



To help you get started...

I am super excited about Soul Pilates and I am so glad you have joined in! As we give ourselves to these workouts in God's Word, I know God is going to reach deep into the core of who we are and transform us!

Anytime you start something new, it might seem a little awkward at first, but once you settle in, all is well! At our Pilates studio, where we actually teach and train in the physical practice of Pilates, we offer "Intro Classes" to help our members learn how things work.

So, as you get started here, I thought it would help to share some details to help you see how things will work in Soul Pilates as well. Blessings as you get started,

Sharon

YOU WILL NEED:

- A Bible
- A Journal or Notebook... even a simple folder... just one place to keep the workouts together 😊

DYNAMICS:

Communication

- **Website...** you will find everything you need on the Soul Pilates Page on our website
- **Contact...** if you have questions, reach out, we are here to help and cheer you on.

Schedule of Workout Details

- Each week there is a new "**WEEKLY WORKOUT**" to guide you in studying the monthly passage.
- The "workouts" will include **many varied exercises** to studying/meditating on God's Word.
- Some exercises will be **foundational** and you will see them almost every week.
- Some exercises will be **new** to you and we encourage you to embrace them.
- We also encourage **stretching the "workouts"** over the whole week (i.e., Copying - copy 1-2 verses per day)
- You will want to use your **journal or notebook** to record these different exercises.

Scripture Prayer Images

- These images are designed to **help you pray God's Word** that you are studying and are found on the monthly Soul Pilates pages on our website.
- The prayers are **worded in first person**, but you can also use them to pray for others by simply switching the wording around a little bit. Need help? Reach out and we will give further instruction.

Teaching Videos

- Each month we offer Soul Pilates **teaching videos** on the passage, you will find them on our YouTube channel, Established Footsteps Ministry. We encourage you to subscribe.

ADDITIONAL THINGS TO NOTE

- **Soul Pilates was developed** to cheer you on to getting into God's Word, so that God's Word can get into you... and strengthen you in the core of how you live – your mind, will and emotions.
- **Don't stress and don't give up!** There will be some weeks that you will not get to do it all... and some weeks that you do way more than what we provide. The heart of Soul Pilates is that you will be giving continuous energy and time into training your mind, will and emotions with the Truth of God's Word. Your experience won't be perfect, but it can be powerful as you keep showing up, doing your best and inviting the Lord to do a transforming work in your soul.