



BODYBALANCE® #26

NEW RELEASE

DETAILS



TRAINING

***Growing from Instructor to Coach
BODYBALANCE® Technique – Part Four***

CHOREOGRAPHY NOTES Master Class

	Track	Title	Artist	
1	Tai Chi Warmup	Just a Dream feat. Margaret Far	Delerium	5:25
2	Sun Salutations	Fallen	Emerald Green	5:05
3	Standing Strength	Soar	Christina Aguilera	6:05
4	Balance	Curación (Sunlight On Water)	Paul Schwartz	4:50
5	Hip Openers	Stars All Seem To Weep	Beth Orton	4:20
6	Core – Abdominals	Too Lost In You	Sugababes	5:10
7	Core – Back	Let Me Roll	Seal	5:00
8	Twists	Angels	Robbie Williams	4:25
9	Forward Bends – Hamstrings	Caught In A Moment	Sugababes	6:15
10	Relaxation / Meditation	Suite No. 1: Serenade	Pachelbel	8:10

Choreography:	Dr Jackie Mills
Music:	Phillip & Jackie Mills
Video Teachers:	Dr Jackie Mills, Dr David McKenzie, Anita Blanchett

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

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BODYBALANCE® 26

Treat yourself! This class is your best antidote to stress and aging and a soothing balm for body and mind. Members will love the distinctly different constituent tracks and the benefits of a whole class that adds up to much more than the sum of its parts.

Instructors will also rate this a standout class. Accompanying education resources include a new Les Mills program called 'Growing From Instructor to Coach' and the final instalment of a four-part program teaching BODYBALANCE® technique.

The new class is about big moves and big results and starts off in fitting style with a Tai Chi Warmup worked around the calming *Just A Dream*. Then participants salute the sun in the first yoga track and strike their proudest Warrior Pose to the sound of Christina's moving *Soar*.

Carlos Santana adds his special magic to the playlist for the Balance Track, *Curación*, and the workout intensifies through a great Pilates segment featuring the Sugababes and Seal.

Choreographer Dr Jackie Mills brings Robbie Williams into the mix with his stirring *Angels* and the workout continues to challenge right through to the relaxation and meditation finalé.

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

Initial Cues are examples of teaching cues that set up our poses / movements. Start with the body, emphasizing safe alignment of the knees and spine. Give breathing and concentration cues where appropriate. Your words need to be simple, clear and concise and tell your participants what to do.

Follow-up Cues are examples of how to create positive change, deepening the experience for your class members. They are to coach: evolving, extending and enhancing the feel and technique of the poses / movements.

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



Growing from Instructor to Coach

Over the past year Les Mills International market research consultants have conducted in-depth customer research around all our programs: BODYPUMP®, BODYBALANCE®, BODYCOMBAT®, RPM®, BODYSTEP®, BODYATTACK® and BODYJAM®.

Results will be presented in detail in the future, but the overview is clear: people's main desire is for better technical instruction, to help them get more out of our classes.

They want much more coaching in how to best perform each exercise and they want to understand more about the exercises – their purposes and their benefits.

Teachers consistently rated best by research groups are those who give a high level of this type of coaching. The lowest ratings are given to those regarded as simply cheerleaders, who are seen as something belonging to the 1980s. Our customers today say they want much more than this old-fashioned approach.

People are not saying they want us to dispense with what we call the Key Element, "Performance". While their main desire is for better instruction, they still place very high value on the unique experience of each of our programs. Many say that's why they come to us in the first place.

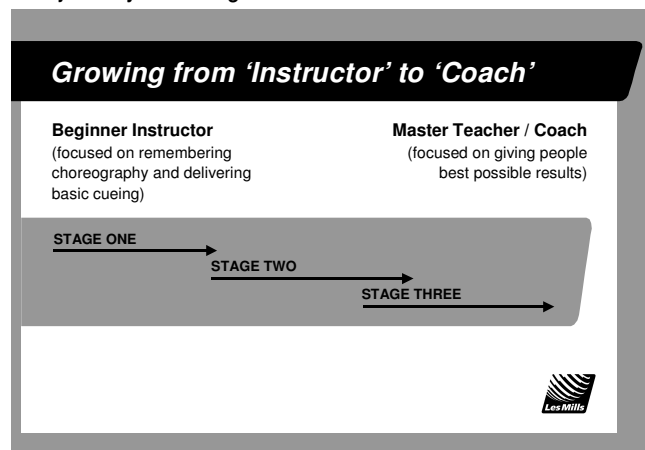
What people want is for us to deliver in a way that is authentic, adult and in keeping with the style of the program – as opposed to being superficial, patronizing or unnatural.

Our primary focus for this quarter – and for the next year in fact – will be on improving teachers' abilities in technical instruction. We'll pursue this via modifications in the following areas:

- Video-presenter role-modeling
- Choreography notes
- Technique videos
- Physical Execution sections of manuals
- Physical Execution and Instruction sections of modules
- Quarterly workshops

Les Mills International also plan to introduce some new tools, including glossaries of standard instructional terms for each program, based on the process we began in a recent quarterly session on "Life-Changing Language". And the combining of AIM, with technique intensives, into advanced modules or weekend retreats for teachers wanting to move toward mastery. The objective is to help our 50,000 teachers worldwide move further and more effectively along the continuum of beginner to master.

The journey from beginner to master can be shown like this:



■ From Beginner to Master

Stage One Instructing

Most beginner instructors are focused simply on remembering their choreography and cueing their exercise changes using very basic language.

Stage Two Instructing

With scripting and practice our language develops and we're able to give people a better idea about the 'what, how and why' of the exercises we're leading them through.

Many instructors never move beyond this level, and that's no problem whatsoever if we do it well. A lot of very successful sports coaches and school teachers simply deliver a pre-planned program or curriculum with passion and powerful language.

Stage Three Instructing

But as with great coaches and teachers, mastery of our art probably occurs when we're not only able to give great pre-planned instruction, but to see what our students are doing at each moment and effectively coach them to improve. In reality an excellent Stage Two group fitness teacher may get better results for their students than an average Stage Three teacher, so these two lines overlap on the diagram above.

■ Building Better Technical Instruction

To improve our technical instruction, first gain a full understanding of each exercise, and then develop verbal and non-verbal cues to pass this understanding on to our classes. Here, non-verbal cues are simply demonstrating correct – sometimes versus incorrect – physical execution.

How can you do this?

