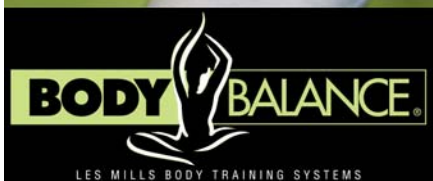


BEAUTIFUL

Jackie
DR JACKIE MILLS
BODYBALANCE®
CHOREOGRAPHER



NEW CLASS LAUNCH

**CHOREOGRAPHY NOTES
TRAINING**

**MASTER CLASS
FOCUS AND FEEL
CLASS-FOCUSED OBJECTIVES**



**A 21ST CENTURY
BLEND OF YOGA,
TAI CHI AND PILATES**

**CLASS #
21**

	Title	Artist	
1	Feel	Robbie Williams	4:30
2	We're All Beautiful	Joy Of Living feat. Nitza	5:20
3	No More Drama	Mary J. Blige	5:45
4	Live Like Horses	Elton John & Luciano Pavarotti	5:05
5	Signs Of Love	Moby	4:45
6	Girl Talk	TLC	4:15
7	Muhammad Ali	Faithless	4:40
8	Hold On	R. Kelly	4:20
9	Think Twice	Groove Armada with Neneh Cherry	6:45
10	Evenstar	Isabel Bayrakdarian	5:45
11	Song From A Secret Garden	Secret Garden	3:30

BODYBALANCE®	Choreography:	Dr Jackie Mills
	Video Presentation:	Dr Jackie Mills, Emma Barry, Dr David McKenzie
	Contributors:	Phillips Mills, Janine Phillips, Rob Richards, Ani Brunet

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BODYBALANCE® 21

Universally accepted as the world's best mind-body class, the growth of BODYBALANCE® has been impressive yet unsurprising.

Our unique blend of ancient disciplines and modern exercise techniques is proving a winning formula for the fitness industry and continues to attract increasing numbers of committed devotees.

More and more participants are discovering the inner calm on offer with BODYBALANCE®, while reaping the benefits of the challenging physical workout.

For many BODYBALANCE® fans, our latest class is likely to be rated the best yet. Head choreographer Dr Jackie Mills has again raised the standard with an awesome mix of music and moves.

BODYBALANCE® 21 opens to the sound of Robbie Williams' *Feel* – an inspired and inspiring backing for the Tai Chi Warmup.

The full, well-defined moves provide stability and balance and create a seamless progression into the Yoga sequences to follow.

Elton John and Luciano Pavarotti later combine for a standout Balance track that exudes serenity and strength, engaging class members fully in a variety of poses.

Swans and Half Lotus positions are made all the easier by the distinctive music of Moby, while TLC's *Girl Talk* is equally suited for the core abdominal work.

Participants will love the new moves that add novelty and variety to the more familiar range and arrive with satisfaction and serenity at a final Cooldown that promotes a new awareness of body, breathing and mind.

Education Session: 'Focus and Feel'. Explains how to correctly set up and instruct new moves specific to Release 21, as well as making instructors more aware of the purpose, focus and feel of individual tracks.

Les Mills classes are designed for maximal results so streamline transitions:

► **Push Play and Go!** ◀

Please forward all music suggestions and feedback to:

international@lesmills.com

◀ **Teaching Tip**

KEY

Alt alternate	Outro last few bars of music
B up build up	PC pre chorus
Br bridge (non chorus)	Pose positions as explained in the Trainer Manual
C chorus	QC quiet chorus
C br chorus bridge	R&L right and left
cts musical counts	Ref refrain (recurring phrase or number of song lines)
F&B forward and back	Rep reprise (part of the chorus repeated)
Instr instrumental	Rep Xx perform the Sequence / Exercise x times
Intro introduction	Seq sequence
Mins minutes	Tempo normal pace of the music
O/H overhead	V verse

TAI CHI WARMUP

Focus

Enhance the Tai Chi feel for participants by working from the three Tai Chi key feels of 'Be Aware', 'Soft and Round' and 'Let Go'.

Be Aware

- Feet – put weight into the ground
- Knees – soft and bent over the feet
- Spine – long with buttocks tucked under a little
- Shapes – focus on the shapes we are making in space
- Breath – breathe naturally with the moves

Soft and Round

- Relaxed, smooth and flowing movements

Let Go

- Relax facial muscles, soften shoulders, relax arms

Circle and Sweep

Wide Wu Chi stance

- Inhale and Circle: breath with movement.
- Exhale and Sweep: shift weight, knee bent over foot, spine long.
- Have awareness of making shapes – full, well-defined moves are easy for participants to follow.

Circle, Step Behind and Block

- As arms move past 12 o'clock, shift weight, slide foot behind and bend the knees.
- Weight is evenly distributed, with knees over feet and spine long.

SUN SALUTATIONS

Focus

We want participants to relax, breathe and not strain. Feel the restful nature and the dynamic qualities of this track.

Down Dog

- We hold the Down Dog three times. This pose engages our whole being, working overall flexibility and strength.
- It is essential to pre-cue both the Down Dog hold and the move forward again to Plank so participants know where they are going.

BALANCE

Focus

This track is truly uplifting. There is time to teach the class the steadiness that is needed for balances so they can feel successful.

