



15

Choreography and Video Presentation by:
Phillip and Jackie Mills, Emma Barry

Special Thanks To Lee Parore

	TITLE	ARTIST	DURATION
1	Terra Firma (Lara's Mix)	Delerium feat. Aude	5:50
2	Gorecki	Lamb	5:20
3	Heroes	The Wallflowers	5:10
4	There You'll Be	Faith Hill	5:05
5	Let Love Be Your Energy	Robbie Williams	4:35
6	Where Do I Begin (AwayTeam Mix)	Shirley Bassey	5:25
7	Whole Again	Atomic Kitten	4:55
8	I Believe (When I Fall In Love It Will Be Forever)	Stevie Wonder	4:55
9	Here With Me	Dido	4:05
10	An Ending (Ascent)	Brian Eno	6:30
11	Blue Horizon	David Bradstreet	4:15

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.tplyrics.net
www.lyricfind.com
www.getlyrics.com
www.lyricsengine.com
www3.lyricsplanet.com
www.topmusicssites.net

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

Welcome to BODYBALANCE 15

Main Themes:

1. 'Push Play and Go Tape'.

2. Pilates focus:
Switch on 30% in the abdominals for the entire class.

3. Repetition of movement to increase the result.

Tai Chi Warmup	So simple and flowing, we are able to reach a mesmeric state and warm our muscles and joints thoroughly.
Sun Salutations	Innovation of the 'Twisted Lunge', introduces back mobility to the 'Sun Salute' sequence.
Standing Strength	Intense track embracing many strong 'Standing Poses' and finishing with a 'Kung Fu' feel.
Balance	Leg and arm balances to challenge the whole body. Use of the hands to enhance balance.
Hip Openers	Combination of some of the best hip stretches ('Lunge On Elbows', 'Swan') and introduction of 'Half Lotus' and 'Frog Pose'.
Core – Abdominals	Pilates base with balletic arm sequences.
Core – Back	Postural corrective exercises and the optional challenge of a 'Backbend' to finish.
Twists	Fantastic self adjustment traction move to improve spine mobility. Concludes with the much requested 'Down Dog' / 'Twisted Lunge' sequence.
Forward Bends – Hamstrings	Blend of restorative 'F Bending', 'Tai Chi' and upper body strength.
Relaxation / Meditation	Focus on attracting more joy into our life.

New Moves At A Glance

Tai Chi Warmup Track – ‘Arm Swings’

	1 • Long spine. • Arms wrap side to side. • Deep relaxed breathing. • Counts (1x2)		2 • Shift weight. • Stay deep in the legs. • Soft rounded arms. • Counts (1x2)		3 • Transition. • Arms come to horizontal. • Keep 30% in the belly. • Relax shoulders.		4 • Repeat other side. • Stay heavy in the feet. • Use momentum. • Counts (1x2)
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‘Tai Chi Block’

	1 • Top arms sweeps. • Bottom arm scoops under. • Eyes follow the top hand. • Counts (1x2)		2 • Flow freely. • Deepen the breath. • Express your own movement. • Counts (1x2)
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‘Swinging Breath Sequence’ ‘Open Up’

	• Keep strong in the legs and core. • Open back and lift focus to the roof. • Use momentum. • Counts (1x4)
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Sun Salutations – ‘Twisted Lunge’

	• Back leg straight. • Hips even and level. • Soften in the mid back. • Look up. • Counts (1x8)
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Standing Strength

‘Standing Strength Sequence’

	1 • Inhale and clasp hands together. • Relax shoulders down. • Be deep in the legs with the back leg straight. • Counts (1x8)		2 • Bring the whole front body forward. • Stay long through the spine. • Keep revolving ribs up. • Counts (1x8)		3 • Hop back leg in. • Be on the ball of the rear foot ready to spring. • Counts (1x2)		4 • Launch into ‘Warrior 3’ (‘Aeroplane Pose’). • Back toes point down, hips even and level. • Hold Pose.
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Lunge 'With Kung Fu' Feel



- Right angle at the bent knee.
- Straight legged foot facing front.
- One hand shields overhead and one pushes to side.

Balance – 'Willow Tree Pose'



- Be strong in the support leg.
- Lean out on the diagonal.
- Use your core to balance and focus on a spot on the wall.

'Knee To Chest'



1

- Bring knee to nose.
- Drop tailbone and round shoulders.
- Counts (1x8)

'Extend'



2

- Extend leg back to full extension.
- Melt heart through shoulders.
- Keep hips lifted and belly firm.
- Counts (1x4)

'Side Plank' 'Arm Moves Back'



- Reach back with top arm.
- Reveal heart to the sky.

Hip Openers – 'Lunge On Forearms'



- Keep hips even and level.
- Lead with chest, press back with heel and soften in the hips.
- Keep back leg straight if you can.

Option: 'Back Knee Down'



- Lead with chest, press back with heel.
- Soften in the hips.

