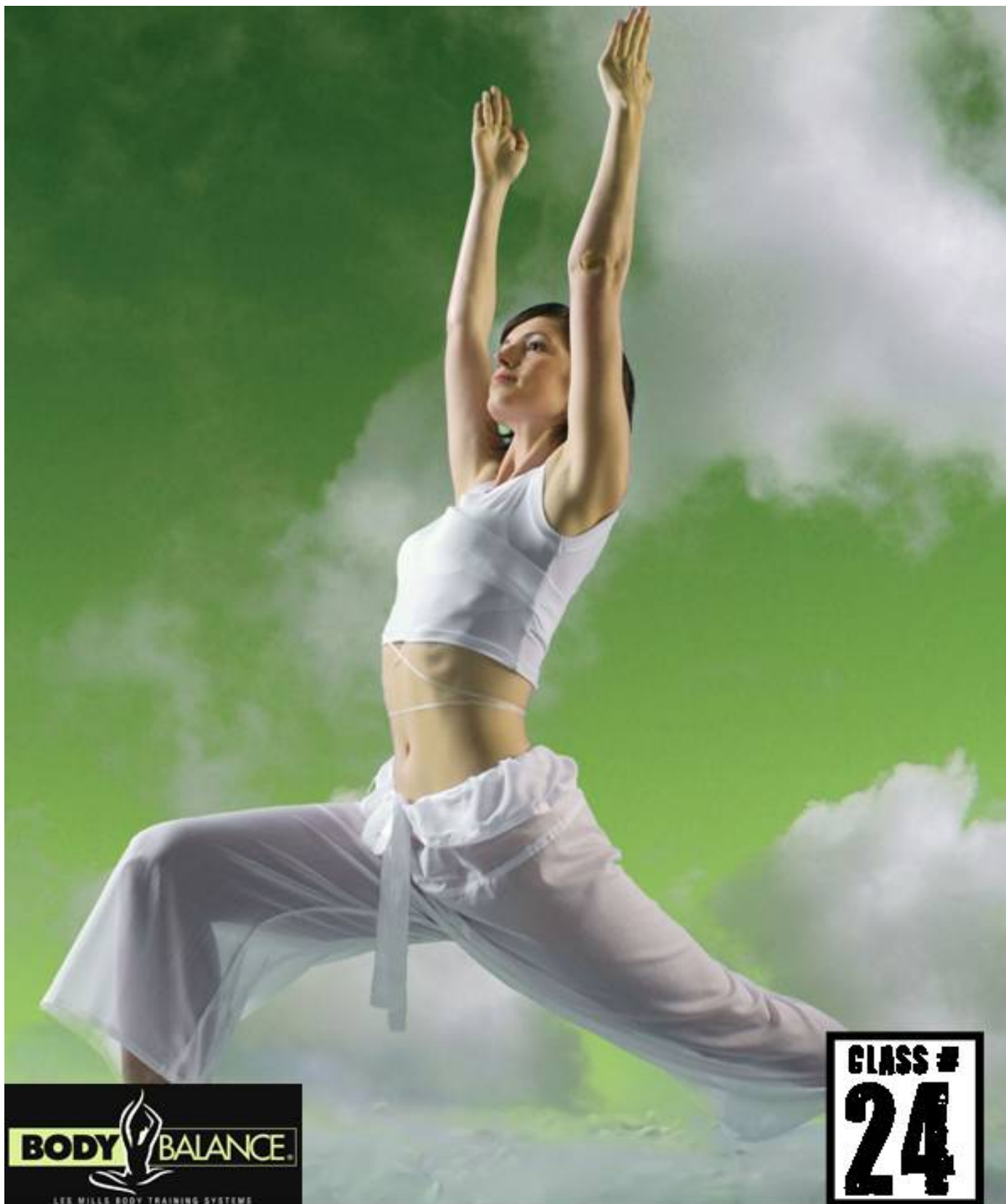




TRAINING

CHOREOGRAPHY NOTES

PULLING IN THE CROWDS – WINNERS ANNOUNCED

PULL YOUR HEAD IN

LIFE-CHANGING INSTRUCTIONAL LANGUAGE FOR PHYSICAL EXECUTION

FOCUS AND FEEL

MASTER CLASS – A RETROSPECTIVE COLLECTION

	Type	Title	Artist	
1	Tai Chi Warmup	Porcelain	Moby	4:35
2	Sun Salutations	Desert Rose	Sting	4:50
3	Standing Strength	Proud	Heather Small	4:50
4	Balance	Miserere	Paul Schwartz and The Joyful Company of Singers	5:45
5	Hip Openers	Streets Of Philadelphia	Bruce Springsteen	5:20
6	Core – Abdominals	My Love Is Your Love	Whitney Houston	4:30
7	Core – Back	Ain't It Funny	J-Lo	4:05
8	Twists	So Amazing	Clark Anderson (The Hurricane)	4:35
9	Forward Bends – Hamstrings	Angel	Sarah McLachlan	4:25
10	Relaxation	Waves Of Light	Deuter	5:20
11	Meditation	Dreamland	Black Box	2:05

Choreography:	Dr Jackie Mills
Music:	Phillip & Jackie Mills (with thanks to William Barnett)
Video Teachers:	Dr Jackie Mills, Emma Barry, Dr David McKenzie, Ani Brunet, Anita Blanchett

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

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BODYBALANCE® 24

A retrospective collection from earlier classes, BODYBALANCE 24 will awaken some great memories among devotees of our groundbreaking mind-body program. But this class is not all about nostalgia – new choreography adds a fresh feel to the workout and combines with the music to leave you feeling taller, stronger and better equipped for daily life.

Dr Jackie Mills has slowed the pace of the Tai Chi Warmup, extracting full value from Moby's classic *Porcelain*, before moving onto the yoga-based tracks and more great sounds like Sting's *Desert Rose*, Heather Small's classic *Proud* and Paul Schwartz's *Miserere* – one of the all-time BODYBALANCE classics.

Check out the new hip-opening stretches as the class moves through Springsteen's *Streets Of Philadelphia* and rise up for the challenge of the core work with Whitney Houston, J-Lo and Clark Anderson's *So Amazing*. Cruisy, and often low-key, these classic sounds have come together in a great BODYBALANCE class.

Note: Track Objectives are left blank for you to insert your own.

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

► **Push Play and Go!** ◀

Please forward all music suggestions and feedback to: feedback@lesmills.com

◀ **Teaching Tips**

The **Choreographer's Objective** now heads each track. It represents the essence of the choreography and may include essential teaching points to ensure successful delivery. It is always class focused.

The **Instructor's Objective** is your opportunity to teach from purpose and inspire life-changing fitness experiences. This may vary from class to class depending on your audience and focus for the day. Make sure it is aligned with the Choreographer's Objective.

To keep the Objectives **class focused** the sentence starters are always "I want the people in my class to feel / experience..."

There are now two scripting columns:

Initial / Setup Cues, that are vital to correct positioning, sequencing and safety.

Objectives & Follow-up Cues that allow you to deepen the experience for the class.

Jackie gives an optional yoga sequence as an introduction to class (Childs Pose, Down Dog, Standing Forward Bend, Roll Up). This is a great way to 'arrive' in class by bringing breath, mind and body together.

The **music wave** does not appear as part of the Music Column in this release in response to considerable feedback that deemed it redundant.



Pulling in the Crowds – Winners Announced

The Seven Categories and Winners

Category 1: Best Community Outreach Idea

Glenn Connery from Australia suggests getting involved with the local hospital and promoting BODYBALANCE® for relaxation, stretching and strengthening.

Fred from France suggests inviting medical professionals to a free seminar on the benefits of Les Mills Body Training Systems programs as an alternative 'prescription' for their patients.

Leonard Koh from Singapore suggests linking up with the local council and attending any fitness events they run.

Vicky Martin of Orange Central Fitness, USA, runs a 'dollar for donuts' charity event in BODYPUMP®. For every 1kg plate or 'donut' participants add on, she donates a dollar to a local charity.



WINNER: Kayren Oesterrle of Flowery Branch, Georgia, USA, took a display stand in a serious business fair and livened things up with music and class displays.

Category 2: Most Intensive Idea



WINNER: Rebecca Salu, Australia, suggests a 'Boot Camp Day' for all programs. The day kicks off with a light breakfast, and after each class there is healthy finger food and drinks on hand for participants.

