



14

Choreography by: Molly Fox, Phillip Mills & Emma Barry

Video Presentation by: Molly Fox, Emma Barry & Lika Akeripa

	TITLE	ARTIST	DURATION
1	Sangha's Love For Amitabha	Oliver Shanti	4:55
2	Myth	Delerium feat. Joanna Stevens	5:10
3	Truly Madly Deeply	Savage Garden	5:05
4	She	Elvis Costello	3:50
5	Nobody Wants To Be Lonely	Ricky Martin with Christina Aguilera	5:30
6	Love Don't Cost A Thing	Jennifer Lopez	4:55
7	Steal My Kisses	Ben Harper	4:50
8	I'm Like A Bird	Nelly Furtado	4:05
9	Breathe	Faith Hill	4:10
10	Waves Of Light	Deuter	5:25
11	A Day Without Rain	Enya	2:35

NEWSFLASH!

- The video has been **reversed** to assist Instructor learning.
- 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 14

Main Themes:

1. Strong workout

2. Balance of inner / outer rotation of legs

3. Grounding down and out through bones

Tai Chi Warmup Vocalize your breath / great shoulder warmup.

Sun Salutations Slightly different. Increased lower back warmup / ground down through feet to come up at the end.

Standing Strength Strong holds focusing on moving inner thighs back then scooping your tailbone under. Grounding down through leg bones gives extension to your poses.

Balance Strong balances and focused work in the legs.

Hip Openers Focus on squaring off hips in 'Swan' to maximize hip opening.

Core – Abdominals Tough core track. 'Hover' variations and 'Bicycles' combine to maximize abdominal strength.

Core – Back Great back and glute track. Warms you up for the 'Yoga Bow Pose'.

Twists Check out these fun transitions here and 'Crocodile' arm balance from the floor. Lots of great teaching opportunities.

Forward Bends – Hamstrings Includes IT band stretches. Quadratus lumborum stretches and ends with dramatic standing stretch.

Relaxation / Meditation Deep warm releasing track with lots of inspiration to relax. Meditation music asks you to stretch in both directions before coming up to sit. ENJOY...

New Moves At A Glance

Tai Chi Warmup Track – Shoulder Circles

	• Shift weight. • Shoulder lifts up, back and down. • Circular motion warms the shoulder up. • Counts (1x2)
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Tai Chi Warmup Track – Shoulder Rolls

	• Arms out to side. • Same shoulder and knee roll F. • Exercise works on shoulder mobility. • Counts (1x2)
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Tai Chi Warmup Track – Breath Swings

	1 • Inhale – reach way up. • Stay grounded through feet. • Draw shoulder blades down. • Counts (1x2)		2 • Exhale – release F. • Stay heavy in the feet. • Use momentum. • Counts (1x2)		3 • Inhale – reach way up. • Stay grounded through feet. • Draw shoulder blades down. • Counts (1x2)		4 • Pull both arms strong to the side. • Vocalize the breath with a 'Ha!' • Counts (1x2)
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Sun Salutations – Flat Back Extend

	• Option: knees bent. • Lift chest F keeping back flat and straighten legs. • Keep neck long. • Counts (1x8)
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Standing Strength Sequence

			
1 • Bent knee in line with second toe. • Place fingertips on floor and hand on hip. • Spiral inner thighs back. • Counts (1x8)	2 • Scoop tailbone under bringing pelvis to neutral. • Open across collarbones. • Keep revolving ribs up. • Counts (1x8)	3 • Top arm moves and releases shoulder blades. • Keep tailbone tucked under. • Counts (1x4)	4 • Arm bone moves into the socket drawing shoulder blades together. • Counts (1x4)

Balance – Knee To Chest And Straighten

	1 • Lace fingers underneath hamstring. • Let the leg be heavy. • Tail drops into the standing heel.		2 • Arms and legs strong. • Keep hips level. • Leg does not need to be high.
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Balance – Hamcurl

	3 • Feel ribs and hips coming together with fingers. • Contract hamstring muscle.		4 • Tip from hips. • Maintain hamstring contraction. • Keep rib-hip connection.
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Balance – Arabesque Sequence