'Half Lotus Pose'



- Place leg on the other thigh (doesn't matter where you get to).
- Sit tall on sit bones.
- Tip forward from the hips to find the sticking point.

'Frog Pose'



- Spread knees apart and place feet into the floor.
- Stay supported on the elbows.
- Ease back to get the adductor stretch.

Core (Abdominals) – ‘Pilates Crunch With Balletic Arms’

		
1 • Shoulders lift towards knees. • Tongue on roof of the mouth to stabilize neck and jaw. • Keep belly hollowed.	2 • Feet and knees parallel. • Keep a 30% brace in the abdominal section. • Keep arms soft and rounded.	3 • Release arms down. • Keep shoulders lifted. • Keep lower back neutral.

‘Pilates Obliques With Balletic Arms’

	1 • Reach out to one side. • Keep arms soft and round. • Option: hand supports neck.		2 • Bring arms to center. • Keep shoulders lifted. • Keep tongue on the roof of the mouth.		3 • Reach out to other side. • Keep shift between movements smooth and slow.
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‘Shoot Legs Out’

	• Keep back and abdominals neutral. • Option: feet shoot to the roof. • Option: head stays down when knees come into chest.
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Core (Back)

'Back Sequence'

	1 • Hands on shoulders. • Belly lifted slightly. • Tailbone drawn down.		2 • Shoulder blades come together. • Head stays down.		3 • Upper body lifts. • Keep 30% in the core. • Legs stay long.		4 • Arms extend out to side. • Return back to movement 1.
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Twists – 'Twist With Traction'

'Cradle The Ankle'

'Lunge'

	1 • Opposite hand pulls opposite hip forward. • Other hand gently pulls lower ribs back the other way. • Traction the body to encourage it to twist more.		2 • Extend the leg and cradle it in the opposite hand. • Both shoulders on the floor. • Focus down the back arm.		• Center the weight • Stabilize the spine
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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

'Terra Firma (Lara's Mix)'

5:50 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: *Mesmeric sounds from the theme song to Angeline Jolie's 'Tomb Raider'.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	1x14	—	Deep Wide Stance	Set up Pilates 30% brace through midsection.
Beat	4x8	A	'Karate Breaths' Both hands push out on exhale (1x4) And in, fists to waist on inhale (1x4) Rep 4x	Big breath. Come a little wider than normal. Connect with the breath. Soften shoulders and face. Really be here.
Male Chant	6x8	B	'Arm Swings' L&R (1x4) (see New Moves At A Glance) Rep 12x	Shift weight to the side. Slide across the stool. Swing and wrap. Big soft arms. Loosen up.
Female Chant	6x8	B1	'Tai Chi Block' L&R (1x4) (see New Moves At A Glance) Rep 12x	Top arm blocks then bottom arm sweeps. Really flowing. Straight back. Beautiful hands and wrists.
Instr 1	8x8	B2	'Tai Chi Sequence' L Step R leg together (1x2), Step F R leg (1x2) Step R leg back (1x2), Step center (1x2) 'Tai Chi Block' Arms continue Rep 8x	Step in, front, back, center. Keep low in the legs. We want to warm up hip joints and shoulder joints. Move from the waist.
Instr 2	8x8	C	'Swinging Breath Sequence' Inhale, reach up (1x4), Exhale, drop F (1x4) Inhale, reach up (1x4), Exhale, open arms up (1x4) (see New Moves At A Glance) Rep 8x	Fall forward and open. It comes from the crown of the head. Use the ball of the feet and soften knees. Go with the breath.
Instr 3 (music softens)	4x8	D	'Lateral Bend' (1x8) Center with ballet arms (2 nd position) (1x8) L&R	Gently breathe and release. Tuck the shoulder blade down the back. Feel the side stretch, center strong.
Instr 4 (with drum)	4x8	D1	'Lateral Bend' with deep knee bend (1x8) Center to deep wide squat with ballet arms (1x8) L&R	This time come way into the legs. Little smile on the face. We are here. We are doing it.
Br	1x2	—	Hold arms at side	Other side. Ready?
Beat	4x8	B	'Arm Swings' R&L Rep 8x	Soft shoulders. Feel the flow.
Instr	4x8	B1	'Tai Chi Block' R&L Rep 8x	Stay low and move across the legs.
Male chant	8x8	B2	'Tai Chi Sequence' R Rep 8x	Little deeper, little further this time.
Instr	8x8	C	'Swinging Breath Sequence' Rep 8x	Open chest at top. Drive over the waterfall and float down the other side.
Instr (music softens)	2x8	A	'Karate Breaths' Rep 2x	

Track 2. Sun Salutations

'Gorecki'