Category 3: Most Ideas



WINNER: Rebecca Salu, Australia, also won Category 3 for the most ideas, with a sensational 27 great ideas for pulling in the crowds. One of her ideas was to support the program you teach by giving out free passes for **any** class of that program at your club, not just your own!

Category 4: Best Music Idea



WINNERS: Rene Poulos from Australia and Carla Chubb from Dubai share first place in the Best Music Category. They both compiled a class of favorite music as voted by their participants.

Category 5: Best Referral Idea

Edith from Angers, France, suggested a partners' class.

Rebecca Salu plans to offer the sales consultants in her club a starter kit for all new members. Starter kit includes Group Fitness class information, free passes for friends and a complimentary healthy snack.



WINNER: Sebastien Puelinckx – Members earn extra or free membership by bringing along their friends.

Category 6: Best Relaunch Idea



WINNER: Club Ligne Tonic. This club had an all-out marketing assault to promote the relaunches of all programs. For information on this winning idea refer to your 4/2003 Instructor video session – Pulling in the Crowds Part Two.

Category 7: Most Outrageous Idea

Leonard Koh (Singapore) suggests a BODYBALANCE® class on the beach or a BODYJAM® class at a dance club.

Go for the World Record of Group Fitness participation. (**Les Mills, Christchurch, New Zealand**)



WINNER: Vicky Martin (USA). 'Sneak Zucchini onto your Neighbor's Porch Day'. Give every class participant a zucchini and challenge them to leave it on their neighbor's porch, colleague's desk or in a friend's letterbox. Attached to the zucchini? A free pass and an invitation to attend one of your classes.

Thanks to George from Hawke's Bay, New Zealand, who has prompted us to provide you with an Instructor Profile card template. Get yours now from www.lesmills.com in the Instructor Resources section.

OVERALL WINNERS



For the Individual prize – **Rebecca Salu**.
And the Team winner goes to **Club Ligne Tonic**.

Take some action – Pull in the crowds!

"Inspiring life-changing fitness experiences everytime, everywhere"

Pull Your Head In

Correct Neck Position for Abdominal Work Can...

1. Reduce the risk of neck injury.
2. Reduce the risk of neck pain or discomfort.
3. Increase the effectiveness of most abdominal exercises.
4. Improve neck alignment.

Neck Pain

- Neck pain and dysfunction are common complaints.
- Symptoms include pain in the central region of the neck, which can radiate into the Trapezius region; headaches; and arm pain. Many problems that start in the neck can become chronic.

Common Cause – Forward Head Posture

- One of the most common causes of neck pain is a 'forward head posture'.
- Forward head posture results in excessive compression of the facet joints within the Cervical Spine, and can create shearing of the discs between each vertebra.
- Why do we get forward head posture? If our postural muscles get lazy, gravity will pull the shoulders and upper back into a rounded position and push the head and neck forwards.
- The deep muscles that stabilize the neck will become weak and inactive in this stooped alignment. At the same time the Sternomastoid – a muscle that runs from just behind the ear to the top of the sternum – can shorten and become overactive.
- This combination of the forward position of the head and the overactive Sternomastoid exaggerates the inward curve of the neck and creates the joint compression and disc stresses.
- One of the greatest risks of forward head posture during exercise occurs while training the abdominals.

Abdominal Training

- In abdominal training it is very common to lead with the head. This creates forward head posture.
- What can we, as Instructors, do in our classes to address the issue?
 - When doing Crunches it's essential to PULL YOUR HEAD IN. More specifically, pull your chin in.
 - Keep the chin gently in to the top of the throat during crunches. This engages the deep stabilizers of the neck and helps prevent forward head posture.



Pull Your Head In

- Bringing the arms to the head adds load or resistance to abdominal work however we should discourage people from pulling their heads forward as this can strain the back of the neck.
- We should cue participants to focus on using their abdominal muscles to crunch: they should think about sliding their ribs toward their hip bones and not try to pull their body up with their head!
- Some great cues to get this across to participants are *"Keep your chin in"*, *"relax the front of your neck"*, *"let your abs lift your torso"*, and *"pull with your abs, not your head"*.

Oblique Curls

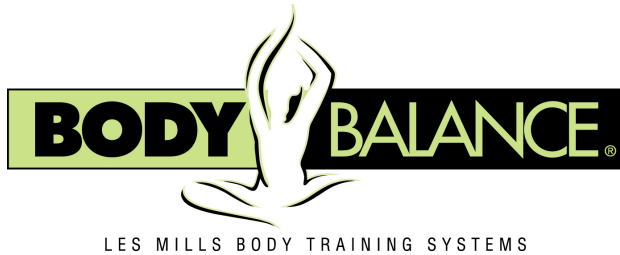
- The same rules apply to oblique training.



Test Your Knowledge Quiz

1. What is one of the most common causes of neck pain?
2. What happens within the Cervical Spine as a result of forward head posture?
3. Why can we end up with forward head posture?
4. If our postural muscles get lazy, what can happen to our shoulders, upper back and head and neck?
5. What can then happen to the deep muscles that stabilize the neck?
6. During exercise, when does one of the greatest risks of forward head posture occur?
7. What is it common to do when we lift forward into a Crunch?
8. What can we do to address this issue?
9. When the arms are above the head in Crunches, what do we discourage participants from doing?
10. What should we cue participants to focus on when performing abdominal exercises such as Oblique Curls and Crunches?

"Inspiring life-changing fitness experiences everytime, everywhere"



Life-Changing Instructional Language for Physical Execution



Words are enormously powerful! Choose the right ones and your participants will have 'aha' moments where they just 'get it'. Choose the wrong words and they'll be frustrated, confused and even at risk of injury.

Today we're going to develop a list of 'life-changing' cues you can use to get the most from your classes. These great, proven cues help your class members really understand what you're teaching, and give them life-changing experiences in your classes.

OK! So where do we start? Well, here's an essential fact that makes cueing easier: there are only three main learning styles. Knowing what they are is the key to giving the sort of cues that your participants will really take in.

AURAL people learn by **listening**. They do well at school and remember most of what they hear. They tend to love music – just like Group Fitness instructors! They also tend to be very literal. Aural learners benefit most from clear, precise instructions that tell them exactly what to do – because they will do exactly what you say. You must choose your words carefully – say what you mean, and mean what you say.

VISUAL learners like to **watch**. They're the ones who say "Don't tell me, show me!" Visual learners remember most of what they see, and not much of what they hear. They usually have great visual memories; they'll remember how someone looked at a party, while an aural learner will remember what that person said. If there's not a lot to look at, visual learners switch off and get bored – so demonstration is best for visual learners.

Finally there are the **KINESTHETIC** learners. They are hands-on, practical types. They want to 'do' whatever it is they're learning. They need to touch and feel. You need to explain to them how it feels to do a move right, and then they'll get stuck in to find that feeling. They learn from their own feedback, and remember the sensation of doing something correctly. They probably won't read books, watch videos or listen to CDs to learn something – they'll seize the basic idea and then get try to do it themselves. Then you can help them with corrective feedback.

So what does this mean to you as a Les Mills Group Fitness Instructor?

First of all, you have to demonstrate your moves perfectly so everybody in your class – especially your **visual learners** – can see how it should be done. But we all know that's not enough. Every class has participants who genuinely think they have fantastic technique when in fact they are waaaaay off track. For them, simply seeing it being done correctly won't change a thing. **You have to role-model perfectly and at the same time coach them to get it right.**

- **Aural learners** need to make sense of your moves through simple verbal cues. You need to spell out complex moves with simple language.
- **Visual learners** are the easiest – they just need to see you do the move perfectly, and they'll soon follow. Draw attention to particular aspects of your movement to ensure they're watching the right thing!
- **Kinesthetic learners** need opportunities to self-correct by experiencing adjustments that put them into optimal position. If they know how the right and wrong positions feel they'll be able to adjust their bodies to the right position.

Although everyone favors one of these three learning styles, we all rely to some extent on all of them. We know from neuro-linguistic programming that targeting all three learning styles helps our participants achieve perfect technique. **They listen to our cues – that's aural. They look at us demonstrating perfect technique – that's visual. And they do the moves themselves – that's kinesthetic.**

Life-Changing Instructional Language for Physical Execution



It all starts with the initial verbal cues you use, and that's why you have to work hard to get them right.

We have to choose words that create instant understanding, and that means words that are meaningful to your participants. "Engage your Transversus Abdominus!" might be perfectly correct – but it's completely meaningless to almost everyone!

