



13

Choreography by: Molly Fox

Video Presentation by: Molly Fox, Janine Phillips & Lika Akeripa

	TITLE	ARTIST	DURATION
1	A Thousand Years	Sting	5:35
2	What It Feels Like For A Girl	Madonna	5:40
3	Independent Women Part 1	Destiny's Child	4:25
4	Against All Odds	Mariah Carey feat. Westlife	4:50
5	I Am Who I Am	Lara Fabian	4:40
6	If I Told You That	Whitney Houston & George Michael	4:40
7	Natural Blues	Moby	4:15
8	Cruisin	Gwyneth Paltrow and Huey Lewis	4:55
9	Please Remember	LeAnn Rimes	4:40
10	Adagio In G Minor	Brainwave Symphony	5:10
11	Harmonic Dance # 1	John Beaulieu	2:40

NEWSFLASH!

- The video has been **reversed** to assist Instructor learning.
- To assist with learning the choreography, we have **bolded and underlined** the lyric that corresponds with the **first beat** of each music segment e.g. 'Give **me** shelter...'. If the lyric starts after the first beat, the lyric cue will be preceded by three dots e.g. '...Give me shelter...'.
 • By popular demand we have included **music tips** at the top of each track to share with your class.
- **Continuing education** now appears prior to the Master Class presentation on the video.
- Your feedback is valued. Please forward all comments and music suggestions to **emma@lesmills.com**.

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

www.lyriccrawler.com
www.lyrics.com
www.lyricfind.com
www.lyricsplanet.com
www.toplyrics.net

Please Note: The order and sequencing of lyrics may not be followed verbatim due to variations in versions used.

Welcome to BODYBALANCE 13

Main Themes:

1. Breath

2. Alignment

3. Power

Tai Chi Warmup	Here we introduce the weighted tailbone and feathered head. We emphasize deep leg work, fluid arms and flow style in the Tai Chi portion, and momentum and freedom in the Monkey Swing portion.
Sun Salutations	Begin to add the Power Salute to your Sun Salutations where and when appropriate. Alignment keys are: shoulder stabilization, core support and work distribution throughout the whole body.
Standing Strength	Key points are: knee over 2 nd toe, arms externally rotated and collar bones extended away from each other.
Balance	Create the feeling of movement throughout the Bear Rolls. Find extension in static poses with your weighted tailbone and feathered head.
Hip Openers	Keep shoulder and hips square in Pigeon Pose (Swan Pose) and work towards shins parallel with hip points. Moving in and out of Extended Bridge Flip, keep feet and hips lined up, abs in as you rotate.
Core – Abdominals	Pelvis stable during Side Plank Twist and remember the deep scoop in the belly during belly rolls, leg extensions and Pilates holds.
Core – Back	Draw shoulder blades down and in to strengthen lower trapezius and remember to turn legs inward and scoop tailbone down.
Twists	Strong upper body and twisting track. Keep your arms connected into your back and your core energy strong.
Forward Bends – Hamstrings	Strong focused hamstring track. Here we spend some time on these notoriously tight muscles.
Relaxation / Meditation	Here we balance heavy and light as we sink deep into the floor finding our breath and our own inner strength.

New Moves At A Glance

Tai Chi Warmup Track – Tai Chi Combination

	1A • Shift weight to one foot. • Open arms out to the side. • Counts (1x2)		1B • Rotate on heel. • Revolve to the side. • Keep arms open to the side. • Counts (1x2)		2 • Bend front knee. • Straighten back leg. • Push arms F. • Counts (1x4) 3 (not shown) • Straighten front leg. • Shift weight to back leg as the knee bends. • Draw arms B. • Counts (1x4)		4 • Return to face front. • Lower arms down • Prepare for other side. • Counts (1x4)
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Tai Chi Warmup Track – Monkey Swings

	1 • Inhale. • Knees bent. • Sweep arms out to the side. • Counts (1x2)		2 • Continue inhaling. • Continue reaching arms out and up until they are alongside your ears. • Counts (1x2)		3 • Exhale. • Drop down and round swinging your arms back behind you over your head. • Use momentum. • Counts (1x2)		4 • Continue exhaling. • Push down with your feet, swing your arms back up to stand. • Counts (1x2)
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Sun Salutations Track – Crocodile Pose (Power Variation)

	Correct • Head of arm bones in line with elbows. • Hands underneath elbows. • Hands and arms strong. • Legs dynamic. • Tailbone scooped under. • Kidney back wide.		Incorrect • Arm bones rolled forward and down. • Hyper-arch in lower back. • Hyper-arch in neck.
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Balance Track –Bear Roll Sequence

