGE

What was one small victory you felt in your body this week?

Maybe your lower back felt looser after class. Maybe you stood taller at your desk. Maybe you felt muscles you didn't know existed.

REFLECTIONS

"Healing happens in the quiet moments, not the dramatic ones."

Week 3: Your Center

Building Core Strength Safely

Build functional strength in your center—the kind that supports you in daily life, not just exercise. This isn't about six-pack abs or dramatic movements. It's about strong, stable core support that helps you move through your day with confidence and ease.

You're halfway there!

YOUR SESSIONS THIS WEEK

Complete 3 sessions this week. Check the box when done:

- ☐ **Core Kickstart 1** (15-25 minutes)
- ☐ **Core Kickstart 2** (15-25 minutes)
- ☐ **Everyday Core** (15-25 minutes)

YOUR MINDFUL MOMENT

What was one small victory you felt in your body this week?

Maybe a movement that felt impossible in Week 1 now feels doable. Maybe you made it through a meeting without back pain. Maybe you simply felt strong.

What movements feel easier now than they did three weeks ago?

WEEK 3 CHECK-IN: BUILDING STRENGTH

How has your relationship with your body changed in three weeks?

REFLECTIONS

"Small victories build lasting change."

Week 4: Your Flow

Move with Your Breath

Experience movement as meditation. When breath and movement synchronize, your nervous system shifts from stress to ease. You've learned breath. You've built your foundation. You've strengthened your core. Now it's time to bring it all together.

This is where Pilates becomes truly healing.

YOUR SESSIONS THIS WEEK

Complete 3 sessions this week. Check the box when done:

☐ **Short Flow 1** (25-40 minutes)

☐ **Back Flow 1** (15-25 minutes)

☐ **Hip Flow 1** (15-25 minutes)

YOUR MINDFUL MOMENT

Did you feel that moment when breath and movement synchronized?

What surprised you about moving in flow?

WEEK 4 CHECK-IN: FINDING FLOW

What was one small victory you felt in your body this week?

Maybe: "I moved without thinking—my body just knew what to do." "I felt calm after class in a way I've never felt after exercise before."

REFLECTIONS

If perfectionism is creeping in, gently let it go. There's no "right" in flow—only presence.

Week 5: Your Practice

Remixing What You've Learned

You're not following instructions anymore. You're building intuition. This is embodiment. This is the shift from external validation ("Am I doing this right?") to internal wisdom ("What do I need today?").

YOUR SESSIONS THIS WEEK

Choose 3 classes this week. Check what you completed:

SUGGESTED SESSIONS:

- ☐ **Breath Work** (15 minutes)
- ☐ **Beginner Flow Mat 1** (15-25 minutes)
- ☐ **Core Kickstart 1** (15-25 minutes)

OR CHOOSE YOUR OWN:

- ☐ **The One That Made You Feel Great** title: _____
- ☐ **The One You Want to Master** title: _____
- ☐ **The One You Avoided or Skipped** title: _____

YOUR MINDFUL MOMENT

What does your body need today?

Did you trust your intuition, or did you second-guess yourself?

WEEK 5 CHECK-IN: YOUR PRACTICE EMERGING

What was one small victory you felt in your body this week?

Maybe: "I craved movement instead of dreading it." "I chose a class based on what my body needed." "I'm starting to trust myself."

REFLECTIONS

"Listen to your body—it knows more than your mind gives it credit for."

Week 6: Your Integration

Building Your Personal Routine

Discover what your body needs and create a practice that feels like coming home. You now have the tools to listen to your body and choose movement that serves you.

This is your final week. You did it.

YOUR SESSIONS THIS WEEK

Choose 3 classes this week. Check what you completed:

SUGGESTED SESSIONS:

- ☐ **Beginner Flow Mat 2** (15-25 minutes)
- ☐ **Everyday Core** (15-25 minutes)
- ☐ **Back Flow 1** (15-25 minutes)

OR CHOOSE YOUR OWN:

- ☐ **The One That Made You Feel Great** title: _____
- ☐ **The One You Want to Master** title: _____
- ☐ **The One You Avoided or Skipped** title: _____

YOUR MINDFUL MOMENT

What type of movement feels most healing to you right now?

How has your relationship with movement changed over six weeks?

WEEK 6 CHECK-IN: THE INTEGRATION

What was one small victory you felt in your body this week?

REFLECTIONS

You now have the tools to navigate the library with confidence. Trust yourself. You know more than you think.



Six weeks. Multiple sessions. Countless moments of showing up for yourself.

You didn't just "finish a program." You built a foundation—of movement, of knowledge, of trust in your own body—that will carry you forward for years.

YOUR "AFTER" REFLECTION

Date: _____

Look back at your "Before" snapshot from Day 1. Read what you wrote. Then answer these questions:

How has your relationship with movement changed?

Where do you feel more freedom, ease, or strength than you did six weeks ago?

Look at the word you chose on Day 1—the word for how you wanted to feel in your body. Are you closer to that word now? How?

What surprised you most about these six weeks?

What will you take with you into the next phase of your practice?

A NOTE FROM MIRA

You showed up. Even when it was hard. Even when you didn't feel like it. Even when life got in the way. That's not small. That's transformation.

The library doesn't feel overwhelming anymore, does it? Because now you know what your body needs. You understand the principles. You can choose intelligently instead of guessing randomly.

You're not "trying Pilates" anymore. You're a person who does Pilates.

And that changes everything. Keep going. Keep showing up. Keep listening to your body.

I'm so proud of you.

With care and gratitude,

Mira xxx

REMEMBER YOUR "AFTER" PHOTOS

In 3-6 months, take your "after" photos using the same angles (front view, side view).

Compare them to your "before" photos from Day 1. You'll see how far you've come—not just in your body, but in your confidence, your presence, and your trust in yourself.

This is just the beginning.

"Progress isn't perfection—it's presence. And you've been present for six weeks. That's everything."

END OF SUCCESS KIT

Flow with Mira | studio.flowwithmira.com