1. **Watch and participate during Les Mills technique videos.** A whole new generation of these is in production, with many segments being released in quarterly education videos. Watch these carefully and listen to the cues that are used – note how it ‘feels’ to be coached into the correct position.
2. **Perfect our own physical technique!** We can’t demonstrate clearly unless our own physical technique is perfect, so we need to practise and prepare our presentations of tracks in front of mirrors.
3. **Constantly collect and prepare new scripting ideas** from all available sources, such as choreography notes and videos, technique videos, Physical Execution sections of instructor manuals, trainers’ and other instructors’ classes, quarterly education sessions, the soon-to-be-released glossaries of instructional language, technique intensives... anything, anywhere, that can give you great ideas.
4. **Organize team practice sessions at your club,** where your group can practise moves, brainstorm and practise-teach. You can also drill particular moves.

■ **Drill One: Abdominal Crunch Coaching Drill**

What are the most important technical points?

Verbal script to teach the Abdominal Crunch. (Class needs to understand and execute to their optimum benefit.)

Example Cues

“Lie on your back... knees bent... fingers resting behind your ears... chin in so the neck feels long... exhale and curl and roll up through the spine and roll down... slide ribs to hip bone... keep lower back on the floor...”

You may like to follow up with cues like: *“focus on rolling your spine up and squeezing your abs... pull with your abs, not your hips... resist magnets along your spine... imagine a can of sardines being opened – roll back the lid”*. These examples coach your class by evolving, extending or enhancing the feel of the move.

■ **Drill Two: Program-Specific Coaching**

Track: _____

Technical Points: _____

Verbal Script: _____

■ **20 Minutes a Week for Excellence**

With practice and by using lots of different resources, our repertoire of instructions for each exercise will increase and our instruction will become more and more spontaneous and natural. We may start with just one way of explaining a move, then develop more and better ways until eventually we have a range of explanations from which we’re able to draw spontaneously, depending on what we see members of our classes needing.

Just 20 minutes a week studying and scripting instructions for one or two tracks can eventually get us to this level of technical excellence.

■ **Four Extra Coaching Techniques**

We can move further toward true mastery by adding some coaching methods, which help us to teach in a way that people can hear. The following are adult learning techniques designed to engage people more in their experience of the class, to ignite their brains so they can hear and learn.

1. **Clearing a Space:** During your introduction invite the class to leave their day and their worries behind. It could be that exact invitation for a BODYBALANCE® class, or, for a higher-energy program, something more like: *“If you’re going to get the best out of this class, you have to be right here, right now, so I want you to let everything else go”*. This helps establish a mind-body connection and allows learning to happen, because the brain is engaged and not overcrowded. It also enhances the stress release of exercise.

Program-specific Introduction: _____

2. Creating a Context: Have and state a clear technical objective, both at the beginning of class and for selected individual tracks. This ties back to one of the main areas we focus on in AIM, but here we're solely talking about technical objectives. We would typically state our technical / physical objective for the class at the beginning. For example: *"Today I'd like you to focus on keeping your core switched on to maximize protection of your spine"*.

We refer to it throughout the class where appropriate; for example: *"Our shoulder track is next. Remember to keep your core switched on"*, or simply: *"Core on!"* during the track. We then revisit the objective at the end: *"How did you go with keeping your core switched on today?"*

Setting a class objective like this not only increases people's learning, it makes them feel as though they're getting 'something extra' and invites them to think about the class afterwards as opposed to just wandering off.

Technical Class Objectives:

1. _____
2. _____
3. _____
4. _____

3. What, Why and Where:

What. Even more important than class objectives are track objectives. This type of objective is often program specific. Some examples are:

- I want my class to experience correct Triangle technique (BODYBALANCE®).
- I want my class to perfect their Squat technique (BODYPUMP®).
- I want my class to perform a successful Box Step (BODYJAM®).
- I want my class to improve their Abs Track performance (most programs).

Why. A powerful way to help your class achieve these objectives is to tell them not only what to do, but why.

For the previous examples this could be:

- Triangle Pose is about strong legs and long body, to elongate your spine.
- Squats are best done with the weight in your heels to work your butt.
- To get the feel of the Box Step your outside foot must cross over in front.
- Bringing ribs to hips really engages your abdominals.

Where. We can take this a step further by asking people a question, which causes them to think about where they are and to self-correct. For our current examples this could be:

- What can you do to strengthen your legs in this pose?

- Where do you feel your weight?
- Where is your foot?
- Can you feel your ribs move down?

This engages their brains much more powerfully than just talking 'at' them non-stop.

■ Drill Three: What, Why and Where

What _____

Why _____

Where _____

What _____

Why _____

Where _____

What _____

Why _____

Where _____

What _____

Why _____

Where _____

4. True Positivity: Finally, to become a great coach we must take on an attitude of true positivity. There is no room for any other form of behavior in this role, even in humor. Being truly positive means we are aware at all times of the effect of our words, our tone and our body position. We must constantly remind ourselves that we are in a position of power and authority, and must remember that everyone reacts negatively to negativity, at some level. As a coach, we must proactively search for something to like in all people, no matter how challenging. (This may be something as small as their effort, their contribution or their presence.) We exude confidence in our participants' ability and in the wonderful product, which we are 'front lining', without exception. We understand that true positivity is an internal process, rather than a painted smile.

■ Summary

Commitment to growth as a Coach:

"Inspiring life-changing fitness experiences everytime, everywhere"

Release 26 – Focus and Feel

■ Track 1 – Tai Chi Warmup

The benefits of this track are to warm up our bodies in a multi-dimensional way and to reduce our stress, physically and mentally.

Focusing Move

- Stand quietly and calmly
- Feel the ground beneath your feet
- Inhale arms up
- Exhale through mid-line
- Eyes follow hands to connect body and mind
- Concentrate and breathe naturally into your abdomen

Breathing and Releasing Move

Qi Gong Hold the Heavens & Swing Forward

- Feet hip-width and parallel
- Breathe in, arms sweep up, hands interlace, heels lift
- Straighten arms
- Come to maximum stretch as if supporting the sky
- Pull stomach in
- Exhale, swing forward, relaxing shoulder and neck muscles
- Relax them again as you open. No strain

Warming Moves

Double Hand Sweep, Yield & Push

- Slowly sweep right out 'across the horizon' while shifting weight
- Hands turn in to yield as you shift your weight
- Push softly as you shift your weight
- Keep your back straight
- Align head, heart and tan tien vertically

Arm Circling & Open

- Two arm circles, then open the arms
- Top hand "Holding Bird's Tail"
- Lower hand "Snake Creeps Down"
- Soft round arms, and continuous energy down arm to hand

■ Track 2 – Sun Salutations

Sun Salutations

Two parts: a full body warming sequence then a more challenging energizing sequence. Teach the options.