							
1 • Step to one side. • Look in that direction. • Relax arms by side. • Counts (1x2)	2 • Step outside leg behind and to side. • Stretch arms to side. • Look to your hands and twist from your belly. • Counts (1x2) Photos 1 and 2 Rep 4x	3 • Keep your belly scooped in. • Drop to the floor on the diagonal. • Use your fingertips on the floor to help you balance. • Counts (1x1)	4 • Spin around on your buttocks. • Toes together. • Keep your belly scooped. • Fingertips on the floor for balance. • Counts (1x1)	5 • Keep spinning to the other diagonal. • Step forward with back leg. • Use your fingertips to propel you upwards. • Scoop belly for stabilization. • Counts (1x1)	6 • Bring the other leg up in the air. • Fingertips on the floor for balance. • Keep your neck long as you look at your standing knee. • Counts (1x1)	7 • Bring back knee forward to counter-balance as you lift your spine to stand straight. • Counts (1x2)	8 • Tall back. • Knee lifted to complete sequence. • Counts (1x2)

Hip Openers Track – Extended Bridge Flip

					
1 • 'Three Legged Dog'. • Direct line from top heel to hands. • Tailbone scoops down to standing heel. • Keep opposite arm super-strong.	2 • Bend top knee drawing heel to buttocks. • Open out hips. • Begin the flipping process.	3 • Spin on the standing foot. • Continue to turn the pelvis. • Move towards placing both feet on floor.	4 • Flip over onto both feet and one hand making sure feet are parallel. • Standing hand externally rotates. • Pool energy into your center. • Make a fist with other hand and draw your elbow into your belly.	5 • Push down through your feet and hands. • Push up with your tailbone and shoulder blades. • Stretch your arms and look up to your hand.	6 • To come out of pose, reverse back through movements. • Spin on foot. • Propel back into 'Three Legged Dog'. • Prepare for other side by coming through 'Down Dog'.

Hip Openers Track – 'Down Dog' (Correct and Incorrect)

	Correct • Weight back into legs. • Heels pressing down. • Maintain a straight line through hands, shoulders and tailbone.		Incorrect • Weight pressing down into shoulders. • Hyper-arch in lower back.
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Core – Abdominals Track – Forearm Side Plank Twist

	1 • Make a fist with your bottom hand. • Press down with fist and forearm. • Stack feet on top of each other. • Press feet into each other. • Lift hips dynamically up.		2 • Place top hand behind head. • Lift hips higher. • Counts (1x8)		3 • Keep pelvis stable. • Twist at waist. • Take top elbow to bottom wrist • Counts (1x8)
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Core – Back Track – Camel Pose

	1 • Use L hand to instruct tailbone to scoop inwards. • Shoulder blades draw into the back. • Lift chest and R arm way up and back to hold your right heel. • Counts (1x8)		2 • Keeping R hand on R heel reach L arm and chest up in preparation to grasp left heel. • Counts (1x8)		3 • Grasp L heel with L hand. • Externally rotate both arms extending thumbs back. • Exhale, lift chest higher up off pelvis. • Exhale, keeping chest lifted move tailbone and shoulder blades into body. • Keep neck long. • Counts (2x8)
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Twists Track – Hindi Squat and Hindi Squat Twist

	Hindi Squat • Dynamically press elbows into inner knees, and inner knees back into elbows. • Drop tailbone. • Lift back of head. • Press down through the four corners of your feet.		Hindi Squat Twist • Keep elbow and knee pressed together. • Hand or fingertips press into floor. • Revolve rib-cage toward top hand. • Externally rotate both arms.
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Key

1. As a general rule, Les Mills Instructors lead off '**Instructor Left**' (Participant Right) and the notes are presented accordingly.
2. To assist with learning the Video is filmed in a **reversed format** that allows the Instructor to learn **with** rather than against the Instructor on screen.
3. **Instructor Tips & Cues** have been added to highlight main points.

Music Segment	
B up	build up
Br	bridge (non chorus)
C	chorus
C br	chorus bridge
Instr	instrumental
Intro	introduction
Outro	outro
PC	pre chorus
QC	quiet chorus
Ref	refrain (part of the main song repeated)
Rep	reprise (part of the main chorus repeated)
Tempo	tempo (beat becomes faster)
V	verse

Description	
cts	musical counts
F&B	forward and back
mins	minutes
Pose	positions as explained in the BODYBALANCE Manual
R&L	right and left
Rep 2x	repeat movement or sequence twice
seq	sequence

Track 1. Tai Chi Warmup

'A Thousand Years'

5:35 mins

Benefits: *Tai Chi Base – Body / Mind Centering. Brings breath strongly to movement. Relaxes and focuses the 'intention of exercise' Warms and prepares body for the class ahead.*

