

PHOTOS



COUNTDOWN TO 'I DO': PART 4

2/15

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Balance Is Everything

I have less than two weeks to go until the big day, so I'm letting go of my micro-managing tendencies and opting for plenty of rest, meditation and exercise...

Here I am trying to think "lean" thoughts instead of focusing on the pain. My instructor Celine Burn of Erika Bloom Pilates (erikabloompilates.com) is reminding me that pilates builds lean, not bulky muscle—it's also excellent for your posture. Gotta stand up straight at that altar.

[Check out last week's post here »](#)

[Check out my 2nd post »](#)

[And take a peek at my 1st post »](#)

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http://photos.essence.com/galleries/countdown_to_i_do_part_4#125161