



LES MILLS BODY TRAINING SYSTEMS

16

Choreography by: Jackie Mills
Video Presentation by: Jackie Mills,
Emma Barry, Lee Parore

	TITLE	ARTIST	DURATION
1	Innocente	Delirium	6.15
2	Floatation	The Grid	5.25
3	Arms Wide Open	Creed	4.00
4	Misere	Paul Schwartz & The Joyful Company of Singers	5.40
5	Irresistible	Jessica Simpson	5.05
6	Survivor	Destiny's Child	4.00
7	Crash & Burn	Savage Garden	6.05
8	There You Were	Jessica Simpson & Marc Anthony	4.25
9	At The River	Groove Amada	4.15
10	Spiegel im Spiegel	Tamsin Little & Martin Roscoe	5.55
11	Silver Cloud	Deuter	3.25

Don't miss our first-ever LES MILLS GLOBAL INSTRUCTORS CONVENTION in June.
Visit www.lesmills.com for information and enrollment details.

Welcome to BODYBALANCE 16

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	Basic Tai Chi Forms and side stretching sequences have your body and mind 100% prepared for the class ahead.
Sun Salutations	Innovation of the hamstring stretch invites more leg focus to the Sun Salute sequence.
Standing Strength	'Warrior 2' and 'Sun Warrior' interspersed with 'Half Moon Pose' to challenge the legs.
Balance	A fantastic 'Chi Balance' sequence drawing from martial arts gives you a magic dynamic experience.
Hip Openers	Lots of 'Dog' and '3 Legged Dog' combined with 'Swan Pose' to encourage those hips open.
Core – Abdominals	Welcome back 'Bird Pose' and fantastic pilates based core exercises.
Core – Back	A bonus section at the start addressing gluteus medius before heading up to the back muscles.
Twists	Seated and lying twists completed with the Tai Chi exercise introduced in the warmup.
Forward Bends – Hamstrings	Wonderful hamstring stretch interplay between standing and seated poses and an emphasis on ankle stretching.
Relaxation / Meditation	Simple journey through, alignment and breathing.

- 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.

New Moves At A Glance

Tai Chi Warmup

'Chi Ball And Touch Fingers' sequence

	1 - Stay low in legs. - Weight shift L holding Chi Ball. - Straight back.		2 - Weight shift R. - Soft arms.		3 - Weight shift L and hold. - Touch fingers as you extend arms out. - Repeat other side.		'Stretch Side Body' - Feet and legs strong. - Lift and lengthen side body. - Draw elbow down and look under armpit.
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'Tai Chi Lunge And Squat' sequence

	1 - Exhale and sink through legs. 'Snake Creeps Down' with bottom hand. 'Hold Birds Tail' with top hand.		2 - Arms float down and cross in front. - Deep squat.		3 - Inhale. - Circle arms inward and upward.
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Sun Salutations

'Straighten Leg'

'Extended Mountain Pose'

	- Back heel lifted. - Square hips. - Lengthen front body. - Neck and shoulders soft.		- Bend knees. - Squeeze buttocks. - Extend up and back with hands in prayer. - Look at hands.
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Standing Strength

'Lunge Facing Side'

Balance

'Chi Balance'

	- Keep belly strong. - Open collarbones. - Hip tucked under.		1 - Inhale. - Circle leg out. 'Shield' and 'Push' with arms. - Lift whole body tall.		2 - Exhale. - Circle leg back and sink. - Hand touches inner elbow. - Core strong.		3 - Inhale. - Rise up. - Draw knee through and wrists up. 'Crane Pose'.		4 - Exhale a sink. - Push foot hands th - Be very upright.
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Hip Openers

'3 Leg Dog With Weight F'

	1 • Strong core. • Bring weight into upper body. • Look forward. • Prepare to swing leg through to 'Swan Pose'.		2 • Hips square. • Lift up equally through sides. • Relax shoulders and hips.		1 • Head down. • Legs strong. • Draw knees to chest and shoot other leg out.		2 • Keep 30% in the belly. • Lift shoulders and lengthen legs out. • Beginners option: feet to the roof.
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Core Back

'Side Leg' sequence

side body.	2 • Keep lower leg lifted. • Draw knee to shoulder. • Keep core strong.	3 • Take knee towards floor. • Maintain strong position with the body.	4 • Extend leg to roof. • Draw heels away from each other.

