



BODYBALANCE 101

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09B. FORWARD BENDS / HAMSTRINGS

10. RELAXATION / MEDITATION

BONUS

01. TAI CHI WARM-UP

DECLARATION OF INTENT

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TEACHING THE ESSENCE OF BODYBALANCE

6 Keys to unlocking the Mind-Body Experience:

Stay in a Balance Frame of Mind

This means coming to class with a positive, respectful attitude. Acknowledge that your participants are on individual journeys and your class will gain a more authentic mind-body feel.

Don't Pose

That super calm, faux-spiritual voice comes across as inauthentic and ill-fitting. Your class is an adult space so respect your participants enough to teach in your own voice, just keep it calm.

Keep Cues Simple

Although Yoga poses are often technically complex, your class will not hear you if you 'talk their ears off' with too much cueing. Use the three-part process to keep it simple and effective:

- Set up clearly using 2 to 4 Layer 1 Set-up cues. These cues should put people into the shape of the pose, explaining simple alignment and breathing. Think of "which body part are we moving in which direction". This helps people feel confident and comfortable.
- Teach any necessary Layer 2 options then pause to look around at your members.
- Layer 3 cues are often a response to what we see. Refer to the Technique Manual and choreography notes for a wide variety of these. You might need to add another breath cue, coach deeper into the feel of the pose, motivate, connect, explain a benefit of the pose, or just be SILENT.

This is SBS

S Set it up, **B** Breathe it up, **S** Silence it up!

Our silence allows us to stay more
IN THE MOMENT.

Don't Waste Words

People will naturally follow our movement; so choose follow-up cues that describe the feel or detail of the poses that they cannot see eg "*Arms light and long*" gives length to a move, rather than "*Take your arms out to the side*", which they can see. "*Big toes and heels together*" gives technical detail rather than "*Feet together*".

Question Yourself

Ask yourself, "What do I want my class members to experience in each pose of this track?"

Using your own class-focused objectives will give you a powerful sense of purpose and allow your love of Bodybalance to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

And if you want to further develop your expertise, revise and relearn your Program Manual and your filming footage. Try a Yoga, Tai Chi or Pilates class taught by an expert (remember, we do modify some exercises to safely fit into a Group-Fitness setting). There are also some excellent texts, videos and music available, such as:

Books:

Moving Towards Balance, Rodney Yee with Nina Zolotow (Rodale)

Journey Into Power, Baron Baptiste (Simon and Schuster)

Dynamic Yoga, Kia Meaux (Dorling Kindersley Ltd)

Awakening the Spine, Vanda Scaravelli (Harper Collins)

Videos/DVDs:

Power Tai Chi, Master Jerry Alan Johnson (Goldhill Videos)

Yoga Journals, Yoga Step by Step, Natasha Rizopoulos (Natural Instincts)

Tai Chi for Health, Terence Dunn (Healing Arts)



MUSIC

- 01

Oil and Water (3:36)

Rationale

© 2017 Best Laid Plans Records Limited under exclusive licence to Warner Music UK Limited.

Written by: Fazakerley
- 02

Astronaut (Something About Your Love) (5:46)

Mansionair

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Written by: Bostock, Froggatt, Nicholls
- 03A

Wild World (3:30)

omgah!

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Written by: Scibilia, Nite, Sabath
- 03B

Disappear (4:38)

TÂCHES feat. REVE D'ELLE

© 2022 GLITTER COWBOY.

Written by: Milne, Christopherson
- 04A

headlock (3:10)

Tep No x Marshall x Lindsey Ray

© 2022 KVM Records.

Written by: Bachelder, Marshall
- 04B

Fix It to Break It (3:18)

Clinton Kane

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Written by: Rusch, Kane
- 05

The Power (3:24)

Matoma

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Written by: Lagergren, Douglas, Sebastianelli, Crichton
- 06

Call On Me (Radio Edit) (3:12)

Sam Feldt feat. Georgia Ku

© 2021 Heartfeldt Records.

Written by: Overton, Thell, Cavazza, Dircson, Jurstroem, Feldt

- 07

Honey (2:20)

John Legend feat. Muni Long

Courtesy of the Universal Music Group.

Written by: Fontana, Franks, Haristone, Harvey, Hein, Schulz, Stephens, Tedder
- 08

Honey (2:21)

John Legend feat. Muni Long

Courtesy of the Universal Music Group.

Written by: Fontana, Franks, Haristone, Harvey, Hein, Schulz, Stephens, Tedder
- 09A

6 Letters (2:45)

Daktyl & Aquilo

Courtesy of Counter Records Ltd.

Written by: Fletcher, Higham, Lonbay
- 09B

Love & Hate (Alternative Radio Mix) (3:32)

Michael Kiwanuka

Courtesy of the Universal Music Group.

Written by: Kiwanuka, Burton, Cover
- 10

Morning Sun (5:06)

Melody Gardot

Courtesy of the Universal Music Group.

Written by: Gardot
- BONUS 01

Woven Song - Piano Reworks (3:43)

Hania Rani & Ólafur Arnalds

Courtesy of the Universal Music Group.

Written by: Arnalds
- ALT 05

Woven Song - Piano Reworks (3:45)

Hania Rani & Ólafur Arnalds

Courtesy of the Universal Music Group.

Written by: Arnalds
- BONUS 01

Modern Flame (3:10)

Emmit Fenn feat. Yuna

© 2017 TH3RD BRAIN.

Written by: Fenn, Naderi
- ALT 05

Tell Me What You Want (Instrumental Version) (4:41)

R.A.D

Courtesy of Epidemic Sound.

Written by: Unknown



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 01	Yoga Warm-up	Track 01	Yoga Warm-up
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03a	Standing Strength	Track 03a	Standing Strength
Track 03b	Standing Strength	Track 04a	Balance
Track 04a	Balance	Track 04b	Balance
Track 05	Core – Abdominals	Track 07	Hip Openers
Track 06	Core – Back	Track 08	Twists
		Track 09a	Forward Bends/ Hamstrings
Total Time	28:45	Total Time	28:49
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation

45-MINUTE STRENGTH		45-MINUTE FLEXIBILITY	
Track 01	Yoga Warm-up	Track 01	Yoga Warm-up
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03a	Standing Strength	Track 03a	Standing Strength
Track 03b	Standing Strength	Track 03b	Standing Strength
Track 04a	Balance	Track 04a	Balance
Track 04b	Balance	Track 04b	Balance
Track 05	Core – Abdominals	Track 07	Hip Openers
Track 06	Core – Back	Track 08	Twists
Track 08	Twists	Track 09a	Forward Bends/ Hamstrings
Track 09a	Forward Bends/ Hamstrings	Track 09b	Forward Bends/ Hamstrings
Track 09b	Forward Bends/ Hamstrings		
Total Time	43:26	Total Time	38:33
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation

PLEASE NOTE:

- The above times have been calculated excluding the Relaxation/Meditation track timings. Please teach the Relaxation/ Meditation track at the end of your workout and adjust it to fit your class.
- You now have the option to teach Track 5 Hip Openers track in the Track 7 position after Core – Back.
- If using the Tai Chi track, adjust your playlist accordingly.

