

BODYBALANCE 82

01. 太极热身

02. 拜日式

03. 站姿力量

04A. 平衡

04B. 平衡

05A. 髋部打开

05B. 髋部打开

06. 核心-腹部

07. 核心-后背

08. 扭转

09. 前弯-股后肌群

10. 放松/冥想

音乐

精编版

嗨教练员们，我们期待您对新的内容做出反馈！
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01. 太极热身



小节焦点

我希望参与者可以有信心学习新的动作并体会快速和慢速动作间的对比

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	1x8	Wide Wu Chi , arms down	8
0:11	V1 / You will	2x8	2x Tai Chi Breath Arms Inhale – Arms mid-line of body, palms up Exhale – Press palms down mid-line of body	4 4
0:24	V2 / Maybe	4x8	A 4x Weight Shift with Double Hand Sweep R&L Inhale – Weight Shift R, sweep hands across to R side, palms F Exhale – Weight Shift L, sweep hands across, L side, palms F	4 4
0:50	C / Never be	4x8	B 2x Circle Arms with Soft Block R&L Inhale – Bend knees, circle arms down to R side to O/H, extend legs Bend knees, circle arms to L side, down to O/H extend legs Exhale – Bend knees, Soft Block to R side Repeat to L side	2 2 4 8
1:15	V3 / Even though	5x8	A ¹ 5x Weight Shift With Double Hand Sweep Low R&L Inhale – Weight Shift R, sweep hands across to R side, L hand low Exhale – Weight Shift L, sweep hands across to L side, R hand low	4 4
1:48	C / Never be	4x8	B 2x Repeat Circle Arms with Soft Block R&L	16
2:13	Instr / (Quiet)	6x8	A ¹ 6x Repeat Weight Shift With Double Hand Sweep Low R&L	8
2:52	Outro / (Beat)	4x8	B 2x Repeat Circle Arms with Soft Block R&L	18



01. NEVER BE THE SAME 3:19mins

技术与教授

配合呼吸的太极手臂

第一层

- 双脚打开到宽无极
- 髋关节下沉
- 尾骨向下卷
- 吸气
- 吐气，放松

重心转换双手摆动

第一层

- 手指尖交叉
- 向后
- 重心从一边到另一边转换
- 吸气和吐气

低位重心转换双手摆动

- 让后面手臂下垂

第三层

- 就像是用你的手指在作画 – 你能从肩膀开始放松并感受到呼吸吗？
- 我们不用着急 – 从意识到感觉。手指张开感受它们在空气中的移动。

环绕轮臂/手臂画立圆

- 手臂画完整的大圈
- 一直向侧
- 一直向上
- 慢慢下降，指尖轻触，画立圆
- 另外一边
- 一直向侧
- 再来到一半，然后向下
- 加上呼吸 – 吸，吐，吸，吐
- 膝盖向外打开

第三层

- 开始卷动脊柱，低头向前
- 感受圆圈的形状并让肩膀放松
- 加深呼吸并用鼻子吐气放松
- 放松上半身时保持膝盖大大分开

精华提示

我们这一套路以崭新的动作编排和非常棒的音乐开始。动作和音乐互补，整个小节当节奏变换时感受缓慢动作中的柔和，并在快速手臂画圈动作中感受热量和释放。

每次有新动作时，花点时间面对镜子来练习以保证你可以让动作容易跟上且流畅。你的节奏，动作幅度和流畅度对于找到编排的感觉都是十分重要的，这也是你教授的基础。练习也可以帮助你了解太极的4种类型（热身，呼吸，放松和关注）。教授环绕轮臂/手臂画立圆时，要非常简洁和清晰，运用身体部位和方向让参与者掌握基本动作。这会让他们放松并享受动作的感觉。

