

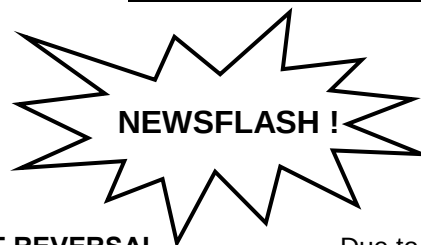


11

Choreography by:
Molly Fox, Phillip Mills, Jackie Mills & Emma Barry

Video Presentation by:
Jackie Mills, Emma Barry, Lika Akeripa

TITLE	ARTIST	DURATION
Nights In White Satin	Moody Blues	6:00
Change	Lisa Stansfield	5:40
Proud	Heather Small	4:50
Let It Be	Aretha Franklin	3:35
Father Figure	George Michael	5:45
Honey	Moby	5:00
Pure Shores	All Saints	5:05
Count Your Blessings	Ashford and Simpson	4:45
Lately	Stevie Wonder	5:50
Harmonic Resonance # 2	Jim Oliver	4:20
Any Other Name	Thomas Newman	4:05



Les Mills International is excited to announce... THE GREAT REVERSAL.

A unanimous decision by all participating countries at OPIO 2000 sees the Choreography Videos for **BODYBALANCE** now shown in **reversed format**. This means that you learn the choreography **with** rather than **against** the Presenters on Screen – a huge advantage especially where movement patterns are difficult to process e.g. Tai Chi and intricate poses.

Note: You still instruct to your **left** and all cues and teaching tips remain the same.

Due to overwhelming Instructor requests for **LYRICS** we suggest the following websites:

- www.lyrichound.com
- www.lyriccrawler.com
- www.lyrics.com

Please Note: Most tracks are edited for choreographic reasons. The order and sequencing of lyrics may not be followed verbatim.

Welcome to BODYBALANCE 11

You requested more technical tips and more information on Tai Chi so here it is - a Quarterly Workshop Session, helpful diagrams and an 'Instructors Tape' rather than a live class. Please! Please! Please! meet us halfway – every single BODYBALANCE Instructor in the world must watch all the VIDEOS.

We are convinced the more tapes we bring to you the closer we are to a 'Cirque Du Soleil' Performance! Another magic tape from Molly blending the best of the Arts.

'Letting go' right from the opening TAI CHI track allows our body to accept the class at a deeper level sooner. Enjoy the wonderful addition to SUN SALUTATIONS that breaks the Swan Dive and brings strength into the legs while opening the torso. The 'Self Affirmation' Track of the Tape sits at 'STANDING STRENGTH'– Be Proud! Deceptively difficult, bring the grace of a ballerina and strength of a gymnast to the BALANCE track. High and low lunges do wonders on your HIPS and then lengthen your legs with beautiful stretches for the quadriceps. Our strongest CORE Track yet has you scooping your belly to the strength of 'Moby.' Not to be outdone – the BACK Track will have the whole length of your back stronger and more mobile. Three levels of TWISTS start working at your neck and gently work down towards the base of your spine. Allow the long, releasing holds of FORWARD BENDS to bring you down to a beautiful RELAXATION dedicated by Ann-See Yeoh from the UK and enjoy the TRANSITION back into your day with the mesmerizing theme from 'American Beauty.'

Enjoy bringing this beauteous choreography to life.

The BODYBALANCE Team

Key

1. As a general rule, Les Mills Instructors lead off 'Instructor Left' (Participant Right) and the notes are presented accordingly. The video appears in reversed format to assist your learning (see the Newsflash on cover page).
2. Teaching Tips have been added to highlight main points.

Music Segment	
V	verse
PC	pre chorus
C	chorus
QC	quiet chorus
C br	chorus bridge
Instr	instrumental
Br	bridge (non chorus)
B up	build up

Description	
R&L	right and left
F&B	forward and back
Pose	positions as explained in the BODYBALANCE Manual
Rep 2x	Repeat movement or sequence twice

Long Form

						
'Wu Chi' Position ('Horse Riding Stance') - Shoulder width - Sink into sand - Tuck pelvis under - Firm midsection - Straight back - Be suspended by a golden thread - Soft arms and 'Ladies Wrists'	Shift weight and hold 'Chi Ball' (1x2) - Transfer full weight - Hips level - Shoulders relaxed - Elbows dropped - Take the 'Chi Ball' at belly button and chest level	Revolve in 'T-Stance' (1x2) - Pivot on heel - Full weight in back heel - Revolve from waist	Shift weight to front foot and push with hands (1x4) - Knee not forward of toe - Transfer full weight to front leg - Back straight - Exhale and push	Back foot in and hold 'Chi Ball' (1x2) - Lift rear foot in - Gather 'Chi Ball' again	Transfer weight forward and push opposite hand forward (1x2) Other hand curls fingers back into waist	Shift weight back and change hands (1x4) - Reverse the movement smoothly - Go with the flow
						
