



PRESENTERS FROM
NEW ZEALAND
AUSTRALIA

LES MILLS
BODYBALANCE

RELEASE **76**

FEATURES
BORN TO MOVE: NEW RESEARCH
TEACHING IN THE ESSENCE OF BODYBALANCE

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

Hey instructors! When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix it with modern tracks and **do not change the choreography**; teach the tracks as they were created but you can apply more modern language and terminology.

CONTENTS

BORN TO MOVE: New Research Teaching in the Essence of BODYBALANCE

TRACK TYPE		TRACK	ARTIST	
1	TAI CHI WARMUP	We Don't Talk Anymore © 2016 Artist Partners Group, Inc. Produced Under License From Atlantic Recording Corp. Selena Gomez appears courtesy of Interscope Records. Written by: Puth, Hindlin, Gomez, Kasher	Charlie Puth feat. Selena Gomez	3:42
2	SUN SALUTATIONS	Desert © 2016 etcetc Music Pty Ltd. Written by: Perry, Burnett, May, Higgs, Maple	Paces feat. Guy Sebastian	3:26
		Too Good Courtesy of the Universal Music Group. Written by: Graham, Jefferies, Blday, Chin-Quee, Suthe	Drake feat. Rihanna	4:14
3	STANDING STRENGTH	Closer © 2016 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Taggart, Frank, Keninett, Frangipane, Slade, King	The Chainsmokers feat. Halsey	4:02
		Hurts So Good Courtesy of the Universal Music Group. Written by: Robbins, Borrero, Michaels, Meredith	Astrid S	3:21
4	BALANCE	Love Somebody © 2016 Future Classic. Written by: Mathews, Manusama, Al-Rikabi	Ta-ku & Wafia	3:27
5	HIP OPENERS	Let Me Love You Courtesy of the Universal Music Group. Written by: Wolman, Bell, Grigahcine, Lee, Tamposi, Bieber	DJ Snake feat. Justin Bieber	3:23
6	CORE – ABDOMINALS	Can't Stop The Feeling! © 2016 RCA Records/DreamWorks Animation LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Timberlake, Martin, Shellback	Justin Timberlake	3:56
7	CORE – BACK	Lot To Learn © 2015 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Hubbard	Luke Christopher	4:07
8	TWISTS	Prisoner Courtesy of the Universal Music Group. Written by: Montagnese, Grant, Tesfaye	The Weeknd feat. Lana Del Rey	4:35
9	FORWARD BENDS – HAMSTRINGS	Rainbow © 2016 Louis Baker. Written by: Baker	Louis Baker	6:55
10	RELAXATION/ MEDITATION	Dawn And Dusk Take Turns Calling © 2016 Music To Light The World. Written by: Lanier	Stanton Lanier	9:29
BONUS 4B	BALANCE	Controlla Courtesy of the Universal Music Group. Written by: Graham, Samuels, Chin-Quee, McGregor, Ritter	Drake	3:53
ALT 7	CORE – BACK	Shooting Stars Courtesy of the Universal Music Group. Written by: Stracey, Glass	Bag Raiders	3:55

BODYBALANCE 76 EXPRESS FORMATS

30-MINUTE STRENGTH

Track 2	Sun Salutations
Track 3	Standing Strength
Track 4	Balance
Track 6	Core – Abdominals
Track 7	Core – Back
Track 10	Relaxation/Meditation (short)
Total Time	29:32

30-MINUTE FLEXIBILITY

Track 1	Tai Chi Warmup
Track 2	Sun Salutations
Track 5	Hip Openers
Track 8	Twists
Track 9	Forward Bends – Hamstrings
Track 10	Relaxation/Meditation (short)
Total Time	29:14

45-MINUTE STRENGTH

Track 1	Tai Chi Warmup
Track 2	Sun Salutations
Track 3	Standing Strength
Track 4	Balance
Track 6	Core – Abdominals
Track 7	Core – Back
Track 9	Forward Bends – Hamstrings
Track 10	Relaxation/Meditation (short)
Total Time	44:39

45-MINUTE FLEXIBILITY

Track 1	Tai Chi Warmup
Track 2	Sun Salutations
Track 3	Standing Strength
Track 4	Balance
Track 5	Hip Openers
Track 8	Twists
Track 9	Forward Bends – Hamstrings
Track 10	Relaxation/Meditation (short)
Total Time	44:34

KEY

Alt	alternate
B	back
BPD	body part and direction
B up	build up
Br	bridge (non-chorus)
C	chorus
C br	chorus bridge
cts	musical counts
F	forward
Instr	instrumental
Intro	introduction
L&R	left and right
mins	minutes
O/H	over head
OTS	on the spot
Outro	last few bars of music
PC	pre-chorus
Pose	positions as explained in the Program Manual
QC	quiet chorus
Ref	refrain (recurring phrase or number of song lines)
Rep	reprise (part of the chorus repeated)
Rep Xx	perform the Sequence/Exercise x times
Seq	sequence (repetition of exercise or position)
Tempo	normal pace of the music
V	verse
↓ Option	Easier option
↑ Option	Advanced option

Bold text Must-Do Cues

Italic text Breathing Coaching Cues

Please note: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

ESSENCE TIPS

This release of choreography contains Essence Tips for BODYBALANCE. This will help break down the 'key teaching points' from the filming footage presenters so you can coach your class in the Essence of BODYBALANCE every class, every time – enjoy!

CREDITS

Choreography – Dr Jackie Mills & Diana Archer Mills

Chief Creative Officer – Dr Jackie Mills

Creative Director – Kylie Gates

Technical Consultant – Bryce Hastings

Program Coach – Kylie Gates

Program Planner – Carrie Dean

The Fine Print

Les Mills' instructor resources (Music, footage and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

BODYBALANCE 76



From L-R: Dr Jackie Mills, Laura Birchenough, Diana Archer Mills, Kylie Gates, Corey Baird

Hello and welcome to BODYBALANCE 76!

We choreographed this release while on holiday... can you tell?

It's smooth and slow and accompanied by a lot of upbeat music – it's really pretty lovely, even if we do say so ourselves!

Highlights include a fast Vinyasa Sun Salutations track, guaranteed to get you very warm, a double Standing Strength hit – both so good that we couldn't decide which one to use so gave you both – and possibly the hardest yet simplest Track 6 ever... you'll love it – eventually :)

Enjoy

J&D

Jackie Diana

BODYBALANCE Presenters

Dr Jackie Mills (New Zealand) is the Les Mills Chief Creative Officer and co-Program Director for BODYBALANCE/BODYFLOW®. She is based in Auckland.

Diana Archer Mills (New Zealand) is co-Program Director for BODYBALANCE/BODYFLOW and Creative Director for BODYCOMBAT™, BODYJAM™, BODYPUMP™ and RPM™. She is based in Auckland.

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Laura Birchenough (Australia) is a BODYBALANCE/BODYFLOW Trainer, and a BODYATTACK, BODYPUMP and CXWORX Instructor. She is based in Perth.

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, **HOW** do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublichealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

TEACHING IN THE ESSENCE OF BODYBALANCE

Six Keys to unlocking the Mind-Body Experience

Stay in a Balance Frame of Mind

This means coming to class with a positive, respectful attitude. Acknowledge that your participants are on individual journeys and your class will gain a more authentic mind-body feel.

Don't Pose

That super calm, faux-spiritual voice comes across as inauthentic and ill-fitting. Your class is an adult space so respect your participants enough to teach in your own voice, just keep it calm.

Keep Cues Simple

Although Yoga poses are often technically complex, your class will not hear you if you 'talk their ears off' with too much cueing. Use the three-part process to keep it simple and effective:

- a) **Set up clearly** using 2 to 4 **Layer 1** Setup Cues. These cues should put people into the shape of the pose, explaining simple alignment and breathing. Think of "which body part are we moving in which direction". This helps people feel confident and comfortable.
- b) Teach any **necessary Layer 2 options** then pause to look around at your members.
- c) **Layer 3 Cues** are often a response to what we see. See the Technique Manual and choreography notes for a wide variety of these. You might need to add another breath cue, coach deeper into the feel of the pose, motivate, connect, explain a benefit of the pose, or just be SILENT.

THIS IS SBS

S Set it up, **B** Breathe it up, **S** Silence it up!
Our silence allows us to stay more IN THE MOMENT.

Don't Waste Words

People will naturally follow our movement; so choose Follow-up Cues that describe the feel or detail of the poses that they can not see eg *Arms light and long* gives length to a move, rather than *Take your arms out to the side* which they can see. *Big toes and heels together* gives technical detail rather than *Feet together*.

Question Yourself

Ask yourself, "What do I want my class members to experience in each pose of this track?"

