



BODY BALANCE 7

	TITLE	ARTIST	DURATION
1	Adiemus Warm Up	Adiemus	5:00
2	Return To Yourself Sun Salutations	Enigma	5:00
3	Man In The Mirror Standing Strength	Michael Jackson	4:05
4	Hero Balance	Mariah Carey	4:50
5	You'll Be In My Heart Hip Opening	Phil Collins	4:00
6	My Love Is Your Love Core	Whitney Houston	5:00
7	Take Me To The River Back	Annie Lennox	5:55
8	The Prayer Twists	Celine Dion and Andrea Bocelli	4:30
9	I Will Find You Forward Bend/Hamstring Stretch	Clannad	5:55
10	Healing Circle Deep Relax	Deuter	7:30
11	Dreamland Meditation Seated	Black Box	2:05

Choreographed by: Phillip & Jackie Mills
Lee Parore

KEY

Alt	Alternate
R&L	Right & Left
Intro	Introduction
V	Verse
Ch	Chorus
Br	Bridge
REP 1x	Repeat the Sequence or Move one more time
“pose”	Pose as described in BODYBALANCE Manual
Cts	counts

Track Number / Type : 1 Warm Up
Song Title : Adiemus

Duration : 5:00

BENEFITS: Develop self-awareness, initiate diaphragmatic and belly breathing and breathing with movements. Warm up, loosen and start stretching the body.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	1x12	"Mountain Pose" – feet hip distance apart
Chant 1	4x6	Breathe in raising arms to shoulder 6cts, exhale return to "Mountain Pose" 6cts REP 1x
Chant 2	4x6	Inhale to "extended Mountain Pose" 6cts exhale to "Mountain Pose" 6cts REP 1x
Chart 3	3½x6	Inhale "lateral extension with arm L) 6cts
	2x6	Exhale "Mountain Pose" 6cts
	2x6	Inhale "lateral extension with arm R) 6cts
	2x6	Exhale "Mountain Pose" 6cts REP 1x
Flute 1	4x6	Bend forward, hands above knees, back straight "Forward bend with extended torso". Bend knees 3cts, straighten knees 3cts REP 3x
Flute 2	4x6	"Forward bend and soft back"
Chant 3	3½x6	"Forward Lunge" with knee on ground and hands on floor 2x6cts/put hands on knee and raise back 1½x6cts
Chant 4	2x6	Twist to left. R) hand on L) thigh. L) hand in small of back
Chant 2	4x6	Repeat "Forward Bend and soft back"
Chant 3	3½x6	Repeat lunge and twist sequence with R) leg and twist to R)
Chant 4	2x6	
Transition	1x6	"Downward Dog"
Chant 1	6x6	
	4x6	
Flute	4x6	Down Dog 1x6 cts/lunge right leg forward 1x6cts/hang 1x6cts/stand up 1x6cts
	6x6	"Lateral extension" L) leg stepped over in front R) arm reaching overhead, L) hand in hip
	6x6	Repeat to other side
	6x6	Repeat breathing sequence introductory

Track Number / Type : 2 Sun Salutations
Song Title : Return To Yourself - Enigma

Duration : 5:00

BENEFITS: Warm body more. Gently mobilise the lower back by using bent knees. Co-ordinate 1 move with one breath in or out.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	2x14	"Mountain Pose" 12 Move Sequence
(V1)	4x8	(1) Inhale to "Extended Mountain Pose" 8cts
(V2) (1)	4x8	(2) Exhale "Swan Dive" "forward bend and soft back : knees bent" 8cts
Chant	4x8	(3) Inhale step left foot back into "Forward Lunge" 8cts
(V3)	4x8	(4) Exhale step right leg back into "Downward Dog" – 8cts
Chant (2)	4x8	(5) Inhale "Crocodile", knees on floor Option: straight legs 8cts
Chant/Bridge	2x8 2x9	(6) Exhale "Downward Dog" – 8cts
(V1)	4x8	(7) Inhale step through with left leg "Forward Lunge – knee down"
(V2) (3)	4x8	(8) Exhale hold lunge position, and raise arms overhead – 8 cts
Chant	4x8	(9) Inhale return hands to floor, lifting right knee off floor and straightening left leg slightly – 8cts.
(V3)	4x8	(10) Exhale step right leg forward "forward bend and soft back knees bent" 8cts
Chant	4x8	(11) Inhale bend knees, straighten back and raise arms overhead to "Extended Mountain Pose" 8cts
(V3)	4x8	(12) Exhale lower arms to sides to "Mountain Pose".
Chant/Bridge (4)	2x8 2x9	REPEAT FOUR TIMES TO ALTERNATE SIDES
Bridge	4x8	
Chant (5)	4x8	
Chant and finale (fading)	4x8	

