A 28-day somatic Pilates calendar

Our editorial example, built from the sources below, not an expert program. Tick a circle each day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Breath + awareness about 10 min · 3 moves	1 ○ Somatic Pilates	2 ○ Somatic Pilates	3 ○ Somatic Pilates	4 ○ Breath only	5 ○ Somatic Pilates	6 ○ Somatic Pilates	7 ○ Rest or breathe
Week 2 Add the core 10–15 min · +2 moves	8 ○ Somatic Pilates	9 ○ Somatic Pilates	10 ○ Somatic Pilates	11 ○ Breath only	12 ○ Somatic Pilates	13 ○ Somatic Pilates	14 ○ Rest or breathe
Week 3 Add spine work 15 min · +3 moves	15 ○ Somatic Pilates	16 ○ Somatic Pilates	17 ○ Somatic Pilates	18 ○ Breath only	19 ○ Somatic Pilates	20 ○ Somatic Pilates	21 ○ Rest or breathe
Week 4 Full flow 15–20 min · +2 moves	22 ○ Somatic Pilates	23 ○ Somatic Pilates	24 ○ Somatic Pilates	25 ○ Breath only	26 ○ Somatic Pilates	27 ○ Somatic Pilates	28 ○ Rest or breathe

- **Somatic Pilates** = this week's moves, slowly
- **Breath only** = a few minutes of belly breathing
- **Rest or breathe** = a day off

Prefer fewer days?

Cleveland Clinic suggests Pilates 3–5 times a week.
Skip a Pilates day when you need to; keep the breath days.

Slow · breathe · notice · stop if it hurts · pregnant, osteoporosis or POTS? Ask first.

Sources: Cleveland Clinic, Healthline, Harvard Health, TODAY (moves); Cleveland Clinic (3–5x a week); Lesley Logan (reps); Cleveland Clinic (wall roll down: balance, glaucoma, POTS); ACOG (pregnancy); BHOF (osteoporosis). PilatesVerdict.com