Using your own class-focused objectives will give you a powerful sense of purpose and allow your love of BODYBALANCE to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

And if you want to further develop your expertise, revise and relearn your Program Manual and your filming footage. Try a Yoga, Tai Chi or Pilates class taught by an expert (remember, we do modify some exercises to safely fit into a Group-Fitness setting). There are also some excellent texts, videos and DVDs available, such as:

Books:

- *Moving Towards Balance*, Rodney Yee with Nina Zolotow (Rodale)
- *Journey Into Power*, Baron Baptiste (Simon and Schuster)
- *Dynamic Yoga*, Kia Meaux (Dorling Kindersley Ltd)
- *Awakening the Spine*, Vanda Scaravelli (Harper Collins)

Videos/DVDs:

- *Power Tai Chi*, Master Jerry Alan Johnson (Goldhill Videos)
- *Yoga Journals, Yoga Step by Step*, Natasha Rizopoulos (Natural Instincts)
- *Tai Chi for Health*, Terrance Dunn (Healing Arts)

1 TAI CHI WARMUP

TRACK FOCUS: I want my class to experience how the breath creates focus along with calming the mind and warming the body.

YOGA MAT

MUSIC			SEQUENCE/EXERCISE		COACHING IDEAS
0:00	Intro	2x8		Wide Wu Chi , arms down	16
0:16	Any more	2x8	A 2x	Tai Chi Breath Arms Inhale – Arms up mid-line of body, palms up Exhale – Arms press down, palms down	4 Alignment 4 Breath
0:26	V1 Found the one	8x8	B 7½x	Weight Shift With Chi Ball R&L Inhale – Weight shift R, palms facing, elbows bent Exhale – Weight shift L, palms facing, elbows bent Inhale – Step R foot in, hip-width apart, arms O/H	4 Alignment 4 Breath 4
1:04	C Any more	2x8	C 4x	Breath Swings Exhale – Swing torso F, arms B Inhale – Lift torso, swing arms F to O/H	2 Alignment 2 Breath
1:14	Any more	2x8	C¹ 4x	Breath Swings With Heel Lift Exhale – Swing torso F, arms B Inhale – Lift torso and heels, swing arms F to O/H Last rep, step R foot out wide to Wide Wu Chi	2 Challenge 2
1:23	V2 Lying next to	8x8	B 1¾x	Weight Shift With Chi Ball, Press & Circle Arms R&L Inhale – Weight shift R, palms facing, elbows bent Exhale – Press palms to R side Inhale – Circle arms down to L side, O/H Exhale – Press palms to R side Repeat to L Inhale – Step R foot in, hip-width apart, arms O/H	4 Alignment 4 4 Breath 4 16 4 Eye focus
2:02	C Any more	2x8	C 4x	Repeat Breath Swings	4 Release
2:11	Any more	2x8	C¹ 4x	Repeat Breath Swings With Heel Lift	4 Height
2:21	Instr	4x8	C² 4x	Breath Swings With Rear Leg Raise L&R Exhale – Swing torso F, arms B Inhale – Lift torso, Rear Leg Raise L, arms O/H Repeat to R	2 Warming 2 4
2:40	PC Know what kind	12x8	B¹ 3x	Repeat Weight Shift With Chi Ball, Press & Circle Arms L&R	32 Flow
3:38	Fade Any more	1x8	A	Repeat Tai Chi Breath Arms	8 Breath

We Don't Talk Anymore > 3:42 mins

TECHNIQUE & COACHING CUES

TAI CHI BREATH ARMS

Layer 1

- Step feet out to Wide Wu Chi
- Drop your tail bone
- Sit deep
- Breathe in
- Breathe out

WEIGHT SHIFT WITH CHI BALL

Layer 1

- Push hands to the side
- To the other side
- Breath flows in and out
- Weight shifting from one leg to the other
- Stay deep in your legs
- Soft eye gaze to your fingers

Layer 3 – Follow-up: Continuous movement, *continuous breath*

BREATH SWINGS/BREATH SWINGS WITH HEEL LIFT

Layer 1

- Step foot in, arms lift
- Swing down and rise
- Breathe in then let it go
- Try lifting your heels

Layer 3 – Follow-up: How does it feel? Fall and rise

WEIGHT SHIFT WITH CHI BALL, PRESS & CIRCLE ARMS

Layer 1

- Step out wide
- Add on double push
- Circle low to high
- Reset
- Push hands, double push
- And circle
- Flow the breath in and out

Layer 3 – Follow-up: Keep flowing, allow it to guide and enhance your movement. Push to the wall, touch the ground and the sky. *The harmonious marriage of breath and movement to bring us deeper*

BREATH SWINGS WITH REAR LEG RAISE

Layer 1

- Try lifting one leg behind you
- Other leg

Layer 3 – Follow-up: Feel the whole of your back body engage. We're getting warm!

ESSENCE TIPS

We start this release with an upbeat song and moves that are completely warming and energizing to get the class into their bodies from the beginning. Diana wanted to keep the cues uncluttered from the start by saying only the essentials. Think – what do I need to say verbally and what can I show visually? Clear body-part and direction cues get the class moving quickly. Coaching breath with these simple setup cues of Alignment will allow the class to connect internally.

The Breath Swings have lots of knee bends and arms are kept long and fairly straight this time. The Tai Chi sequence offers the opportunity for participants to build a strong internal connection as you guide them to look at hands. Teach them how to master the movements through your Layer 3 cues. Create cues that evolve, extend and enhance the feel and experience of the movements, thus moving your participants closer to perfect technique and an uplifting experience.

Remember in order to teach from the essence of the program, base your coaching cues from the 4 types of movements in Tai Chi – warming, breathing, focusing and releasing.

Lastly, practise the Tai Chi principles in the mirror so you are the role model – clean lines, good timing and seamless transitions.

2 SUN SALUTATIONS

TRACK FOCUS: I want my participants to feel the warming in the 1st Sun Salutations track providing a strong base to move into the Warrior Poses in the 2nd Sun Salutation track.

YOGA MAT



MUSIC			SEQUENCE/EXERCISE	COACHING IDEAS
0:00	Intro	2x8	Mountain Pose , feet together Pregnancy Option: Feet hip-width apart	16 Foundation
0:10	V1 Pray for rain	6x8	3x Inhale – Extended Mountain Pose , palms together up mid-line of body to O/H Exhale – Forward Fold , arms F and down, palms together	8 Pose name 8 Alignment
0:40	QC Desert	8x8 A	Sun Salutation Sequence 1 , L Inhale – Extended Mountain Pose , palms together up mid-line of body to O/H Exhale – Forward Fold , arms F and down, palms together Inhale/Exhale – Step B to Down Dog Inhale – Plank Pose , knees down Exhale – Crocodile Pose Pregnancy Option: Cat Pose Inhale – Baby Cobra Pose ⬆ Option: Up Dog Pregnancy Option: Cow Pose Exhale – Bend knees, hips B to Crouch Pose Inhale – L leg F to Kneeling Lunge L Exhale – Kneeling Lunge Twist L , L arm vertical, L arm wraps around back Pregnancy Option: Kneeling Lunge Twist Inhale/Exhale – Forward Fold	8 Pose name 8 Alignment 8 4 4 4 8 4 4 8
1:19	C Desert	8x8 A	Repeat Sun Salutation Sequence 1 , R	64 Breath
1:59	Instr	8x8 A	Repeat Sun Salutation Sequence 1 , L Baby Back Bend on first 8 cts	64 Flow
2:38	C Desert	10x8 A	Repeat Sun Salutation Sequence 1 , R Hold last Forward Fold	64 Physicality 16

TECHNIQUE & COACHING CUES**EXTENDED MOUNTAIN POSE****Layer 1**

- Feet together
- Press palms together
- Tuck tail bone under
- Inhale, palms run up the mid-line of the body

Layer 3 – Follow-up: Enjoy the warming and the mobilizing of the spine. Inhale to roll up. Unravel to Back Bend, squeezing the butt

FORWARD FOLD**Layer 1**

- Bend knees
- **Belly lifts**
- Exhale to reach
- Chin to chest
- Exhale to extend
- Eyes to knees

Layer 3 – Follow-up: *Inhale to step in, exhale to melt down. Make it flow like a dance where the breath leads the body.* Surge forward. The head drops completely

DOWN DOG**Layer 1**

- Step feet back
- Hip-width apart
- Inhale, step back
- Exhale, press hips back

Layer 3 – Follow-up: Make it feel good to linger. Jump or step feet back to Down Dog and stretch your body back. If jumping to Down Dog, have a strong core

PLANK POSE**Layer 1**

- Chest forward
- Knees down
- Inhale to Plank

Layer 3 – Follow-up: Glide forward effortlessly. Tuck chin in and roll forward. Articulate your spine as you come forward

CROCODILE POSE**Layer 1**

- Lower half way
- Elbows in
- Exhale to a strong core

Layer 3 – Follow-up: On knees or toes. This is too good!

BABY COBRA POSE/UP DOG**Layer 1**

- **Squeeze butt**
- Inhale, shoulders back

Layer 3 – Follow-up: Up Dog, press feet. Vitality!