Kneeling Lunge with Baby Back Bend

- Step back from Forward Fold into Lunge, lowering knee gently
- Take the arm up and back, pressing forward with the hips
- Feel the stretch in the hip and the front of the torso
- Keep the toes curled under for easier transition to Down Dog by lifting back thigh and stepping back
- Hold Down Dog for 8 counts

Holding Crocodile

- **Option:** bring knees down or lower body to floor and hold there, pressing into the hands with elbows in and back

■ **Track 3 – Standing Strength**

Three coaching tips for Standing Strength:

1. Set up Triangle Pose: step foot right back and turn to side wall; align feet, front foot forward and back foot, with the heel back.
 2. Moving from Warrior 2 to Lunge: bring hand to thigh for better balance.
 3. Squaring forward from Warrior 2 to Warrior 1: adjust foot if needed by moving heel back, allowing you to lift and straighten to strengthen the back leg.
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■ **Track 4 – Balance**

Balance Tracks tone our bodies. They let us build concentration and awareness of our mental and physical state. This Balance Track combines breath and focused eye gaze. It is meditative and focused on the moment.

Moving from Star Pose to Crane

- Bend knees, raise arms to Crane
- Shoulders down

Crane to Modified Aeroplane

- Knees stay bent, leg back, chest high, eyes forward
- Hands hang from elbows
- Shoulder blades back to open chest, strengthen back

Open to Diagonal Star Pose

- Straighten legs and arms and open to the corners of the room to Diagonal Star Pose
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■ **Track 5 – Hip Openers**

Lying Modified Half Lotus

New pose that really finds and stretches any tightness in the hips. It stretches the TFL (Tensor Fasciae Latae) muscle in the outer hip and down the IT (Iliotibial) Tract/Band, which are usually very hard places to release.

Three Phase Setup:

1. Set your legs. From sitting, pick up and move your leg across the body so the line of hip and knee is directly forward. This takes away the angle in the outer hip and puts the leg in the best alignment for this stretch.
2. Set your back. Cross the top leg over and lie back on to the elbows.
3. Set your energy lines. Flex the feet and press the lower leg gently to floor. Press the upper knee away and over – to open hips. Squeezing the buttock of the lower leg helps.

Option: draw in abdominal muscles and lie back while pressing lower leg down

Coach Leg Position

- Teach your class to draw the foot in more if the stretch is felt in the knee
 - Or use option to have the top leg on floor inside of knee
 - To deepen stretch, bring lower foot toward 90 degrees if knee is comfortable
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Mermaid Pose

- Stretches sides of the torso
 - From Lying Modified Half Lotus relax the knees and roll over and up
 - Tuck the feet in
 - Sit on one buttock, and softly stretch over to your feet
 - Hand on the ankle
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■ **Track 6 – Core – Abdominals**

Cross Crawl

Wonderful abdominal strengthener, which balances diagonally across body, helping stabilize posture.

- Opposite arm and leg stretch out, off the floor
 - Hand to thigh
 - Head rests on floor
 - Draw abdominal muscles in, change sides
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Plank Series

- **Option:** knees down all the way through the Plank, Side Plank, Knee to Chest Series
 - Build more strength in upper body by bringing weight forward in Prone Knee to Chest move. Keep shoulders over wrists
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■ **Track 7 – Core – Back**

Prone Hand Sweep & Push

- Energizes legs and buttocks
 - Sweep hands down, lift chest then push back, toning arms and back
 - Hold chest up
 - Chin tucked in to prevent neck strain
 - Circle arms out and overhead to strengthen upper back
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Back Bend Pose

Very powerful pose, which opens and releases tightness in back, chest, shoulders and hips. It also strengthens the shoulders and legs. We can option this pose as we have warmed up the back then extended it with Bow Pose and Bridge Pose.

- **Option:** stay in Bridge Pose or set up and press up to Back Bend Pose.
- Flat hands by ears, elbows in
- Shoulder blades slide down the back

- Press down into hands and feet, lift hips high
 - Straighten arms. (Never be on your neck or the back of your head.)
 - Knees stay hip-width
 - Head hangs and breathe
 - Always cue a controlled roll-down out of Back Bend Pose: tuck chin in, slowly bend arms and roll to the back of head and down
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■ **Track 8 – Twists**

Lunge Twist

- New transition: start in Seated Twist with hands by foot, weight forward
 - Step back leg back. It will come to the diagonal
 - Knee down
 - Offer the option of a deeper Lunge Twist with elbow outside thigh
 - Back arm wraps around the back to help lever the twist
 - **Advanced Option:** lift the back thigh, pressing back into the heel with steady legs
 - **Easier Option:** bring hand or forearm to outer leg
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■ **Track 9 – Forward Bends – Hamstrings**

Table Top Pose

- Lift up out of the shoulder joints and move shoulder blades together
 - This enhances the stretch in the front of shoulders and biceps
 - Table Top neutralizes the forward bends
 - Also gives a PNF (Proprioceptive Neuro-Muscular Facilitation) stretch: a muscle stretch following a contraction that gives greater length
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■ **Track 10 – Relaxation / Meditation**

These tracks help participants calm their minds, relax their bodies and renew their energy levels. If the mind starts turning to work or problems, gently calm it, focusing on breath and relaxation. When finished, the mind will be more relaxed and tranquil and better able to focus on the problems. Our meditation can let negative energy leave our bodies.

Music for this class is 56 minutes long. The Relaxation is 8 minutes of divine Pachelbel music. Use the last minute and any extra time in quiet seated relaxation.

■ **Test Your Knowledge**

1. What are the benefits of the Tai Chi Warmup?

2. a) What is our focus when we teach Qi Gong Hold the Heavens and Swing Forward?

- b) Write three cues that would successfully coach your class to get the benefits of this move.

3. In your own words explain three teaching tips valuable for our Standing Strength. What are cues that you can use?

4. What are the benefits of the Lying Modified Half Lotus? List as many as possible.

5. In your own words explain the Three Phase Setup for the Lying Modified Half Lotus. Be clear and simple. Also give options.

6. Give the essential Initial Cues to coach a class member into and out of a successful Back Bend Pose.

7. What is the essential option for the Back Bend Pose?

8. What are the benefits of Back Bending Poses?

9. Why do we do the Table Top Pose?

10. What can we say in class to help our members keep their minds calm?

“Inspiring life-changing fitness experiences everytime, everywhere”

Benefits: Warms the body, connects mind, breath and body. Reduces stress. Improves focus and concentration.
Choreographer's Objective: I want the people in my class to experience slowing themselves down and increasing awareness of each move.