Open Leg Raise to Side

- From knee to chest pose and with back upright, open knee out to the side. Knee can be bent or straight.
- Drop the hip of the raised leg down so both hips are level and keep the spine long and straight.
- Fantastic pose for hip opening and strengthening both the hip and pelvic muscles.

CORE – ABDOMINALS

Focus

To focus participant awareness and concentration on where we are working. You may wish to stop the CD and explain the setup before you start.

Reverse Leg Float and Roll

- Start with legs out and slide one leg in and then the other, drawing in and switching on the lower abdominal and pelvic region.
- Keeping this area 'switched-on', roll up and then reset the legs out.

Seal-Knee-Seal-V Reach Sequence

- Toe tap (seal) and squeeze (knees out) – knees in and squeeze – toe tap and squeeze – legs open and then reach between.
- We use our hands on our knees to set the correct position for best intensity. Push the knees away.

Roll and Push

- Knees to chest with hands on knees. Roll up and push one knee away.
- Relax shoulders and face. Keep neck long, tuck chin in.

CORE – BACK

Focus

The two main moves in this track really target pelvic and shoulder stability to create better posture.

Alternate Diagonal Pointer

- Use imagery of a clock face – head at 12 o'clock and feet at 6 o'clock. We are working 4 + 8 o'clock. This is the best position to work the muscles that stabilize the pelvis.
- To increase stability work, add an arm lift the second time through.
- Hold the body still and stable. Smoothly move just arm and leg.

Lying Prone – Reach and Pull

- Arms reach out to full body length with the chin tucked in. Trace the floor with the little fingers, elbows down and lift the chest.
- Great for building strength and opening in the shoulders.
- To increase core stability, gently lift the belly button.

FORWARD BENDS – HAMSTRINGS

Focus

Set up the new move (Gorilla Pose) in the first music phase so that there is plenty of time to feel the pose during the verse.

Gorilla Pose

- Deep forward bend – this pose stretches and releases the lower back and back of legs.
- The feel of the pose is calm and concentrated.
- To avoid participant neck strain, turn class to the side. Feet are hip-width apart and parallel. The hands slide under the feet so that the toes touch the insides of wrists.

Participants should bend their knees as much as is necessary to achieve this position.

- Drop head, soften face, and relax jaw.
- Breathe and let go.
- **OPTION:** Forward Fold.

TEST YOUR KNOWLEDGE QUIZ

1. *How can we enhance the Tai Chi feel for participants?*
2. *Why is the Down Dog such a beneficial pose?*
3. *For the class to feel successful during the Balance track, what do you need to teach?*
4. *In the 'Seal-Knee-Seal-V Reach sequence', what do you use to set the correct position to achieve **best intensity**?*
5. *What areas do the two main moves in the Core – Back target?*
6. *What imagery do we use in the 'Alternate Diagonal Pointer'?*
7. *What physical benefits are achieved from the 'Gorilla Pose'?*
8. *What will participants need to do to achieve the 'Gorilla Pose'?*



"Inspiring life-changing fitness experiences everytime, everywhere"

Self-focused objectives like financial gain, personal fitness, admiration and so on are acceptable, however, most of us experience a deeper satisfaction when we **improve other peoples' lives**. We can help them experience the magic of **music and movement**, **connect** with them on a deeper level or help them **achieve results**.

It is impossible to do this when our focus is inwards – on ourselves. A simple process called '**objective setting**' shifts our focus back onto the important people in our classes – **our participants**.

OBJECTIVE SETTING

Objectives are like **goals** – they give us a focus and something to aim towards. The most useful objectives are ones that focus on our **participants**. We should ask ourselves: "*What is it that we want **them** to experience? What is our goal for **them**?*"

Participant-focused goals shift the focus from ourselves to the people before us – all self-consciousness disappears. Our whole focus moves towards giving our participants a great experience. And in doing this we not only made the class better for them, but we give ourselves a **powerful sense of purpose**.

OBJECTIVES AND THE FIVE KEY ELEMENTS

The purpose behind objectives is the same as that which underlies the Five Key Elements.

1. We teach with great **Physical Execution** so that people can clearly see how to perform the exercises. This enables them to imitate us safely and effectively. And by observing the quality of our movement, they can begin to experience the **feeling** of the routine.
2. The Key Element **Instruction** is comprised of skills like great cueing (which allows class members to follow the routine comfortably) and strong, authoritative motivation (which pushes them to **achieve results**).
3. The **Performance** Element is all about using stagecraft and musical interpretation to take our audience into another world and **magnify their experiences**.
4. **Communication** is about authentically and powerfully **connecting** with people.
5. Within the Key Element of **Pre-choreography** a lot of work has been done for us. The Les Mills International choreography teams design classes that are focused on delivering a range of benefits to our participants – from **simple, flowing classes** that are easy to follow, to **great physical workouts** and **magical experiences**.

When we design our class-focused objectives we have to draw from all of these areas.

PROGRAM-BASED EXPERIENCES

Experience shows that while people often start attending classes looking for **physical results**. After a while these motivations become less important to them. It becomes their **enjoyment of the experience** that keeps them coming back. Part of this can be **social** – their enjoyment of doing things as part of a group and their enjoyment of the sense of **connection** they have with us, their teachers.