CROUCH POSE**Layer 1**

- Push back to Crouch Pose
- Bend knees
- Exhale, crouch

Layer 3 – Follow-up: Crouch back to prepare

KNEELING LUNGE/LUNGE**Layer 1**

- Right leg forward to Lunge
- Reat knee down
- Ankle under knee
- Inhale, leg comes through
- Anchor your hips

Layer 3 – Follow-up: Step foot through between hands, rear knee lifts. Create space through the spine. Hand comes down, roll hip

KNEELING LUNGE TWIST/LUNGE TWIST**Layer 1**

- Right arm wraps to lower back
- Exhale, arm around the back
- Open your shoulder

Layer 3 – Follow-up: Express your twist with ease

FLAT BACK EXTEND**Layer 1**

- Extend your spine
- Hands to shins
- Lift chest up
- Inhale to a straight spine

Layer 3 – Follow-up: Feel the stretch in the back of the legs

WARRIOR 2**Layer 1**

- Rear heel down
- Windmill arms up
- Front knee opens
- Exhale, use your out-breath to Warrior

Layer 3 – Follow-up: Heel down, rear leg strong. Strong, powerful Warriors!

2

[illegible]

TECHNIQUE & COACHING CUES

SUN WARRIOR

Layer 1

- Reach back
- Inhale, side bend
- Lift up and back to Side Bend
- C-shape your spine

Layer 3 – Follow-up: Reach back and make it feel good in your body

EXTENDED WARRIOR 2

Layer 1

- Elbow on thigh or hand on ankle
- Exhale, lengthen your spine forward

Layer 3 – Follow-up: Feel the lightness through your upper body

WALKING DOWN DOG

Layer 1

- Press one heel down at a time.

Layer 3 – Follow-up: We are warm!

ESSENCE TIPS

How lucky are we to have two glorious Yoga Sun Salutation tracks this round!

Laura's tip: The Plank, Crocodile, Baby Cobra and Crouch Pose sequence moves quickly with only 4 counts for each of the poses, which is why we have a Crouch pullback rather than a full Downward Dog in the sequence.

Keep Layer 1 cues concise by only saying the name of the pose in the 1st round to ensure it is easy to follow. Coach body part and direction – “right arm wraps to lower back” – so participants can experience the twist and mobilizing of the upper back and don't need to look back at you.

The 2nd round coaches the breath and name of pose to enhance learning the sequence and bringing awareness to the breath. Note: We have an inhalation and exhalation after the Kneeling Lunge into Forward Fold.

Laura's focus in the 3rd and 4th rounds was around the feeling of making the poses flow like a dance. She threaded this focus beautifully with cues like “*unravel*”, “*expression*”, “*breath leads the body*” and “*make it feel good to linger*”. Bringing your focus to life through your choice of words can evoke emotions and feelings into the body. This is the key to making the focus come alive and creating connection through your coaching. Plus it gives your coaching a direction, creating an internal focus and space for the cues to land.

Laura says: For me to teach ‘feel’ from an authentic place I practised the sequence over and over until my body just moved as one with the music – so powerful!

Kylie says: This is a Vinyasa-style Yoga Sun Salutation. Vinyasa simply means the connection of breath and movement together. This style of Yoga can be more athletic if participants want to try the jump to Down Dog and Forward Fold. The jumps require knee bend and core activation to prepare. Through the jump we use a braced core and a quiet landing to develop whole-body strength. Spend time practicing this pose so you can role model great technique.

As with the first Sun Salutation, the 1st round needs to only be the name of the pose and Alignment cues. Round 2 then progresses to adding the breath along with Alignment cues. Each pose is for 8 counts. Coach inhale/exhale with a jump or step back to Down Dog and inhale/exhale to Forward Fold.

The 3rd round is about evoking more breath and finding its rhythm, which enhances the warming. In the 4th round, your participants will have an idea of where they are going. Kylie wanted her class to feel empowered to connect internally and feel the sequence strongly in their bodies. Simple one word cues help to guide them without over-coaching. Have fun bringing the rhythm and breath challenge to your class!

3 STANDING STRENGTH

TRACK FOCUS: I want my class participants to feel the strength and challenge in the first Standing Strength track and how the breath allows the body to move with freedom and mobility in the second.

YOGA MAT

MUSIC			SEQUENCE/EXERCISE		COACHING IDEAS
0:00	Intro	2x8		Forward Fold , feet together Pregnancy Option: Feet hip-width apart	16 Set up
0:10	V1	Hey I was 16x8	A	Standing Strength Sequence L Inhale/Exhale – Intense Pose , hands clasped behind back Inhale/Exhale – L leg B to Lunge R , hands clasped behind back Inhale/Exhale – Arms wide to O/H, palms facing Inhale/Exhale – L foot steps F into Intense Pose , arms O/H, palms facing Inhale/Exhale – L leg B to Warrior 3 R , arms F to O/H Inhale/Exhale – Arms wide to clasp hands behind back	32 16 16 32 16 16 Alignment Breath
1:31	V2	You, look 16x8	A	Repeat Standing Strength Sequence R	128 Extend and challenge
2:52	Rep	Baby 4x8	B	Inhale/Exhale – Intense Pose Hands clasped behind back	32 Strength
3:12	B up	Never getting 4x8	C	Knee Lift, Warrior 3 Dive Sequence L Inhale/Exhale – Knee Lift L , arms F to O/H, palms facing Inhale/Exhale – L leg B to Warrior 3 R , arms sweep B, palms down	16 16 Alignment Breath
3:32	Outro (Instr)	4x8	C	Repeat Knee Lift, Warrior 3 Dive Sequence R	32 Courage
3:52	Instr	4x8	B'	Repeat Intense Pose , arms wide to O/H, palms facing	32 Mobility
4:10	V3	Fight me 16x8	D	Warrior Sequence L Inhale/Exhale – Warrior 2 L , arms wide Inhale/Exhale – Extended Warrior 2 L , L elbow to thigh Inhale/Exhale – wrap R arm behind back ⤴ Option: Bind under L leg Inhale/Exhale – Sun Warrior L , L arm remains behind back Inhale/Exhale – Heel Lift ⤵ Option: No Heel Lift	16 16 32 32 32 32 Alignment Breath
5:15	V4	Everytime 16x8	D	Repeat Warrior Sequence R	128 Breath and mobility
6:18	Br	Good 5x8	E	Inhale/Exhale – Wide Squat Inhale/Exhale – Arms up mid-line of body, palms up, press palms up to O/H	16 24 Alignment Breath
6:38	C	Hurts 8x8	E' 2x	Wide Squat with Side Bend L&R Exhale – Side Bend L , press L palm to R hip Inhale – Extend legs, press L palm O/H, palm up Repeat to R	8 8 16 Flow Extension Posture
7:10	Fade	Good 3x8	E	Hold Wide Squat , palms press O/H	24 Challenge

TECHNIQUE & COACHING CUES

INTENSE POSE

Layer 1

- Walk feet into hands
- Hands to knees
- Roll up
- Sit hips back and down
- Clasp hands behind back
- Tuck in tail bone
- **Draw your belly in**
- Inhale, lift the chest
- Exhale, sit deep

Layer 3 – Follow-up: *Inhale, zip up. Exhale, sink down. Breathe in and then breathe out and squeeze your shoulder blades together.* Bring elbows behind your ears to engage your upper back. Press knees together and sink one inch lower. Feel really strong here!

LUNGE

Layer 1

- Long step back to Lunge
- Square the hips
- Press front knee out
- Bend the rear knee
- Inhale, arms rise
- Exhale, **squeeze the glutes**
- Baby Back Bend

Layer 3 – Follow-up: Strength is what builds beauty in our movements

WARRIOR 3

Layer 1

- Lift the leg
- Tip forward from the hips
- Square your hips
- Bend your standing knee
- Inhale, arms circle
- Clasp hands behind you
- Exhale, dive your chest forward

Layer 3 – Follow-up: Power both legs and bend your knees. Circle, clasp and dive

WARRIOR 3 DIVE

- Arms and leg sweep back
- Dive in

Layer 3 – Follow-up: This should feel sublime

KNEE LIFT

Layer 1

- Lift one knee
- Both arms rise
- Bend your knee

Layer 3 – Follow-up: Switch sides, either step or jump the knee up

WARRIOR 2

Layer 1

- Step wide
- Right toes out
- Knees directly over ankle
- Hips square
- Arms long

EXTENDED WARRIOR 2

Layer 1

- Deep breath in to reach
- Forearm to thigh
- Inhale, top arm wraps behind
- Find your thigh
- Top shoulder back

Layer 3 – Follow-up: Choose the option that feels good for you

EXTENDED WARRIOR 2 WITH BIND

Layer 1

- Front arm wraps under
- Hands clasp
- Maintaining a long spine
- Pull top shoulder back

Layer 3 – Follow-up: Choose the option where you have the most space in your body

SUN WARRIOR

Layer 1

- Deep breath in to lift
- Breathe out to Side Bend
- Big breath in to rise
- Luxurious breath out to Side Bend

Layer 3 – Follow-up: Imagine a pocket of air under your left arch to pull your inner thighs up strongly. Ground your feet, draw the energy up through your legs to stabilize

SUN WARRIOR WITH HEEL LIFT

Layer 1

- Choice to lift your heel
- Shift knee above ankle

Layer 3 – Follow-up: *This is about opening your hips. Breathe in and then out and reach to your edge. Breathe in and breathe out because it feels so good*

3 **STANDING STRENGTH** continued

Closer/Hurts So Good > 7:23 mins

TECHNIQUE & COACHING CUES

WIDE SQUAT

Layer 1

- Settle hips down
- Tuck tail bone under
- Breathe in and press the ceiling away
- Relax your shoulders

Layer 3 – Follow-up: Feel this powerful energy in your body

WIDE SQUAT WITH SIDE BEND

Layer 1

- We bend, right hand presses
- Breathe in to rise
- Breathe out to bend



Layer 3 – Follow-up: Breathe out to fall. Come alive in your upper body

ESSENCE TIPS

The aim of New Yoga is to give our bodies whatever it is they need today. Coaching from this place enables you to cater to all the different needs of our participants, providing options and levels to all. Your job as the instructor is to dial the intensity up and down to facilitate a workout to suit everyone, using plenty of encouragement! This was Diana's intention for this track.