5:20 mins

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

Music: *Lamb performs this outstanding song with plenty of space in the music to add your own flavor.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro 'I've <u>found</u> ...'	4x8			Pregnancy options : feet apart, knees soft, 'Cat Pose'.
V1 '...All this time...'	4x8	A	'Sun Salutation' L Inhale – arms up (1x8) Exhale – hands to thighs (1x8) Inhale – 'Flat Back Extend' (1x8) Exhale – 'F Bend' (1x8)	Start in 'Mountain Pose.' 30% in the belly. Be centered. Full deep inhalation. Exhale – hands on knees. Inhale – long through legs and spine. Exhale – soften.
'...Here is true peace...'	4x8		Inhale – L leg lunge (1x8) Exhale – 'Down Dog' (1x8) Inhale – 'Plank' (1x8) Exhale – 'Crocodile' (1x8)	R leg way back. Lift chest. Exhale, push away. Option : Knees Down Crocodile. Slide through to 'Croc'.
PC '...When I stay...'	4x8		Inhale – 'Cobra' (1x8) Exhale – 'Down Dog' (1x8) Inhale – L leg lunge (1x8) Exhale – 'Twisted Lunge' (1x8) (L hand on thigh) (see New Moves At A Glance)	Option : 'Cat' or 'Up Dog'. Use arm strength for 'Dog'. Hand to thigh. Open to the sky.
C 'I've <u>found</u> ...'	4x8		Inhale – L leg lunge (1x8) Exhale – 'F Bend' (1x8) Inhale – arms up (1x8) Exhale – arms down (1x8)	Breathe in and soften through the hips. Step in and release. Deep knee bend. Integrate the belly. Exhale.
Beat	4x8	A	'Sun Salutation' sequence R	Full breath. Go for length. Draw the belly in.
V2 '...All I've known...'	4x8			On the fingertips. Butt cheeks kiss the back wall.
PC '...When I stay...'	4x8			Feel the softening in the mid back.
C 'I've found _ the one...'	4x8			Breathe in for focus.
Rep '...I've waited for...'	4x8	A	'Sun Salutation' sequence L	Empty the lungs.
Instr	4x8			For a challenge try full 'Croc'.
PC '...When I stay...'	4x8			Feel the release.
C 'I've found _ the one...'	4x8			Breathe.
Instr (strings)	4x8	A	'Sun Salutation' sequence R	Maximum. One more.
Instr (strings)	4x8			Little bit longer. Knee over ankle.
Rep (Slows) '...The one...'	4x8			Take your options. Lift chest. Open shoulders.
Rep '...Ohhh...'	4x8			Spring off. Lift tall, salute the sun.
Outro (fade)	1x8	—	Finish in Mountain Pose	Center on four corners of the feet.

Track 3. Standing Strength

'Heroes'

5:10 mins

Benefits: *Yoga Base – strengthens and stretches legs, enhances mobility through hips and pelvis, promotes whole body movement.*

Music: *'The Wallflowers' brings us this fantastic David Bowie remake, complete with heroic standing strength poses throughout.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	1x6	—	Jump or step feet wide	Land lightly.
Instr	4x8	—	Set up for L 'Warrior 2'	Turn both feet R. Open knee over second toe. Cut an edge with your back foot. Body upright.
V1 'I...'	4x8	A	L 'Warrior 2'	Stand tall in your 'I'. Focus forward. Pull back as much as you're reaching forward. Come a little lower.
PC 'No <u>nothing</u> ...'	4x8	B	L 'Extended Angle'	Inhale – come over. How long can you make your side body. Lifting up and under. Use the breath.
C 'We can be <u>Heroes</u> ...'	2x8	C	L 'Triangle Pose'	Come to 'Triangle' and come to your full wing span.
Instr	4x8	D	L 'Sun Warrior' Transition to the other side (last 1x4)	Sink through the front leg. Windmill up. Lovely strong fingers. Energy shooting out the tips.
V2 'I...'	4x8	A	R 'Warrior 2'	Arms to the horizon. Flip sides. Feel the beautiful therapeutic work through the back, the power of the legs.
PC 'No <u>nothing</u> ...'	4x8	B	R 'Extended Angle'	Ribs facing up to the sky. Allow the breath to come and go.
C 'We can be <u>Heroes</u> ...'	2x8	C	R 'Triangle Pose'	Introduce some hamstring work. Lengthen the front leg.
Instr	4x8	D	R 'Sun Warrior', step or jump feet together (last 1x4)	Come in low to 'Sun Warrior'. Come to your maximum.
V3 'Oh I...'	4x8	E	L Lunge with arms overhead	Be generous in this movement. Fingers spread and strong. Shoulders relaxed and down.
PC 'Though <u>nothing</u> ...'	2x8	E1	' <u>Standing Strength Sequence</u> ' Grasp hands above head (1x8), Bring whole body F (1x8) (see New Moves At A Glance)	Inhale – hands together. Reach forward, one hop and become your hero.
C 'We can be <u>Heroes</u> ...'	4x8	F	Step back foot in, launch into L 'Warrior 3' ('Aeroplane Pose') Transition to other side (last 1x4)	Spread those toes and rise through the crown.
V4 'I...'	4x8	E	R Lunge with arms overhead	Big and long. Both hips look forward. Stand in your glory.
'The <u>guns</u> ...'	2x8	E1	' <u>Standing Strength Sequence</u> '	Grab your guns. Inhale – pull all your energy in. Come forward and blow us a kiss.
'And we <u>kissed</u> ...'	2x8	F	R 'Warrior 3' ('Aeroplane Pose')	
'And the <u>same</u> ...'	2x8	F	R 'Warrior 3' ('Aeroplane Pose')	Heel back, toes down. Wobbling is fine !
	2x8	—	transition up, shake legs out and take feet out ready for Lunges	
C 'We can be <u>Heroes</u> ...'	10x8	G	L Lunge (2x8), transition through center, R Lunge (2x8) with 'Kung Fu' Arms (see New Moves At A Glance) Rep 2x Transition to 'F Bend' (2x8)	A bit of 'Kung Fu'! One hand shields, one hand fends. Creep through center. Show us your maximum.
Outro	4x8	—	Center 'F Bend' hands clasped behind	Feet in a bit. Hands come behind. Shoulders down. Lead out with the chest. Be proud. Shoulders down. Release lower back. Give your brain a drink.

