



**LES MILLS**  
**BODYBALANCE**

**77**

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# 01. TAI CHI WARMUP

**MUSIC** What Do You Love 3:34 mins



## TRACK FOCUS

I want my class to experience how the breath creates an internal focus, helping the class to focus on breathing and warming their bodies.

0:00 / V1 / **Spend** your days

5x8 / **Narrow Wu Chi**

4½x **Breath Swings**

Inhale – Reach arms O/H, palms facing 4cts

Exhale – Swing torso F, arms B 2cts

Lift torso, swing arms F to O/H 2cts

Exhale – Step feet **Wide Wu Chi**, hold Chi ball R side 4cts

0:30 / C / **Dark**

4x8 / A¹ / 4x **Weight Shift With Chi Ball** L&R Inhale

– Weight shift L, palms facing elbows bent

4cts

Exhale – Weight shift R, palms facing, elbows bent

4cts

0:50 / Rep / **Dark**

10x8 / A¹ / 2½x **Weight Shift With Chi Ball & Circle O/H** L&R

**Circle O/H** L&R

Inhale/Exhale – Weight Shift With Chi Ball L&R

8cts

Inhale – Circle Chi ball O/H 4cts

Exhale – Weight shift L with Chi ball 4cts

Repeat to R 16cts

Last rep, arms lower

1:40 / V2 / **Work** All Day

13x8 / 6½x **Tai Chi Birds Tail Arms** L&R

Inhale – Bend knees, arms up mid-line of body

crossed to O/H 4cts

Exhale – Weight shift L, arms to Birds Tail, arms

wide and down 4cts

Repeat to R 8cts

2:45 / C / **Dark**

10x8 / A¹ / 2½x Repeat **Weight Shift With Chi Ball**

**& Circle O/H** R&L 32cts

## TECHNIQUE & COACHING

### BREATH SWINGS

#### LAYER 1

- Feet under hips
- Stretch up
- Swing down
- Breathe in and stretch

**LAYER 3** Follow-up: Let it go. Breathe deeply; let your arms release. One more, reach high.

### WEIGHT SHIFT WITH CHI BALL

#### LAYER 1

- Step feet out wide, hands to side
- Hands push and back across
- Shift your weight into one leg then back to the other side

**LAYER 3** Follow-up: Breathe in, breathe out. Eyes to hands when you're ready. Come deep into your heart space, be internal.

### WEIGHT SHIFT WITH CHI BALL & CIRCLE O/H

#### LAYER 1

- Breathe in, breathe out
- Hold in the middle
- Circle arms over head and slowly come over
- Breathe in and circle
- Long slow breath out

**LAYER 3** Follow-up: Breathe in and feel your heart open. Feel your body come quietly. Keep this movement coming right around the corner. What do you love?

### TAI CHI BIRDS TAIL ARMS

#### LAYER 1

- Arms come down
- Big arm circle
- Shift weight, press hands down
- Breathe in, breathe out
- Relax your shoulders and arms

**LAYER 3** Follow-up: Use this time to come internal. Bring your awareness into your body. Feel yourself moving and breathing.

### ESSENCE TIPS

The song is uplifting and makes your heart sing, right from the start of class – a perfect Warm up song!

These Tai Chi sequences offer the opportunity for participants to build a strong internal connection as you guide them to look at their hands and come into their breathing. Big, global movements through the hips, shoulders and spine warm the class quickly.

We know our Layer 3 cues help members to evolve, extend and enhance the feel and experience of the movements. Jackie used her Layer 3 cues to make the class aware of the simplicity of breathing and moving and coached them to extend the range of movement, to make it uniquely theirs. The objective is to focus on how it feels, not what it looks like.

Remember to base your coaching cues from the 4 types of movements in Tai Chi – Warming, Breathing, Focusing and Releasing – to teach from the essence of the track. Practise maintaining your Wide Wu Chi position as you transition from one move to the next – back long with tail bone drawn down. It should feel like your back is against a wall, upright and long.

## 2A. SUN SALUTATIONS

MUSIC 1000x

3:13 mins

### TRACK FOCUS

I want my class participants to feel the warming in the hips through the Wide Lunges and opening in chest and shoulders through spinal extensions.

TRACK FOCUS

0:00 / Intro /

4x8 **Wide Wu Chi**

Inhale – Arms wide to O/H 4cts

Exhale – Press palms down mid-line of body,

bend knees 4cts

4x8 Inhale – Arms wide to O/H, extend legs 4cts

Exhale – Step R foot to L, facing L side, arms down

4cts

### SUN SALUTATION SEQUENCE 1:

0:16 / Instr / (Beat)

4x8 / A / Inhale – **Extended Mountain Pose**,

arms F to O/H, palms together 8cts

Exhale – **Forward Fold** 8cts

Inhale – **Lunge** R, L leg B 8cts

Exhale – **Down Dog** 8cts

0:32 / V1 / Times

4x8 / A' / **Wide Lunge** L, L foot F outside L hand

8cts

Exhale – **Pyramid Pose** L 8cts

Inhale – **Wide Lunge** L 8cts

Exhale – **Down Dog** 8cts

0:49 / \_ Even when

4x8 / A' / **Wide Lunge** R, R foot F outside

R hand 8cts

Exhale – **Pyramid Pose** R 8cts

Inhale – **Wide Lunge** R 8cts

Exhale – **Down Dog** 8cts

1:05 / PC / Go

8x8 / A² / 2x Inhale – **Plank Pose**, knees down 8cts

Exhale – **Crocodile Pose**, knees down 8cts

Pregnancy Option: Cat Pose

Inhale – **Baby Cobra Pose** 8cts

↑Option: Up Dog

Pregnancy Option: Cow Pose

Exhale – **Down Dog** 8cts

1:37 / V2 / Times

4x8 / A' / Inhale – **Wide Lunge** L, L foot F outside

L hand 8cts

Exhale – **Pyramid Pose** L 8cts

Inhale – **Wide Lunge** L 8cts

Exhale – **Down Dog** 8cts

1:53 / PC / Known

4x8 / A' / Inhale – **Wide Lunge** R, R foot outside

R hand 8cts

Exhale – **Pyramid Pose** 8cts

Inhale – **Wide Lunge** R 8cts

Exhale – **Down Dog** 8cts

2:10 / C / Another

8x8 / A² / 2x Inhale – **Plank Pose** 8cts

↑Option: On toes

Exhale – **Crocodile Pose** 8cts

↑Option: On toes

Inhale – **Baby Cobra Pose** 8cts

↑Option: Up Dog

Exhale – **Down Dog** 8cts

2:42 / Instr / Times

4x8 / A³ / Inhale – **Lunge** L, L foot F 8cts

Exhale – **Forward Fold** 8cts

Inhale – **Extended Mountain Pose**, arms wide to

O/H, palms together 8cts

Exhale – **Mountain Pose**, arms wide and down 8cts

2:58 / Instr /

4x8 / B / Inhale/Exhale – **Baby Back Bend**, hands

clapsed behind 32cts

## TECHNIQUE & COACHING

### WIDE WU CHI

#### LAYER 1

- Arms down
- Breathe in
- Breathe out, push down
- Relax everything
- Again, arms rise
- Step to right, bring feet together

### EXTENDED MOUNTAIN POSE

#### LAYER 1

- Inhale, Extended Mountain Pose
- Palms together

LAYER 3 Follow-up: Roll up through your spine with the in-breath. Inhale and swell. Grow.

### FORWARD FOLD

#### LAYER 1

- Bend knees
- Tip forward from the hips
- Lift belly
- Fold and breathe out

LAYER 3 Follow-up: Relax your neck. Exhale, fold. Surrender. Feel length in hamstrings.

