

FREE
FREE 6 - page guide to start your day
strong, centred, and energised!



Move & Breathe: Morning Pilates Flow

A gentle morning ritual to strengthen your body, calm your mind, and start your day with purpose.

Download your free Morning Pilates Flow guide
and start every day feeling grounded and energised ☀️

Inside, you'll find my go-to Pilates flow, simple energising breakfasts,
and mindful prompts to help you reset and refocus.



🔗 Ready to make movement part of your morning routine?
Tap below to access the full follow-along video
+ exclusive bonus guides inside my my SKOOL community!
[Pilates with Jazz Community](#)

Hi, I'm Jazz — a Pilates and Online Fitness Coach with over 10 years in the health and wellness industry. I created this Morning Pilates Flow to help you start each day feeling grounded, energised, and in tune with your body.

Whether you're practising at home, in your van, or on the go, this flow is your daily reset — helping you strengthen your core, improve posture, and boost your mental focus.

Purpose:

- 🌸 Build strength and mobility
- 🌿 Reduce stress and morning stiffness
- ☀️ Boost focus and calm for the day ahead



How to Use:

Use this flow first thing in the morning or as a short reset anytime you need to re-energise.

📺 Watch the full follow-along video on my SKOOL community:
[Pilates with Jazz Community](#)

Be sure to follow our Instagram for Pilates tips, online coaching, and more...

Instagram: [JazzStras Coaching](#)

We also have a variety of videos on [YOUTUBE](#), including stretching, full-body workouts, and mindfulness sessions to support your practice.

www.beePilatesstudio.co.uk



Sample Morning Flow (Mini Routine).

1. Seated Cat-Cow – Inhale to lift your chest, exhale to round your spine.



2. Side Reach – Inhale, lift one arm, exhale to lean and open the ribs.



3. Hip Circles – Lying on your back, circle your knees to release tension.



Sample Morning Flow (Mini Routine).

4. Glute Bridge – Exhale to lift your hips, engage your glutes.



5. Spine Twist – Exhale as you drop your knees to one side, inhale back to centre.



💡 Want the full 10-minute version? Watch it inside my SKOOL community!



Nutrition for Energy 🍓

Fuel your morning flow with nourishing foods that support balance, energy, and focus from the inside out:

☀️ Energising Breakfasts

- Oats – slow-release energy
- Greek yoghurt – high in protein
- Eggs – nutrient-dense and sustaining
- Smoothies – quick and nourishing

🍓 Wholesome Snacks

- Banana + nut butter
- Rice cakes with avocado
- Protein smoothie

💧 Hydration & Balance

- Water with lemon – refreshes and hydrates
- Herbal teas – calming and cleansing
- Coconut water – natural electrolytes

🌸 Mindful Treats

- Dark chocolate (70%+)
- Berries – anti-inflammatory and skin-loving

(More nutrition plans, recipes & guides available inside my SKOOL community!)



GRATITUDE

Complete this section after your morning flow — it's your mindset warm-up for the day.

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

--

TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

✨ Affirmations to Rewire Your Mind

“I am becoming the best version of myself.”

“My thoughts create my reality — I choose positivity.”

“Each morning is a new opportunity to feel strong and grounded.”

“I can handle whatever today brings.”



Reflect & Reset

Journalling Prompts:

- What felt good in my body today?
- How can I bring more calm into my morning?
- What's one thing I'm grateful for right now?

Daily Reset Checklist:

- ☐ Move
- ☐ Breathe
- ☐ Reflect
- ☐ Drink Water
- ☐ Step outside

Consistency over perfection
— your body and mind will thank you.

Love, Jazz x



Loved this guide?

Continue your journey with Jazz — join the
Pilates with Jazz Community for:

🌸 Online Coaching

☀️ Pilates Flows

🍏 Nutrition Guidance

🎥 Free workouts on YouTube

- Instagram: [@JazzStras_Coaching](#)
- YouTube: [Pilates with Jazz](#)
- Skool Community: [Pilates with Jazz](#)
- Website: www.beepilatesstudio.co.uk

Join the Pilates with Jazz Community on SKOOL
— just \$9 (~£7/month) for access to exclusive Pilates videos, Nutrition tools,
mindset guides, and coaching content.