Twists

'Seated Twist With Leg Lifted'

'Round The World & Swim' sequence

2 • Belly strong. • Chin tucked in. • Arms forward and lifted. • Kick with full leg.	• Both sit bones on the floor. • Option to extend leg. • Plant hand behind. • Look over shoulder. • Lift tall.	• ½ stride length. • Both feet face forward. • Bend front leg. • Lengthen front body and soften neck.	• Knees soft. • Weight forward into upper body. • Look forward.

Forward Bends / Hamstrings

'Foot Back Forward Fold'

'Walk Hands F'

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

Tai Chi Warmup

'Innocente'

6:15 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: *Delirium set the mood for this fantastic power hour.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Harp Instrumental	3x8	—	Wide 'Wu Chi Stance', hold Chi ball R hand on top	Head floats like a balloon. Body dangles like a piece of string.
Beat Instrumental	4x8	—	'Tai Chi Breaths' Inhale – raise arms (1x4) Exhale – lower arms (1x4) Rep 4x	Inhale rise up. Exhale float down. Relax. Soft focus.
V1 '...You can't see my eyes...'	9x8 1x6	—	'Arms Swings' L & R (1x4) Rep 19½x	Go side to side. Swing and wrap. Feet disappear under knees. Stay in the legs.
V2 '... It's the rain...'	6x8	A	'Chi Ball & Touch Fingers' sequence Hold Chi ball, Shift Weight R & L (1x4) Hold on R leg & hold, open arms diagonally, R arm high (1x4) Repeat L & R (1x8) Rep 3x (see New Moves At A Glance)	Start with R hand on top holding Chi Ball. Smooth and sensual move side to side. Hold and open. Stay in contact with the whole body.
C '...Darling...'	4x8	B	'Swing & Stretch' sequence Step feet hip distance apart, arms up Swing arms F then up again (1x4) R Hand up to stretch side body, L arm pulls down (1x4) Repeat swing then reach L hand up (1x8) Rep 2x (see New Moves At A Glance)	Belly switched on, swing F, lift and lengthen. Feel the release, feel the length.
Br	1x4	—	Wide 'Wu Chi' and hold Chi ball	
V3 'It's <u>marching</u> ...'	4x8	A	Repeat 'Chi Ball & Touch Fingers' sequence L & R Rep 2x	Start with L hand on top holding Chi Ball. Try to stay out of rhythm and in flow.
C '...Darling...'	4x8	B	Repeat 'Swing & Stretch' sequence Rep 2x	Breathing deeply and fully.
V4 'I suppose...'	4x8	B1	'Swing & Bow & Arrow' sequence Swing arms down & up (1x4) Step feet wide 'Bow & Arrow' arms to L (1x4) Repeat R (1x8) Rep 2x	Imagine diving over a waterfall then drawing an arrow. Back to nature.

Harp Instrumental	6x8	C	'Tai Chi Lunge & Squat' sequence Hold legs wide, lunge weight to L leg & 'Hold Bird's Tail' in L hand R hand 'Snake Creeps Down' (1x4) Shift weight to both legs in squat, hands crossing in front of body and raise arms overhead and straighten legs (1x4) Repeat R (1x8) <i>(see New Moves At A Glance)</i> Rep 3x	Sink down then breathe through the middle. Hold a 'Little Bird's Tail' in one hand and 'Snake Creeps Down' with the other.
Br	1x8		'Tai Chi Breath' Exhale – hands slide down	Slide down.
V5 '...It's the rain...'	8x8	A	Repeat 'Chi Ball & Touch Fingers' sequence L & R Rep 4x	Fluid, soft, even waves.
C '...Darling...'	4x8	B	Repeat 'Swing & Stretch' sequence Rep 2x	Go for the sky. Hear yourself breathe.
V6 'I suppose...'	4x8	B1	Repeat 'Swing & Bow & Arrow' sequence Rep 2x	Deeper in the legs.
Ref '...I feel...'	6x8	C	Repeat 'Tai Chi Lunge & Squat' sequence Rep 3x	Gather energy in our body.
Outro	1x8	—	Lower arms slowly to 'Wu Chi'	Slide right down into yourself.