Key coaching points:

- Focus on creating space in your coaching. PAUSE after you set up the class with Alignment and Breath cues. This will really allow you to see what your participants need today. REMEMBER, your coaching is so much more effective when you have deep connection. Look into people's eyes, see them, coach them, praise them and smile with them. They have given their time to be with you in your class!
- Find different focuses for each Intense Pose. We come to this pose a lot and you want them to find the power in the pose and have something to focus on each time. It's a BIG Yang pose and the breath is what will sustain you – coach it!
- Being brave is one of our instructor values and we have opportunities to dive into the unknown with the Warrior 3 Poses. Your class will love the challenge.
- Give the options to jump from one leg to the other. Let's not take ourselves too seriously – have fun!

Laura says: In Warrior 2, coach participants to choose the option where they can maintain spinal alignment and length, especially as there is the option to bind. This is about creating space in the body and feeling comfortable in their pose. The feeling of comfort can be deepened by using more Breath cues. Direct where in their bodies they should breathe and how the breath should feel and sound. Throughout filming week, I noticed participants wanted to get low in the Warrior poses so I coached the importance of the pose foundation, the feet. Once you have directed the feet position the outside edge of the rear foot needs to press down hard so the inner arch has a sense of lightness creating a strong rear leg. This will avoid the common foot lifting and knee dropping in the back leg, strengthening all the muscles close to the bones. From this base, they can stay in the long held Sun Warrior poses and the spine can move more freely in the Sun Warrior with the arm wrap. One of my personal highlights is the Squat With Side Bend – it feels so good!

4 BALANCE

SMARTSTART

TRACK FOCUS: I want my class participants to experience how the music and breath encourages stillness through their poses and minds.



MUSIC			SEQUENCE/EXERCISE		COACHING IDEAS		
0:00	Intro	4x8	A	Mountain Pose Inhale – Palms together up mid-line of body to O/H Exhale – Lift heels Inhale/Exhale – Baby Back Bend With Heel Lift	8 8 16	Alignment Breath	
0:20	V1	Lover	16x8	B	Balance Sequence L Inhale/Exhale – Hold Baby Back Bend With Heel Lift Inhale/Exhale – Divers Pose , arms wide to side, palms down Inhale/Exhale – Floating Half Moon Pose L L leg B (facing L side), L arm vertical, R arm down Inhale/Exhale – Flower Pose L , L hand holds L foot, R hand on bent R knee	32 32 32 32	Alignment Breath
1:41	V2	Lover	16x8	B	Repeat Balance Sequence R	128	Breath Courage Edge
3:02	Outro (Instr)	4x8	A ¹	Inhale – Mountain Pose , palms together up mid-line of body to O/H Exhale – Lift heels Inhale/Exhale – Wonderful Pose , arms open to high 'V'	8 8 16	Breath Opening	

TECHNIQUE & COACHING CUES

BABY BACK BEND WITH HEEL LIFT

Layer 1

- Feet together
- Extended Mountain Pose
- Eyes lift
- Heels lift
- Open into Baby Back Bend
- **Squeeze butt**
- Find a steady breath

Layer 3 – Follow-up: *Inhale, rise and find your balance.* Start to explore your Baby Back Bend

DIVERS POSE

Layer 1

- Deep breath in
- Heels stay lifted
- Exhale, to Divers Pose
- Heart leads forward
- Hips back
- Arms wide

Layer 3 – Follow-up: Arms wide and strong to support you. Trust that your breath will support you

FLOATING HALF MOON POSE

Layer 1

- Eyes stay down
- Heels down
- Left arm sweeps to floor
- Right leg draws up and back

Layer 3 – Follow-up: Stack the shoulders and the hips to create this open feeling in your body. Open the top arm and feel weightless and free

FLOWER POSE

Layer 1

- Right hand holds right ankle
- Left hand to knee
- Bend and stabilize
- Back knee up and behind

Layer 3 – Follow-up: Breathe into your chest and create some extension to your front body. Breathe into your heart space and express it to its fullest



WONDERFUL POSE

Layer 1

- Feet together
- Arms open wide
- Heels lift
- Draw back

Layer 3 – Follow-up: Stand in your radiance



ESSENCE TIPS

Laura's objective in this track was to bring a positive and encouraging attitude to her coaching as balancing is difficult! This helped her to create a feeling of success and inclusion throughout the class.

Physically this is a testing track. We are constantly challenging the stabilizing muscles by staying on toes through the Baby Back Bend, Divers and Wonderful Poses. Laura's tip is to coach 'staying up on your toes' after the Baby Back Bend and into Divers Pose to transition with grace. Coach clearly which body-part moves and in what direction for the Floating Half Moon Pose so participants can stay internal and not have to keep looking back at you. Flower Pose is back and we get to hold and explore breath in the pose. Coach to the knee staying high as it comes back and around to open the hip, then aim for knee and hip alignment to open the Flower fully. To stabilize and balance, front arm on thigh and bend the standing leg to build strength.

On the second side, leave space for them to tune into their bodies and the incredible piece of music, finishing in Wonderful Pose – stunning!

4 BALANCE BONUS

TRACK FOCUS: I want my class participants to understand how the alignment of these poses creates the strong base to balance from.

MUSIC			SEQUENCE/EXERCISE		COACHING IDEAS
0:00	Intro	4x8		Set up Hindi Squat , feet outside hip-width, bend knees, elbows to thighs	32 Alignment
0:21	V1 _ My eye	4x8	A	Hindi Squat Inhale/Exhale – Hands to heart center ⇅ Option: Sumo Squat, elbows to thighs	32 Alignment Breathe
0:41	C Lie for you	4x8	B	Bird Pose Inhale – Hands to floor Exhale – Body weight F onto hands	8 24 Alignment Breath
1:02	V2 Okay	4x8	B'	Bird Pose Inhale/Exhale – Lift feet off floor ⇅ Option: Lift L foot off floor 16 cts, lift R foot off floor 16 cts ⇅ Option: Feet on floor	32 Weight shift Eye gaze
1:22	V3 _ And I never	4x8	C	Bird In A Basket Pose Exhale – Feet to floor Inhale – Hands between legs, behind feet Exhale – Extend L leg off floor Inhale/Exhale – Lower L foot to floor, extend R leg off floor	8 8 8 8 Alignment Breath
1:42	C Lie for you	4x8	C'	Bird In A Basket Pose Inhale/Exhale – Extend legs ⇅ Option: Extend alternate legs	32 Weight shift Options
2:03	Rap	2x8		Feet to floor, relax hands and wrists	16 Rest/breath
2:13	V4 _ Well you can't	4x8	A	Repeat Hindi Squat	32 Opening
2:37	V5 Need all energy	4x8	B	Repeat Bird Pose	32 Courage
2:57	C Controlla	4x8	B'	Repeat Bird Pose	32 Challenge
3:18	Br Nothing	3x8	C	Repeat Bird In A Basket Pose Note: Feet to floor 4 cts, hands between legs, behind feet 4 cts	24 Foundation
3:33	Instr	4x8	C'	Repeat Bird In A Basket Pose	32 Playful

TECHNIQUE & COACHING CUES

HINDI SQUAT

Layer 1

- Feet outside hip-width, toes turned out slightly
- Inhale, bend knees into Sumo Squat
- Exhale, elbows to thighs
- Stay here in Sumo Squat or come into Hindi Squat
- Press palms together

Layer 3 – Follow-up: Push knees out and feel the stretch through the groin. *Take a breath in and lift up through the chest. Exhale, let your tail bone descend to lengthen your spine*

BIRD POSE

Layer 1

- Bring hands to floor, shoulder-width apart
- Spread fingers wide
- Eye gaze forward
- Lift your hips and heels high
- Lift your belly
- Bring your knees to upper arms
- Start to shift weight forward as you breathe into your arms
- Try lifting one foot off the floor
- Then the other foot

Layer 3 – Follow-up: Feel the weight transfer forward and feel the strength you can build in the whole body. Keep playing with this! If you're not ready to take full flight, lift one foot then the other. Focus on the weight shift instead of the lift off

BIRD IN A BASKET POSE

Layer 1

- Lower feet to floor
- Lift your hips high
- Bring hands behind your heel, fingers turned out
- Try and position your shoulders under your thighs
- Lower your hips down
- Brace your belly
- Shift weight back into your hands
- Bend elbows, rest the weight onto your upper arms
- Draw your belly in for a strong core
- Try extending one leg off the floor
- Lower the foot down
- Try the other leg

Layer 3 – Follow-up: As your feet come forward, your toes become light. Lift both feet and take full flight! Straighten your legs and feel the energy against your arms. Press that energy back through your arms into your legs. Take that leap of faith and have fun with this!