				
1 • Bring weight into standing leg. • Extend out through fingertips and heel. • Counts (1x4)	2 • Use inner thigh to bring leg across. • Lift chest as the leg comes through. • Counts (1x4)	3 • Bring weight into standing leg. • Extend out through fingertips and heel. • Counts (1x4)	4 • Toe comes to knee. • Tailbone draws down strongly. • Counts (1x4)	5 • Lay ankle across thigh. • Drop tailbone. • Lift elbows. • Counts (2x8)

Hip Openers – Swan, Fold Over, Weight Bearing On Fingertips

	• Keep chest lifting F. • Elbows point to the roof. • Weight bear through fingertips.
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Core (Abdominals) – Dog Jump

		
1 • Press back into 'Down Dog'. • Bend knees, go back on haunches. • Look F. • Spring off balls of the feet.	2 • Option: from 'Down Dog' place knees on floor and swing legs around. • Jump lightly onto tops of the feet. • Keep hips lifted. • Weight bear through upper body.	3 • Bring feet through. • Lift chest. • Roll back and set up for 'Bicycles'.

Core (Abdominals) – Bicycles


4 • Option: legs up. • Elbow to opposite knee. • Keep rear elbow touching floor.

Twisting – Twist Knees, Lower To Supine Spinal Twist

	1 • Weight bear through upper body. • Keep strong in core. • Lay side of body down.		2 • Arm slides under the opposite arm.		3 • Lay back onto floor. • Focus on the roof.
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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

'Sangha's Love For Amitabha'

4:55 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: *Wonderful Eastern sounds from the 'Spirit of Budo' – 'Power of Balance' CD.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro (spoken) Instr (flute)	6x8	—	'Wu Chi' position (1x8) Inhale - stretch arms up and out to side like a star (1x8) 'Chi Ball' R arm under (1x8) Inhale – star (1x8) 'Chi Ball' L arm under (1x8) Inhale – star (1x4) Exhale – soft wrists float down (1x4)	Note: introduction counts are approximate. Drop your tail. Loose in your joints. Stretch like a starfish from the center of your body. Soften your joints about the 'Chi Ball'. Reach from your core. Feel the energy between your arms. Really reach.
Beat '...ahh...'	3x8	—	Arms float up (1x4) Arms float down (1x4) Rep 3x	Float hands up and down. Note: timing incorrect on video.
C	8x8	A B	'Shoulder Circles' R, L x2 (1x8) (see New Moves At A Glance) 'Arm Circling' R, L (1x8) Rep 4x	Take a shoulder roll. Way up and back. Take a look in your palm. Keep dropping your tail into your feet. / you shift the weight, keep your buttocks soft. This opens the hip joints.
Ref 'Sangha...'	4x8	C	'Breath Swings' (see New Moves At A Glance) Rep 4x	Step in and let the momentum take you.
Instr (flute)	8x8	A1 B	Arms to side, 'Shoulder Rolls' R, L x2 (1x8) (see New Moves At A Glance) 'Arm Circling' R, L (1x8) Rep 4x	Same shoulder and knee roll F. This creates a very nice shoulder warmup.
B up	4x8	C	'Breath Swings' Rep 4x	Really vocalize the breath 'Ha'.
Br C	1x4 8x8	—	Step R foot F and on diagonal prepare for lunge and 'Arm Circling' 'Arm Circling' in lunge position L, R Rep 8x	Step wide, deep in the legs. Shift the weight from one side to the other, keeping the hips even. Watch where your buttocks start to grip and release them. Drop tñ tail into the feet. Slow, deep and smooth – one movement moving into the next. Toes relaxed.
Ref 'Sangha...'	4x8	C	'Breath Swings' Rep 4x	Big swings.
Instr (strings)	8x8	—	'Figure 8 Twists' R, L Rep 16x	Start with the weight shift, then add the arms. Lift the toe. Total momentum. Arms loose in their joints. Focus F and feel the twist.
Outro	2x8	C	'Breath Swings' Rep 2x	'Ha!'

Hold final 'Ha!'