Sun Salutations

'Floatation'

5:25 mins

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

Music: *Strong funky piece of music by The Grid that encourages you to hit each pose then soften into it.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	—	'Mountain Pose'	Spread your toes. Pull up your body zip.
Tempo	4x8	A	'Sun Salutation' L Inhale – arms up (1x8) Exhale – hands to thighs (1x8) Inhale – 'Intense Pose' (1x8) Exhale – 'F Fold' (1x8)	Fingers strong. Hands find knees. Arms up. Fly forward.
Instr (strong beat)	4x8		Inhale – L Lunge (1x8) Exhale – 'Down Dog' (1x8) Inhale – 'Plank' (1x8) Exhale – 'Crocodile' (1x8) Option: Knees down Option: Knees down	Reach way back. Hoist the hips. Buns to the sun. Glide forward. Float down.
Melody (flute)	4x8		Inhale – 'Up Dog' (1x8) Exhale – 'Down Dog' (1x8) Option: 'Cobra', 'Baby Cobra' or 'Cat Stretch' Inhale – L Lunge (1x8) Exhale – straighten L leg (1x8)	Open collarbones. Belly to spine. (see New Moves At A Glance)
Melody (flute)	4x8		Inhale – L Lunge (1x8) Exhale – 'F Fold' (1x8) Inhale – arms up (1x8) Exhale – arms down (1x8)	Lift chest, drop pelvis. Gaze between your knees. Push through the strength in the feet to come up through fingertips.
Instr (heavy breaths)	16x8	A	'Sun Salutation' sequence R ↓	Orchestrate movement with breath. Listen to the breath cues in the music. Fill and empty the lungs.
Instr (heavy breaths)	16x8	A	'Sun Salutation' sequence L ↓	Lift and lengthen the body as you move through the sequence. Release all tension in the body.
Instr (wind instrument)	16x8	A	'Sun Salutation' sequence R ↓	This should be your best round. Bigger and longer than you've been before.
Outro	2x8		Extended 'Mountain Pose', arms stretch up and back with palms together, looking up (see New Moves At A Glance)	Knees bent, buttocks and abdominals firm, hands in prayer, look up.

Standing Strength

'Arms Wide Open'

4:00 mins

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

Music: *Creed brings us this much requested self affirming track.*

Music Segment		Cts	Seq	Description	Instructor Tips & Cues
Intro		2x8	—	Set up for leg strength poses to L	Feet are Warrior Width. Tuck pelvis under.
V1	'Well, I told her...'	4x8	A	L 'Triangle Pose'	When you feel new length touch down.
C	'With arms wide <u>open</u> ...'	4x8	B	L 'Warrior 2 Pose' with palms facing F	Deep knee bend. Align yourself to the front.
V2	'Well I don't know...'	4x8	A	R 'Triangle Pose'	Turn feet first. Set the pelvis. Long side body. Revolve.
C	'With arms wide <u>open</u> ...'	4x8	B	R 'Warrior 2 Pose' with palms facing F	Strong and centered. Feel width across collarbones.
C br	'With arms wide <u>open</u> ...'	2x8	—	Feet F, arms clasped behind back, stretch chest	Allow the chest to open. Strong belly.
Rep	'I'll show you <u>everything</u> ...'	2x8	C	L Lunge facing L, arms clasped behind, R knee bent (see <i>New Moves At A Glance</i>)	Let your heart shine up.
Instr	Guitar	4x8	D	Spring to 'Half Moon Pose' with bent support leg	Pregnancy option: stay in 'Warrior 2 Pose'. Same arm as leg.
V3	'But he can <u>take</u> this life...'	2x8	E	Leg re-positions back L 'Sun Warrior'	Touch down, step back and rise.
C	'With arms wide <u>open</u> ...'	2x8	C	R Lunge facing R, arms clasped behind, L knee bent	Lots of work in the back leg.
C	'With arms wide <u>open</u> ...'	2x8	D	Spring to 'Half Moon Pose' with bent support leg	Deepen the bend of the back leg.
C br	'With arms wide <u>open</u> ...'	2x8	D	Hold 'Half Moon Pose'	Power out the back heel.
Rep	'I'll show you <u>everything</u> ...'	2x8	E	Leg re-positions back R 'Sun Warrior'	Touch down and step back.
Outro	'Wide <u>open</u> ...'	1x8	—	Feet forward, open arms wide, lift chest, open hands	Wide open!