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	Set up, feet hip-width apart and parallel	16 cts	Back straight, eyes front. Feel the ground beneath your feet.	Stand calmly and quietly. Connect with the breath.
Intro (Beat)	4x8	Inhale – Arms wide to O/H Exhale – Elbows bent, hand down in front of body, palms down	8 cts 8 cts Rep 2x	Breathe in through the nose. Come high. Watch the hands come down.	Settle your nervous system.
Instr	8x8	Qi Gong Hold The Heavens & Swing Forward A Inhale – Arms wide to O/H Extended Mountain Pose with heels lifted Lace hands, palms up Exhale – Heels down, knees bend, body folds F. Arms swing F to B Inhale – Extended Mountain Pose. Arms swing F to O/H Exhale – Bend knees. Open arms wide to side, palms up Step feet wide on last 2 cts	4 cts 4 cts 2 cts 2 cts 4 cts Rep 4x	Clasp hands. Stretch long, swing forward then open out wide. No strain.	Pull the stomach in, hold it in as you swing forward.
V1 ‘...I still see...’	4x8	Double Hand Sweep B Shift weight to R. Double Hand Sweep to R Shift weight to L. Double Hand Sweep to L	4 cts 4 cts Rep 4x	Step legs wide. Sweep arms across the horizon.	Tai Chi – to reduce our stress, bring focus and concentration into our lives.
Instr	6x8	Double Hand Sweep, Yield & Push B ¹ Double Hand Sweep R, shift weight to R Turn palms inwards, shift weight to L, hands to L by waist Turn palms out, shift weight to R, softly push out to R Reverse to L	4 cts 2 cts 2 cts 8 cts Rep 3x	 Turn the hands, yield in and soft push. 	Follow your hands with the eyes. Slow yourself down, bring attention into body and each move.

Music	Sequence / Exercise			Initial / Setup Cues	Objectives & Follow-up Cues
V2 '...I still hear...'	8x8	Arm Circling & Open C Arm Circle to R, shift weight to R leg 2 cts Arm Circle to L, shift weight to L leg 2 cts Shift weight to R and open R arm O/H to the diagonal 'Holding Bird's Tail', L arm 'Snake Creeps Down' F 4 cts Reverse to L 8 cts Rep 4x 		Arm circling, move slowly with focus. Keep looking at hands. L hand 'Holding Bird's Tail', R arm 'Snake Creeps Down.'	It's not how it looks, but how it feels. Your own way of doing Tai Chi is all right.
Instr	10x8	A Repeat Qi Gong Hold the Heavens & Swing Forward Rep 5x		Feet step to hip width. Come to maximum stretch, lifting the heels. Release shoulders and neck.	Like a sigh of relief when we come down. What do you need to let go of right now, to come more into class?
V3 '...I still see...'	8x8	B ¹ Repeat Double Hand Sweep Yield & Push 16 cts Rep 4x		Sink low into the legs. Keep knees way out over little toes.	Let the Tai Chi warm you up. Bring full attention into what you are doing.
C '...In time...'	8x8	C Repeat Arm Circling & Open 16 cts Rep 4x		Back straight as you sink a little more.	Warm through your body. Very smooth. No beginning or end in Tai Chi.
Outro	2½x8	A Repeat Qi Gong Hold the Heavens & Swing Forward Rep 1¼x		Full breath in. Exhale, melt away.	Relax fully down through your body. Bring your attention into your center.

Benefits: Warming, building heat in body. Bringing attention to breath. Building strength to the muscular, cardiovascular and respiratory systems.

Choreographer's Objective: I want the people in my class to feel / experience control and precision of movement and 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	Mountain Pose	32 cts	Toes together, draw abdominals in, chest lifted, arms long.	Pregnancy option: Feet hip-width apart, knees soft. Strengthening and warming our bodies. Gaining mobility in our joints.
V1	'Do <u>you</u> remember...'	Sun Salutation Sequence A – L Inhale – Extended Mountain Pose Exhale – Intense Pose. Hands to thighs Inhale – Flat Back Extend. Option: bent knees Exhale – Forward Fold	8 cts 8 cts 8 cts 8 cts	Deep breath in. Exhale hands to thighs. Lengthen forward.	Come long and strong. Grounded and solid, belly firm. Align and lengthen legs.
V2	'Some <u>times</u> I...'	Inhale – R Lunge (L leg B) Exhale – Down Dog	8 cts 8 cts	Exhale and fold. Take leg long, lifting thigh. Push back.	Soften knees and suspend. The feeling is athletic. Spread fingers, press back.
PC	'What <u>I</u> would...'	Inhale – Plank. Option: Knees down Exhale – Crocodile Inhale – Cobra / Up Dog Exhale – Down Dog	8 cts 8 cts 8 cts 8 cts	Weight comes forward. Slowly lower, elbows by lower ribs. Tuck elbows in and back. Lift up to Down Dog.	Abdominals on, thighs on. Lower forward into Crocodile. Open chest with strong arms**. Abdominals to thigh.
C	'I'm fallin' <u>from</u> a...'	Inhale – L Lunge (L leg F) Exhale – Forward Fold Inhale – Extended Mountain Pose Exhale – Arms down	8 cts 8 cts 8 cts 4 cts	Bend knees, look forward. Hang low and breathe out. Rise to full height. Exhale.	Lift chest and drop hips. Suspend. ** Pregnancy option: Cat Pose.
Instr	2x8	Standing Twist L. L arm around back, R hand to L hip	16 cts	Bend the knees and twist.	Pelvis tucks, abdominals on, look back.
V3	'Do <u>you</u> remember...'	Repeat Sun Salutation Sequence A – R	124 cts		

► 3 Standing Strength

Soar ~ Christina Aguilera

6:05 mins

Benefits: Creating balance, sharp focus, strength and endurance. Alleviates stiffness in neck and shoulders. Increases flexibility in hips.

Choreographer's Objective: I want the people in my class to experience physical alignment and length while feeling the elation.

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

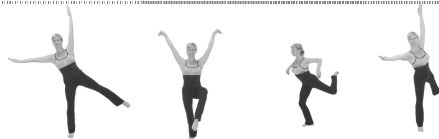
Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Intro	2x8	Step L foot B, set feet for Profile Triangle Pose , facing L side	16 cts	Turn feet; front foot forward, back foot toes forward, heel back. Strong, long legs. Abdominals engaged.	
V1	'...When they push...'	A Profile Triangle Pose L	32 cts	Press the front hip back. Open the body upwards.	Open hips, chest and eyes.
V2	' <u>In</u> life...'	B Profile Warrior 2 L	32 cts	Front knee over toes. Exhale and come down. Roll back thigh out. Strong leg.	.
C	' <u>Don't</u> be scared...'	Transition to Standing Lunge R C R hand to R thigh Lift L heel and turn L leg to Standing Lunge R , facing front Arms F and O/H Hold and deepen pose	2 cts 2 cts 4 cts 20 cts	Lift back heel, turn hips forward, swing arms through, breathe in and rise. Strengthen back leg, take the heel back. Lower down.	Lift back thigh.
	' <u>Spread</u> your wings...'	Hold Standing Lunge R. Arms open to sides and down, palms up	4 cts		Spread your wings and soar.
Br	(Instr)	Hold arms down and B, palms out, in Standing Lunge R Hands to R thigh. Step feet together Step R foot B Set feet for Profile Triangle Pose , facing R side	8 cts 2 cts 2 cts 4 cts	Hold chest high. Hands to thigh. Feet together. Take the other foot back. Turn feet, front foot forward, back foot toes forward, heel back. Open to the side. Strong legs.	
V3	'...The boy who...'	A Repeat Profile Triangle Pose R	32 cts		A very open pose. Where can you open more?
V4	' <u>In</u> life...'	B Repeat Profile Warrior 2 L	32 cts	Bend front knee and rise up to Warrior 2.	You're a proud warrior with a spear along your shoulders, poised and ready to throw.

