

BODYBALANCE 8

TITLE		ARTIST
1.	What's Going On	Cyndi Lauper
2.	Mother	Era
3.	Brand New Day	Sting
4	I Believe I Can Fly	R. Kelly
5.	Life Is Sweet	Natalie Merchant
6.	Gangsta's Paradise	Coolio
7.	Beautiful Day	Ziggy Marley
8.	Don't Want To Miss A Thing	Aerosmith
9.	Angel	Sarah McLachlan
10.	Mystic Voyage	Deuter

Choreographed by Molly Fox
Presented by Emma Barry & Lee Parore
Special thanks to Phillip & Jackie Mills, Liz Marcus & Gary Hart



Welcome to BODYBALANCE - 8

This Molly Fox special is where breath and movement meet music to leave you feeling open and calm. Fewer poses, held longer with beautiful postural work.

Cyndi Lauper prepares us for movement with a lovely warming sequence alternating forward folds with lunges. The Sun Salutation marks an exciting development as we move through progressive sequences to the hypnotic tones of Era. Very strong Standing Strength, Balance and Hip Opening tracks give us an empowering sense of accomplishment. The energy centre of the body (Core) is challenged firstly with the airborne abdominal track (side plank & forearm plank) and then countered with grounded locust and back bend preparation work. The tail end of the class steps down nicely to relaxation twisting away our worries to the theme song from Armageddon.

Sarah McLachlan brings us home bringing new length to our legs and lower back. Celebration, Integration and BALANCE are the key concepts to our Meditation/Relaxation track.

Enjoy the journey.

Key

1. As a general rule Les Mills Instructors lead off 'Instructor Left' (Participant Right) and the notes and video are presented accordingly.
2. Teaching tips have been added to highlight the main points.

R & L	Right & Left
Pose	Positions explained in the BODYBALANCE Manual.
x2	Repeat movement or sequence twice.

Track Number / Type: 1 Warm Up
Song Title: 'What's Goin On'

Benefits: Introduce breath to movement. Establish great posture. Begin to warm the muscles and open the joints. Become 'present' to the class.

Cue (when to do it)	Counts	Description (what to do)	Teaching Tips
"Mother Mother...."		Set up 'Mountain Pose'	Option: hip width
"Father Father..."	4x8	Inhale arms up, exhale forward bend, inhale reverse 'Swan Dive', exhale 'Mountain Pose'	8 counts each move
"You know..."	2x8	Inhale arms up, exhale forward bend	
"Picket lines...."	3x8	L leg back lunge, forward bend, R leg back lunge	Hands level with feet
"What's Goin on..."	2x8	'Down Dog'	
"Ah Ah Ah..."	4x8	L leg forward lunge, 'Down Dog', R leg forward lunge, forward fold	8 counts each move
"Do Do Do...."	2x8	Inhale reverse 'Swan Dive', exhale 'Mountain Pose'	
"Mother...."	4x8	Feet shoulder width and hands to knees – sharp abdominal x8 breathing	Say "Ha" to feel the energy
"You know...."	2x8	L shoulder stretch, R shoulder stretch	Turn head as if swimming
Instrumental	4x8	Inhale arms up, exhale forward bend, inhale reverse 'Swan Dive', exhale 'Mountain Pose'	8 counts each move
"You know...."	2x8	Inhale arms up, exhale forward bend	
"Picket lines..."	3x8	L leg back lunge, forward bend, R leg back lunge	Drop pelvis, draw chest through
"What's goin on..."	2x8	'Down Dog'	
"Ah Ah Ah"	4x8	L leg forward lunge, 'Down Dog', R leg forward lunge, forward fold	
"What's goin on..."	2x8	Inhale and lift to 'Intense Pose' with hands behind ears	
"You tell me..."	2x8	Intense pose, extend arms up L & R	
"Father...."	4x8	Lateral bend (L foot steps over then R foot)	Unravel hands from behind ears to look up at top hand. Soften front knee with heel off the floor
"Ride on brother..."	4x8	Chest stretch	Bring arms out front, palms together, thumbs away, draw the arm bones back, shoulder blades together and open

Track Number / Type: 2 Sun Salutations
Song Title: "Mother"

Benefits: Co-ordinate one move with one breath. Warm core thoroughly. Lengthen and strengthen total body.