Benefits: *Martial Arts and Ballet Base – flowing martial sequence encourages full body balance. Challenges the body to work gluteal muscles and other stabilizers, increases expressive movement and brings body and mind together.*

Music: *Highlight piece of the tape by Paul Schwartz & The Joyful Company of Singers. Allows us to reach a meditative state.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro 1	2½x8	—	'Mountain Pose', feet together or slightly apart	Rise equal sides of your body. Float your head.
Intro 2	2x8	—	Rise onto balls of feet (1x2) and lower (1x2) Rep 4x	Breathe and find your own center.
Intro 3 (strings)	4x8	A	Rise onto balls of feet arms rise out to sides and overhead (1x8) Slowly bend knees to 'Low Intense Pose' on balls of feet, arms out to side, down then F (1x8) Rep 2x	Feel how your body adjusts to moving. Knees go F and 'give' with the arms. Try to stay on the balls of our feet.
Vocals (chant)	4x8	B	L 'Chi Balance' using (1x4) for each pose (see <i>New Moves At A Glance</i>) Rep 2x	Move through each pose slowly and continuously.
Instr & vocals	4x8	B1	L 'Chi Balance' sequence using (1x8) for each pose	Pregnancy option: Foot down.
Vocals (chant)	4x8	B	R 'Chi Balance' sequence using (1x4) for each pose Rep 2x	Lift and rise. Use the breath.
Vocals B up	4x8	B1	R 'Chi Balance' sequence using (1x8) for each pose	Find a meditative state.
Instr (strings)	4x8	A	Rise on balls of feet, arms rise out to sides and overhead (1x8) Slowly bend knees to 'Low Intense Pose' on balls of feet, arms out to side, down then F (1x8) Rep 2x	Rise and sink using the breath.
Instr (strings)	4x8	—	Squat, arms cross in front (1x2) L 'Star Balance' (1x2) Repeat R (1x4) Rep 4x	Pregnancy option: Keep foot grounded. Come deep then stretch as long as you can.
Vocals (chant)	4x8	B	L 'Chi Balance' sequence using (1x4) for each pose Rep 2x	Stay in the meditation of it. Stay in the control. Stay in the physicality of it.
Vocals (soften)	½x8	—	Step F to 'Mountain Pose'	Feel the energy flow.
Vocals (strings)	4x8	B	R 'Chi Balance' sequence using (1x4) for each pose Rep 2x	Use your big toe to balance.
Outro	1x8	—	Finish rising on balls of feet with arms up	Rise right up to the top.

Hip Openers

'Irresistible'

5:05 mins

Benefits: Yoga Base – Uses 'Swan Pose' and Dog variations to open hips and groins.

Music: Beautiful, sexy song by Jessica Simpson to release to.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	—	Transition to 'Down Dog' through 'Plank'	Spread your toes. Ready to hit your dog!
V1 '...Don't you...'	4x8	A	'Down Dog'	Fabulous anti-aging pose. Broad shoulders. On the balls of your feet
B up 'I know I'm...'	1x8	B	L '3 Leg Dog', rise onto ball of foot, bring body weight F, look F (see <i>New Moves At A Glance</i>)	Swing through to take a dive.
C 'He's irresistible...'	4x8	C	Swing L leg to 'Swan Pose'	Hip to heel. Settle into the pose. All toes down.
C br 'Irresistible to <u>me</u> ...'	2x8	C1	Bring body F	Belly button touches down first.
V2 '...Don't you...'	4x8	A	'Down Dog'	Plant your hands and back we go. Big hands, broad shoulders, long spine.
B up 'I know I'm...'	1x8	B	R '3 Leg Dog', rise onto ball of foot, bring body weight F, look F	Bring the weight F and ready, set, go!
C 'He's irresistible...'	4x8	C	Swing R leg to 'Swan Pose'	Make your heel 'up close and personal' with your hip.
C br 'Irresistible to <u>me</u> ...'	2x8	C1	Bring body F	Be sensual and melt to the floor.
V3 '...Don't you...'	4x8	A	'Down Dog'	Buns to the sun. Gaze between your knees.
B up 'I know I'm...'	1x8	B	L '3 Leg Dog', rise onto ball of foot, bring body weight F, look F	Dog at Fire Hydrant! Weight F and dive.
C 'He's irresistible...'	2x8	C	Swing L leg to 'Swan Pose'	Soften into the pose.
C 'More than...'	2x8	C or C2	Hold 'Swan Pose' or <i>Option : raise 1 or 2 arms overhead</i>	Full smorgasbord of options. (See <i>New Moves At A Glance</i>).
C br 'Irresistible to <u>me</u> ...'	2x8	C1	Bring body F	
V4 '...Don't you...'	4x8	A	'Down Dog'	Create space and buoyancy.
B up 'I know I'm...'	1x8	B	R '3 Leg Dog', rise onto ball of foot, bring body F, look F	
C 'He's irresistible...'	2x8	C	Swing R leg to 'Swan Pose'	Be more than you were yesterday.