Music: *Performed by Sting for the movie 'Red Planet'.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	—	'Wu Chi' position. Legs slightly turned out, feet twice shoulder distance apart. Arms rounded F at shoulder level.	Find your feet. Get deep into your legs. Drop a weight on your tai and float a feather in the back of your head.
Instr	8x8	A	Weight shift – arms circling at shoulder height Rep 16x	Make it smooth, gaze at your hand, drop deep into your legs.
Br	1x8	—	Settle in	Come to center. Feel rooted, soft joints, tall spine.
V1 'A <u>thousand</u> years...'	4x8	B	'Tai Chi' combination L&R (see New Moves At A Glance)	Side, turn, press through, back, center, soften.
'If it takes another <u>thousand</u> ...'	4x8		↓ Rep 2x	One movement moves into the next.
Br	1x8	—	Settle in	Find the heavy tail and float the feather.
V2 'A <u>million</u> roads...'	4x8	B	Repeat 'Tai Chi' combination L&R	Open, shift, press. How relaxed can you be? Feel your breath.
'But if there was a <u>single</u> ...'	4x8		↓ Rep 2x	Find your alignment. Find that quiet power. Be strong and present.
C 'I <u>still</u> love you...'	4x8	C	'Monkey Swings' (see New Moves At A Glance) Rep 4x	Swing and drop. Use momentum. All the joints are soft.
Ref 'A <u>thousand</u> times...'	2x8	A	Bigger weight shift, arms circling and hips rotating	Keep your tailbone heavy and your head light and lifted.
Br	2x8		↓ Rep 8x	Start to move your hips this time.
V3 '...I may be numberless...'	4x8	A1	Step out to L diagonal and deep into the lunges (F&B) with arms circling	Shift your weight from side to side, straightening one leg and bending the other. Deep into the legs.
'...I could be cannon food...'	4x8		↓ Rep 16x	Really warming up now.
C 'I <u>still</u> love you...'	4x8	C	Repeat 'Monkey Swings' Rep 4x	Find your feet, scoop your belly as your arms sweep.
Ref 'A <u>thousand</u> times...'	2x8	—	'F Bend' with bent knees and fingertips to the floor	This is a preparation for 'Sun Salutations'. Release with exhale.
Outro ' <u>On</u> and on the...'	6x8	—	Hold 'F Bend' (2x8), 'Down Dog' (4x8)	Knees bent. Stretch tailbone way back.

Hold 'Down Dog' with knees bent.

Track 2. Sun Salutations

'What It Feels Like For A Girl'

5:40 mins

Benefits: *Yoga Base – unites breath and movement, warms whole body, provides opportunity to apply alignment to movement!*

Music: *Madonna performing from her latest album 'Music'.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro (spoken) '...Girls can wear...'	4x8	A	'Mountain Pose', hands in prayer ↓	Set up alignment, feel your breath, draw energy into your power center between your navel and pubic bone (lower belly).
Beat	3½ x8			Feel your strong sense of inner power.
V1 'Silky smooth...'	4x8	B	'Sun Salutation' L Inhale – arms up (1x8) Exhale – hands to thighs (1x8) Inhale – open arms & heart (1x8) Exhale – 'F bend' (1x8)	Inhale – stretch out and up. Exhale – fold over. Inhale – open the chest. Exhale – touch the floor and lift your hips
V2 'Strong inside...'	4x8		Inhale – L leg lunge (1x8) Exhale – 'Down Dog' (1x8) Inhale – 'Plank' (1x8) Exhale – 'Crocodile' (1x8)	Inhale – stretch chest long. Exhale – hips way back. Option: Full 'Crocodile'. Inhale – belly strong. Exhale – melt.
C 'Do you <u>know</u> ...'	8x8		Inhale – 'Baby Cobra' (1x8) Exhale – 'Down Dog' (1x8) Inhale – L leg lunge (1x8) Exhale – 'F bend' (1x8) Inhale – hands to thighs (1x8) Exhale – open arms and heart (1x8) Inhale – arms up (1x8) Exhale – arms down (1x8)	Option: 'Up Dog'. Inhale – shoulders back. Exhale – press back. Inhale – be long. Exhale – back leg meets the front. Inhale – use strength in the legs to come up. Exhale – strong belly. Inhale – reach away from your feet. Exhale – stay strong.
Br	2x8	A	'Mountain Pose', hands in prayer	Feel your breath.
V3 'Hair that twirls...'	4x8	B	Sun Salutation sequence to R ↓	Option cues for 'Full Crocodile': draw your navel in, scoop your tailbone under, stretch your chest F and slide your elbows alongside your body.
V4 'Hurt that's not...'	4x8			Option cues for 'Up Dog': roll forward over your toes onto the front of your feet, lift your belly and chest up as you arch, roll shoulders back, lift chest away from legs.
C 'Do you <u>know</u> ...'	8x8		↓	Option cues for transition from 'Up Dog' to 'Down Dog': roll back over your toes, move your leg bones and pelvis back, stretching your tail long into 'Down Dog'.
Br	2x8	A	'Mountain Pose', hands in prayer	Inhale (8 cts), exhale (8 cts).
V5 'Strong inside...'	4x8	B	Sun Salutation sequence to L ↓	Option: Power variation.
V6 'Hurt that's not...'	4x8			
C 'Do you <u>know</u> ...'	8x8		↓	
Rep 'For a <u>girl</u> ...'	8x8	B	Sun Salutation sequence to R ↓	Work with the sound of your breath.
Rep 'Do you <u>know</u> ...'	8x8			Stay centered in the belly.
Outro 'In this <u>world</u> ...'	1x8	A	'Mountain Pose', hands in prayer	Honor your powerful self.