RELEASE FEEDBACK

Tell us what you think of this release.
Visit lesmills.com/release-feedback

KEY

Alt	Alternating	B	Back
BPD	Body part and direction	B up	Build up
Br	Bridge	C	Chorus
cts	Musical counts	F	Forward
Instr	Instrumental	Intro	Introduction
L&R	Left and right	mins	Minutes
O/H	Over head	OTS	On The Spot
Outro	Last few bars of music	PC	Pre-chorus
Rep X	Perform the Sequence/Exercise x times	Rep	Reprise (part of the chorus repeated)
Ref	Reference	QC	Quiet chorus
Pose	Positions as explained in the Program Manual	Seq	Sequence (repetition of exercise or position)
Tempo	Normal pace of the music	Italic	Breathing Coaching Cues
Bold	Must-Do Cues	↓	Easier Option
V	Verse	↑	Advanced Option

TEACHING THIS RELEASE

How long should I teach the new release for?
Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.



BODYBALANCE 101



L–R: House Chaalane, Andy Zhang, Rebecca Reznicek, Maggie Cheng, Dr Niko Viskari, Bram Prima Halim, Fraser Beck

PRESENTERS

Fraser Beck (New Zealand) researches and explores the science of breathing in relation to the physical, mental, emotional and spiritual dimensions of our health and wellbeing. He is currently located in Queenstown, where he works in the field of holistic health.

House Chaalane (Singapore) is a BODYCOMBAT™, BODYJAM™ and SH'BAM™ Trainer/Presenter/Instructor, and a BODYATTACK™, BODYBALANCE®, BODYPUMP™, RPM™ and LES MILLS THE TRIP™ Trainer/Instructor. He lives in Singapore.

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Dr Niko Viskari (Finland) is a BODYBALANCE, BODYATTACK and BODYPUMP Trainer/Presenter/Instructor. He lives in Helsinki.

Thanks to Andy Zhang (China)

BODYBALANCE 101... it feels like another new beginning! The opposite continues to develop this program, evolve and expand to make it better for everyone, more accessible and more exciting. We started with this idea and immediately came back to something we have discussed for years now – the format!

We (and if you disagree, please don't hold this against us, you can keep the original format forever) feel that getting the hard burn of the core out of the way before settling into the Hips, then Twists and Forward Folds feels pretty amazing... and makes the Hip Openers track even that much calmer because of the warmth we have built.

So, that's what we did, we switched up the tracks a little.

So now you have Tai Chi/Yoga Warm-up options to start, and then a different set of journeys to take your participants on.

The music – shocker, we love. The choreography – simple, we hope flow-y and enjoyable.

But let us know what you think!
Which format will you use? And in which class?

Lots of love,
J&D

Jackie *Diana*

CREDITS

- Creative Director** – Kylie Gates
- Creative Team** – Dr. Jackie Mills & Diana Archer Mills
- Technical Consultant** – Andrew Newmarch
- Program Coaches** – Diana Archer Mills & Kylie Gates
- Production Coordinator** – Laura Jackson



01. YOGA WARM-UP



TRACK FOCUS

Connect with the body through breath to mobilize and activate the body.

MUSIC		SEQUENCE/EXERCISE		CTS
0:07	V1 / Call it a	4x8	A Inhale/Exhale – Childs Pose Twist , facing R	32
0:27	PC / We can’t keep	4x8	B Inhale/Exhale – Lift arms and chest , kneeling with arms O/H, palms facing F ⬆ Baby Back Bend	32
0:47	C / _ Oil and water	6x8	B ¹ 3x Flowing Waiters Bow Inhale – Arms circle wide , down Exhale – Arms circle to O/H Inhale – Waiters Bow , chest and arms come F, hips back Exhale – Lift chest , arms O/H	4 4 4 4
1:16	V2 / I can’t deny	8x8	C 2x Diagonal Pointer L&R Inhale/Exhale – Diagonal Pointer L, extend L arm, R leg to diagonal (front arm, back leg) Repeat to R On the last 4cts, sit to set up for Spiral Twist, facing front	16 16
1:55	C / _ Oil and water	8x8	D 2x Spiral Twist L&R Inhale/Exhale – Spiral Twist L, L arm O/H Repeat to R	16 16
2:34	_ Oil and water (softer)	4x8	E Inhale/Exhale – Down Dog , facing R, walking feet through	32
2:54	_ Oil and water	4x8	F Inhale/Exhale – Forward Fold , walk feet towards hands Option: Pedal through feet in own timing	32
3:12	Outro / _ Call it a	4x8	F ¹ Inhale/Exhale – Ragdoll Pose	32



01. OIL AND WATER 3:36mins

TECHNIQUE AND COACHING

CHILDS POSE TWIST

Layer 1

- Come down to the mat
- Lie side-on, Childs Pose
- Knees wide, toes together
- Take a breath in
- Sit the hips back towards ankles

Layer 3

- Take a deep breath in as you lengthen the spine

FLOWING WAITERS BOW

Layer 1

- Rising up to the knees
- Inhale and lift arms over head
- **Squeeze butt**
- Take a small Back Bend
- Breathe in and circle the arms wide
- Rise, Waiters Bow
- Hip hinge forward
- Abs braced
- Arms close to ears

Layer 3

- Coming into Back Extensions as we get warmer
- Let's warm up the core for our practice today

DIAGONAL POINTER

Layer 1

- Horse Stance
- Come down to all fours
- Hands under shoulders
- Diagonal Pointer
- Front arm and back leg extend to diagonal
- Brace the belly strongly to square hips to the front

Layer 3

- Feeling the sling mechanisms waking up

SPIRAL TWIST

Layer 1

- Let's sit for a Spiral Twist
- Hand under shoulder
- Inhale and lift hips high
- **Squeeze glutes**
- Sit, turn knees other way
- Lift again

Layer 3

- Let's explore the twist more
- Warming the spine and hips
- You can look back
- Take the deepest breath yet
- Grow into it

DOWN DOG

Layer 1

- Knees together
- Roll into Down Dog
- Hands shoulder-width apart
- Feet hip-width apart

Layer 3

- If it feels good, move through the feet

RAGDOLL POSE

Layer 1

- Walk feet towards hands
- Forward Fold
- **Bend knees**
- **Belly lifts**
- Ragdoll Pose
- Cradle elbows

Layer 3

- Play with this – lifting, pedaling through the feet
- Allow the head to drop
- Feeling warm and ready for what's to come



01. OIL AND WATER 3:36mins

TECHNIQUE AND COACHING

ESSENCE TIPS

Simple, clear coaching is vital to getting your class moving and warming up quickly. Remember, it is OK to simplify your coaching as we begin, allowing exploration into the music and how your participants' bodies feel today. There is so much time and space to bring more depth into your coaching as we move through the release. Let this Warm-up be about the connection with your body through breath and awakening.

These poses mobilize and awaken the spine, shoulders, core and hips, preparing participants for the workout ahead. Give options and levels of range of motion so they can choose what feels right for them today.



Breath and movement creating strength, length, warmth, opening and flow.