ESSENCE TIPS

We have a Bonus Balance track for the offering. You can either switch out the Balance track or add this track in and shorten your Relaxation to fit the 55-minute format.

This Bonus Balance track uses different levels of arm balances to challenge your participants, no matter what their ability. They will develop incredible strength and they may even feel like they can fly! This track is in 2 halves: Sumo or Hindi Squat progressing to Bird Pose and Bird In A Basket Pose, then you get to repeat them all again.

Use Layer 1 Setup Cues to help your participants feel comfortable enough to give these poses a go. When people are cautious of the pose they don't shift their weight far enough forward. This results in the weight remaining in the heel of the hands, causing a collapse of the wrists, a rolling of the shoulders, and they will fall right back to the floor! Think of Bird Pose as a forward bend into an arm balance, so the hips stay high in the air instead of low to the earth. This way, you only have to transfer the weight and find balance, not lift the whole body from a low starting position. The key to Bird In A Basket Pose is to bring your shoulders as far as possible underneath the back of your thighs, rocking and shifting the weight forward and back into the bent upper arms to find the balance. Press hands down into the floor, keeping inner thighs as high on arms as possible. Hollow the chest as you widen the shoulder blades to round the upper back, which will lift the torso higher.

Finally, remember to PLAY! Think of Bird Pose and Bird In A Basket Pose as fun adventures in taking flight. The most difficult postures in Yoga push you to the edge of your comfort zone. It is so tempting to take the easy way out, instead of slowly and steadily committing to the work. Part of the inner tradition of Yoga is to develop the humility to put the effort into whatever task is at hand. Right now, that task is the arm balance Bird Pose and its derivatives. Enjoy it!

5 HIP OPENERS

TRACK FOCUS: I want to set up the poses quickly so participants can experience how breath and music can help us relax into the hip stretches.



MUSIC			SEQUENCE/EXERCISE	COACHING IDEAS
0:00	Intro	2x8	Set up Modified Half Lotus Pose L L foot on R thigh, calf or floor ⇅ Option: Cow-Faced Pose	16 Alignment Breath Option
0:09	V1 Believe	16x8	A Modified Half Lotus Sequence L Inhale/Exhale – Modified Half Lotus L Hands behind on floor Inhale/Exhale – Twist torso R, L hand to R thigh, R hand behind Inhale/Exhale – Arms up sides of body to O/H, palms facing Inhale/Exhale – Extended Modified Half Lotus L , arms F to floor	32 32 32 32 Breath Spinal length
1:26	V2 Asleep	16x8	A Repeat Modified Half Lotus Sequence R	128 Mobility
2:43	Rep Never let	8x8	Frog Pose , facing front ⇅ Option: Childs Pose with knees wide	64 Alignment Breath Option

TECHNIQUE & COACHING CUES

MODIFIED HALF LOTUS POSE

Layer 1

- Right foot to floor, calf or thigh
- Toes back to protect the knees
- Anchor your sit bones
- Hands behind
- Take a breath up through the crown of your body
- Option to take the Cow-Faced Pose

Layer 3 – Follow-up: Place the foot where it feels comfortable. Check knee is aligned with ankle

MODIFIED HALF LOTUS POSE WITH TWIST

Layer 1

- Right arm across
- Inhale, lift the chest
- Rotate shoulders back

Layer 3 – Follow-up: *Breathe up through the length of your spine and rotate with ease*

EXTENDED MODIFIED HALF LOTUS POSE

Layer 1

- Eyes forward
- Arms up
- Exhale, drop shoulders down
- Eye gaze up
- Exhale, fold forward
- **Lift your belly**
- Arms relax
- Chin to chest

Layer 3 – Follow-up: Drop your shoulders down all the way to your hips. Chin to chest to release your neck. *Breathe into the back pockets of your hips and soften.* Crown of the head to the earth. When we look after our hips, our back loves us for it

FROG POSE

Layer 1

- Swing legs behind
- Ankles in line with knees
- Knees in line with hips
- **Lift the belly to support the back**

Layer 3 – Follow-up: You can choose Wide Childs Pose if it feels better on your knees. *Send some loving breaths to your hips with a deep sense of gratitude*

CHILDS POSE (Option)

- Knees wide
- Big toes together

ESSENCE TIPS

This Hip Opener track is short with only 2 poses. This gives us and our participants time to find the option that is right for our bodies. Give these options early on so participants can maximize their experience of the poses.

Modified Half Lotus Pose or Cow-Faced Pose start this track with a beautiful upper body twist to mobilize the spine. We stay in the pose as the arms rise up over head. This is a challenging position as most participants are tight in the shoulders, so encourage more breath into the hips as we take the eye gaze up and drop the shoulders down.

Coach either Wide Childs Pose or Frog Pose at the end. Set the alignment of ankles in line with knees in the Frog Pose so the class is safe. Lift the belly, drop into a heavy breath and relax!

It's wonderful to offer your participants choices. It provides a healthy platform for challenge and allows them to explore their bodies. Remember, every day is different.

Lastly: Laura wanted the 'cruisy' feel of the music to have a voice. Throughout filming week she fleshed out many of the coaching cues she originally had so she was saying only what was needed. This allowed participants to immerse themselves in the stretches – divine!

6 CORE – ABDOMINALS

TRACK FOCUS: I want my participants to understand how to stabilize the spine and pelvis by focusing on keeping the lower back close to the floor.



MUSIC			SEQUENCE/EXERCISE			COACHING IDEAS	
0:00	Intro	2x8			Set up Reach To Feet , lie supine facing R side, legs vertical, arms up ↳ Option: Knees bent over hips Pregnancy Option: On elbows, toes on floor	16	Alignment
0:08	V1 Feeling	4x8	A	2x	Reach To Feet (slow) Inhale – Lower legs to 45°, arms O/H Exhale – Legs vertical, curl up, hands to feet ↳ Option: Knees bent, toes touch floor Pregnancy Option: On elbow, Leg Extension on floor	8 8	Alignment Breath Options
0:25	Sunshine	4x8	A ¹	4x	Repeat Reach To Feet (fast)	8	Lower back stability
0:42	PC Lights	4x8	A ²	4x	Repeat Reach To Feet (tempo) Inhale – Lower legs to 45°, arms O/H Hold Exhale – Legs vertical, curl up, hands to feet Last rep, arms at sides of body, palms up	1 3 4	Core Control
0:59	C Nothing I	6x8	B	6x	Speed Leg Drop L&R Inhale – Bend R knee, lower L leg straight Exhale – Legs extend vertical Repeat on R ↳ Option: Knees bent, Alternate Toe Tap Pregnancy Option: On elbows Alternate Leg Extension on floor	2 2 4	Alignment Breath Power
1:25	V2 _ Ooh	4x8	C	2x	Reach To Feet, Knees Wide (slow) Inhale – Bend knees wide, curl up, hands to feet Exhale – Extend legs to 45°, arms O/H ↳ Option: Knees bent, toes touch floor Pregnancy Option: On elbows, knees wide, Leg Extension on floor	8 8	Alignment Breath Tail bone
1:42	Sunshine	4x8	C ¹	4x	Repeat Reach To Feet, Knees Wide (fast)	8	Challenge
1:59	PC Lights	4x8	C ²	4x	Repeat Reach To Feet, Knees Wide (tempo) Inhale – Bend knees wide, curl up, hands to feet Hold Exhale – Extend legs to 45°, arms O/H	1 3 4	Speed
2:16	C Nothing	8x8	D	4x	Cross Crawl Combo L&R Inhale – Cross Crawl L, R slow Exhale – Cross Crawl L, R, L fast Hold Repeat on R ↳ Option: Alternate Toe Tap Pregnancy Option: On elbows, Alternate Knee Lift	4 3 1 8	Alignment Breath Rotation
2:50	Instr	4x8			Feet to floor, rest Extend legs vertical	16 16	Connect
3:07	C _ Can't stop	4½x8	B	4½x	Repeat Speed Leg Drop L&R	8	Music
3:26	Rep Feeling	6x8	D	3x	Repeat Cross Crawl Combo R&L	16	Motivation

Cant Stop The Feeling! > 3:56 mins

TECHNIQUE & COACHING CUES

REACH TO FEET (slow)**Layer 1**

- Lie side-on to the stage
- Hands and feet reach to ceiling
- Extend legs to 45 degrees
- Arms over head
- Crunch up
- Reach to toes
- Inhale, extend long and slow
- Exhale, lift tail bone

REACH TO FEET (fast)**Layer 1**

- Moving faster
- Out, out, in, in
- **Brace abs** to keep lower back towards the floor as you extend
- If back is lifting, bend knees to Toe Tap

REACH TO FEET (tempo)**Layer 1**

- Extend arms to feet quickly
- Slowly in
- Breathe in through the nose
- Breathe out through your mouth

SPEED LEG DROP**Layer 1**

- Upper body down
- Arms down
- Front leg drops
- Rear leg drops
- Opposite leg bends
- Throw leg towards the floor
- **Brace abs**

Layer 3 – Follow-up: Your abs brace to slow the momentum and stabilize your spine. If your back is lifting, don't drop so low. Catapult the leg to the floor, then brace abs tightly to cement your spine in position. Awesome way to strengthen your core!

