

BODYBALANCE 79

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01. TAI CHI WARMUP

MUSIC Line Of Sight 4:02 mins

YOGA MAT

TRACK FOCUS

I want my class participants to experience how the breath can create the movements and how it can also create a sense of release.

0:00 / Intro /

2x8 / **Narrow Wu Chi**

Feet shoulder-width apart **16cts**

0:15 / V1 / **Back** to front

4x8 / A / 2x **Tai Chi Body Roll** (Slow)

Inhale – Extended Mountain Pose, arms up mid-line of body to O/H, palms together, fingers open **8cts**

Exhale – Forward Fold, arms wide and down **8cts**

0:37 / C / _ I don't learn

4x8 / A¹ / 3½x **Tai Chi Body Roll** (Fast)

Inhale – Extended Mountain Pose, arms up mid-line of body to O/H, palms together, fingers open **4cts**

Exhale – Forward Fold, arms wide and down **4cts**

Exhale – Step legs out to Wide Wu Chi, lower arms F, palms F, thumbs linked **4cts**

0:58 / Rep / _ I already know

4x8 / B / 2x **Weight Shift With Fan Hands**

Circle O/H L&R Inhale – Circle Fan Hands O/H to L **4cts**

Exhale – Weight shift L, press Fan Hands L **4cts**

Repeat to R **8cts**

1:19 / Instr /

4x8 / B¹ / 4x **Weight Shift With Chi Ball**

Circle O/H L&R

Inhale – Circle Chi Ball O/H to L **2cts**

Exhale – Weight shift L, sweep arms to L **2cts**

Repeat to R **4cts**

Last rep, step R foot into Narrow Wu Chi

1:41 / V2 / **In** and out

8x8 / A¹ / 7½x Repeat **Tai Chi Body Roll** (Fast) **8cts**

Exhale – Step legs out to Wide Wu Chi, lower arms F, palms F, thumbs linked **4cts**

2:23 / Rep / I already know

4x8 / B / 2x Repeat **Weight Shift With Fan Hands Circle O/H** L&R **16cts**

2:45 / Instr /

8x8 / B¹ / 8x Repeat **Weight Shift With Chi Ball Circle O/H** L&R **8cts**

3:27 / Outro

6x8 / A¹ / 6x Repeat **Tai Chi Body Roll** (Fast) **8cts**

Inhale – Extended Mountain Pose, arms up mid-line of body to O/H (No music)

01. TAI CHI WARMUP

TECHNIQUE & COACHING

TAI CHI BODY ROLL (SLOW)

LAYER 1

- Feet slightly outside hip-width
- Inhale, stretch tall
- Bend your knees a lot
- Bend forward, fingertips to floor
- Roll up through your spine
- Breathe in through your nose
- Bend and fold, breathe out

LAYER 3

- Bring your focus inside your body. Feel your fingers; feel your feet pressing the floor away – feel your breath coming in through your nose and out through your nose
- Feel your breath in your body, up through your spine – the breath that moves you

TAI CHI BODY ROLL (FAST)

- Let's speed up
- Rise and fold
- Breath flows in and out
- Roll through your spine, sink deep in your legs

WEIGHT SHIFT WITH FAN HANDS CIRCLE O/H

LAYER 1

- Hold arms at the top
- Step feet wide
- Cross your thumbs
- Circle around your head slowly
- Shift weight and press hands together
- Breathe into circle
- Breathe out and press

LAYER 3

- Slow yourself down. Feel the mobilization and warming through your body
- Relax shoulders with full big movements

WEIGHT SHIFT WITH CHI BALL CIRCLE O/H

LAYER 1

- Let's speed up again
- Unclasp thumbs, circle and throw
- Circle, throw, breathe in and out
- Relax through shoulders and arms

LAYER 3

- Start to feel the warmth in your body
- Can you feel the circles through your whole body? Through the ankles, hips, shoulders, really warming
- Now just let go! Feel the joy in your movement and the music

ESSENCE TIPS

To begin this release, we start with a track that allows us to breathe, connect and then really let go. The contrast of slow, calm movements, and then the faster, freeing arm movements is an energetic, warming way to bring participants into the class and their bodies.

Similar to the concept of New Yoga, the fast Weight Shift with Chi Ball in the chorus is about moving in a way that feels good to each individual. It's a movement that encourages letting go and getting a bit wild. This is going to look different for each person depending on their bodies, and that is perfectly OK.

Set up simply, coaching alignment (name of the pose and Body-Part and Direction) and breath cues. Layer 2 cues help you to pause and see

01. TAI CHI WARMUP

what is happening on the floor. Then follow-up using Layer 3 cues to celebrate and acknowledge the energy that comes from moving in this way.

Practising these Tai Chi moves in a mirror will allow you to have an idea of how the sequence looks and feels for you, so you can then confidently role-model an attitude of freeing your body and accepting what that may look like.

Practising will also help you to see where cues are needed. Coach plenty of knee bend and belly lift as we fold forward, to protect the lower back as it warms in preparation for the class.

As always, we want to connect participants into their bodies and this track is a perfect way to begin. This is your time to encourage internal awareness and create connection between you and your participants.

02. SUN SALUTATIONS

YOGA MAT

MUSIC Feel It 3:29 mins

TRACK FOCUS

I want my class participants to challenge themselves physically by connecting into their breath and bodies.

0:00 / Intro /

4x8 / **Intense Pose**, feet together facing R,
diagonal arms O/H 32cts

Pregnancy Option: Feet hip-width apart

SUN SALUTATION SEQUENCE:

0:17 / C / _ Oh, Oh

46x8 / 5¾x Inhale – **Baby Back Bend**, palms
together O/H 8cts

Option: Extended Mountain Pose

Exhale – **Forward Fold**, arms wide and down
8cts

Inhale – Step feet B to **Plank Pose** 8cts

⤴ Option: Jump feet B

Exhale – **Crocodile Pose** 8cts

⤵ Option: Knees down

Pregnancy Option: Cat Pose

Inhale – **Baby Cobra Pose** 8cts

⤴ Option: Up Dog

Pregnancy Option: Cow Pose

Exhale – **Down Dog** 8cts

Inhale/Exhale – Walk feet F to **Forward Fold** 8cts

⤴ Option: Jump feet F

Inhale/Exhale – **Intense Pose**, arms F to O/H
8cts

Note: Last rep, finish in **Down Dog**

02. SUN SALUTATIONS

TECHNIQUE & COACHING

INTENSE POSE

LAYER 1

- Arms stay O/H
- Turn to diagonal
- Feet together
- Sit back into Intense Pose
- Draw belly in
- Inhale, arms lift
- Exhale, deepen

LAYER 3

- Move smoothly – bring more energy into your body, from feet to fingertips

BABY BACK BEND

LAYER 1

- Rise up
- **Squeeze the butt**
- Inhale and rise

LAYER 3

- We find the flow in the movement
- Deepen your breath and find your length
- Feel energy in your back

FORWARD FOLD

LAYER 1

- Forward Fold
- **Bend knees, exhale**
- **Belly lifts towards spine**
- Inhale, walk feet forward
- Exhale to Forward Fold
- Relax your neck

LAYER 3

- If you're jumping, bend knees, lift your belly and go
- Land lightly like a cat

PLANK POSE

LAYER 1

- Plank
- Step both feet back
- Knees down
- Inhale, step back
- Core strong

LAYER 3

- Step or jump feet back into Plank with a strong core

CROCODILE POSE

LAYER 1

- Crocodile
- Lower all the way down
- Exhale, lower

LAYER 3

- Control as you lower
- How strong is your core now?

02. SUN SALUTATIONS

BABY COBRA POSE

LAYER 1

- Baby Cobra
- **Squeeze the butt**
- Shoulders back
- Inhale to Cobra Pose or Up Dog

LAYER 3

- Chest comes through, with a big beautiful breath to open your front
- Bring your energy to the top of your head

DOWN DOG

LAYER 1

- Down Dog
- Tuck toes in
- Knees, lift hips
- Exhale, press back

LAYER 3

- Flow through to Down Dog
- Energy from your hips down to your heels

ESSENCE TIPS

We start this track on the diagonal, creating a different view for participants and a different feel for you, the instructor. There are 6 rounds to this invigorating sequence. Plenty of opportunity to set participants up, find the breath, and then have a focus for each round that can deepen the experience.

In the first round of this Sun Salutation track, JoJo's focus was to say the pose name first, and simple safety cues so participants could learn the sequence.

The second round is the opportunity to find the breath that complements each movement and pose, along with alignment cues.