然后，一旦参与者找到了节奏和身体的感觉，我们可以加入呼吸和对齐的教授提示，比如在上半身摆动放松时将膝盖向外推以稳定下半身。

有时候快速移动会让一些人，尤其是新会员担心。通过简洁的教授提示来成功的建立动作，然后观察课堂的需求。你可以用什么样的教授提示让你的参与者向内观察？



我希望参与者可以享受简单的序列，并投入到动作，呼吸和音乐的和谐气氛中。

BODYBALANCE 82



02. PINEAPPLE SKIES 4:42mins

技术与教授

延展山式

第一层

- 双脚并拢
- 手臂向上，掌心合十
- 吸气，同时起身到延展山式

第三层

- 呼吸深长
- 收臀，感觉好的话可以身体轻微后弯
- 更多的感受呼吸进入身体

前弯

第一层

- 深屈膝
- 收腹
- 手到地板
- 吐气，折叠，收下巴

第三层

- 感受音乐 – 融入音乐，融入动作中的感觉
- 最后一遍，保持流畅和自如

弓步

第一层

- 前侧的腿向后到弓步
- 前腿膝盖在脚踝正上方
- 前面的脚在双手之间
- 吸气，挺胸，沉髋

第三层

- 如果需要可以用手帮助脚向前迈
- 重心转移到后面的腿
- 延伸脊柱

下犬

第一层

- 手落
- 向后走到下犬
- 提髋
- 吐气，向后推地

第三层

- 将胸口向大腿方向推时吐气
- 将身体重量推向双腿

平板式

第一层

- 收下巴
- 卷动向前到平板
- 肩膀在手腕上方
- 吸气，双手推地

鳄鱼式

第一层

- 膝盖落
- 身体缓慢下降到地面
- 吐气，下降一半，膝盖或脚趾点地

第三层

- 轻柔的降低身体
- 能听到你的呼吸声吗？

小眼镜蛇/上犬

第一层

- 收臀
- 小眼镜蛇
- 肩膀向后
- 吸气，来到小眼镜蛇或者上犬
- 挺胸

第三层

- 打开心胸
- 拉动身体重心向前向上



02. PINEAPPLE SKIES 4:42mins

精华提示

这一拜日式小节简单，清晰并对身体十分有益。这个序列回归到我们都熟悉且喜爱的基础流动！你课堂经常练习的参与者可以很快的跟上动作编排，通过6遍充满能量的重复，课堂的新会员也会迅速跟上动作的流动。

和往常一样，第一遍专注于清晰，准确的教授来建立动作。第一层教授（动作名称，BPD和简单的对齐）是非常好的开始。在第二遍，加入优美的瑜伽呼吸，以鼻吸鼻吐来预热体内。Bram选择用第三遍来将前二遍的教授组合 - 一个非常好的想法来确保参与者的动作和呼吸随身体流动。

简单的序列重复6遍的好处之一是我们能有完美的机会来尝试运用第三层教授改进和加强身体的流动。花点时间想想你可以在最后几遍时给你的课堂带来什么。更多的跟进对齐提示，动作的好处，更深入的探索呼吸和动作结合，或者更多的时间向内探索和自己的身体对话。你的课堂会从哪方面获益最多？作为一名教练，你能提供什么使他们的体验提升到新的水平？找出最后二轮的重点可以帮助你教授流畅和清晰，但要记住：观察你课堂的需求。当我们一遍遍的递进时，教授提示变得越来越少可以让会员对自己的身体感受更深。



03. 站姿力量



小节焦点

我希望参与者可以在动作中找到力量和能量，与音乐带来的难以置信的能量互补。

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Down Dog , facing L side Inhale – Step L foot F, Warrior 1 L, hands on floor		8 8
0:10	V1 / _ I’m not	6½x8	A	Standing Strength Sequence L Exhale/Inhale – Warrior 1 L, arms down Exhale/Inhale – Warrior 1 L, arms up sides of body to O/H, palms facing Inhale/Exhale – Arms wide to side, palms up	16 16 20
0:45	C / Sharpest	6x8	A¹	3x Extended Warrior 1, Warrior 1 with Arm Sweeps L Exhale – Extended Warrior 1 L, arms wide to O/H, palms down Inhale/Exhale – Arms wide to side, palms up	8 8
1:16	Br / Oh	3x8	B	Exhale/Inhale – Warrior 2 L facing front, palms down	24
1:31	V2 / Another	4x8	B¹	Inhale/Exhale – Heel Lift L, palms down Turn R palm up 4cts, turn L palm up 4cts ⇅ Option: No Heel Lift	32
1:51	PC / _ I won’t	2x8	C	Inhale/Exhale Extended Warrior 2 L, L elbow to thigh ↑ Option: L hand to ankle	16
2:01	C / Sharpest	6x8	D	3x Sun Warrior, Extended Warrior 2 with Arm Sweeps L Inhale – Sun Warrior L, arms wide O/H Exhale – Extended Warrior 2 L, arms O/H ⇅ Option: L elbow to thigh	8 8
2:31	Br / Oh	3x8	B²	Inhale/Exhale – Warrior 2 L, arms wide, palms up	24
2:45	Oh	3x8	B³	Inhale/Exhale – Joyous Warrior 2 L, arms wide to high V, palms up	24
3:01	V3 / _ I’m not	33½x8	A-D	Repeat Standing Strength Sequence R	268
5:52	QC / Sharpest	3¼x8		Inhale/Exhale – Wide-Legged Forward Fold ⇅ Option: Elbows on thigh	26
6:08	Rep / _ Look out	6x8	C¹	3x Extended Warrior 2 with Arm Sweeps L&R Inhale – Extended Warrior 2 L, arms O/H Exhale – Extended Warrior 2 R, arms O/H ⇅ Option: Elbow to thigh	8 8



03. THIS IS ME 6:43mins

技术与教授

战士1

第一层

- 从下犬, 将后方的腿向前迈到二手之间
- 膝盖在脚踝正上方
- 后面膝盖落
- 起身到战士1
- 髋关节正对前方的腿
- 吸气, 抬手臂
- 吐气, 重心下沉到双腿
- 肩膀向下
- 收臀
- 吸气, 手臂打开
- 肩胛骨向内夹打开胸口