But another big part of their enjoyment comes from the **music and movement experience** that is part of each **program**. The exhilaration of working to a peak during BODYATTACK® or BODYSTEP®; the calm and serenity of BODYBALANCE® / BODYFLOW®; the strong, empowered feelings that come with BODYPUMP® and BODYCOMBAT®; the ecstatic trance of RPM® or the wild joy of dance that goes with BODYJAM®.

Different tracks within each program also give different experiences. For objectives to be successful they must align with the unique style and feeling of the program and the track we're teaching.

PLANNING TRACK OBJECTIVES

You must plan objectives for every track in every class you teach. Think about what it is you want participants to **feel** and **experience** in the track. Think about whether there are any **new moves**. Is it the **first time** you've used this track? Which **muscle groups** are you using?

We want to teach some tracks with the purpose of having the class **experience fun** and some with the purpose of having the class **feel exhausted** at the end, some with the purpose of **including everyone**, some with **experiencing the highs and lows** within a song and so on.

INSPIRING LIFE-CHANGING EXPERIENCES

The life-changing experiences we inspire are often very subtle and can come from the smallest details of what we do as instructors.

If we can teach a person to have better posture, we may be ensuring them a life free of back pain – that's **'life changing'**. If we motivate a guy to work harder during a strength phase so he becomes strong enough to overcome his feeling of disempowerment – that's **'life changing'**. If we really focus on giving people what they want and more people start exercising, then that's **'world changing'**.

BODYBALANCE®

I want the people in my class to feel /experience:

TRACK	TITLE	TRACK OBJECTIVES	EXAMPLES OF PROGRAM-BASED OBJECTIVES
1.			Calm
2.			Technique
3.			Dramatic
4.			Inspired
5.			Release
6.			Rhythmic
7.			Strong
8.			Sensual
9.			Still
10.			Relaxed
11.			To be Present

My overall class objective is for the people in my class to feel/experience:

By setting objectives for our classes we get back in touch with our reason for being in this profession and we then have the potential and the power 'to inspire life-changing fitness experiences everytime, everywhere'.

We have an amazing opportunity to uplift, inspire, motivate and fulfill the needs of the people in our classes – but only when our teaching focus is outwards.

By creating a variety of different purposes, we introduce color and dynamics into our classes.



"Inspiring life-changing fitness experiences everytime, everywhere"

Benefits: Warming our bodies, centering our minds and calming our nervous system.

Track Objective: Enhance the 3 Tai Chi feels of Being Aware, Staying Soft and Round, Letting Go.

Music		Sequence / Exercise	Tips & Cues
Intro	2x8	Set up Narrow Wu Chi Stance	Be centered and let go.
V1	'Come and hold my <u>hand</u> ...'	8x8 A Qi Gong Breathing Sequence Inhale – Palms up to nose 4 cts Exhale – Push palms out to side 4 cts Inhale – Palms up to nose 4 cts Exhale – Palms push down to floor 4 cts Step feet to Wide Wu Chi Rep 4x	Deep breath into belly. Harnessing our 'Chi'.
C	'I just wanna <u>feel</u> ...'	4x8 B Shift weight to L. <i>Double Hand Sweep L</i> Reverse to R 4 cts Rep 4x	Be soft, round and supple. Take with your hands, your eyes, your intent.
V2	'I don't wanna <u>die</u> ...'	8x8 C Hold Wide Wu Chi with deep knee bend. <i>Circle arms down to L side, O/H to R side</i> (1) 4 cts Shift weight to L. <i>Double Hand Sweep L</i> (2) 4 cts Reverse to R 8 cts Rep 4x	Bring breath into the circle, exhale to push away. Think of a sun and its horizon.  (1)  (2)
C	'I just wanna <u>feel</u> ...'	8x8 C ¹ Circle, Step Behind And Block <i>Circle arms as above</i> 4 cts Shift weight to L, slide R foot behind on ball of foot, knees bent, weight in both legs. <i>Arms sweep down to L, across body, palms down to floor</i> (3) 4 cts Reverse to R 8 cts Rep 4x	Inhale and feel the circle. Exhale, slide toes and weight B.  (3)
Instr	6x8	Step feet to Narrow Wu Chi A Repeat Qi Gong Breathing Sequence Rep 3x	Soften the face, feel even flow of breath. Feel the energy of the room and awareness around you.
C	'I just wanna <u>feel</u> ...'	4x8 C Step feet to Wide Wu Chi <i>Repeat Circle And Sweep L&R</i> Rep 2x	Take your eyes with your hands.
	'I just wanna <u>feel</u> ...'	4x8 C ¹ Repeat Circle, Step Behind And Block L&R Rep 2x	Feel the upswing and step weight B. Ask a little more of your body.
Br	2x8	Step feet to Narrow Wu Chi A Repeat Qi Gong Breathing Sequence	Feel your body's center drop in.
V3	'Come and hold my <u>hand</u> ...'	8x8 B Step feet to Wide Wu Chi <i>Repeat shift weight to L. Double Hand Sweep L&R</i> Rep 8x	One leg full and the other empty as you shift. Focus and sweep weight across, body turns the corner.
Fade	1x8	A ¹ Step feet to Narrow Wu Chi Inhale – Palms up to nose 4 cts Exhale – Push palms down to the floor 4 cts	Step center and release Beautiful start !