Let's separate our physical execution cues into two types.

The first are the **Initial Cues**: the ones we use in our movement set-up. These are the 'must-do' of the move. They're simple, technical, clear and concise, and they tell your participants exactly what to do. They ensure correct and safe movement execution.

Then there are **Follow-Up Cues**. These create positive change. They coach your class, evolving, extending or enhancing the feel of their movements, and adjusting positions, moving your participants closer to the perfect technique!

For every move in every program, you need a 'library' of cues.

You need a library of **Initial Cues that set up your moves**, and a library of **Follow-Up Cues that create positive change** for your participants. When you have these cues ready to use, you'll be ready to make your classes life-changing for your participants.

Tree Pose

Initial Cues

- Start in Mountain Pose
- Lift your foot and place your heel on your leg
- Level your hips
- Abs are on
- Lengthen your spine
- Lift from your waist
- Soften your front ribs

Let's see how we can enhance the move with powerful **Follow-Up Cues**: cues that coach by adjusting technique or increasing the quality, effectiveness or feel of the move:

Follow-Up Cues

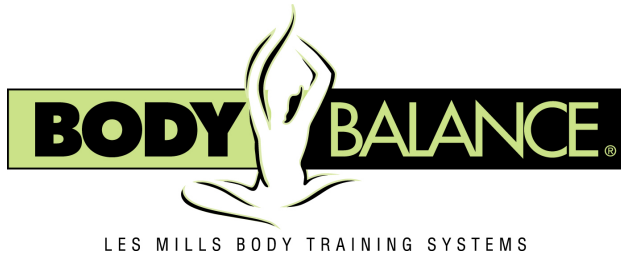
- Imagine standing in the eye of a storm
- Steady eye focus
- Let go of your thoughts
- Grounded, yet growing



Mountain Pose

Examples of Follow-Up Cues

- Think of the internal space or volume and enlarge that space
- Imagine a helium balloon attached to the top of your head floating to the ceiling
- Narrow your waist – imagine your center as a sponge and squeeze the sponge lightly
- As if you are a tree and you are growing out of the top of your head and your feet are the roots in the ground
- Your muscles want to come in like a hug



Life-Changing Instructional Language for Physical Execution

Tai Chi Wu Chi Position

- Feel balanced on four corners of the feet
- Feet firmly planted like roots in the ground
- Sink into the sand below and suspend from a golden thread above
- Relax shoulders down your back
- Fill the ribcage with volume as if a balloon inflating
- **Wide Wu Chi** – Imagine sitting on a very big horse

Tai Chi Arm Circling

- Gently turn your shoulders around the corners
- Visualize or imagine circles as you do them

Sun Salutations Extended Mountain Pose

- Reach the sky above the crowds
- Reach up to the sunlight
- Shoulder blades melting down
- Reach to the North and South of the body
- Press down through your feet

Hands to Thighs

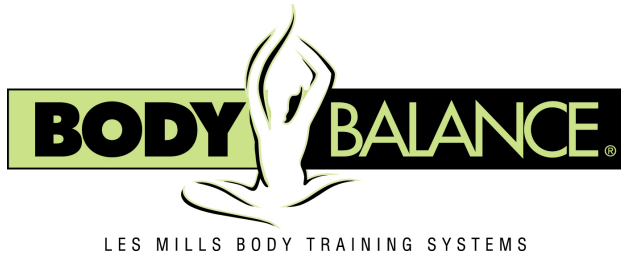
- Sit deep into your heels as if sitting back on a chair
- Hands resting lightly as if your legs were sunburnt
- Weight on the tail, feather on the head

Lunge

- Quietly, land softly
- Press your heel back
- Pelvis steady as if you are balancing a tray of full glasses on your back
- Long neck as if you were wearing a turtle-neck jumper
- Fingertips lightly on the floor as if the floor were very hot
- Experience the line of energy – crown to heel
- Move hips square on, like a rudder

Downward Dog

- Push your hands down as if you are leaving even handprints in the Hollywood Walk of Fame
- Hands are secure into the floor, like an animal
- Shoulders down, away from ears
- Heels pressing down
- Ribs back towards your hips as if your t-shirt was sliding up and you are trying to get it back down
- Make a ski slope with your back
- Reveal your tail feathers



Life-Changing Instructional Language for Physical Execution

Plank

- Brace like you are standing in a strong wind
- Heels press to the back wall, crown of head extends forward

Crocodile: TRADITIONAL

- Drop knees and chest between your hands as if you had two walls either side of you
- Squeeze legs, lower confidently

Up Dog

- Feel the beautiful arch
- Shine your heart light forward

Standing Baby Back Bend

- Breathe and lift your chest to the sky
- Feel your heart center open

Standing Strength

Warrior 2 Pose

- Strong, firm, bold, open and ready to go like an ancient African warrior
- Deepen into legs – soft, sure gaze to fingers
- Sink down and grip the earth with the rear outer heel
- Back leg is super strong and grounded
- Balance an orange on your thigh
- Feel strong and extended but quietly powerful and calm
- Feel your whole body flow with life force
- Concentrate and radiate
- Feel the breadth across the body from fingertip to fingertip

Triangle Pose

- Legs anchor – elongate spine
- Draw top hip and shoulders back. Lower hip and shoulder forward
- Squeeze legs. Press the floor with the front big toe
- Reach up and suspend from the top arm
- Long and lifted
- Create a triangle between the front leg, arm and trunk
- Draw in and connect your belly to your spine
- Tailbone drops down

Sun Warrior

- Pool energy up and in, and then out through the fingertips
- Let the light from the sun fall on your face

Extended Side Angle Warrior

- Lengthen like a small tree reaching to get feel the sun in an overgrowth of heavy bushes
- Length with strength
- Balance on the four corners of the feet as if they were in cement



Life-Changing Instructional Language for Physical Execution

Warrior 3 / Aeroplane Pose

- Maintain your body in one strong line as if balancing on a tightrope
- Feel the length of the body from crown to heel

Intense Pose

- Lower and push your buttocks back
- Scoop stomach in
- Fingers on fire
- Zip up your midline, toes to nose

Balance Tree Pose

- Imagine standing in the eye of a storm
- Let go of your thoughts
- Grounded, yet growing

Eagle Pose

- Wrap arms like a soft rope
- Hands skyward, butt sinking low

Hip Openers

Swan Pose

- Pour yourself forward and let go thoughts, tightness and breath
- Melt yourself into the floor and relax
- Like a swan, show the grace and tranquility of the pose
- Focus on the exhale, allowing the body to release the muscles off the bones

Hip and Butt Stretch

- Soften your breathing and your body will follow

Frog Pose

- Don't fight it; be willing to open and change

Core – Abdominals

Pilates Core Connection

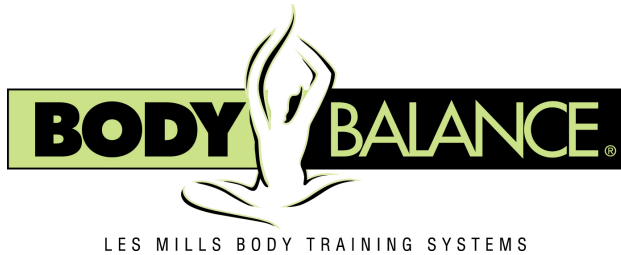
- Feel a belt around your waist and tighten your belt one notch
- Hollow out between your hip markers at the front
- Scoop/hollow out in your belly
- Imagine a small piece of paper sliding under your lower back

Core Abs

- Connect top of rib to hip bone as you draw in
- Imagine a can of sardines being opened – roll back the can lid
- Slide your ribs towards your hip bones

Side Plank

- Shoulder blades into a soft 'V' down the back
- Imagine hips being pulled up by a balloon. Crown of head reaches away, shoulders down, away from ears



Life-Changing Instructional Language for Physical Execution

Plank

- Brace like you are standing in a strong wind. Crown head one way, heels the other
- Let your breath calm you

Strengthen underside of body

Core – Back

Alternate Diagonal Pointer

- Go long and find steady balance
- Chin in and sandwich your center
- Think of a clock, 4 o'clock and 8 o'clock
- Negotiate balance around your center
- Float opposite arm and leg
- Inner strength and stillness

Leg Extend and Guide

- Like standing on tips of toes
- Legs so strong they are almost off the ground
- Feel like you are being pulled up by your ears
- Belly lifted like being on cold steel