第三层

- 放松肋骨从胸部打开 - 更多的从心口（打开）
- 打开并扩展

延展的战士1, 战士 1 和手臂摆动

第一层

- 让动作流动
- 吐气, 向前伸展
- 吸气, 充分打开

第三层

- 伸展和流动 - 将自己沉浸在音乐中
- 伸展和打开

战士 2

第一层

- 面向前方打开, 战士 2
- 脚尖转向一侧
- 膝盖向后推
- 髋摆正
- 力将整个脚掌推开
- 增加难度选择: 抬脚跟
- 如果不想这么做, 推整个脚掌
- 吸气, 吐气, 腹部内收
- 掌心向上并伸展
- 另外一边, 掌心向上
- 吐气, 向前伸展
- 吸气, 打开

第三层

- 你的整个脚掌推开地面
- 创造向外散发的能量 - 吸气, 一直向下到腹部, 向上到胸口正中, 然后让能量发散!

延展战士2

第一层

- 伸展来到延展战士
- （手臂）放在大腿上方或向下抓到脚踝

第三层

- 准备好流动了吗?

阳光战士, 延展战士2 和手臂摆动

第一层

- 阳光战士
- 吸气, ‘C’ 型
- 流动到延展战士
- 如果需要手肘和大腿轻触

第三层

- 感受在身体 ‘C’ 型时的力量
- 动起来 - 用你的呼吸和美丽的身体毫无顾忌的流动

快乐战士2

第一层

- 手臂打开
- 双脚踩稳地面
- 肚脐内收
- 吸气, 向上
- 吐气, 降低更多

第三层

- 感受下半身燃烧
- 感受发自胸口的提升和轻盈
- 值得庆贺的时刻 - 强壮, 有力!

分腿前弯

第一层

- 转脚尖向前
- 向下
- 手掌触地
- 呼吸

第三层

- 呼吸并放松



03. THIS IS ME 6:43mins

延展战士2 和手臂摆动

第一层

- 屈膝，起身
- 延展战士2 一边到另一边
- 转动你的脚，手臂伸展
- 抬起双脚前脚掌
- 脚转向另外一边
- 再次拉伸

第三层

- 用整个身体表达 - 深吸气并向外释放

精华提示

这一小节是展示音乐力量的典范。多么棒的歌曲！有了这样大气，感性音乐，作为教练员，我们的任务就是用最少，精准的教授提示来完善动作强度。在战士 1，我们面向侧面，并希望参与者保持在他们的身体动作中。他们需要我们清晰的教授使他们不用转身来看我们的动作。

要加深战士1臀部的伸展并帮助参与者动作对齐，就要教授将后面的脚转向侧面的墙壁，同时髋关节和膝盖转向前方。一旦他们做到这些，教授提升下腹部让下腹肌群参与来防止下背塌陷。从胸腔伸展到延展战士1的流畅转换是一个优美的独立动作并要配合音乐。Diana只说让大家保持运动所需的必要提示来有意让这首歌的深情部分突出出来。

在战士2 会保持一段时间，所以这是一个很好的机会可以让你将这个姿势的重点教授得更清晰，以及你希望你的参与者感受和体验什么内容。在这个体式中有很多很好的教授提示可以运用来加强技术动作。象往常一样，教授膝盖和脚踝对齐，肩膀在髋关节上方以及后方脚外侧推地。Jackie 选择将注意力带到前面膝盖向外推并摆正髋关节。我们还可以用将后腿力量上提来建立这个动作的力量基础- 双腿。在这个有力的基础之上，我们可以让上半身自如，在手臂动作变换的时候带来轻盈和能量，从一个战士体式来到下一个。我们会在这个体式停留，所以教授的最重要的一点是指导呼吸来帮助参与者在这个姿势中保持！

在最后一个动作中，流动的延展战士从一边到另一边要教授脚的位置和膝盖髋关节对齐，抬起并转动前脚掌来建立你在每一侧战士体式的动作。

享受这一无以伦比的小节。向外观察并和参与者建立连结。就像Bram 和 Diana说的，这就是我们 - 强壮，有力和无可置辩的动作！



04A. 平衡



小节焦点

我希望参与者可以从伴随呼吸的平衡动作中感受自由和活力。

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Mountain Pose, feet together		16
0:08	V1 / Hide	8x8	A	Knee Lift, Warrior 3 Sequence L	
				Inhale: Knee Lift L	8
				⇩ Option: L foot to R ankle	8
				Exhale – L arm reaches B	16
				Inhale/Exhale – R hand to L shoulder	24
				Inhale/Exhale – Extend R arm F, palms up	
				Inhale – L arm circles down F, both arms to O/H, palms facing	8
0:38	C / Cheer up	4½x8	B	Exhale/Inhale – Warrior 3 L, arms sweep B	36
				⇧ Option: Diving Warrior 3 L	
0:55	V2 / You once	12½x8	A-B	Repeat Knee Lift, Warrior 3 Sequence R	100
1:43	C / Cheer up	15½x8		Dancers Pose L&R	
				Inhale/Exhale – Dancers Pose L, R arm O/H	16
				Inhale/Exhale – Extended Dancers Pose L, R arm F	36
				Inhale/Exhale – Dancers Pose R, L arm O/H	16
				Inhale/Exhale – Extended Dancers Pose R, L arm F	56