### LUNGE

#### LAYER 1

- Right leg long Lunge
- Lift chest
- Right leg Lunge forward between hands
- Inhale, leg back

LAYER 3 Follow-up: Flow. Feel the stretch in the hip.

### DOWN DOG

#### LAYER 1

- Feet hip-width apart
- Lift sit bones high
- Exhale, back to Down Dog
- Hands under shoulders

LAYER 3 Follow-up: Holding Down Dog, pressing heels towards the floor. Flow back to Down Dog. Exhale, drop shoulders away from ears. Lengthen.

### WIDE LUNGE

#### LAYER 1

- Bend knees
- Right foot lunges to outside of right hand
- Low hips to Lunge, lift chest
- Inhale, left leg lunges



LAYER 3 Follow-up: Inhale, lift heart away from hands. Draw the breath from the back heel, all the way to the crown of the head. Feel the breath lift all the way up your spine.

### PYRAMID POSE

#### LAYER 1

- Hips pull back
- Gently tuck chin in
- Exhale to Pyramid Pose



LAYER 3 Follow-up: Exhale calmly to Pyramid Pose.

### PLANK POSE

#### LAYER 1

- Tuck chin in, roll forward through your spine
- Inhale, roll

LAYER 3 Follow-up: Draw chest forward of hands. Feel the energy of the breath roll through the spine. Roll. Feel beautiful spinal mobility.

### CROCODILE POSE

#### LAYER 1

- Drop knees
- Lower all the way down to the floor
- Exhale, lower halfway down
- Brace abdominals as you lower
- Option to lower to knees

LAYER 3 Follow-up: Let the breath lower you down with strength. Strength through arms and core.

### BABY COBRA POSE/UP DOG

#### LAYER 1

- Squeeze butt
- Lift chest
- Pull shoulders back
- Inhale, Cobra Pose or Up Dog

LAYER 3 Follow-up: Squeeze butt to tip tail bone down. The breath lifts you. Push down through feet and lift thighs to Up Dog. Pull your heart forward of your hands. Open.

### BABY BACK BEND

#### LAYER 1

- Exhale, sweep hands behind, Baby Back Bend
- Clasp hands, press palms together
- Squeeze butt, push hips forward
- Hold here

LAYER 3 Follow-up: Breathe in and lift your heart. Breathe out and feel that beautiful extension through your spine. Pull your hands towards your heels and feel how this opens your collarbones.

### BABY BACK BEND, ARMS O/H

#### LAYER 1

- Inhale, stretch up
- Exhale, press down through your feet

LAYER 3 Follow-up: Feel the breath lift from your ribs to your fingertips. Maintain that spinal extension.

### ESSENCE TIPS

No need to turn the mat around – we teach both Sun Salutation tracks from the side. That means your coaching needs to be 'spot on' so participants don't have to look up constantly – they can follow from your verbal coaching. Name the poses with Alignment cues on the 1st round then add the breath to make the poses come alive on the second round. Keeping the cues simple allows the musical feel and flow to happen quickly.

This track was one of the highlights of the class through the filming week, as participants said they enjoyed the simplicity and slowness of the poses. We have 2 sequences: the Wide Lunge to Pyramid Pose to open hips, hamstrings and spine, and the Plank Sequence that you can build slowly.

Because we have 2 Sun Salutation tracks ease your class into the strength of the Planks and Crocodiles and flexibility work in the Forward Folds and Up Dogs. Give choices and options so everyone can find their flow and open their bodies slowly.

Practise your own technique in the mirrors so you have a high lifted chest when you lunge back and your lines are long and strong.

## 2B. SUN SALUTATIONS

**MUSIC** Breathe 5:45 mins

### TRACK FOCUS

I want my class participants to explore the feel of the Extended Warrior 1.

3:15 / (Instr)

8x8 / B' / Inhale/Exhale – **Baby Back Bend**, arms O/H, palms together 32cts  
B / Inhale/Exhale – Arms wide and down, hands clasped behind 32cts

### SUN SALUTATION SEQUENCE 2 L:

3:49 / (Beat)

16x8 / C / Inhale – **Extended Mountain Pose**, arms wide to O/H, palms together 8cts  
Exhale – **Forward Fold** 8cts  
Inhale – **Flat Back Extend**, hands on shins 8cts  
Exhale – **Forward Fold** 8cts  
Inhale – **Lunge R**, L leg B 8cts  
Exhale – **Warrior 1 R**, arms F to O/H, palms F 8cts  
Inhale – Arms wide to side, palms down 8cts  
Exhale – **Extended Warrior 1 R**, arms F to O/H, palms down 8cts  
Inhale/Exhale – **Down Dog** 16cts  
Inhale – **Plank Pose** 8cts  
⇅Option: On knees  
Pregnancy Option: Cat Pose  
Exhale – **Crocodile Pose** 8cts  
⇅Option: On knees  
Pregnancy Option: Cat Pose  
Inhale – **Up Dog** 8cts  
⇅Option: Baby Cobra Pose  
Pregnancy Option: Cow Pose  
Exhale – **Down Dog** 8cts  
Inhale – **Lunge L**, L leg F 8cts  
Exhale – **Forward Fold** 8cts

4:56 / C / \_ Don't drown

16x8 / C / Repeat **Sun Salutation Sequence 2 R** 128cts

6:03 / V3 / \_ Tell me

16x8 / C / Repeat **Sun Salutation Sequence 2 L** 128cts

7:11 / (Instr)

16x8 / C / Repeat **Sun Salutation Sequence 2 R** 128cts

8:18 / Outro

10x8 / C' / Repeat **Sun Salutation Sequence 2 L** 80cts

Finish in **Down Dog**

## TECHNIQUE & COACHING

### BABY BACK BEND, ARMS O/H

#### LAYER 1

- Inhale, stretch up
- Exhale, press down through your feet

**LAYER 3** Follow-up: *Feel the breath lift from your ribs to your fingertips. Maintain that spinal extension.*

### FLAT BACK EXTEND

#### LAYER 1

- Hands to shins
- Lift chest, back flat
- Inhale, flat back

**LAYER 3** Follow-up: *Inhale, flatten.*

### WARRIOR 1

#### LAYER 1

- Right leg long Lunge
- Turn foot out, heel down
- Lift arms over head
- Press palms down, lifting chest
- Exhale, lift chest
- Square the hips to the side wall

**LAYER 3** Follow-up: *Inhale, squeeze shoulder blades together. Anchor the feet, stretch up. Press. Feel the stretch through the front of the hip. Feel the extension through the spine.*



### EXTENDED WARRIOR 1

#### LAYER 1

- Circle arms down and forward
- Exhale, sweep and brace abdominals

**LAYER 3** Follow-up: *Sweep. Elongating. Strength through your back.*



### ESSENCE TIPS

The 2nd Sun Salutation has a Vinyasa flow feel, where we work in the Warrior 1 Sequence. Once the foundation of the feet and legs have been set, the core is strong as the arms reach overhead. The arms open slowly, circling out to the side walls to create a spinal extension that feels incredible, then arms sweep forward and long to prepare for Down Dog pose, making it an easy transition.

It is important to have clear objectives for each round so you can pace your coaching to keep participants connected for the 5 rounds. Corey used the following guide for each round: Round 1 – Simple scripting to get participants into each pose with ease. Naming the pose first allows regular participants to move there quickly while helping newer class members to learn each pose name.

Round 2 – Continue with clear Body Part and Direction cues while coaching the breath cycle. Give participants time to learn the sequence.

Round 3 – This round focused on allowing them to feel the flow of the sequence. Trust that your participants know where they are going – remember, less cues evoke more feel. The one-word cues help to quieten the mind and bring the Vinyasa flow feel of breathing and moving with more awareness directed to the breath.