Track 2. Sun Salutations

'Myth'

5:10 mins

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

Music: *Sensational sounds from Delerium featuring Joanna Stevens.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	—	Set up 'Mountain Pose' See New Moves At A Glance for 'Flat Back Extend' (below)	Offer options for special populations. Four corners of the feet drop down. Energy pools into core. Chest lifts up. Stand strongly and very alive.
Beat	4x8	A	'Sun Salutation' L Inhale – arms up (1x8) Exhale – hands to thighs (1x8) Inhale – 'Flat Back Extend' (1x8) Exhale – 'F bend' (1x8) (option: knees bent) (option: knees bent)	Inhale – lift up. Exhale – touch your thighs. Inhale – legs straight, chest F. Exhale – chest F, touch floor.
V1 'I...'	4x8		Inhale – L leg lunge (1x8) Exhale – 'Down Dog' (1x8) Inhale – 'Plank' (1x8) Exhale – 'Crocodile' (1x8)	Inhale – lunge. Exhale – 'Down Dog'. Inhale – 'Plank', chest F. Exhale – melt the heart.
V2 'Eeee...'	2x8		Inhale – 'Baby Cobra' (1x8) Exhale – 'Child's Pose' (1x8) (option: 'Cat')	Inhale – 'Cobra', chest leads. Exhale – sit back on the heels.
Instr	6x8		Inhale – all fours (1x8) Exhale – 'Down Dog' (1x8) Inhale – L leg lunge (1x8) Exhale – 'F bend' (1x8) Inhale – stand up, arms up (1x8) Exhale – arms down (1x8)	Inhale – onto toes and all fours. Exhale – lift to 'Down Dog'. Inhale – lunge. Exhale – back leg meets the front. Inhale – come all the way up. Exhale – lower arms.
C '...I'm living...'	4x8	A	'Sun Salutation' sequence to R	Strong legs.
C '...I'm living...'	4x8		↓	Melt the heart.
Instr	4x8			Slide the chest F.
Instr (guitar)	4x8		↓	
Br	1x4	B	Hands to prayer	Bring your hands to prayer.
V3 'Here...'	4x8	A	'Sun Salutation' sequence to L	Push down with your feet. Chest long.
V4 'But now...'	4x8		↓	Draw your sitting bones back in 'Down Dog'.
C '...I'm living...'	4x8			Option: 'Cat' Pose instead of 'Baby Cobra'.
C '...I'm living...'	4x8		↓	
V3 'Here...'	4x8	A	'Sun Salutation' sequence to R	
V4 'But now...'	4x8		↓	
C '...I'm living...'	4x8			
C '...I'm living...'	4x8		↓	Bend and push through the feet.
Outro	1x9	B	Hands to prayer	Bring your hands to prayer.

'Mountain Pose' – Hands in Prayer.

Track 3. Standing Strength

'Truly Madly Deeply'