04A. DAYDREAM BELIEVER 2:46mins

技术与教授

提膝，战士 3 序列

第一层

- 双脚来到山式
- 膝盖上提
- 脚趾轻点地面，或者上提和膝盖对齐
- 右手向后伸展
- 左手在右肩
- 用左手将肩膀推开来扭转
- 吸气，左手向前伸展
- 掌心向上
- 视线向前，向下或向侧
- 战士 3，手臂向上
- 吸气，以髋为轴身体前倾
- 将右腿向后
- 手臂向后，在身体二侧
- 目标是将胸口贴向大腿
- 如果你想，继续加深

第三层

- 另外一边，脚趾到膝盖，左手臂向后伸展，手到肩膀
- 吸气保持向上
- 吐气放松
- 前面手臂向前伸展
- 收紧大腿内侧使髋关节正对前方
- 脸部放松
- 手臂向后摆并重心向下到腿部
- 吸气将后面腿抬的更高，吐气 推动

舞蹈式

第一层

- 舞蹈式
- 左手向上
- 右手去抓右脚
- 膝盖并拢
- 吸气，保持视线稳定
- 吐气，将脚踢向天花板方向
- 停留并保持

第三层

- 尝试再多抬高一点
- 保持呼吸

精华提示

我们这个套路中有二个平衡小节，二个都是积极向上，轻松的音乐并有很多机会和课堂中的人建立连结。平衡可能很困难，我们可以通过在教授中带入我们积极的态度来表明这一点。鼓励并赞扬你参与者的努力！

Bram在这一小节的重点是通过保持幽默，轻松和简单的教学来搭配轻松，平和能量的音乐，就像在做白日梦一样。

小节以提膝上半身扭转接战士3序列开始。通过保持简单清晰的教授提示，用动作名称，身体部位方向可以让参与者保持视线稳定，而不需要抬头看你。一旦大家都来到正确的姿势，你可以教授找到发自肩膀的旋转这一目标。新瑜伽的目标是练习你身体每天都需要的动作。肩部旋转是个极好的示例让参与者自己选择扭转的强度以及今天是否想要运用前侧手臂为辅助来帮助他们加深动作。

当我们加入瑜伽的呼吸时，这一小节的动作衔接变得鲜活。不仅仅是感觉非常好，在动作之间运用呼吸可以帮助我们保持平衡。运用大量的描述性呼吸提示可以帮助参与者体会配合呼吸完成动作的不同。



04B. 平衡



小节焦点

我希望参与者可以清楚他们的选择，顺利找到选择今天适合他们的动作强度与挑战自我之间的平衡。

MUSIC			SEQUENCE/EXERCISE		CTS
2:46	Instr / (Piano)	1x8	Mountain Pose , feet together Hands to heart center		8
2:51	V1 / Lay on	4x8	Inhale – Extended Mountain Pose , arms O/H, palms together		8
			Exhale – Heel Lift		8
			Inhale/Exhale – Bend knees, Intense Pose		16
3:16	C / Be	4x8	Inhale/Exhale – Wide Squat , arms down		8
			Exhale – Heel Lift		8
			Inhale/Exhale – Arms up side of body to O/H, palms facing		16
			⇩ Option: No Heel Lift		
3:42	V2 / Need to be	2x8	A	Inhale/Exhale – Wide Squat , hands down to heart center ⇧ Option: Hindi Squat	16
3:54	V3 / Tired of	6x8	B	Bird Pose ⇩ Option: Feet down or Single Foot Lift ⇩⇩ Option/Pregnancy Option: Hindi Squat or Wide Squat Hands to heart center	48 16
				Hindi Squat Twist L, R arm diagonal B	16
				Hindi Squat Twist R, L arm diagonal B	16
4:31	C / Ride	2x8	A	Repeat Hindi Squat	16
4:44	Br / Do	7x8	B	Repeat Bird Pose ⇧ Option: Bird In A Basket ⇧ Option: Bird In Flight ⇩ Option/Pregnancy Option: Star Pose Sequence Inhale – Forward Fold , feet hip-width apart Exhale – Mountain Pose Inhale – Extended Mountain Pose , arms O/H Exhale/Inhale – Star Pose R, L leg lifts Exhale/Inhale – Star Pose L, R leg lifts	56 8 8 8 16 16