REACH TO FEET, KNEES WIDE (slow)**Layer 1**

- Feet together, knees wide
- Crunch up slow, breathe out
- Reach for your big toes
- Extend long
- Breathing in
- Legs to 45 degrees
- Head touches down

Layer 3 – Follow-up: *Breathe out as hard as you can to accentuate the abdominal contraction. Breathe in and inflate your lungs like balloons*

TECHNIQUE & COACHING CUES

REACH TO FEET, KNEES WIDE (fast)**Layer 1**

- In, in, out, out
- Lift your tail bone

REACH TO FEET, KNEES WIDE (tempo)**Layer 1**

- In, then slowly extend

Layer 3 – Follow-up: Come in fast like a rocket! Focus on your abs working. If you feel it more in your back, Toe Tap down

CROSS CRAWL COMBO**Layer 1**

- Cross Crawl, fingertips to temples
- 2 slow, 3 fast
- Shoulders and elbows back

Layer 3 – Follow-up: Your goal is to lift your shoulders up and across to get plenty of rotation. If you're finding that difficult, Toe Tap and try and get up higher. *Make sure you're breathing to feel it in your body.* Pull shoulders back to maximize rotation

ESSENCE TIPS

Our Pilates master Corey had the class in the palm of his hand through his awesome coaching and connection. He wanted to connect to the music, poses and people, and Corey managed to bring all of these elements together. The choreography changes are fast so know the music well to be sure you can nail your pre-cues.

Corey's objective for the track was based around teaching the abdominals to stabilize the spine and pelvis. To do this we need to focus on keeping the lower back close towards the floor. When the class works with this objective in mind, you can challenge them to dial up or down from this position.

Coach the basics:

- Layer 1: Name of exercise and what body-part is moving and in what direction (BPD), breath and options. Think, Say and Do!
- Layer 2: Look and see how your class is going. What do they need?
- Layer 3: Provide Follow-up coaching to improve technique, coach more breath. Motivate by educating participants about the benefits of each move.

Remember: We are coaching to the 3Bs – Belly, Back and Breathing in through nose and out through mouth.

7 CORE – BACK

TRACK FOCUS: I want the people in my class to experience the opening in the front of the body and the strength in the back of the body.



MUSIC		SEQUENCE/EXERCISE		COACHING IDEAS
0:00	Intro	2x8	Set up Hover, facing L side, hands together, palms on floor	16 Alignment
0:12	C _ Dun d-dun	6x8 A	6x Wave Hover, Single Arm (on knees) Exhale – Extend R arm Extend L arm Inhale – Lower R elbow to floor Lower L elbow to floor	2 Alignment 2 Breath 2 Stability 2
0:47	V1 _ How imperfect	2x8 A ¹	2x Wave Hover, Single Arm (on toes) ⇅ Option: On knees	8 Strength Challenge
0:59	C Question	4x8 A ²	4x Wave Hover Exhale – Extend elbows off floor Inhale – Lower elbows to floor ⇅ Option: Wave Hover, Single Arm ⇅ Option: Knees off floor	4 Overloading 4 Stability
1:22	C _ Dun d-dun	2x8	Lie prone, arms B, palms down Pregnancy Option: Horse Stance	16 Alignment
1:33	V2 _ Got your finger	4x8 B	2x Back Extension, Arm Sweep (slow) Inhale – Arms wide to O/H, thumbs up Exhale – Hands press down sides of body to B ⇅ Option: Fingertips on floor Pregnancy Option: Kneeling Pointer	8 Alignment 8 Breath 8 Stability
1:56	C Question	4x8 B ¹	4x Repeat Back Extension, Arm Sweep (fast)	8 Breath
2:20	V3 _ Cheers	4x8	Inhale/Exhale – Down Dog	32 Lengthen
2:42	C Question	4x8 C	4x 3-Legged Dog, Firefly Sequence R Inhale – 3-Legged Dog R (R leg lifts) Exhale – Firefly R , R knee to R elbow ⇅ Option: Firefly on knees Pregnancy Option: 3-Legged Dog on knee	4 Alignment 4 Breath 4 Strength
3:06	Rep Question	4x8 C	4x Repeat 3-Legged Dog, Firefly Sequence L	8 Opening
3:29	_ Dun d-dun	2x8 D	Inhale/Exhale – Childs Pose	16 Recover
3:40	Instr	2x8 E	Firefly R (hold) Inhale/Exhale – R knee to R elbow ⇅ Option: On knees	16 Power
3:52	Outro (Instr)	2x8 E	Repeat Firefly L (hold)	16 Breath
		D	Repeat Childs Pose (Note: No music)	Rest

TECHNIQUE & COACHING CUES

WAVE HOVER, SINGLE ARM (on knees or toes)

Layer 1

- Elbows under shoulders
- Palms flat, hands close together
- Lift hips to shoulder height
- Front elbow lifts, back elbow lifts
- Down, down
- Anchor hands as elbows lift
- Keep back long and straight
- **Brace abs**

Layer 3 – Follow-up: Keep back long and straight like a concrete pillar. Brace your abs tightly to cement your spine into position, minimizing the rotation as you lift one elbow at a time

WAVE HOVER (on knees or toes)

- Both elbows lift
- Elbows lower down

Layer 3 – Follow-up: So your upper back doesn't round too much, try sliding your shoulder blades down towards your hips for better posture. Abs get stronger with tricep work

BACK EXTENSION, ARM SWEEP

Layer 1

- Lie down on floor
- Feet together
- Chest lifts
- Hands reach back
- **Squeeze your butt**
- Sweep arms forward
- Thumbs up, arms straight
- Inhale, brush hands past your body
- Exhale, lifting the chest

Layer 3 – Follow-up: *Breathe out and stretch as long as you can. Breathe in, sweep and squeeze shoulder blades together.* Moving faster. Feel the strength in the lower and upper back. Strengthening all the muscles that give us an upright posture

DOWN DOG

Layer 1

- Hands under shoulders
- Feet hip-width apart
- Inhale, lift sit bones to ceiling
- Exhale, relax shoulders away from ears

Layer 3 – Follow-up: Soften your knees a little and notice how this allows you to free up your pelvis and tip sit bones a little higher

3-LEGGED DOG, FIREFLY SEQUENCE

Layer 1

- 3-Legged Dog
- Inhale, lift front leg to ceiling
- Exhale, bring knee to elbow
- Inhale to push back
- Exhale, knee to elbow
- Option to drop to knee

Layer 3 – Follow-up: Lift the leg as high as you can, then squeeze your abs. *Inhale, press back and feel strength in your back body. Exhale forward and feel strength through your abdominals.* Reach your leg long like a needle

CHILDS POSE

Layer 1

- Sit back into Childs Pose
- Breathe

Layer 3 – Follow-up: Sit back and recover

FIREFLY (hold)

Layer 1

- Come back to Firefly
- Hands under shoulders
- Knee to elbow
- Option to drop to knee

Layer 3 – Follow-up: Tuck tail bone under to squeeze abdominals. Squeeze ribs to hips to maximize abdominal contraction to get stronger

7 CORE – BACK continued

ESSENCE TIPS

What a track! We start with the Wave Hover, a new pose to explore. Hands are flat and you are pressing out of the floor either on knees or toes, working one arm at a time, or for a challenge, with both! It was great to see participants giving the 2-arm Wave Hover a go throughout filming week – not only a core workout but triceps as well. The key coaching focus is to brace the abs to minimize the movement in the hips and receive the strong core benefits. This is complemented by back extension work as the focus shifts to the much-needed postural muscles. The more time we spend sitting at desks, the more participants need this work. Sell the benefits of this great training!

Lastly, we challenge the Core Back through Fireflys and 3-Legged Dogs that feel incredible with the accompanying music. You cannot over-coach breath in this track as participants will struggle and hold their breath. Coaching of the breath needs to be in Layer 1 along with the Alignment of the poses. Focus on consistency with your cues.

