28-Day Somatic Pilates Challenge

A free, gentle plan: 10 slow moves, 4 weeks, no app

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

Tick a circle each day (our editorial example)

Week 1 Breath + awareness	1	2	3	4 breathe	5	6	7 rest
Week 2 Add the core	8	9	10	11 breathe	12	13	14 rest
Week 3 Add spine work	15	16	17	18 breathe	19	20	21 rest
Week 4 Full flow	22	23	24	25 breathe	26	27	28 rest

Somatic Pilates (10–20 min) · Breath only · Rest or breathe



1 · Week 1+

Diaphragmatic breathing

Slow breaths



2 · Week 1+

Knee slide

Several slow slides



3 · Week 1+

Pelvic curl

3–5 slow reps



4 · Week 2+

Single leg stretch

3–5 slow / side



5 · Week 2+

Bird dog

Slow, even breaths



6 · Week 3+

Spine stretch forward

3–5 slow reps



7 · Week 3+

Saw

3–5 / side



8 · Week 3+

Superman

Slow, even breaths



9 · Week 4+

Rolling like a ball

3–5 slow reps



10 · Week 4+

Wall roll down (optional)

3–5 slow reps

on your back or front: pregnant? ask your ob-gyn (ACOG)

rounds or twists the spine: osteoporosis? ask a PT (BHOF)

Every move: breathe, move slowly, notice, rest and compare.

Wall roll down: skip it with balance issues, glaucoma or POTS (Cleveland Clinic).

Moves: TODAY (1), Harvard Health (2), Healthline (3, 6, 7), Cleveland Clinic (4, 5, 8, 9, 10). Reps: our plan, after Lesley Logan's 3–5.