Round 4 – Feeling more in each pose was the objective for this round. Corey did this by bringing awareness to what body part you could feel the strength or flexibility in and how it should feel. It's a beautiful way to connect people into their bodies.

Round 5 – The last round was all about celebrating and enjoying the flow! What will you say to help your participants celebrate the final round?

# 03. STANDING STRENGTH

MUSIC Roam

3:41mins



## TRACK FOCUS

I want my class participants to feel the strength and challenge in this big track and how the breath allows the body to move with freedom and mobility.

### Down Dog (no music)

0:00 / Intro /

4x8 / Inhale – **Lunge** L, L foot F 8cts

Exhale – **Warrior 1** L, arms F to O/H, palms F 8cts

Inhale – Arms wide to side, palms down 8cts

Exhale – **Extended Warrior 1** L, arms F to O/H, palms down 8cts

### STANDING STRENGTH SEQUENCE L

0:19 / V1 / Again

8x8 / A / Inhale/Exhale – **Triangle Pose** L, L hand

on ankle or shin 64cts

⌚Option: Hand floating off ankle

0:56 / PC / **Come** from

4x8 / B / Inhale/Exhale – **Extended Warrior 2** L,

L elbow to thigh 32cts

⌚Option: Hand on ankle

1:16 / C / **Everywhere**

2x8 / B¹ / Inhale/Exhale – R arm wraps back 16cts

1:24 / V2 / \_ I just

4x8 / C / Inhale/Exhale – **Warrior 2**, L arms wide

32cts

1:42 / \_ Battle through

4x8 / C¹ / Inhale/Exhale – **Heel Lift** 32cts

⌚Option: No Heel Lift

2:01 / PC / **Come** from

4x8 / D / Inhale/Exhale – **Sun Warrior** L, L arm

O/H 32cts

⌚Option: Heel Lift

2:20 / C / **Everywhere**

4x8 / D¹ / Inhale/Exhale – R arm reaches wide to

O/H 16cts

Inhale/Exhale – R arm wide and down 16cts

2:38 / Br / **Come** from

8x8 / Inhale/Exhale – **Wide Squat**, elbows on thighs 32cts

Inhale – Arms reach F to O/H, palms facing 8cts

Exhale/Inhale – Hold **Wide Squat**, arms O/H 24cts

3:16 / V3 / Again

30x8 / A–D¹ / Repeat **Standing Strength Sequence**

R 240cts

5:35 / Br / **Come** from

4½x8 / Inhale/Exhale – **Intense Pose**, arms F to

O/H 36cts

5:56 / PC / **Come** from

8x8 / Inhale/Exhale – **Warrior 3** R, L leg B, arms

sweep B, palms down 32cts

Inhale/Exhale – **Warrior 3** L, R leg B, torso stays F,

arms remain B, palms down 32cts

# TECHNIQUE & COACHING

## DOWN DOG, WARRIOR 1, EXTENDED WARRIOR 1

### LAYER 1

- Hands under shoulders, feet hip-width apart
- Inhale, step back foot between hands
- Back heel down
- Exhale, open
- Inhale, press palms down
- Exhale, sweep forward

## TRIANGLE POSE

### LAYER 1

- Inhale, extend both legs
- Turn chest to front, feet to right side
- Push hips to side
- Exhale, tip forward from your hips
- Bring your hand to your shin or ankle

**LAYER 3** Follow-up: Inhale, open your chest. Exhale and extend your spine. Squeeze your thighs and feel length and strength in your legs. Use your breath; breathe in from your waist, all the way up to your armpits. Lengthen your spine as you breathe out. Enjoy this moment and feel how open your body can be.

## EXTENDED WARRIOR 2

### LAYER 1

- Inhale, bend your front knee
- Forearm to thigh
- Exhale, bring your arm over head
- Open your shoulder
- Bring your hand down to your ankle with hips square
- Breathe in, wrap top arm behind
- Breathe out, open top shoulder

**LAYER 3** Follow-up: Feel free to use the option. Find a line from your toes all the way up to your fingertips. Breathe in deeply, wrap the arm and show me your heart.

## WARRIOR 2

### LAYER 1

- Breathe in, push your front knee out
- Breathe out, square your hips
- Back heel into the floor

**LAYER 3** Follow-up: Feel strength in your legs and freedom in your upper body. Squaring your hips, opens your hips

## WARRIOR 2 WITH HEEL LIFT

### LAYER 1

- Lift your front heel
- Knee tracking forward, in line with your ankle
- Keep your upper body upright

**LAYER 3** Follow-up: Work for our calves and ankles. Lift and go deeper – give it a try! Let's create beautiful movement with breath.

## SUN WARRIOR

### LAYER 1

- Inhale, lean back to Sun Warrior
- Exhale and C-shape your spine
- Open the side of your body
- Inhale, lift your bottom arm
- Breathe out and stretch further
- Back hand lands
- Front heel down



**LAYER 3** Follow-up: Feel free to drop your front heel – feel free to choose your options. Feel beautiful length in your side body. How deep can you go today? Open your ribcage. Center your mind to your breath.

## WIDE SQUAT

### LAYER 1

- Turn to front
- Bend knees, elbows to thighs
- Stay low, lift upper body
- Inhale, rise up
- Exhale, press feet firmly into the floor

**LAYER 3** Follow-up: Feel a strong base and the energy rising up through your fingertips.

## INTENSE POSE

### LAYER 1

- Close feet together
- Hands up
- Bend your knees
- Tuck tail bone in and lift chest
- Brace your core

## WARRIOR 3

### LAYER 1

- Warrior 3, extend right leg back
- Arms sweep behind
- Spread your fingers, palms down
- Brace your core
- Square shoulders and hips to the floor
- Lift your chest
- Step feet together
- Change sides

**LAYER 3** Follow-up: Find length in your back leg and lift your chest. Try to bend your front leg even more. Go wherever you can go.

## ESSENCE TIPS

Without the breath we cannot sustain our poses; the breath gives our poses life. The objective is for participants to not only feel the breath in the poses but also how the breath moves you from one pose to another.

You can achieve this by coaching the breath along with Alignment cues, allowing participants to stay deeply connected to the breath as they move. Scripting will help you identify if you have too many setup words. Remember – we are trying to get people into the shape of the pose. To do this in Layer 1, we use 4 to 6 cues only – sometimes less – and always starting with the name of the pose. Saying only what they need to hear allows a deeper connection in this mind-body space. Coaching from this place enables people to come fully into their bodies so they are in the present moment, with an internal focus.

The poses are strong and when the Wide Squat comes halfway in the track it is the perfect opportunity to 'chillax' as Ren   did.

Find space in your Layer 2 coaching by pausing after you setup the class with Alignment and Breath cues. What do your participants need today? Remember – your coaching lands when you create a real connection; so, look into people's eyes, see them, coach them, praise them, smile with them. They have given their time to be with you in your class.

## 04. BALANCE SMARTSTART

MUSIC Youth

3:04 mins



### TRACK FOCUS

I want my class participants to enjoy the musical feel and develop a sense of playfulness during the sequence.