Bend the knees and use the strength in the upper body to come up. Step or jump the feet together.

Track 4. Balance

'There You'll Be'

5:05 mins

Benefits: *Yoga and Ballet Base – uses the hands to help negotiate full body balance, works gluteal muscles and other stabilizers, increases expressive movement. Includes leg and arm balances.*

Music: *Theme to the blockbuster 'Pearl Harbour' performed by the beautiful Faith Hill.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2x8	A	Set up hands	Hands on maximum. Stretch fingers really wide and press them together. Shoulders tuck down the back.
V1 'When I <u>think</u> ...'	2x8	B	L knee lifts front (1x2), open knee to side (1x2), front (1x2), foot down (1x2) Rep 2x	Keep toe close to knee. Lift knee up and out. Find a spot on the wall to focus your attention.
V2 'When I <u>look</u> ...'	2x8	C	Hold L 'Tree Pose'	Press the hands and with the same force put it in the leg.
PC '...In my dreams...'	2x8	C1	Hold L 'Tree Pose' arms circle down, out and up	Lets grow. More through the arms.
C '...I'll keep a part...'	2x8	C2	L leg extends out, lean body to R ('Willow Tree Pose') (see New Moves At A Glance)	Hold firm. Lift off ! Pregnancy option : one foot down.
C br 'And <u>every</u> where...'	1x8	C2	Hold	We want to feel that pinch in the backside.
Instr	2x8	A	Reset hands	Lift up. Integrate down and back. Full strength. Belly on 30%.
V3 'When I <u>think</u> ...'	2x8	B	R knee lifts front (1x2), side (1x2), front (1x2), down (1x2) Rep 2x	Use your mind. Breathe and focus.
V4 'When I <u>look</u> ...'	2x8	C	Hold R 'Tree Pose'	Open out. Knee and foot pressing together. Grow roots into the ground.
PC '...In my dreams...'	2x8	C1	Hold R 'Tree Pose' arms circle down, out and up	Let it happen for you.
C '...I'll keep a part...'	2x8	C2	R leg extends out, lean body to L ('Willow Tree Pose')	Willow on out.
C br 'And <u>every</u> where...'	1x8	C2	Hold	Work throughout whole body core, shoulders, ankles, stabilizers.
Br	1x2	—	Transition to floor	Shoot on down.
V5 'Well you <u>showed</u> ...'	2x8	D	'Down Dog' (1x8), 'Plank' (1x8)	Advanced option : Hold Plank. Recover then come through.
V6 'Your love <u>made</u> ...'	2x8	E	L 'Knee To Chest' (1x4), 'Extend' (1x4) (see New Moves At A Glance) Rep 2x	Knee to nose. Soar way back.
PC '...In my dreams...'	2x8	F	L 'Side Plank', arm up	Option: knee down. Integrate through front and back.
C '...I'll keep a part...'	1½ x8	F1	'Arm Moves Back' (see New Moves At A Glance)	Top arm reaches way back.
Br "'Cause I always <u>saw</u> ...'	2x8	F	'R Side Plank', arm up	Other side. Shoulder over wrist.
C br ' <u>You</u> were right...'	1½ x8	F1	'Arm Moves Back'	Focus in.
PC '...In my dreams...'	2x8	D	'Down Dog' (1x8), 'Plank' (1x8)	Advanced option : Hold Plank. Release. Plant the butt way back.
C '...I'll keep a part...'	2x8	E	R 'Knee To Chest'(1x4), 'Extend' (1x4) Rep 2x	Curve the back. Strength in the belly.
Rep 'And <u>every</u> where...'	2x8	—	'Down Dog'	Separate your feet. Push with power through hands and feet.
Outro '...There you'll be...'	2x8	—	'Crocodile'	Option: stay in 'Down Dog'.