Transfer weight and look over shoulder (1x2) Take weight into the front leg and prepare for a wide diagonal step back landing with the heel first	Diagonal step back to 'Bow Stance' & 'Stroke The Horse's Mane' (1x4) - Foot out to 45° - Look into the palm of the hand 70% of weight on front leg - Rear hand 'Pats the Dog'	Transfer weight & ride the wave (1x4) - Sweep arms back - Palms down - Come deep into the legs - Turn waist a little	Weight transfer & hold 'Chi Ball' (1x4) - Scoop front leg back in - Settle	'Wu Chi' & 'Circling' (2x8) - Large smooth continuous circles - Keep back straight - Stay low in the legs - Shoulders and hips level - Lead from the waist - Arm comes up inside elbow - Eyes follow lead hand - Like holding a beach ball close to your chest - Soft and round		

Short Form

						
'Wu Chi' Position ('Horse Riding Stance') - Shoulder width - Sink into sand - Tuck pelvis under - Firm midsection - Straight back - Be suspended by a golden thread - Soft arms and 'Ladies' Wrists'	Shift weight & hold 'Chi Ball' (1x2) - Transfer full weight - Hips level - Shoulders relaxed - Elbows dropped - Take the 'Chi Ball' at belly button & chest level	Revolve in 'T-Stance' (1x2) - Pivot on heel - Full weight in back heel - Revolve from waist	Separate Hands with 'Crane's Beak' (1x2) - Feel weight down back leg - Separate the hands - Thumb touches all four fingers to make 'Cranes Beak'	Push front hand through & draw 'Crane's Beak' back (1x2) - Push through like a piece of elastic - Keep weight centered	'Double Crane's Beak' (1x4) Suspend the arms	Sink & Circle up (1x2) - Inhale and cross wrists with palms facing - Deep knee bend - Push and move
						
Hands Up and Out (1x2) - Palms cross and face - Restore energy as you rise and exhale	'Wu Chi' and 'Circling' (2x8) - Large smooth continuous circles - Keep back straight - Stay low in the legs - Shoulders and hips level - Lead from the waist - Arm comes up inside elbow - Eyes follow lead hand - Like holding a beach ball close to your chest - Soft and round					

New Moves At A Glance

Core Abdominal Track

	Knee to Chest • Comes from 'Down Dog' • Bring knee through to chest • Weight comes forward • Shoulders over wrists • Scoop belly • Tailbone drops down • Relax neck		'Pilates Seal' (4 part move) • Toes just touch the floor and upper torso is in contact with the floor to begin. 1. Upper torso lifts up and stabilizes core. 2. Both toes lift off and feet clap 4x. 3. Feet lower back until toes just come in contact with the floor. 4. Upper torso returns to floor. • Ensure tongue is behind top teeth & abdominals are engaged as the lower body lifts off and returns to the floor.		Lift Back and Up • Place hands on floor • Scoop belly up & back • Allow butt to move back slightly • Tuck tailbone under • Soften neck
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Twists

	'Child's Pose' Twist (neck & upper back mobility) • Set up by sliding opposite arm across floor with palm up • Press elbow into floor • Lift top arm straight up to roof • Revolve ribcage around • Open across chest • Focus remains forward Option: Bottom arm stays flat on floor.		Standing Twist (mid back mobility) • Start with rear knee down • Lift torso up & across • Same arm pattern • Focus forward Option: Rear knee stays down. Option: Hand rather than elbow crosses opposite knee for leverage.		'Awkward Pose' Twist (lower back mobility) • Feel all four parts of the feet • Deep knee bend • Tuck the tailbone down • Same arm pattern • Focus towards top arm Option: Focus stays forward or where comfortable. Option: Hand rather than elbow crosses opposite knee for leverage.
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Track Number / Type: 1 Tai Chi
Song Title: 'Nights In White Satin'

Duration: 6:00

Benefits : *Tai Chi Base – Body / Mind Centering. Relaxes and focuses the 'intention of exercise'. Begins the flow.*