'Mountain Pose'. Hands in prayer.

Track 3. Standing Strength

'Independent Women Part 1'

4:25 mins

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

Music: *Theme song to 'Charlie's Angels' performed by voice sensation 'Destiny's Child'.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Beat '...Lucy Liu...'	3½ x8	A	'Mountain Pose' to 'Awkward Pose'. Transition to lunge last 1x8.	Knees together, buttocks back, tailbone scooped under.
V1 'Question. Tell me...'	2x8	B	<u>Lunge Sequence 1</u> L leg lunge, arms up by ears (1x8), arms out to side (1x8)	Legs activate, tailbone scoops. Widen collarbones. Chest lifted. Strengthen legs away from each other.
V2 'Question. Tell me...'	2x8	B1	Hold Lunge, L arm up by ear (1x8), both arms up by ear (1x8)	Shoulder blades down the back, side ribs lift up, reach out through fingers.
PC 'The shoes ...'	2x8	C	'Warrior 2 Pose', back heel down	Take 8 cts to bring arms down to shoulder height.
'The watch ...'	2x8		Hold 'Warrior 2 Pose' Externally rotate arms (1x8) Internally rotate forearms (1x8)	Externally rotate your arms lifting your chest. Keeping your upp arms externally rotated, internally rotate your forearms so your palms face the floor.
C ' All the women...'	4x8	D	<u>Lunge Sequence 2</u> Back heel lifts off floor returning to lunge, sweep back arm through Inhale – arms sweep up by ears (1x8) Exhale – arms reach behind back, lace fingers, chest up (1x8) Inhale – navel to spine, bring chest towards front leg (1x8) Exhale – bring chest back into lunge (1x8)	Keep your shoulder blades down your back, keep your hips square, reach your chest away from your knuckles as you press your palms together. Keep your chest lifted.
Rap ' Girl I didn't...'	2x8	A	'Awkward Pose', hands on your thighs. Transition to lunge last 1x8.	Get deep in your legs.
V3 ' Tell me how...'	2x8	B	Repeat Lunge Sequence 1 to R	Keep lifting the side ribs up.
V4 'Question. How do you...'	2x8	B1	Hold lunge, repeat arm sequence	Exhale and lower.
PC 'The shoes ...'	2x8	C	Repeat 'Warrior 2 Pose', back heel down	Feel the power of your arms. Fire the triceps.
'The watch ...'	2x8		Hold 'Warrior 2 Pose', repeat arm sequence	
C ' All the women...'	4x8	D	Repeat Lunge Sequence 2	Move navel towards your spine.
Rap ' Girl I didn't...'	2x8	A	'Awkward Pose', hands on your thighs	Sink deeper, lift chest, draw back down.
Br 'Destiny's child ...'	1x8	—	Bring hands to prayer and over head	Pray for strength. Prepare to fly.
Rep (angelic) ' Child of...'	4x8	—	Fly into 'Warrior 3 Pose' ('Aeroplane Pose'), L leg up, arms out to side. Return to 'Awkward Pose' (last 4 cts)	Be very angelic. Scoop tailbone down, float the back of the bod stretch chest forward, long neck.
Rep (angelic) ' Child of...'	4x8		Fly into 'Warrior 3 Pose', R leg up, arms out to side	Stretch arms and legs away from each other.
C ' All the women...'	4x8	—	Step into a wide squat, hands on thighs. 2x squat pulse (4 cts) stretch 'F Bend' (4 cts) Rep 4x	Keep knees over toes in squat. Feel the four corners of the feet Find your heel / buttock connection.
C ' All the women...'	4x8	—	L adductor stretch, walk Animal Hands to side (1x8) R adductor stretch, walk Animal Hands to side (1x8) Center (1x8) Walk your feet together (alternate heels and toes) (1x8)	Turn your feet out. Walk your hands like an animal.
Rap ' Girl I didn't...'	3x8	—	'Awkward Pose'	Get down with your buttocks. Be super strong.

Track 4. Balance

'Against All Odds'

4:50 mins

Benefits: *Yoga and Dance Base – allows body to negotiate balance in movement, increases expressive movement, works stabilizers.*