5:05 mins

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

Music: *Love ballad from Australian super duo Savage Garden.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	—	Set up legs 3½ – 4 feet apart L leg turns out 90°, R leg turns in 15°	Step or jump the feet out. From your feet draw energy into your core.
V1 '...I'll be your dream...'	4x8	A	'Standing Strength' L (<i>see New Moves At A Glance</i>) Bend L knee in line with 2 nd toe and over center of foot (1x8) Place fingertips on floor in front of L arch and R hand on hip (1x8) Spiral your inner thighs back (1x8) Scoop tailbone under bringing your pelvis to neutral (1x8)	Shoulder blades in and extend out. Take your buttocks back and place your hand inside the arch. Take your groins back even more. Scoop your tail under to bring your body into the center.
PC 'A new beginning...'	2x8	A1	Top arm moves F, releases shoulder blades (1x4) Armbone moves into socket drawing shoulder blades together (1x4) Come deeper into the legs (1x8)	Reach the arm F. Move the armbone into the back. Stretch your collarbones long.
C 'I want to stand ...'	4x8	A2	Stretch top arm up and look towards hand (1x8) Come deeper into the hips (3x8)	Knee over 2 nd toe. Tail straight down. Keep the inner thighs spiraling back. Scoop the tail under to bring the pelvis to neutral
C 'I want to stand ...'	4x8	A3	Slowly straighten L leg to 'Triangle Pose' (3x8) Bend front leg, push down through feet to stand (1x8)	Option: Draw some weight into back leg, leave front leg bent
V2 '...And when the stars...'	4x8	A	'Standing Strength' sequence to R	
PC 'The highest powers...'	2x8	A1	↓	Widen and open collarbones.
C 'I want to stand ...'	4x8	A2		Weight bear on fingertips and feet. Shine out from all bones.
C 'I want to stand ...'	4x8	A3	Slowly straighten R leg to 'Triangle Pose' (3x8) Bend front leg, push down through feet to stand (1x8)	Making the legs strong, press through.
Br '...Oh can you see...'	5x8	B	Feet parallel, inhale, lift chest, look up (1x8) Exhale, fold over, 'Wide Leg Forward Bend' (1x8) (<i>option: elbows on thighs, legs bent</i>) Hold (2x8) Come up, feet turn to L (1x8)	Inhale – draw into the core, tailbone to the floor. Weight bear through the fingers, elbows to the ceiling. Draw up from the feet.
V1 '...I'll be your dream...'	4x8	C	'Warrior 2' Pose to L	Hands on hips. Watch the knee go over the 2 nd toe. Soften in tip of the hip socket. Take inner thighs back. Widen and open.
C 'I want to stand ...'	4x8	C	Hold and come deeper, come up for last (1x8)	Drop tailbone deeper.
C 'I want to stand ...'	4x8	C	'Warrior 2' Pose to R	Relax your hips.
Rep 'Oo oo oo oo...'	4x8	C	Hold and come deeper, come up for last (1x8)	As you exhale, soften the hips. Note: timing incorrect on video
Outro	4x8	B	Wide leg forward bend (1x8) Hold (2x8) Come up (1x8)	From strong legs fold F, weight bear on the fingertips, draw legs in isometrically, stand up. Bend knees and bring feet together.

Jump your feet together.

Track 4. Balance

'She'

3:50 mins

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

Music: *Old, favorite sing-a-long from Elvis Costello.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	1x8	—		Nice strong core will really help you balance.
V1 'She may be...'	2x8	A	L 'Knee To Chest', lace hands together under thigh (see <i>New Moves At A Glance</i>)	Lace your fingers underneath your hamstring. Let your leg be heavy.
V2 'She may be...'	2x8	A1	Stretch arms out, straighten leg	Arms out and stretch the leg – it does not need to be high.
Br	1x4	—	Lower leg	
V3 'She may be...'	2x8	A	R 'Knee To Chest', lace hands together under thigh	Tail into the standing heel.
V4 'She may be...'	2x8	A1	Stretch arms out, straighten leg	Absorb the front ribs.
Br	1x4	—	Lower leg	
Instr	4x8	B	'Arabesque' R (see <i>New Moves At A Glance</i>) Step R, 'Arabesque' (1x4) Bring back leg F (use inner thigh) and cross arms (1x4) Sweep L leg back to 'Arabesque' (1x4) Bend L knee, bring toe to knee, cross ankle over R thigh (1x4) Hold with Eagle Arms (2x8)	Step out to side. Bring leg across using inner thigh and cross arms. Tip the body again. Bring toe into the knee and then across the thigh. Relax into foot. Bring the hands together. Lift elbows.
Br	1x4	—	Lower leg	
Instr	4x8	B	Repeat 'Arabesque' sequence to L	Chest goes over as leg comes up, chest lifts as the legs comes F.
Br	1x4	—	Lower leg and return to center	
V5 'She who always...'	2x8	C	'Hamcurl' L leg, hands draw ribs lightly towards hip bones, tip over to T-shape from hips (see <i>New Moves At A Glance</i>)	Come into a hamstring contraction. Keep hands on the belly. Kee abdominal sheath strong.
V6 'She may be...'	2x8	C1	Straighten L leg and extend arms to side into 'Warrior 3' pose	Hold and extend out. Tail towards the standing heel.
V7 'She may be...'	2x8	C	'Hamcurl' R leg, hands draw ribs lightly towards hip bones, tip over to T-shape from hips	Bend the knees. Absorb the ribs.
V8 'Me I'll take...'	2x8	C1	Straighten R leg and extend arms to side into 'Warrior 3' pose	Breathe and reach out.
C '...She...' Music slows	2x8	—	Return center, sweep arms around and up, lower to prayer, rise up on toes and bend knees	Ankle bones stay steady.