Twists

- Like a coiled spring, gracefully let your body first uplift, then spiral up gaining a new dimension to your posture
- Spiral open

Intense Twist Pose

- Reach your chest forward and draw the lower ribs around
- Sink your butt down and back more
- Use the lower arm as a lever to turn
- Use lots of breath
- Like a spiraling corkscrew, up through the body
- From the space under the belly button revolve
- Legs squeeze together. Try to squeeze out a slightly bigger twist

Forward Bends – Hamstrings

Supine Hamstring Stretch

- Full focus in relaxing the back
- Sharpen heel
- Gentle maximum
- More breath, more length

Forward Fold

- Move gently in two ways
- Hips high, crown of head low
- Strong legs, long relaxed back

Seated Forward Bend

- Allow hamstrings to descend deeper into floor
- Earth the sit bones as you activate legs
- Soften front ribs, kidneys get wide
- Crown of the head reaching away

Life-Changing Instructional Language for Physical Execution

- Meditation**
- Make an imaginary journey breathing in up the nose, over the head and around and out the mouth, and then slowing that breath and journey down
 - Spend time in the world behind your eyes as if a warm or cool compress has been laid over them
 - Feel the body as a soft wave of energy, floating off the floor as if you were floating in two inches of water
 - Let the muscles fall off the bone and float effortlessly away
 - Relish the unity of mind, body and breath

Coming up with great cues is a full-time job! Remember to use the power of words – and remember, good cues are everywhere. Steal them from the start-up handout we've given you and steal them from other Instructors. And, of course, come up with powerful cues of your own. Your choreography notes for this latest release provide a powerful resource for learning. Jackie Mills has included Initial and Follow-up cues for most moves. Use them!

Being a world-class Instructor means taking on challenges like this and learning from them. Don't just think "Oh, I'm OK" – use powerful, effective physical execution cues and watch as your participants' techniques go from strength to strength.



Test Your Knowledge Quiz

1. What are the three main learning styles?
2. What sort of instructions do aural learners benefit from?
3. How do visual learners prefer to learn?
4. What do kinesthetic learners want to do when you teach them a new skill?
5. Name the type of cues best suited to the setup of a move?
6. Fill in the gaps. "These are the 'must-do' of the move. They're _____, _____ and _____."
7. What does successful use of them ensure?
8. What cues would you use to create positive change?
9. Fill in the gaps. "They _____ your class, _____, _____ or _____ the feel of their movements, and _____ positions..."
10. What should they move your participants closer to?

"Inspiring life-changing fitness experiences everytime, everywhere"



Thanks to the creative input of Michael King.

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Release 24 – Focus and Feel

LES MILLS BODY TRAINING SYSTEMS

TRACK 1:

TAI CHI WARMUP

Knee Circles

- Knee circles warm up the knees for Tai Chi.
- Feet together. Hands on knees.
- Take little circles. Ankles will move also.

Standing Shoulder Circles

- **Objective:** To warm and mobilize shoulders and upper back.
- Initially do this with feet together.
- Hands relaxed and facing.
- Focus on elbow movement to open shoulders.
- *It feels like taking off the overcoat of your day and coming into class.*

Tai Chi Hands Midline and Circle

- **Objective:** To promote breathing and flow of movement.
- The timing is important for feel
- *The feel is like an ocean wave rising up, then reaching to the shore and back.*
- For knee safety, hold legs steady. Don't let knees buckle in.
- *It feels like holding a large beach ball between our knees as we move.*

Tai Chi Hand Push and Arm Circle

- **Objective:** To move deeply and warm the body.
- Timing is essential for feel. Go down slowly (4 counts), weight shifts (2 counts), return (2 counts).
- *The feel is to sink your weight, relax and sweep your arms.*

TRACK 2:

SUN SALUTATIONS

Standing Baby Back Bend

- **Objective:** To take people out of their usual flexion into 'controlled' spinal extension.
- Before we extend, we must have a strong base.
- Instruct the class to *"tuck tail bone under and engage abdominals to protect the lower back"*.
- Relax the shoulders down to free the neck.
- Release the head and arch.
- The **option** is about comfort. Teach or coach people to go to their own degree.
- *The feel is of lifting the chest skywards.*

TRACK 3:

STANDING STRENGTH

Intense Pose to Standing Lunge

- Before you transition, cue a shift in weight, be steady and controlled as the other leg steps back.
- The **option** is to take the hands down to the thigh before you step back. Then reach arms overhead.



Release 24 – Focus and Feel

TRACK 4: BALANCE

Change of Tempo

- Some of the moves have been slowed down to change the intensity and feel.
- Find an edge that creates a new focus for you. It may be working the knee or foot a little higher, or bending the standing leg more, or coming to complete stillness in each pose, or challenging your eye focus as you move, shifting it to look at your fingertips!

TRACK 5: HIP OPENERS

Half Lotus Pose

- In BODYBALANCE® we do a different Half Lotus to Yoga. Our top foot is placed further forward and over the lower leg which is also a little further forward. This increases the stretch in the buttocks.

Cow-faced Pose

- **Option** is the Seated Hip And Buttock Stretch.
- This is a challenging, deep hip and buttock stretch. Setup is important.
- Lift your knees and cross them. Feet come to the floor.
- Use your hands and lift up and over the feet.
- **Option** is the Cross-Legged Pose.
- We add in a shoulder stretch. The **option** here is to reach your other hand up your back towards the top hand. Hold hands if you can.
- Relaxation is essential in this pose.
- Draw abdominals in as we reach the chest forward to protect the lower back.

TRACK 6: CORE – ABDOMINALS

Forearm Side Plank

- Incredible core stabilizing pose from Pilates. Correct setup is essential. Practice executing and cueing the setup.
- Keep the head still and looking straight ahead to protect the neck. The nose is in line with the center of the body for good neck alignment.
- *Imagine the hips being pulled up by a balloon.*
- Three important **options**. (Not on Instructor Video)
 1. Lower leg bent and on the floor.
 2. The neck is supported by the top hand. Cup and hold the NECK, not the head.
 3. Side Plank. Straighten the lower arm.
- If people are feeling stable and want a challenge, **option** an Oblique Crunch.

TRACK 7: CORE – BACK

Leg Extend and Glide

- This is a small, core-controlled move.
- Keep both hip markers down. Draw abdominal muscles in.

Upper Body Lift with Triceps Extension

- As the arms move forward from the Triceps Extension, squeeze the shoulder blades together to activate the back muscles. This will take away the elbow flare.



Release 24 – Focus and Feel

TRACK 8: TWISTS

- Twist Sequence** • Set up each twist and deepen the experience with movement-based Follow-Up cues.
- Intense Pose Twist** • Example Follow-Up cues are “lower and push your buttocks back” (to bring you into your legs further), “reach your chest forward and draw the lower ribs around” (for more twist), “use the lower arm as a lever to turn” (for more twist), “keep pressing the knees together” (to keep the legs strong) and “outer hip working back into the midline” (to bring the hips square).
- Lunge Twist** • Hips down, back thigh strong and lifted. Strong lower body, long revolved upper body.
- Steady your balance as you come up for the Standing Balance Twist.
- Standing Balance Twist** • Always show the toes-down **option**.
- Use the hand as a lever to turn.
- Reach into the back arm and turn the head as balance allows.
- Figure 8 Twist** • **Objective:** To relax and mobilize your shoulders and spine.
- Lift the heels and pivot on the balls of the feet to protect the knees.
- Draw a figure 8 in the air. Low to one side then hold and reach on the other side.
- *Feel free and even childlike!*

TRACK 9: FORWARD BENDS – HAMSTRINGS

- Dead Bug Pose or Happy Baby Pose** • Knees to chest. Hold soles of feet with hands.
- Knees towards the floor. Ankles stacked over knees.
- Tailbone stays down so we stay long through the back.
- **Option** is the Supine Adductor Stretch with feet down.

TRACKS 10 & 11: RELAXATION / MEDITATION

- Relaxation / Meditation** • Initially relax the body. Use the mind’s eye to bring awareness to the spine, shoulders and head.
- The second focus is the breath. Awareness to the inner wall of the forehead.
- The third focus is to bring awareness to the hands as an extension of our heart.