Release to 'Child's Pose'

Track 5. Hip Openers

'Let Love Be Your Energy'

4:35 mins

Benefits: Yoga Base – opens hips and groins. Introduces 'Half Lotus' and 'Frog Pose'.

Music: Fantastic lyrics from Robbie Williams as we rock on down to some new challenges for the hips.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	1x8	A	'Plank Pose'	Come to 'Plank'. This sets your stride length.
V1 '...Out of a...'	2x8	B	L Lunge, outside hands	Step R foot to the outside. Feel the four corners of the feet. Lengthen the chest from the heel.
'Ahhh...'	2x8	B1	'Lunge On Forearms' (see New Moves At A Glance)	For a challenge, climb down and feel how it gets deeper in the hips. Option : 'Back Knee Down' (see New Moves At A Glance).
PC 'Daddy where's...'	4x8	C	Lift back up onto hands and position to 'Swan Pose' (1x8) Prop on L fingers and reach up with R arm (1x8) Lengthen and extend further through little finger side (1x8) Bring whole body forward (1x8)	Climb out again. Wrap the leg on the inside. Same arm as leg and reach to the sky. Inhale and lift through the little finger side. 10 toes down. Belly button first thing down.
C '...If you're...'	4½ x8	C1	Reset on elbows and hold 'Swan Pose'	Use out breath to sink deeper into the pose. Elbows under shoulders. Turn the back hip in.
Br	1x2	A	'Plank'	Hands under the shoulders, push back for a dramatic pause.
V2 '...Every tear...'	2x8	B	R Lunge, outside hands	Go for length. Try a straight leg.
'Sister...'	2x8	B1	'Lunge On Forearms'	Options: back knee bent or stay in 'High Lunge'. Come on down !
PC 'Daddy where's...'	4x8	C	Lift back up onto hands and position to 'Swan Pose' (1x8) Prop on R fingers and reach up with L arm (1x8) Lengthen and extend further through little finger side (1x8) Bring whole body forward (1x8)	Soften lift. Heel to hip. Prop and lift. Be dramatic and do your best Hollywood 'die' ! Keep wiggling leg back.
C '...If you're...'	4½ x8	C1	Reset on elbows and hold 'Swan Pose'	Use 'out' breath to sink deeper into the pose. Get intimate with the floor.
Instr (soft)	3x8	—	Transition L leg around to L 'Half Lotus' (see New Moves At A Glance)	Sweep the back leg around.
'Yeah...'	1x8	D	Hold L 'Half Lotus' and reach both arms up and tip forward	Sit tall on your sitting bones. Inhale – lift all your energy up and tip from the hips. Guide ropes out.
Ref '...And if you wanna...'	4x8	D	Hold L 'Half Lotus Pose'	Find your sticking point. Keep optimistic. Think 'soften' not 'gripping'.
C 'If you're willing to <u>change</u> ...'	4x8	D	R 'Half Lotus Pose'	Listen to the music cue to change.
C 'If you're willing to <u>change</u> ...'	4x8	D	Hold R 'Half Lotus Pose'	Open your collarbones, fill yourself with love and 'shine down'. Soften.
Rep '...If you're...'	4x8	—	Release, cross legs, place hands in front to transition F to 'Frog Pose' (see New Moves At A Glance)	Unravel. Hands come through, knees out, feet into floor.
Rep '...If you're...'	4x8	E	'Frog Pose'	Fantastic stretch. Ease back for adductor and deep hip stretch. Soften as you exhale. A special gift to Westerners for living our lives in chairs!

'Child's Pose', bring knees together and sit up.

Track 6. Core – Abdominals

'Where Do I Begin (AwayTeam Mix)'

5:25 mins

Benefits: Pilates and Ballet Base – strengthens deep abdominals. Raises mind awareness of body's core.