Cue (when to do it)		Cts	Seq	Description (what to do)	Teaching Tips
Orchestral intro			—	'Wu Chi' position ('Horse Riding Stance')	Sink and suspend.
Instr		1x12	A	Circling Rep 6x	Stay low. Back straight.
V1	'Nights in white satin...'	2x8	B	Long Form L "Wu Chi" Position – Shift weight and hold 'Chi Ball' (1x2) – Revolve in 'T-Stance' (1x2) – Shift weight to front foot and push with hands (1x4) – Back foot in and hold 'Chi Ball' (1x2) – Transfer weight forward and push opposite hand forward (1x2).	See Tai Chi guide for descriptions and cueing of movements.
V2	'Beauty I've always...'	1x14		Shift weight back and change hands (1x4) – Transfer weight and look over shoulder (1x2) – Diagonal step back to 'Bow Stance' and 'Stroke The Horse's Mane' (1x4) – Transfer weight and 'Ride The Wave' (1x4) – Weight transfer and hold 'Chi Ball' (1x4).	
C	'Cause I love you...'	2x8	A	Circling Rep 8x	Everything level.
V3	'...Gazing at people...'	2x8	B	<u>Long Form R</u>	See Tai Chi guide.
V4	'Some try to tell me...'	1x14		↓	
C	'And I love you...'	2x8	A	Circling Rep 8x	Look at top arm.
Instr	(flute)	4x8	C	<u>Short Form L</u> 'Wu Chi' Position – Shift weight and hold 'Chi Ball' (1x2) – Revolve in 'T-Stance' (1x2) – Separate hands with 'Crane's Beak' (1x2) – Push front hand through and draw 'Crane's Beak' back (1x2) – 'Double Crane's Beak' (1x4) – Sink and circle up (1x2) – Hands up and out (1x2). Repeat to R	See Tai Chi guide. Note: There are 2 less counts in the final R rep – in second rep, 'Double Crane's Beak' has (1x2) cts.
		2x14		Rep 2x	
V1	'Nights in white satin...'	2x8	B	<u>Long Form L</u>	
V2	'Beauty I've always...'	1x14		↓	
C	'Yes I love you...'	2x8	A	Circling Rep 8x	Turn from waist.
C	'Cause I love you...'	2x8	B	<u>Long Form R</u>	
Orchestra		2x8		↓	
Orchestra		2x8	A	Circling Rep 8x	Note: video shows 10 reps.
Cello		4x8	C	<u>Short Form L</u> Repeat to R	
Gong Finish In 'Horse Riding Stance' with hands settling and soft focus.					

Track Number / Type: 2 Sun Salutations
Song Title: 'Change'

Duration: 5:40

Benefits : *Yoga Base – Warms up body, increases blood flow to muscles, unites breath and movement, stretches hamstrings.*

Cue (when to do it)	Cts	Seq	Description (what to do)	Teaching Tips
C 'If I could change...'	4x8	A	Warmup Salutation Inhale – arms up (1x8) Exhale – hands to thighs (1x8) Inhale – open arms and heart (1x8) Exhale – 'F Bend' (1x8)	Preview sequence on diagonal. Ease the load on the lower back by breaking the 'F Fold' and then return to standing position.
'Cause if I change...'	4x8		Inhale – L leg lunge (1x8) Exhale – 'Down Dog' (1x8) Inhale – L leg lunge (1x8) Exhale – 'F Bend' (1x8)	Strong lunge. Hips come way back. Spring off. Release the head.
Spoken '...I'll always be there...'	4x8		Inhale – open arms and heart (1x8) Exhale – Hands to thighs (1x8) Inhale – stand up (1x8) Exhale – arms down (1x8)	Open up. Revolve the arms. Neck stays long. Breathe fully and deeply.
V1 '...Honey don't you worry...'	4x8	B	Sun Salutation Inhale – arms up (1x8) Exhale – hands to thighs (1x8) Inhale – open arms and heart (1x8) Exhale – 'F Bend' (1x8)	Add some upper body work in the middle. Salute the sun. Stabilize in the legs. Open the heart. Bellies very firm.
'...You've got to believe...'	4x8		Inhale – R leg lunge (1x8) Exhale – 'Down Dog' (1x8) Inhale – 'Plank' (1x8) Exhale – 'Crocodile' (1x8)	Fingertips down. Options: Knees down in 'Plank' and 'Crocodile'.
PC 'This love has filled me up...'	3x8		Inhale – 'Baby Cobra' (1x8) Exhale – 'Down Dog' (1x8) Inhale – R leg lunge (1x8)	Option : 'Cat Stretch'. Strong and powerful 'Down Dog'.
C 'If I could change...'	4x8		Exhale – 'F Bend' (1x8) Inhale – open arms and heart (1x8) Exhale – 'Intense Pose' (1x8) Inhale – stand up (1x4) Exhale – arms down (1x4)	Power in the legs. Spiral the arms. Arms in by the ears.
'Cause if I change...'	4x8	B	'Sun Salutation' L ↓	Melt the body. Evenness in the shoulders. Use the strength. Sink into the power of the legs.
V '...Believing is the answer...'	4x8			
PC 'This love has filled me up...'	3x8			
C 'If I could change...'	4x8			
Instr	4x8	B	'Sun Salutation' R ↓	Go with the breath. Do it for yourself. Belly really drawing in. Fill and empty the lungs in 'Down Dog'. Melt down.
Instr (saxophone)	4x8			
PC 'This love has filled me up...'	3x8			
C 'If I could change...'	4x8			
'Cause if I change...'	4x8	B	'Sun Salutation' L ↓	Revolve the arms. Full deep breaths. Feel the shoulder blades sliding back. Relax belly onto the thighs. Heart to the sun. Stand in the light.
C 'If I could change...'	4x8			
'Cause if I change...'	4x8			
Br 'Only you can do...'	4x8			