Music: *An old favorite sing-along performed by Mariah Carey and featuring Boy Band of the Year 'Westlife'.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Pre track	—	—	Preview Bear Roll sequence (see New Moves At A Glance).	
Intro	1x8	—	'Mountain Pose'	Find the four corners of your feet. Pool your strength into your core.
V1 ' <u>How</u> can I...'	3x8	A	'Tree Pose', L leg into R thigh, hands in prayer	Gently press R foot into L inner thigh and L inner thigh back into R foot
V2 ' <u>How</u> can you...'	3x8	A1	Hold 'Tree Pose', bring your arms up by your ears pressing your palms together	Reach out through fingers and down through feet, draw your navel toward your spine.
C 'So take a look at me <u>now</u> ...'	4x8	B	Bear Roll Sequence L&R (see New Moves At A Glance)	Really twist and reach out. Think whole movement.
Br	1x2	—	Center yourself	Bring feet back together.
V3 ' <u>How</u> can I...'	3x8	A	'Tree Pose', R leg into L thigh, hands in prayer	Draw the lower body into balance.
V4 ' <u>How</u> can you...'	3x8	A1	Hold 'Tree Pose', bring your arms up by your ears pressing your palms together	Remember – balance is not fixed, it is forever moving. Find your breath.
C 'So take a look at me <u>now</u> ...'	4x8	B	Bear Roll Sequence R&L	Step, reach, drop, roll, step, lift, stand.
Br	1x6	—	Center yourself	
V5 ' <u>I wish</u> I could...'	3x8	C	'Dancer's Pose' L	Quadricap stretch, absorb the tailbone under and draw heel toward buttocks.
C 'So take a look at me <u>now</u> ...'	4x8	B	Bear Roll Sequence L&R	
Rep 'Take a good look at me <u>now</u> ...'	2x8	C	'Dancer's Pose' R	Move your tailbone into the center body.
Br ' <u>Gotta</u> take...'	1x6		Hold 'Dancer's Pose'	
Rep '...Take a look...' (music slows)	2x8	B	Bear Roll Sequence R	Fly away little bird.

Hold knee lift. Fly arms like a bird.

Track 5. Hip Openers

'I Am Who I Am'

4:40 mins

Benefits: *Yoga Base – opens hips, groin and shoulders.*

Music: *Strong song from Lara Fabian.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Pre track	—	—	Preview 'Extended Bridge Flip' (see New Moves At A Glance).	
Intro	2x8	—	Come into 'Down Dog'	Bring arms overhead, fold down to thighs, walk hands forward, take your feet back, stretch tail back.
Beat	4x8	A	Hold 'Down Dog'	Press four corners of the hands strong. Find your breath.
V1 ' <u>Feels</u> like...'	4x8	B	'Three Legged Dog', L leg up	Keep opposite arm extra firm, press down and out through heels, scoop tailbone. Long neck, look at your knee.
PC 'There is <u>no</u> way...'	2x8	B1	Bend L knee, draw heel to buttocks, open hip (See New Moves At A Glance)	Open out the hip, reach the toes back, feet parallel, externally rotate the arm
C 'I <u>am</u> who I am...'	5x8	C	'Extended Bridge Flip' (see New Moves At A Glance)	Drop hips and then push into 'Bridge'. Very dynamic. Turn toes and hips, propel off foot, lift leg and lower.
V2 ' <u>Think</u> twice...'	4x8	B	'Three Legged Dog', R leg up	Keep opposite arm extra firm, press down and out through heels, scoop tailbone.
PC 'There is <u>no</u> way...'	2x8	B1	Bend R knee, draw heel to buttocks, open hip	Open knee way up, lean back with L toe, turn both feet parallel on floor.
C 'I <u>am</u> who I am...'	5x8	C	'Extended Bridge Flip'	Pull your belly in, come onto your toes, spring up.
Instr (guitar)	2x8	—	Transition through 'Three Legged Dog' to 'Pigeon Pose' ('Swan Pose') – bring L leg up then F and wrap L ankle around R wrist	Optimum position: R shin parallel with hip points. Come up onto your 10 fingertips, lifting your chest taller, turning your back leg inwards, stretch your chest forward and down to the floor placing your head on your hands.
' <u>Think</u> twice...'	6x8	D	'Pigeon Pose', ('Swan Pose')	
PC 'There's <u>no</u> way...'	2x8	D1	Twist towards L pushing off fingertips of L hand	Come off hips and square off deeply. Fold. Fingertips on floor, lift your heart, add a twist at the navel. Move through 'Down Dog'.
C 'I <u>am</u> who I am...'	2x8	—	Transition through 'Three Legged Dog' to 'Pigeon Pose' ('Swan Pose') – bring R leg up then F and wrap R ankle around L wrist	Leg lifts and comes forward to hook around wrist. Revolve the pelvis, lift the chest and fold.
'When you <u>look</u> ...'	6x8	D	Hold 'Pigeon Pose'	
Outro 'I <u>am</u> who I am...'	2x8	D1	Twist towards R pushing off fingertips of R hand	Keep moving the hip to the heel.
'When you <u>look</u> ...'	6x8	A	'Down Dog'	Take 'Dog Pose'.

Hold 'Down Dog'

Track 6. Core – Abdominals

'If I Told You That'

4:40 mins

Benefits: Pilates / Power Core – strengthens deep abdominals. Creates mind awareness of body's core.

