

RESTORE & RENEW MOVEMENT PROGRAM

Pilates Guide

Heritage Havens

Rooted in Scripture. Grounded in Science. Grown for Healing.

A faith-rooted Pilates practice for every body, every season, every level of your wellness journey — 10 poses across 3 levels with peptide protocol pairings.

*"Do you not know that your bodies are temples of the Holy Spirit?
Honor God with your bodies."
— 1 Corinthians 6:19–20*



10 Poses · 3 Levels · Faith + Science

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ABOUT THIS GUIDE

Movement as Ministry

Pilates strengthens the body from the inside out—building deep core stability, postural alignment, and mindful awareness of the body God gave you. This guide is organized into three levels so you can begin exactly where you are and progress at your own pace, rooted in breath, intention, and faith.

Level 1 — Beginners, recovery, bLoedvye la 2w —are Cnoeossrdination, deeper sLterevenlg 3th — Advanced, full-body integration

SCRIPTURE FOUNDATION

"He gives strength to the weary and increases the power of the weak." — Isaiah 40:29

WHAT TO EXPECT IN EACH POSE CARD

THE PILATES BREATH — YOUR FOUNDATION

4 INHALE

Breathe in through your nose for a count of 4. Feel your ribcage expand 360° — front, sides, and back.

4 EXHALE

Breathe out through pursed lips for a count of 4. Draw your navel gently toward your spine as you release.

∞ PRAY

Each inhale is receiving. Each exhale is releasing. Move as an act of gratitude and stewardship.

Level 1 — Restore

Foundation & Healing · Perfect for beginners, recovery, or returning to movement



The Imprint

NEUTRAL SPINE ALIGNMENT

IMPRINT & RELEASE

Learning to move the spine intentionally. Gently flatten the lower back into the mat on exhale (imprint), release back to neutral on inhale.

Exhale: draw navel in, flatten lower back

Inhale: release to neutral curve

Small and subtle — not a crunch

Feel each vertebra responding to breath

Keep feet and arms relaxed throughout

8 reps x

2 sets

Breathe and release. What are you holding that your breath can soften?

Level 1 — Restore (continued)



Chest Lift

ABDOMINAL FLEXION · C-CURVE

CHEST LIFT

The Pilates alternative to the crunch. Curl your upper body into a C-shape using your deep abdominals — not your neck or hip flexors.

Exhale fully and curl chest toward knees

Gaze toward knees — chin slightly tucked

Hold the C-curve and breathe

Elbows wide, hands support — don't pull head

Lower with control on the next exhale

8–10 reps

× 3 sets

Strength is built in stillness. Hold the curve. Don't rush the work.

Level 2 — Renew

Strength & Integration · Build on Restore foundations · Coordination & depth

SINGLE LEG STRETCH

From a chest-lifted C-curve, alternate drawing one knee in while extending the other long. Coordination meets core endurance.

Maintain C-curve throughout — don't collapse Exhale pulling knee in; inhale to switch

Outer hand on ankle, inner hand on knee Extended leg: as low as you can with control Keep elbows wide — chest stays open

10 reps
each × 3
sets

Rhythm and repetition. Like prayer — discipline creates space for transformation.



Single Leg Stretch

ALTERNATING CORE & HIP FLEXOR

Level 2 — Renew (continued)

Mermaid Stretch

A beautiful lateral stretch that opens the side body, improves thoracic mobility, and creates space through the ribcage and intercostals.

Z-sit: both legs to one side, top foot in front Inhale tall; exhale reach one arm overhead Arc long — feel stretch from hip to fingertips Grounding hand lightly placed, not weighted Keep both sitting bones heavy on the mat

**6 reps each
side × 2 sets**

***Create space. Invite the Spirit to fill every
inch of what was compressed.***



Mermaid Stretch

LATERAL FLEXION · INTERCOSTAL RELEASE

Level 3 — Radiate

Power & Transformation · Advanced · Ensure comfort with Restore & Renew first

POSE 09
The Teaser

RADIATE

The iconic Pilates pinnacle. Balance on your tailbone in a V-shape — legs and torso at equal angles, arms reaching parallel to legs. The ultimate core control test.

- Roll up from Roll Down into V — don't jump
- Both legs and torso at same angle (45°)
- Arms parallel to legs, reaching long
- Hold 3 full breaths without losing the angle
- Lower with control — spine articulating down

3–5 reps x 3 sets

Balance is not stillness — it is constant small adjustments. So is faith.

**POSE 10**
Swan

RADIATE

The counterbalance to all forward flexion work. Press through your hands to lift your chest in beautiful spinal extension, arms wide like wings.

- Lie prone, hands under shoulders, elbows close
- Inhale to prepare; exhale to lift chest
- Pubic bone and legs stay on the mat
- Arms extend wide and back — wingspan position
- Gaze forward and slightly up — not straight up

5–6 reps x 2 sets

Rise. After the work of holding — here is the pose of opening and worship.



Your Body Is a Temple.

Move It Accordingly.



*"He gives strength to the weary and increases the
power of the weak."*

Isaiah 40:29