04B. MEANT TO BE 2:44mins

技术与教授

山式/幻椅式

第一层

- 双脚并拢，山式
- 手到胸口
- 吸气，手臂向上
- 准备好后抬脚跟
- 向下坐到幻椅式
- 尾骨向下
- 收腹

宽距深蹲

第一层

- 脚跟落
- 双手来到大腿
- 双脚分开到宽距深蹲
- 脚趾和膝盖向外
- 选择抬起脚跟
- 吸气手臂向上
- 吐气并加深

第三层

- 吸气，吐气探索你在这个体式中能够身体下降多低，或者不下降过低

印地蹲

第一层

- 脚跟落
- 加深下蹲
- 或者一直向下来到印地蹲
- 掌心合十在胸口

第三层

- 向下来到你的深蹲，可能会感受一点点腰部放松
- 挺胸并放松肩膀

鹤禅式

第一层

- 选择停留在印地蹲或者如果你知道如何做鹤禅式，可以开始练习
- 手在地面，与肩同宽
- 尾骨和腹部提升
- 身体向前向后调整
- 鹤禅式，膝盖来到三头肌
- 腹部上提
- 吸气，尝试抬一边脚
- 向前看

笼中之鸟

- 重心向后
- 脚趾并拢

飞鸟

- 一边或双腿伸直

第三层

- 我们可以再次尝试鹤禅式或者笼中之鸟
- 小心轻落地！

印地蹲扭转

第一层

- 如果你选择做印地蹲，向一边扭转
- 右手抬，打开并伸展向后
- 吸气延伸手臂；吐气扭转
- 另外一边

前弯，延展山式

第一层

- 如果你在印地蹲这个体式，手落地来到前弯
- 腹部上提
- 吸气向上到延展山式

星式

第一层

- 左脚迈并右脚向侧抬高
- 吸气打开，吐气稳定
- 另外一边



04B. MEANT TO BE 2:44mins

技术与教授

精华提示

这是教授手臂平衡的一个新的方式。这里会给到手臂平衡动作的选择，来让参与者根据自己的节奏掌握，如果他们想要尝试或者这是他们努力的方向。我们为那些并不愿意尝试手臂平衡的会员提供了完全不同的选择。

就像孕期动作选择，手臂平衡和站立体式都要在每堂课给出。如果你是多人教授，一个人可以展示选择动作。如果你是单独教授，你可能需要在小节开始之前说明有这些选择来让参与者了解不同的难度级别并做出选择。

作为教练员，尝试尽全力展示所有的选择，随着参与者对小节的熟悉，你会发现一半的人会选手臂平衡的动作而另一半会选择站立动作。

这就是为什么我们必须二种都掌握。熟悉你的音乐，编写教案并练习可以帮助你找到在哪里适合二种选择动作的切换。我们的目标是让所有人都有成就感，无论是练习笼中之鸟，或者是美丽的星式。

你也可以根据你的课堂来编排。如果他们已经开始学习鹤禅式，给出笼中之鸟这一体式让那些已经了解这一动作并愿意学习的会员来尝试，但要鹤禅式的动作教授到位。几周之后，你可以在第二部分开始教授笼中之鸟的动作建立。

尽管教授多种选择可能会感觉负担过重，尝试以一种接纳的态度来学习这些小节。Bram 说“心怀包容，放下期许，顺其自然，并且保持乐趣”。让“如果命中注定，将水到渠成”作为本小节的唱诵。



05A. 髋部打开



小节焦点

我希望参与者在保持和在体式转换中可以将自己沉浸到呼吸中，体会呼吸如何让我们的身体和动作连结。

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro	4x8	A	Seated Star Pose , facing front, hands behind on floor	32
0:20	Instr	12x8	A ¹	Inhale/Exhale – Lift chest and eyes up Inhale/Exhale – Hip Lift ⇩ Option: No Hip Lift	32 64
1:23	PC / I was	4x8	B	Inhale/Exhale – Wide-Leg Forward Fold ⇩ Option: Bend knees Inhale/Exhale – Wide-Leg Forward Fold , hands B on floor	16 16
1:44	C / Unstoppable	8x8	B ¹	Wide-Leg Stick Pose With Twist L&R Inhale – Wide Seated Stick Pose, bend knees Exhale – L arm inside L leg, R arm reach diagonally B Inhale/Exhale – Extend legs Repeat to R side	8 8 16 32
2:26	Instr	12x8	B ²	Repeat Wide Leg Forward Fold , hands F on floor	96
3:29	C / Unstoppable	12x8		Inhale/Exhale – Frog Pose , facing front, hands F Option: Fold mat in half under knees	96
4:31	Instr	4x8		Inhale/Exhale – Wide Knee Childs Pose	32
4:52	(Quiet)	4x8		Broken Toe Pose Inhale/Exhale – Knees together, sit B on heels, toes curled under, hands on thighs	32



05A. UNSTOPPABLE 5:13mins

技术与教授

坐姿星式

第一层

- 坐下，脚掌心相对
- 手掌在髌关节后侧
- 向前推髌靠近脚跟
- 膝盖向地板方向下压
- 吸气打开锁骨
- 吐气，肩胛骨向后侧肋骨方向推
- 轻收尾骨
- 将坐骨抬离地面一点
- 从胸口中心向上推送