Music: Duet by Whitney Houston and George Michael.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	—	Onto back, knees into chest, release back	Preview roll with option to use fingers to assist.
C 'If I told you that...'	4x8	A	Roll Sequence Roll back (1x2) Roll up to sit, toes to floor (1x2) Extend legs, toes to sky (1x2) Bend knees, toes to floor (1x2) Rep 4x	Feel how you can curl your lower belly. Keep knees into chest and lower belly scooped as you roll. Keep chest lifted and abs in. Modify position, knees stay bent. Keep knees into chest and lower belly scooped as you roll back.
V1 'Now <u>tell</u> me...'	4x8	B	'Forearm Side Plank', L (see New Moves At A Glance)	Feet are stacked. Press through fist and forearm.
PC 'We were <u>friends</u> but...'	4x8	B1	'Forearm Side Plank', twist L Rep 2x	Keep pelvis stable, place R hand on head, draw R elbow to L wrist, then return to 'Side Plank'.
C 'If I told you that...'	4x8	A	Roll Sequence Rep 4x	Last 4 cts – spin on buttocks and face other direction.
V2 'I <u>know</u> that...'	4x8	B	'Forearm Side Plank', R	Hips are super powerful. Find what you can relax (e.g. your jaw and throat).
PC 'Do you <u>think</u> we will...'	4x8	B1	'Forearm Side Plank', twist R Rep 2x	Turn and touch the wrist, come back to center.
C 'If I told you that...'	4x8	A	Roll Sequence Rep 4x	Push down with the fingers and lift chest.
V3 'If <u>we</u> take...'	4x8	C	Pilates abdominal hold	Keep the legs out. Slowly lower onto your back, stretch your legs out as far as you can (keeping your lower back on the floor), stretch your arms out alongside your hips, take your tongue behind your teeth to keep your neck spacious, draw in sides of waist. Head and shoulders off the floor.
C 'If I told you that...'	8x8	A	Roll Sequence Rep 8x	Lower belly really strong. Keep thighs and knees close to belly.
Rep 'Would you...'	4x8	C	Pilates abdominal hold	Keep your abs scooped through entire hold, absorb your ribs.
QC 'If I told you that...'	4x8	A	Roll Sequence Rep 4x	
Outro 'Would you...'	4x8	C	Pilates abdominal hold	Inhale into your back ribs, exhale – draw your abs in deeper.

Track 7. Core – Back
‘Natural Blues’
4:15 mins
Benefits: *Yoga Base – strengthens and integrates back muscles, hamstrings and gluteals.*
Music: *Latest hit from Moby.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
QC ‘ <u>Oh</u> Lordy...’	4x8	—	Roll onto belly	Stretch your arms alongside your ears, thumbs up, forehead on floor, turn your legs inwards so the innermost part of knees touch, scoop tailbone in, draw navel to the spine.
C (beat) ‘ <u>Oh</u> Lordy...’	4x8	A	‘Upper Locust Pose’	Relax your shoulders away from your ears, feel your lower shoulder blades lifting your arms, press the tops of your feet into the floor.
C B up ‘ <u>Oh</u> Lordy...’	4x8	A1	‘Lower Locust Pose’	Lower your arms, raise your legs keeping them parallel, strong and extended, breathe deep into your belly.
V1 ‘ <u>Went</u> down the hill...’	4x8	A2	‘Full Locust Pose’	Keep legs up and lift arms to Full Locust. Chest, arms and legs stretch away from each other, breathe into your belly as your chest lifts, keep your chest lifted as you exhale.
C ‘ <u>Oh</u> Lordy...’	4x8	A	‘Upper Locust Pose’	Bring your arms up higher – as high as you can.
C ‘ <u>Oh</u> Lordy...’	4x8	A1	‘Lower Locust Pose’	Stretch your legs out as straight as you can.
V2 ‘ <u>Went</u> in the room...’	4x8	A2	‘Full Locust Pose’	Stretch arms out. Lengthen back of neck. Keep the breath deep and come to your maximum.
Instr	8x8	—	‘Cat Pose’ / ‘Cow Pose’ Transition onto knees (1x8) Exhale – round back drawing chin to chest, scooping tailbone under (1x8) Inhale – arch back stretching chest forward and pubic bone back (1x8) Transition to ‘Camel Pose’ (1x8)	Rep 3x
QC ‘ <u>Oh</u> Lordy...’	4x8	—	Transition to ‘Camel Pose’ (see New Moves At A Glance)	Come to stand on your knees curling your toes under. Stretch R arm alongside ear, externally rotate arm, stretch arm behind and down to your R heel. Stretch L arm alongside ear, externally rotate arm, stretch arm behind and down to your L heel.
C ‘ <u>Oh</u> Lordy...’	4x8	B	‘Camel Pose’	Breathe deeply. Inhale – lift chest taller, exhale – move shoulder blades into back. Keep tailbone scooping under and sacrum moving in.
C B up ‘ <u>Oh</u> Lordy...’	4x8	C	‘Child’s Pose’	Break from ‘Camel Pose’ by pushing through the feet, breaking at the hips, sweep arms overhead. Open knees, arms F, lower head. Exhale and soften into back.
C ‘ <u>Oh</u> Lordy...’	3x8 1x8	— B	Transition to ‘Camel Pose’ ‘Camel Pose’	Let your exhale move your shoulder blades and tailbone into your body.
Outro ‘ <u>Oh</u> Lordy...’	4x8	C	‘Child’s Pose’	Soften and release completely.