Benefits: Blending length with strength and breath with movement. Hold Down Dog to maximize spinal and hamstring length.
Track Objective: Feel the restful nature and dynamic qualities of this track.

Music		Sequence / Exercise		Tips & Cues
Intro	2x8	Inhale – Extended Mountain Pose Exhale – Swan Dive to F Fold	8 cts 8 cts	Immerse yourself in the introspective music and moves.
Instr (Quiet)	2x8	L Leg Lunge Down Dog	8 cts 8 cts	L Leg leads back into Lunge.
C 'Beautiful...'	4x8	Sun Salutation Sequence L A Hold Down Dog 32 cts Inhale – Plank 8 cts Exhale – Crocodile 8 cts Inhale – Cobra or Up Dog 8 cts Exhale – Down Dog 8 cts Inhale – L Leg Lunge 8 cts Exhale – L Twist Lunge 8 cts Inhale – L Leg Lunge 8 cts Exhale – F Fold 8 cts Inhale – Extended Mountain Pose 8 cts Exhale – Swan Dive to F Fold 8 cts Inhale – R Leg Lunge 8 cts Exhale – Down Dog 8 cts Inhale – Plank 8 cts Exhale – Crocodile 8 cts Inhale – Cobra or Up Dog 8 cts Exhale – Down Dog 8 cts	Let breath go, head relaxed, let it pass through shoulders. Relax. Strength in legs, strong in abdominals. Option: Knees down. Rise and shine! Let go. Tailbone moves skyward. Strong back leg. Open butterfly wings, let your spirit soar. Chest forward, long spine, look up. Release head and neck. Rise and metamorphosize! Knees bend all the way do to F Fold. Chest towards thighs, push thigh bones back. Lower confidently. Melt the heart. Shine! Find your best Dog. Firm outer arms, fingers pressing into floor.	
Instr (Guitar)	4x8			
V '...Makes...'	4x8			
Instr (Guitar)	4x8			
C 'Beautiful...'	20x8			
C 'Beautiful...'	20x8			
C 'Beautiful...'	4x8			
Outro 'Beautiful...'	1x8			

Benefits: Sustained lower body strength with upper body length and shoulder mobility.

Track Objective: To experience strength and drama.

Music		Sequence / Exercise		Tips & Cues
Intro	4x8	Set up Wide Squat. <i>Hands clasped behind back</i>		Strength and drama! Stretch chest and shoulders.
'...Aaah...'	4x8	A Wide Leg F Fold. <i>Arms behind reaching O/H, hands to thighs to come up</i>		Stretch arms and release shoulders. Hands to thighs to push up.
V1	'...Broken heart again...'	4x8	B Turn feet to Warrior 2, L	Check you can see your front toes. Revolve back thigh outwards.
C	'No more <u>pain</u> ...'	4x8	B ¹ Extended Warrior 2, L	Lower ribs revolve, sink pelvis.
	'No more <u>tears</u> ...'	4x8	B ² Sun Warrior L	Option: L hand on floor. Be all that you are right here. Hit this top note!
V2	'...While I play...'	4x8	B Repeat Turn feet to Warrior 2, R	Body upright, strength in back leg. Breathe and sink a little lower.
C	'No more <u>pain</u> ...'	4x8	B ¹ Repeat Extended Warrior 2, R	Extend your Warrior. Sink in the groin.
	'No more <u>tears</u> ...'	4x8	B ² Repeat Sun Warrior, R	Rise and prepare to shine! Open chest and heart.
Br	'...Oooh...'	4x8	Step or jump feet together	Sink butt back, look through the hands. Sink and arms down.
			Intense Pose. <i>Arms O/H</i>	
V3	'...I don't know...'	4x8	Hold Intense Pose. <i>Slowly lower arms out and down</i>	Tip over, rest. Gather energy, hands to thighs and rise.
C	'No more <u>pain</u> ...'	4x8	F Fold. <i>Hands on floor</i>	Back foot 45°. Front hip back, back hip forward. Square shoulders.
			Deep knee bend. <i>Hands on thighs to come up</i>	
	'No more <u>tears</u> ...'	4x8	C Step L leg B to Warrior 1, R	Come F dramatically, breathe deep, chest up.
			Arms sweep F to O/H	
		4x8	C ¹ Hold Warrior 1, lean torso F. <i>Sweep arms down & B alongside body</i>	Back knee bent to 90°.
			Lift B heel to R Low Lunge. <i>Arms F to O/H</i>	

C	'No more <u>pain</u> ...	4x8	C ² Deepen R Low Lunge. <i>Arms O/H</i> 8 cts Hold R Low Lunge. <i>Arms to side & down</i> 8 cts Deepen R Low lunge again. <i>Arms F & O/H</i> 8 cts Hold R Low Lunge. <i>Arms O/H & look up</i> 8 cts	
Rep	' No more...'	4x8	Step L foot into R. <i>Hands on R thigh</i> C Repeat Step R leg B to Warrior 1, L	Give me all your strength.
	'...No more...'	4x8	C ¹ Repeat Hold Warrior 1 with torso F	Sink low, let's work. Roman statues.
	'...No more...'	4x8	C ² Repeat Deepen L Low Lunge	Sink! Rise! Sink! Hold!
Instr		½x8	Step R foot into L. <i>Hands on thigh</i>	
Ref	'...I'm so tired...'	4x8	A Repeat Wide Leg F Fold	We've made it!
Outro		2x8	Rise slowly. <i>Hands to thighs to push up</i>	Hands to knees. Butt back to rise.