In the third round, you can give the option of jumping to and from Down Dog. Coach a deep knee bend and bracing of the core when jumping. The jump should feel controlled and allow you to land softly – as JoJo says, "Like a cat".

Find a focus for each of the last 3 rounds that will keep participants engaged and encourages them to develop their technique. JoJo chose to focus on the energy of the sequence, and how that can be felt in each pose, through moving with intentional breath. Match your tone of voice and cues to the feel of the music as it begins to quieten in the final round. Connect in the quietness.

03A. STANDING STRENGTH

YOGA MAT

MUSIC Adeline 5:26 mins

TRACK FOCUS

I want my class participants to experience an internal connection to the music, breath and movement through my simple, precise coaching.

0:00 / Instr /

2x8 / Inhale/Exhale – **Down Dog** 16cts

0:14 / V1 / _ Oh, my Adeline

13x8 / A / **Standing Strength Sequence** L (Slow)

Inhale – **3-Legged Dog** L, L leg lifts 8cts

Exhale – **Knee To Nose** L 8cts

Inhale – **3-Legged Dog** L, L leg lifts 8cts

Exhale – **Lunge** L, hands on floor 8cts

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

Exhale – Arms wide to side, palms up 8cts

Inhale – **Extended Warrior 1** L, arms F, palms down 8cts

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

Inhale – Arms wide to side, palms up 8cts

Exhale – **Extended Warrior 1** L, arms F, palms down 8cts

Inhale – **Warrior 3** L, arms F, palms down 8cts

Exhale – **Lunge** L, hands on floor 8cts

↑ Option: Standing Split Pose

Inhale/Exhale - **Down Dog** 8cts

1:43 / V2 / **Oh**, my Adeline

13x8 / A / Repeat **Standing Strength Sequence** R (Slow) 122cts

3:10 / Br / **The** avid triangle

8x8 / A¹ / **Standing Strength Sequence** L (Fast) 64cts

Note: All poses 4cts, except Down Dog 16cts

4:04 / Ref / **Yah**, Yah

8x8 / A¹ / Repeat **Standing Strength Sequence** R (Fast) 64cts

4:58 / Ref / **Yah**, Yah

4x8 / Inhale/Exhale – walk feet F to **Forward Fold** 8cts

Inhale/Exhale – **Intense Pose**, arms F to O/H 16cts

Inhale/Exhale – Step feet wide, **Extended Warrior 2** L 8cts

03A. STANDING STRENGTH

TECHNIQUE & COACHING

DOWN DOG

LAYER 1

- Hold the Down Dog
- Breathe into your belly
- Breathe In

LAYER 3

- Pull back, feel the breath flow through your body

3-LEGGED DOG

LAYER 1

- Front leg lifts straight to ceiling, squeeze glutes
- Opening your hip
- Press down evenly through hands
- Shoulders square
- Breathe in

LAYER 3

- Feel the breath lift up into your big toes
- Front leg lifts
- Rear leg, breathe in

KNEE TO NOSE

LAYER 1

- Bring knee to nose
- Gently tuck in chin
- Breathe out

LAYER 3

- Knee to nose
- Breathe out

LUNGE

LAYER 1

- Back knee bends
- Place foot between hands
- Hands under shoulders
- Exhale, lift chest

LAYER 3

- Exhale, push rear heel away
- Lunge long
- Land softly
- Breathe out, land

WARRIOR 1

LAYER 1

- Heel down
- Breathe in
- Chest and arms lift to ceiling
- Square hips to front
- Pull elbows back, lift chest, breathe out
- Circle hands towards floor
- Even weight through feet

LAYER 3

- Feel the breath lift from feet up to fingertips; breathe out and feel the front body open
- Pull back, breathe out and radiate
- Breathe in and soften
- Warrior 1, circle, pull back, soften
- Breathe in, breathe out

EXTENDED WARRIOR 1

LAYER 1

- Tip forward from hips
- Lift arms to ears
- **Brace abdominals to support lower back**
- Breathe in and tip
- Breathe out to go long

LAYER 3

- Sweep, tip
- Breathe in
- Breathe out

03A. STANDING STRENGTH

YOGA MAT

WARRIOR 3

LAYER 1

- Weight shift forward
- Lift rear leg to horizontal
- Bend standing leg
- Breathe in and lift

LAYER 3

- Feel stability in your standing leg
- Fly
- Breathe in and lift

STANDING SPLIT POSE

LAYER 1

- Advanced option
- Hands under shoulders
- Rear leg lifts
- Breathe out

LAYER 3

- Soar rear leg

FORWARD FOLD

LAYER 1

- Slowly walk feet towards hands

INTENSE POSE

LAYER 1

- Bend knees
- Intense Pose
- Inhale, lift chest and arms
- Exhale, come deeper

LAYER 3

- Breathe out and come down into the power of your legs

ESSENCE TIPS

This track is made up of a beautifully strong sequence of standing poses to match powerful music that creates a flow. This choreography feels incredible when you can tune into your body and feel yourself move with the music. To allow participants to find this moving combination, name the poses first round along with simple alignment cues to help them learn the sequence and get into each pose quickly. The aim is to allow participants to follow your verbal cues, especially when out of sight.

As we move into the second round, introduce the Yoga breath. We are moving slowly so encourage elongated breath to complement the flow and take the experience to another level. This will provide the precise placement of each pose and help participants focus internally.

As we start to move faster, keep your class engaged and connected by using the same concepts as the first two rounds: 1st round, name the pose and simple alignment; 2nd round, add the breath.

Corey found a balance between silence and short Layer 3 cues to enhance the experience. He directed breath into the body parts that are working or opening to help create beautiful, lengthened inhalations and exhalations. There is real beauty in the simplicity!

During the rehearsal week, Corey noticed that participants often chose to try the advanced option, Standing Split Pose. We want everyone to feel successful, so be aware of the people who attend your class. You may want to offer the advanced option after you have taught the release a few times once participants have an

03A. STANDING STRENGTH

idea of where they are going in this strong track.
Always role-model the Lunge so everyone knows
where they can go.

Once you have scripted this track, go back and
take out any unnecessary cues. What can you
show visually or leave to interpretation?

03B. STANDING STRENGTH

YOGA MAT

MUSIC Thunder 3:07 mins

TRACK FOCUS

I want my class participants to enjoy the challenge of the standing poses and the energy of the music.

0:00 / V1 / _ Just a young

4x8 / B / Inhale/Exhale – **Extended Warrior 2 L**
32cts

L elbow on thigh

↑Option: L hand on L ankle

0:22 / **Thunder**

4x8 / C / 2x Triangle Pose, **Extended Warrior 2 Sequence L**

Inhale /Exhale – **Triangle Pose L**, R arm vertical
8cts

Inhale/Exhale – **Extended Warrior 2 L**, R arm
O/H 8cts

0:45 / Instr /

1x8 / Set up **Extended Warrior 2 R** 8cts

0:51 / V2 / _ Kids where

4x8 / B / Repeat **Extended Warrior 2 R** 32cts

1:14 / C / **Thunder**

4x8 / C / 2x Repeat **Triangle Pose, Extended Warrior 2 Sequence R** 32cts

1:37 / Br / (Instr)

5x8 / **Wide Squat With Side Bend L&R**

Inhale – **Wide Squat**, R arm O/H 4cts

Exhale – **Side Bend L**, L elbow on thigh 12cts

Repeat to R 16cts

Note: Side Bend R 8cts

1:59 / C / **Thunder**

5x8 / D / 2½x **Extended Warrior 2, Sun Warrior Sequence L**

Exhale – **Extended Warrior 2 L**, R arm O/H 8cts

Inhale – **Sun Warrior L**, L arm O/H 8cts

2:28 / Rep / **Thunder**

5x8 / D / 2½x Repeat **Extended Warrior 2, Sun Warrior Sequence R** 40cts

03B. STANDING STRENGTH

TECHNIQUE & COACHING

EXTENDED WARRIOR 2

LAYER 1

- Inhale, step wide to Warrior 2
- Turn feet to side wall
- Reach out to Extended Warrior 2
- Roll top shoulder back
- Ensure knee directly over heel
- Weight in both feet
- Lift your arches and inner thighs
- Elbow to knee
- Inhale, bend knee
- Exhale, stretch through side body

LAYER 3

- Tuck your tail bone in so your core is strong to stabilize your posture
- Focus on your feet, lifting your toes; spread them wide and place them lightly on the floor
- Push down with the balls of your toes and heels, so we are grounded, ready to move
- Breathe out and feel the power in your legs like thunder!