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
Introduction		Introduce breathing and strong 'Mountain Pose'	Preview sequences. Angle class to 45°
Verse	8x8 }	Sequence 1	Focus on body positioning
Rap	4x8 }	L leg	Option: knee down in lunge
Verse	8x8 }	Sequence 1	
Rap	4x8 }	R Leg	
Rap	4x8 }	Sequence 2	Emphasise control and pulling belly to the spine
Verse	4x8 }	L Leg	
Rap	4x8 }	Sequence 2	
Verse	8x8 }	R Leg	Incorporate breathing patterns strongly
Rap	4x8 }	Sequence 3	
Verse	4x8 }	L Leg	Option: 'Cobra' instead of 'Up Dog'
Rap	4x8 }		
	4x8	Face front: Inhale arms up, exhale forward fold (feet hip width or slightly wider)	

Cts	Sequence 1	Sequence 2	Sequence 3
1x8	Inhale arms up	Inhale arms up	Inhale arms up
1x8	Exhale forward fold	Exhale forward fold	Exhale forward fold
1x8	Inhale lunge back	Inhale lunge back	Inhale lunge back
1x8	Exhale 'Down Dog'	Exhale 'Down Dog'	Exhale 'Down Dog'
1x8	Inhale plank	Inhale plank	Inhale plank
1x8	Exhale knee/chest/chin	Exhale 'Up Dog'	Exhale 'Crocodile'
1x8	Inhale 'Cobra'	Inhale plank	Inhale 'Up Dog'
1x8	Exhale 'Down Dog'	Exhale 'Down Dog'	Exhale 'Down Dog'
1x8	Inhale lunge forward	Inhale lunge forward	Inhale lunge forward
1x8	Exhale forward fold	Exhale forward fold	Exhale forward fold
1x8	Inhale reverse 'Swan Dive'	Inhale reverse 'Swan Dive'	Inhale reverse 'Swan Dive'
1x8	Exhale 'Mountain Pose'	Exhale 'Mountain Pose'	Exhale 'Mountain Pose'

Track Number / Type: 3 Standing Strength
Song Title: 'Brand New Day'

Benefits: Lengthen, strengthen and tone buttocks and abdominals. Increased mobility through pelvis and lower back

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
Introduction & Harmonica		Set up 'Triangle Pose' L	Spend time setting up ABCs
"Many of your people...."	4x8	Hold 'Triangle Pose' L	Encourage rotation from the waist
"Love is pain I hear...."	4x8	Set up 'Triangle Pose' R	Feet as wide as wrists
"And you keep longing...."	4x8	Hold 'Triangle Pose' R (3x8, 1x8 transition to lunge, face R)	Revolve leg in, energy up
"Turn the clock..."	4x8	Lunge facing R (lift 1x8, lower 1x8) x2	Arms above head
"Turn the clock..."	4x8	Hold lunge	
"It can happen to you..."	5x8	Forward bend (2x8) Adductor L (1x8) Adductor R (1x8) Come up through forward bend(1x8), transition to lunge, face L	Feet face front
"Turn the clock...."	4x8	Lunge facing L (lift 1x8, lower 1x8) x2	Brace abdominals
"Turn the clock..."	4x8	Hold lunge	
"I'm a...."	4x8	Warrior R	Focus off middle finger
"Yeah yeah yeah...."	4x8	Extended Angle R	Thumb up and back
"To your future...."	4x8	Warrior L	
"Are you ready...."	4x8	Extended Angle L	
"You the politician..."	4x8	Forward bend wide	On the finger tips and shoulders down
		One 'Tai Chi' breath to finish	Step back to 'Mountain Pose'

Track Number / Type: 4 Balance
Song Title: 'I Believe I can Fly'

Benefits: *Emphasis on stabilisers. Strengthens upper and lower body, back and abdominals. Develops poise and concentration.*

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
Introduction		Inhale arms up and come to prayer	Find your centre plumb-line
"I used to think..."	4x8	'Eagle Pose' L	Set legs first then wrap arms
"If I can see it..."	2x8	Deeper 'Eagle Pose'	Exhale and sink in deeper
"I believe I can fly..."	3x8	Release to standing split L	Use the body checklist (fingers, head, shoulders, legs)
"I believe I can fly..."	2x8	Return to 'Eagle Pose' L	Try not to touch down as you bring through to 'Eagle Pose'
"See I was only..."	4x8	'Eagle Pose' R	Co-contract
"If I can see it..."	2x8	Deeper 'Eagle Pose'	
"I believe I can fly..."	3x8	Release to standing split R	
"I believe I can fly..."	2x8	Return to 'Eagle Pose' R	Seesaw up
"Cause I believe..."	1x8	'Mountain Pose'	Shake out
"If I can see it..."	5x8	'Tree Pose' L (arms side, front, prayer, above head)	
"I believe I..."	2x8	Exhale arms down and reset	
"I can flyyyy..."	5x8	'Tree Pose' R (arms side, front, prayer, above head)	See video
Instrumental	1x4	Exhale arms down	
'Hummm..."	1x8	Inhale breath arms up and rise on to toes	Cherry on top

Track Number / Type: 5 Hip Opening
Song Title: "Life Is Sweet"

Benefits: Stretches hip flexors, quadriceps and buttock muscles. Increases hip mobility releasing lower back tension.