BODYBALANCE 101



02. SUN SALUTATIONS

	MUSIC			SEQUENCE/EXERCISE	CTS
4:09	PC / about your love	10x8	F	Repeat Sun Salutations Sequence L Note: Option to Baby Back Bend in Extended Mountain Pose	80
4:54	V4 / an astronaut	10x8	F	Repeat Sun Salutations Sequence R	80
5:39	PC / about your love	2x8	G	Inhale – Extended Mountain Pose ⬆ Baby Back Bend	8
				Exhale – Chest Stretch , hands clasped behind back	8



02. ASTRONAUT (SOMETHING ABOUT YOUR LOVE)

5:46mins

TECHNIQUE AND COACHING

EXTENDED MOUNTAIN POSE – FORWARD FOLD

Layer 1

- Soften knees and roll your body up
- Inhale, Extended Mountain Pose
- Palms together
- **Bend knees**
- Forward Fold
- **Lift belly**
- Repeat

Layer 3

- Flood the chest with lots of breath

TWISTED LUNGE

Layer 1

- Inhale, step back leg to Lunge
- Knee over ankle
- Hand to thigh
- Twist to front
- Hand down
- Back leg forward
- Forward Fold
- Change legs
- Same thing – this time, open arm high

DOWN DOG TO PLANK POSE

Layer 1

- Step both feet back to Down Dog
- Hands shoulder-width apart
- Feet hip-width apart
- Roll forward to Plank position
- Shoulders over hands
- Push back to Down Dog
- Roll forward again

Layer 3

- Inhaling as we push back
- Exhaling, drawing the belly in as you come forward

CROCODILE POSE – BABY COBRA POSE / UP DOG

Layer 1

- Knees come down
- Crocodile Pose
- Elbows in
- Lower halfway down
- **Strong core brace**
- Pregnancy Option: Cat Pose/Cow Pose
- Hips down, shoulders back
- Baby Cobra Pose
- **Squeeze butt**
- Stay low or Up Dog

Layer 3

- Thighs coming off the floor

EXTENDED MOUNTAIN POSE – FORWARD FOLD

Layer 1

- Let's learn the flow
- Inhale – Extended Mountain Pose
- Hands meet together
- Exhale – Forward Fold
- **Bend knees and lift belly**
- **Squeeze butt on Back Bend**

Layer 3

- You can try a Baby Back Bend
- Make this last round yours
- Come out of your head, feel the flow, explore the poses

LUNGE TWIST

Layer 1

- Inhale, back leg to Lunge
- Knee over ankle
- Twist to front
- Arms high



02. ASTRONAUT (SOMETHING ABOUT YOUR LOVE)

5:46mins

TECHNIQUE AND COACHING

DOWN DOG

Layer 1

- Hands down, push back to Down Dog
- Hands shoulder-width apart
- Feet hip-width apart

Layer 3

- Lift the hips high
- Becoming present and aware

PLANK POSITION

Layer 1

- Roll forward to Plank position
- Shoulders over wrists

Layer 3

- Mobilizing the spine
- Quiet and strong

CROCODILE POSE

Layer 1

- Exhale, knees down, Crocodile Pose
- Brace the core
- On knees or toes

Layer 3

- Hold the strength as you lower
- Building heat

BABY COBRA POSE OR UP DOG

Layer 1

- Inhale, Baby Cobra Pose or Up Dog
- **Squeeze butt**
- Elbows back

Layer 3

- Chest up and forward, building length in the body

FORWARD FOLD

Layer 1

- Exhale, Forward Fold
- **Bend knees, lift belly**

Layer 3

- Release the upper body

CHEST STRETCH

- Hold the Mountain Pose
- Take the hands behind your body
- Clasp hands for Chest Stretch

Layer 3

- Open and grounded

ESSENCE TIPS

We deconstruct the Sun Salutations track, helping participants understand alignment of the poses, warming them up for the flow.

When the flow starts, focus on the must-do coaching so everyone can follow easily for the first round. This means using clear Layer 1 cues (Name of Pose, Alignment, Body Part and Direction (BPD)) with the exception of the breath. Remember, your participants are breathing! We want them to gain control over their workout and that comes from understanding the sequence FIRST.

For pregnancy options, give the choice for participants to move into Cat/Cow Pose when you get to Baby Cobra Pose/Up Dog. Encourage them to use the Crocodile Pose to help build upper-body strength. This will cover any women who may get to class late, or who aren't comfortable asking for options at the beginning of the class. If you notice anyone taking the options, you can then cater to them throughout the workout.

Once your participants have an understanding of the sequence, add the link to the breathing pattern in the 2nd and 3rd rounds. Of course, your regular participants will know where to go already; Breath cues will help the newer people understand the information.

Remember, the focus you bring to each round needs to be authentic to you. As you practice the choreography, be aware of the feelings that occur in your body physically, mentally and emotionally with the sequence and the music. Then tailor these focuses to suit your practice and way of teaching. Connect with your participants through authentic, relatable and encouraging coaching.



03A. STANDING STRENGTH



TRACK FOCUS

Set the foundation of the lower body to provide stability and space for upper-body expansion.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x7	Inhale/Exhale – Mountain Pose with Chest Stretch , facing R		16
0:09	V1 / are my horizon	4x7	A	Inhale – Arms O/H Exhale – Intense Pose	7 21
0:26	C / Leave a light on	4x7	B	Lunge Sequence L (slow) Inhale – Lunge R (front leg B) Exhale – 90/90 Lunge R Inhale – Arms circle wide , hands clasped behind back Exhale – Chest Stretch	7 7 7 7
0:44	C cont. / Wild world (Whistle)	4x7	C	Inhale/Exhale – Sun Warrior R ⬆ Lift R heel	28
1:01	V2 / There are lions	4x7	A	Inhale/Exhale – Intense Pose , facing R, step L foot in to R foot	28
1:18	C / Leave a light on	4x7	B	Repeat Lunge Sequence R (slow)	28
1:36	Wild world (ohhh)	4x7	C	Repeat Sun Warrior L (facing B)	28
1:54	C cont / world, Ohh oh oh	4x7	A–B ¹	Intense Pose, Lunge Sequence L (fast) Inhale/Exhale – Intense Pose Inhale – Lunge R to 90/90 Lunge L Exhale – Circle arms, Chest Stretch	14 7 7
2:11	Br / coming, I’m coming	4x7	A–B ¹	Repeat Intense Pose, Lunge Sequence R (fast)	28
2:28	C / Leave a light on	4x7	A–B ¹	Repeat Intense Pose, Lunge Sequence L (fast)	28
2:46	Leave a light on	4x7	A–B ¹	Repeat Intense Pose, Lunge Sequence R (fast)	28
3:04	C cont. / Wild world (ohhh)	6x7	A	Repeat Intense Pose ⬆ Heels lift	42



03A. WILD WORLD 3:30mins

TECHNIQUE AND COACHING

INTENSE POSE / LUNGE AND SUN WARRIOR SEQUENCE

Layer 1

- Feet together
- Intense Pose
- Inhale, lift arms
- Sit the hips back and down
- Inhale, front leg steps back to Lunge
- Inhale, bend knees to 90 degrees
- Inhale, circle arms behind back
- Exhale, palms together
- Chest opens
- Sun Warrior
- Back heel down
- Inhale to lift the front arm
- Exhale, C-shape your spine
- Option to lift the front heel
- Same sequence, faster this time
- Step back, rise and open
- Lastly, Intense Pose with Heel Lift

Layer 3

- Squeeze shoulder blades together
- Drive the knee over the front ankle if you're feeling strong
- Imagine you have a chair behind you, stay low
- Take a deep breath and imagine your body is a rainbow
- Where are you going to take the Intense Pose today?
- Challenge the legs – lots of possibilities

ESSENCE TIPS

Let's grow strength and expansion. This track provides a wonderful opportunity for your class to explore the progression of the space, freedom and length around their ribcage and side body, and powerful lower-body foundations. Invite participants to find their 'edge of the pose' using breath to sustain them.