Hold final pose.

Track 5. Hip Openers

'Nobody Wants To Be Lonely'

5:30 mins

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

Music: Mega music giants Ricky Martin and Christina Aguilera come together.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2x8	—	Inhale, arms up (1x8) Exhale, hands to floor (1x8)	
Beat '...Why...'	2x8	— A	L leg back (1x8) 'Down Dog' (1x8)	Stick your buttocks in the air. Make a kiss with your buttocks on the back wall.
V1 'There you are...'	4x8	A	Hold 'Down Dog'	Make arms firm. Let your shoulder blades melt in. Both sitting bones back.
PC '...Here I stand...'	2x8	A1 A2	Raise L leg up, 'Three Legged Dog' Rise onto ball of foot, bring L leg through to 'Swan'	Bring leg up. Rise onto ball of the foot and swing leg through to 'Swan'.
C '...Nobody...'	4x8	B	Hold 'Swan'	Back leg turns all the way in so that hip meets the heel.
'...Time is precious...'	4x8	B1	Hold 'Swan', fold over, weight bearing on fingertips (see New Moves At A Glance)	Stretch side ribs. Weight bear on fingertips. Elbows point to roof.
C Br	2x8	—	Transition: push through hands back to 'Down Dog'	
V2 'There you are...'	4x8	A	Hold 'Down Dog'	Strong arms, melt the heart. Take legs back.
PC '...Here I stand...'	2x8	A1 A2	Raise R leg up, 'Three Legged Dog'. Rise onto ball of foot, bring R leg through to 'Swan'	
C '...Nobody...'	4x8	B	Hold 'Swan'	Back leg in, side ribs up.
'...Time is precious...'	4x8	B1	Hold 'Swan', fold over, weight bearing on fingertips	Keep the length and fold F.
C Br	2x8	—	Transition: push through hands back to 'Down Dog'	
V3 'Can you hear my...'	4x8	A1	'Three Legged Dog' L	Dog at fire hydrant! Tailbone down.
PC '...Before I start...'	2x8	A2	Rise onto ball of foot, bring L leg through to 'Swan'	
C '...Nobody...'	4x8	B or B2	Set up hips square, bend back knee up and hold onto ankle (quadriceps stretch)	Option: Stay in 'Swan'.
'...Time is precious...'	4x8	B or B2	Hold, step back to 'Down Dog' last (1x8)	
Rep '...I want to feel...'	4x8	A1	'Three Legged Dog' R	To get more from this stretch push down and out with the heels.
Slows '...Nobody...'	2x8 1x2	A2	Rise onto ball of foot, bring R leg through to 'Swan'	Take your time to turn the back leg in.
C '...Nobody...'	4x8	B or B2	Set up hips square, bend back knee up and hold onto ankle (quadriceps stretch)	Option: Stay in 'Swan'.
C '...Time is precious...'	4x8	B or B2	Hold	Release and lift chest up.
Outro 'Love you...'	4x8	A	Return to 'Down Dog'	Wiggle your tail way back.

Hold 'Down Dog'.