Music			Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
C	' Don't be scared...'	3½x8	C Repeat transition to Standing Lunge L	28 cts		Challenge your strength.
	' Spread your wings...'	½x8	Repeat Held Standing Lunge R . Arms open to sides and down, palms up	4 cts		Give it everything. 'Spread your wings and fly'.
Br	(Quiet)	2x8	Hold arms down and B in Standing Lunge L Step feet hip-width apart. Hands to L thigh Arms to side and O/H	4 cts 4 cts 8 cts	Hands to thigh. Feet to hip width.	
	'...In the mirror...'	4x8	D Lateral Bend L. L hand holding R wrist Reverse R	16 cts 16 cts	Breathe in tall and lengthen, exhale to get the stretch.	Press strongly into feet.
PC	'...What is it...'	2½x8	E Step feet wide apart and turn heels to R Extended Warrior 2 L , L forearm on L thigh	4 cts 16 cts	Step wide, for Warrior. Turn feet, front foot directly to the side, back foot toes in, heel out.	
C	' Don't be scared...'	4x8	E ¹ Deepen Extended Warrior 2 L Option: L hand to L ankle or floor	32 cts	Hand comes down, hip comes down. Top arm extends over.	Inhale, lengthen. Exhale, spiral your body outwards and up.
Rep	' Soar ...'	4x8	E ² Warrior 2 L Arms wide to O/H	28 cts 4 cts	Inhale and rise. Exhale, come low.	A relaxed breath and calm face. Open hips, open chest. Squeeze strongly in back leg and press into outside of back foot.
	' Don't wait...'	4x8	F Turn to Profile Warrior 1 L , facing L side, arms O/H Arms F, down and B, palms down Hold Profile Warrior 1 L with arms B	4 cts 4 cts 24 cts	Eyes forward, rise with the arms and turn torso and hips. Adjust back heel and sink down.	Arms come back and we soar.
PC	'...What is it...'	2½x8	E Repeat Setup for Extended Warrior 2 R	20 cts		
C	' Don't be scared...'	4x8	E ¹ Repeat Deepen Extended Warrior 2 R , hand to ankle or floor	32 cts		Relax breath and face. Check out your armpit.
Rep	' Soar ...'	4x8	E ² Repeat Warrior 2 R	32 cts		
	'...Don't wait...'	4x8	F Repeat Profile Warrior 1 R	32 cts		
Ref	'...So what you...'	4x8	Side Lunge with Lateral Bend L, L hand holding R wrist Reverse R	16 cts 16 cts	Feet turn forward. Breathe in to extend. Exhale and sink in to where it feels right.	
Fade		1x8	Finish with legs extended and wide Arms release wide and down	8 cts		Stand in strength.

Benefits: Develops balance, coordination and poise. Tones muscles in legs, back and arms.

Choreographer's Objective: I want the people in my class to experience smooth sensuality of moves and 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	1x8	Mountain Pose	8 cts	Bring big toes together and heels together.	
(Guitar)	2½x8	A Fingertips together, hands rise up midline to O/H Hands open to Crane , bend knees Lift heels and hold	8 cts 4 cts 8 cts	Breathe in, rise. Exhale. Suspend your body off your hands. Lift heels.	Balance requires our full attention. How can you be more present right now?
Instr (Theme 1)	4x8	Star-Crane Sequence L B Step L to Star Pose L Bend knees, bring R knee F hands to Crane Eyes F and chest high, R foot B with knees bent. Hands F and down, keep elbows lifted Open to Star Pose L on diagonal, R foot extends B to R corner, L arm extends F to L corner	8 cts 8 cts 8 cts 8 cts	Step out to Star Pose. Relax your shoulders, breathe. Lift the foot back, tip forward a little. Find the diagonals of the room and reach.	 Pregnancy option: Foot down. Feel your back working, lift the shoulder blades, arch up. Open through the front of the body.
(Theme 2)	4x8	B Repeat Star-Crane Sequence R	32 cts	Connect with your breath. Steady eyes, calm mind.	Soften through the chest to balance.
C	4x8	Step F on L foot, hold inside R foot with R hand, L arm F to O/H, palm F Dancer Pose L , extend L arm F, palm down Deepen Dancer Pose L	8 cts 8 cts 16 cts	Step in, knee to knee. Tip forward into Dancer Pose. Steady the ankle, push foot back into hand.	Hold inside of foot, so chest can stretch. Reach energetically along the front arm. Suspend yourself forward.
Instr (Theme 3)	4x8	B Repeat Star-Crane Sequence R	32 cts	Take flight and slip into Crane.	Slide down a little further – feel the sensuality.
(Theme 4)	4x8	B Repeat Star-Crane Sequence L	32 cts	Drop hips and shoulders away in Crane.	Find your presence, give it full attention.
C	4x8	C Repeat Setup and Dancer Pose R	32 cts	Steady eye gaze and breath.	Feel the arch and strength through the back and suspension out the front.

Music	Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Rep	4x8	B Repeat Star-Crane Sequence L	32 cts	Take it a little further in your movement, breath and attitude. Great gulls in flight.
	4x8	B Repeat Star-Crane Sequence R	32 cts	Feel smoothness, feel length.
Outro (Guitar & strings)	2½x8	A Fingertips together, hands rise up midline to O/H Hands open to Crane , bend knees Lift heels and hold	8 cts 4 cts 8 cts	Rise and surrender. Find your true balance and hang.

Benefits: Excellent stretching and flexibility for hips, legs and lower back.