Hold ‘Child’s Pose’

Track 8. Twists

'Cruisin'

4:55 mins

Benefits: Held moves integrated with dynamic full body motion to increase mobility of the spine. Upper body strength incorporated.

Music: Gwyneth Paltrow debuts with Huey Lewis for the hit song from the movie 'Duets'.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2x8	—	Come into 'Down Dog'	Last 8 cts, jump feet outside hands into Hindi Squat. If unable to get heels down, turn your toes out.
V1 '...Baby let's cruise...'	4x8	A	Hold Hindi Squat, hands in prayer	Press elbows into knees and knees back into elbows, lift chest into prayer hands. Feel the weight back on your tail.
PC 'And if you <u>want</u> it...'	4x8	B	'Bird Pose'	Press down four corners of palms, arms strong into back, bring yo knees onto your upper arms, slowly lift toes, strong belly scoop.
C ' <u>You're</u> gonna fly away...'	4x8	C	'Hindi Squat Twist' L (see New Moves At A Glance)	Press arm against knee and knee back into arm, externally rotate arms, stretch and revolve chest to sky.
V2 '...Baby tonight...'	4x8	A	Repeat Hindi Squat, hands in prayer	Tail down. Back of the head tall. Feel your breath.
PC 'And inch by <u>inch</u> ...'	4x8	B	Repeat 'Bird Pose'	Hands, knees, upper arms, toes. Very strong.
C ' <u>You're</u> gonna fly away...'	4x8	C	'Hindi Squat Twist' R	
Br '...Cruise with me baby...'	1x8	—	Transition to 'Down Dog'	Bring hands down and step back into 'Down Dog'.
'...Ooooh...'	4x8		<u>Firefly Sequence L&R</u> Plank (1x4) R Knee to R upper arm (1x4) Bend elbows into pushup (1x4) Press back to 'Down Dog' (1x4)	Keep your shoulders stable, hands and arms powerful, abs drawn during Firefly Sequence.
Rep '...Baby let's cruise...'	4x8	—	Firefly Sequence L&R	Use your abdominal strength to draw you back to 'Down Dog'.
PC 'And if you <u>want</u> it...'	4x8	—	Transition onto your back for 'Eagle Twist' ('Supine Twist')	Double cross your legs, roll over to R, place hands on top of each other, circle L arm up and over your head on the floor until your arms are in line with your shoulders, turn and look away from your knees feeling the twist at your waist, hold and breathe.
C ' <u>You're</u> gonna fly away...'	4x8	D	'Eagle Twist' L	Make your exhale breath longer than your inhale breath for maximum relaxation.
' <u>You're</u> gonna fly away...'	2x8 2x8	D	Transition to 'Eagle Twist' R Hold 'Eagle Twist' R	
Outro '...ooohh...'	2x8	—	↓	

Hold Final Pose

Track 9. Forward Bends – Hamstrings

‘Please Remember’

4:40 mins

Benefits: *Yoga Base – stretches hamstrings, back muscles.*

Music: *From the movie ‘Coyote Ugly’, LeAnn Rimes performs this beautiful ballad.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2x8	—	Come into ‘Down Dog’	
V1 ‘ <u>Time</u> , sometimes...’	4x8	—	Standing ‘F Bend’	Walk or jump your feet to hip distance apart into ‘F Bend’. Find four corners of feet and all 10 fingers on floor. Knees can be bent or straight as long as your sitting bones reach up to the sky.
PC ‘...Though we go...’	2x8	—	Transition to Hamstring Stretch L	Squat down, come onto back, stretch L leg onto floor, keep hamstring down stretch R leg into air, lace hands together behind R hamstring, draw leg gently towards your chest.
C ‘ <u>Please</u> remember...’	5x8	A	Hold Hamstring Stretch L	As you exhale, draw the navel to your spine.
Br	1x8	—	Roll up to V Leg Stretch	Bend your knees, scoop your belly and roll up to sitting, open your legs out a ‘V’.
V2 ‘ <u>Goodbye</u> , there’s just no...’	4x8	—	Hold V Leg Stretch – bring body F	Knees and toes straight up to sky, tail down to earth, keep front of body long
C ‘ <u>Please</u> remember...’	4x8	A	Roll onto back for Hamstring Stretch R	Very long neck. Shoulder into ground, absorb the ribs.
C ‘ <u>Please</u> remember...’	4x8		Roll up to Cross Legged Stretch (1x8) Lateral Stretch R (1x8) L (1½ x8) Lateral Stretch L (1x8) R (1½ x8)	Bend forward over your legs reaching your R arm along the floor to diagonal Bend forward over your legs reaching your L arm along the floor to diagonal
Rep ‘ <u>Then</u> remember...’	1x8	—	Center Stretch	Stretch forward over both legs, hands out wide on floor.
Ref ‘...And how...’	4x8	—	‘Table Top Pose’	Sit up, place hands on floor behind with fingers facing towards feet, place feet flat on floor parallel, push down with hands and feet, lift hips as high as possible, draw lower shoulder blades in and down, move your sacrum into your body.
Outro (music slows) ‘You had <u>me</u> ...’	3x8	—	Seated ‘F Bend’. Lift arms overhead and fold F.	Lower hips, stretch legs long in front of you, draw legs together, flex your feet, stretch arms up by ears, fold over reaching hands towards feet.