There is a strong, powerful Lunge sequence with Sun Warrior – we learn it slowly, then it starts to move faster. Being side-on is vital to set participants up clearly; Pose Name, Breath and simple BPD Alignment cues for success.

Share your enjoyment of how this song connects you and your body to some fantastic feelings. Breath is the thread linking this sequence of poses. Aim to breathe with each pose as well as leading with breath through each transition.

Lastly, how will you show your love and enjoyment of breathing and moving in this way?



03B. STANDING STRENGTH



TRACK FOCUS

Build power and energy through the whole body.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Inhale/Exhale – Wide Squat , facing front, hands to thighs	16
0:10	Intro cont. / (Quiet vocal “oo”)	6x8	A ¹	3x Wide Squat Shoulder Turn and Heel Lift R&L	
				Inhale – Wide Squat , hands to thighs, turn shoulders to R, lift R heel	8
				Exhale – Repeat to L	8
0:38	V1 / (Crash) _ I can make this	8x8	B	Inhale/Exhale – Extended Warrior 2 L	32
				Inhale/Exhale – Wrap R arm behind back	32
				⬆ Bind	
1:17	Instr /	4x8	C	Inhale/Exhale – Floating Half Moon L, R arm reaching to R side alongside body	32
				⬆ Flower Pose L, L arm towards floor	
1:36	V2 / _ I can make this	8x8	B	Repeat Extended Warrior 2 R and Wrap L arm	64
2:14	Br / _ You feel like	4x8	C	Repeat Floating Half Moon R	32
2:34	Br cont. / _ You feel like	4x8	A ¹	Repeat 2x Wide Squat Shoulder Turn and Heel Lift R&L	32
2:53	Instr / (Drums return)	4x8	B ¹	Inhale/Exhale – Extended Warrior 2 L	16
				Inhale/Exhale – Wrap R arm	16
				⬆ Bind	
3:12	PC / _ and then	4x8	C	Repeat Floating Half Moon/Flower Pose L	32
3:31	(Scratching)	4x8	B ¹	Inhale/Exhale – Extended Warrior 2 R	16
				Inhale/Exhale – Wrap R arm	16
				⬆ Bind	
3:50	Instr /	4x8	C	Repeat Floating Half Moon/Flower Pose R	32
4:09	Outro / (Crash)	6x8	A ¹	Repeat 3x Wide Squat Shoulder Turn and Heel Lift R&L	48



03B. DISAPPEAR 4:38mins

TECHNIQUE AND COACHING

WIDE SQUAT SHOULDER TURN AND HEEL LIFT / EXTENDED WARRIOR POSE

Layer 1

- Take a Wide Squat
- Toes turned out slightly
- Hands to thighs
- Lift left heel and twist as you breathe in
- Breathe out, twist the other way
- Inhale, Extended Warrior 2
- Press the back heel away
- Toes turn to the right
- Elbow on knee or ankle
- Deep breath in, wrap your top arm around waist to inner thigh
- Or bind
- On the bind – link the fingers together, squeeze glutes and open up your chest

Layer 3

- Find the position that's right for you
- Pushing the knees out to stretch the inner thighs for the Warrior Poses
- You know where you need to go; half bind, full bind, or wrap around

FLOATING HALF MOON / FLOWER POSE

Layer 1

- Right arm reaches down for Floating Half Moon Pose
- Inhale, shift the weight into the front leg
- Exhale, open hip as you lift the back leg off the floor
- Option to take Flower Pose
- Grab ankle, bring heel to butt

Layer 3

- Bend your standing leg to build more strength and power
- Kick the foot into the hand in Flower Pose to open up the body
- Lots of breath and depth if you feel like it
- Look for the extra opening in your soul and heart
- If you want more work in the legs, sink lower

ESSENCE TIPS

We build power and energy through the whole body with big standing poses and balances with the 'coolest' tunes.

The Squat and Shoulder Turn Twist brings mobility to the shoulders and hips, preparing the body for the Extended Warrior, with the choice of binds as well as the Half Moon or Flower Pose. As you take the balance pose (either Half Moon or Flower), the challenge comes in bending the standing leg for strength and stability as you reach towards the floor. Take the time to build in the options over a few weeks for your participants, so everyone feels successful no matter what level they take.

Keeping the Layer 1 cues (Name of the pose, BPD, along with Breath) simple and precise will create success from the Extended Warrior Pose to the Half Moon/Flower Pose so participants don't need to look at you; they can rely on your vocal cues to guide them.



04A. BALANCE



TRACK FOCUS

Inclusive coaching where everyone has a choice and, therefore, their own experience.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro / Ooo	2x8		Inhale/Exhale – Set up Warrior 1 L	16
0:10	V1 / _ I kinda hate	4x8	A	Inhale/Exhale – Warrior 1 L , L hand to chest, R hand to belly	16
				Inhale/Exhale – Arms reach F , palms facing up	16
0:30	V1 cont. / I got enough	2x8	A ¹	Inhale – Extended Warrior 1 L , arms reach F	8
				Exhale – Arms reach down , fingertips reaching towards floor	8
0:40	C / get through this	4x8	B	Inhale/Exhale – Warrior 3 L , arms stay reaching down, R leg lifts	16
				Inhale/Exhale – Extend arms wide	16
1:00	PC / Ooo	4x8	B ¹	Rolling Warrior 3 L	
				Inhale – Roll to open body towards front , arms stay wide	8
				Exhale – Return to Warrior 3 L , arms wide	8
				Inhale – Twisted Warrior 3 L , turn upper body towards back of room	8
				↓ Land R foot	
				Exhale – Return to Warrior 3 L , arms wide	8
1:20	V2 / _ I got my	4x8	A	Repeat Warrior 1 R , facing R and Arm Reach	32
1:40	V2 cont. / Cause I got	2x8	A ¹	Repeat Extended Warrior 1 R and Arm Reach	16
1:50	C / get through this	4x8	B	Repeat Warrior 3 R and arms extend wide	32
2:10	PC / Ooo	4x8	B ¹	Repeat Rolling Warrior 3 R	
2:30	C / get throoough this	2x8	C	Inhale/Exhale – Wide Squat , facing front, hands to thighs, lift heels	16
				↓ Heels down	
2:40	C cont. / Get through this	2x8	C ¹	Inhale – One hand to chest, one hand to belly	8
				Exhale – Reach arms F , palms facing up	8
2:50	Get through this	4x8	C ²	Inhale/Exhale – Chest F , arms reaching towards floor	32



04A. HEADLOCK 3:10mins

TECHNIQUE AND COACHING

WARRIOR 1 – WARRIOR 3 SEQUENCE

Layer 1

- Warrior 1, turn to the right
- Feet hip-width apart
- Bend the front knee over ankle
- Back heel down
- Square the chest to the front
- Inhale – one hand on chest, the other on the belly
- Reach arms forward
- Retract the shoulders back and down
- Core strong
- Lean forward, tipping forward from the hips
- Lift the back foot, Warrior 3
- Arms open wide to side walls
- Turn body to the front, left arm to ceiling
- Return to Warrior 3, arms wide
- Turn to the back of the room

Layer 3

- Inhale, take a moment to breathe; exhale, bend the front knee a lot
- Squeeze shoulder blades together
- Inhale, steady eyes to one point and listen to my voice
- Touch down anytime you need to
- Trusting not only my voice but trusting yourself too

WIDE SQUAT SEQUENCE

Layer 1

- Back to Wide Squat
- Inhale, knees out over toes
- Exhale, chest up
- Lift heels
- One hand on chest, one hand on belly to breathe
- Lift the belly
- Reach out
- Hip hinge forward with a long spine

Layer 3

- Exhaling and lifting the chest
- How far can you sit back?

