

PILATES MEDITATION MINDSET MEAL PREP GROCERY LISTS

GRATITUDE, GOALS, PILATES & POSTURE

Welcome to the Class

This FREE web class will give you the daily tools
to add movement and healthy mindset to
instantly go from chaos to calm.

[Access the class replay anytime: by clicking here.](#)

IN BALANCE PILATES

Created By
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IF

you aren't already counting your blessings, it's incredibly easy to start a daily practice of GRATITUDE.

Welcome

to this free webclass on GRATITUDE, GOALS, PILATES & POSTURE.

I'm Lisa Khera, the owner of In Balance Pilates, co-author of the book Women Who Inspire and creator of the online Pilates, Meditation & Mindset course called Healthy Brain & Optimal Posture.

Watch the replay
HERE

"Trust the process."



Welcome to the Class:

1

Gratitude

Make Gratitude a daily practice, a non-negotiable for your daily habits.

There is a ripple effect that is sent out when you focus on what you are thankful for, an abundance of blessings.

Lower anxiety, depression and sleep better with a daily Gratitude practice.

Focus on your foundation of WINS.

Make a list of 100 wins that you have had in your life in any and all areas of life.

Recognize all of the areas in your life where you can feel grateful and write them down.

Notice your thoughts and how you spend your time.

Is it filled with solutions, wins, gratitude, grace & integrity or is it filled with judgement, negativity, complaining, low level vibration?

What do you need to KEEP/STOP?START - revisit this list often.

What we focus on grows, keep focused on where you want to be not where you are.

Who is in your circle?

Goals

2

Be LASER focused on your goals.

Get accountability and support from others.

Decide what you are going after and don't settle or put quitting as an option - decide and commit.

Get clear on what you need to do and what you need to eliminate doing to get focused and succeed.

When you are deciding how to best spend your time ask yourself - does this bring me value? Does this make me an asset? Does this allow me to serve others and make an impact for those that need my guidance?

3

Pilates

Set reminders to get regular exercise and make it a daily habit. The benefits of exercise promote optimal posture, which will, in turn, further help to condition muscles, stabilize and prevent injury. Team up with an accountability partner to keep you motivated and committed to your exercise routine.

PILATES is an excellent choice for daily exercise as it offers specific exercises that will help maintain good posture, increase core strength and joint stability.

Here are my most relaxing movements to ease low back tension: [WATCH the video here.](#)

Enroll in our online program [Healthy Brain & Optimal Posture](#) and get access to Pilates class videos to help keep your body moving, your mind feeling calm and your muscles strong and supported.

Posture

Having optimal posture can help you achieve flexibility, strength and mobility of the spine. Striving for better posture will improve the movement and ease of the spine, which will decrease back pain and improve posture. Regular Pilates workouts can help you get your BEST posture — because postural awareness and stability is combined in every exercise.

When you move with ease and have a pain free body it's easy to enjoy your daily activities, work, play & travel. When you have an episode of back pain it's hard to enjoy daily activities without stress on the body. Optimal posture is about more than just LOOKS, it's essential to a healthy, well-functioning body. Poor posture is an energy zapper.

If the joints and muscles of the spine are not balanced, your muscles need to work harder to keep upright sitting and standing during the day.

Slouching and poor posture often goes hand in hand with shallow breathing and tense muscles.

4

CONCUSSIONS ANONYMOUS

We invite you to watch the weekly show on Facebook with personal concussion stories, treatment options, experts & support through healing.

Watch on FB
Friday Lunch Live
With Lisa & Karen

@InBalancePilatesStudio
@Opticalm



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Be a guest on our show

Concussions Anonymous.

Professionals. Personal

stories and caregivers -

share your story.

want to learn more?

Enroll in our online program Healthy Brain & Optimal Posture. Learn tools for how to be productive and positive through post-concussion healing. Go from chaos to calm with Pilates, Meditation & Mindset. Some people with persistent post-concussion symptoms suffer for years dealing with: physical aches and pains, headaches, stiff muscles and joints, social changes and isolation, memory and cognition decline, communication issues, emotional stress, balance and strength decline.

Imagine removing these persistent symptoms or at a minimum stepping into new strategies to deal with them in a healthy, productive way.

In 4 weeks you will be able to get clear on a daily plan for a Healthy Brain & Optimal Posture. Bonus recipes, meal plans, grocery lists, daily planner sheets, extra web classes and more!

Week 1 – Daily Success Exercises

Week 2 – Breathing Exercises & Mindfulness Meditations

Week 3 – Pilates, Fitness & Optimal Posture

Week 4 – Daily Routines for Setting Intentions & Visualizations Join today!

Get started today and go through the course at your own pace.

Our course Healthy Brain & Optimal Posture will give you daily tools and tips to feel productive and positive through post-concussion syndrome or any chronic illness that might be slowing you down.

You get lifetime access in a password protected site.

Enroll in the course

Be sure to follow me on social media to stay up to date with all of my new product releases! @lisakhera @inbalancepilates