Finish with a settling breath.

rack Number / Type: 3 Standing Strength
Song Title: 'Proud'

Duration: 4:50

Benefits : Yoga Base – Strengthens and stretches legs, increases range of motion, promotes whole body movement

Cue (when to do it)	Cts	Seq	Description (what to do)	Teaching Tips
Instr	4x8	—	Set up for 'Triangle Pose' to L	Preview 'Triangle' and modified 'Standing Split'. Come to 3 ½ – 4 feet apart. Draw up through legs. Energy in fingers.
V1 '...I looked into the...'	4x8	A	L 'Triangle Pose'	Tuck the buttocks under. Tailbone to heel. Collarbones wide. Revolve chest around. Neck comfortable.
PC '...I step out of the...'	4x8	B	L lunge with L arm on back	Turn onto ball of rear foot. Stretch up. Back arm internally rotates and tucks into small of the back. Fingers stretch up.
C '...What have you done...'	4x8	C	Modified 'Standing Split' (square pelvis)	Bend support leg. Toes down and standing glute is working down. Feel the curve in the lumbar spine.
'...You could be so...'	3x8	D	L 'Warrior 2 Pose'. Grounded arm lifts up and over. Front arm comes forward.	Extra bend. Come down into the stability of the legs.
Break	2½ x8	—	Set up for 'Triangle Pose' to R	Turn both feet. Energy up and out. Reach to 'Triangle'. Hand just rests.
V2 '...Still so many answers...'	4x8	A	R 'Triangle Pose'	
PC 'So I step out of the...'	4x8	B	R lunge with R arm on back	Stretch the fingers. Feel the power in the back leg. Go for it.
C '...What have you done...'	4x8	C	Modified 'Standing Split' (square pelvis)	Bend and rise up. Energy out back heel.
'...You could be so...'	3x8	D	L 'Warrior 2 Pose'. Grounded arm lifts up and over. Front arm comes forward.	Stretch back. Arm bone back.
Br 'Proud ! 'Yeah! We...'	4x8	E	Feet parallel – arms out (1x4) Bend knees – hands on thighs (1x4) Hands to floor (1x4) Hold (1x8) Turn feet and body L (1x8)	Use drama in music to accent change. Option : Hand on front thigh.
C '...What have you done...'	4x8	F	L 'Intense Side Stretch' (bent front leg)	Line the hips up. Heels down.
' 'Cause you could be...'	3x8	G	L 'Warrior 1' (slow). Lay belly on thigh. Draw elbows up, back and under. Stretch to sky.	From the belly lift up.
Br 'Proud ! 'Yeah! We...'	4x8	E	Repeat transition	Enjoy!
C '...What have you ...'	4x8	F	R 'Intense Side Stretch'	Stretch out the back leg. Tuck the buttocks under.
'Cause you could be...'	3x8	G	'R Warrior 1' (slow). Lay belly on thigh. Draw elbows up, back and under. Stretch to sky.	Belly on. From the power of the legs lift up.
'Proud !'		—	Feet parallel – arms out on final beat	

Track Number / Type: 4 Balance
Song Title: 'Let It Be'

Duration: 3:35

Benefits : Modern Dance Base – Increases leg strength, ankle strength, forearm strength, balance and stability, increases expressive movement.