第三层

- 保持呼吸感受整个身体柔软并拉伸到你的内收肌
- 感受这种拉伸，尝试轻微移动骨盆然后直接来到你感觉最舒适的伸展位置 - 一个你可以平静呼吸并可以在此放松的位置
- 如果你的肩膀开始感觉疲劳，将坐骨放下
- 呼吸并放松

分腿前弯（手臂在背后）

第一层

- 髌关节放低
- 分腿前弯
- 屈膝或伸直腿
- 大腿外旋
- 从脚掌向外伸展
- 手在背后
- 吸气，延伸脊柱

第三层

- 移动臀部来找到你的内收肌伸展

分腿棍杖式并扭转

第一层

- 屈膝
- 手稳定在脚踝内侧
- 对侧手臂拉向后面的墙壁
- 吸气，挺胸
- 吐气，慢慢伸展腿
- 如果感觉更好的话保持屈膝
- 手臂持续向后拉伸，从上背开始扭转
- 另外一边
- 屈膝，稳定，手臂向后

第三层

- 吸气，吐气让身体柔软放松
- 感受来自上背，韧带和内收肌的充分拉伸

分腿前弯（手臂在前）

第一层

- 身体向前
- 手向前

第三层

- 吸气感受下半身提升
- 吐气，从髌关节向前倾并找到你的舒适点
- 找到让你绝对放松并舒适的拉伸位置

轻微移动，保持与身体的一致

- 在任何时候你感觉不舒服或者屏息，退出体式一点点
- 你越是放松呼吸，你的身体会越柔软并在体式中拉伸更充分。

蛙式

第一层

- 手慢慢走回
- 蛙式
- 腿来到二侧
- 膝盖大大分开
- 脚踝和膝盖对齐
- 勾脚
- 前臂落低
- 收尾骨
- 腹部轻轻上提

第三层

- 髌关节前后晃动。找到让你感觉很好的拉伸位置 - 在那个位置你只想保持一段时间，同时你的身体感觉发热
- 平静的呼吸将一切交给地心引力

膝盖分开的婴儿式

第一层

- 大脚趾相触
- 臀部推向脚跟的方向
- 膝盖分开的婴儿式
- 手臂向前

第三层

- 感受下背舒适的放松以及内收肌的伸展



05A. UNSTOPPABLE 5:13mins

断趾式 BROKEN TOE POSE

第一层

- 双手慢慢向回走
- 断趾式BROKEN TOE POSE
- 膝盖并拢
- 勾脚，脚趾大大分开
- 慢慢将重心向后移动



第三层

- 感受来自脚掌的充分伸展 – 这是我们不经常做的一种体式

精华提示

我们利用完整的二节髋关节训练来探索新瑜伽的概念 – 根据身体的需要来做动作。 COREY在这二小节中的意图在于利用呼吸来打开髋部，并花些时间在每个动作中探索 – 找到最佳点。

髋关节是承载很多压力的部位。日常我们很多时间都是在坐着，导致我们的髋屈肌处于放松和非激活状态，进而变弱变短。我们有很好的髋部伸展动作并有足够的时间来拉伸活动这一重要的肌群。髋屈肌连接腿部和躯干并辅助下背和骨盆的稳定，因此这些伸展会有助于保持这些肌群的健康和灵活。

COREY 希望强调在姿势的限定范围内活动，花点时间来了解在每个体式身体的感觉。然后我们可以找到确切的哪部分肌肉需要最多的关爱和照顾。找到紧张的部位，或者是置于刚好伸展舒适的位置，持续刺激身体关注我们的训练部位。在这些舒适的姿态中，你不应过度教授呼吸。呼吸是来帮助我们保持体式并且最终来释放紧张并在动作中找到平静。



05B. 髋部打开



小节焦点

我希望参与者在体式限定的范围内移动直到找到可以使他们伸展和释放压力的完美位置

MUSIC			SEQUENCE/EXERCISE		CTS
5:13	Instr	2x8	A	Hip Opener Sequence R Down Dog , facing R side	16
5:25	V1 / Know our	4x8	B	Inhale – 3-Legged Dog R (B leg lifts) Exhale/Inhale – Bend R knee	8 24
5:44	V2 / Miss	8x8	C	Inhale/Exhale – Swan Pose R ⇓ Option: 90°/90° Pose Exhale/Inhale – Extended Swan Pose R, arms F on floor	24 40
6:21	V3 / _ Speaking	8x8	D	Seated Half Forward Fold L Inhale/Exhale – Seated, facing front, R foot to L inner thigh, R arm O/H Inhale/Exhale – Seated Half Forward Fold L, R arm O/H, L arm rest on L leg	16 48
7:00	C / Be	4x8	E	Inhale/Exhale – Spiral Hip Lift R, R hand on floor, L arm O/H Inhale/Exhale – Chest and eyes to ceiling	16 16
7:19	Instr /	26x8	A-E	Repeat Hip Openers Sequence L Note: Down Dog, facing L side	208
9:22	V4 / _ Come around	8x8		Supine Hip Butt Stretch L&R (facing R side) Inhale – L foot on R thigh Exhale/Inhale – Roll to supine, hold B of R thigh Repeat Supine Hip Butt Stretch R ⇓ Option: Seated Hip, Butt Stretch	8 24 32