0:00 / V1 / **What if**  
4x8 / A / Set **90°/90° Lunge** L, R leg B, arms down 32cts

0:22 / PC / **Lights**  
2x8 / A¹ / Inhale/Exhale – **Lunge** L, torso F, arms B, palms down 16cts

0:32 / C / **Youth**  
4x8 / B / **Dynamic Balance Sequence** L (slow)  
Inhale/Exhale – R leg sweeps F straight, arms F to O/H 8cts  
Exhale – R toes under L knee, arms wide, palms up 8cts  
Inhale – R leg B, knees bent, torso F, arms wide, palms down 8cts  
Exhale – **Lunge** L, arms B, palms down 8cts

0:53 / (Instr)  
2x8 / B¹ / **Dynamic Balance Sequence** L (fast)  
Inhale – R leg sweeps F straight, arms F to O/H 4cts  
Exhale – R toes under L knee, arms wide, palms up 4cts  
Inhale – R leg B, knees bent, torso F, arms wide, palms down 4cts  
Exhale – **Lunge** L, arms B, palms down 4cts

1:03 / V2 / **What if**  
4x8 / A / Repeat **90°/90° Lunge** R, L leg B, arms down 32cts

1:24 / PC / **Light**  
2x8 / A¹ / Repeat **Lunge** R, torso F, arms B, palms down 16cts

1:34 / C / **Youth**  
4x8 / B / Repeat **Dynamic Balance Sequence** R (slow) 32cts

1:56 / (Instr)  
8x8 / B¹ / 4x Repeat **Dynamic Balance Sequence** R (fast) 16cts  
Note: Last rep, no Lunge, step feet together

2:38 / (Instr)  
4x8 / B¹ / 3x **Dynamic Balance Sequence** L (fast) 16cts  
Note: Last rep, no music

## TECHNIQUE & COACHING

### 90°/90° LUNGE

#### LAYER 1

- Step left leg back into Lunge
- Bend your knees
- Relax your shoulders
- Front thigh is parallel to the floor
- Lift your chest
- Brace your core

**LAYER 3** Follow-up: Step back, sink down. Stretch your hip flexors for good preparation for the sequence.

### LUNGE

#### LAYER 1

- Inhale, extend your back leg
- Lean forward, spread your fingers
- Exhale, sink lower
- Chest stays lifted

**LAYER 3** Follow-up: Inhale, exhale, sink lower. Listen to the music "The stars exploding out!"

### DYNAMIC BALANCE SEQUENCE (slow)

#### LAYER 1

- Back leg shoots forward
- Arms over head
- Hold!
- Arms wide open, foot to leg
- Lean forward, chest stays lifted
- Foot steps back onto floor
- Open your chest

**LAYER 3** Follow-up: Shoot forward, hold! Keep your hip open with your arms. Lean forward, hip stays open. Step back.



### DYNAMIC BALANCE SEQUENCE (fast)

#### LAYER 1

- Let's do it again, faster
- Up
- Down
- Lean forward
- Step feet together and pause

**LAYER 3** Follow-up: Up, down, forward, step back. Centered, strong and feel free. 'My youth, my youth is yours!'. Close feet and switch sides. Let's play with the music and enjoy this moment. How would you describe this feeling?

### ESSENCE TIPS

The lyrics in this song inspire the feel of the whole track. It has a youthful energy, which you can bring to your teaching.

There are always physical challenges in Balance poses. We are constantly challenging the stabilizing muscles through this dynamic Balance sequence which can throw you off-centre easily and that's where the fun begins.

René wanted the class to experience the emotion throughout this track. He set the moves up with precise cues, and then deliberately created space so that participants could balance and be playful with the poses.

Look out at your class and see the potential. Teach both levels so everyone feels successful and confident in giving it a go. Have fun teaching this track!

# 05A. HIP OPENERS

MUSIC Starving/Heartlines 6:14mins

TRACK FOCUS

I want my participants to learn how to direct their breath into their body parts to help release into the Quad Stretch.



0:00 / Intro /  
2x8 / Set up **Swan Pose** L, facing L side 16cts

0:09 / V1 / **You** know  
13x8 / A / **Swan Pose, Quad Stretch Sequence** L  
Inhale/Exhale – **Swan Pose** L 40cts  
↳Option: 90°/90° Pose, hands on floor  
Inhale/Exhale – **Quad Stretch** R, R arm reaches B, hold R foot 32cts  
Inhale/Exhale – R elbow hooks R foot, L arm O/H, clasp hands behind head 32cts  
↳Option: R hand holds foot

1:12 / V2 / **You** know  
14x8 / A / Repeat **Swan Pose, Quad Stretch Sequence**, facing R side 112cts  
Note: Swan Pose R 48cts

2:19 / Rep / **You**, You  
4x8 / B / Inhale/Exhale – **Seated Star Pose** (facing front), hands on feet, elbows on knees 32cts

2:38 / Br / Ooh, ooh  
6x8 / B¹ / Inhale/Exhale – **Extended Seated Star Pose**, hands F on floor 48cts

## TECHNIQUE & COACHING

### SWAN POSE

LAYER 1

- Take a seat
- Turn to the side, into Swan Pose
- Inhale, draw heel to groin
- Straighten back leg
- Exhale, roll your top hip down and square your body forward
- You might prefer to stay in a 90°/90° Pose with back knee bent
- Breathe in, bring it down into your hips

LAYER 3 Follow-up: Take a deep breath in and bring it down to your hips. Breathe out and try to press your hips firmly into the floor and level them down. Notice where your breath is in your body; use it to help you relax.

### QUAD STRETCH

LAYER 1

- Reach back and pick up your foot
- Take a deep breath in
- Exhale and gently pull your foot in towards your butt
- Then square back as much as you can
- If you want more, edge your foot to the crook of your elbow
- Take your arm off to over head

LAYER 3 Follow-up: Reach around, pick up, breathe in. Use that relaxation that's inherent in your exhalation to pull in. Let go through your shoulders, your jaw. If you want more, hook into elbow and see if you can lift off your arm. It helps to have long arms! There's no secret to it – it just takes time and lots of patience and breath.

### SEATED STAR POSE

LAYER 1

- Soles of feet together
- Knees wide
- Hold your ankles
- Push down to feel a good stretch through inner thighs and groin

### EXTENDED SEATED STAR POSE

LAYER 1

- Breathe in deeply
- Let your hands walk forward on the floor

LAYER 3 Follow-up: Start to melt, eyes down, shoulders relaxed. Stay and breathe.

### ESSENCE TIPS

Remember that everyone will feel the poses in different parts of their bodies. Even for you, the instructor, some of these poses may be quite challenging. As teachers, our gift is to be open to everyone – no matter where they are on their Yoga journey.

We have poses that advance, which may challenge you: Swan Pose advancing into the Quad Stretch. Acknowledge your limitations and always offer the opportunity for your participants to take a more advanced level by verbally coaching how to execute the pose. This enables you to cater to all needs.

Your members can hold a small towel between their hands for the Shoulder Stretch to enable them to breathe into the pose and feel the opening it creates.

# 05B. HIP OPENERS

**MUSIC** Starving/Heartlines 6:14mins



## TRACK FOCUS

I want my participants to feel the deep stretch in the Side Bend.

3:19 / V3 / \_ Have you

10x8 / C / **Modified Half Lotus Pose With Shoulder Stretch** L

Inhale/Exhale – **Modified Half Lotus Pose** L,

L foot on R thigh, calf or floor 16cts

Inhale/Exhale – R elbow O/H, hand down back,

L hand to R elbow 32cts

†Option: L hand behind back, fingers bind together

Inhale/Exhale – **Extended Modified Half Lotus Pose** L 32cts

‡Option: Hands F on floor

4:12 / V4 / \_ Now we're

10x8 / C / Repeat **Modified Half Lotus Pose With Shoulder Stretch** R 80cts

5:05 / Br / **Heart**lines

4x8 / D / Inhale/Exhale – **Seated Wide-Legged**

**Stick Pose**, knees bent, L hand on L ankle, R arm diagonally high and B 32cts

5:27 / C / **Dat**elines

4x8 / D¹ / Inhale/Exhale – **Side Bend** L, L leg

extends, R arm at vertical 32cts

5:48 / Rep / **Dat**elines

4x8 / D¹ / Inhale/Exhale – **Side Bend** R, bend L

knee, extend R leg, R hand on ankle, L arm at

vertical 32cts

## TECHNIQUE & COACHING

### MODIFIED HALF LOTUS WITH SHOULDER STRETCH

#### LAYER 1

- Come up into Modified Half Lotus
- Foot comes across
- Other foot cross-legged on the floor or if more flexible, lift it onto shin or knee
- Pelvis square and spine long
- Strengthen your ankles to stabilize your knee
- Add in a Shoulder Stretch
- Breathe in, use your hand to lengthen the side
- If you want more, take your arm back and see if you can touch your fingers.

