

Reset moves (pick 1 to 3)

- Knee rocking (tiny side to side sway)
- Pelvic tilts (micro movement)
- Pelvic Clock
- Shoulder blade “melt” (down and release)
- Shoulder reach (reaching to the sky)
- Heel Slides
- Open Book (side lying)

Scan the QR code below for a gentle pink n mix style class for when you feel rubbish.

Breathing exercise

“Hands on ribs” soothing breath

- Get comfy (on your back or side). Add pillows anywhere you need support.
- Place your hands on the sides of your lower ribs.
- Inhale gently through your nose, imagine the ribs widening into your hands (front, sides, and back).
- Exhale slowly through your mouth (like fogging a mirror), let your shoulders feel heavy.
- Repeat for 6 to 10 breaths.

Helpful cues:

“Breath low and wide”

“Longer exhale, softer body”

“Jaw unclenched, shoulders dropping”



Questions or support



info@mobilates.com

Further info

www.mobilates.com/LAEP-2

The “Green Zone” rules (your pacing guide)

You’re in charge (pause, swap, rest, or stop anytime)

Keep it light (you should be able to breathe comfortably)

Less is more (tiny range is still real movement)

Slow counts (smooth, gentle, no sudden stretches)

Stop while it still feels ok (aim to finish feeling the same or a little better)

If symptoms start to rise - (your “downshift plan”)

Try one or more:

- make the movement smaller
- make it slower
- do fewer reps
- switch to breath only
- change position (side lying is often the gentlest)
- come back to a reset move
- imagine the move



LAEP Bed Pilates Toolkit

Your soothing movement toolkit, a simple breathing exercise, what we covered in the 4 weeks, and what happens next.

Our Bed Pilates classes are the start of your journey in helping you discover how you can move in a way that feels safe, soothing, and supportive, especially while living with pain, fatigue, and long-term health conditions. We’re building trust with your body, one gentle session at a time.

What we Covered in the 4 weeks

Week 1, Safety first (meet your body today): We focused on settling, breath, and tiny bed-based movements to help your nervous system feel safe enough to move.

Week 2, Rhythm and un-bracing (gentle flow): We used slow, steady rocking and myofascial-friendly movement to encourage the body to soften and reduce guarding.

Week 3, “Just enough” stability (dimmer switch support): We introduced gentle stabilising work (endurance, not force) to build support without bracing or flare-ups.

Week 4, Integration and agency (your personal toolkit): We linked favourite moves into a simple mini routine and practised choosing options so you can confidently adapt on any kind of day.

Your notes (optional)

My top 2 reset moves:

1. _____ 2. _____

My early warning sign I need to downshift:

My gentle plan for this week (tiny is perfect):

Days: _____ Time: _____

Moves: _____



What happens Next

1 Book Follow up

Book a follow up with Leanne:
<https://mobilates.as.me/freeconsult>
to chat through what you want to try next and make a plan.

2 Become a Mob member

After 4 weeks of LAEP, you get 4 months of Mobilates access. Choose what you can afford: Subsidised (£10-£30) or Standard (£35-£59). Free option available.

3 Explore classes

Explore the timetable:
www.mobilates.com/timetables-online.
Use the class filter to find out more about the classes.

Membership Options

Your LAEP discounted membership options (for the 4 months)

Mobilates offers subsidised options as a thank you gift for taking part in LAEP:

- £10 per month: 1 class per week
- £20 per month: 2 classes per week
- £30 per month: unlimited classes

If you need it, there is also an option for 4 months of unlimited classes for free, and Mobilates will not ask questions.

You can also choose a standard membership if you'd like to contribute more and support Mobilates and other members.