Test Your Knowledge Quiz

1. Standing Shoulder Circles – what is the objective and what do you focus on to open the shoulders?
2. In Tai Chi Hands Midline and Circle, and Tai Chi Hand Push and Arm Circle, what is essential for feel?
3. What is the objective of the Standing Back Bend in Sun Salutations?
4. Before we extend in the Standing Back Bend, what must we have?
5. In the Hip Openers Half Lotus Pose, why is the top foot placed more forward and over the lower leg?
6. What is the option for the Half Lotus Pose?
7. In the Forearm Side Plank what should you do to keep the neck safe?
8. In Track 8, Twists, why are we holding each twist?
9. In the Standing Balance Twist what option should you always show?
10. What is the option for the Dead Bug Pose or Happy Baby Pose?

“Inspiring life-changing fitness experiences everytime, everywhere”

Benefits: Warm the body, connect mind, breath and body.

Choreographer's Objective: I want the people in my class to feel / experience slow, full breath and calm, flowing movement.

Instructor's Objective: I want the people in my class to feel / experience...

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Intro	4x8	Feet together, knees bent, hands on knees, small knee circle anticlockwise Repeat clockwise	4 cts 4 cts Rep 4x		Feet and knees together. Bend knees and circle. Warm up knees for Tai Chi. Press into knees a little.
(Beat)	4x8	Standing Shoulder Circles A Stand tall, back of hands facing inward Inhale – Arms bent and elbows lift, hands up the midline of body Exhale – Elbows lift up and circle out, B and down	4 cts 4 cts Rep 4x		Hands relaxed, inhale. Elbows up, back and around, exhale. Breathe deeply. Warm shoulders. Elbows circle way back. Take off your coat and come into class.
(Heavier beat)	4x8	A ¹ Step feet to Wide Wu Chi and repeat Standing Shoulder Circles	8 cts Rep 4x		Step feet wide apart. Bend knees and sink weight. Imagine sitting on a very big horse. Legs strong, back upright.
Ref	' <u>Be</u> , be, be...'	Tai Chi Hands Midline & Circle to L B Turn torso to L leg, shift weight to L leg, inhale, raise elbows as above Turn torso and shift weight to R leg, reach arms F over R leg, palms down Lower arms and sweep down and B to L, shift weight to L leg	4 cts 2 cts 2 cts Rep 4x		Turn, hold and rise up midline. Shift weight and sweep arms out and back. Check knees are moving over toes. Relax, breathe and flow. Like an ocean wave, rising up, reaching to the shore and back.
V1	' <u>In</u> my dreams...'	B Continue Tai Chi Hands Midline & Circle to L Hold weight in R leg on last 2 cts	8 cts Rep 4x		
V2	'...I never...'	B Repeat Tai Chi Hands Midline & Circle to R	8 cts Rep 4x		Press feet firmly into the earth. Keep integrity in the knees.
C	'Good_bye...'	B Continue Tai Chi Hands Midline & Circle to R Step feet together on last 2 cts	8 cts Rep 4x	This time slide feet together.	Hold onto your horse with your legs.

Music			Sequence / Exercise			Initial / Setup Cues	Objectives & Follow-up Cues
V3	<u>Tell</u> the truth...	2x8	C	Bend the knees, step L foot out, heel leads to 60°, step R foot B to widen stance Swing arms up to L shoulder height, shift weight to L leg Cross hands in front of face and to R, shift weight to R leg	8 cts 4 cts 4 cts	Bend knees, heel steps out. Other foot back, come wide between legs. Arms up and across face. Hold weight in L leg. Hands down slowly across, sweep arms around and back. Watch hands as they come through.	Smooth natural moves. Sink weight, bend knees. Let breath go, relax.
	'...Tell me...'	4x8	C ¹	Tai Chi Hand Push & Arm Circle to L Bend knees, weight in R leg, L hand pushes down R side to R knee, L hand to side Shift weight to L leg as R hand sweeps past L knee L hand circles down. Both arms sweep to L shoulder height Hands cross in front of face and to R as weight shifts to R	4 cts 2 cts 1 ct 1 ct		
					Rep 4x		
V4	<u>In</u> my dreams...	4x8	C ¹	Continue Tai Chi Hand Push & Arm Circle to L	8 cts	Rep 4x	Think flow as you flow; connect mind and body.
		½x8		Step feet together	4 cts		
Ref	<u>Be</u> , be, be...	2x8	C	Repeat Setup for Tai Chi Push & Arm Circle to R	16 cts		
C	<u>Be</u> , be, be...	8x8	C ¹	Repeat Tai Chi Hand Push & Arm Circle to R	8 cts	Rep 8x	Let it flow. Sink a little deeper.
		½x8		Step feet together	4 cts		
Outro		4x8	A	Repeat Standing Shoulder Circles	8 cts	Rep 4x	Relax shoulders and jaw even more.

Benefits: Bring warmth and mobility to the body.

Choreographer's Objective: I want the people in my class to feel / experience moving comfortably through full range of movement and coordinated breath.

Instructor's Objective: I want the people in my class to feel / experience...

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Intro	4x8	Set Mountain Pose	32 cts	Feet together, strong legs, stand tall shoulders down, head balanced.	Bring your focus and energy into your body.
(Beat)	4x8	Bend knees, twist to L, R hand on L hip, L hand behind back on R hip Look over L shoulder Reverse to R	16 cts 16 cts	Bend knees, hold body, look over back shoulder.	Soft face and shoulders.
(Vocals)	4x8	Arms to Extended Mountain Pose O/H Reach L arm, pull R elbow down O/H Reach R arm, pull L elbow down Arms up to Extended Mountain Pose Return arms down to Mountain Pose	8 cts 8 cts 8 cts 4 cts 4 cts	Reach and breathe. Stretch through R side. Stretch through L side. Mountain Pose.	Full wake-up stretch. Body awake and ready.
V1	'...I dream...'	Sun Salutation to L Inhale – Extended Mountain Pose Exhale – F Fold (knees bent) Inhale – R Lunge (L leg B) Exhale – Down Dog 4x8 Inhale – Plank Exhale – Crocodile Inhale – Cobra / Up Dog Exhale – Down Dog 4x8 Inhale – L Lunge (L leg F) Exhale – F Fold Inhale – Extended Mountain Pose Exhale – Mountain Pose	8 cts 8 cts 8 cts 8 cts 8 cts 8 cts 8 cts 8 cts 8 cts 8 cts 8 cts 8 cts	Inhale, gently look up. Exhale, knees bend, hands to floor Inhale, step way back with R leg. Exhale, heels downwards, shoulders down. Inhale, press into strong arms. Exhale, lower between elbows. Inhale, arch F. Exhale, buttocks back. Inhale, step F softly with R leg. Exhale, head down, buttocks high. Inhale, bend knees and rise. Exhale, Mountain Pose.	Aim high. Bend low. Long lunge. Abs and legs strong and steady. Confident, build strength. Up Dog: squeeze legs, push into the arms. Hold leg stretch. Quietly, land softly. Head hangs free. Even weight R&L sides. Steady, grounded.
V2	'...And as she...'	Repeat Sun Salutation to R	96 cts		
	'Love...'	Hands to Heart Center in Mountain Pose	4 cts	Bend knees.	

Music			Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Br	'...Ah, more...'	3½x8	Standing Baby Back Bend Bend knees, reach arms O/H, hands together. Look up and arch B Arms to Mountain Pose	24 cts 4 cts	 Abdominals in and tail under. Inhale reach, exhale relax and arch.	Relax shoulders and jaw. Lift chest skywards. Be comfortable, go to your own level and breathe.
Instr		12x8	Repeat Sun Salutation to L	96 cts		
C	'...Desert Rose...'	12x8	Repeat Sun Salutation to R	96 cts	Mountain Pose.	Find your heart center. Be still.
		2x8	Finish hands to Heart Center in Mountain Pose	16 cts		

Benefits: Entire body strength, concentration and focus.

Choreographer's Objective: I want the people in my class to feel / experience good alignment focus and power of each pose.

Self-adjustment for enhanced positioning (from clear instruction).

Instructor's Objective: I want the people in my class to feel / experience...