**LAYER 3** Follow-up: Choose the position where your sit bones are down and your spine long. Move your elbow until you feel the stretch. Wrap the arm if you want to and touch if you can. Breathe in deeply through the length of your spine.

### EXTENDED MODIFIED HALF LOTUS

#### LAYER 1

- Inhale, lift the belly and come forward
- Exhale and relax down

**LAYER 3** Follow-up: Progressive relaxation down the body, tuck your chin in, melt your shoulders. Curve your upper back and let your body sink deeply into this stretch.

### SEATED WIDE-LEGGED STICK POSE

#### LAYER 1

- Come on up
- Feet come wide
- Press the leg out
- Lift and reach back

### SIDE BEND

#### LAYER 1

- Gradually lean in until you feel a deep stretch in the lower back
- Slowly straighten out the leg

**LAYER 3** Follow-up: Keep reaching up and back. Breathe right up through the length of your arm and rotation of your spine. Quickly change sides. Feel that deep stretch through your side back.

### ESSENCE TIPS

Again we have poses that advance – Modified Half Lotus Pose advancing with Shoulder Stretch and The Seated Wide-Legged Stick Pose with bent legs creates a new feel with the Side Bend and then again advances into straightening out the opposite leg.

Coach as Jackie did to the high chest position which engages the abdominals and supports the spine, keeping the spine in neutral. The top arm reaches up and back. There is no end destination – this is an incredible stretch that comes into the lower back, glutes, hips, shoulders, upper back and stomach as you twist, just about everywhere! Set participants up quickly by saying and doing – they will follow and have the time to explore and breathe into these 'juicy' poses.

# 06. CORE — ABDOMINALS

MUSIC All We Know 3:14mins

## TRACK FOCUS

I want my participants to enjoy the challenge of the new Pilates Rocking Chair move and notice how the breath can help their core workout.



0:00 / Intro /

2x8 / Lie supine facing R side, knees bent over hips, arms at sides 16cts

Pregnancy Option: On elbows, toes on floor

0:11 / V1 / \_ Fighting

8x8 / A / 8x **Reach To Feet, Legs and Arms**

### Shoot Out

Exhale – Bend knees into chest, extend legs and arms to vertical, shoulders off floor 4cts

Inhale – Lower legs to 45°, arms O/H, shoulders on floor 4cts

⚡Option: Bend knees

Pregnancy Option: Double Leg Extension on floor.

Last rep, arms lower at sides, palms up

0:53 / C / **Bike** up

4x8 / B / 3½x **Pilates Bicycle and Reverse Curl**

Inhale – **Bicycle** L&R 4cts

⚡Option: Toe Tap L&R

Exhale – 2x **Reverse Curl** 4cts

Pregnancy Option: Double Leg Extension on floor, extend R leg to vertical, L foot inside R knee 4cts

1:14 / Instr /

4x8 / C / 8x **Pilates Rocking Chair** L

Inhale – Legs lower, L toes tap floor 2cts

Exhale – **Reverse Curl**, R leg vertical, L foot remains inside R knee 2cts

⚡Option: R leg vertical, L knee inside R knee

Pregnancy Option: Knee Lift L&R

1:36 / V2 / \_ Never face

8x8 / A / 8x Repeat **Reach To Feet, Legs and**

**Arms Shoot Out** 8cts

2:18 / C / **Bike** up

4x8 / B / 3½x Repeat **Pilates Bicycle and Reverse Curl** 8cts

Extend L leg to vertical, R foot inside L knee 4cts

2:40 / Instr /

4x8 / C / 8x **Pilates Rocking Chair** R 4cts

3:01 / (Fade)

2x8 / Inhale/Exhale – Legs extend to 45°, arms O/H, shoulders off floor 16cts

⚡Option: Knees bent

Pregnancy Option: Knees bent, toes on floor

## TECHNIQUE & COACHING

### REACH TO FEET, LEGS AND ARMS SHOOT OUT

#### LAYER 1

- Lie down, knees over hips
- Arms and legs extend up
- Arms over head, legs to 45 degrees Circle arms around, crunch up
- Extend long
- **As you extend, brace lower abdominals to keep lower back close to floor**
- If back lifting off floor, don't lower so far down
- Crunch up, lift shoulders and tail bone
- Breathe in through the nose
- Exhale out through the mouth

LAYER 3 Follow-up: Focus on your breathing. Inhale, fill your lungs; exhale and breathe out as hard as you can. I want to hear the exhale. Feel what happens when you force the breathe out – you accentuate the abdominal contraction so the muscles have to work harder. When the muscles work harder we get stronger, faster.



### PILATES BICYCLE AND REVERSE CURL

#### LAYER 1

- Head and shoulders down
- Legs low to 45 degrees
- Cycle front leg, in, in
- Knees over hips, Reverse Crunch twice
- Knees go vertical as tail bone lifts
- Breathe in to cycle
- Breathe out powerfully

LAYER 3 Follow-up: Imagine you have two champagne glasses on your knees – you have to lift your knees vertically. If they come towards you, you will spill the champagne!

### PILATES ROCKING CHAIR

#### LAYER 1

- Hold knees over hips
- Straighten back leg
- Ankle to knee
- Down, rock up
- Tail bone lifts vertically
- Shoulders relax
- If back lifting off floor take calf to knee to reduce the range
- Inhale, down; exhale, rock up

LAYER 3 Follow-up: Think about that small movement of the tail bone lifting, lower back rounding and pushing into the floor. Relax your shoulders – feel the focus burn in your lower abdominals.

### LEGS AND ARMS SHOOT OUT (SHOULDERS OFF FLOOR)

#### LAYER 1

- Legs lower to 45 degrees, feet together
- Crunch up
- Arms extend out over head

LAYER 3 Follow-up: We're going to hold this for 2 minutes! This is the fun part! Are you breathing?

### ESSENCE TIPS

Corey's objective for this track was based around training the abdominals to stabilize the spine and pelvis. The changes are quick and you will need to know your music well to nail your pre-cues. Begin by coaching the basics so the class knows the name of the exercise, what body part is moving and in what direction. Once you have the class moving, layer in your 3B coaching of Belly, Back and Breath (in through nose – out through mouth) as well as providing options to give participants control of their bodies and a deeper understanding of the exercises.

The new move is the Pilates Rocking Chair: one leg straight and the other is bent, ankle to knee. If the lower back starts to lift off floor, take calf to knee to reduce the range of motion. Practise your precise coaching cues as the move comes in quickly, and practise your technique so you can role-model well.

Remember, your class will be inspired to work hard when they can see that you are physically challenging yourself. Selling the benefits we can feel and receive from core training is a great motivation for your participants. As the instructor we want to tune our participants into their bodies and invite them to explore what is possible.

# 7A. CORE – BACK

MUSIC No Lie

3:21 mins



## TRACK FOCUS

I want my participants to experience strength in their back body with this challenging sequence.