05B. JANUARY DECEMBER 4:51mins

技术与教授

三点下犬式

第一层

- 下犬
- 双手在肩膀正下方
- 髋上提向后
- 吸气，后侧的腿抬向天花板方向
- 吐气，弯曲后面的腿
- 双手均衡用力推地并保持肩膀正对地面

第三层

- 手指大大分开
- 弯曲后侧的膝盖，如果感觉好保持髋关节打开

天鹅式

第一层

- 后侧膝盖向前来到二手之间
- 前面的脚勾回以保护膝盖
- 后面的腿伸直或者弯曲
- 吸气伸展身体前侧

第三层

- 吸气并从胸口中心向上提升，吐气向前

天鹅式伸展

第一层

- 吐气向前

第三层

- 找到在这个动作中髋部拉伸的最佳点- 尝试左右晃动骨盆感受在哪里感觉轻松和放松
- 不要主动发力
- 你可能发现这一边感觉更难，因此你可能需要小幅度的前后移动
- 哪里是最适合的位置，你在哪里想要停留？

坐姿半前屈

第一层

- 起身
- 将脚跟拉到大腿内侧
- 吸气，肋骨上提远离髋关节
- 吐气，让脊柱来到 ‘C’ 型
- 感受来自身体一侧和腰部的拉伸

第三层

- 下方肩膀向前伸展再向后回来找到一个让你可以不用主动发力的位置。
- 你哪里可以放松？也许是放松肩膀，放松脸部。看是否能释放体内某个部位一盎司那么多的压力。

髋扭转上提

第一层

- 手在髋关节后方
- 吸气，手臂伸展向后面的墙壁
- 吐气，收臀并手尾骨
- 感受来自髋关节前侧向下的伸展

第三层

- 双手压稳，吸气并感受从大脚趾到手指尖的伸展
- 吐气，掌跟下压；感受髋关节伸展

髋扭转/臀部伸展

第一层

- 转向侧面
- 卷背向下仰卧
- 前侧腿脚踝在后腿膝盖上方交叉
- 抱住大腿后侧或者膝盖
- 尾骨放松向下
- 放松肩膀

第三层

- 跟随你身体的节奏，轻微晃动



06. 核心-腹部



小节焦点

我希望参与者在爬绳序列动作中到达高点并旋转肩部给核心更多刺激。

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Lie supine, facing R side, knees bent, feet on floor, arms at sides Pregnancy Option: On elbows, knees bent, feet on floor	16
0:13	V1 / Take a hit	6x8	A 12x Abdominal Pulse Curl With Rope Climb R&L Curl up, R hand reaches diagonally high Pulse Curl, L hand reaches diagonally high Pregnancy Option: Alternate Leg Raise, knees bent	2 2
0:51	C / Oh , I won't	6x8	B 3x Abdominal Sequence Inhale – Reach To Feet, legs to vertical, curl up, hands to feet ⇓ Option: Bend knees Exhale – 2x Pulse Curl , hands to feet Inhale – Lower legs to 45°, arms O/H Exhale – 4x Scissor Legs ⇓ Option: Alternate Toe Tap Pregnancy Option: Alternate Leg Lift Sequence Double Leg Extension, knees wide Alternate leg raise Feet draw back in Alternate leg raise, knees	4 4 4 4 4 4 4 4
1:29	V2 / Put an X	4x8	A 8x Repeat Abdominal Pulse Curl With Rope Climb L&R	4
1:54	C / Oh , won't	6x8	B 3x Repeat Abdominal Sequence	16
2:32	Br / White flag	3x8	B ¹ Inhale – Reach To Feet 10x Pulse Curl , hand to feet Exhale 4cts, inhale 4cts ⇓ Option: Bend knees Pregnancy Option: Alternate Leg Raise with knees wide	4 20
2:51	C / Oh , won't	9x8	B 4½x Repeat Abdominal Sequence Note: 1st rep, 4x Pulse Curl . Last ½ rep is 3 Crunches	16



06. WHITE FLAG 3:48mins

技术与教授

弹动卷腹加爬绳

第一层

- 双脚来到地面，与髋同宽
- 爬绳
- 后侧手臂向上
- 沿身体中线向上
- 微收下巴
- 视线看向二腿之间
- 吐气，吸，吐，吸
- 用鼻子吸气，嘴吐气
- 从肩膀轻微旋转身体