Benefits: Yoga Poses with a Tai Chi feel to challenge our bodies and minds.

Track Objective: To feel uplifted, steady and successful.

Music		Sequence / Exercise		Tips & Cues
Intro	2x8	Mountain Pose		Strength and serenity.
V1	'...I can't control...'	3½x8	A Eagle Pose L, L leg over R. <i>L Arm under R leg</i>	Steady eye focus. Wrap arms like a soft rope. Breathe.
V2	'...I stepped...'	3½x8	A Eagle Pose R, R leg over L. <i>R Arm under L leg</i>	Arms float and wrap. Fingers high to sky. Find center of gravity. Feel stretch in mid-back.
V3	'La promessa non fu chiara...'	4x8	Tree Pose Sequence R B Tree Pose R. <i>Arms to side</i> 16 cts Hold Tree Pose R. <i>Hands to Tigers Mouth F</i> 12 cts Hold Tree Pose R. <i>Hands rise to Tigers Mouth O/H</i> 4 cts	R foot under or above L knee. Squeeze legs together. Stay calm. Rise with Pavarotti!
C	'Vivrem comme cavalli...'	4x8	C Open to Star Pose R. <i>Arms wide V</i> 16 cts Step F on R, lift to Knee To Chest Pose L Standing Leg Hold. 8 cts <i>Hold L big toe with first two fingers and thumb</i> Lengthen L leg. <i>R arm to side</i> 8 cts	R leg lifts. Extend to the corners of your Star. Option: Stay in Knee To Chest Pose. Steady and talk to your ankle.
Instr	2½x8	C ¹ Open L Leg To Side L Hold L leg to side. <i>R arm to side</i> 4 cts Release to Mountain Pose 8 cts		Option: Open knee to side. Arms to side. Hold quietly in the breath. Re-center.
V4	'...We're the victims...'	3½x8	A Repeat Eagle Pose R	Take a seat. Tuck belly in, soften chest.
V5	'...I stood in line...'	3½x8	A Repeat Eagle Pose L	Lift elbows, find center line. Straight and strong in back. Feel the strength.
V6	'La nave abbandonai...'	4x8	B Repeat Tree Pose Sequence L	Squeeze legs together. Stay calm. Look through Tigers Mouth.
C	'Some day we'll live like ...'	4x8	C Repeat Open To Star Pose L	Full height. Let breath go and sink into pose.
Ref	'Live like horses...'	2x8	C ¹ Repeat Open R Leg To Side R 12 cts Release to Mountain Pose 4 cts	Steady the ankle, steady the breath, steady eye-gaze.

Rep	'Che piu non voglio...'	3x8	D	Intense Pose on balls of feet. <i>Hands to Tigers Mouth F</i> Extend legs, keep heels lifted. <i>Hands rise to Tigers Mouth O/H</i>	8 cts	From the belly, lift to the balls of the feet. Take your full height.
			D ¹	Keep heel lifted, bend knees to Intense Pose. <i>Arms circle to side and down to Tigers Mouth F</i>	8 cts	Ankles and knees together.
			D	Repeat Intense Pose rising up. <i>Hands to Tigers Mouth O/H</i>	8 cts	Take the song, take the balance.
Outro		1x8		Hold balance on balls of feet. <i>Hands to Tigers Mouth O/H</i>	4 cts	Take your full height.
				Lower heels. <i>Arms release wide and down</i>	4 cts	Sink the heels. Let the arms float down.

► 5 Hip Openers

Signs Of Love ~ Moby

4:45 mins

Benefits: Yoga Base – open hips and groins, releasing Gluteal muscles and Piriformis in Half Lotus.

Track Objective: To use breath and great body positioning to work deep into the hips.