Track 6. Core – Abdominals
‘Love Don’t Cost A Thing’
4:55 mins
Benefits: *Pilates / Power Core – strengthens deep abdominals. Creates mind awareness of body’s core.*
Music: *Latest hit from J – Lo (alias Jennifer Lopez).*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	1x4	—		Option: Do ‘Planks’ from the knees. ‘Elbow Plank’ = ‘Hover’.
Instr	4x8	—	Set up alignment for ‘Planks’	Legs active, knees straight. Use the forearm to stabilize.
C ‘...You think you gotta...’	8x8	A	‘Elbow Plank’ (2x8) ‘Side Plank’ R (2x8) ‘Elbow Plank’ (2x8) ‘Side Plank’ L (2x8)	Abdominal web firm. Turn the forearm. Keep hips up and abs lifted.
V1 ‘...When you...’	4x8	A1	‘Whole Plank’ (2x8) ‘Whole Side Plank’ R (2x8)	Push up to straight arms. Keep the hips up.
PC ‘...All that matters...’	2x8	A1	‘Whole Side Plank’ L (2x8)	Come through center to the other side.
C ‘...You think you gotta...’ ‘...You think I wanna...’	2x8 6x8	B C	‘Dog Jump’ (see New Moves At A Glance) ‘Bicycles’ (1x2) (see New Moves At A Glance)	Rep 24x Elbow to opposite knee. Easy option: take legs higher.
V2 ‘...When I took...’	4x8	C	‘Bicycles’ (1x2)	Rep 16x The more you bring the knee in, the more you find the lower belly.
PC ‘...All that matters...’	2x8	—	Cross ankles, jump back to ‘Down Dog’	Transition roll to ‘Down Dog’ – here’s your break.
C ‘...You think you gotta...’	8x8	A	‘Elbow Plank’ (2x8) ‘Side Plank’ R (2x8) ‘Elbow Plank’ (2x8) ‘Side Plank’ L (2x8)	Abdominal sheath moves in. Push down through the forearm, wrist and elbow.
Ref ‘Thing...’	2x8	A1	‘Whole Plank’	Stabilize and push up to straight arms.
V3 ‘You think the money...’	4x8	A1	‘Whole Side Plank’ R (2x8) ‘Whole Side Plank’ L (2x8)	Draw muscles in towards your core. Be very strong.
QC ‘...You think you gotta...’ ‘...You think I wanna...’	2x8 2x8	B C	‘Dog Jump’ ‘Bicycles’ (1x2)	Rep 8x Decide on your poison – straight up with legs or lower.
C ‘...You think you gotta...’	8x8	C	‘Bicycles’ (1x2)	Rep 32x Hang in there.

Draw knees into chest.

Track 7. Core – Back

‘Steal My Kisses’

4:50 mins

Benefits: *Yoga Base – strengthens and integrates back muscles, hamstrings and gluteals.*

Music: *A Ben Harper classic.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Pre track	—	—	<i>See Quarterly Pregnancy Handout for options.</i>	
Intro	1x2 2x8	—	Set up back work with feet apart and forehead on hands	Forehead on hands. Preset the belly – draw in and up.
Instr (tempo)	4x8			Move tailbone to floor, stretch legs super long.
V1 ‘I pulled into...’	4x8	A	Upper body lift (1x4) Twist L (1x4) Center (1x4) Lower (1x4) Repeat to R	Inhale – bring upper body up, twist to R, back to center and lower yourself down
C ‘Cause I <u>al</u> ways...’	4x8	A1	Bend knees, toes together Lift knees (1x8) Lower knees (1x8) Rep 2x	Bend your knees. Preset the belly. Tail down and lift the knees up.
V2 ‘Now I <u>love</u> ...’	4x8	A	Repeat upper body lift L, R	Elbows lift.
C ‘Cause I <u>al</u> ways...’	4x8	A1	Repeat knee lifts Rep 2x	Bend the knees and preset the belly. Navel in.
Instr	4x8	A2	Upper and lower body lifts together Rep 2x	Take the upper and lower body together.
Instr	4x8	B	‘Cat / Cow’ On all fours, round back and tuck in chin (1x8) Arch back and look up (1x8) Round back and tuck in chin (1x8) Lie down on belly (1x8)	Hands under the armpits. Push up and round spine. Reach the chest forward and take the inner thighs back. Drop the tail and absorb the front ribs. Lay your body onto the floor.
V3 ‘Now I’ve been’	4x8	A	Repeat upper body lift L, R	
QC ‘Cause I <u>al</u> ways...’	4x8	A1	Repeat knee lifts Rep 2x	
C ‘Cause I <u>al</u> ways...’	4x8	A2	Upper and lower body lifts together Rep 2x	Belly in. Tailbone towards the floor.
Instr	4x8	A2	Upper and lower body lifts together Rep 2x	
Instr	4x8	B	Repeat ‘Cat / Cow’	
Instr	7x8	—	‘Bow Pose’, breathe and hold	Bend your knees. Reach back and grab your ankles. Flex your feet. On an inhale breath raise your heels to the ceiling. Option: Roll over to ‘Bridge Pos
Outro	2x8	—	Release to ‘Cat Stretch’ and then ‘Child’s Pose’	Hands under armpits. ‘Cat Stretch’ and sit back.