Music: You requested it – 'A blast from the past'. The fabulous Shirley Bassey has us singing along in abs.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro '...Where do I...'	4½x8	—	Set up 'Pilates Crunch'	Feet hip distance apart. Spine long. Tighten the belt. Hands on lower belly. Keep the lower belly hollowed.
Tempo 'Where do I _ start...'	4x8	A	'Pilates Crunch' 2 up (1x4) and down (1x4) Rep 4x	Lift shoulders to knees. Keep belly flat. Hold 30%. Pelvis neutral.
V1 ' <u>Where</u> ...'	6x8	A1	'Pilates Crunch With Balletic Arms' arms F (1x2), up (1x2) arms F (1x2), down (1x2) (see New Moves At A Glance) Rep 6x	Add the arms. Keep them really soft and rounded. Keep checking in with your belly. Peel your back off the floor.
V2 ' <u>Like</u> ...'	5x8	A2	'Pilates Obliques With Balletic Arms' L (1x2), center (1x2), R (1x2), down (1x2) Repeat to R side first (see New Moves At A Glance) Rep 2½x	Head over to the R, center, L. Now try the other way. Option: hand behind the neck.
Br	1x4	—	Knees to chest	
V3 ' <u>Heart</u> ...'	3x8	B	'Pilates Knees To Chest And Shoot Legs Out' (see New Moves At A Glance) Rep 3x	Shoot the legs straight out. Keep the back and the abdominals exactly where they are. As we get stronger the legs naturally get lower. Arms at your side.
V4 'Everywhere I <u>go</u> ...'	4x8	B1	Add arms overhead and sweeping around, hands to feet, head into knees Rep 4x	Option: head down on floor.
Instr	4x8	—	Pelvic lifts, up (1x4), down (1x4) Rep 4x	Reposition yourself. Feet hip distance. Wheel the back off the floor. Advanced Option : 'Pilates Bicycles'.
V5 ' <u>How</u> long...'	5x8	—	'Bridge Pose'	Look at the roof. Elbows come together, clasp hands then creep the hands down towards the legs. Neck long.
V6 'He fills my <u>heart</u> ...'	3x8	B	'Pilates Knees To Chest And Shoot Legs Out' Rep3x	Out with the legs. Scoop the belly.
V7 'Everywhere I <u>go</u> ...'	4x8	B1	Add arms overhead and sweeping around, hands to feet, head into knees Rep 4x	Full body stretch. Keep breathing deep into the belly.
Br	1x8	—	Set up 'Pilates Crunch'	Check the belly again! Tongue on the roof of the mouth to help stabilize our neck and jaw.
	3x8	A	'Pilates Crunch' Rep 3x	
Instr	4x8	A1	Repeat 'Pilates Crunch With Balletic Arms' Rep 4x	Shoulders to knees. Use your fingers to check the belly is working.
V8 ' <u>How</u> long...'	5x8	A2	Repeat 'Pilates Obliques With Balletic Arms' Rep 2½x	If you want more come a little higher. Ribs to hips.
Outro (fades) '...There...'	8x8	B1	'Pilates Knees To Chest And Shoot Legs Out', with arms Rep 8x	Arms and legs together this time. Full body work. Get the feel of the move before bringing the legs down.

Hold legs out.

Track 7. Core – Back

‘Whole Again’

4:55 mins

Benefits: *Yoga Base – strengthens and integrates postural back muscles, hamstrings and gluteals. Creates full body extension.*

Music: *‘Atomic Kitten’ brings us this chart topping, heart throbbing sing-a-long ballad.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2x8	—	Set up for back work	Hands resting on shoulders. Legs are long. 10 toes down so our thighs are splaying out slightly.
V1 ‘If you see...’	4x8	A	Upper back lifts with hands on shoulders Lift up (1x4), Release down (1x4) Rep 4x	Lift upper body. Legs press into the floor. Keep the gaze moving forward. Chin tucked in. One notch is on in the belly.
V2 ‘If you see...’	4x8	B	Lower leg lifts Lift legs (1x4), Lower down (1x4) Rep 4x	Lengthen feet at the back. Knee caps lift off. Long legs.
C ‘Looking back...’	4x8	C	‘Back Sequence’ Shoulder blades back (1x2) Upper body lift (1x2) Arms out to side (1x2) Lower body and bring hands back to shoulders (1x2) (see New Moves At A Glance) Rep 4x	We have a 4 part upper back move: hands placed on the shoulders and bring shoulder blades together, lift upper body off, reach out, come down. Really work postural muscles.
V3 ‘Time is laying...’	4x8	A+B	Upper and lower lifts Rep 4x	Upper and lower together. We want to feel nothing in the lower back. Long rather than high.
C ‘Looking back...’	4x8	C	‘Back Sequence’ Rep 4x	Belly on, upper back move. Go for great posture. Draw belly in to stabilize the back.
V4 ‘If you see...’	4x8	—	‘Cat Pose’ (1½x8), Release (1x4) Rep 2x	Let’s take a little break. Pushing up to all fours and round through the spine. Check knees are hip distance and hands directly under shoulders.
V5 ‘If you see...’	4x8	D	‘Horse Stance’ Lifts to side, L arm at 90 ⁰ , R leg at 90 ⁰ (1x8) (Hold last one up) Rep 3½x	R arm and L left. Hands under shoulders. Soften supporting elbow. Advanced Option: Look at fist.
C ‘Looking back...’	4x8	E	Pointer (2x8) Leg and arm to diagonal (2x8)	Come through to ‘Pointer’. Drop the toes and shoulder blades in and lengthen. Out on the diagonal.
V6 ‘Time is laying...’	4x8	D	House stance lifts R arm, L leg (1x8) (hold last one up) Rep 3½x	Check your elbow is bent. If you want more, watch your hand. Hold and integrate right through.
C ‘Looking back...’	4x8	E	Pointer (2x8) Leg and arm to diagonal (2x8)	Flatten off hips and shoulders. Leg and arms out to 45 ⁰ .
Br ‘...For now I have...’ (spoken)	4x8	—	‘Cradle Pose’	Back extension pose from yoga. Flex feet and ease up into it. Full body stretch. We have an optional ‘Backbend’ coming up.
C ‘Looking back...’	4x8	—	Roll over to ‘Bridge Pose’	Roll over and turn side on. Knees and feet hip distance apart. Roll up through the back. Do not take your gaze from the roof. Protect your neck. Elbows creep in along the ground. Hands clasped. Come up onto the ridge of the shoulders. Relax your face.
‘Looking back...’	4x8	—	Hold ‘Bridge Pose’	Stay here or take up the challenge to ‘Backbend.’
Rep ‘Baby you’re the <u>one</u> ...’	2x8	—	Set up ‘Backbend Pose’ (1½x8) Push up to ‘Backbend Pose’ (½x8)	Option: ‘Bridge Pose.’ Eyes stay on the roof. Place hands by ears. Fingers point to feet and push up.