Music		Sequence / Exercise		Tips & Cues
Intro	4x8	Extended Mountain Pose. <i>Hands clasped O/H</i> Swan Dive with bent knees. <i>Hands to floor</i>	16 cts 16 cts	Reach through both sides of the body and push away. Swan Dive with grace.
V1	'If I was beautiful...'	A Step or jump to Down Dog		Hands shoulder width, feet hip distance apart. Press into long arms, long back, long legs.
Instr	2x8	Swan, Half Lotus, Swan Sequence L B Step L foot through to Swan Pose L Sweep R leg around. R foot side on floor by L knee	8 cts 8 cts	Place foot then release knee and outer side of leg towards the ground. Flex foot. Option: Cross legged. Get a little more out of your hips. Use your breath, settle and sink deeply into core of your body. Flex foot, roll over back hip to find center line.
		C Transition to Half Lotus, R foot on L thigh	16 cts	
V2	'I was always...'	C ¹ Half Lotus with F Fold. <i>Hands F on floor.</i>		
C	'I fly so high...'	B Sweep R leg back to Swan Pose L		Fall into hips, into chest, let your head relax.
	'And fall so low...'	B ¹ Extended Swan Pose L. <i>Arms F along floor</i>		
Rep	'I fly so high...'	B ¹ Hold Extended Swan Pose L	28 cts	Stay and breathe.
		Transition to Down Dog. <i>Hands under shoulders</i>	4 cts	
Br	1x8	A Push B into Down Dog		Tuck hands, tuck toes and push to Down Dog.
V3	'If I was beautiful...'	B Repeat Swan, Half Lotus, Swan Sequence R	16 cts	Find both sit bones. Stretching Piriformis, little muscle in the buttocks that holds the hip tight.
		C Repeat Transition to Half Lotus, L foot on R thigh	16 cts	
V4	'...If I was like you...'	C ¹ Repeat Half Lotus with F Fold		
C	'I fly so high...'	B Sweep L leg back to Swan Pose R		Re-center body. Fall so low.
	'And fall so low...'	B ¹ Repeat Extended Swan Pose R		
Rep	'I fly so high...'	B ¹ Hold Extended Swan Pose R	28 cts	Place hands and lift up.
		Transition to Seated Star Pose. <i>Hands under shoulders</i>	4 cts	
Ref	'Scenes of love ...'	Sweep L leg around to Seated Star Pose. <i>Hands to feet</i>		Inner thigh stretch, sit really high, up through crown of head. Inner soles of feet open like a book and knees drop to sides.
V5	'I can see the light...'	D Hip and Abdominal Stretch L		Feet wide, swing up and over. Length from fingertips to toes. Exhale press hips forward.
V6	'I can see the light...'	D Hip and Abdominal Stretch R		Scoop arms, press firmly into back hand. Exhale and work forward into front hip.
Fade	1½x8	Release legs F and shake legs out.		

Benefits: Pilates principles using deep core muscles, hip flexors and adductor strength.

Track Objective: To focus awareness and concentration on where we are working.

Music		Sequence / Exercise		Tips & Cues	
Intro	2x8	Lying supine, knees bent up, feet on floor, set up core connection		Tuck chin in and roll down. Imagine a piece of paper sliding under lower back, feel a small lift through back. Hollow out between hip markers at front, a muscular contraction through front and back of body creating Pilates core connection.	
Instr	(Beat)	2x8	Lift L leg to 90°. <i>Arms by side</i> Lift R leg to 90°. <i>Arms by side</i> Extend legs to 45°. <i>Arms by side</i> 	Focus into core, better results and faster. Close attention to back. Make sure it doesn't move.	
V1	'You see I have this <u>brother...</u> '	4x8	Reverse Leg Float & Roll Sequence A L leg to 90°. <i>Arms by side</i> 2 cts R leg to 90°. <i>Arms by side</i> (1) 2 cts Chin Nod, lift upper body. <i>Arms reach to outside of legs</i> (2) 2 cts Legs extend to 45°, lower upper body down. <i>Arms by side</i> 2 cts Rep 4x	 (1)  (2) Rise into contracted belly. Breathe. Re-set legs. Feel the nip below belly button.	
V2	'You see I have this <u>brother...</u> '	6x8	A Repeat Reverse Leg Float & Roll Sequence Rep 6x		
C	'...Girl talkin'...'	6x8	Seal-Knee-Seal-V Reach Sequence B Knees wide, Toe Tap x2. <i>Hands on thighs</i> 4 cts Feet wide, Knee Touch x2. <i>Hands on thighs</i> 4 cts Knees wide, Toe Tap x2. <i>Hands on thighs</i> 4 cts Open legs to V Reach with Chin Nod. <i>Arms reach F between legs</i> 4 cts Rep 3x 	Activate inner thighs by squeezing feet together then knees together. Press knees away with hands. Suck belly in every time.	
V3	'Listen <u>y'all</u> need to know...'	6x8	A Repeat Reverse Leg Float & Roll Sequence Rep 6x	Use breath and concentration to stay in the move. Use hands to push knees away. This gives the best alignment and greatest intensity. Feel the grip in lower belly.	
C	'...Girl talkin'...'	6x8	B Repeat Seal-Knee-Seal-V Reach Sequence Rep 3x		
V4	(Rap)	6x8	Roll & Push Sequence C Extend L leg with Chin Nod and upper body lift. <i>Hands on thighs pushing L leg F</i> 2 cts Return L leg to 90°, lower upper body. <i>Hands to thighs</i> 2 cts Reverse 4 cts Rep 6x 	Stay in the roll of the movement. Cut into the six pack! Lengthen back of neck, shoulders soft, melt chest. Knees and squeeze!	
C	'...Girl talkin'...'	8x8	B Repeat Seal-Knee-Seal-V Reach Sequence Rep 4x	Open and reach. Hold onto it!	
Rep	'...Girl talkin'...'	4x8	C Repeat Push & Roll Sequence Rep 4x	Roll and push. Stay in contact with the belly.	
Fade		1½x8	Release feet to the floor		

Benefits: Creating stability through shoulders, hips and core. Strengthens gluteal and postural back muscles.

Track Objective: To target pelvic and shoulder stability to create better posture.