Hold ‘Child’s Pose’.

Track 8. Twists

'I'm Like A Bird'

4:05 mins

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

Music: Nelly Furtado's first hit off her album.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	A	'Down Dog'	Time to twist and shout. Sitting bones way back.
V1 'You're <u>beautiful</u> ...'	4x8	B	'Lunge Twist' L, R fingertips on floor, L arm extends over head	Bring your R leg forward. Come onto fingertips, twist and take a look at your back arm.
PC 'Though my love is <u>rare</u> ...'	2x8	—	Switch legs – one movement	Come to your maximum, then switch legs in one movement.
C ' <u>I'm</u> like a bird...'	4x8	B	'Lunge Twist' R, L fingertips on floor, R arm extends over head	Reach the chest forward and up.
V2 'Your <u>faith</u> in me...'	4x8	C	'Seated Spinal Twist' R, L elbow on the outside of R thigh, fingertips on floor behind	Take the back knee to the outside of the front ankle. Option: Open twist, R elbow on inside R knee.
PC 'Though my love is <u>rare</u> ...'	2x8	—	Spiral around	Reach up and back, fingertips on the floor, lift off knees, hips up, pivot on balls of feet, keep feet where they are and spiral around.
C ' <u>I'm</u> like a bird...'	4x8	C	'Seated Spinal Twist' L, R elbow on the outside of L thigh, fingertips on floor behind	Let your leg turn in and twist. Let the breath go all the way down. Option: Open twist, L elbow on inside L knee.
V3 'It's not that I <u>wanna</u> ...' ' <u>Each</u> and every...'	2x8 2½ x8	— D	Swing legs around and come onto belly 'Crocodile' from floor	Hands under elbows. Chest forward. Elbows up. Toes under. Knees off. Scoop the tailbone. Float the kidneys. Absorb front rit
PC 'And though my love is <u>rare</u> ...'	2x8	D	Repeat 'Crocodile'	Armbones lifted. Body strong.
'Hey I'm just <u>scared</u> ...'	1x8	—	Hold 'Crocodile'	Option: 'Child's Pose' to 'Down Dog'.
'That we may fall _ through...'	1½ x8	A	Push up and back to 'Down Dog'	
C ' <u>I'm</u> like a bird...'	4x8	E	Twist knees L, lower to 'Supine Spinal Twist'	Bend your knees to the side.
' <u>I'm</u> like a bird...'	2x8	E	Hold 'Supine Spinal Twist'	Note: video timing incorrect.
' <u>I'm</u> like a bird...'	1x8	A	Push up and back to 'Down Dog'	Knees to the opposite direction. Bend the elbows.
' <u>I'm</u> like a bird...'	1x8	E	Twist knees R, lower to 'Supine Spinal Twist'	
C ' <u>I'm</u> like a bird...'	4x8	E	Hold 'Supine Spinal Twist'	

Hold 'Supine Spinal Twist'.

Track 9. Forward Bends – Hamstrings

‘Breathe’