Hold ‘Final Pose’

Track 10. Relaxation

‘Adagio In G Minor’

5:10 mins

Benefits: *A slow meditative section allows one to be centered yet fluid and in even deeper contact with the breath. This lasts just long enough to practise shifting from high beta to slower brain wave states.*

Music: *A beautiful classical piece of music.*

Come and lie on your back. Take the alternative position if you feel any tightness in your back – feet wider than hip distance apart and let your knees relax into touch each other.

Lying on your back let your arms roll open, legs roll open and relax completely. Let everything naturally fall into the floor as it will. Find your breath, enjoy your breath. As you exhale, feel your bones become very, very heavy. Release – just let go, let them settle a little bit more. As you inhale, let your muscles become very, very light. So as heavy as your bones are, your muscles are equally light. Let your muscles fall off the bones – they are so light and free. Enjoy that feeling.

Start to soften the pelvic floor and any place that you might be gripping. Feel how soft your belly is, allow your chest to soften, soften your jaw, throat and tongue – your muscles of speech become very liquid-like. Now draw your senses inward, the deep muscles behind your eyes move in, the muscles behind your ears and nose move in – now you are in your own inner world, your own space. Delight in your breath.

Now become aware that you have thoughts and bring your attention to the thoughts that pass through your mind. Consciously move your attention from your thoughts to your breath – become the observer. Feel the beginning of your inhale, the center of your inhale, the end of your inhale and the space in between. Feel the beginning of the exhale, the center of the exhale and the end of your exhale and the space in between.

Allow this great piece of music to fill you.

Track 11. Meditation

‘Harmonic Dance #1’

2:40 mins

Benefits: We retune again, ready to recycle.

This time our perspective is much broader and reaches beyond the planet into space.

Appreciate the wholeness, goodness and completeness of you.

Music: This music creates healing sounds with specially designed tuning forks to help tune and align your body.

From your inner free space, deepen your breath becoming more aware that you are a dynamic, breathing human being. Begin to wiggle your fingers and toes so that you can feel how tender and sensory-aware they are. Slowly feel your legs and, as if you are going through something thick, gently bring up one knee to your chest. Bring your other knee up as well and feel the gentle release in your back. Roll over to your right side to the fetal position and let yourself release in this pose. Using your hands to press down into the floor, let your head and belly stay soft as you come up into a seated position. Placing the back of your hands onto your knees, let your palms open – as you sit, feel the weight of your tail drop down as your throat moves up and back. Enjoy your breath.

Bring your hands to prayer at your heart and move your heart towards your hands.

May we always honor the true teacher inside ourselves.

Namasté.

Production list – BODYBALANCE 13

	SONG TITLE	ARTIST	WRITER	PUBLISHER	RECORD COMPANY
1	A Thousand Years	Sting	Sting	A&M Records	A&M Records
2	What It Feels Like For A Girl	Madonna	Madonna / Sigsworth	2000 Warner Bros Records Inc	2000 Warner Bros Records Inc
3	Independent Women Part 1	Destiny's Child	S Barnes / J Olivier / Cory Rooney / Beyonce Knowles	2000 Sony Music Entertainment Inc	2000 Sony Music Entertainment Inc
4	Against All Odds	Mariah Carey feat. Westlife	Phil Collins	2000 Sony Music Entertainment Inc	2000 Sony Music Entertainment Inc
5	I Am Who I Am	Lara Fabian	Fabian / Allison / Rogers / Sturken	1999 Sony Music	1999 Sony Music
6	If I Told You That	Whitney Houston & George Michael	R Jerkins / F Jerkins III / L Daniels / T Estes	2000 Arista Records Inc	2000 Arista Records Inc
7	Natural Blues	Moby	Moby	1999 Mute Records Ltd	1999 Mushroom Records Pty Ltd
8	Cruisin	Gwyneth Paltrow and Huey Lewis	Smokey Robinson / Marvin Tarplin	2000 Hollywood Records	2000 Hollywood Records
9	Please Remember	LeAnn Rimes	Dianne Warren	2000 Curb Records Inc	2000 Curb Records Inc
10	Adagio In G Minor	Brainwave Symphony	Tommaso Albinoni	1999 The Relaxation Company Inc	1999 The Relaxation Company Inc
11	Harmonic Dance # 1	John Beaulieu	John Beaulieu	1998 The Relaxation Company Inc	1998 The Relaxation Company Inc