ESSENCE TIPS

To create strong, grounded balancing poses, we must use and coach the breath. The objective is for participants to not only feel the breath in the poses but also how it can allow us to go a little further, or stay a bit longer. The breath can also move you from one pose to another. The breath is the gateway to our 'Concentration', our C from our ABCs of BODYBALANCE for internalization. Allow participants to stay connected to the breath as they move, by integrating the B (breath) cues along with alignment cues.

Be super clear with pose names and Alignment (BPD) cues so participants do not need to look up at you and can focus on your voice 'guiding' them through the poses, along with this powerful music.

The sequence starts from Warrior 1 with beautiful diaphragmatic breathing to ground; retracting of shoulder blades to set the upper back strength, before slowly transitioning to the Warrior 3 Sequence. The hips stay still in this pose as we focus on thoracic rotation opening to the front and back. It's important to coach to steady the eyes and listen to your instructor's voice to help guide everyone through the poses.

The final sequence is from a Wide Squat (with Heel Lift). We use the same principles of pausing to breathe, set posture and hip-hinge forward with a long spine. So incredible!



04B. BALANCE



TRACK FOCUS

Coach to building strength and courage.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro /	2x8	A	Inhale/Exhale – Mountain Pose , facing front	16
0:09	V1 / Remember that	4x8	B	Standing Half Lotus Sequence L Inhale/Exhale – Standing Half Lotus with Eagle Arms L, L ankle over R thigh, or ankle with toes to floor, L arm under R	32
0:27	PC / Am I just fixing	4x8	B ¹	Inhale/Exhale – Bend R knee deeper	32
0:45	C / I've been	4x8	B ²	Inhale/Exhale – Chest F , arms reach B, alongside body	32
1:03	C cont. / And I've been	4x8	C	Leg Extension Sequence L Inhale/Exhale – Chest lifts, L leg extends F, arms reach F Inhale/Exhale – One hand to chest, one hand to belly	16 16
1:22	mo oo orrre	4x8	C ¹	Inhale/Exhale – L leg extends to L side	32
1:40	V2 / Afraid that I'll	12x8	B–B ²	Repeat Standing Half Lotus Sequence R	96
2:35	C cont. / And I've been	8x8	C–C ¹	Repeat Leg Extension Sequence R	64
3:11	Outro /	1x8	A	Finish in Mountain Pose , facing front	8



04B. HEADLOCK 3:10mins

TECHNIQUE AND COACHING

STANDING HALF LOTUS WITH EAGLE ARMS AND LEG EXTENSION SEQUENCE

Layer 1

- Standing Half Lotus
- Flex your right foot
- Foot can be on the floor, shin or above knee
- Eagle Arms
- Right arm under left
- Inhale, elbows lift high
- Exhale, spine long
- Hips back and down
- Lift belly to support lower spine
- Inhale, unravel arms
- Exhale, take arms to the back corner of the room
- Tip forward from the hips
- Sit the hips back further
- Inhale, extend leg and arms forward
- Exhale, hands to chest and belly
- Extend the leg out to the side
- Hips square to front
- Hold the leg as you breathe out

Layer 3

- Strong in the lower body with knees out over toes
- Arms come alive
- Calming yourself and coming back to your body
- This is nothing to do with perfection; it's about giving new things a try and being brave
- Let's sit deep and lift the chest high
- Feeling the glorious stretch in the hips and glutes
- You don't need to hold back
- Back into yourself, back into your body, back home

ESSENCE TIPS

We get a second Balance track in this release, and it is simply divine. We use all the balance principles of steady eyes, clear coaching (name the pose, BPD) to guide participants into the poses, along with lots of breath coaching to help calm and center them.

We set up Standing Half Lotus with options for foot positions with Eagle Arms and progress from Standing Half Lotus to tipping forward from hips, arms back, and chest comes forward. Then, we work into a beautiful glute and hip stretch as you reach far away behind you. The strength work comes to life when the leg comes forward with the arms. Pause and reset with the breath and take the challenge as the leg extends to the side wall, keeping hips square to the front.

The magic lies in minimal coaching, which allows the music and breath to take your class into the beauty of this track.



05. CORE – ABDOMINALS



TRACK FOCUS

Stability of the pelvis in all moves and coaching of breath for control.

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Tell Me What You Want (Instrumental Version)* with the same choreography.

MUSIC				SEQUENCE/EXERCISE	CTS
0:01	Intro /	4x8	A	Inhale/Exhale – Lie supine, knees bent, feet on floor, facing L Inhale/Exhale – Extend legs to 45° ⬇ Knees bent ⬇ Pregnancy Option: On elbows	16 16
0:15	V1 / _ World, slow down	4x8	B	Oblique Crunch (slow) R&L Inhale – Scissor Legs R (front leg up), palms together, arms reach over, R thigh to front ⬇ Pregnancy Option/ ⬇ Knees bent Exhale – Lie supine , legs to 45° or bent, fingertips to temples Repeat to L (turning to B) ⬇ Pregnancy Option: R leg extends to 45°, L foot on floor, L arm reaches across R thigh. Repeat to L	8 8 16
0:31	V1 cont. / Gotta put one	8x8	B ¹	4x Oblique Crunch (fast) R&L Inhale – Scissor Legs R (front leg up), palms together, arms reach over L thigh to front ⬇ Pregnancy Option/ ⬇ Knees bent Exhale – Lie supine , legs to 45° or bent, fingertips to temples Repeat to L (turning to B) After 2 reps (R&L): Crunch up fast (1ct), hold (3cts), lie supine (4cts)	4 4
1:02	Instr / power	5x8	A ¹	Inhale/Exhale – Supine Hold , legs to 45° or bent, arms alongside body, palms up ⬇ Pregnancy Option: Come up onto hands, turn through chest, stretch as needed	40
1:22	(Beat) / Ooo	4x8	C	2x Pilates Frog Crunch (slow) Exhale – Crunch , knees wide, big toes together, hands reach toward feet, palms together Inhale – Extend legs to 45° , arms O/H, palms together ⬇ Bend knees, tap toes down ⬇ Pregnancy Option: Knees wide, toes together, lift feet – 4cts, lower – 4cts	8 8
1:37	V2 / People, get ready	8x8	C ¹	8x Pilates Frog Crunch (fast) Exhale – Crunch , knees wide, big toes together, hands reach towards feet, palms together Inhale – Extend legs to 45° , arms O/H, palms together	4 4
2:08	C / I got the power	4x8	C ²	4x Pilates Frog Crunch with Pulse Exhale – 3x Frog Crunch Pulse , knees wide, big toes together, hands reach towards feet Inhale – Legs to 45°, arms O/H , palms together	6 2
2:23	The power _ (Quiet)	6x8	A ¹	Inhale/Exhale – Supine Hold , legs to 45° or knees bent ⬇ Hug knees to chest for the first 8cts	48
2:47	C / Woah oh	8x8	D	Inhale/Exhale – Pilates 100s ⬇ Knees bent ⬇ Pregnancy Option: Seated Pilates 100, knees bent, toes on floor	64