Cue (when to do it)	Cts	Seq	Description (what to do)	Teaching Tips
Organ	2x8	—	Find center and lift arms to side	Draw up through the legs and belly.
V1 'When I find myself...'	4x8	A	L leg extensions Rep 8x	Extend and bend. Reach higher through, feel yourself growing. Feel four parts of the feet.
C 'Let it be...'	2x8	B	L leg to side and front Hands press to imaginary walls Rep 4x	Take hold of the walls and come out to the side. A little wobbling is good proprioceptive work.
V2 'And when the broken hearted...'	4x8	B+A	L leg to side – extend – return – front Hands press to imaginary walls Rep 4x	Hold on diagonal and extend. Draw deeply into belly.
C 'Let it be...'	2x8	C	L leg 'Figure of 8' Rep 4x	Cut through. Make a circle. Lovely move from modern dance. Internally and externally rotate the hip.
C 'Let it be...'	2x8	D	L leg extends back – arms up	Tuck rear foot in, pelvis forward.
Organ	2x8	E	'Gymnast Stance' Step back with L and R Lift arms and lower	Remember Nadia Commaneci .
Saxophone	4x8	A	R leg extensions Rep 8x	Tuck in. Suspend from the roof.
C 'Let it be...'	2x8	B	R leg to side and front Hands press to imaginary walls Rep 4x	Turn it out.
V2 'When the night is cloudy...'	4x8	B+A	R leg to side – extend – return – front Hands press to imaginary walls Rep 4x	Full control.
C 'Let it be...'	2x8	C	R leg figure of 8 Rep 4x	Sink and take the carving out. Circle with the toe. Like running in the air.
'Let it be...'	2x8	D	R leg extends back – arms up	Draw buttocks under. Lift and open. Celebrate.
Organ	1x8	E	Repeat 'Gymnast Stance'	Big finish.

Hold final pose

Track Number / Type: 5 Hip Opener
Song Title: 'Father Figure'

Duration: 5:45

Benefits : *Yoga Base – Stretches quadriceps and hips, opens shoulders, increases range of movement in hips*

Cue (when to do it)	Cts	Seq	Description (what to do)	Teaching Tips
Intro	4x8	—	Transition to 'Down Dog'	Preview drawing heel back along floor in low lunge.
Heavy intro	4x8	A	Calf stretches – double, single, single Rep 4x	Keep hips even and high. Press the heel back but try not to jam it.
V1 'That's all I wanted...'	4x8	B	L high lunge (knee off floor) – arms up	From crouch, spring R leg through. Physically move the hip level to the floor.
'Sometimes I think...'	4x8		Hold (For last 1x8, transition through 'Down Dog')	Collarbones and chest float up. Feel stability in rear leg. Lift shoulder blades up and back onto a shelf behind you.
V2 'That's all you wanted...'	4x8	B	R high lunge (knee off floor) – arms up	Come through 'Down Dog' switch. Lift up once stable and strong.
'Sometimes I think...'	4x8		Hold (For last 1x8, hands come down)	Tailbone down. Hip markers forward.
C 'I will be your father figure...'	4x8	B1	Switch lunge (1x8) (For last 1x4, step back to 'Down Dog')	Fingertip Connection. Shoulders back. Hoist hips high. Option: Step F&B.
Br 'Do... do...'	4x8	A	Calf stretches – double, single, single Rep 4x	Lengthen the spine and lift the tail.
V1 'That's all I wanted...'	4x8	B2	L low lunge (knee down) – arms up	Heel draws back. Hips square off. Whole body shines out.
PC 'Sometimes I think...'	4x8		Hold	Open up and breathe.
C 'I will be your father...'	4x8	B3	Quadricep and hip flexor stretch ('Pigeon')	Heel to buttock. Keep chest open Options: Lift arm or leg down or hand on floor.
V3 'If you are the desert...'	4x8	B2	R low lunge (knee down) – arms up	Draw back open. Celebrate. Hear your body.
'So when you remember...'	4x8		Hold	Allow each breath to take you deeper.
Guitar	4x8	B3	Quadricep and hip flexor stretch ('Pigeon')	
'Greet me with...'	4x8	—	Walk feet to hands. 'Down Dog' (2x8) Lunge F (1x4) 'F Bend' (1x4) 'Reverse Swandive' (1x8)	Soften. Come up on 'Hold on, hold on'.
C 'I will be your father figure...'	4x8	C	L leg 'Dancer's Pose'	Allow the hip to come forward. Hollow armbones.
C 'I will be your father figure...'	4x8	C	R leg 'Dancer's Pose'	Come low and lift. Move sacrum into body and open shoulder.
Outro	2x8	—	Rich deep breath to the top and bring palms together in prayer	