TRIANGLE POSE

LAYER 1

- Push hips to side wall
- Straight front leg
- Inhale, brace abdominals
- Exhale, lengthen your spine

LAYER 3

- Breathe in, fold forward from your hips, breathe out and stretch up

WIDE SQUAT WITH SIDE BEND

LAYER 1

- Come into Half Squat position
- Sweep arms over
- Elbow to knee, arm to ear
- Breathe into other side
- Breathe out to Side Bend

LAYER 3

- Stretch the side body by lifting the ribs off the hips
- Pressing deeper into your legs – can you go deeper?

SUN WARRIOR

LAYER 1

- Breathe in
- Reach to rear foot + side bend
- Lift front arm

LAYER 3

- Feel the energy in your upper body like lightning!

ESSENCE TIPS

Here, we have a fun, playful song with choreography designed to strengthen the legs and create a feeling of being light and lifted in the upper body. The contrast from the previous track calls for a change of energy in your teaching. Experiment with the tone, speed and rhythm of your voice and discover your own expressions of joy in this great track.

03B. STANDING STRENGTH

With only a few poses, we have the chance to really educate and help participants explore correct technique and alignment.

In Extended Warrior 2, work from the floor up. Lift toes and spread them wide, stacking your knee directly over ankle. Coach pressing into the outside edge of the rear foot and drawing the rear thigh up. From this strong foundation, we can move between the poses while keeping our lower body strong and grounded. Move back into Triangle Pose by straightening the front leg and shifting hips back, creating a deep hip crease to lengthen the spine. As participants move into Triangle Pose from Extended Warrior the second time, encourage rotation and lengthening of the spine to create long straight lines.

Here is your opportunity to play and have fun with your class! As Corey did, link into the music and lyrics. This is one of the tracks where you are looking straight at your participants. They have chosen to be here with you, to experience your class! Acknowledge this by making eye contact, connecting with a smile and encouraging them for their efforts.

04. BALANCE

MUSIC Selfish 4:11 mins

TRACK FOCUS

I want my participants to experience how the breath can release tightness in our bodies and how the music can help them explore what is possible.

0:00 / Intro /

2x8 / **Intense Pose**, feet together, hands clasped behind back 16cts

0:11 / V1 / **Right**

4x8 / Inhale/Exhale – **Intense Pose With Heel Lift** 28cts

Exhale – Lower heels 4cts

EAGLE TWIST SEQUENCE L

0:31 / V2 / **Lies**

16x8 / A / Inhale/Exhale – **Eagle Twist Pose L**, L leg over R, L arm under R 32cts

⇩Option: Toes on floor

Inhale/Exhale – Fingers F 32cts

Inhale/Exhale – Torso F 32cts

Inhale/Exhale – **Warrior 3 R**, L leg B, foot flexed arms sweep B, palms down 16cts

Inhale/Exhale – **Warrior 3 Dive R** 16cts

1:51 / V3 / **I just hit**

16x8 / A / Repeat **Eagle Twist Sequence R** 128cts

3:11 / Rep / **I'll be selfish**

2x8 / B / Inhale/Exhale – **Dancers Pose L**, R arm O/H 16cts

3:21 / Ooh, ooh

4x8 / B¹ / Inhale/Exhale – **Extended Dancers Pose L**, R arm F 32cts

3:41 / Instr /

2x8 / B / Repeat **Dancers Pose R**, L arm O/H 16cts

3:51 / Outro

4x8 / B¹ / Repeat **Extended Dancers Pose R**, L arm F 32cts

04. BALANCE

TECHNIQUE & COACHING

INTENSE POSE WITH HEEL LIFT

LAYER 1

- Feet together
- Bend knees
- Clasp hands behind back
- Press palms together
- Inhale, lift the chest
- Exhale, pull your arms down
- When ready, lift up onto balls of feet

LAYER 3

- Steady your eyes

EAGLE TWIST POSE

LAYER 1

- Land the heels
- Right leg crosses over left
- Squeeze legs together
- Option: Big toes on the floor
- Right arm under
- Inhale to lift
- Exhale, roll shoulders down
- Inhale, exhale, draw elbows to chest
- Tuck chin in
- Breathe in and out, keep folding
- Sink into hips, bend knees

LAYER 3

- Left leg across, left arm under, inhale lift, exhale and ground
- Can you feel your hips? Can you make them level?
- Inhale, exhale and curve in, rounding the entire upper back; feel the stretch move from your shoulders all the way up to the tip of your spine

- Breathe out and continue to fold, come forward as far as you can

WARRIOR 3

LAYER 1

- Inhale, right leg extends behind
- Arms alongside your body
- Driving the heel away
- Square hips to front and dive

LAYER 3

- Inhale, unfold your wings; exhale and fly

DANCERS POSE, EXTENDED DANCERS POSE

LAYER 1

- Come on up to standing
- Left arm lifts
- Right thumb to big toes
- Draw knees together
- Breathe in tall
- Breathe out and tip forward
- Push foot into rear hand
- Steady your eyes

LAYER 3

- Can you create a steady breath? Make it quiet. Breathe in and find your position; breathe out and dance – lengthen your rear thigh, squaring your hips to the floor and then just be

04. BALANCE

ESSENCE TIPS

This Balance track is a beautiful opportunity to create space in your teaching and encourage internal connection. The music is mellow and melodious and after the powerful beginning to the class, it is the perfect time to invite participants to deepen their awareness of their bodies, breath and experience.

Lucy's objective was to focus on coaching breath during the transitions within poses and to the next pose. In Eagle Pose in particular, there are stages to the fold, creating space to specifically direct breath. Breath is such a powerful tool to help us come deeper into our poses, as well as helping develop great technique as we inhale to lengthen and lift.

Start with the first stage of opening up in between the shoulder blades by bringing the elbows into the ribs and rounding the upper spine. The second stage is about holding the balance of the lower body with the legs squeezing together tightly (foot wrapped around calf or down on floor) and continuing to fold and breathe, taking the pose to the edge. The transition to Warrior 3 is seamless, aiming not to touch the foot down. This Warrior 3 is executed with a heel pressing back and square hips, to create a divine stretch into the hamstring, a strong core and challenge balance.

Find the balance of delivering educational Layer 3 cues, as well as providing

space for the music to come through and participants to explore the poses and feel.

Dancers Pose at the end of the track, paired with the gentle instrumental outro, is a beautiful moment. What can you do to help your participants experience this?

05. HIP OPENERS

YOGA MAT

MUSIC Tenderly 4:43 mins

TRACK FOCUS

I want my class participants to breathe through each transition slowly, staying connected to their breath, which will create a deep sense of relaxation.

0:00 / Intro /

8x8 / A / Inhale/Exhale – **Seated Hip/Butt**

Stretch L 64cts

L foot on R thigh, hands on floor behind, fingers out

0:57 / C / _ Everybody

8x8 / B / **Extended Swan Pose With Quad**

Stretch L

Inhale – Lower knees to R side, hold L foot with L hand 8cts

Exhale – L leg B (facing R side) 8cts

Inhale/Exhale – **Extended Swan Pose, Quad**

Stretch L 48cts

⇓ Option: Extended Swan Pose, arms F

⇑ Option: L elbow hooks L foot, R arm O/H, clasp hands behind head

1:53 / V1 / **Love** is like

4x8 / Inhale/Exhale – **Seated Star Pose**, hands on floor behind 32cts

2:21 / C / _ Everybody

8x8 / B / Repeat **Extended Swan Pose With**

Quad Stretch R (facing L side) 64cts

3:19 / Instr /

8x8 / A / Repeat **Seated Hip/Butt Stretch** R 64cts

R foot on L thigh, hands on floor behind

4:14 / Outro / (Instr)

4x8 / Inhale/Exhale – **Happy Baby Pose** (facing R side) 32cts

Hold insides, outside of feet or back of thighs

05. HIP OPENERS

TECHNIQUE & COACHING

SEATED HIP/BUTT STRETCH

LAYER 1

- Take foot behind your body
- Sit, lift left knee
- Right foot on thigh
- Fingers on floor behind
- Push the floor away
- Inhale, lift chest high
- **Pull toes back into shin**
- Push the knee forward

LAYER 3

- Push the knee forward and feel a deep stretch through your glutes
- Push the floor away and breathe up under the collarbones to feel the length in your spine – toes pull back, knee comes forward
- Breathe and come internal – close your eyes and bring your focus to your breath and let it wash over you

EXTENDED SWAN POSE WITH QUAD STRETCH

LAYER 1

- Come into Swan Pose
- Knee comes down to side
- Pick up ankle as it goes past
- Pull knee around to the back
- Use hand on floor to lift up
- Roll hip bone down onto your heel
- Forearm comes forward, bring weight into it
- ⚡ Option: Drop back onto your butt, or let go of foot at the back
- Advanced option: Mermaid Pose, sit up, tuck foot into elbow, reach high, clasp hands together

LAYER 3

- Wherever you are, take a deep breath in and let a wave of release flow over you
- Foot comes in as much as you can to feel the depth of the Quad Stretch and come out of it, if you need to
- Breathe quietly
- Mermaid Pose, lift, hook, reach – let the breath flow in and out of you – with every out-breath, release that much more

SEATED STAR POSE

LAYER 1

- Slowly unfold
- Soles of feet together
- Hands push the floor away
- Breathe in deeply and lift
- Breathe out and push your knees down

LAYER 3

- Brace your core and use it as a lever to get your knees down even further. Can you feel the difference when you brace your abs?