N.B. Slow down moves (11) and (12) of 2nd and 4th sequences to accommodate 2x9cts in music

Track Number / Type : 3 Standing Strength
Song Title : Man in the Mirror – Michael Jackson

Duration : 4:05

BENEFITS: Lengthen, strengthen and tone legs and buttocks and abdominals. Added adductor stretch to aid lower back mobility.

Cue (When to do it)	Cts	Description (What to do)
(Intro 1)	2x8	Jump or step feet apart
(Intro 2)	4x8	2 x Tai Chi breaths. Inhale and raise hands with palms facing up, up the front of the body 8cts Exhale and push hands (palms down) down the body (8cts)
(V1)	4x8	(A) “Warrior 1” L)
(V2)	4x8	(B) “Warrior 3” L)
(Ch)	4x8	(C) “Sun Warrior”: Lean back to other side, stretching left arm overhead, keeping left leg bent L) hand on R) leg Option – straighten L) leg
Bridge	2x8	(A) “Warrior 1” L)
(V1)	4x8	Repeat (A) to right
(V2)	4x8	Repeat (B) to right
(Ch)	4x8	Repeat (C)
(Ch)	2x8 2x8	Repeat (A) to right Transition to “Triangle” left
(Ch2)	4x8 1x8	“Triangle” L) Transition to triangle to right.
(Ch3)	4x8	“Triangle” R)
Finale	2x8 2x8 1x8	“Adductor Stretch” L), hands on L) thigh “Adductor Stretch” R), hands on R) thigh Tai Chi breath

Track Number / Type : 4 Balance
Song Title : Hero – Mariah Carey

Duration: 4:50

BENEFITS: Strengthen lower and upper body, back and abdominals. Develop poise and concentration.,

Cue (When to do it)	Cts	Description (What to do)
(Intro)	2x8	Jump or step together into “Mountain Pose”
(V1)	2x8	“Standing Split Pose” L). Step L) foot forward and lean forward to touch hands on floor, raising straight right leg in air parallel to ground N.B. L) knee bent
NB	2x8	“Aeroplane Pose”. Bent left knee, arms out to sides, left leg straight out behind.
(Ch)	2x8	“Intense Pose”
(Ch)	2x8	“Eagle Pose” standing on R) leg
Transition	1x8	Transition out of “Eagle” into “Mountain Pose”
(V3)	2x8	“Standing Split Pose” R) knee bent
(V4)	2x8	“Aeroplane Pose” R)
Ch	2x8	“Intense Pose”
Ch	2x8	“Eagle Pose” standing on L) leg
Transition	1x4	Transition out of “Eagle” to feet apart for squat
(V5)	2x8	Squat with arms reaching forward, heels down, buttocks by heels, knees in armpits (lower back release)
(V6)	2x8	Hold squat
(V5)	2x8	Step or jump into “Plank Pose”
(V6)	2x8	“Downdog” 8cts, set up “lateral plank” 8cts
(Ch)	1x2	“Lateral Plank” on L) hand
(Ch)	2x8	“Downdog” 8cts, set up “Lateral Plank”
(Ch)	2x8	“Lateral Plank” on R) hand
(Ch)	2x8	“Childs Pose”

N.B. “Downward Dog to Lateral Plank” described Page 44 BODYBALANCE Manual

Track Number / Type : 5 Hip Opening
Song Title : You'll Be In My Heart – Phil Collins