Track Number / Type: 6 Core – Abdominals
Song Title: 'Honey'

Duration: 5:00

Benefits : Pilates and Yoga Base – Strengthens deep abdominal muscles. Retains mind awareness of the body's core

Cue (when to do it)	Cts	Seq	Description (what to do)	Teaching Tips
'Can my honey come back...'	2x8	—	Rise onto toes. Come to low 'Intense Pose'	Preview scoop the belly. Heels lifted and keep tension in quads.
'Can my honey come back...'	8x8	A	'Bird Pose' (use last 1x8 to transition to elbows and knees)	Reach way forward. Climb right up into armpits. Suck belly up. Option: Single toe off.
Instr	1x4	B	Lift knees to hover	Option: Knees down in hover. Elbows are a plumb-line from your shoulders.
'Can my honey come back...'	6x8		Hover	Belly button up and back into spine. Keep breathing. Long neck.
Swoosh	1x8	—	'Down Dog'	Release.
'Here now...'	3½ x 8	C	Draw knee to chest and 'Down Dog' Rep 4x	Knee to chest. Sprinters' start. Use the release of the 'Down Dog'. Round from head to heel.
Swoosh	1x8	—	'Child's Pose'	Release.
'Here now...'	4x8	C	Draw knees to chest and scoop belly Rep 4x	Show the suck. Feel the strength in the upper body. 'Greyhound' position.
Br	2x8	—	'Child's Pose'	Let it go. Breathe deep.
'Can my honey come back...'	2x8	—	Transition onto back. Swing legs to side.	Set up for 'Pilates Seal'.
'Can my honey come back...'	10x8	D	'Pilates Seal' Upper body lift (1x8) Feet clap x4 (1x8) Lower toes (1x8) Lower upper body (1x8) Rep 5x	Notice how strong and stable the core feels.
'Can my honey come back...'	2x8	—	Release whole body.	Soften.
'Can my honey come back...'	10x8	D	'Pilates Seal' Upper body lift (1x8) Feet clap x4 (1x8) Lower toes (1x8) Lower upper body (1x8) Rep 5x	Toes in the water. Clap those feet.
Instr	1x4	—	Roll up to V – sit	Gather your knees in and rock to sitting.
'Can my honey come back...'	8x8	E	V – sit (1x8), lower toes and cross ankles Hands to side and Lift Up and Back (1x8) Rep 4x	Present the chest through. Armbones back. Scoop back. Soften the head and neck.
'Can my honey come back...'	2x8	E1	Hold V – sit until end	Finish with style, class and decorum. Option: Take hands out.

Track Number / Type: 7 Core – Back
Song Title: 'Pure Shores'

Duration: 5:05

Benefits : *Yoga Base: Strengthens back muscles, hamstrings and gluteals, abductors, adductors, increases range of motion*

Cue (when to do it)		Cts	Seq	Description (what to do)	Teaching Tips
Intro		4x8	—	Stretch quadriceps L (2x8) and R (2x8)	Preview 'Cobra' and hamstring curl, back extension with arms revolving. Legs internally rotated. One freestyle stroke and change.
V1	'...I've crossed the deserts...'	4x8	A	Upper body cobra and lower body hamstring curl	Light hands. Collarbones towards heel. Feel tension up the whole length of the back. Hip markers into the floor. Belly firm. Long neck. Feel the ebb and flow. Open the heart.
V2	'Can't anymore...'	4x8		Alternate L&R	
C	'I'm good and I'm coming...'	4x8		↓ Rep 3x	
Br	'...Why, why...'	4x8	B	Release back to heels (1x8), 'Child's Pose' (1x8) Lower through to belly (1x8), lift chest and lay belly down (1x8)	Press up though strength in hands. Scoop the belly. Soften. Melt heart through. Lift, lengthen and lower.
V3	'Never been here before...'	4x8	C	Turn head to side and place palms up on lumbar spine Inhale – lift chest and L leg as arms revolve out, around and salute.	Arms go around the world. Head keeps moving like a circus clown. Hips level. Integrate belly. Be as big and as long as you can.
V4	'Maybe somewhere I can...'	4x8		Exhale – lower leg and return arms to floor and turn head other side.	
C	'I'm good and I'm coming...'	4x8		Alternate L&R. Rep 3x	
Br	'Oo babe...'	4x8	B	Repeat release	Lift back. Chill out. Come in low, be sensual. Like a seal to water, lift and come closer.
	'Many faces I have...'	4x8	D	Both legs lengthen and lift with cobra arms	Hands light. Switch on back. Legs in. Strong belly. Legs have lift-off. Head floats.
Rap	'Searching for something...'	4x8	E	Inhale – open legs (1x8), Exhale – close legs (1x8)	Open legs. Go through postural checklist. Move sacrum and abdominals in to stabilize pelvis.
C	'I'm good and I'm coming...'	2x8		Inhale – open legs (1x8), Exhale – close legs (1x8)	
	'I can hear...'	2x8		Exhale – sit back 2" from heels	
C	'I'm good and I'm coming...'	12x8	F	With forehead on floor and backs of hands on lumbar, inhale – open body and lift arms to sky Rep 6x	Option: Head above hip line. Feel the sun to your chest, wind to your back. Unravel, reveal, open.