C	' More than...'	2x8	C or C2	Hold 'Swan Pose' or Option: raise 1 or 2 arms	
C br	'Irresistible to me ...'	2x8	C1	Bring body F	Create length and take it F.
Ref	'...You know...'	2x8	—	Transition to 'Star Pose'	Swing back leg around. Sit on bottom and press the soles of the feet together. Sit tall.
Br	'So irresistible ...'	½x8	—	Transition to L Hip and abdominal stretch	Feet in front and apart.
C	' He 's irresistible...'	4x8	D	L Hip and abdominal stretch	Spiral up and sensually look over your shoulder.
C	' He 's irresistible...'	4x8	D	R Hip and abdominal stretch	Sweep. Keep pressing the hips through.

Supermodel pose looking seductively over shoulder.

Core – Abdominals

‘Survivor’

4:00 mins

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

Music: Destiny’s Child give us a wonderful song to build killer core strength. Fantastic results for those who survive.

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	4x8	—	‘Deep Low Squat’ (Hindi)	Clasp hands, wedge the elbows into the knees, drop the tail, lift the chest.
V1 ‘Now that you’re <u>out</u> ...’	4x8	A	‘Bird Pose’ Option: One foot at a time	Plant the hands. Climb onto the triceps. Start with one leg off and shift weight F.
C ‘I’m a <u>survivor</u> ...’	2x8	B	‘Plank Pose’ Option: Knees down	Step or Jump back. Float kidneys.
C ‘I’m a <u>survivor</u> ...’	2x8	B or B1	‘Plank Pose’ Lift L foot and bring body weight F	Hello deep abdominals.
V2 ‘Thought I couldn’t <u>breathe</u> ...’	4x8	A	‘Bird Pose’	Scoop the belly.
C ‘I’m a <u>survivor</u> ...’	2x8	B	‘Plank Pose’ Option: Knees down	Straight & strong.
C ‘I’m a <u>survivor</u> ...’	2x8	B or B1	‘Plank Pose’ Lift R foot and bring body weight F	Strong work. Keep breathing.
Br ‘...Wishing you...’	1x8	—	Transition to Lying Supine, ‘Knee to Chest’ (see New Moves At A Glance)	Swing around. Head down and L knee to chest.
PC ‘I’m <u>better</u> ...’	3x8	C	‘Knee to Chest’ L & R, head down (1x4) Rep 6x	Strong legs. Shoot energy out the ball of the foot.
C ‘I’m a <u>survivor</u> ...’	4x8	D	‘Core’ sequence’ (4 part) 1) Legs shoot out, head down on floor arms straight and reaching outside legs (1x2) 2) Lift upper body up ‘pilates crunch’ (1x2) (see New Moves At A Glance) 3) Lower upper body down (1x2) 4) Bend knees to touch feet to floor (1x2) Option: Knees to chest, head down Rep 4x	Beginner option: Shoot feet to the roof.
Vocal Br ‘ <u>Oohh</u> ...’	4x8	C or C1	‘Knee to Chest’ L & R, head down Rep 8x Advanced option: Straight legs.	
C ‘I’m a <u>survivor</u> ...’	4x8	D	‘Core’ sequence (4 part) Rep 4x	
C ‘I’m a <u>survivor</u>	4x8	D	‘Core’ sequence (4 part) Rep 3½x	If you want more shoot the legs out.

Hold last one with legs out and lower slowly.