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
"It's a pity..."	2x8	'Down Dog'	Transition down to knees to set up
"It's a pity...."	3x8	'Down Dog' (2x8, 1x8 set up L leg F to lunge)	Use exhalation to deepen the post
"Don't cry...."	5x8	Lunge L (knee down)	Sit bones together, float tailbone forward
	1x4	Prepare rear leg	Heel to opposite hip
"Don't cry..."	4x8	Swing L leg around to 'Swan' R	Option: 90/90 position, diamond arms
"I'll tell you life is sweet...."	6x8	Quadricep & hip flexor stretch (lift rear shin) Transition through 'Down Dog' (last 8 counts)	Open chest and shoulder
"I've tried to comfort you...."	5x8	Lunge R (knee down)	
	1x4	Prepare rear leg	
"See.../Instrumental	4x8	Swing R leg around to 'Swan' L	Diamond arms
"They told you..."	6x8	Quadricep & hip flexor stretch	
Instrumental	2x8	'Down Dog'	
"They told me..."	4x8	'Warrior 1' L leg	Anchor heel, square hips, superhero arms
"Life is sweet...."	4x8	'Down Dog'	
"Life is sweet...."	4x8	'Warrior 1' R leg	
		End 'Down Dog'	Ready for abdominal Core track

Track Number / Type: 6 Core (Abdominals)
Song Title: 'Gangsta's Paradise'

Benefits: Strengthen deep abdominal muscles and obliques. Retraining mind awareness of the body's core. Increased hip mobility.

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
Introduction	2x8	'Down Dog'	Explain importance of shoulder over wrist
"As I walked...."	6x8	Side plank L (transition through 'Down Dog' on the last 8 counts)	
'Been spending....'	4x8	Forearm plank (transition through 'Down Dog')	Option: knees down
"Got the situation...."	6x8	Side plank R	Lift through the length of the body
"Why are we so...."	2x8	Transition to floor (through 'Down Dog')	
"Been spending most...."	4x8	Forearm plank	Strong core
"Power and the money...."	2x8 2x8	Set up on all fours Opposite arm and leg x2 (4 counts up, 4 counts down)	Opposite arm and leg 2x
"Been spending...."	4x8	Opposite arm and leg x4	Hips square to floor
"Tell me why are..."	4x8	'Hindi squat' with prayer arms	Heels down, scoop up
"Ah Ah..."	2x8	Hold	Abdominals. Release lumbar spine
"Ah Ah..."	2x8	Stand up and forward fold	

Track Number / Type: 7 Core/Back
Song Title: “Beautiful Day”

Benefits: *Strengthens muscles in upper and lower back. Increase flexibility in back muscles so spine is more elastic. Functional strength and stabilisation.*

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
“Take a look into the sky....”	8x8	Upper ‘Locust’ arms to side (up 1x8, down 1x8) x4	Thumbs up. Shoulder blades back
“We’re always trying to satisfy...”	8x8	Opposite arm and leg (up 1x8, down 1x8) x4	Bring arms to the front
“It’s a beautiful day...”	4x8	Full ‘Locust’ Transition to all fours	Sweep arms back, palms up, neck long Like skydiving
“Take a look...”	4x8	Cow (1x8) & Cat (1x8) x2	Open mouth, gentle on back
“I take a look...”	8x8	Upper ‘Locust’ arms to side (up 1x8, down 1x8) x4	Thumbs up. Shoulder blades back
“We’re always trying to satisfy...”	8x8	Opposite arm and leg (up 1x8, down 1x8) x4	
“It’s a beautiful day...”	4x8	Full ‘Locust’ (3x8) Transition to all fours (1x8)	Lift the body. Lengthen the legs
“Take a look into the sky...”	4x8	Cow (1x8) & Cat (1x8) x2	
“It’s a beautiful day....”	4x8	Lift up chest to roof	Hands under kidneys and ribs
“It’s a beautiful day,...”	4x8	Hands to heels and lift up	Tuck toes under and open body
		Option: To finish in ‘Child’s Pose’	

Track Number / Type: 8 Twists
Song Title: 'Don't Want to Miss a Thing'

Benefits: Release tension in back muscles to maintain range of motion in the spine. Massages internal organs.