Music		Sequence / Exercise		Tips & Cues			
Intro	2x8	Set up Horse Stance		Carry stabilization from core track into this core back track.			
Instr	1x8	A	Alternate Diagonal Pointer L leg tap to 4 o'clock L leg lifts slightly L leg lowers back to floor Return to Horse Stance	 2 cts 2 cts 2 cts 2 cts	Think of a clock, 4 o'clock and 8 o'clock. Chin in and sandwich your center. Hips level and relax into the floor. Working Gluteus Medius to stabilize your pelvis.		
V1	'I see your <u>face</u> ...'	3x8	Reverse to R to 8 o'clock Repeat L&R	8 cts 16 cts	Rep 3x		
	'You know <u>what</u> ...'	6x8	A Repeat Alternate Diagonal Pointer	16 cts			
Br		1½x8	Roll through body to Prone		Under the wire, ten toes down.		
C	'I want you...'	6x8	B	Lying Prone Reach & Pull. Lie prone. <i>Reach arms F O/H, thumbs up</i> Lift chest and shoulders. <i>Pull elbows B, little fingers on floor</i>	 8 cts 8 cts	Extend fingers F, elbows pull back to waistline. Option: Hands off floor. Use your full back. Stretch beyond the floor.	
V2	'...Your achievements...'	1x8	Push up to Horse Stance		8 cts	Rep 7x	
	'...My religion...'	7x8	A ¹	Alternate Diagonal Pointer With Arm L L leg tap to 4 o'clock. <i>R arm diagonal on floor</i> L leg lifts slightly. <i>R arm lifts off floor</i> L leg lowers back to floor. <i>R arm lowers to floor</i> Return to Horse Stance	 2 cts 2 cts 2 cts 2 cts		Strong core, working your diagonals, negotiating balance around your center. Float.
C	'I want you...'	6x8	B	Repeat Lying Prone Reach & Pull. <i>Reach arms F O/H</i> Lift upper body. <i>Pull elbows B to waistline</i>	8 cts 8 cts	Rep 3x	Trace carpet with little fingers. Hands airborne if you wish. Lift into belly.
V3	'...Your achievements...'	1x8	Push up to Horse Stance			Rep 7x	Lift into your belly. Seamless, subtle flowing movements.
		7x8	A ¹ Repeat Alternate Diagonal Pointer with Arm R				
C	'I want you...'	6x8	B ¹ Repeat Lying Prone Reach & Pull			Rep 3x	Use your full back. Some of the best work we can do for our posture.
Rep	'I want you...'	4x8	C Bow Pose				Option: Half Bow Pose. 16 cts each side, open mind and body.
C	'I want you...'	6x8	B Repeat Lying Prone Reach & Pull			Rep 3x	Extend and reach out. A floor Lateral Pulldown. Feel the broad expanse of your back.
Fade		1x8	Exhale. Turn head to side, lying prone. <i>Hands under shoulders</i>				

► 8 Twists

Hold On ~ R. Kelly

4:20 mins

Benefits: Yoga base – Lying, Seated and Standing Twists for spinal mobility integrated with dynamic Lunge Twists.

Track Objective: Use the space in the music to enhance space in the poses.

Music	Sequence / Exercise	Tips & Cues
Intro	Seated Stick Pose	
V1 '...Walls...' 4x8	Lying Supine Twist L A Roll to Supine, knees bent. Both knees to L, R knee moves over L knee to the floor. <i>L Hand on R knee, R arm out to side</i> Head looks down R arm 28 cts Roll onto back, knees to chest 2 cts Roll up to Seated Stick Pose 2 cts	Roll in and roll back using the lines of the floor. Connect back into your breath. Strong twist so allow your body to accept it. Notice where the tightness sits in your body, breathe some intent into this space.
C 'I'm gonna hold , hold on...' 3x8	Seated Twist L B L knee bent, foot on floor over straight R leg. <i>L arm reaches O/H, place L hand on floor behind</i> 8 cts Hold Seated Twist L. Look over B shoulder 16 cts	Mountain Pose leg, use it to lift and turn. Lift through the crown, be taller than you've been before.
V2 '...Oceans, strong winds...' 4x8	A Repeat Lying Supine Twist R	Gather your knees in. Absorb the floor, try to let go.
C 'I'm gonna hold , hold on...' 3x8	B Repeat Seated Twist R 20 cts Transition to standing into Intense Pose. <i>Hands to Prayer</i> 4 cts	Be assertive, press heel of hand into floor and lift off it. Draw chin in, create height through back of neck.
PC 'I believe tomorrow...' 2x8	Prayer Twist With Extended Arms L C Prayer Twist L. <i>R elbow to L thigh</i> 2 cts Extend arms. Look down to floor 12 cts <i>Place R hand to floor.</i> Step R foot B to Lunge Twist L 2 cts	Bring hands to heart and heart to hands, then extend arms. Option: Look up to top hand.
C 'I'm gonna hold , hold on...' 2x8	C ¹ Hold Lunge Twist L 14 cts <i>Place L hand to floor, step R foot into Intense Pose. Hands to Prayer</i> 2 cts	Hips dropping, arms lifting. Look to fingers.
'On the highway ...' 2x8	C Repeat Prayer Twist with Extended Arms R	Soften between shoulder blades. Ask a little more, encourage more twist. Eyes down, step back, drop hips. Strong back leg. Revolve and soften mid-back.
Outro 'When I know ...' 2x8	C ¹ Hold Lunge Twist R 14 cts <i>Place R hand to floor, step L foot F, hip-width apart into F Fold</i> 2 cts	Feel the lunge and step foot in hip distance apart.