Benefits: *Ballet and Yoga Base – strengthens and integrates postural back muscles, hamstrings and gluteals. Creates full body extension. This bonus track includes gluteus medius work to stabilize the hips.*

Music: *Our favorite downunder rock band, Savage Garden, have the honor of this track.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	1x8	—	Set up on R side of body Legs straight and slightly forward of body	
Instr (guitar)	4x8	—	Head in R hand, L hand on floor in front of chest Both legs lifted and feet flexed and turned out	Really engage the core.
V1 'When you feel alone...'	4x8	A	'Side Leg' sequence L knee bends and leg lifts, knee towards shoulder (1x2) L leg straight to start position (1x2) Rep 8x	Very strong leg focus working all the stabilizers through the pelvis so we stand straighter and feel better.
V2 'I know...'	6x8	A1	'Side Leg' sequence L leg (cont) L knee bends and leg lifts, knee towards shoulder (1x2) L knee F towards front (1x2) L knee back up to shoulder (1x2) L leg straight to start position (1x2) Rep 6x	Let the inner thigh have a bit of work.
C '...Let me...'	4x8	A2	'Side Leg' sequence L leg (cont) L knee bends knee towards shoulder (1x2) L leg straightens and extends up (1x2) L leg bends (1x2) L leg straight to start position (1x2) Rep 4x	Feel the length in both legs. Push way out through both heels.
Instr br	2x8	—	Transition to R side	
V3 'When you feel alone...'	4x8	A	'Side Leg' sequence R leg Rep 8x	
V4 'I know...'	6x8	A1	'Side Leg' sequence R leg (cont) Rep 6x	Really pull back so that we are working into gluteus medius.
C '...Let me...'	4x8	A2	'Side Leg' sequence R leg (cont) Rep 4x	Feel the length. Check core is on.
Instr br	2x8	—	Transition to Prone hands on lower back	Pregnancy option: work on all fours.

V5	'When you feel all...'	6x8	B	'Round The World' sequence (1x8) Straight arms out to sides and to overhead Return to lower back (1x8) Rep 3x	Have really long legs out behind. Use your breathe and have as much lift as you need.
C Instr	'...Let me...' (guitar)	8x8 2x8	B1	'Round The World & Swim' sequence Arms circle to overhead as above Clasp hands & lift upper body (1x8) Lift legs and kick straight leg 'swimming' (1x8) Arms circle back to lower back Clasp hands & lift upper body (1x8) (legs down) Lift legs and kick straight leg 'swimming' (1x8) Rep 2½x	Pregnancy option: Hands and knees. Extend leg to back and bring through to chest. Wonderful integration of the 'Pilates Swimmer' exercise.
V6	'When you feel all...'	4x8	C	Lift up to 'Cat Stretch' (1x8) Back flat 'look at butt' L (1x8) 'Cat Stretch' (1x8) 'look at butt' R (1x8)	
Br		1x4	—	Transition to prone, hands on lower back	
C	'...Let me...'	14x8	B1	'Round The World & Swim' sequence (3½x8)	Open shoulders. Lift the chest, chin tucked in, neck long. Option: Arms and upper body down when working overhead.
Outro	'...You're not done'	4x8	—	'Cat Stretch', stretch F into 'Childs Pose'	Draw belly tight in. Want a really deep 'Cat Stretch' here. Chin tucked in.

Twists

'There You Were'

4:25 mins

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

Music: *The dynamic duo of Jessica Simpson & Marc Anthony woo us with this love song.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	1x8	—	Set up L seated twist with bent knees	<i>Option: R leg straight.</i>
V1 'I was counting...'	3¼x8	A	L 'Seated Twist'	Grounded butt. Grounded feet. Lift the chest.
C 'You broke through the storm ...'	2¼x8	A1	L 'Seated Twist'	<i>Option: L foot in R hand and lift L leg bent or straight.</i>
Br 'There you were ...'	1x8	—	Transition to R 'Seated Twist' knees bent (see <i>New Moves At A Glance</i>)	<i>Option: L leg straight.</i>
V2 ' As the road...'	3¼x8	A	R 'Seated Twist'	Soften shoulders.
C 'You broke through the storm ...'	2¼x8	A1	R 'Seated twist'	<i>Option: hold outside R foot in L hand and lift R leg bent or straight.</i>
Br '...There you were...'	1x8		Transition to 'Supine Twist' L	
V3 ' You , you were the...'	1½x8	B	'Supine Twist' L knees bent	Knees and hips stacked. Arms open. Melt out along the floor.
C 'You broke through the storm ...'	2x8	B1	'Supine Twist' L R leg straight in L hand	Top leg reaches out. Take it in your
C 'You broke through the storm ...'	2¼x8	B1	'Supine Twist' R L leg straight in R hand	
Br ' There you were...'	1x8	B	'Supine Twist' R L knees bent	Stack your knees. Lift your ribs so there's a little more twist in the lower back
Br	1x8	B	Hold	
Br ' There you were...'	1¼x8	—	Transition to standing in wide 'Wu Chi'	
C 'You broke through the storm ...'	3x8	—	'Chi Ball & Touch Fingers' sequence L & R Rep 3x	Reach long so much more length and mobility. Use it.