05. THE POWER 3:24mins

TECHNIQUE AND COACHING

OBLIQUE CRUNCH WITH SCISSOR LEGS SEQUENCE

Layer 1

- Side-on, lie on your back
- Draw the belly in and brace the abdominals
- Press lower back towards the floor
- Extend legs to 45 degrees
- Scissor Crunch slow
- Front leg up, back leg down
- Lie down, head to floor
- **Reach and twist from the center of the chest**
- Exhale through the mouth and inhale through the nose

Layer 3

- Try and lift the shoulder blades off the floor
- Feel the ribs to hips connection

PILATES FROG CRUNCH

Layer 1

- Pilates Crunch
- Knees over hips as you crunch up
- Extend arms and legs out long
- Lower back towards the floor
- Breathing in through the nose and out through the mouth

Layer 3

- Lower abdomen is the focus

SUPINE HOLD / PILATES 100S

Layer 1

- Knees over hips or legs to 45 degrees
- Pilates 100s
- Lift shoulders off floor
- Ribs to hips
- Arms straight and strong
- Pump the arms up and down

Layer 3

- Let's build as much heat as we can in the core with the breath

ESSENCE TIPS

Offer pregnancy options as the track begins. Look out and acknowledge if anyone uses them. Let them know you see them, either verbally or just with a smile.

Always be sure to check in with your 3 B's (Back, Belly and Breath). The lower abdominal muscles switch on, reacting to stabilize the hips, pelvis and lower spine as we set up the movements of: Pilates 100s, and Scissor Legs. Reminders of the belly brace and keeping the lower back towards the floor will help participants get the results they want, as well as constant reminders of powerful breathing (in through the nose and out through the mouth).

Offer encouraging cues to connect your participants into their bodies and discover what they are capable of. They often surprise themselves and we know the results are so worth it... Enjoy!



06. CORE – BACK



TRACK FOCUS

Activate opening and strengthening in the back body.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro / call on me	1x8		Set up Iguana Pose , facing R	8
0:05	V1 / _ Remember the	8x8	A	2x Iguana Twist L&R	
				Inhale – Iguana Pose , chest lifts	4
				Exhale – Turn chest to front	4
				Inhale – Iguana Pose	4
				Exhale – Lower down	4
				Repeat to B	
0:41	C / you can call on me	4x8	B	On the last 2cts of last rep, arms wide	
				⬇️Pregnancy Option: Horse Stance with front hand fingertips to temple (4cts), turn chest to front (4cts), Horse Stance with front hand fingertips to temple (4cts), Horse Stance (4cts), Repeat to B (16cts)	
				2x Aeroplane Lift L&R	
				Inhale – Front arm, back leg lifts	4
				Exhale – Lower down , legs together, arms wide	4
				Repeat to B	8
0:59	Instr /	4x8	C	⬇️Pregnancy Option: Alt Pointer	
				4x Back Extension	
				Inhale – Arms extend O/H , palms facing up	4
				Exhale – Pull down , elbows bend alongside body	4
				⬇️Pregnancy Option: Same arm pattern while kneeling	
1:18	V2 / You haven't left	8x8	A	Repeat 2x Iguana Twist L&R	64
1:54	C / you can call on me	4x8	B	Repeat 2x Aeroplane Lift L&R	32
2:12	Instr /	4x8	C	Repeat 4x Back Extension	32
2:31	Br / been dawning on	4x8	D	Set up Hip Bridge , facing L	32
2:49	C / you can call on me	4x8	D ¹	⬆️Back Bend	
				2x Single-Leg Hip Bridge L&R	
				Inhale – R knee lifts	4
				Exhale – Hip Bridge	4
				Inhale – L knee lifts	4
				Exhale – Hip Bridge	4
				⬇️Pregnancy Option: Hip Bridge, hands to hips	



06. CALL ON ME (RADIO EDIT) 3:12mins

TECHNIQUE AND COACHING

IGUANA POSE / AEROPLANE LIFT / BACK EXTENSION

Layer 1

- Roll over onto your belly
- Iguana Pose
- Feet together
- Arms wide on fingertips
- **Glute squeeze**
- Lift upper body, twist front, center, slowly down
- Inhale as you lift, exhale as you twist
- Aeroplanes
- Arms wide
- Front arm and back leg lift
- Back Extension
- Arms reach forward
- Pull back, squeeze shoulder blades together

Layer 3

- Pull the top shoulder back
- Working on strength, length and mobility for a healthy spine
- Take the challenge and make your body stronger
- Slow and controlled for extra tension in the postural muscles

SINGLE-LEG HIP BRIDGE

Layer 1

- Roll over for Hip Bridge
- If you know how to do the Back Bend, then take it
- Feet close to hips
- **Squeeze butt**
- **Lace fingers together**
- Inhale, squeeze butt and lift knee
- Exhale, and keep hips high

Layer 3

- Functional strength work

ESSENCE TIPS

Set the strong glute squeeze to protect the lower back in the supine work – Iguana Pose/ Aeroplane Lift/Back Extension Sequence. It's a connected sequence that repeats twice; so, as you progressively coach participants on what to do, use language that invites them to explore what is possible in their bodies today, right now, so they can be present. As we know, every day is different. Always coach breath to help sustain the poses.

We finish the track with a Single-Leg Hip Bridge or if you know how to do the Back Bend, you can progress to this pose to finish the track beautifully.



07. HIP OPENERS



TRACK FOCUS

Breath and acceptance to sustain the poses.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	8x8	A Inhale/Exhale – Wide-Legged Childs Pose , facing R	64
0:43	C / Sweeter than honey	4x8	B Inhale/Exhale – 3-Legged Dog L, back leg lifts	16
			Inhale/Exhale – 3-Legged Dog with Open Hip L, R knee bends	16
1:04	V1 / _ Don't you love	6x8	C Inhale/Exhale – Swan Pose R, facing R ↓ 90/90 Pose ↑ Quad Stretch and/or Extended Swan Pose	48
1:36	C / Sweeter than honey	2x8	D Inhale/Exhale – Modified Half Lotus L, L foot in front on floor, on R calf or R thigh	16
1:47	Sweeter than honey	6x8	D ¹ 3x Modified Half Lotus Twist and Side Bend L	
			Inhale – Modified Half Lotus with Twist L, R arm over L thigh	8
			Exhale – Modified Half Lotus with Twist and Side Bend , L arm reaches O/H	8
2:20	Instr /	8x8	A Repeat Wide-Legged Childs Pose , facing L	64
3:03	C / Sweeter than honey	4x8	B Repeat 3-Legged Dog R	16
			Repeat 3-Legged Dog with Open Hip R	16
3:24	V2 / Don't you love	6x8	C Repeat Swan Pose L	48
3:56	C / Sweeter than honey	2x8	D Repeat Modified Half Lotus R	16
4:07	Sweeter than honey	6x8	D ¹ Repeat 3x Modified Half Lotus Twist and Side Bend R	48