Stay with the weight in your arms as your come down. Chin to chest. Softly land on the back of the head drawing knees to chest.

Track 8. Twists **'I Believe (When I Fall In Love It Will Be Forever)'** **4:55 mins**

Benefits: *Yoga and Tai Chi Base – Held self adjustment and advanced floor twists combined with dynamic twisting lunges to increase mobility of the spine.*

Music: *Stevie Wonder is back with sensational sounds to release and unwind to.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	3x8	—	Lie on back, knees into chest	Knees into chest releasing out lower backs. Long neck.
V1 ' <u>Shattered</u> dreams...'	4x8	A	' <u>Twist With Traction</u> ' L Knees to L, L hand on R hip, use the strength to pull the hip F, R hand on the lower ribs traction back in the opposite direction (see <i>New Moves At A Glance</i>)	Knees over to R. R hand on hip and use strength traction so we get a self assisted stretch. This gives us a fuller twist.
V2 'The <u>many</u> sounds...'	2x8	A1	Arms to side	Arms reach way out. Gaze down the back arm. Soften ribs into floor.
	1x2	A1	Hold	
C '...I believe...'	2x8	A2	'Cradle The Ankle' (see <i>New Moves At A Glance</i>)	Soften yourself into the floor.
V3 'Without <u>out</u> despair...'	4x8	A	'Twist With Traction' R	Belly on. Switch sides. Shoulders are down. Feel the beautiful stretching.
V4 'When the <u>truth</u> ...'	2x8	A1	Arms to side	Breath in, exhale arms wide.
	1x2	A1	Hold	
C '...I believe...'	2x8	A2	'Cradle The Ankle' R	Intensify by stretching top leg out.
Br	1x6	—	Transition to 'Down Dog'	Legs together, swing up and come into 'Down Dog', pushing way back, integrating shoulders.
C '...I believe...'	12x8	—	Down Dog (1x8), Lunging Twist (1x8) L } Down Dog (1x8), Lunging Twist (1x8) R } Rep 3x	Hand replaces foot. Long arms. Soft middle back. Lift your butt really high. Lengthen through the back leg. Mobilize the spine.
Br 'C'mon let's <u>fall</u> ...'	2x8	B	L 'F Lunge' with arms overhead (1x8) and F (1x8) (see <i>New Moves At A Glance</i>)	Stay in lunge. Come up and lets center ourselves again. Step in to change sides.
'C'mon let's <u>fall</u> ...'	2x8	B	R 'F Lunge' with arms overhead (1x8) and F (1x8)	Breathing in and reaching forward. Crown of the head through to the tailbone. Step feet together.
Outro	1x8	—	Upper back and neck stretch	Come side on and curve over to stretch upper back.

Track 9. Forward Bends – Hamstrings

‘Here With Me’

4:05 mins

Benefits: Yoga Base – stretches hamstrings, encourages fluid body movement, incorporates upper body strength.