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

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 hip-width apart, arms wide to O/H. Clasp hands and straighten arms Bend knees, hands to floor, L foot behind and sit down	16 cts 16 cts	Breathe in and stretch.	Finding and stretching the tightness in the hips. Surrender to the pose.
V1	'Stay <u>true</u> ...'	4x8 A Lying Modified Half Lotus L Knees bent, pick up L leg and move over to R, L knee remains open on floor Place R ankle on L lower thigh and roll B onto elbows. Press L leg down to floor and R knee away from body	 16 cts 16 cts	Pick up and bring the R leg way across, place L foot to the thigh. Press bottom thigh into floor, top knee presses away.	Flex both feet to protect the knees. Ease buttock to floor.
V2	'...I think about...'	4x8 Hold Lying Modified Half Lotus L Option: Release R foot onto floor F of L knee Keep L leg down, open R knee Advanced Option: Reach L foot further across to R on floor	32 cts	Ease bottom leg further across for more stretch.	
Instr	4x8	A ¹ Roll B to supine, arms out on floor Option: Remain on elbows	 32 cts	Come down onto floor. Stay in the stretch by pressing both knees away.	Relax the shoulder: breathe into the openness you are creating.
V3	' <u>Look</u> ...'	4x8 B Bring bent knees together, roll onto L side. Push body up to Mermaid Pose L Knees bent, feet in by R buttock, L hip into floor, R hand on R ankle, raise arm O/H into Lateral Bend R	 8 cts 24 cts	Take a long deep breath. Exhale and soften. Release the top shoulder.	Lean in, feel release in the buttock and side of body.
Instr	('Through...')	4x8 C R leg B to Swan Pose L . Hands F on floor	32 cts	Take top leg back to Swan Pose. Roll back leg inwards.	Square the hips, sink buttocks into floor. Option: Front foot further forward.
V4	' <u>All</u> the things...'	1x8 C ¹ Extended Swan Pose L with Diagonal Reach L arm reaches across to R side	8 cts	Add more length. Take R arm across to L side.	
	7x8	C ² Hold Extended Swan Pose L with Diagonal Reach Extend R arm F to meet L arm	56 cts	Get into the breath, use it to open up.	Surrender to the floor.

Music			Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
Rep	(Instr)	8x8	A Bring the body up, legs around to the front Repeat Lying Modified Half Lotus R 64 cts	Consciously relax – breathe in and soften.	
V5	'...Too much...'	4x8	A ¹ Repeat Lying Modified Half Lotus R with Roll B to supine 32 cts		
Ref	'Living with <u>out</u> ...'	4x8	B Repeat Mermaid Pose R 32 cts	Lean in to Side Bend.	Soften in the arm, neck and shoulders. Shoulders drop away from your ears.
Instr		4x8	C Repeat L leg B to Swan Pose R 32 cts	Extend leg back.	
		1x8	C ¹ Repeat Extended Swan Pose R with Diagonal Reach 8 cts		
	(Fade at end)	7x8	C ² Repeat Extended Swan Pose R with Diagonal Reach. Both arms reach to diagonal L 56 cts	Breathe in to new length. Exhale, release the muscles that are tight.	
Post-track			Bring legs F, knees bent up. Drop knees to L into 90°/90° Pose . Repeat 90°/90° Pose to R		

Benefits: Tones abdominal muscles. Builds strength in arms and legs. Develops courage.
Choreographer's Objective: I want the people in my class to feel / experience a tight mid-section throughout the moves.
Instructor's Objective: I want the people in my class to feel / experience...

Music	Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
V1 'You look <u>into</u> ...'	4x8 Sitting facing R side, knees bent, roll B to supine, knees over hips at 90°, feet and shins horizontal to the floor. Hands on thighs	Knees aligned over hips. Pull in core abdominals, belly into spine.	Pregnancy options: Modify movement for comfort or do Bridge Pose and / or Childs Pose . Release shoulders, stay focused on your core muscles working.
V2 'I'm in <u>over</u> ...'	4x8 Single Leg Scoop with Curl Up A L foot drops down, leg extends out, R foot flexed off floor. Hands on floor Reverse with R foot Return knees to 90° over hips, abdominal Curl Up and hold. Reach hands to feet Roll body and arms down to floor	 32 cts 8 cts 8 cts 14 cts 2 cts	If back begins to arch, lift legs a little higher. Hold a tight mid-section.
C ' <u>Too</u> lost...'	6x8 A ¹ Repeat Single Leg Scoop with Curl Up L leg extends out R leg extends out Abdominal Curl Up Roll B to floor	Speed it up. Keep breathing, wide into ribs.	Relax shoulder blades into the floor.
V3 'You <u>whisper</u> ...'	8x8 Cross Crawl B Extend L leg out, R knee remains at 90° R arm raises F to O/H, L arm reaches F Reverse	 8 cts 8 cts Rep 4x	Option: Take extended leg up higher. Focus on drawing the abdominals in.
C ' <u>Too</u> lost...'	6x8 B ¹ Abdominal Crunch, knees remain at 90° over hips Down Cross Crawl L Cross Crawl R	Exhale, reach up and crunch in the middle. Ribs to hips. Head down, opposite arm and leg out. Rep 3x	Leave the shoulders behind.

Music			Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Br	'I'm going <u>crazy</u> ...'	3½x8	C Roll over to Forearm Plank Pose , facing L side Option: Knees down	28 cts	Draw the belly in. Lift everything on your underside in towards your spine.	Lift up out of shoulders. Be strong.
	'Rescue me...'	1x8	C ¹ Push up on hands to Plank Pose Option: Knees down	8 cts	Up onto hands.	
Instr		4x8	C ² Side Plank Pose L. R arm up, facing front. Use last 2 cts to return to Plank Pose , facing L side Option: Underneath knee bent on floor Advanced Option: Lift top leg up	32 cts	Come to Side Plank, turn to face front. Shoulder over wrist, hips high.	
C	'Too lost...'	4x8	L knee to chest. Drop head and chin in Extend L leg B, foot off floor, shoulders F over wrists. Option: Knee down Reverse	8 cts 8 cts 16 cts	 Draw knee to chest. Come forward, shoulders over hands.	Squeeze abdominals in.
	'Do ...'	2x8	Slowly lower to Crocodile Option: Knees down Option: Chest down Lower to lying prone	12 cts 4 cts	Plant the feet. Shoulders forward of the hands.	Hover, then let it go.
Br	'I'm going <u>crazy</u> ...'	3½x8	C Repeat Forearm Plank Pose , facing L side	28 cts	Draw up into the core. Lift up into shoulder blades.	Zip up through the middle.
	'Rescue me...'	1x8	C ¹ Repeat Pushup to Plank Pose	8 cts	Hands under shoulders.	
Instr		4x8	C ² Repeat Side Plank Pose R, facing away from class	32 cts	Side Plank away from us.	Get a little more height through the hips.
C	'Too lost...'	2x8	Transition through Plank Pose , knees down and roll over to supine	16 cts		
	'So <u>deep</u> ...'	8x8	A ¹ Repeat Single Leg Scoop with Curl Up	16 cts Rep 4x	Knees over hips, belly on.	
Fade	'Too lost in <u>you</u> ...'	1½x8	Extend legs to 45°. Arms O/H Hold, then release onto floor	12 cts	If back arches, lift your feet.	Ask for a little bit more. Release and stretch.

