

BODY IN EQUILIBRIUM RETREAT GUIDE

Four days of somatic experiences and experiments

Hosted by Kerry Sinclair, Founder of Body EQ Solutions and Creator of The Regulated Strength Method, and, Roberta Musolino, Classical Pilates Teacher, Movement Educator, Vocal Coach, Licensed Tour Guide Italy & NYS





Are you Ready to find your own *EQ*?

Body in Equilibrium is a somatic experience for people who want tools to discover their unique EQ. The retreat offers space for exploration through considered movement, quiet reflection, and community activation.

This is for practitioners hungry for depth. For those curious about the biomechanics behind cues, the nervous system science underneath a stretch, the reasons why one session lands and another doesn't. It's for those thinking about coaching, and for anyone who is thinking about their own philosophy of well-being.

Why This Retreat



Two coaches with distinct yet complementary lineage, and a combined 45 years of experience guiding clients.



It's not a wellness sampler. It's a framework to help you cultivate your unique EQ



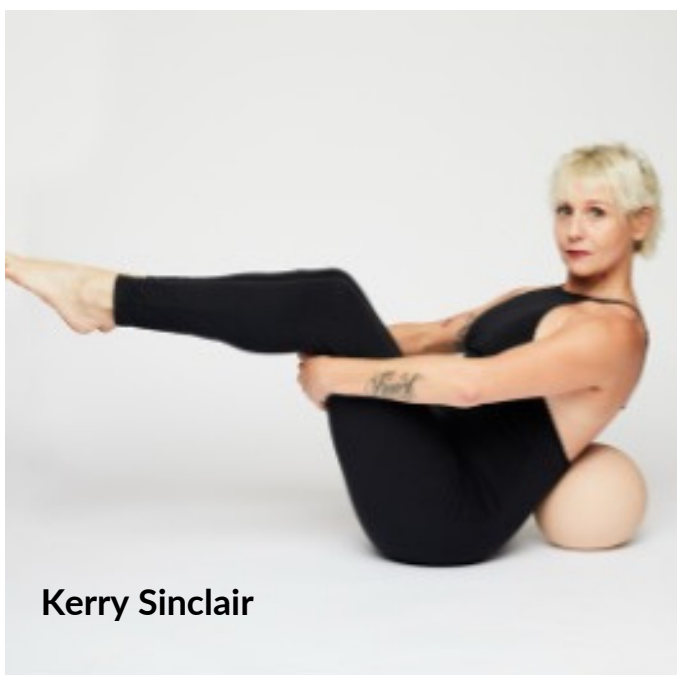
Get the tools to aid your specific needs. Your life isn't copy-paste, your resources shouldn't be either.



A Rare Coaching Experience

Two distinct coaching styles, a shared lineage, and the philosophy that movement heals. We bring different but deeply complementary bodies of work to the mission of guiding clients toward the best version of themselves; a combination that doesn't exist anywhere else.

Kerry's RSM programming is rooted in functional biomechanics, nervous system regulation, and multi-modality programming. Roberta's practice carries the Classical Pilates tradition from her international lineage, enhanced by experience as a professional multi disciplinary performer, vocal coaching, 30 years as a meditator & student of yoga and over two decades of training teachers across three continents.



Kerry Sinclair



Roberta Musolino

The Body in Equilibrium retreat is our way of encouraging clients and colleagues to continue to be curious about how movement supports a better lived experience. Not all sessions are movement-based, because transformation is also found in quiet reflection and community space.

We believe that an energized community and a reflective practice are a powerful closed-loop combination.



Day One: Arrive · Attune · Center

The Body Keeps Score Understanding How Your Body Tells Its Story

A guided movement screening to open the retreat will reveal how your body organizes itself under pressure, in transition, and at rest. This is to discover possibilities of finding a greater sense of freedom in- and-outside of your body. Potential for movement you haven't accessed yet. Bring your curiosity.

Working Center: The Architecture of Deep Stability

Kerry brings her philosophy on “working center” to lead this exploration at the intersection of subtleness and strength. Taken from her background in contemporary dance, “working the center” refers performing exercises in a way that is grounded, efficient, and expressive. It is where technique meets style and movement feels graceful. The session explores breath mechanics, pelvic floor awareness, what it means to let go of fear under pressure.

Voice, Breath & Presence: Use Every Instrument You Have

Drawing on her musical theatre background and decades of coaching, Roberta leads a session on using breath control to develop a vocal presence, and a voice that carries authority, calm, and connection. Presence isn't a personality trait, it's a practice, in a session, in a room, in your life. This work is foundational for those in leadership or exploring coaching themselves.



Day Two: Activate · Strengthen · Explore

Nurture a Slow Burn: Activate, Precision and Power

A progressive movement lab exploring RSM pillars 2 and 3 in your own body. Wake up dormant pathways with myo-fascial exercises to reduce joint inhibition and feel ease in your body. Exercises are then layered in load, tempo, and complexity. This session encourages you to stop overthinking and soften blockages you find in the body.