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Intro	4x8	Step or Jump feet wide Turn feet and set up for Triangle Pose L	32 cts	Legs wide, wrists above ankles. Turn feet, squeeze strong legs and abs.	Energy from ground-base to fingers. Hips and shoulders to front.
V1	'...I look into...'	A Triangle Pose L	32 cts	Inhale, be tall, exhale reach and revolve torso.	Legs anchor, elongate spine.
PC	'...I step out...'	Hold Triangle Pose L	32 cts	Top hip and shoulder back. Options: Bend front knee. Eye gaze down, out or up.	Suspend from the lift and power of top arm. The energy of triangle is open.
C	'...What have...'	B Warrior 2 Pose L	32 cts	Bend front knee, sink low. Look and check that knee is over toes, back leg is super strong, press into outer foot.	Feel alignment and quietly powerful. Long and focused.
	'...You could...'	B ¹ Deepen Warrior 2 Pose L	24 cts	Brace abdominals, stand tall, body upright.	Use breath to stay in mind / body connection.
	' Proud... '	B ² Deepen Warrior 2 Pose L more	4 cts	Shoulders down. Focus like lazer down R arm.	Come to your maximum, drop down.
Instr	2x8	Turn feet and set up for Triangle Pose R	16 cts	Turn feet to other side.	
V2	'...Still so...'	A Triangle Pose R	32 cts	Breathe freely.	Focus strength down outside back leg. Breathe freely.
PC	'...So I step...'	Hold Triangle Pose R	32 cts	Press lower ribs down to extend spine.	Strong legs with a suspended body.
C	'...What have...'	B Warrior 2 Pose R	32 cts	Widen stance if needed.	Awareness and acknowledgment.
	'...You could...'	B ¹ Deepen Warrior 2 Pose R	24 cts	Focus energy to the middle finger. Soften the face.	Feel your whole body flow with life force.
	' Proud... '	B ² Deepen Warrior 2 Pose R more	4 cts	Bend low.	Concentrate and radiate.
	' Change... '	Step or Jump feet together Bend knees	4 cts 4 cts	Bring feet together. Bend knees, weight in heels.	Step or jump. Sink weight low and back.

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues	
	‘I can feel...’	2x8	C Raise arms F to O/H Intense Pose Hold Intense Pose	4 cts 12 cts	Fingers on fire, shoulders down.	Feel your spirit rising.
	‘Coz I can see...’	1½x8	D Arms remaining O/H, Step L foot B to Standing Lunge R Option: Hands to thigh	4 cts	Weight in L leg, step back with R foot.	R leg stable. L leg back.
C	‘...What have...’	4x8	D ¹ Deepen Standing Lunge R	32 cts	Square hips F. Strong lower body, squeeze and lift back thigh, press into heel.	Long upper body, soften front ribs and shoulders. Create spinal space.
	‘...Coz you...’	3x8	E L heel down, L arm lowers to Sun Warrior R E ¹ Extended Sun Warrior R	16 cts 8 cts	Heel down. Back arm down. Reach fully into top arm and extend back.	Take it to the stars. Tilt back.
	‘ Proud , yeah...’	1½x8	E ¹ Hold Extended Sun Warrior R	4 cts		
	‘ Change ...’	1x8	Hands to R thigh, lift L heel into Lunge Step feet together Bend knees	4 cts 4 cts		
	‘I can feel...’	1½x8	C Raise arms F to O/H Intense Pose	4 cts		
	‘ Change yeah...’	1½x8	C Hold Intense Pose	12 cts		
	‘Coz I can see...’	1½x8	D Step R foot B to Standing Lunge L	4 cts		
	Rep	‘...What have...’	4x8	D ¹ Deepen Standing Lunge L	32 cts	
	‘...Coz you...’	3x8	E R heel down, R arm lowers to Sun Warrior L E ¹ Extended Sun Warrior L	16 cts 8 cts		

Benefits: Builds strength and ability to balance.

Choreographer's Objective: I want the people in my class to feel / experience beauty, steadiness and challenge.

Instructor's Objective: I want the people in my class to feel / experience...

Music		Sequence / Exercise		Initial / Setup Cues		Objectives & Follow-up Cues	
Intro	2½x8	Mountain Pose 20 cts		Step feet together, set a calm steady eye focus behind me.		Quieten breath, body and mind. Feel feet, draw to our full height.	
	2x8	Lift heels rising to balls of feet 4 cts Lower heels 4 cts Rep 2x		Rise up, be steady and still. Focus on your ankles for balance.		Find balance on all 4 parts of feet.	
Instr	(Strings)	4x8	A Rise to balls of feet as arms rise to side then O/H 8 cts Slowly bend knees to a Low Intense Pose , arms to side, down, F 8 cts Rep 2x	Slowly now. Touch fingertips. Heels down if you need. Keep chest lifted and breathe.		Steady soft eye gaze. Relaxed in chest and arms. Hands as an expression of your heart.	
Chant		4x8	B Chi Balance Sequence L  (a) 4 cts  (b) 4 cts  (c) 4 cts  (d) 4 cts Rep 2x	a) Knee high, can you look to your hand, rise up through chest. b) Foot high, chest F and open for breath. c) Steady Crane, hold in stillness, mind and body. d) Push foot away, lower hip, squeeze thigh and lift foot.		Experience new challenges in each pose with leg position and eye gaze. Stay connected with breath. Find your edge, stand on the edge of your cliff, perfectly still. Dare to go a little further.	
	(Vocals)	4x8	B ¹ Chi Balance Sequence L Option: Toes on floor in balance poses (a) } see Sequence B, slower 8 cts (b) } 8 cts (c) } 8 cts (d) } 8 cts			Open chest, lift under thigh. Belly in to help balance. Hold absolute stillness. Come a little higher.	
Chant		4x8	B Chi Balance Sequence R 16 cts Rep 2x				
	(Vocals)	4x8	B ¹ Chi Balance Sequence R 32 cts				
	(Strings)	4x8	A Repeat Rise & Bend to a Low Intense Pose Sequence 16 cts Rep 2x	Draw belly in. Let go breath.		Float arms, rise to balls of feet. Slide down.	

Music			Sequence / Exercise			Initial / Setup Cues		Objectives & Follow-up Cues	
Instr	(Strings)	4x8	Step feet apart, Squat, arms cross low in front of body		2 cts	Rep 2x	Stretch front body open. Bring top foot back. Hold with back body, not the hip and buttocks.	Steady the gaze.	
			Star Pose L		6 cts				
			Reverse to R		8 cts				
Chant		4x8	B ¹	Chi Balance Sequence L	32 cts			Just stay, breathe.	
		1½x8		Hold (d) Pose	4 cts			Be still.	
Instr	(Strings)	4x8	B ¹	Chi Balance Sequence R	32 cts				
		1x8	A ¹	Rise to balls of feet, arms wide to O/H	8 cts	Fingertips touching.		Full height.	

Benefits: Deep stretch and release of hips, buttocks, lower back and shoulders.

Choreographer's Objective: I want the people in my class to feel / experience a better stretch in each pose or option by sitting quietly, breathing and relaxing.

Instructor's Objective: I want the people in my class to feel / experience...

Music	Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
Intro (Drum beat) 4x8	A Sitting cross-legged, Side Bend L L hand to floor, R hand O/H 32 cts	Long reaches through side body. Keep both buttocks down.	Feel the stretch and release. Relax shoulders and face.
Instr (Synthesizer) 4x8	A Repeat Side Bend to R 32 cts		Breathe and relax more.
V1 'I was <u>bruised</u> ...' 4x8	B Half Lotus L Option: Seated Hip and Buttock Stretch L 32 cts	Tuck L leg under R foot on outside of L knee. Relax R knee down. Keep foot flexed and on outside of thigh to stretch in buttocks.	We can gently press on the top knee. Keep foot hanging over the knee.
C 'Phil_adelphia...' 4x8	B ¹ Half Lotus L Leaning F. Hands F on floor 32 cts	Hands F, breathe and sink weight into both buttocks. Draw abdominals in, long spine.	Show option for people who need to modify.
V2 'I walked the_...' 4x8	B Half Lotus R. Option: Seated Hip and Buttock Stretch R 32 cts		Shoulders melt down. Let expression go from the face.
C 'Phil_adelphia...' 4x8	B ¹ Repeat Half Lotus R Leaning F 32 cts		This calls for complete relaxation, like a warm, melting candle.
V3 '...Ain't no...' 4½x8	C Cow-faced Pose R. R knee over L Option: Cross-legged 36 cts 	Hands back, lean back cross knees and squeeze together. Feet down to floor, lift up on hands buttocks F, to bring knees F and down.	Try to stack knees. Draw feet in if needed.
V4 '...Night...' 4x8	C ¹ L arm O/H, elbow bent, hand down back. R hand on L elbow Hold or use Option: R hand behind back reaching up to L hand 16 cts 16 cts 	Shoulder stretch, elbow high. Stay here or, for more, reach up to your hand.	Relax ribcage and breath. Is there somewhere new you can let go of?
C 'Phil_adelphia...' 4x8	C ² Hold Cow-faced Pose R with arms Lean F 32 cts	Sit tall and fully relax shoulders and jaw. Lean F. Abdominals in, long spine.	Long deep breath, quiet mind.