Duration : 4:00

BENEFITS: Stretch hip flexors and buttock muscles. Increase hip mobility releasing lower back tension.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	2x8	“Downward Dog” 8cts. Set up “Swan Pose” L) 8cts
(V1)	4x8	“Swan Pose” body upright. Option “Swastika”
(V2)	4x8	“Swan” with upper body lowered towards floor leaning on forearms (instruct participants to maintain neutral spine – don’t go so low that they lose it) 3x8cts “Downdog” 8cts
(Ch1)	4x8	“Forward Lunge” L) knee down, hands on thigh
(Ch2)	2x8	Raise arms overhead
	2x8	Optionally lift R) knee off floor
Transition	1x4	Transition on to back. Hands to floor, step R) leg in and sitdown. Hold L) knee and roll back on to back
(V2)	4x8	Lie on back with left leg straight, pulling L) knee towards R) shoulder 2x8cts L) knee to L) shoulder 2x8cts
(Ch1)	4x8	Lay L) ankle over R) thigh and pull R) leg towards chest with hands (hold either R) hamstring or shin) 3x8cts. Roll up to sitting and swing L) leg to back to set up “Swan” or “Swastika”
(V3)	4x8	Repeat Swan sequence with right leg forward
(V4)	4x8	
(Ch3)	4x8	Repeat lunge sequence with R) leg forward
(Ch4)	4x8	
Bridge 1	2x8	Transition on to back
Bridge 2	2x8	Repeat hip-rotation stretch sequence
	4x8	
Finale	2x8	Finish lying on back ready for core sequence

Track Number / Type : 6 Core
Song Title : My Love Is Your Love

Duration: 5:00

BENEFITS: Strengthen abdominal (lower abdominals/and oblique) muscles, retraining mind awareness of the body's core. Integrate R and L sides of body for functional gait pattern.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	2x8	Place hands under lower back at belly button level, draw spine down to press lightly on fingers, pull belly button in. Lift knees to 90°
(V1)	4x8	(A) Lower left foot as close as possible to floor (without touching floor) keeping knee bent (option straighten left leg) x 12cts. Rest i.e. : legs together at 90° 4cts. Repeat with right leg x12 cts. Rest 8 cts
(V2)	4x8	Repeat with left leg x 12cts. Rest 4cts. Repeat with right leg x 12cts. Rest 4cts
(Ch)	1x8	Feet to floor hip distance apart, knees bent, hands by ears, chin to chest, tongue on roof of mouth
	4x8	(B) Slow oblique – crunches. Raise R) shoulder to opposite knee 2cts, sliding R) hand up outside of opposite thigh 2cts, reach with hand 2cts, lower to floor 2cts. Repeat to L) 8cts. Repeat sequence 1x
	1½x8	Place hands under lower back again
(V1)	4x8	Repeat (A) sequence.
	1x4	
(V2)	4x8	Repeat sequence 3 times (6x8cts)
	1x4	Feet to floor, set up for “Oblique Crunch”
(Ch)	4x8	Repeat (B) sequence – Slow oblique – crunches 4x
(Ch)	4x8	
(V3)	4x8	Place feet on floor with bent knees, hands on floor beside body. “Supine Pelvic Tilt” using abdominal
(V3)	4x8	Strength 4cts up, 4cts down REP 7x
(Ch)	4x8	“Cross Crawl” 4cts out, 4cts in (Option straight lower leg)
	2x8	Alternate R) and L) leg REP 3x
Bridge	2x8	

Track Number / Type : 7 Back

Duration : 5:55

Song Title : Take Me To The River

BENEFITS: Improves posture by strengthening muscles in upper and lower back, buttocks and legs. Mobilise neck and re-train neck and shoulder to integrate movement. Increase flexibility in back muscles so spine is more elastic.

Pointer pose activates the contra lateral upper and lower body for functional strength and stabilisation.

Cue (When to do it)	Cts	Description (What to do)
(Intro)	4x8	Set up prone position lying on stomach with forehead on fingers, elbows to side
(V1)	4x8	(A) Upper body raises looking to left. Left hand stays in contact with forehead, right hand
(V2)	2x8	stays on floor (no pressure on floor with hand) 4cts up, 4cts down REP 5x
Transition	1x4	Set up for "Prone Cobras". Lie prone with arms at sides, palms facing up
(Ch)	4x8	(B) "Prone Cobras". Lift upper body off floor with chin tucked in, rotating hands and arms
Bridge	2x8	until thumbs are facing ceiling. Feel external rotation of shoulders, shoulder blades
		being pulled together 8cts up, 8cts down REP 2x
(V1)	4x8	Repeat (A) to right 6x
(V2)	2x8	
Transition	1x4	Set up for "Prone Cobras"
(Ch)	4x8	(B) REP 4x
(V3)	4x8	
Bridge	2x8	Come up on to all fours and hold "Cat Arch" 8 cts. Neutral spine 8cts
(V1)	4x8	(C) "Dog Lifts" L) arm and R) leg 4cts up 4cts down REP 5x
(V2)	2x8	Transition to "Pointer" by extending L) arm R) leg out from top of "Dog Lift"
	1x4	
(Ch)	4x8	(D) "Pointer".
Bridge	2x8	
(V1)	4x8	(C) Repeat to other side
(V2)	2x8	
(Ch)	4x8	Repeat (D) to other side 6x8. Use last 2x8 cts to transition to "Supine" position for
(V3)	4x8	
(V)	2x8	"Supine Pelvic Tilt" 4cts up, 4cts down
	4x8	REP 5x
(V)	2x8	Hold at top of move 16cts, lower 4cts
	1x4	
(V)	2x8	"Supine Pelvic Tilt" 6x
	4x8	
(Ch)	4x8	Hold at top of move 4cts, lower 4cts