0:00 / Intro /

2x8 / Set up **Horse Stance**, facing R side, L leg off floor, toes to ceiling 16cts

0:11 / V1 / **Ten** ton

8x8 / A / 8x **Scorpion Press & Firefly Pose Sequence** L

Inhale – **Scorpion Press** 2cts

↳Option: Elbows bend B towards knee

↑Option: Elbows bend, chest F

Extend arms 2cts

Exhale – **Firefly**, L knee to L elbow 2cts

L leg B, toes to ceiling 2cts

0:49 / C / **Feel** your eyes

8x8 / B / 16x **Firefly Pose** L

Inhale – L knee to L elbow 2cts

Exhale – Extend L leg B straight 2cts

↑Option: On toes

1:26 / V2 / **So** lit

8x8 / L knee on floor, lift R leg 8cts

A / 7x Repeat **Scorpion Press & Firefly Pose Sequence** R

2:04 / C / **Feel** your eyes

8x8 / B / 16x Repeat **Firefly Pose** R 4cts

2:42/ Br / **Shake**

4x8 / C / Inhale/Exhale – **Childs Pose** 24cts

Inhale – **Plank Pose** 8cts

↳Option: On knees

3:01 / C / **Feel** your eyes

8x8 / 4x **Plank Pose, Hover & Walk Feet Sequence**

Exhale – Walk feet out, out, in, in 4cts

Inhale – L elbow down, R elbow down to **Hover**

Exhale – Walk feet out, out, in, in 4cts

Inhale – L hand on floor, R hand on floor to **Plank Pose** 4cts

↳Option: On knees

3:38 / (Instr)

6x8 / C / Inhale/Exhale – **Childs Pose** 48cts

4:01 / V3 / **Know** what's

**3-Legged Down Dog & Flip Dog Sequence** L

12x8 / D / Inhale/Exhale – **3-Legged Down Dog**

R, R leg lifts 32cts

Inhale/Exhale – Bend R knee, toes pointed 32cts

Inhale – R leg under L, pivot on feet, lower hips

16cts

Exhale – Lift hips, L arm reaches O/H 16cts

↑Option: Flip Back Bend

4:47 / C / **Love** me

4x8 / E / Inhale/Exhale – **Wild Thing Pose** L 32cts

↑Option: Back Bend Pose

5:03 / V4 / **Inside** us

4x8 / F / Inhale/Exhale – **Bridge Pose**, hands

clasped underneath, facing L side 32cts

## TECHNIQUE & COACHING

### SCORPION PRESS & FIREFLY POSE SEQUENCE

#### LAYER 1

- Come onto all fours
- Hands under shoulders
- Knees under hips
- Hook one leg up to Scorpion
- Press down and lift
- Knee to elbow
- If coming forward of your wrists feels too intense, take forearms down
- Lift your belly high into your spine
- Brace your belly strongly
- The body stays still
- The breath is even

**LAYER 3** Follow-up: The body stays still. The breath is even. Are you coming forward or are your forearms coming down? Both give us beautiful strength work and tone through our arms. Belly lifted and brace.

### FIREFLY POSE

#### LAYER 1

- Ditch the press, just Firefly
- In, out
- Long, straight leg at the back
- Maximize the butt squeeze
- Look down
- You want your body completely still

**LAYER 3** Follow-up: Braced and strong. Push the floor away and feel the stabilization through your shoulder girdle. Eyes line up across the top of your fingertips. How are you going? Feel the BODYBALANCE butt!



### CHILDS POSE

#### LAYER 1

- Sit back into Childs Pose, knees wide
- Get out of your arms
- Roll your wrists
- Relax shoulders

**LAYER 3** Follow-up: Take a rest. Connect in with your breath again. Take a long slow breath in.

### PLANK POSE, HOVER & WALK FEET SEQUENCE

#### LAYER 1

- Come forward into Plank Pose
- Legs out, out, in, in
- Down to forearms
- Legs go out and in
- Hands push us back up
- If it's too much, come to knees
- Strong and steady through the core
- Push the floor away

**LAYER 3** Follow-up: This is where you will be the strongest in this class today

### 3-LEGGED DOWN DOG & FLIP DOG SEQUENCE

#### LAYER 1

- Push up to Down Dog
- Lift your back leg high to 3-Legged Down Dog
- Push into your hands, back into your heels
- Bend your top knee
- Take foot across your body towards opposite shoulder
- Square shoulders to the floor
- Flip your Dog and go into Wild Thing
- Or come underneath and through to the front
- Lift front arm
- Bend knees

**LAYER 3** Follow-up: This time, front leg lifts high and open. Hands push us back into the strength of our legs. Recheck shoulders square to the floor. Leg down, threads under to the back, lift back arm, plant feet.



### ESSENCE TIPS

We have 7 minutes and 2 songs to explore the back body. These tracks have it all – incredible strength work and lots of opportunities for participants to open their bodies with beautiful spinal extension poses.

We start with strength poses; Scorpion and Firefly combination from Horse Stance to challenge the back, core and arms. Teach to all levels; some participants will want the challenge from the toes and driving the chest forward in between hands. Some will want to decrease intensity by dropping the elbows back, taking forearms to the floor. When we do just the Firefly, coach stabilization so only the leg is moving with the core strong. Again, show and coach to all levels in your class.

To finish this track we have the Walking Plank into Hover. As Jackie showed on the Masterclass, if not walking just hold the Plank, on knees or toes.

## 7B. CORE — BACK CONTINUED

**MUSIC** Love Me Now 3:47 mins

### TRACK FOCUS

I want my participants to feel confident exploring spinal extension and to enjoy the adventure of the new transition to Wild Thing Pose.

5:18 / **Done** all

8x8 / 2x **Bridge With Leg Extension Sequence**

R&L

Inhale – R knee to chest 4cts

Exhale – R leg extends to vertical 4cts

Inhale – R knee bends to chest 4cts

Exhale – R foot to floor 4cts

Repeat to L 16cts

5:49 / C / **Love** Me

12x8 / D / Repeat **3-Legged Down Dog & Flip**

**Dog Sequence** R, facing R side **96cts**

6:35 / PC / **Who's** going

4x8 / E / Repeat **Wild Thing Pose** R **32cts**

6:50 / C / **Love** Me

4x8 / F / Repeat **Bridge Pose**, facing L side **32cts**

↑Option: Back Bend Pose

## TECHNIQUE & COACHING

### WILD THING POSE

#### LAYER 1

- *Reach arm up and over to Wild Thing*
- *If you want Back Bend, go for it!*
- **Squeeze butt**
- *Lift hips high*

LAYER 3 Follow-up: *Feel your body open and strong. Breathe and lift yourself into the full expression of the pose. Feel invigorated!*

### BRIDGE POSE

#### LAYER 1

- *Sit down*
- *Roll down onto your back*
- *Knees hip-width apart*
- **Squeeze butt to lift hips**
- *Clasp hands, walk shoulders in*
- *Breathe high into the upper chest*

LAYER 3 Follow-up: *Back Bend if you wish. A Yoga adventure!*

### BRIDGE WITH LEG EXTENSION SEQUENCE

#### LAYER 1

- *One knee lifts*
- *Leg straightens*
- *Knee bends*
- *Foot to floor*
- *Other side*

LAYER 3 Follow-up: *Commit to it!*

### ESSENCE TIPS

This 2nd song is all about spinal extension poses; Bridges, Back Bends and Wild Things. We have designed a new transition for the Flip Dog to the Wild Thing. Firstly, you start in 3-Legged Down Dog so you coach the Flip Dog if they know it; from filming week we noticed half the class did this. The other half followed how to be coached through to Wild Thing without flipping over. The great thing is we all end up at the same destination with everyone on their own journey.

As teachers we need to be showing and coaching this new transition so we keep the class focused on the foundation of alignment. We have allowed lots of time for this transition, so take your time layering simple cues allowing participants to follow easily. We had fab feedback from filming week with participants enjoying the sensations in their bodies and often surprising themselves about what they can do!