HAPPY BABY POSE

LAYER 1

- Turn to side
- Roll on down
- Knees wide of your chest
- Hold the soles of your feet
- Inhale, bring tail bone down to floor
- Exhale, slide knees down sides of ribs

LAYER 3

- Stay, relax through your face and your shoulders

05. HIP OPENERS

ESSENCE TIPS

In this track, we have a slow, luxurious Hip track with only a few poses, giving us time to set up effectively, offer options and then enjoy.

Practise the transition from the end of Track 4 where you tuck your right leg under and take a seat on the floor. This sets the left foot over the right knee, making a seamless transition to the Hip/Butt Stretch.

The Seated Hip/Butt Stretch is extraordinary when you take the time to coach the different layers of the setup, to find that deep stretch. Start by placing the hands behind with fingers to the side to open the chest and shoulders. Press into the floor to activate and stabilize the shoulders, then use an inhalation to lift the top ribs, opening through the heart space. Pull the toes back towards the knee, lengthening the calf. Exhale to push the knee forward to really come into the full stretch. Once you have brought your class here, invite them to close their eyes to really explore the feeling in their body. Lowering your eyes provides a stretch to the neck also. The key is in the invitation.

We have a crafted transition moving into Extended Swan Pose with Quad Stretch from the Seated Hip/ Butt Stretch. Coach clear body-part and direction. The key is to pull the ankle far enough back that you can lift and roll the hips over towards the floor. Extended Swan Pose with Quad

Stretch has many levels and we want to offer as many of these as we can. Use the Layer 2 pause to look out and see what your class needs and what options are best suited to the group. We want all people to experience a great stretch, and be challenged within their comfort zone. That can be anywhere between a simple Swan Pose all the way to Mermaid Pose. Every day is different, so provide the options to allow participants to explore their bodies and choose what is right for them.

Tight hip muscles increase the load on the spine, so these stretches are so beneficial for all of us. We know they can also be challenging, so encourage your class to breathe in their poses, and remind them that they are not only giving some love to the hips but their spine as well!

06. CORE ABDOMINALS

MUSIC Most Girls 3:23 mins

TRACK FOCUS

I want my class participants to understand which level is right for them to achieve a great burn in the upper and lower abdominals.

0:00 / Intro /

2x8 / Set up Reverse Curl, Knee Drop Sequence
16cts

Lying supine, facing R side, knees over hips, arms wide, palms up

Pregnancy Option: On elbows

0:09 / V1 / _ some girls

4x8 / A / 2x **Reverse Curl, Knee Drop Sequence**
L&R

Exhale – Reverse Curl 4cts

Inhale – **Knee Drop** L (front) 2cts

Knees return over hips 2cts

Repeat to R 8cts

Pregnancy Option: Toe Tap, Knee Drop

0:28 / PC / **Days** you feel

4x8 / A¹ / 2x **Reverse Curl, Knee Drop With Single Leg Extension** L&R

Exhale – Reverse Curl 4cts

Inhale – **Knee Drop** L, **Single Leg Extension** R (front) 2cts

Knees return over hips 2cts

Repeat to R 8cts

⇓ Option: Reverse Curl with Knee Drop

0:46 / C / _ Most girls

4x8 / B / 2x **C-Crunch, Bicycle Twist Sequence**
L&R (Slow)

Exhale – Curl up, fingertips to temples 2cts

Lower down 2cts

Inhale – Bicycle Twist L (front) 2cts

Knees return over hips 2cts

Repeat to R 8cts

⇓ Option: Toe Tap for Bicycle Twist

Pregnancy Option: Toe Tap, Single Leg Extension

1:05 / _ Most girls

4x8 / B¹ / 4x **C-Crunch, Bicycle Twist Sequence**
L&R (Fast)

Exhale – Curl up, lower down 2cts

Inhale – Bicycle Twist L (front) 2cts

Repeat to R 4cts

1:24 / V2 / _ Some girls

8x8 / 4x **C-Crunch Reach To Feet Sequence**

Exhale – Curl up, fingertips to temples 4cts

Inhale – **Reach To Feet**, legs and arms vertical
4cts

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

Inhale – Toe tap down, fingertips to temples 4cts

2:01 / C / _ Most girls

4x8 / B / 2x Repeat **C-Crunch, Bicycle Twist Sequence** L&R (Slow) 16cts

2:20 / _ Most girls

4x8 / B¹ / 4x Repeat **C-Crunch, Bicycle Twist Sequence** L&R (Fast) 8cts

⇓ Option: Toe Tap for Bicycle Twist

2:38 / Rep / _ Most girls

4x8 / C / 2x **Knee Drop** L&R

Exhale – Knee Drop L 4cts

Inhale – Knees return over hips 4cts

Repeat to R 8cts

2:57 / C / _ Most girls

5x8 / C¹ / 3x **Knee Drop With Double Extension**
L&R 16cts

⇓ Option: Single Leg Extension

05. POWER TRAINING 2

TECHNIQUE & COACHING

REVERSE CURL, KNEE DROP SEQUENCE

LAYER 1

- Stack knees over hips
- Press them together
- Arms wide, shoulders press into floor
- Combo
- Reverse Curl, drop knees to the front
- Reverse Curl, drop them to the back
- **Breathe out through your mouth**
- **Breathe in through your nose**
- **Keep pressing shoulder blades into floor (Reverse Curl Knee Drop With Single Leg Extension)**
- Let's advance it
- Reverse Curl, extend top leg away
- Lift the tail bone, then extend leg out

LAYER 3

- Lifting your tail bone works your lower abs

C-CRUNCH, BICYCLE TWIST SEQUENCE (SLOW)

LAYER 1

- Different combo
- Fingertips to temples
- C-Crunch
- Crunch in, Bicycle Twist to front
- C-Crunch, Bicycle Twist to the back
- Breathe in through the nose
- Breathe out through the mouth

LAYER 3

- Keep the breath flowing – this is working our six-packs and our obliques

C-CRUNCH, REACH TO FEET SEQUENCE (FAST)

LAYER 1

- Let's find some rhythm
- Crunch, twist, crunch, twist

LAYER 3

- Ready to speed it up?

C-CRUNCH, BICYCLE TWIST SEQUENCE (FAST)

LAYER 1

- New move
- C-Crunch up
- Lift fingertips to toes
- Extend away
- Reset
- C-Crunch in, lift the tail bone
- Reach high
- Extend out
- **Lower back towards the floor**
- ⇅ Option: Keep knees bent

LAYER 3

- Lift, reach, extend, reset

KNEE DROP

LAYER 1

- Glue the knees together
- Arms wide
- Roll to the front
- Up to the center
- Roll to the back and center
- **Shoulder blades press into the floor**

06. CORE ABDOMINALS

YOGA MAT

KNEE DROP WITH SINGLE/DOUBLE LEG EXTENSION

LAYER 1

- Let's work a little harder
- One or both legs extend
- Return to center
- Extend to the back
- Keep knees bent if you need to

ESSENCE TIPS

A Core track with speed! This upbeat song and challenging choreography will have your class working hard, moving fast and having fun. Diana used simple, well-timed Layer 1 cues to get participants comfortable with the sequence quickly.

Once you have the class moving, layer in your 3B coaching of Belly, Back and Breath as well as providing options to give participants control of their bodies, and a deeper understanding of the movements. Breath is just as important in Core tracks: when we hold our breath, we can't train our core effectively.

In any of the Knee Drop options, it is vital to keep shoulder blades anchored to the floor to control the movement through the waist muscles. If they are coming off the floor, it's best to stay with a lower option. We want everyone to have a safe, effective workout so look out and see what your class needs. It's a real skill to choose the best option for your own body confidently. Acknowledge participants for tuning in and making that choice.