Track Number / Type : 8 Twists
Song Title : The Prayer

Duration: 4:30

BENEFITS: Release tension in back muscles to maintain range of motion of the spine.

Cue (When to do it)	Cts*	Description (What to do)
Intro (Instrumental)	2½x8	Lying supine, stretch out along floor and arms above head.
Verse 1 (female voice) "I Pray.." "You'll be alright..."	4x8	"Face up twist" L) knee bent R) leg straight
V2 "Let this be your prayer..."	2x8	"Face up twist" R) knee bent L) leg straight 4x8cts
V3	2x8	Transition to "Star fold" in last 4cts
V1 (Duet – male voice beginning) followed by female	4x8	"Star Twist" L) 2x8ct L) hand on floor behind 2x8cts.
V2 (Duet – male voice beginning) followed by female	2x8	"Star Twist" R) 2x8cts
V3 "Lead us to a place..."	2x8	R) hand on floor behind. Transition 4cts to "seated spinal twist"
Chorus "Sogna mon mondo..."	2x8	"Seated spiral twist" L), R leg straight L) leg bent
Chorus	2x8	Transition to "Seated Spinal Twist" R) with bottom leg bent Option: bottom leg straight
V4	4x8	Raise R) arm overhead 4cts Lower arm to side and hand to ground behind body 4cts. Hold 3x8cts.
V2 "Let this be our prayer..."	2x8	"Seated Spinal Twist" R) L) leg straight
V3 "Needs to find a place..."	2x8	Transition to "Seated Spinal Twist L) with bottom leg bent" Option: bottom leg straight
Finale (Duet)	1x12	Raise L) arm overhead 4cts Lower arm to side and hand to ground behind body 4cts. Hold until end

* Counts for this song are approximate. Tempo varies

Track Number / Type : 9 Forward Bends/Hamstring Stretch **Duration :** 5:55

Song Title : I Will Find You (theme from The Last Of The Mohicans)

BENEFITS: Stretch hamstrings, abductors and adductors, buttocks and spiral exterior muscles

Cue (When to do it)	Cts	Description (What to do)
(Intro)	2x8 approx	Lying "Supine", legs straight
(V1)	2x8	"Supine Hamstring Stretch" left leg
	2x8	"Supine Hamstring Stretch" (abductor)
(Ch)	2x8	"Supine Hamstring Stretch" (adductor)
	2x8	
(Ch2)	2x8	"Supine Hamstring Stretch"
	2x8	
(V)	2x8	Repeat same sequence with right leg i.e. "Supine Hamstring Stretch" right leg
	2x8	
(Ch1)	2x8	
	2x8	
(Ch2)	2x8}	"Supine Hamstring Stretch"
	2x8}	
Chant	2x8	(A) Transition to "Stick Pose", extend arms overhead 8cts Option – knees bent or straight
	2x8	"Forward Fold" L) arm forward R) arm back 8cts
	2x8	Repeat Arms overhead 8cts "Forward Fold" R) arm forward L) arm back 8cts
	2x8	Repeat (A) 1x
(Ch1)	2x8	(B) Slide R) foot into L) inner thigh, knee out. L) hand on L) leg, R) arm overhead.
	2x8	Stretch body to L) keeping torso to the front
(Ch2)	2x8	Straighten body upright, lower R) arm to horizontal and turn arm and body into "½ Forward Fold"
	2x8	Hold "½ Forward Fold"
Chant	8x8	Repeat (A)
(Ch3)	2x8	Repeat (B) to other side
	2x8	
(Ch4)	2x8	
	2x8	
Ch5	2x8	"Star Fold" with back long
	2x8	
Fade	2x8	"Forward Fold" with back relaxed
	2x8	

Track Number / Type : 10 Deep Relaxation
Song Title :

Duration : 7:30

BENEFITS: * Integrates what has been learnt during the class. * Relaxes muscles and releases psychological tensions. * Soothes the nervous system, bringing calmness and clarity of thought.