There is an invitation to move or stay in Back Bend for participants who want an extra challenge. Remember, you can invite members to come see you after class to learn how to break down the Flip Dog.

# 08. TWISTS

MUSIC All Time Low 3:38mins

## TRACK FOCUS

I want my participants to understand how to execute the Prayer and Intense Twist Poses.



0:00 / Intro /  
2½x8 / A / **Childs Pose**, facing L side, arms F on floor 20cts

0:18 / V1 / **Now**  
6x8 / A¹ / **Twisted Childs Pose** L (front)  
Inhale/Exhale – L arm reaches under R 48cts

0:49 / **Low**  
4x8 / A² / **Prayer Twisted Childs Pose** L  
Inhale/Exhale – L elbow on floor, hands at heart center, R elbow up, eyes F or down 32cts

1:11 / V² / I was  
8x8 / A¹ / Repeat **Twisted Childs Pose** R (B of room) 64cts

1:54 / C / **Low**  
4x8 / A² / Repeat **Prayer Twisted Childs Pose** L (B of room) 32cts

2:15 / Ref / I, I've been  
2x8 / Inhale/Exhale – Hands to floor, walk feet F to Forward Fold, feet together, knees bent, facing L side 16cts  
Pregnancy Option: Feet hip-width apart

2:25 / **Lie**  
6½x8 / B / **Intense Twist Pose** R (front)  
Inhale – L hand outside R knee 8cts  
Exhale – R arm extends to vertical 8cts  
Inhale/Exhale – **Intense Twist Pose** R 36cts

3:00 / C / **Low**  
4x8½ B / Repeat **Intense Twist Pose** L (B of room)  
Note: R hand outside L knee, L arms extends to vertical 4cts

3:21 / Outro /  
2½x8 / Inhale – **Extended Mountain Pose**, arms O/H, palms together 8cts  
Exhale – **Baby Back Bend** 12cts

# TECHNIQUE & COACHING

## CHILDS POSE

### LAYER 1

- Roll over into Childs Pose
- Arms are long
- Hips are heavy

## TWISTED CHILDS POSE

### LAYER 1

- Reach your back arm through to the front
- Top arm long and extended
- Filter your breath through your arms
- Exhale, lower your hips down to the ground

LAYER 3 Follow-up: Thread the needle to the back of the room. This time, filter your breath all the way along your body, exhale and find your comfort.

## PRAYER TWISTED CHILDS POSE

### LAYER 1

- Palms together
- Inhale, push away from the floor
- Exhale and open your chest
- Eye gaze forward or down for comfort

LAYER 3 Follow-up: Prayer Twist to the back of the room. To deepen your twist, draw your heart space towards your hands



## INTENSE TWIST POSE

### LAYER 1

- Unwind carefully and rise to your feet
- Feet together, knees bent
- Face the front, anchor your bottom arm
- Breathe in and open
- Exhale, to lengthen your twist
- Knees stacked and in line
- Twist to the back

LAYER 3 Follow-up: Take a big breath in through your chest; exhale and squeeze your shoulder blades. Deepen your out-breath to really grow in length – challenge your mobility.

## EXTENDED MOUNTAIN POSE/ BABY BACK BEND

### LAYER 1

- Extended Mountain
- Inhale, arms lift up
- Exhale, ground your body

## ESSENCE TIPS

Caley says: "The music is super cool and the poses and transitions flow with elegance and grace. Practise how you move and flow from one pose to the next to create beautiful movement and breath. The key for evolving your twisting poses is the breath; you can never coach this enough. My focus was to set up the poses with only the cues my participants needed to hear to have great alignment along with breath. Clear pose names, BPD and breath cues".

The Twisted Childs Pose has a sense of deep relaxation, which is needed after the big upper body work in Track 7. Focus on creating comfort for your participants.

The aim of the Prayer Twisted Childs Pose is to focus on breathing and lengthening the spine to revolve. As you use the energy of the arms pressing into the floor and hands pressing together, coach to lifting the chest and turning the shoulders for rotation. To deepen the twist, try drawing your heart center towards your hands.

Intense Twist: Once you have set the alignment, coach the stacking of the knees so the foundation is anchored. Use the breath to keep lifting the chest and aim to squeeze shoulder blades together to open and challenge mobility.

The abdominals are soft in twisting as these poses aid digestion and relieve lower back pain. This will make you feel amazing as this track starts the descend to relaxation.

## 09. FORWARD BENDS – HAMSTRINGS

MUSIC 1000X

4:01mins



### TRACK FOCUS

I want my participants to understand the execution and levels available to them in Twisted Triangle Pose.

0:00 / Intro /

1x8 / A / **Forward Fold**, facing L side

Feet hip-width, hands on floor 8cts

Pregnancy Option: Elbows on thighs

0:08 / V1 / \_ Even if

6x8 / A' / Inhale/Exhale – **Rag Doll Pose**, hold

elbows 48cts

↳Option: Hands on floor

1:00 / C / \_ In another

4x8 / B / **Twisted Triangle Pose** R

Inhale – Step L foot B, hands on floor 4cts

Exhale – R hand on R hip 12cts

Inhale/Exhale – Extend R arm to vertical 16cts

↳Option: R knee bent, L hand to ankle, shin or forearm on thigh

Pregnancy Option: Open Twisted Triangle Pose, Step L foot F, under hip, hands on floor

1:34 / V2 / \_ Never would

4x8 / A² / **Gorilla Pose**, hands under feet 32cts

↳Option: Hands on floor

2:08 / C / \_ In another

4x8 / B / Repeat **Twisted Triangle Pose** L, R foot steps B, L hand on L hip 32cts

2:43 / Br / Ooh

4x8 / Sit facing L side 8cts

Inhale/Exhale – **Happy Baby Pose**, hold inside or outside of feet 24cts

↳Option: Hold B of thighs

↑Option: Peace Fingers hold big toes

3:17 / C / \_ In another

5x8 / Inhale/Exhale – **Supine Adductor Stretch**, hold feet or thighs 40cts

↑Option: Peace Fingers hold big toes

## TECHNIQUE & COACHING

### RAG DOLL POSE

#### LAYER 1

- Forward Fold, knees bend, **belly lifts**
- Feet come hip-width apart
- **Knees soft, arms come to Rag Doll Pose**
- Cup your hands into your elbows
- Tuck your chin under



LAYER 3 Follow-up: Flood your breath and take a moment to enjoy this complete release.

### TWISTED TRIANGLE POSE

#### LAYER 1

- Hands to floor
- Back leg steps 3 feet (1 meter) behind
- Front knee slightly bent
- Face the front
- Pull hip back to square hips
- Open your chest
- Inhale, extend top arm
- A long straight spine
- Option to bring hand up the front leg

LAYER 3 Follow-up: Front leg steps 3 feet (1 meter) behind. Face the back of the room and open your chest. Take a generous breath in and lengthen your arm to the sky. Exhale and challenge the mobility in the rotation.

### GORILLA POSE

#### LAYER 1

- Step your feet in, hip-width apart
- Place your hands under the balls of your feet
- Tuck chin in
- Keep your knees softly bent
- Belly rises on your in-breath



LAYER 3 Follow-up: Belly rises on your in-breath – on the out-breath, free the tension from your shoulder and all the way down.

### HAPPY BABY POSE

#### LAYER 1

- Tuck back leg in, come to the floor
- Roll back through your spine
- Hold outside or inside of your ankles or feet
- Allow your knees to draw down, next to your ribs

LAYER 3 Follow-up: Take a breath in – as you exhale, soften your shoulders and lower your tail bone.

### SUPINE ADDUCTOR STRETCH

#### LAYER 1

- Lengthen both legs

LAYER 3 Follow-up: Take a moment to be loving and patient with your body and absolutely generous with your breath.