Music			Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
Ref	'...La, la, la...'	4x8	C ³ Hold Cow-faced Pose R with Lean F Release arms, hands to floor F 32 cts	Hold F, shoulders like to be released slowly.	Support yourself with your hands and just be in your body. Searching slowly F.
V5	'...Ain't no...'	4½x8	C Hands on floor behind, unfold knees and cross legs for Cow-faced Pose L L knee over R 32 cts	Hands back, lean back, uncross, cross the other way. Plant feet, come up and over.	Soften your breathing and your body will follow.
V5	'...Night...'	4x8	C ¹ Repeat R arm O/H, elbow bent, hand down back and hold or use option 32 cts		Sails of shoulder blades floating down.
C	'Phil_adelphia...'	4x8	C ² Repeat Hold Cow-faced Pose R with arms Lean F 32 cts		Let's deepen F. Keep your thoughts soft.
Ref	'...La, la, la...'	4x8	C ³ Repeat Hold Cow-faced Pose R with Lean F Release arms, hands to floor F 32 cts		Relax and have the courage to stay when you most want to run.
Outro (Fade)		4x8	Hands on floor behind, release legs F, knees bent gently to L 16 cts Knees to R 16 cts		

Benefits: Strengthen deep core muscles, rectus abdominus and obliques, and upper body stability.

Choreographer's Objective: I want the people in my class to experience knowing and using options to develop strength in their own ability.

Instructor's Objective: I want the people in my class to feel / experience...

Music	Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
Intro 2x8	Forearm Side Plank R A Set up by lying on R side, feet flexed, R elbow under R shoulder, forearm F, L hand holds R waist 16 cts	One line – heels, lower back and elbow. Elbow directly under shoulder. Nose and chin in line with center of body.	We need to be in the right position. Shoulder blades into a soft 'V' down the back.
V1 '...If tomorrow...' 4½x8	A ¹ L hand lifts body up Look straight ahead, nose and chin in center line of body 16 cts Raise L arm and hold 16 cts Lower hips and reset 4 cts	Use hand to lift body. Draw abdominals in. Show Option: Lower leg bent. Look straight ahead. Lift up out of shoulder.	Imagine hips being pulled up by a balloon. Crown of head reaches away, shoulders down, away from ears.
<u>NOTE THREE IMPORTANT OPTIONS AS PEOPLE BUILD STRENGTH:</u> 1. THE NECK CAN BE SUPPORTED BY CUPPING AND HOLDING THE TOP HAND AROUND THE <u>NECK NOT HEAD</u> 2. THE LOWER LEG IS BENT AND ON THE FLOOR 3. THE LOWER ARM IS STRAIGHT WITH HAND ON FLOOR (SIDE FULL PLANK)			
V2 '...If I wake up...' 5x8	A ¹ Repeat Sequence A ¹ Lower down and turn over to prone 32 cts Set up Forearm Plank Pose in profile 8 cts		Advanced Option: On last 16 cts Forearm Side Plank with Twist, L hand behind head (4 cts). L elbow over to R wrist (4 cts). Return to Side Plank, L arm up (4 cts). Lower hips (4 cts).
C ' <u>Your</u> love...' 4x8	B Draw abdominals in, lift hips to Forearm Plank Pose Option: Legs straight, push B into heels 32 cts	Elbows under shoulders. Suck navel to spine first. Press firmly into arms. Hold on knees or for more, legs straight, pushing into heels.	Brace like you are standing in a strong wind. Crown head one way, heels the other. Let your breath calm you.
Br 1½x8	Lower knees and buttocks A Set up Forearm Side Plank L 12 cts		

Music	Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
V3 '...If I lose...' 4½x8	A ¹ Repeat Sequence A ¹ on L 36 cts		
V4 '...As the years...' 4½x8	A ¹ Repeat Sequence A ¹ on L. Set up Forearm Side Plank Pose on last 4 cts 36 cts	Advanced option.	
C ' <u>Your</u> love...' 4x8	B Repeat Forearm Plank Pose in profile 32 cts		
Rep ' <u>Your</u> love...' 4x8	Raise L foot 10cm 16 cts Option: R knee down Lower L foot and raise R foot 10cm 16 cts Option: L knee down	Brace abdominals. Option: Knee down – keep legs strong.	Become even stronger. Squeeze your legs.
V5 '...If I should...' 1x8 7x8	Lower knees and roll to supine 8 cts Oblique Bicycle L&R Hands to side of head Extend L leg, L elbow to R knee 4 cts Reverse to other side 4 cts Rep 7x	Navel to spine. Chin to throat. Turning from waist.	Slowly. Keep a long neck. Use whole body. Shoulder to knee.
C ' <u>Your</u> love...' 8x8	Chin Nod Bicycle Sequence Knees to 90°, Chin Nod with upper body lift, arms reach outside of legs 2 cts Lower body to floor 2 cts Extend L leg out 1 ct Return L leg to 90° 1 ct Extend R leg out 1 ct Return R leg to 90° 1 ct Rep 8x	Curl the spine and roll up and down. Navel to spine as leg extends. Relax upper body down each time. Chin to throat again.	Hollow out in your belly. Roll the spine.

Benefits: Strengthen back, arm and core muscles.

Choreographer's Objective: I want the people in my class to feel / experience control of movement that comes from the core.

Instructor's Objective: I want the people in my class to feel / experience...

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Intro	2½x8	Set up prone, legs hip-width and slightly internally rotated so all toes can be down 20 cts		Reach legs long, turn them in so all toes are down.	Experience control in movements. Use length and extension and muscle control in legs and core.
(Beat)	2x8	Hands on floor by lower ribs, press hands down and B and reach chest F Hold hands firmly, elbows in. Draw abdominals in 16 cts		Hands by ribs, elbows up. Push hands back and chest F, abdominals on, chin in.	Reach crown of head away. Lay belly on cold steel.
V1	'...It seems to...'	4x8 Leg Extend and Glide L A L leg lifts and reaches B 2 cts Moves to side 2 cts Reaches B 2 cts Down to floor 2 cts	 Rep 4x	Leg reaches back, out to side. Keep hips down and belly on.	Small moves. Full control. Keep looking down, pushing on hands. Extend foot and crown of head away from each other.
V2	'...This perfect...'	4x8 A Repeat Leg Extend and Glide with R leg 8 cts	Rep 4x		Like standing on the tips of your toes.
C	'Ain't it <u>funny</u> ...'	4x8 Upper Body Lift with Tricep Extension B Inhale, squeeze B of body and lift upper body 4 cts Exhale, arms push B 4 cts Inhale, B of hands brush F, squeeze shoulder blades together 4 cts Exhale, release chest down 4 cts	  Rep 2x	Inhale, squeeze whole body and lift off, legs down. Exhale, push hands back. Inhale elbows squeeze together, hands float F. Exhale slowly down.	Feel length in spine and muscle work in the entire back and legs.
V3	'...Sometimes...'	4x8 A Repeat Leg Extend and Glide L 8 cts	Rep 4x		Keep stability in the hips.
V4	'...I barely...'	4x8 A Repeat Leg Extend and Glide R 8 cts	Rep 4x		Push legs away, heart F.
C	'Ain't it <u>funny</u> ...'	4x8 B Repeat Upper Body Lift with Tricep Extension 16 cts	Rep 2x		Strengthen buttocks, back and legs.
Br	'...I locked...'	6½x8 Bow Pose Hold Bow Pose 48 cts Option: ½ Bow Pose (24 cts each leg) Lower slowly to starting position 4 cts		Legs push hands back. Relax and suspend chest and head F.	Just go to your degree of comfort. It should feel wonderful.
C	'Ain't it <u>funny</u> ...'	10x8 B Repeat Upper Body Lift with Tricep Extension 16 cts	Rep 5x	Keep feet down. Engage buttock muscles. Hold legs strong.	Legs so long and strong they almost lift off. Strong tip to toe.
Rep	'Ain't it <u>funny</u> ...'	3x8 Horse Stance 24 cts		Hands under shoulders. Slowly push to all fours.	
Outro	1x8	Childs Pose 8 cts		Toes together, knees wide. Relax and stretch back.	