Music: Bodybalance welcomes its most requested artist – Dido.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2½x8		Feet hip distance	Option: seated ‘F Bend.’
V1 ‘I didn’t <u>hear</u> ...’	4x8	A	‘F Bend’ feet hip distance (2x8)	Hang forward. We want to release right through our backs. Let our heads fall. Shoulder blades tucked into the upper back. Knees soft. Take the feet a little wider and keep the head down. Hands down.
		A1	Feet outside shoulder width (2x8)	
PC ‘Oh I <u>am</u> ...’	2x8	A2	‘F Bend’ Center	Feel 4 corners of the feet, little bit of weight in the hands. Listen. Relax into this beautiful restorative yoga pose.
C ‘And I won’t <u>go</u> ...’	4½x8	A3	L ‘F Bend’	Heads down. Walk to the R with the hands. Option: knees bend. Belly rests a little on the R.
C (Instr)	2x8	A2	‘F Bend’ Center	Come center and hang again. Feel the lengthening through the back and legs.
V2 ‘Don’t want to <u>call</u> ...’	4x8	A3	R ‘F Bend’	Don’t break this beautiful flow of blood to the head. Fabulous anti-aging, restorative pose.
PC ‘Oh I <u>am</u> ...’	2x8	—	‘F Bend’ (1x8) Deep Knee Bend (1x8) Elbows to thighs – transition up to ‘Tai Chi Arm Circling’	Come back to center. Deep knee bend. Elbows to thighs. Shift weight side to side.
C ‘And I won’t <u>go</u> ...’	4x8	B	‘Tai Chi Arm Circling’ L&R (1x4) Rep 8x	Come into ‘Tai Chi Arm Circling.’
C ‘I <u>won’t</u> ...’	4x8	B	‘Tai Chi Arm Circling’ L&R (1x4) Rep 8x	Really flow out with it. Let yourself center again. Feel the energy restoring into the body. Breathing deep. Fantastic!
Br ‘ <u>Me</u> ...’	2x8	—	Slow down and transition to floor	Come to the floor, legs shoot straight and strong.
PC ‘I <u>am</u> what I am...’	2x8	C	‘Table Top’	Hands where they land. Lift the belly and contract through the back. Option: One leg in support.
C ‘And I won’t <u>go</u>	2x8	D	‘Seated F Bend’	Chin to chest. Now stretch the back of the body. Mountain Pose legs.
C ‘And I won’t leave...’	2x8	C	‘Table Top’	Breathe easy.
C ‘And I won’t <u>go</u>	2x8	D	‘Seated F Bend’	Take a seat. Reach out long. A little further this time. This is PNF stretching.
C ‘And I won’t leave...’	2x8	C	‘Table Top’	Go again.
Br ‘ <u>Me</u> ...’	1½x8	D	‘Seated F Bend’	Lift tall. Belly drawn in, hold and relax.

Hold ‘Seated F Bend’.

Track 10. Relaxation

‘An Ending (Ascent)’

6:30 mins

Benefits: *Allows body to re-center and come in deep contact with the breath.*

Music: *Warming, joyful piece of music that assists relaxation and celebration of the class.*

Stay where you are. Welcome to the best part of the class. Take in three deep breaths and lengthen the breath slightly each time. In and out through the nose, belly to spine and let the head be really heavy. Very gently come up to sitting. Put some clothes on if you wish and then your job is to find the position most comfortable for you (lying down, knees up, kneeling or sitting).

First of all, well done. This should be a celebration. You’ve worked really hard in Tape 15. We’ve visited some of the nooks and crannies of the body and now it is the chance to let everything settle. Bring your focus to your breath. Notice the rise and fall of the belly. Let the weight of the breath fall to the lower body. We want you to allow the joints to be really open. Allow the feet to flop out, the knees to soften and the hips to open. Make the shoulder blades wide and let the weight of the back sink into the floor. Your breath is becoming even longer. Bring your focus to your head and if there is any tension there roll it side to side. Have a soft smile on your face, on your lips, behind your eyes. Carry that smile into your chest and the full body. As you notice the breath come and go, think of a place you most love to be. The place you are most comfortable, most open and most happy.

As you inhale, allow that feeling to wash over you. Just bathe in it so your whole body shines and smiles out. Let the face become even softer, the breath even smoother and just bask in your sun. Let the breath come and go. Enjoy.

Track 11. Meditation

‘Blue Horizon’

4:15 mins

Benefits: *Opportunity to re-calibrate the body and mind and revisit our new posture.*

Music: *David Bradstreet offers us sounds from the sea to transition back into the day.*

Very gently start to deepen the breath. We are going to use the ebb and flow of this beautiful piece of music to bring you back into your day. Make your breath more audible, deepen the breath, draw deep into the core beneath the belly button. As you exhale feel the energy of your breath reach the extremities and start to wiggle fingers and toes. Take the arms overhead and stretch out as long as you can with energy out the fingertips and toes long. Feel the breath fill your body. Sweep the arms around and gather a knee in. Do little circles to release the hips. Other side. Now both knees in and give yourself a cuddle. Roll out to the right side to remain in resting state. Come up to a seated position.

Take a generous cross legged position and feel the new openness in the hips. Let's revisit our 30% in the core and notice the height and new posture it gives you. Allow the hands to sit on the knees and lift up tall through the crown. Drop the head to one side and eyes look up. Other side. Come to your tallest. Be aware of your sit bones pushing down, your crown lifting up through a strong core. A little smile on the lips, fire in your eyes. Come to your tallest. Carry this new posture, new strength from Tape 15 into your day.