4:10 mins

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

Music: *The latest hit from multi music award winner Faith Hill.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2x8	—	‘Down Dog’, jump feet outside hands	Bend your legs and look forward. Jump the feet lightly.
V1 ‘...I can feel...’	4x8	—	‘Hindi Squat’, push down through feet, lift hips up to release	Turn the feet out. Bring elbows to the inner thighs. Groins down. Tail under.
V2 ‘...All my thoughts...’	4x8	A	‘F Bend’, L ankle crossed over R ankle, fingertips touching the floor, weight bearing	Options: Knees bent; or ‘Seated Forward Bend’, L ankle crossed over R Bring R leg in front and weight bear on fingertips. Hang over.
C “Cause I can feel you <u>breathe</u> ...”	4x8	A1	‘Standing Split’, R leg up	Option: ‘Supine Hamstring’ stretch.
Rep ‘I can feel <u>you</u> ...’	1x8	—	Transition, leg lowers last (1x4)	Option: ‘Seated F Bend’.
C br ‘Just <u>breathe</u> ...’	2x8	A2	Feet hip distance apart, bend knee, flat back, chest F, arms out to side and up (1x8)	Push through your feet and come up. Option: Stretch arms out and up and return to ‘Seated F Bend’.
		B	Return back to flat back with bent knees, release hands to floor (1x8)	Exhale – knees over toes and come forward.
V3 ‘...In a way I know...’	4x8	A	‘F Bend’, R ankle crossed over L ankle	Hang over and feel the IT band stretch. Let the front ribs soften.
C “Cause I can feel you <u>breathe</u> ...”	4x8	A1	‘Standing Split’, L leg up	Let the head hang. Push out through the back heel. Breath is nice and easy.
Rep ‘I can feel <u>you</u> ...’	1x8	—	Leg lowers last (1x4)	
C br ‘Just <u>breathe</u> ...’	2x8	A2	Coming up through flat back, stay up, arms come above head	
Rep ‘Caught up in the <u>touch</u> ...’ (quiet)	2x8	C	Hold onto L wrist, stretch to R side	Stretch over. Push down through the feet. Drop the tail. Option: ‘Seated Cross Legged Side Bend’.
Rep ‘I can feel <u>you</u> breathe...’	2x8	C	Hold onto R wrist, stretch to L side	Inhale – lift the ribcage.
Ref ‘...I can feel the magic...’	2x8	—	Come into center and reach all the way up	Inhale – lift the chest. Exhale – stabilize through the navel and heel. Keep the lift in the chest and lower the arms. Option: ‘Seated Cross Legged Side Bend’, reach all the way up.

Slowly lower arms.

Track 10. Relaxation**‘Waves Of Light’****5:25 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 piece of Deuter inspired music filled with warmth and surrender.*

Option: *Bend knees and bring knees together.*

Take a moment to completely relax into the floor. You can do a little scan on your body. In the first scan just check for any tension. You can release this by bringing attention to it. Now feel how heavy your bones are. Let your bones really sink into the ground. Pelvis will sink, back of the ribs, your head, heels, arms, elbows. On your next exhale let your bones sink even deeper.

Now bring that awareness from your bones to your muscles. Allow your muscles to get very soft, almost as if they could fall away from the bone. From deep inside the music let it get very wave-like. Bringing your attention to your belly, let all parts be soft, so your internal organs have lots of room to float and actually feel the water in your core and belly. Imagine your internal organs are floating peacefully. Allow your pelvic floor to widen, release and soften.

Release any gripping. You can even feel your breath move all the way past your internal organs, down to the pelvic floor, and then bring your attention to your solar plexus – the ‘seat of your will’ and allow that area to soften inwards towards your heart. Observe how the back of your ribs widen and release into the back of the floor. Back of our body: the sense of community, of past, of family – gets broader, and the front of our solar plexus, our ‘seat of our will’ – that space of individuality takes a place right next to your heart. A balanced place with a sense of community.

As your breath deepens notice how your chest widens and opens, and your heart becomes illuminated. Allow your jaw, throat, the back of your tongue and all the muscles of speech to soften and become more fluid. The deep muscles behind your eyes soften and move inwards. Even the deep muscle in your brain relaxes. Your thoughts slow down. The present moment becomes more vivid. Allow all the muscles of expression in your face to soften and release.

Track 11. Meditation

‘A Day Without Rain’

2:35 mins

Benefits: Appreciate the wholeness, goodness and completeness of you.

An opportunity to celebrate the accomplishment of the class and reawaken the body.

Music: This instrumental version of Enya’s song encourages you to stretch long before coming back into your day.

Allow yourself to ride your breath for a moment. Slowly begin to deepen your breath and wiggle your fingers and toes. Gently stretch your arms up over your head along the floor. Stretch your legs very long. Really reach out in 2 directions. Flex your feet – stretch out through your arms. Release – let it go. Stretch out through your R side and then your L. Stretch out through both sides one more time. Let it go.

Draw your R knee in – release your back. Bring your L knee in and roll out to the R side. Stay there for a moment. Release into the floor in the fetal position. Gently press down with your hands. Let your head come up last. Come up to sit. Sit cross legged and lift the flesh of your buttocks out on the diagonal. Sit bones on the floor, back of your hands on your knees, chest tall.

Thank you very much – great practice today.