Forward Bends – Hamstrings

‘At The River’

4:15 mins

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

Music: *Groove Armada give us this funky number found on most ‘chill out’ compilations.*

Music Segment	Cts	Seq	Description	Instructor Tips & Cues
Intro	2x8	—	Extended ‘Mountain Pose’ – Swan dive – forward, feet hip distance apart	Knees bent. Chest melting down into our thighs.
Instr	2x8	A	Step L foot back ½ metre and hold ‘F fold’ (see <i>New Moves At A Glance</i>)	Feel hamstring stretch through front leg. Head relaxed. Tuck shoulder blades in.
Beat	2x8	B	‘F Fold’	Strong belly happening here.
Instr	2x8	A	Step R foot back ½ metre and hold ‘F fold’	
Trumpet	4x8	B	‘F Fold’	Some weight on hands. Bring feet out to about ½ meter apart
Beat & Trumpet	2x8	—	Walk hands forward ½ metre	Just a little release.
Trumpet slows	2x8	—	Walk hands back and ‘F fold’	Walk on back. Feel all four corners of feet on floor.
Trumpet	2x8	—	Transition to floor ‘1/2 stick pose’ L leg bent in	
Vocals ‘If you’re fond...’	2x8	C	L ‘½ Stick Pose’, L arm straight overhead with side lateral bend over L leg	Great quadratus lumborum stretch.
Vocals ‘If you’re fond...’	2x8	C1	L ‘½ Stick Pose’, hands on R leg, folding forward	
Vocals ‘If you’re fond...’	2x8	C2	Cross L leg over R leg, fold forward	Body firm and lifting up.
Beat	2x8	—	Uncross legs and shake out	
Trumpet	2x8	C2	Cross R leg over L leg, fold forward	Let your feet fall out a bit.
Vocals ‘If you’re fond...’	2x8	C	R ‘½ Stick Pose’, R arm straight overhead with side lateral bend over L leg	Reach up and way out.
Vocals ‘If you’re fond...’	2x8	C1	R ‘½ Stick Pose’, hands on L leg, folding forward	
Instr	2x8	D	Stick pose ‘F fold’	Stretch out.
Instr slows	2x8	D	Stick pose ‘F fold’	

Benefits: *Time to reach a completely relaxed state and enjoy the benefits of the class.*

Music: *This string and piano combination by Tamsin Little & Martin Roscoe.*

Options: *Laying down, knees bent, seated, kneeling.*

From Front Stick Pose F Fold climb up slowly – use the hands – press down with the hands and come up. Keep going back, slide your feet in, hands behind knees, roll down to the floor.

Spend a minute or so getting really comfortable on the floor – shake your body out a little bit. Lengthen out your legs if you want, let your feet come open a little bit, toes fall out to the side, arms away from the side of your body. Feel relaxed. Little shake through your neck, shoulders, pelvis. Allow your face to soften, let your jaw come right away from your face, tongue soft, throat soft – skin on your face very smooth. Let your eyes sink back into your head. Soften out your forehead – that little space between your eyebrows.

Use your breath to help you relax even more deeply. Gently become aware of your breathing - notice as you inhale your ribs move wide. Let the inhalation really fill you up - allow the exhalation to relax more deeply down into the floor.

Stay with your breathing, stay with the deep sense of relaxation. Your time of peacefulness and ease.

Benefits: *Transition back into the day and clear awareness of our new posture and length.*

Music: *We are called back into the room by Deuter's wind instruments.*

Make your next inhalation deep – make your belly rise like a mountain, really notice how the breath will leave your body. Inhale deeply, stretch your arms over your head, stretch your legs out – have a little shake through your body – put some energy back in. Breathe in again in this position and exhale into the peace, into that beautiful deep flow of relaxation.

When you are ready, gather in your knees into your chest – hug them in and then roll over onto the right side of your body and stay there. Let yourself relax down again and please give yourself a hug. Moving back up to a seated position using the strength in your arms. Up to a seated position so you can realign – get comfortable. Weight even through your sit-bones. Draw in a little bit through your belly and then draw right up through your spine, soft shoulders and back. Neck long, chin tucked in.

Deeply relaxed body. Breathe into your newfound length and alignment and body awareness.