07. HONEY 4:41mins

TECHNIQUE AND COACHING

WIDE-LEGGED CHILDS POSE

Layer 1

- Turn around, Wide-Legged Childs Pose
- Knees wide, big toes together
- Reach the arms long

Layer 3

- Take a deep breath into the lower belly – exhale, lengthen the spine

3-LEGGED DOG

Layer 1

- Coming into Down Dog
- Lift back leg high
- 3-Legged Dog
- Square shoulders to the front
- Engage core, squeezing glutes
- Bend knee and open hip

Layer 3

- Breathing space into the hips as you mobilize the body

SWAN POSE

Layer 1

- Inhale, Swan Pose
- Exhale, back knee to back wrist
- Heel to groin
- Option: 90/90 Pose
- Roll top hip towards heel
- Quad Stretch option and extend forward

Layer 3

- Breathe into your hips
- Take the option that's right for you

MODIFIED HALF LOTUS TWIST AND SIDE BEND

Layer 1

- Release foot into Modified Half Lotus
- Cross legs, foot on shin or knee
- Inhale, back arm crosses over knee to Twist
- Inhale, Side Bend over

Layer 3

- Inhale – lengthen spine; exhale – C-shape the spine

ESSENCE TIPS

We have a new innovation in the class structure; The Hip Openers track will follow Core Abdominals and Back tracks, creating more relaxation and rejuvenation leading into the Twists and Hamstrings tracks. We hope you love the change!

This is a beautifully choreographed hip flow where we morph from one pose to the next. Our body's structure is unique, so let's help move our members to this place of acceptance by offering variations and encouraging exploration through all the poses. It's all about the attitude we bring to teach this Hips track.

When we give participants options then they have autonomy over their workout; this is empowering for their experience of the class.



08. TWISTS



TRACK FOCUS

Allow the Twist to happen using breath.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Lie supine, facing L, knees to chest	16
0:13	V1 / _ Stay, start	4¼x8	B	Inhale/Exhale – Supine Twist R, drop knees F	34
0:41	C / _ Clouds will form	6x8	B¹	Inhale/Exhale – Wrap legs , L leg over R ⬆ Knees stay stacked ⬆ Extend L leg	48
1:22	V2 / _ Feign, look	4¼x8	B	Repeat Supine Twist L (to B)	34
1:50	C / _ Clouds will form	8x8	B¹	Repeat Wrap legs Finish – hugging knees to chest	64



08. 6 LETTERS 2:45mins

TECHNIQUE AND COACHING

SUPINE TWIST WITH WRAP LEGS

Layer 1

- Lie down, side-on
- Breathe and hug your knees into your chest
- Inhale, drop knees to the front of the room
- Exhale, shoulders anchor down
- Cross the top leg over or extend it out

Layer 3

- Create the beautiful rotation in the body
- Explore how far the breath can help you twist
- Enjoy the pause in your journey

ESSENCE TIPS

This simple Twists track brings a sense of softness and calm for the body and mind in the Yoga journey of this release.

We are always working on creating a balance of energy as we twist and then a surrender and release as we settle into the class. Moving with our breath is a beautiful way to bring attention to how our bodies feel.

Take time to breathe and feel the track with your participants. This is a wonderful opportunity to show absolute care and respect for the people who have taken time out of their busy day to join you.



09A. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Powerful anchoring of base will allow space and freedom to happen.

MUSIC			SEQUENCE/EXERCISE		CTS
0:01	Intro / (Piano) ba ba	4x8	A	Inhale/Exhale – Lying supine, knees to chest , rolling from side to side Roll over onto hands and knees, facing R Step L foot between hands	16 8 8
0:25	V1 / Standing now	4x8	B	Inhale/Exhale – Pyramid Pose L ⬇ Bend L knee	32
0:48	Br / I believe	4x8	C	Inhale/Exhale – Twisted Triangle Pose L , R hand to floor, L hand vertical ⬇ Bend L knee, lift chest, R arm over L thigh	32
1:12	Take me down	2x8		Inhale/Exhale – Wrap L arm behind back	16
1:23	V2 / Love and hate	4x8	B	Step through Forward Fold Repeat Pyramid Pose R , back foot F	32
1:46	Br / I believe	6x8	C	Repeat Twisted Triangle Pose R Repeat Wrap R arm	32 16
2:21	Ref / I can see	8x8	D	Inhale/Exhale – Forward Fold Options: Ragdoll Pose, hands wrapped behind legs, pedaling through feet	64
3:06	Outro / _ ba da ba da	4x8	E	Inhale/Exhale – Hindi Squat , facing R, hands to heart center ⬇ Sumo Squat	32



09A. LOVE & HATE (ALTERNATIVE RADIO MIX)

3:32mins

TECHNIQUE AND COACHING

PYRAMID POSE

Layer 1

- Stay in your knee hug
- Roll onto hands and knees
- Extend the front leg forward
- Pyramid Pose
- Anchor the back heel down
- Square hips to the front
- Inhale, **lift the belly to spine**
- Exhale, fold forward
- The option is to bend the front knee or stay more upright

Layer 3

- Squeeze inner thighs to stabilize hips and pelvis
- Use your out-breath to release somewhere in your body

TWISTED TRIANGLE

Layer 1

- Inhale, lengthen your spine
- Exhale, twist to the front
- Lift front arm up
- Come up higher for stability
- Top arm wraps around you

Layer 3

- Make the pose work for your body
- Breathe in and out through your nose
- Listen to your body today; maybe you want more or you want less – that's OK

FORWARD FOLD

Layer 1

- Step in
- Feet under hips
- **Deep knee bend**
- **Lift belly**
- Fold over your legs
- Chin tucks in
- You can pedal your feet – Ragdoll Pose
- Wrap arms around back of legs

Layer 3

- Feel what works for you

HINDI SQUAT

Layer 1

- Heel-toe the feet out wider
- Toes turned out slightly
- Sumo or Hindi Squat
- Use arms to support
- Hands to heart center

Layer 3

- Smooth, steady breath
- We are here for a little while; if your hips have had enough, take Childs Pose

ESSENCE TIPS

This track provides an opportunity to stretch deeply into the hamstrings with Pyramid Pose and Twisted Triangle Pose. To help people feel successful in these poses, coach to bending the front knee as well as placing the hand on your shin or thigh to help with balance and alignment. This way, we keep the focus into the mid and upper spinal rotation and hamstring work.

As with all twisting poses, once we find our base (anchor) grounding down, we can then move and explore different ways to stretch and mobilize our upper body.