Benefits: Conditions, tones and gives stabilizing strength to all muscles of the back, buttocks and legs. Lengthens and opens the front of the body.

Choreographer's Objective: I want the people in my class to feel / experience alignment as they build strength in 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	4x8	Set up Horse Stance in profile to R side	32 cts	Hands flat on the floor, directly under shoulders. Knees and feet hip width.		
V1	‘I’m a <u>needle</u> ...	4x8	A Pointer L Extend raise R leg B, L arm reaches F, palm down Return to Horse Stance	28 cts 4 cts	Opposite arm and leg lift off. Hold steady.	This is about stability. A glass of champagne on each shoulder blade and hip. Don’t spill a drop.
V2	‘I’m so <u>tired</u> ...	4x8	A Repeat Pointer R	32 cts	Press into the hands and reach back into the foot.	Find your stability, build core strength.
C	‘Let me <u>roll</u> ...	4x8	B Upper Locust with Around The World Arms Roll to Prone Upper Locust. Push arms B along body Around The World Arms, wide to O/H Repeat Hands Sweep and push arms B alongside body Repeat Around the World Arms to O/H	4 cts 4 cts 8 cts 8 cts 8 cts	Roll F onto the belly. Lift the chest and hands push back. Arms come Around The World with the chin in. 	Sweep the carpet, lift the heart muscle and tone the arms. Pregnancy option: Kneeling Around The World Arms.
V3	‘I’m a <u>circle</u> ...	6x8	A ¹ Prone Pointer L R leg lifts, L arm lifts, palm down Lower arm and leg to floor Repeat Prone Pointer R	22 cts 2 cts 24 cts	Lift your belly button off the floor. Energize down the arm and the leg.	Think fingertips to ball of the foot, elongating. Pregnancy option: Pointer.
C	‘Let me <u>roll</u> ...	4x8	B Repeat Upper Locust with Push Arms B & Around The World Arms	16 cts Rep 2x	Breathe in, push the hands back strongly.	Squeeze the buttocks a little.
Br	‘...Don’t play with...	4x8	Bow Pose Option: Half Bow Pose , 16 cts each side	32 cts	Press the feet back and suspend your body forward. Open the shoulders, let the head drop.	Pregnancy option: Camel Pose.

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Rep	'Let me <u>roll</u> ...'	8x8	Release from Bow Pose 8 cts Roll to supine, knees bent up 8 cts Bridge Pose , hands by side 16 cts Roll down to supine 8 cts Bridge Pose 24 cts	Roll down. Roll over. Set feet hip width and in close to the buttocks. Roll through the back, draw pubic bone into the ribs. Lift high, squeeze and work the buttocks.	
C	'Let me <u>roll</u> ...'	2x8	Roll down 8 cts Bridge Pose 8 cts	Slowly down, feel each vertebra. Push tail bone away and roll up.	Direct the energy of your knees forward. Come onto shoulder blades, it's really safe.
Br	'...Don't play with...'	4x8	Hold Bridge Pose , shoulder blades in, hands clasped, arms straight on the floor Reach hands to feet 32 cts Option: Hands on floor at sides Option: Set up Back Bend Pose in last 8 cts	Tuck shoulder blades in together, hands clasped and draw to the feet.	Lift up high and feel the energy. Option: Back Bend Pose. Hands come high, flat by the ears, elbows in, shoulder blades draw down the back. Press strongly into arms and legs. Let the head hand, knees stay in and keep breathing.
C	'Let me <u>roll</u> ...'	4x8	Hold Bridge Pose with hands clasped 32 cts Option: Push up to Back Bend Pose		
Rep	'Let me <u>roll</u> ...'	6x8	Roll down to supine, legs extended, arms O/H 16 cts Roll over to Prone Lower Locust , arms O/H 8 cts O/H on floor 20 cts Lower legs to floor 4 cts	Everyone down slowly. Stretch the fingers, lift thighs off the ground.	Slowly bend the arms, chin into chest, roll down through the back. Extend everything long. Feel electricity down the legs and out through the fingertips.
V4	'Ain't got no <u>ring</u> ...'	4x8	Upper Locust , palms down 32 cts Option: Hands on floor	Hands high, lift heart muscle forward.	Build strength through the entire spine.
C	'Let me <u>roll</u> ...'	4x8	B Repeat Upper Locust with Around The World Arms 32 cts Slowly Push B to all fours then Childs Pose	Keep length through the neck. Forehead to the floor.	Be your longest, then surrender! Feel length along your spine again and right out through your fingertips.

Benefits: Spine is rotated aiding digestion and rejuvenating the internal organs. Increases flexibility of the spine.

Choreographer's Objective: I want the people in my class to feel / experience the possibility of dynamic work (small adjustments) in held twists.

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	Set up, Seated Cross Legged, L foot in front 8 cts	Sitting legs crossed, R foot in front.	
V1 'I sit awake_...'	4x8 A Cross Legged Twist L R hand holding L knee, L arm O/H 32 cts	Hold the leg, bring the upper body around and open out.	Breathe in, lengthen the spine by lifting the chest forward. Exhale to revolve. Pregnancy option: Open Twist.
V2 'Been <u>told</u> ...'	4½x8 A Repeat Cross Legged Twist R , L hand holding R knee, R arm O/H 36 cts	Use the bottom arm as a lever for your twist.	Relax the shoulders away from the ears.
C ' <u>All</u> ...'	5½x8 B Seated Spinal Twist L Leg over, foot onto floor. R arms holds L leg, L hand on floor 4 cts Hold Seated Spinal Twist L 40 cts Option: R leg straight	Leg over, inhale. Sit tall, exhale, revolve.	
V3 '...When I'm feeling...'	4x8 C Transition into Kneeling Lunge Twist L hands by L foot, weight F, step R foot B on diagonal. R knee down into Kneeling Lunge 8 cts R arm O/H, place R elbow into L outer thigh. L arm wraps around the back 8 cts Hold Kneeling Lunge Twist L 16 cts	 Extend the back leg, hands and weight forward, knee down.  Breathe in, draw the belly in. Elbow outside thigh if you can. Exhale, arm around back to open back shoulder.	Option: R forearm or hand to L outer thigh.
PC ' <u>As</u> the feeling...'	2½x8 C¹ Lunge Twist L , lift R knee off floor. Option: Stay in Kneeling Lunge Twist 20 cts	Tuck toes under. Press into back heel and lift thigh.	Steady eye gaze.
C 'Through it <u>all</u> ...'	5½x8 B Hands by L foot, bring R knee in to sit down and repeat Seated Spinal Twist R 44 cts Option: L leg straight		A beautiful straight line from the crown to the tail.