Diaphragmatic Breathing activated Parasympathetic nervous system for the Relaxation response

This track starts lying with feet on floor away from the body. If you have any issues with your neck please fold a sweatshirt or place the toes of your shoes under your head so your neck can relax. Stay in this position if you are comfortable through your lower back and relax your knees into each other. Otherwise stretch your legs out along the floor.

This is our time for stillness, relaxation and integration of all the work we have done. Make sure you are comfortable.

Gently focus your attention to just below the navel and feel how your belly rises and falls softly with each breath.

Slowly move your head from side to side. Release any tension in your neck and let it find its centre position on the floor. Feel how this creates a deep sense of relaxation through the face, how the creases in the brow soften, how the eyes sink back into the head. Allow your cheeks to soften, your lips to soften.

Let your jaw relax away from your head and your throat open and your tongue rest gently. Feel your shoulders melt across the floor down your arms to the natural curl of your fingers.

Let your back be heavy resting on the floor, your buttocks soft and melting, down your legs, muscles deeply relaxed, feet and toes falling out to the side.

Focus on stillness, calmness, deep relaxation. Allow your body to soften and release more deeply and fully with each breath.

Track Number / Type : 11 Seated Meditation

Duration : 2:05

Song Title :

Gently start to move your fingers and toes. Breathe a little deeper.

Slowly stretch your arms over your head. Draw your R) knee then your L) knee into your chest, stretch out your back. Let your feet come back down to the floor and roll over on to your R) side away from your heart.

When you are ready, use the strength in your upper body to come up to a seated meditation.

Find a comfortable seated position – straighten out our backs. Close your eyes or lower your focus. Be aware of your breathing – in and out through the nostrils. Feel the beginning middle and end of each breath.

Inhale deeply and feel the energy of the breath. Exhale and feel the relaxation of the breath.

Gently open your eyes back into our day, calm relaxed and focused.

Thank you.

PRODUCTION LIST - BODYBALANCE 7

	SONG TITLE	ARTIST	WRITER	PUBLISHER	RECORD COMPANY
1	Adiemus (‘Moods’ soundtrack) Warm Up	Adiemus	Karl Jenkins	Album “Songs of Sanctuary” Cat # 8404782 Copyright Control	Karl Jenkins Associates Ltd
2	Return to Innocence (‘Moods’ soundtrack) Sun Salutations	Enigma	Mi Cretis	Enigma Songs/Mambo Music “Cross of Changes” Cat # 8392362	Virgin Schallplatten GmbH
3	Man in the Mirror (History Book I) Standing Poses	Michael Jackson	Siedah Garrett, Glen Ballard	Aerostation Corp MCA Music Publishing	Sony Music Inc.
4	Hero Balance	Mariah Carey	Mariah Carey, Walter Ananasieff	Warner/Chappell Music	1993 Sony Music Entertainment Inc.
5	You’ll Be In My Heart Hip Opening	Phil Collins	Phil Collins	Edgar Rice Barrow.../ Walt Disney Music Co.	Walt Disney Records
6	My Love Is Your Love Core	Whitney Houston	W. Jean and J. Duplessis	Sony/ATV Tunes/Huyss Zwingli Publishing/Te Bass Music/EMI Blackwood	Ariston Records Inc.
7	Take Me To The River (Medusa) Back	Annie Lennox	A. Green M. Hodges	Burlington Music Ltd	BMG Records (U.K.) Ltd.
8	The Prayer Twists	Celine Dion and Andrea Bocelli	Carol Bayer Sagar and David Foster	Warner Tamerlaine Publishing Corp (BMI)	Sony Music (Canada) Inc.
9	I Will Find You (theme from ‘The Last of the Mohicans) Forward Bend/Hamstring Stretch	Channad	C. Brennan	Channad Music Ltd. BMG	BMG Entertainment Int. U.K. and Ireland
10	Healing Circle (from Reiki Album) Deep Relax	Deuter	Deuter	Soundless Sound Music Publishing	New Earth Records Inc.
11	Dreamland Meditation	Black Box	L. Limoni, D. Davoli, V Semplici	Lombardoni Edizioni Musical/Admin. Intersong USA Inc. (ESCAP)	