Finish in 'Child's Pose' with shoulders relaxed on floor.

Track Number / Type: 8 Twists
 Song Title: 'Count Your Blessings'

Duration: 4:45

Benefits : *Yoga Base – increases mobility of spine, increases stability, stretches neck.*

Cue (when to do it)	Cts	Seq	Description (what to do)	Teaching Tips
Intro	4x8	—	Sit on heels and twist L (2x8) and R (2x8)	Preview 3 levels to work neck and upper back, mid back and lower back. Gently ease around.
Bigger intro	4x8	—	Demonstrate 'Child's Pose' twist	Option: Elbow down and single arm up. Highlight forward focus and options of arm down and one arm up. Draw ribcage around.
V1 'I had to learn a lesson...'	4x8	A	'Child's Pose' twist L	Look at floor. Stretch neck away from top shoulder.
'You can't say I love you...'	5x8 1x4	A1	Standing twist – L leg F	Same arm pattern. Wedge the elbow in. Push the top arm away.
C 'I almost lost the one...'	4x8	A2	Extend back leg (optional)	Option: Knee down. Tail down. Stretch the fingers long.
V2 'I had to learn...'	4x8	A	'Child's Pose' twist R	Choose your options. Draw ribs around.
'Though they don't complain...'	5x8 1x4	A1	Standing twist R leg F	Next level. Bring yourself over. Wrap and lift. Focus forward. Use micro-movements.
C 'I almost lost the one...'	4x8 1x4	A2	Extend back leg (optional)	Have lift-off. Stable legs. Pelvis level.
'If you don't see eye to eye...'	10x8	B	Step legs together. Set feet to 'Triangle Pose', revolve from rear leg to look behind L (2x8) and R (2x8)	Helicopter. Spiral from the rear heel. Hurricane turn to other side. Unravel and soften.
QC 'I had to learn a lesson...'	8x8	A3	'Awkward Pose' twist L	Four corners of feet. Deep knee bend. Head starts down then gently lifts.
QC 'I had to learn a lesson...'	8x8	A3	'Awkward Pose' twist R	Tail down. Head up naturally. Sitting bones to heels.

Finish in F Bend with soft knees.

Track Number / Type: 9. Forward Bends – Hamstrings **Duration:** 5:50
Song Title: 'Lately'

Benefits : Yoga Base : *Stretches hamstrings, back muscles, encourages relaxation and cooling effect.*

Cue (when to do it)		Cts	Seq	Description (what to do)	Teaching Tips
Intro		2x8	—	Step the feet apart.	Welcome to some wonderful restorative poses.
V1	'Lately I have had...'	8x8	A	Wide leg 'F Bend'	Option: Deep knee bend. Long spine. Be long. Ground the legs.
C	'Well I'm a man...'	7x8	B	Revolve L 'Standing Split'	Hips can externally rotate. Soften front leg.
V1	'Lately I have had...'	8x8	A1	Wide leg 'F Bend' with arms behind back	Option: Deep knee bend. Long body. Lace hands behind. Allow chest to come forward. Soften between shoulder blades.
C	'Well I'm a man...'	7x8	B	Revolve R 'Standing Split'	Weight bear on the fingers. Still receiving a great hamstring stretch. Spiral down to wide V sit.
V2	'Lately I've been...'	4x8	C	Seated wide leg V sit	Option: Knees bent. Tailbone down. Belly scoops. Lift up and out.
V3	'Just the other night...'	4x8	C1	L leg in and 'F Bend'	Little more rotation and adductor work.
C	'Well I'm a man...'	4x8	C2	'Lateral Bend' R	Hold onto opposite knee, ground hips, tailbone and legs. Scoop belly, ease and over.
B up	'Cause this time...'	4x8	C	Seated wide leg V sit	Ground legs into floor with tail and buttocks.
B up	'Cause they always...'	4x8	C1	R leg in and 'F Bend'	Allow the shoulder blades to open and heart to melt.
Instr		2x8	C2	'Lateral Bend' L	Revolve the chest. This is a divine side stretch.
			—	Hold final pose	