As we move faster in the C-Crunch, Bicycle Twist Sequence, keep the upper body off the floor maintaining the squeeze (ribs to hips) in the abs. When we move fast, we teach the core muscles to fire fast and they love that stimulus. It makes them stronger in a completely different way.

Script and practise this track to make sure your timing of cues and technique are accurate. Enjoy the challenge!

07A. CORE – BACK

YOGA MAT

MUSIC Mess Is Mine 3:39 mins

TRACK FOCUS

I want my class participants to feel the strength and mobility in their back as they breathe their way through the Yoga/Pilates flow.

0:00 / Intro /

4x7 / Set up Iguana Pose, lying prone, legs together,
arms wide, elbows bent, fingertips on floor **28cts**
Pregnancy Option: Horse Stance

0:15 / V1 / **Talking** like

8x7 / A / 4x **Iguana Pose Lift**

Inhale – Lift chest **7cts**

Exhale – Lower down **7cts**

Pregnancy Option: Kneeling Pointer L&R

0:47 / C / **Hold** on

3x8 / B / Inhale/Exhale – **Upper Locust Pose**,
arms wide, palms down **24cts**

Pregnancy Option: Plank Pose on knees

1:00 / C / **Hold** on

2½x8 / C / Inhale/Exhale – **Upper Locust Pose**,
thumbs up **20cts**

Pregnancy Option: Plank Pose on toes

1:11 / Instr /

4x7 / C / **Up Dog, Striking Cobra Sequence**

Inhale – **Up Dog** **7cts**

⇓ Option: **Baby Cobra Pose**

Pregnancy Option: **Cow Pose**

Exhale – **Child's Pose** **7cts**

Inhale – **Striking Cobra** **7cts**

Pregnancy Option: **Cat Pose**

Exhale – **Iguana Pose Lift** **7cts**

Pregnancy Option: **Horse Stance**

1:27 / V2 / **See** you in

8x7 / A / 4x Repeat **Iguana Pose Lift** **14cts**

1:58 / C / **Hold** on

3x8 / B / Repeat **Upper Locust Pose**, arms wide,
palms down **24cts**

2:11 / C / **Hold** on

2½x8 / B¹ / Repeat **Upper Locust Pose**, thumbs
up **20cts**

2:22 / Instr /

4x7 / C / Repeat **Up Dog, Striking Cobra
Sequence** **28cts**

2:38 / Br / **Bring** me

6½x8 / C¹ / **Up Dog, Striking Cobra Sequence**

(Note: Timing change)

Inhale – **Up Dog** **8cts**

Exhale – **Child's Pose** **8cts**

Inhale – **Striking Cobra** **8cts**

Exhale – Lower down **8cts**

Inhale – **Up Dog** **8cts**

Exhale – **Child's Pose** **8cts**

Inhale – **Striking Cobra** **4cts**

3:07 / Br / **Ooh**

2x7 / Inhale / Hold – **Striking Cobra** **7cts**

Exhale – Lower down **7cts**

3:14 / Rep

6x7 / C / 1½x Repeat **Up Dog, Striking Cobra
Sequence** **28cts**

(Note: Each pose **7cts**)

⇓ Option: Stay in Child's Pose **35cts**

Finish in Child's Pose

07A. CORE – BACK

TECHNIQUE & COACHING

IGUANA POSE LIFT

LAYER 1

- Roll over, angle yourself in towards center
- Feet together
- **Squeeze butt**
- Fingertips outside shoulder-width
- Lift chest away from floor
- Lower down
- Breathe in through your nose
- Breathe out through your mouth

LAYER 3

- Feel your back muscles lift you so fingertips are light on the floor. Think of your hands as trainer wheels, just there to support you if you need them. Have a look at your fingers as you come up – if they're going white, you're pushing down too hard – keep them light and feel your strong back muscles hang on

UPPER LOCUST POSE

LAYER 1

- **Squeeze butt tightly**
- Shoot arms out wide
- Palms face down
- Stretch through your fingertips
- Tuck chin in, neck is long
- Lift chest higher
- Inhale, turn thumbs towards ceiling
- Exhale, lift chest even higher

LAYER 3

- Lift your chest higher and hold on! Turn thumbs up and feel your shoulder blades drop down your back to extend high

UP DOG, STRIKING COBRA SEQUENCE

LAYER 1

- Thumbs to base of ribcage
- Lift chest high
- Sit back to Childs Pose, butt to heels
- Striking Cobra, pull chest through between hands
- **Squeeze your butt**
- Lengthen, then lower down

LAYER 3

- Breathe in, lift your heart; breathe out, push back and stretch through your fingers. Breathe in and Striking Cobra; breathe out, lengthen
- Breathe in and open your heart; breathe out to an active Childs Pose. Breathe in, Striking Cobra, squeeze shoulders; breathe out and lengthen. You can pull your hips further forward when your thumbs are placed by your ribs. With your hips further forward it gives you more spinal extension – if you've had enough extension, stay in Childs Pose

ESSENCE TIPS

Iguana Pose provides incredible work for the back muscles, with the fingertips lightly pressing on the floor for stability. Come back to your 3B coaching and acknowledge how these focuses will look and feel different moving from lying on our backs in the Core track, to Iguana Pose on our stomach.

Revisiting Yoga halfway through our Pilates-based tracks creates a beautiful contrast between strengthening and opening our bodies. Notice in the Up Dog, hands start further down towards the ribs to bring more extension to the spine and stretch through the front of the hips. The Childs Pose within the flow is active with arms straight and elbows off the floor in preparation

07A. CORE – BACK

for Striking Cobra.

Help participants feel the control and strength in their movements and then the fluidity of the flow by providing plenty of breath cues. We are nearing the end of the workout and the breath will help each person sustain their poses and movements as our bodies are working hard. Once your participants have established the rhythm and timing of the Striking Cobra Sequence, take time to pause, allowing your coaching to land and the music to come through. Trust your class to join you as you enjoy the beautiful breath with movement within this great piece of music.

Lastly, as Corey did in the Masterclass, give the choice to your participants to take a rest in Childs Pose when they have had enough!

07B. CORE – BACK

YOGA MAT

MUSIC Fresh Eyes 3:18 mins

TRACK FOCUS

I want my class participants to feel the strength in the Hover, length in the Camel and Bow poses, and feel a sense of playfulness with the music.

0:00 / V1 / **Fresh** eyes

2x8 / A / Set up Hover, facing L side **16cts**

⇓ Option: On knees

0:08 / First time

6x8 / B / 6x **Hover With Alt Knee Drop** R&L (Slow)

Inhale – **Knee Drop** R **2cts**

Exhale – **Hover** **2cts**

Repeat on L **4cts**

⇓ Option: Alt Knee Lift

0:32 / C / **So** suddenly

4x8 / C / Inhale/Exhale – **Camel Pose**, hands on hips **32cts**

0:47 / **So** suddenly

4x8 / C¹ / Inhale/Exhale – **Half Camel Pose** L, L arm O/H **32cts**

↑ Option: R hand on heel

1:03 / V2 / Appreciation

2x8 / A / Repeat set up Hover **16cts**

1:11 / **Nature**

2x8 / B / 2x Repeat **Hover With Alternate Knee Drop** R&L (Slow) **8cts**

1:19 / _ Maybe

4x8 / B¹ / 8x **Hover With Alternate Knee Drop** R&L (Fast) **4cts**

1:35 / C / **So** suddenly

4x8 / C / Repeat **Camel Pose** **32cts**

1:50 / **So** suddenly

4x8 / C¹ / Repeat **Half Camel Pose** R, R arm O/H **32cts**

2:06 / Instr /

2x8 / Lie prone **16cts**

Pregnancy Option: Horse Stance

2:14 / Br / **Bottle** this up

4x8 / D / Inhale/Exhale – **Half Bow Pose** R **32cts**

Pregnancy Option: Bent Leg Raise R&L **32cts**

2:30 / C / **So** suddenly

4x8 / D / Repeat **Half Bow Pose** L **32cts**

2:45 / **So** suddenly

4x8 / D¹ / Inhale/Exhale – **Bow Pose** **32cts**

⇓ Option: **Half Bow Pose** **16cts** each side

3:01 / Outro (Instr)

4x8 / Inhale/Exhale – **Child's Pose** **32cts**

07. MUAY THAI

TECHNIQUE & COACHING

HOVER WITH ALTERNATE KNEE DROP

LAYER 1

- Hover position
- Elbows under shoulders
- On knees or toes
- Drop one knee down, then the other
- Breathe in through your nose
- Breathe out through your mouth
- Brace your core
- Keep long, straight back
- Option, on knees, lift one knee