### ESSENCE TIPS

This music is simply amazing and creates the perfect invitation to the Relaxation track ahead. The track starts with Rag Doll Pose where participants will be drawing their focus inward and will have time to immerse themselves into the feel of the music and the present moment. Always coach a lifted belly to support the lower back and encourage knee bend to deepen the stretch in the hamstrings and lower back.

There is a lot of time to help participants create great alignment for the Twisted Triangle Pose. Coach the option to bend the front knee more and bring the bottom hand up and across the front leg to achieve spinal length. We had huge participant success through filming week as Caley coached this by saying and doing to help participants understand how to execute the pose. Remember, people follow visually so by showing this level they naturally will follow.

It takes time, practice and patience to progress in these poses. By showing our classes how we accept our bodies where they are today we cultivate compassion for ourselves and others. How will you show this?

# 10. RELAXATION/ MEDITATION

**MUSIC** And She Translated Into The Sky/  
Empty Calls Quiet 8:20 mins

## TRACK FOCUS

I want my participants to learn how deep awareness can fully relax them into the present moment.

Let's set ourselves up for Relaxation/Meditation. You can stay with your feet on the floor and your knees tented in together or reach your legs out long; give them a shake, right down to your feet and let them find a quiet resting place. Same with your arms – tuck your shoulder blades under so you feel open across your chest, shake out down your arms and then quietly relax them down into the floor. You might like to take a gentle movement from your head, side to side, tucking your chin in and lengthening the back of your neck, then let it find a resting place.

As you bring yourself into stillness just bring your awareness inside, so you can feel your body from the inside out lying on the floor. Feel your entire body resting down, breathing very quietly. A beautiful way to start a meditation is to become aware of your heart and your heart space. Feel the sincerity of your heart – what does it long for? What really matters to you? That helps to set our intention not only for this time but for our lives. Now feel the gentle flow of breath – you may like to take a long, slow inhalation, filling your chest and then a conscious exhalation, feeling your breath leave your nose. Again, a deep slow breath in and a conscious relaxing out breath. Again, breathing in and now breathing out and letting go. Feeling your breathing body lying on the floor, softening around your eyes, out along your brow, you might notice a slight smile at the corner of your eyes. Relax your jaw, feel the sensations inside your mouth – your lips, teeth, gums, relax your tongue right down to its roots. Awareness now to the inside of your shoulders. We can hold a lot of tension in our shoulders, so visualize ice to water – letting go; then water to gas – letting go again. There's an openness across your chest, down your arms, right down to your hands – let your hands rest softly. Your eyes are smiling, your heart is open and your hands are soft. Can you let go more through your belly so your next breath is received into a softening belly – and your next breath is softening through your hips and pelvis? Feel the aliveness down the length of your legs and the sense of relaxation in your feet. Picture your body as a field of sensation – a body full of breath, full of sensation, totally alive in this moment. Breathe deeply into your home base.

Hold onto that lovely sense of relaxation and stillness, and bring just enough movement through your wrists, ankles roll gently, through your head side to side, then bring one knee to your chest then the other knee, roll through your hips or your spine, whatever feels right for you. Roll onto your side and back up to sitting – big breath in with a sense of sitting upright; let your breath go slowly.

# TEACHING IN THE ESSENCE OF BODYBALANCE

## 6 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:

- 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.
- Teach any necessary Layer 2 options then pause to look around at your members.
- 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)

# MUSIC

- 1 **What Do You Love** (3:34)  
Seeb feat. Jacob Banks  
Courtesy of the Universal Music Group.  
Written by: Huse, Opsahl, Olsson, Berg, Eriksrud, Alexander
- 2A **1000X (Noah Breakfast Remix)** (3:13)  
Jarryd James feat. Broods  
Courtesy of the Universal Music Group.  
Written by: Little, Klapper
- 2B **Breathe (Hanami Remix)** (5:45)  
Seeb feat. Neev  
Courtesy of the Universal Music Group.  
Written by: Huse, Opsahl, Berg, Eriksrud, Amaral, Neves
- 3 **Roam** (3:41)  
Theia  
© 2016 Theia under exclusive license to Warner Music New Zealand Limited.  
Written by: Walker, Fountain
- 4 **Youth** (3:04)  
Troye Sivan  
Courtesy of the Universal Music Group.  
Written by: Inscore, Hughes, Hope, McLaughlin, Mellet
- 5A **Starving** (2:59)  
Hailee Steinfeld & Grey feat. Zedd  
Courtesy of the Universal Music Group.  
Written by: M. Trewartha, K. Trewartha, McCurdy, Petrosino, Whitesacre
- 5B **Heartlines** (3:15)  
Broods  
Courtesy of the Universal Music Group.  
Written by: G. Nott, C. Nott, Little, Yelich
- 6 **All We Know** (3:14)  
The Chainsmokers feat. Phoebe Ryan  
© 2016 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.  
Written by: Taggart, Hjelstrom, Islam
- 7A **No Lie** (3:21)  
Sean Paul feat. Dua Lipa  
Courtesy of the Universal Music Group.  
Written by: Henriques, Jackson, Sanderson, Warren, Kembo
- 7B **Love Me Now** (3:47)  
John Legend  
© 2016 John Legend Music, Inc. and Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.  
Written by: Mill, Ryan, Stephens
- 8 **All Time Low** (3:38)  
Jon Bellion  
Courtesy of the Universal Music Group.  
Written by: Bellion
- 9 **1000X** (4:01)  
Jarryd James feat. Broods  
Courtesy of the Universal Music Group.  
Written by: Little, Klapper
- 10 **And She Translated Into The Sky** (5:41)  
Levi Patel  
© 2016 Marigold Music.  
Written by: Patel
- 10 **Empty Calls Quiet** (2:39)  
Levi Patel  
© 2016 Marigold Music.  
Written by: Patel

## 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.

### BE LOUD AND HEARD

Tell us what you think of this release.

Visit [lesmills.com/BLAH](http://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.

# 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** 29:55

## 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** 29:55

## 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  
**Total Time** 42:00

## 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  
**Total Time** 41:30

**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](http://www.lesmills.com)

# 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

**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 & Program Coach** – Kylie Gates  
**Technical Consultant** – Bryce Hastings  
**Program Planner** – Carrie Dean



From L-R: René Vogel, Caley Jack, Dr. Jackie Mills, Corey Baird

Welcome to BODYBALANCE 77!

We created this class in the sunshine of our New Zealand summer and hopefully that shines through to you. The music is different again – a journey that takes you deeper and yet still has moments of easy, uplifting Pop to keep us 'chilled' and together.

This time, there are even more options, to continue to thrill the yogis who want a challenge - but of course there's always a perfect option for those participants looking for a gentle stretch too.

We each sifted through which songs were our favorites and landed on Tracks 1, 7b and 8... Try not to weep during any of them!

We just loved making this release for you all, and truly hope you enjoy teaching it to your community.

Much love

D&J xx

*Jackie Diana*

# 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.

**Corey Baird** (New Zealand) is a Technical Consultant for BODYBALANCE/BODYFLOW, CXWORX™ and BODYPUMP™, and a Personal Trainer and Pilates Teacher based at Les Mills Auckland.

**Caley Jäck** (South Africa) is BODYBALANCE/BODYFLOW Trainer, a BODYCOMBAT™, BODYPUMP and SH'BAM™ Instructor and a LES MILLS GRIT Series Coach. She is also a Massage Therapist, based in Cape Town.

**René Vogel** (Germany) is a BODYBALANCE/BODYFLOW, BODYPUMP, CXWORX and the LES MILLS GRIT Series Trainer. He is also a BODYATTACK™ Instructor.