Track Number / Type: 10 / 11 Relaxation / Meditation **Duration:** 8:25
Song Title: 'Harmonic Resonance # 2' / 'Any Other Name'

Dedicated by Ann-See Yeoh from the UK BODYBALANCE Team.

"Just take a moment to find your center. Imagine a line running through your body. The line separates right and left sides of your body into equal halves. Starting at your head, work down the line and re-align yourself. Ensure that your weight is evenly distributed and that both sides feel as symmetrical as possible.

When you are ready, draw your attention down to your feet and ankles. Are you trying to keep your feet together with your toes pointing up to the ceiling? If you are, just let go and allow them to fall out to the sides.

We're now going to have a dialogue with certain parts of our body to check in on how they are doing. Please make the opportunity to listen for their response as they may surprise you by saying something like, "so, talking to me now, are you?"

First of all, home in on your knees. Ask them how they're doing?... What about your pelvis and lower back?... Move the focus up your spine into the area between your shoulder blades... how knotted is that area at the moment?... How about the tops of your shoulders and neck?... Are you clenching your teeth? If you are, unclench them. Allow your tongue to feel heavy, and your lips to soften. Finally, become aware of the muscles around your eyes and forehead. Give them the permission to have some time out right now.

From the body, we focus on the breath. Feel the breath flow in through your nostrils, nourishing body, mind and spirit... feel the breath flow out taking with it whatever you are ready to let go of.

We're now going to spend a few moments here, allowing ourselves the wonderful opportunity to recover not just from the session, but from our day and the past week.

Gradually, bring your awareness back to the body. Notice how solid the ground feels beneath you and the support it provides each and every one of us... feel the lightness of the air around you and take some time to appreciate the sweetness of the breath and how important it is in sustaining life. From there become attentive of your eyelids resting ever so lightly against your eyes. I'd like you to take as much time as you need, but when you are ready, allow your eyelids to slowly drift open.

When your eyes are open, take a moment to see how you're feeling right now, physically, mentally and emotionally.

Take as much time as you need to gather yourself together, and when you're ready, gently roll over onto the right side of your body and then bring yourself up to a sitting position.

Sitting comfortably, close your eyes and tilt your head to the right... then to the left... bring your chin towards your chest, still keeping your spine long. Keeping your chin lowered, bring the palms of your hands together, at heart level, in prayer. Now, as you inhale, slowly and proudly lift your head back... and open your eyes. Thank you very much for sharing this BODYBALANCE experience with me this evening. Till next time, remember to live deep and love much.

Namasté ! "

Production list – BODYBALANCE 11

	SONG TITLE	ARTIST	WRITER	PUBLISHER	RECORD COMPANY
1.	Nights in White Satin	Moody Blues	Justin Hayward	1998 PolyGram Records Inc.	PolyGram Records Inc.
2.	Change	Lisa Stansfield	Stansfield / Devaney / Morris	Big Life Music Ltd	BMI
3.	Proud	Heather Small	H Small / P J Vettese	BGM Music Publishing / EMI Music Publishing	BMG
4.	Let It Be	Aretha Franklin	Lennon / McCartney	Northern Songs Ltd	WEA International Inc.
5.	Father Figure	George Michael	George Michael	Sony Music Entertainment	Sony
6.	Honey	Moby	Moby	Little Idiot Music / Warner Tamerlane (BMI)	BMI
7.	Pure Shores	All Saints	W Orbit / S Lewis	RPM Management Ltd	London Records
8.	Count Your Blessings	Ashford and Simpson	N Ashford / V Simpson	Nick–O–Val Music Co Inc.	Capitol Records Inc.
9.	Lately	Stevie Wonder	Stevie Wonder	Motown Record Company	Motown Record Company
10.	Harmonic Resonance # 2	Jim Oliver	Jim Oliver	The Relaxation Company Inc.	The Relaxation Company Inc.
11.	Any Other Name	Thomas Newman	Thomas Newman	Songs of SKG Music (BMI)	SKG Music