LAYER 3

- Let's run to the music, a little faster! Push the floor away to create a strong posture

CAMEL POSE

LAYER 1

- Come to knees
- Feet together
- **Squeeze your butt**
- Shoulders back, hands on hips
- Breathe into your heart space

LAYER 3

- Tuck your tail bone in and lift your lower ribs away from your hips to bend more

HALF CAMEL POSE

LAYER 1

- Inhale, one arm up
- Exhale, stay here or reach hand to rear heel
- **Squeeze your butt harder**
- Push hips forward

LAYER 3

- What do you feel like today? Staying with arm up or touching your heel as well? This pose helps to strengthen your back muscles and stretch your entire front body

HALF BOW POSE

LAYER 1

- Sit back, lie on your belly
- One hand holds your ankle
- Flex your foot
- Lift your heel and thigh away from floor
- Shoulder back
- Push hand into floor, let chest open
- Chin tucked in
- **Squeeze your butt**

LAYER 3

- Your in-breath lifts you up, your out-breath lets your shoulders soften – feel the glutes, lower and upper back working

BOW POSE

LAYER 1

- Hold both feet
- Bring knees closer together
- Lift and breathe
- **Squeeze your butt** even more

LAYER 3

- Making the pose stronger into your back, creating a bow with your body

CHILDS POSE

LAYER 1

- Release
- Push back to Childs Pose

LAYER 3

- Deepen your breath into your back and then relax

ESSENCE TIPS

Our second Back track has cool music that you just want to sing along to! JoJo's coaching complemented the choreography and song as she brought a fun and playful attitude to the track.

Set up the Layer 1 options for Hover early on so participants can find what feels best for them, and then get into the leg movements that go along with the beat. Moving this way almost makes you forget about the challenge and strength work as the music is so enjoyable and catchy! Coach your class to brace the core and keep a long, straight back with eyes to the floor and hips square and still.

There are so many fantastic benefits to practicing Camel Pose. It stretches the entire front body, stretches and strengthens the shoulders and back, improves posture and aids digestion, to name a few! Bring your participants into the full expression of the pose by utilizing the breath. Inhale and lift the chest; exhale and slide shoulder blades down the spine.

The track finishes with Bow Poses that extend the spine, bringing back its beautiful curve. Remember, with all spinal extension poses we squeeze the butt, which initiates the tail bone to drop down towards the heels, creating a safe position from which to extend the spine.

08. TWISTS

YOGA MAT

MUSIC Nights With You 3:01mins

TRACK FOCUS

I want my class participants to understand how to anchor the foundation of all the Twist poses to create a straight spine to move from.

0:00 / Intro /

4x8 / **Childs Pose** 24cts

Set up Seated Twist Pose R, R foot over L knee, L hand to R thigh 8cts

⇅ Option: R foot to L shin

Pregnancy Option: Open Seated Twist Pose

0:16 / V1 / _ Girl, You're

8x8 / A / Inhale/Exhale – **Seated Twist Pose R** 64cts

0:48 / C / I just wanna

12x8 / B / **Kneeling Lunge Twist With Rotation R**

Inhale – Hands on floor, inside R foot 8cts

Exhale – L leg extends B to **Kneeling Lunge R** (facing L side) 8cts

Inhale – R arm vertical 8cts

Exhale – Wrap R arm behind back 8cts

Inhale/Exhale – **Kneeling Lunge Twist R** 32cts

Inhale – Turn R toes to face front 8cts

Exhale/Inhale – **Kneeling Lunge Twist With Rotation R** 24cts

⇅ Option: Kneeling Lunge Twist

Pregnancy Option: Open Kneeling Lunge Twist

1:36 / V2 / _ Lose the

8x8 / A / Repeat **Seated Twist Pose L** 64cts

2:08 / C / _ I just wanna

12x8 / B / Repeat **Kneeling Lunge Twist With Rotation L** 96cts

08. TWISTS

TECHNIQUE & COACHING

SEATED TWIST POSE

LAYER 1

- Slide your rear leg forward
- Take a seat
- Left leg over right knee or just in front
- Sit bones and big toe down
- Breathe in and lift
- Exhale and revolve
- Take your eyes over your rear shoulder

LAYER 3

- With every out-breath see if you can twist a little deeper – Inhale lift; exhale, twist
- With every in-breath draw up through the crown of your head to create space so we can twist through the entire length of the spine

KNEELING LUNGE TWIST WITH ROTATION

LAYER 1

- Turn to face front
- Hands come alongside your foot
- Pick up your hips
- Weight in your hands
- Slide rear leg away
- Inhale, lift front arm
- Breathe out and wrap
- Roll top shoulder back
- Drop deep into your hips
- Stay here or try this
- Turn toes to the front
- Roll hips back and down
- Bottom hip closer to the floor
- Lengthen and stretch the IT band

LAYER 3

- Open your chest, make it feel good; inhale, actively push into the hand to stabilize your shoulders – breathe out and relax into it

ESSENCE TIPS

This release has specifically choreographed transitions to get us from one track to the next. We start in Childs Pose after the Back track, and then can smoothly coach to bring the rear knee forward to set up the Seated Twist, giving us more time to set up and enjoy the pose.

Use Layer 1 cues to ground the three anchor points, both sit bones and the big toe. This will give us a solid foundation to twist from. Encourage drawing up through the crown of the head as you inhale to create space in the spine and deepen the twist. Seated Twists allow us to stretch most of the muscles in the torso, just what we need after challenging Back tracks!

Transition to the Kneeling Lunge Twist with clear, specific cues. We want to get there as quickly as possible to achieve the most out of the twist in the spine and opening of the chest – so use only the words you need and visually say and do.

The new development in this pose is the IT Band Stretch. Layer 1 cues coach the turning of the foot, and rolling back of the hips as you breathe in. We want the bottom hip to be close to the floor as you breathe out to really feel that amazing, beneficial stretch.

To set the foundation of the pose: Coach to pressing into the grounded hand so participants don't collapse down into their shoulders. Feedback through filming week was that this stretch is like taking a huge sigh!

Practise this pose before teaching to have a great understanding of the feel you're aiming to introduce to your class.

09A. FORWARD BENDS – HAMSTRINGS

YOGA MAT

MUSIC Quit 4:10 mins

TRACK FOCUS

I want my participants to enjoy the deep stretches and sense of relaxation that comes from surrendering into the pose.

0:00 / Intro /

2x8 / A / **Forward Fold**, facing R side, feet hip-width apart, elbows on thighs **16cts**

0:14 / V1 / _ And you say

6x8 / A¹ / Inhale/Exhale – **Forward Fold**, hands clasped behind back **48cts**

⇕ Option: Hands on floor

Pregnancy Option: Elbows on thighs

0:57 / C / I can't quit

4x8 / Inhale/Exhale – **Flat Back Extend**, hands on shins **32cts**

1:25 / Instr /

4x8 / A² / Repeat **Forward Fold**, hands on floor **32cts**

1:54 / V2 / _ When you said

4x8 / B / **Wide-Legged Forward Fold Twist L**

Inhale – Step L foot B, pivot to face front in

Wide-Legged Forward Fold **4cts**

Exhale – L hand on back, R hand on floor **12cts**

Inhale/Exhale – L arm vertical **16cts**

2:22 / C / I can't quit

4x8 / B / Repeat **Wide-Legged Forward Fold Twist**

R **32cts**

2:51 / Instr /

4x8 / 4x **Wide-Legged Tai Chi Body Roll**

Inhale – Wide Squat, arms up mid-line of body to O/H, palms together, fingers open **4cts**

Exhale – Wide-Legged Forward Fold, arms wide and down **4cts**

3:19 / QC / _ I can't quit

7x8 / D / Inhale/Exhale – **Wide-Legged Forward Fold 4cts**

Pregnancy Option: Elbows on thighs

09A. FORWARD BENDS – HAMSTRINGS

TECHNIQUE & COACHING

FORWARD FOLD

LAYER 1

- Hands on floor
- Feet hip-distance apart
- Rest forearms on thighs
- Inhale, lay chest down on thighs
- Take eye gaze behind you
- Clasp hands together at the lower back
- Inhale, lift hands high
- Exhale, relax shoulders
- **Lift belly** high into your spine

LAYER 3

- Lifting your belly supports your lower back giving you a deep stretch. Find a quiet breath. Let your head go, release it until you feel the release in your neck – relax your shoulders, maybe add a little shake through your head too