With this mix of poses and the feel and emotion of the music, explore how you will create contrast vocally. Where do you need to turn it up by being more direct, still with a conversational voice and where can you dial down and soften by using a more gentle voice, with warm and inviting tones? Play around and explore these dynamics to enhance the feel of this amazing, challenging track.

8 TWISTS

TRACK FOCUS: I want my participants to understand that achieving and feeling spinal twists is by setting up a long spine to move from.



MUSIC			SEQUENCE/EXERCISE	COACHING IDEAS
0:00	Intro	2x8	Childs Pose , facing L side	16 Breath
0:14	V1 _ You bring	12½x8	A Kneeling Lunge Twist Sequence R Inhale/Exhale – Kneeling Lunge Twist R , R leg F, L hand on floor, R hand on R thigh Pregnancy Option: Open Kneeling Lunge Twist Inhale/Exhale – L elbow on R thigh, palms together at heart center into Prayer Twist R Inhale/Exhale – Lunge Twist R , extend arms to R arm vertical, L arm down ⇄ Option: Kneeling Lunge Twist ⇄ Option: R hand on floor Hands on floor, pivot 180° to face R side	32 Alignment 32 Breath 32 Options 4 Rotation
1:43	V2 _ I think	12x8	A Repeat Kneeling Lunge Twist Sequence L	96 Lengthening
3:09	C Prisoner	2x8	Lie supine, hold knees to chest Cross R leg over L, arms wide	12 Alignment 4
3:23	Prisoner	5x8	B Supine Cross-Legged Twist Pose L Inhale/Exhale – Lower knees to L, arms wide	40 Breath
3:59	Outro _ Hmm	5x8	B Repeat Supine Cross-Legged Twist Pose R Cross L leg over R, lower knees to R, arms wide	40 Heaviness

Prisoner > 4:35 mins

TECHNIQUE & COACHING CUES

KNEELING LUNGE TWIST

Layer 1

- Front leg steps forward
- Drop hips down
- Breathe in, lift chest
- Breathe out to turn your shoulders

Layer 3 – Follow-up: As you inhale, your chest is towards your thigh. As you exhale more, try and get your top shoulder blade in towards your spine. Manually use your hand to drop your hip down. Take your eyes with you as they help you to twist further

PRAYER TWIST

Layer 1

- Back arm comes forward
- Elbow over knee, hands together
- Inhale to lift and create space
- Exhale to turn and revolve

Layer 3 – Follow-up: Aim to get your hands right into your heart space. Find energy in your hands. The aim of the twist is to get your spine straight. Make it feel good in your body

LUNGE TWIST

Layer 1

- Tuck in back toes
- Inhale
- Exhale, open your wingspan

Layer 3 – Follow-up: You can always come back to your knee and still work the twist. If you are unstable, bring the hand to the floor. Squeeze your inner thighs together to stabilize your hips. Breathe out and reach way up through your top fingers. Use your arm against your front knee and power your back leg. Breathe and find the softness in this pose



SUPINE CROSS-LEGGED TWIST POSE

Layer 1

- Hands to floor
- Slide back leg in
- Take a seat
- Hold the back of your legs
- Roll down to the floor
- Arms wide
- Cross back leg over
- Lift hips up and back
- Knees drop to the front
- Lift head and look down back arm

Layer 3 – Follow-up: Breathe softly. Lifting hips up and back, so when you land your spine is straight. Breathe in to lift your head. Exhale really slowly and let your body become very heavy

8 TWISTS continued

ESSENCE TIPS

Kylie says: This track has the most immersive music that will evoke the spinal twist journey of creating space and tuning inward into our bodies. My objective was to teach participants the foundation of each twist so they could experience the revolution as they breathe during the twist.

Key coaching points:

- **Kneeling Lunge Twist:** Coach Layer 1 cues of breathing in to lift chest and create space and exhaling to turn shoulders so the twist stays in the thoracic spine. The lower body is grounded with the hips dropping to stabilize the lower body. Layer 3 cues were around the understanding of the chest working towards the thigh, top shoulder blade working into the spine and taking eyes into the twist.
- **Prayer Twist:** It is just the arm moving across for the Prayer Twist. Layer 3 cues can explore taking the twist deeper through setting hands into heart space, find energy in hands by gently pressing and having a straight spine. It's a challenging twist as most people are really tight between their shoulder blades so coach plenty of breath.
- **Lunge Twist:** One more level if participants want to take it. Layer 1 – set up the twist with breath, then dial down intensity with back knee down or hand on floor for more stability. You want hips low and anchored so the twist can happen so, coach *"squeezing thighs together"* to create a solid foundation to start from. We always work from the ground up. Use the Pause as your Layer 2 Cue to give participants time to feel their bodies in the pose and you time to look out. From there, Layer 3 Cues of *"keep working the front arm against the leg"* will enhance the twist and improve participants technique.
- **Supine Twist:** To achieve a straight spine when the knees drop to the front, during your Setup Cues, coach *"lifting hips up and back"* just before the knees drop. The only thing to do now is relax and breathe.

9 FORWARD BENDS – HAMSTRINGS

TRACK FOCUS: I want my participants to feel how the anchoring of the hips allows you to explore the stretch in the hamstrings.



MUSIC				SEQUENCE/EXERCISE	COACHING IDEAS
0:00	V1	Rainbow	8½x8	A	68
				Lie supine, facing R side Supine Hamstring Stretch Sequence L Inhale/Exhale – Supine Hamstring Stretch L L leg extends, hold foot, calf or thigh, point toes ↳ Option: Bend R knee, R foot on floor	Alignment Breath Options/ Anchor
0:48	PC	Feels	8¾x8	B	70
				Inhale/Exhale – Supine Abductor Stretch L L leg across body, hold in R hand, L foot flexed, L hand on L hip	Alignment Breath
1:34	V2	No other	8½x8	C	68
				Inhale/Exhale – Supine Adductor Stretch L L leg opens, hold in L hand, R arm wide to side ↑ Option: Peace Fingers around big toes	Alignment Breath Comfort
2:19	PC	Feels	4x8	A¹	32
				Inhale/Exhale – Repeat Supine Hamstring Stretch L , flex foot	Edge
2:41	C	Free	4¾x8	A²	38
				Inhale/Exhale – Supine Nose To Knee L , curl upper body up	Breath Extension
3:06	V3	No other	34½x8	A-C	276
				Repeat Supine Hamstring Stretch Sequence R	Relaxation
6:07	C	Free	8x8		8
				Inhale/Exhale – Roll to Seated Stick Pose Pregnancy Option: Legs apart Inhale/Exhale – Seated Forward Fold	Alignment Breath Internalize

TECHNIQUE & COACHING CUES

SUPINE HAMSTRING STRETCH

Layer 1

- Roll onto back
- Take front leg up
- Hold the back of the leg, thigh, calf or higher
- Option to extend bottom leg out
- Inhale, find energy

Layer 3 – Follow-up: *Inhale, find energy in your leg. Exhale, and notice if your hips are level. Work on finding alignment and breath together, then a deep sense of relaxation in the pose*



SUPINE NOSE TO KNEE

Layer 1

- Lift the upper body
- Nose towards the knee

Layer 3 – Follow-up: Enjoy the stretch, holding your precious leg. Lift your shoulders off the floor and soften your elbows

SUPINE ABDUCTOR STRETCH

Layer 1

- Opposite hand to leg
- Use other hand to anchor hip down
- Press energy through your heel
- Take the leg slightly across the mid-line of your body

Layer 3 – Follow-up: You don't need to go very far to feel this stretch. *Breathe and notice your hip and anchor it again. Breathe right down the outside of your leg*



SUPINE ADDUCTOR STRETCH

Layer 1

- Slowly let the leg come out to the other side
- Catch it in the hand
- Let it fall
- Other hand to your hip

Layer 3 – Follow-up: Anchor both your butt cheeks down. We're here for a while so be in a place where you can find comfort. If you want to explore the pose, Peace Fingers hook into the big toe. Let your elbows soften and notice what happens to the other hip. *Continue to breathe and move through your pose*



SEATED FORWARD FOLD

Layer 1

- Bend your knees
- Roll to sit
- Lift butt up and lift the flesh back
- Support with hands on legs or down on the floor
- Breathe in and lift your belly
- Exhale and fold your body in
- Tuck chin into chest

Layer 3 – Follow-up: The crown of your head surging forward with each breath. Enjoy!

ESSENCE TIPS

We have almost 7 minutes to stretch the hamstrings! Freeing the hamstrings will help relieve lower back stress, a huge benefit to so many of us.

Kylie's objective was to set up the pose with Layer 1 coaching of Alignment and Breath with a focus on anchoring each pose. Bring awareness to which body-part needs to be grounded to assist the stretch. Allowing a pause will give space for participants to tune into their bodies and see what is needed today. Layer 3 Follow-up Cues can include the exploration of breath, finding softness and a deeper sense of relaxation!