► 9 **Forward Bends – Hamstrings Think Twice ~ Groove Armada with Neneh Cherry 6:45 mins**

Benefits: Yoga base – introducing the Gorilla Pose for hamstring and spinal length. Abductor and Adductor stretches for complete leg length.

Track Objective: To encourage length in the legs and back.

Music		Sequence / Exercise	Tips & Cues
Pre-track		A Turn class to face in F. Fold, feet hip-width apart	
Intro	4x8	A ¹ F Fold. Set up Gorilla Pose. <i>Backs of hands on floor</i>	Deep in legs, chest on thighs, stretch into hamstrings.
C	‘...Close your eyes...’ 4x8	Gorilla Pose A ² Hold F Fold, lift feet and place hands under feet, palms up, toes touching wrists	Bend knees as much as needed. Option: F Fold or forearms on thighs. Let your head go, circular and soft release, settle the nervous system.
V1	‘...Logical life...’ 4x8	Flat Back Forward Extend L B Release hands, step L leg B. Feet parallel. <i>Hands on R Shin</i> Flatten back and stretch hamstrings Step L foot in, hip-width apart	Hips, heart and head in one line. Option: Hands to R thigh. Option: R Leg straight or slightly bent.
C	‘...Close your eyes...’ 4x8	A ² Repeat Gorilla Pose	Relax in this spinal bend. Let face and thoughts go.
V2	‘...Sincere...’ 4x8	B Repeat Flat Back Forward Extend R	Talking to your front hamstring. Level hips, feel the pressing front to back and back to front. Long through spine, relax shoulders and face.
Br	‘And <u>much</u> too taxing...’ 2x8	Transition down to floor into Stick Pose	Sit tall off your sit bones.
V3	‘...Why do we never...’ 4x8	Table Top Pose with R leg straight 16 cts Table Top Pose with L leg straight 16 cts	Plant heel, strong leg, lift into and out of arms, hips and heart. Feel length of body and strength of torso.
C	‘...Close your eyes...’ 4x8	C Roll to Supine L Abductor Stretch L leg straight across body, R leg bent. <i>R hand holds L leg</i>	
	‘...Close your eyes...’ 2x8	C ¹ L Adductor Stretch. <i>L hand holds L leg, R arm to side</i>	Open legs, knees open and fall away. Belly breathe. Cradle straight leg.
Instr	2x8	C ¹ Hold L Adductor Stretch	Breathe deeper and slower.
	2x8	C ² L Hamstring Stretch L leg straight, R knee bent. <i>Hands hold L leg</i>	Let's feel our new hamstring length. Open gap between heel and hip. No strain – just edge into it.
C	‘...Close your eyes...’ 4x8	C Repeat Supine R Abductor Stretch	Glide leg over body, relax foot. Stretch both seams of leg equally.
	‘...Close your eyes...’ 2x8	C ¹ Repeat R Adductor Stretch	Feel the full weight of both legs, use gravity to your advantage.
Instr	2x8	C ¹ Hold R Adductor Stretch	Stretch heel a little longer.
	2x8	C ² Repeat R Hamstring Stretch	Lift into gap behind knee.
Outro	4x8	C ³ Supine Adductor Stretch Feet together, knees open. <i>Arms at side, palms up</i>	Float leg away to find floor. Knees fall open, palms open and up. Settle. Inhale and find your center.

Track Objective: Finding that quiet place within our bodies and minds. Time to find ourselves.

Music: Evenstar from The Lord Of The Rings... our journey continues.

Options: Corpse Pose, Modified Corpse Pose (knees bent), Seated Kneeling, Recovery Position.

We have nine minutes now to find more awareness in our breathing and in our minds.

Be comfortable, find some space, move legs apart, arms apart, hands open.

Let's become aware of our bodies. Ask yourself: 'in this space, right here, how do I feel? Is there any tension?'

Check your face, let it melt. Shoulders find some space away from neck, chest open, soft in belly, hips open, legs heavy. Ask again 'Is there any tension in my body?' Bring awareness to your breath. Breathe in and exhale gently and passively. Notice the space at the end of the out breath. Breathe in again, bring awareness to any tension. Breathe tension into your in breath, exhale and let it dissipate – pause in space.

How does your breath feel? Bring awareness to your mind. Accept your thoughts and let them go. Find some space, some uncluttered space between these thoughts.

How does your mind feel right now? How does your heart feel? Let yourself be in this space and be who you really are.

Track Objective: Bringing mind, body and breath back into the present.

Music: Helped by this lyrical sound, your metamorphosis is complete.

Bring your awareness back to your breath. Feel the space that you're in. How does your body feel, how does your breath feel, how does your mind feel? Be aware of these things, because if you are aware, you are able to choose who you are. You can be like this anytime, anyplace, anywhere. Take a deep breath, bring a little movement back to feet, hands, wrists and ankles. You may like to stretch long with a deep breath. Feel the length of the spine that you've worked so hard to achieve. Bring one knee up to your chest, then the other and roll through the spine or come on to your side. Come up to a seated position.

Sit tall, aware of body, breath and mind.

Release 21. We feel it is a coming of age. It honors who we are. It bring us more awareness and allows us to be more of who we really are.

Thank you for your commitment to yourselves and your well-being.