FLAT BACK EXTEND

LAYER 1

- Unclasp your hands
- Hands to shins
- Lift your chest
- Straighten your arms
- **Brace your core**
- Pull your shoulders together
- Tuck chin in and lengthen neck

LAYER 3

- Pull your lats down and see how long you can get your body – it feels so good

WIDE-LEGGED FORWARD FOLD TWIST

LAYER 1

- Step feet really wide
- Plant one hand in front
- Other hand to the lower back
- Inhale, lift chest
- Turn the shoulders from strong steady legs
- Reach top arm high away
- Press evenly into feet

LAYER 3

- Pressing down through strong legs and feet, feel that beautiful twist of the thoracic spine
- Feel how your lower back is steady as you breathe and turn your chest and shoulders – power your legs, power your spine

WIDE-LEGGED TAI CHI BODY ROLL

LAYER 1

- Change of pace
- Bend knees deeply and rise
- Exhale fully, fingertips to floor
- Inhale, roll up through your spine

WIDE-LEGGED FORWARD FOLD

LAYER 1

- Stay down
- Hands down
- Push your heels out to side walls
- **Lift your belly high**
- Drop crown of head down
- Reach top arm high away, tight core

09A. FORWARD BENDS – HAMSTRINGS

LAYER 3

- When you're ready, walk your hands further back, in line with your feet
- Draw your belly in deeply and use that to add to your pelvic tilt to truly experience that deep stretch down the backs of your legs

ESSENCE TIPS

Jackie and Diana's focus in this track was to coach technique that would allow participants to feel supported and grounded enough to be comfortable taking the stretches to the next level.

Always coach bent knees and belly lift to support the back when we fold and when we roll up to standing. The addition of the shoulder stretch will be challenging to some. Acknowledge the effort where you can, and coach plenty of breath cues to help participants find some release and comfort. Set up the Wide-Legged Forward Fold Twist by stabilizing the hips and pelvis and placing one hand onto the lower back. Coach a knee bend to protect the hamstrings, enabling the twist to come through the thoracic spine and a deep stretch into the hamstrings. Sublime!

We know that many BODYBALANCE instructors love the feel of returning to Tai Chi movements at the end of class, so here we have it! And it feels incredible. Our bodies remember exactly what to do and where to go. You can really feel the difference in your body and the way it moves after a class of strengthening, stretching, breathing and connecting. What could you say to help participants feel this contrast?

As Diana says, you're not going to regret it!

09B. FORWARD BENDS – HAMSTRINGS

YOGA MAT

MUSIC If Only 3:24 mins

TRACK FOCUS

I want my class participants to enjoy the opening that comes into the body and the joy in the heart from the music.

0:00 / Instr /

2x8 / Set up Seated Wide-Legged Side Bend, facing front, extend L leg to side, R foot to inner thigh, R arm O/H **16cts**

0:14 / V1 / _ I mean it

4x8 / A / Inhale/Exhale – **Seated Wide-Legged Side Bend L** **32cts**

L hand on L leg or inside of leg on floor

0:42 / C / **Only**

4x8 / B / Inhale/Exhale – **Spiral Hip Lift R** **32cts**

R hand on floor, L arm O/H

1:10 / Br / (Instr)

4x8 / Repeat Set up Seated Wide-Legged Side Bend R **32cts**

1:24 / V2 / _ Oh, it's

4x8 / A / Repeat Seated Wide-Legged Side Bend R **32cts**

1:53 / C / **Only**

4x8 / B / Repeat **Spiral Hip Lift L** **32cts**

2:21 / C / **Only**

4x8 / QC / Inhale – Lie supine, facing R side **8cts**
Inhale/Exhale – **Extended Butterfly Pose** **24cts**

2:49 / Rep / **Only**

5x8 / Inhale/Exhale – **Happy Baby Pose** **40cts**

Hold insides or outside of feet

⇩ Option: Hold back of thighs

⇧ Option: Rock Happy Baby Pose with alternate Leg Extension

09B. FORWARD BENDS – HAMSTRINGS

TECHNIQUE & COACHING

SEATED WIDE-LEGGED SIDE BEND

LAYER 1

- Bend knees, come down to floor
- One leg out straight
- Tuck the other foot into your inner thigh
- Sit bones even on the floor
- Inhale, lift arm
- Breathe out and come into a Side Bend
- Top shoulder rolls back

LAYER 3

- Rolling top shoulder back brings the stretch into the side body. Inhale, lifting your ribs off your hips; breathe out and come a little further and feel the stretch come into your hamstrings. If it feels good, close your eyes and feel the breath into your side body open you – relax your hands and face to deepen the stretch

SPIRAL HIP LIFT

LAYER 1

- Hand by your hip
- Inhale, stretch the arm to back wall
- Exhale, **squeeze your butt**
- Push hips forward
- Inhale, lift your bottom ribs towards the ceiling
- Exhale, press hips forward

LAYER 3

- Anchor the hand and breathe in all the way down the arm to the back wall; breathe out, push away your big toe to feel the stretch open your front hips. Can you lift your heart to the ceiling for more extension? Feel the front body open, the back body strengthen

EXTENDED BUTTERFLY POSE

LAYER 1

- Come down to the floor
- Turn to side
- Hold the back of your thighs
- Roll down
- Knees drop wide
- Clasp elbows over head

LAYER 3

- Breathe and relax; feel the wonderful stretch through your inner thighs and shoulders

HAPPY BABY POSE

LAYER 1

- Grab the outside edges of your feet
- Pull your knees towards the floor
- Press tail bone down
- Relax into your breath

LAYER 3

- Let's experiment – what does your body feel like doing right now? Maybe you want to rock a little? Maybe straighten one leg? Just do whatever feels good to you

ESSENCE TIPS

This is another Hamstring track to nourish our bodies and prepare us for relaxation. We move from a held Side Bend into the energizing Spiral Twist which feels incredible and an amazing way to finish off this release.

Use the opportunities where we are in a held pose to create space for the music to come

09B. FORWARD BENDS – HAMSTRINGS

through. It's a soulful, melodic song which adds so much to the experience. What cues can you minimize to allow this to come through? This is another way to support your participants in becoming immersed in their own experience.

Happy Baby Pose is a wonderful pose for grounding yourself at the end of a practice. It lengthens and helps to realign the spine and it calms the mind and relieves stress. Invite your class to play in their pose. What feels good for their body here? Rolling, straightening a leg, or staying stationary. It's a lovely way to finish the release and move into relaxation as we come full circle and back to the idea of New Yoga: moving for your body, as it is today.

10. RELAXATION/MEDITATION

MUSIC Relaxing Nature Sounds / Spirit Of Grace 5:03 / 3:44 mins

TRACK FOCUS

I want my class participants to experience a deep relaxation with lightness in the mind and heart.

Let's get comfortable. Place your feet on the floor, spread your arms out wide so you have lots of space around you, palms facing up. If it feels good, straighten your legs out and let your feet and thighs roll outward – completely let go and relax. If it feels good, close your eyes and sink into the floor. Scan down your body to help it relax – relax the muscles around your eyes, your eyelids. Relax your mouth, relax your tongue on the roof of your mouth or wherever it wants to go. Relax the muscles along the length of your jaw towards your chin and relax your shoulders away from your ears. Relax your arms, the palms of your hands. Relax your thumbs and all your fingers. Relax your waist muscles, your thighs. Relax your feet and all your toes. Feel the back of your heels sinking into the floor, calves relaxing on the floor, buttocks relax, your tail bone softly pressing into the floor. Shoulder blades sink into the floor; elbows, knuckles and your head sink into the floor. Become aware of the rise and fall of your breath. Stay with the rise and fall of your breath. See if you can feel where that is in your body. If you can't feel it, lightly place your hand on your belly and stay with the rise and fall of your breath. You might find your mind wants to wander, listening to the music and thinking about your day. Try and bring it back to the rise and fall of your breath and stay with that for a few moments. Each time your mind wanders, bring it back to your breathing.

We're going into a smiling meditation. In your mind's eye, your smile spreads into the entire room – it's vast. It's vast, it's bright, it's expressive, reaching every corner of the room. Sense the warmth that brings into your mind, the

brightness and how it opens your mind. Start to see your eyes smiling, the outside edges of your eyes lifting up a little. With your eyes smiling, your mouth smiling and your mind smiling, create an image of a smile in your heart, filling your heart space – filling it with warmth, energy and calmness. Start to grow your smile so big it fills your entire body like a cellular experience – every cell in your body is smiling. Out to your fingertips and toes, tip of your nose to the crown of your head; stay with its warmth and positive energy filling your body. Its calmness and its love. Start to bring a little bit of movement to your hands and feet, feel your face and when you're ready, holding onto your smile, slowly roll onto your side into recovery position. Keep the image of a smile in your mind and your heart, keep the warmth and the positive energy and give yourself a slow push up to a seated position. Sitting tall, feeling the length in your spine with a smile on your face.