09B. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Breathe into deep stretches for the hamstrings and thoracic spine.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	8x8	A	Inhale/Exhale – Hindi Squat , facing R, hands to heart center ↓ Sumo Squat ↓ Childs Pose if you need to	64
0:57	Honey child	1x8	B	Inhale/Exhale – Seated Stick Pose , facing front ↓ Knees bent	8
1:04	_ That morning	4x8	C	Inhale/Exhale – Side Bend R, R arm O/H	32
1:33	_ She ain't gonna	2x8	C ¹	Inhale/Exhale – Wrap R arm behind back, back of L hand pressing into inside L leg	16
1:47	_ That morning sun	7x8	D	Inhale/Exhale – Seated Half Forward Fold L, R foot to inside L leg, fold upper body F	56
2:37	(Trumpets)	4x8	C	Repeat Side Bend L, legs wide on floor, L arm O/H	32
3:05	Cause this world	5x8	C ¹	Repeat Wrap L arm	40
3:40	You child _	8x8	D	Repeat Seated Half Forward Fold R	64
4:36	Outro /	4x8	E	Inhale/Exhale – Extended Butterfly Pose	32



09B. MORNING SUN 5:06mins

TECHNIQUE AND COACHING

SEATED STICK POSE / SIDE BEND / SEATED HALF FORWARD FOLD

Layer 1

- Sit down
- Wide-Legged Stick Pose
- Bent or straight legs
- Hips level and grounded
- C-shape and Side Bend
- Inhale and let your top arm wrap around
- Left leg comes in
- Half Forward Fold
- Square hips to the front
- **Inhale, lift belly**
- Exhale, fold

Layer 3

- Turn your chest forward, up to the ceiling
- Breathe length into your leg
- Create a rainbow shape over head
- Do you want to go a little further in any direction?
- Exhale all your troubles away
- How do you feel? Happy?

EXTENDED BUTTERFLY POSE

Layer 1

- Lie down on your back
- Extended Butterfly Pose
- Feet together
- Knees open
- Cradle elbows and move your arms over head

Layer 3

- Inhale to expand and open chest
- Exhale and breathe in the joy

ESSENCE TIPS

Less is more as members begin the transition inward for the Relaxation/Meditation track. Give them the space to immerse themselves in this beautiful piece of music and feel the energy of love and acceptance in the room. Beautiful!



10. RELAXATION / MEDITATION

WOVEN SONG - PIANO REWORKS 7:28mins



TRACK FOCUS

Create a breathing practice.

Now, feel free to stay as long as you want in this pose. Allowing your body to open. Feel free to grab some warm clothing, your jacket, your jumper or your socks if you need them. And then, when you're ready, let go. You can choose how you want to start your Relaxation today. Whether you're extending your legs, whether you keep them bent. Whether you keep your feet apart, knees together. Or you can extend your legs away from your body. You can choose to lie on your side maybe, or even sitting up. Whatever way you choose, just be comfortable. Feel comfortable. Always take a moment to scan through from head to toe. Create space in your body. Maybe draw your shoulder blades away from your ears, shimmy the shoulders down a little bit. Turn your palms up. Or maybe adjusting your tail bone away from your upper body. Create space for your lower back. Maybe a slight chin tuck, creating space on the back of your neck. And take a moment to close your eyes, to breathe. In through your nose and out through your nose.

Now, simply ask yourself "are you feeling comfortable?". And yes you can make adjustments as much as you need. Now once you're feeling comfortable, we'd like to invite you to take a moment and just to pause. In this busy world where everything goes really, really fast, let's make a point and pause. Allow time to stand still. Giving yourself that moment to just breathe. Slowly, freely, consciously. Allow yourself to zoom in, into your mind, your feelings. Just to check-in with yourself – how are you? Are you feeling OK? And it's OK to allow yourself to feel good, as part of self-care. To reset, to reflect, to re-tune our gut feeling. To recollect with our instinct, with our senses.

On your next breath, acknowledge your feelings, the sensations that come into your body, into your mind. Then, whenever you're ready, just allow yourself to wake up. Allow the movement to happen from the quietest side of yourself. And then move bigger from there. Just allow yourself to slowly come back. Bring yourself back into your seated position whenever you're ready.

Thank you very much for joining us in the BODYBALANCE class today. We hope you enjoyed it; see you again soon.



BONUS

01. TAI CHI WARM-UP



TRACK FOCUS

Focus on coaching breathing to deeply warm the body with love and energy.

MUSIC			SEQUENCE/EXERCISE		CTS
0:08	V1 / the pain	2x8	Inhale – Feet wide , facing front Exhale – Wide Wu Chi		16
0:22	V1 cont. / The cloud	2x8	A 2x Chi Ball Weight Shift (slow) L&R Inhale – Chi Ball Weight Shift Sequence L, arms holding Chi Ball in front of chest moving to L, L arm at shoulder height, R arm at hip height, palms facing each other Exhale – Chi Ball Weight Shift R, switch arms		4 4
0:35	C / _ Don’t tell me	4x8	A ¹ 2x Chi Ball Weight Shift (fast) with Step In L&R Inhale – Chi Ball Weight Shift L Exhale – Chi Ball Weight Shift R Inhale – Chi Ball Weight Shift with Step In L, step R foot in, R heel lifted Exhale – Soft Block , knees bent Repeat to R		2 2 2 2 8
1:02	Instr /	4x8	B 4x Sweep and Block L&R Inhale – Arms sweep down to L , feet wide Exhale – Soft Block L Repeat to R		2 2 4
1:29	V2 / away the pain	8x8	A ² 2x Chi Ball Weight Shift Sequence (fast) with Step In and Heel Lift L&R Inhale – Chi Ball Weight Shift L Exhale – Chi Ball Weight Shift R Inhale – Chi Ball Weight Shift with Step In L, step R foot in, R heel lifted Exhale – Soft Block , knees bent Inhale – Arms and heels lift , wrists soft Exhale – Soft Block , knees bent, L heel lifted, R heel lands Inhale – Arms and heels lift Exhale – Soft Block , knees bent, R heel lifted, L heel lands Repeat to R		2 2 2 2 2 2 2 16
2:23	Instr /	4x8	B Repeat 4x Sweep and Block L&R Arms sweep higher to 45°		32
2:51	Outro / (Quiet)	2x8	C 2x Tai Chi Breath Inhale – Hands lift in front of chest, palms up, straighten legs Exhale – Press hands down , palms down, knees bent		4 4



BONUS

01. MODERN FLAME 3:10mins

TECHNIQUE AND COACHING

CHI BALL SEQUENCE

Layer 1

- Wide Wu Chi position
- Feet wide, open knees out over toes
- Tuck tail bone under, spine long
- Take a deep breath in
- Exhale, catching your Chi Ball
- Moving side to side
- Shifting weight from one leg to the other
- Move faster now
- Step feet together, soft block
- Let's add on, stay here
- Inhale, lift both heels
- Lift arms up
- Exhale, lower front heel
- Inhale, lift again
- Exhale, back heel lowers

Layer 3

- Breathing as you move
- It's about breathing through the journey
- Extending and warming up the body

SWEEP AND BLOCK

Layer 1

- Take your feet wide
- Sweep arms and block
- Press knees out over toes
- Core strong as you swing down
- Sit low in the legs

Layer 3

- Releasing move

ESSENCE TIPS

We celebrate with a connected and warming Tai Chi experience to prepare for the journey ahead. Take time to explore the breath and movement to fully immerse yourself, showing your enjoyment to move this way.

The Chi Ball Sequence brings energy, mobilization and the connection of breath with the body. The Sweep and Block is all about releasing. Coach to knee alignment for stability in the legs and core as we mobilize the upper body.

The pace of the movement helps to provide much of the warming sensations, so coach simple Alignment (BPD) and Breath cues, allowing space for the music to shine through, and create a feeling that there is plenty of time and space.

Coaching points: 4 types of Tai Chi movement – breathing, releasing, warming and focusing. Enjoy this internal mind-body connection!



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.