Music		Sequence / Exercise		Initial / Setup Cues	Objectives & Follow-up Cues
Instr	7½x8	C Transition into Kneeling Lunge Twist R 8 cts L arm O/H, L elbow onto L outer thigh, R arm wraps around back 8 cts Hold Kneeling Lunge Twist R 16 cts C¹ Repeat Lunge Twist R with Option 20 cts Hands by R foot, step L foot in and roll up to standing 4 cts Step feet to Wide Wu Chi 4 cts		Step feet in, now wide. Bend knees.	Take your balance, gently extend back leg.
C	'Through it <u>all</u> ...'	5x8 Tai Chi Arm Circle & Open L&R Arms Circle to L, shift weight to L 2 cts Arm circle to R, shift weight to R 2 cts Shift weight to L, open L arm O/H to diagonal B 'Holding Birds Tail' L arm 'Snake Creeps Down' F 4 cts Reverse 8 cts Rep 2½x			
Fade	1½x8	Finish in Wide Wu Chi , arms wide to O/H 4 cts Hands down in front of body, elbows bent, palms down 8 cts		Breathe in. Exhale, come back to center.	

Benefits: Stretches legs and lower back. Calming. Helps deepen breath.

Choreographer's Objective: I want the people in my class to feel / experience deep focused release of legs and back.

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	Turn to face R side, feet hip-width apart Intense Pose , arms F to O/H Release body F, knees bent to Forward Fold. Backs of hands on floor	8 cts 8 cts 16 cts	Turn side on, feet parallel. Breathe in to Intense Pose, lengthen forward. Bend knees so much that chest rests on thighs.	
V1	‘...Your stares...’	6x8	A Gorilla Pose , hands under feet, palms up Option: Forward Fold	48 cts	Slide hands under feet. Draw abdominals in firmly. Lift buttocks, crown of the head down.	Look back towards the navel.
C	‘Caught in a <u>moment</u> ...’	4x8	B Flat Back Extend . Hands to shins. Option: Knee bent	32 cts	Knees bent to start. Chest lifts forward. Feel your back long then lengthen your legs. Strong abdominals, chin tucked in.	Relax shoulders back, lift chest forward and up. Get involved in the feeling.
V2	‘...Broke through...’	6x8	A Repeat Gorilla Pose . Option: Forward Fold	48 cts		Breath is like a wave rolling up and crashing down.
C	‘Caught in a <u>moment</u> ...’	4x8	B Repeat Flat Back Extend	32 cts		
PC	‘ <u>Secretly</u> ...’	4½x8	C Bend knees, hands to floor and sit down to Seated Stick Pose facing R side. Hands under shoulders on the floor. Bend R knee up Table Top Pose L, leg straight Lower body down	8 cts 24 cts 4 cts	Come down to the floor. Front leg straight, back leg bent. Pelvis comes up strongly, lift shoulders up. Relax head back, mouth drops open.	Shoulder blades draw together.
C	‘Caught in a <u>moment</u> ...’	4x8	D Roll B to Supine Hamstring Stretch L. R foot on floor with knee bent	32 cts	Heel to ceiling, toes to nose. Relax upper body and breathe.	

Music			Sequence / Exercise	Initial / Setup Cues	Objectives & Follow-up Cues
Br	' <u>Ooh...</u> '	4x8	E Supine Adductor Stretch . Knees into chest, open legs. Hands on inner thighs. 32 cts	Knees come up, separate the legs. Relax buttocks to the ground, open toes outwards.	
C	'Caught in a <u>moment</u> ...'	4x8	Knees to chest, roll up to Seated Forward Fold Option: Knees bent 32 cts	Roll up and lengthen forward.	Breathe in, chest waves forward, exhale and soften down.
PC	<u>Secretly</u> ...	4½x8	C Repeat Seated Stick Pose , bend L knee up 8 cts Table Top Pose , R leg straight 24 cts Lower body down 4 cts	Back leg straight, front leg bent. Toes come down to ground.	Squeeze and contract the back of the body, before we lengthen more.
C	'Caught in a <u>moment</u> ...'	4x8	D Repeat Roll B to Supine Hamstring Stretch R 32 cts		Option: Extend leg on floor.
Br	' <u>Ooh...</u> '	4x8	E Repeat Supine Adductor Stretch 32 cts	Legs long and strong.	Feel the inner thigh stretch.
Fade		3x8	Holding legs, bring feet together and down to floor into Supine Adductor Stretch . Arms by sides 24 cts	Feet come in, knees bent. Gradually lower feet to the floor.	Let the body relax and sink down.

Benefits: Calms mind, relaxes body, renews energy levels.

Choreographer's Objective: I want the people in my class to feel / experience release, relaxation and rejuvenation.

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

How can you get more comfortable right now? How can you be more evenly balanced on the floor? When is it you can find more length, yet still create space around your body? Where is it that you can open a little more? Find the breath in your body. Take a slow, deep breath in and exhale really gently – let the body relax right now. Follow your breath. Take a deep breath in again and notice how heavy your body feels on the floor. As you exhale, make it heavier. Try and stop the mind from wandering by staying focused on your breath. Try and visualize yourself now relaxed, calm, breathing quietly. Can you imagine yourself surrounded by a beautiful light – a light that has warmth to it, a positive energy. Surround yourself with it and breathe. As you breathe in you see this energy, this warm positive light flow into your body. Keep breathing it in. As you breathe out, it diffuses through to every cell in your system – let it fill you up. Breathe in deeply, exhale slowly. As you are filled with this warm, positive light, you come to breathe out and the same energy starts exuding from your breath, from every pore of your body. So wherever you travel, you take this warm energy with you and whoever you come in contact with, they share in your energy – just imagine what that's like.

Take a slow, deep breath again. As you do so, you may want to start lengthening your body. When you're ready to exhale, bring one knee up at a time slowly. In your own time, come on up and bring your energy with you. Let's re-center ourselves and revisit our principles of BODYBALANCE® – alignment, feel our sit bones squarely on the floor. Breathe in, spine lengthens, head floats up, core engaged, chin tucked in, relax shoulders and chest.

Breathing comfortably and calmly...calmly focused.

We all have the ability of creating a positive world within us; we can take it wherever we go and share it with everyone we come in contact with...imagine what that could be like.