01. BONUS – YOGA WARMUP

YOGA MAT

MUSIC Bad Liar 3:34 mins

TRACK FOCUS

I want my participants to feel how the breath can create an internal focus and helps warm the body.

0:00 / Intro /

2x8 / **Mountain Pose**, feet together or hip-width apart, hands to heart center 16cts

0:08 / V1 / **Walking**

12x8 / 3x **Extended Mountain Pose, Upper Back Stretch**

Inhale – Extended Mountain Pose, hands up mid-line of body to O/H 8cts

Exhale – Arms wide and down, clasped behind back 8cts

Inhale – Arms wide to F, back of hands together, chin tucked in 8cts

Exhale – Mountain Pose, hands to heart center 8cts

0:55 / C / **Trying**

8x8 / 4x **Extended Mountain Pose, Forward Fold**

Inhale – Extended Mountain Pose, hands up mid-line of body to O/H 8cts

Exhale – Forward Fold, arms wide and down 8cts

1:27 / **Feelings**

1x8 / Set up **Horse Stance** 8cts

1:31 / V2 / _ I see

8x8 / 2x **Cow, Cat Pose Sequence**

Inhale – Cow Pose 8cts

Exhale – Cat Pose 8cts

Inhale – Horse Stance, look over R shoulder 8cts

Exhale – Look over L shoulder 8cts

2:03 / C / **Trying**

8x8 / 4x **Childs Pose, Striking Cobra**

Inhale – Childs Pose 8cts

Exhale – Striking Cobra 8cts

Pregnancy Option: Cow Pose

2:35 / **Feelings**

1½x8 / Set up **Down Dog** 12cts

2:41 / Br / **Make**

4x8 / **Walking Down Dog** L&R 32cts

Inhale/Exhale – Alt Knee Bend with heel lift and shoulder release

2:56 / C / **Trying**

8x8 / 4x **Down Dog**, knees bend and straighten

Inhale – Bend knees 8cts

Exhale – Straighten legs 8cts

3:28 / Outro / **Feelings**

1x8 / Inhale – Walk feet F to **Forward Fold** 8cts

Exhale - **Intense Pose** (No music)

01. BONUS – YOGA WARMUP

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE, UPPER BACK STRETCH

LAYER 1

- Feet together, or under hips
- Hands to heart center
- Inhale, lift arms
- Exhale, clasp hands behind, lift chest
- Inhale, hands forward, tuck chin in
- Exhale, hands to heart center

LAYER 3

- Breathe in deeply, breathe out slowly, hands pull down. Hands forward and feel the curl in your spine. Mobilizing our spines and connecting with our breath

EXTENDED MOUNTAIN POSE, FORWARD FOLD

LAYER 1

- Let's mobilize more
- Inhale, Extended Mountain Pose
- **Bend knees, fold forward**
- **Belly button to spine**
- Rise arms up through the center
- Exhale and fold

LAYER 3

- Mobilizing more, we rise and fold

COW, CAT POSE SEQUENCE

LAYER 1

- Come down onto all fours
- Chest comes through your arms
- Curl your spine
- Tuck chin and tail bone in
- Straighten your spine
- Look over your shoulder
- Other side

LAYER 3

- Warming the spine in a different way. Breathe in, feel the arch; breathe out and feel the curl – straighten out, look over your tail

CHILDS POSE, STRIKING COBRA

LAYER 1

- Hips back to Childs Pose
- Strike chest through hands
- Squeeze glutes as you press

LAYER 3

- Warming the body, breathe in and press back; breathe out and strike

WALKING DOWN DOG

LAYER 1

- Lift back to Down Dog
- Tread through your heels
- Option to move your shoulder

LAYER 3

- Feel the length in your body

01. BONUS – YOGA WARMUP

DOWN DOG, KNEES BEND AND STRAIGHTEN

LAYER 1

- Bend both knees
- Lift hips high
- Straighten legs out
- Press through your hands

LAYER 3

- Each time, try and grow that extra inch in your Down Dog
-

INTENSE POSE

LAYER 1

- Walk feet into hands, Forward Fold
- Bend knees
- Roll up
- Sit hips back

ESSENCE TIPS

We heard you and in this release have given you a warmup with a yoga feel to switch in and out when you see fit.

Try it in your classes - it takes away any complexity yet still gives the warming mobilizing and breath our bodies need to be focussed and ready for class!

We are super keen on your feedback - teach it a few times and let us know what you think!

MUSIC

- 01 **Line Of Sight** (4:02)
ODESZA
© 2017 Pod / Inertia.
Written by: Andrew, Bostock, Froggatt, Nicholls, Bell, Knight, Mills
- 02 **Feel It (ft Tunji Ige) (Boxinbox & Lionsize Remix)** (3:29)
GTA & What So Not feat. Tunji Ige
2017 Warner Bros. Records Inc.
Written by: Tunji , Palmer, Higgs
- 03A **Adeline** (5:26)
alt-J
© 2017 alt-J under exclusive licence to Infectious Music Ltd., a BMG Company.
Written by: Unger-Hamilton, Zimmer, Newman, Green
- 03B **Thunder** (3:07)
Imagine Dragons
Courtesy of the Universal Music Group.
Written by: Grant, Reynolds, Sermon, McKee, Platzman, Dezuzio
- 04 **Selfish** (4:11)
Future feat. Rihanna
© 2017 Epic Records, a division of Sony Music Entertainment with A1 / Freebandz. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Wilburn, Fisher, Mantra, Walker, Fenty
- 05 **Tenderly** (4:43)
Thomas Oliver
© 2017 Thomas Oliver.
Written by: Drabble
- 06 **Most Girls** (3:23)
Hailee Steinfeld
Courtesy of the Universal Music Group.
Written by: Dussolliet, Sommers, Whiteacre, Skelton, Ted
- 07A **Mess Is Mine** (3:39)
Vance Joy
© 2014 Atlantic Recording Corporation.
Written by: Joy
- 07B **Fresh Eyes** (3:18)
Andy Grammer
© 2016 S-Curve Records.
Written by: Grammar, Kirkpatrick, Golan
- 08 **Nights With You** (3:01)
MØ
© 2017 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Ørsted, Levin, Tedder, Høiberg, Sophie
- 09A **Quit** (4:10)
Cashmere Cat feat. Ariana Grande
Courtesy of the Universal Music Group.
Written by: Levin, Grande, Høiberg, Furler, Romano
- 09B **If Only** (3:24)
Teeks
© 2017 Te Karehana Toi.
Written by: Gardiner-Toi
- 10A **Relaxing Nature Sounds (Birds Chirping)**
(5:03) Meditation Music
© 2015 Natural Living 10.
Written by: Neuromancer
- 10B **Spirit Of Grace** (3:44)
Stanton Lanier
© 2013 Music to Light the World.
Written by: Lanier
- 01 **Bad Liar** (3:34)
Selena Gomez
Courtesy of the Universal Music Group.
Written by: Gomez, Byrne, Frantz, Weymouth, Kirkpatrick
- 04 **Winter Song** (4:27)
Ingrid Michaelson & Sara Barreilles
© 2008 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Barreilles, Michaelson

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.

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.

BE LOUD AND HEARD

Tell us what you think of this release.

Visit lesmills.com/BLAH

TEACHING 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:

- 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)

EXPRESS FORMATS

KEY

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 31:34

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 27:52

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 46:56

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 44:20

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

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 – Monique Whareumu

PRESENTERS



L - R: Diana Archer Mills, Lucy Helu, JoJo Zhou,
Dr. Jackie Mills & Corey Baird

We have continued with the way that BODYBALANCE has been heading – this class is calm, conscious and challenging in whichever way you choose it to be.

Highlights include: a most spectacular Dragonesque sequence which just speaks to your soul directly, the music is so haunting and empowering.

A fun Track 3 that will have you singing along, even if you really really don't want to.

A stunning emotional Track 4, to bring you peace and grace.

Exciting challenges in the 5 and Core tracks - let's go Mermaids!

And as we descend into the back part of class, the music sinks slowly deeper and deeper internally to help you get into a true state of relaxation.

Plus, like we promised, a bonus alternative warmup if your class would like a change from Tai Chi. Mmm, it feels delicious.

We hope you love it.

Diana and Jackie

Xoxo

Jackie *Diana*

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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