Benefits: Spinal mobility, leg strength.

Choreographer's Objective: I want the people in my class to feel leg strength and spinal length in each pose to lever twists from.

Instructor's Objective: I want the people in my class to feel / experience...

Music		Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
Intro	2x8	From Childs Pose, tuck toes under bend knees and roll up to Standing in Mountain Pose 16 cts	Tuck toes, bend knees and roll up to standing.	Roll up slowly like a dancer, one vertebra at a time.
V1	'Your <u>life</u> ...'	4x8 A Bend knees, R arm crosses down to outside L thigh. L arm up to Intense Pose Twist L 16 cts Hold Intense Pose Twist L 16 cts	Step feet together, bend knees. L arm over. Turn chest to R and reach into top arm. Look where the neck is comfortable.	Lengthen spine by reaching chest F and buttocks low and back. Use arm to lever the twist. Breathe into ribs. Smooth and even.
V2	' <u>Holding</u> ...'	4x8 A Repeat Intense Pose Twist R 32 cts	Other side, sit low.	Keep pressing knees together. Use lots of breath.
C	' <u>Amazing</u> ...'	4x8 B R arm stays up, L hand to floor outside L foot. Step L foot B to Lunge Twist R 8 cts Hold Lunge Twist R 24 cts	Keep arm up, other hand down. Step back and turn chest to twist.	Lift back thigh, press into heel. More power into your foundation. From bottom hand, lift into top hand.
V3	'So to <u>let</u> go...'	4x8 C Transition to Standing Balance Twist L Turn torso over R thigh Hands to floor into Low Lunge R Step L leg in and stand L Standing Balance Twist Lift L knee F to hip level, R hand to outside L thigh 12 cts Extend L arm B at shoulder level 4 cts Twist torso to L. Look back over L shoulder Option: Toes down Hold Standing Balance Twist L 16 cts	Hands down steady yourself and stand up. Options: Foot up or down. Hold leg. Twist and reach into back arm.	Steady, calm eye focus and breath. Reach back, using knees as a lever. Soften hips. Strengthen abdominals.
C	' <u>Amazing</u> ...'	4x8 B Lower leg to floor. Repeat bend knees Hold L arm up. R hand to floor outside R foot. Step R foot B to Lunge Twist L 32 cts	Keep back arm high, Step L foot back.	Find foundation and revolve. Leg strong, heel back.
PC	' <u>Desperate</u> ...'	4x8 C Repeat transition as above into Standing Balance Twist R 32 cts	Leg in and up.	Big smile on the collarbones.

Music	Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
C 'Amazing...' 3½x8	Figure 8 Twist with Hold L D Step feet wide apart Clasp hands in front of body Lift R heel, bend knees Swing arms down to L and circle low turning body to L 2 cts Swing arms F and up to R, lifting L heel turn body to R and hold 2 cts Rep 7x 	Step feet apart, clasp hands. Swing low, lift heel, stretch high, pivot on balls of feet.	Feel free and childlike. Freedom and fluidity. Feel the swooshing.
C 'Amazing...' 3¼x8	D Repeat Figure 8 Twist with hold R 4 cts Rep 6x Hold last one, reaching up to L 2 cts		Hold drama.
C 'Amazing...' 2¼x8	D¹ Set Wide Wu Chi, deep knee bend Figure 8 Twist in front of body starting low, slowly make Figure 8 Twist smaller and higher to top 4 cts Rep 4x Hold arms O/H 2 cts	Figure 8 Twist side to side. Slowly to the top.	Eyes follow hands. Travel up your mountain of light.
Outro 'Free...' 1x8	Open arms to side and down Bend knees to Wide Leg Forward Fold 8 cts	Bend knees, heels out, fold F.	Hang head and breathe.

Benefits: Hamstring length, adductor and lower back release.

Choreographer's Objective: I want the people in my class to feel calm and restful while stretching.

Instructor's Objective: I want the people in my class to feel / experience...

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Intro	1x8	Roll slowly to supine, knees bent and feet on the floor 8 cts		Full focus on relaxing back.	Roll down, laying each vertebra down one at a time.
V1	'Time <u>wait</u> ing...'	2x8	A Supine Hamstring Stretch L L knee bent, R foot on floor, knee bent up 16 cts	Hold leg, flex foot. Relax body and gently draw leg in.	Sharp heel. Feel the stretch up entire back of leg.
	' <u>Distraction</u> ...'	2x8	A ¹ Supine Hamstring Stretch Straighten L leg and lift chest to thigh 16 cts	Abdominals in, stretch leg. Bring chest to thigh and thigh to chest.	Climb into the Pose. Gentle maximum. More breath, more length.
C	'In the <u>arms</u> ...'	2x8	B L hand holds L leg and opens to L Adductor Stretch . R arm to R side shoulder height. R knee opens 16 cts	Inner thigh stretch. Hold and open leg out.	Cradle the leg, make some angels.
	'You were <u>born</u> ...'	2x8	C Raise L leg, R hand holds L leg, L arm to L side, shoulder height and slowly lower to R side, Supine Twist L 16 cts	Leg to other side, change hands. Hold leg, move it all the way over. Fully relax hip, leg and foot .	Allow full weight of leg to come to the floor. Breather.
Instr	1x8	Knees together, roll to supine 8 cts		Feet and knees together.	Knee to knee, tippy toes.
V2	' <u>Straight</u> life...'	2x8	A Repeat Supine Hamstring Stretch R with R knee bent, L foot on floor, knee bent up 16 cts	Gently draw leg down.	Surrender the spine into the floor.
	'No_difference...'	2x8	A ¹ Repeat Supine Hamstring Stretch R straighten L leg and lift chest to thigh 16 cts	Straight leg, sit bone to heel.	Inch by inch, give length.
C	'In the <u>arms</u> ...'	2x8	B Repeat Adductor Stretch R 16 cts		Huge length in the inner seam of the thigh.
	'You were <u>born</u> ...'	2½x8	C Repeat Supine Twist R 16 cts		Complete stillness, legs heavy, hips soften.
Rep	'In the <u>arms</u> ...'	3x8	Knees together roll to supine, extend legs up, feet flexed Bend and open knees to chest, hold soles of feet Hold Dead Bug or Happy Baby Pose Option: Supine Adductor Stretch 4 cts 4 cts 16 cts	Feet up reach through and hold the soles. Knees wide apart. Gently pull feet down. Tailbone down.	Knees towards floor. Relax and breathe.



Choreographer's Objective: I want the people in my class to feel / experience deep relaxation.

Instructor's Objective: I want the people in my class to feel / experience...

Find a position of comfort. Come into some time for deep rest. Feel your legs heavily on the floor. The fingers of your mind walk up your spine. Start at your tailbone and walk up through the curve of your lower back, up past each of the ribs, as you do, lay them down a little further on the floor. Keep walking up to the top, into the neck, feel the curve of the neck, then lengthen it out, sliding the back of the head long on the floor. Take a deep breath and let the whole spine melt down. Bring your awareness to your shoulders and let them open, elbows open, hands open. Focus on your hands and bring yourself right into this moment. Gently bring your awareness up to the crown of your head and let it soften. Let your face soften, a creaseless brow, heavy jaw, truly expressionless. Bring your awareness to the inner wall of your forehead, maybe your eye gaze (but not necessarily), maybe just your awareness. Hold your awareness there and start to observe your breathing. Bring all the focus of your breath into your nose, feel the rings of your nostrils and how the breath comes through the inner walls of your nose. Gently breathe, don't change the flow, just observe it.

Choreographer's Objective: I want the people in my class to feel connection, peace and stillness as they transition back.

Instructor's Objective: I want the people in my class to feel / experience...

Holding the focus on the inner wall of your forehead and in your breathing, start to slide your awareness down to the center of your chest, deep into your heart center where the breastbone and ribs meet. Start to imagine the breath coming and going from your heart center, very gentle flow of the breath in and out through the heart center. Bring yourself to complete stillness. Start to extend the feeling from your heart center, down your arms to your hands and feel your hands as an expression of your heart. Use your hands to keep you in this moment and in stillness. As we come back, hold on to a little bit of the peace and serenity from this moment. Take your time, putting a little bit of movement in, maybe keeping your eyes closed to bring yourself up to a seated position. Find a comfortable seated position, lower your eye gaze, come tall through the spine, feel the sit bones, rise with the breath through the spine and balance the head on the top. Sit with dignity. Relax your shoulders and face, take peace and stillness into our lives.