This is an opportunity to teach the class where the stretch is, where to breathe into, what to anchor and where they can let go! This track is beautiful for encouraging internal connection. You are guiding them through the journey of the track with your voice as you don't want them to look back or up at you. Enjoy!

10 RELAXATION/MEDITATION

TRACK FOCUS: I want my participants to learn how they can relax their bodies and mind through a body scan.

Slowly come up to sitting, gather your knees in, curl your back and make your way down to the floor. We want to get into a position where we can relax into our Meditation track. Firstly, get your body really comfortable. If you get cold, you might want to put something on your chest and put socks on. Scan down through your body and make sure you're in the most comfortable position. Feet are apart, toes falling out to the sides. Legs apart and arms falling away from the sides of the body, then roll through your shoulders to feel length down your arms and your palms are facing the ceiling.

Take a breath in and slow your out-breath – and again, breathe in quietly and slowly on the out-breath – one more. Breath is a beautiful anchor into the present moment for us. If you find during this time that your mind goes into thoughts or planning, you may choose to use the anchor of your breath to come back into your body and into this time of relaxation for yourself. A perfect way to integrate all the Yoga work we have done in the class and to restore your body.

You might like to bring a gentle awareness to your eyes – feel a softening and width across your eyebrows and forehead. Feel your eyes sink back and feel how soft your eyelids are. Feel the life in your eyes. Can you unhinge your jaw? Feel the space inside your mouth, your tongue resting on the floor of your mouth, your gums and your lips. Slide your awareness now down into your shoulders, to the inside of your shoulders. Can you feel the width across your collarbones? Can you feel the relaxation of letting them go down further onto the floor? Can you feel the life in your shoulders and the energy that is there? The length down your arms. Feel the openness across your chest and in your heart space. Feel the gentleness of your heart – feel what matters to you most. Feel your humanness lying in a relaxation pose, focusing on your body and your breath. Bringing your awareness down into your hips, feel the weight of your hips down into the floor and the life that lives in your hips, right down the length and volume of both legs. Imagine the inside of your feet, your toes, all the bones of your feet – these incredible support structures for your body. Feel the life that lives there. Now breathe and feel your entire body. Feel your body right in its present moment – feel its life, feel its softness, feel its open-heartedness to yourself. Bring your mind back to the music.

As we come back into the day, just notice how still you are and how present you are. You may like to take that into the rest of your day with you – presence, awareness, giving us a great sense of clarity. Take a big breath, let it out slowly, just a small amount of movement so you're able to stay in your body. Roll through your wrists, roll through your ankles, knees to chest or stretch out, whatever feels right for you. Roll onto your side and make your way back up to sitting. Big breath in – feel the smile on your whole body.

Dawn And Dusk Take Turns Calling > 9:29 mins

10

7 CORE – BACK alternative

TRACK FOCUS: I want my class to understand which level/option is correct for them so they can maintain great technique.

MUSIC			SEQUENCE/EXERCISE	COACHING IDEAS
0:00	Intro	6x8	Set up Hover , on knees, facing R side ⇧ Option: On toes	48 Alignment
0:23	Instr (Beat)	4x8 A	Hold Hover	32 Breath
0:38	V1 _ It's late	8x8 B	2x Hover To Walking Plank Pose L&R Exhale – L hand to floor R hand to Plank Pose Inhale – L elbow to floor R elbow to Hover Repeat on R side ⇧ Option: On knees	4 4 4 4 16 Option Alignment Breath
1:09	V2 Sky	8x8 B'	2x Hover To Spider Plank Pose L&R Exhale – L hand F on floor, R hand F on floor Inhale – Hold Spider Plank Pose Exhale – L elbow to floor, R elbow to floor Inhale – Hold Hover Repeat on R side ⇧ Option: On knees ⇧ Option: Hover To Walking Plank Pose	4 4 4 4 16 Options Alignment Breath
1:40	V3 Street	4x8	Inhale/Exhale – Childs Pose	32 Breath
1:55	Br (Quiet)	3x8	Inhale/Exhale – Plank Pose ⇧ Option: On knees	24 Level/ options
2:07	Ooh	9x8 C	2x Leg Swings L&R (slow) Inhale – L knee to L elbow Exhale – L knee to R elbow Inhale – L knee to L elbow Exhale – Plank Pose Repeat on R side Hold Plank Pose ⇧ Option: On knees	4 4 4 4 16 8 Option Alignment Breath
2:41	C _ Give my love	12x8 C'	6x Leg Swings L&R (fast) Inhale – L knee to L elbow L knee to R elbow Exhale – L knee to L elbow Plank Pose Repeat on R side ⇧ Options: On knees or Leg Swings slow	2 2 2 2 8 Challenge
3:27	Outro (Instr)	6x8 A	Lower elbows to floor to Hover ⇧ Options: On knees or toes	48 Encourage

TECHNIQUE & COACHING CUES

HOVER

Layer 1

- Roll over, side-on to the stage
- Elbows under shoulders
- Fists together
- Knees wider than hips
- Lift hips to shoulder height
- **Brace abdominals**
- Option to lift your knees off the floor

HOVER TO WALKING PLANK POSE

Layer 1

- Front hand up
- Back hand up to Plank Pose
- Front elbow down
- Back elbow down to Hover
- Back hand now leads
- Keep back long and straight
- **Feel a strong abdominal brace**
- Breathe in through nose and out through mouth

Layer 3 – Follow-up: Come onto your toes and feel how your abdominals have to work harder to maintain hip alignment and stability. If fatigue sets in, drop to your knees and maintain great technique. *Breathe as you move*

HOVER TO SPIDER PLANK POSE

Layer 1

- Front hand forward on floor
- Back hand forward into Spider Plank Pose
- Front elbow down
- Back elbow down to Hover
- Other side
- Maintain a long, straight spine
- **Brace abs super tightly**
- Hips and shoulders square to the floor

Layer 3 – Follow-up: Take your hands forward and feel how your abdominals react to maintain awesome form. If your hips are twisting, take your feet wider or drop to your knees. *Where is your breath?*

CHILDS POSE

Layer 1

- Hips press back to heels
- Arms reach forward
- Rest forehead to floor

Layer 3 – Follow-up: *Recover and breathe*

PLANK POSE

Layer 1

- Come up onto knees
- Hands under shoulders
- Extend legs back on toes into Plank Pose
- **Brace core**
- Option: Knees on floor

LEG SWINGS

Layer 1

- Front knee to front elbow, swings to back elbow, front elbow
- Return to Plank Pose
- Back leg leads
- Option to drop to knees
- **Brace abdominals**
- Moving quicker, forward, swing, forward, Plank

Layer 3 – Follow-up: Feel the strength build in your entire core. Keep hips low as your knee skims across the floor. Draw your shoulder blades down into your back pockets. Press the floor away to create shoulder stability. Shoulders, mid back, obliques and belly on full alert!

ESSENCE TIPS

We have included an Alternative Track 7 for you to teach in this release. Another great track to add to your BODYBALANCE library!

The work builds in the core quickly in this track. The focus is for class participants to understand which level/option is correct for them to take so they can maintain great technique. This means it is important to coach the options in Layer 1 so everyone knows where to go. This provides people with control over their workout and is extremely important for alleviating the fear factor in our newer participants.

We want class participants to understand that the breath is key in not only helping to contract the muscles that stabilize the spine but also in helping them release tension from areas that they're not using. By coaching where to feel the strength and where to bring focus to will help participants develop their technique and get results.

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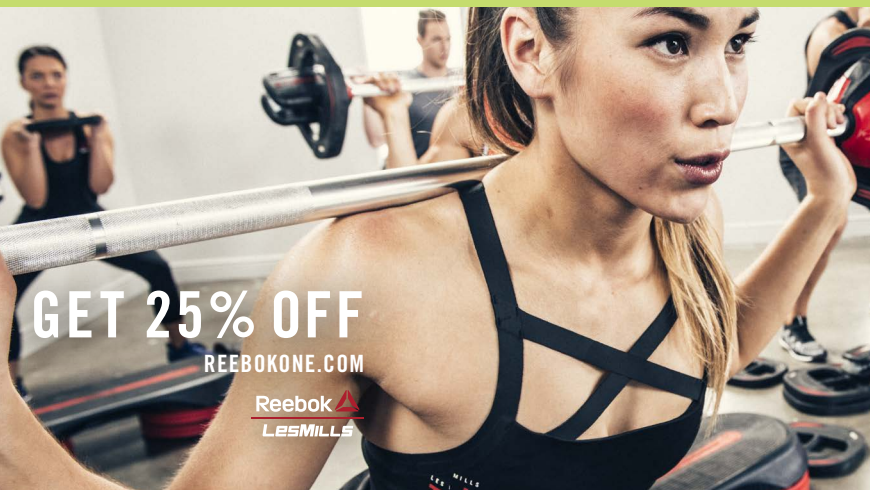
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