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
Introduction		Wide leg sit tall	High on sit bones. Keep hamstrings down. Option legs bent
"I could stay awake..."	5x8	Seated spinal twist (L leg over)	Option: foot not crossed over
"I don't want to close..."	3x8	Wide leg twist R	Move navel first
"Lying close to you..."	5x8	Seated spinal twist (R leg over)	Inhale lift, exhale twist
"I don't want to close..."	3x8	Wide leg twist L	
"I don't want to miss..."	4x8 1x4	Half leg fold R Change sides	Opposite arm sweeps across to foot
"I don't want to close..."	4x8	Half leg fold L	Option: leg bent
"I don't want to close..."	4x8	Face up spinal twist (R leg in)	Sweep arm over and follow hand with eyes
Instrumental	4x8	Face up spinal twist (L leg in)	
		Finish with knees drawn to chest and let the hips open with the back flat	

Track Number / Type: 9 Forward Bends/Hamstrings
Song Title: 'Angel'

Benefits: To stretch hamstrings, adductors, abductors, buttocks and spinal exterior muscles

Cue (When to do it)	Counts	Description (What to do)	Teaching Tips
"Spend all your time..." "Need some distraction..."	2x8 2x8	Supine hamstring (L leg bent) (L leg straight)	Ground hamstring Neutral spine. Press the leg away
"In the arms of the angel..."	2x8	Adductor stretch L	Keep pelvis down
"You were born from..."	2x8 1x8	Abductor stretch L Supine hamstring (L leg straight)	Go for more length, keep both hips down
"So tired of the straight life..." "You'll make no difference..."	2x8 2x8	Supine hamstring (R leg bent) (R leg straight)	Mountain pose for bottom leg
"In the arms of the angel..."	2x8	Adductor stretch R	Support the leg or intensify the stretch
"You were born from..."	2x8	Abductor stretch R Supine hamstring (R leg straight)	
"In the arms of the angel..."		'Baby Pose'	Settle tail bone to the floor

Track Number / Type: 10 Relaxation/Meditation
Song Title: 'Mystic Voyage'

Benefits: *To celebrate a class well done. To integrate the benefits of BODYBALANCE to body and mind. To relax muscles, release psychological tension and soothe the nervous system.*

SET UP	Give the class the opportunity to put warm clothing on. Dim the lights (if possible) and turn the music down. Have everyone find a comfortable relaxation position and offer options (knees lifted, side position, head supported)
PHYSICAL RELAXATION CHECKLIST	Align the body North to South (nose to navel) – chin sternum and pelvis in one line. Align the body East to West (feet, knees, hips, shoulders, head, arms and hands). Breathe away tension around mouth, eyes, forehead, ear lobes, back of throat. Focus on the breath, discipline the mind. Feel the inbreath and notice the beginning, the middle and the end. Deep diaphragmatic breathing. Heavy to the floor.
SILENCE	Give the class 2-3 minutes of complete silence. Time to themselves to reach conscious relaxation.
TRANSITION BACK INTO THE DAY	Bring your awareness back to the breath. Let the energy of the breath reach your feet. Start to own your body again. Connect back with your physical being. Start to wiggle fingers and toes. Draw the knees to the chest gently. Roll to the right side and remain in resting state. Transition to sitting or kneeling. Place your guideropes (hands) out. Fill up under the collarbones. Think nice, warm, energetic, optimistic thoughts. Celebrate your efforts. Savour the breath. Sit back in today. Enjoy the feeling of 'energised calm'. Enjoy your open hips, floating torso and open heart. Live your dreams in 2000!

Production list - BODYBALANCE - 8

	SONG TITLE	ARTIST	WRITER	PUBLISHER	RECORD COMPANY
1	What's Going On	Cyndi Lauper	Marvin Gaye Alfred Cleveland Renaldo Benson	Jobete Music (ASCAP) Stone Agate Music (BMI)	Epic Records Group
2	Mother	Era	F Dedan & Eric Levi	E Levi Music	Polygram Universal Records
3	Brand New Day	Sting	Sting	EMI Music Publishing/Magnetic Publishing (PRS)	A & M Records
4	I Believe I can Fly	R. Kelly	R. Kelly	Zomba Songs Inc. (BMI)	Jive Records/Zomba Recording
5	Life Is Sweet	Natalie Merchant	Natalie Merchant	Indian Love Bride/ASCAP	Elektra Entertainment - A division of Warner Communications
6	Gangsta's Paradise	Coolio	A Ivey Jnr. S. Wonder L. Sanders D. Rasheed	Tommy Boy Music Boo Daddy Publishing Jobete Music Black Bull Music (ASCAP) T. Girl Music/Lange Variety Music Mad Castle Productions Polygram Music Publishing (BMI)	Tommy Boy Music Inc.
7	Beautiful Day	Ziggy Marley and the Melody Makers	David Marley	Ziggy Music/Colgems EMI Music (ASCAP)	Elektra Entertainment (a Tune Warner Company)
8	Don't Want To Miss A Thing	Aerosmith	Diane Warren	Realsongs (ASCAP)	Sony Music Entertainment
9	Angel	Sarah McLachlan	Sarah McLachlan / Pierre Marchand	Sony/ATV Songs, Tyde Music (BMI), Studio Nomade Music (Scan)	Arista
10	Mystic Voyage	Deuter	C.G. Deuter	Soundless Sound Music Publishing	New Earth Records