Classical Pilates Master Class: Trusting the Method

A rare opportunity to move with a teacher trained by some of the most respected names in Classical Pilates. Roberta guides a session rooted in teachings she has studied for over 25 years, in Europe and New York. This is a chance to connect to the elegance, rigor, and intelligence that makes the Pilates Method unique as a discipline, and intrinsic to building a body in equilibrium.

How Community & Culture Feed Creative Energy

Our identity and communities are shaped by culture, but we also can create our own version of it. Roberta calls on her experience as a tour guide to lead a curated outing for our community. Bodies in equilibrium meet all areas of life with the creative energy that leads to great transformation. Your biggest “ah ha” moment might not happen on the mat. Join us outside.

Yin Yoga & Fascial Unwinding: Trust the Wisdom of the Body

A slow, precise practice for mobility, deep recovery, and fascial release. Kerry guides you through held postures designed to access the deeper connective tissue layers that active movement never reaches. The dance philosopher, Ruth St. Denis, said: “Wisdom comes dancing,” trust the wisdom of the body to show you the way. This is where the lessons of the day settle into your tissue.



Day Three: Integrate · Embody · Continue

Breath, Stillness & Intention: A Meditation to Open the Final Day

Roberta opens the third day with guided meditation using resonant breath, gentle toning, and somatic awareness to settle the nervous system and create the quality of attention that makes the day's work possible. This isn't passive stillness. It's active listening to your breath, your body, and the intentions you're carrying into the final day of the retreat.

Power From The Core

Kerry draws on classical Pilates mat work in a class that prepares the powerhouse of the body for the day ahead. This session focuses in on the essential mind-body connection that underpins physical readiness and a general sense of ease. Active, strong, and integrated movement that is a template for a balanced workout.

Partner Stretch Lab: Communication & Shared Movement

A confident sense of self is borne in the trust of community. Kerry and Roberta co-host this structured partner practice using assisted stretching, contact-based cueing, and collaborative movement to develop body awareness, and encourage trust from a different angle. You've been learning how your body moves. Now learn how it communicates.

Movement as Meditation

Join Roberta on a quiet walk with somatic awareness prompts at the start, and begin process what you've discovered, and how it will become integral to your life.

Fireside: The Quest for a Body & Life in Equilibrium

The retreat closes with a conversation to reflect on the philosophy that movement heals, individually and in the different arenas of life. Kerry and Roberta open a discussion on why movement and creative expression intersect in a full life: how a Pilates practice feeds artistic thinking, how physical discipline creates mental freedom, how the body's intelligence shows up in the work we make and the way we lead.



Day Four: Connect · Expand · Carry Forward

Just Move, Full Body Activation

Kerry leads a full-body integration class to activate the whole body from inside out. This is the class that makes the whole retreat make sense in your body. Everything you've practiced over three days arrives here as muscle memory, not instruction. Active, fluid, and deeply satisfying: movement that is a demonstration of what equilibrium actually feels like.

The Community Circle: What Are You Taking Home?

A structured conversation for community reflection, co-facilitated by Kerry and Roberta. Each participant is invited to name one shift—in their body, their practice, or their thinking—that this retreat produced. This isn't a debrief. It's a community act: speaking a new understanding into existence in front of people who witnessed the same experience. What gets named gets kept.

The Living City: A Cultural Walk with Roberta

Roberta leads a curated outing drawing on her expertise as a licensed tour guide. This is about more than sightseeing—it's a deliberate practice of moving through the world with the embodied awareness. It's about living in the moment. How does a city feel different when you're in your body? How does culture become a resource for creativity, community, and a life in equilibrium? The best ideas rarely happen sitting still.

Closing Ritual: A Body in Equilibrium

The final session of the retreat is held as a shared practice: a gentle, guided movement and breath sequence led by both Kerry and Roberta, followed by a moment of individual stillness and intention-setting. This is the session that transitions the experience from something that happened to you into something that belongs to you. You arrived with a body. You leave with a practice.



Body in EQ Beyond the Retreat

The retreat ends after day four, but the work doesn't.

Most retreats offer a chance at a respite and reset, but they rarely offer support for change after the gathering ends. Then, within a two weeks, the momentum is gone. Life fills up the space and the insights fade. We built the Body in EQ 90-day action plan to keep your body and mind in the work long after you've gone home.

For 90 days you'll have a clear program to keep you going, a structure that fits your life, and a 1:1 coaching call available to help you assess, recalibrate, and stay accountable to the body in equilibrium you set out to create.

The full details—structure, scope, and how to access it—are shared exclusively at the retreat. Consider this your reason to show up for every session.

[**JOIN THE WAITLIST**](#)