第三层

- 关注肩膀带动的身体旋转 - 你可以抬起多高？
- 感受腹斜肌的训练和燃烧 - 更多的核心力量

腹部序列

第一层

- 手臂和腿向天花板
- 抬尾骨
- 收下巴
- 2次卷腹
- 手臂伸展过头顶，腿到 45°
- 剪刀腿，4，3，2，1
- 用鼻子吸气
- 卷腹时吐气
- 吸气，缓慢降低
- 剪刀
- 用力收腹
- 保持下背压向地面
- 如果后背离开地面，选择屈膝

第三层

- 感受尾骨上提并让下腹部参与
- 向上更高并更用力收腹
- 当保持下背接近地面的情况下尽可能的降低
- 无论你在做什么，不要放弃你的努力！
- 保持关注呼吸并感受呼吸对动作的加强以及保持你的核心超级强壮

弹动卷腹够脚尖

第一层

- 起身
- 保持并卷腹
- 上，下，上，下

第三层

- 你可以将尾骨抬起更多吗？感受腹部燃烧，保持呼吸

精华提示

来到普拉提的训练而且是一节非常棒的核心小节！在舒缓的髋关节小节之后，音乐和动作编排变得有力和强劲。

3 B（腹部，后背和呼吸）在核心小节中对于确保每个人保持呼吸并安全的做出正确级别的动作是至关重要的。在爬绳部分，象COREY那样教授向上更多并从肩膀开始旋转。其目标是保持手臂沿身体中线移动。这里肩膀和上背会比一般的卷腹抬起更多，使其成为上半身训练的一项极好的练习。教授视线看向大腿并收下巴来保护脖子的安全。可能在回到这个动作时还要在提醒参与者这一点，我们有很多的绳子要爬！

熟知音乐这样才可以让你掌握转换点。当我们伸展到45度时，核心要用力收紧来保持下背贴向地面。我们希望每个人感受到腹部的充分燃烧，因此在剪刀腿时要尽早教授屈膝这一选择，以使每一个人都能保持训练并投入。观察并认可他们的努力！你可以说什么来保证你的课堂和你一起训练，自始至终感到被激励？



07. 核心-后背



小节焦点

我希望参与者可以了解侧平板训练中的选择，选择最适合他们的，并在慢慢进入和离开下犬式时感受优美的力量。

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	1x8	Set up Plank Pose, facing L side ⇅ Option: On knees		8
0:08	V1 / Found you	2x8	Inhale/Exhale – Plank Pose		16
0:24	V2 / I don't	2x8	A Side Plank Sequence L Inhale/Exhale – Side Plank L , facing front L hand on floor, R arm to vertical ⇅ Option: On knees Option: Side Hover L		16
0:39	V3 / Soft	2x8	A ¹ Inhale/Exhale – Side Plank With Leg Lift L ⇅ Options: On knee or no Leg Lift		16
0:55	C / _ She don't	4x8	A ² 4x Inhale – R arm reach O/H, R leg lifts Exhale – R leg lower, R arm wide and down to side		4 4
1:28	V4 / All in my	8x8	A-A ² Repeat Side Plank Sequence R		64
2:32	Br	2x8	Lie prone, facing R side, hands on floor under shoulders Pregnancy Option: Camel Pose		16
2:48	C / _ She don't	6x8	3x Up Dog Lift Inhale/Exhale – Up Dog ⇅ Option: Baby Cobra Pose Pregnancy Option: Camel Pose Inhale/Exhale – Lower down Last rep, arms reach B at sides, thumbs up		8 8
3:36	Rep / Will , she will	2x8	Flutter Kick L&R Inhale 8cts, exhale 8cts Pregnancy Option: Horse Stance, Alternate Leg Extension		16



07. PRETTY 3:55mins

技术与教授

平板式

第一层

- 来到平板式
- 双手分开与肩同宽
- 核心收紧
- 起身，确保肩膀在手腕的正上方
- 膝盖支撑或者双腿向后伸展

第三层

- 用力推开地面，来让整个肩膀区域稳定

侧平板序列

第一层

- 来到侧平板
- 面向前方，指尖向侧面墙壁
- 肩膀在手腕上方
- 一只脚在另外一只后方，或者弯曲下面的膝盖
- 用力推开地面
- 充分打开胸口一直到上面手臂顶端

侧平板抬腿

- 入如果你想要加强，抬起上面的腿
- 收肚子来保持身体稳定
- 如果手腕压力太大，用小臂支撑
- 吸气，抬腿并将手臂举过头顶
- 吐气，下降
- 保持将臀部抬高
- 臀部上方向前旋转保持髌正位

第三层

- 优美的挑战，那么你们在哪里可以找到平静？
- 你可以将你的双手推开多远？
- 如果想要加强，将腿抬高离地面R
- 让肩膀来到手腕上方
- 运用呼吸，充盈身体向上提升更高
- 有力和稳定

上犬上提

第一层

- 来到俯卧
- 准备做慢速的上犬
- 大拇指在肋骨二侧
- 肩膀向上并向后
- 手肘拉向天花板方向
- 视线向前，延伸脖颈
- 收臀
- 吸气起身

- 你可以停在小眼镜蛇或者继续推地来到上犬
- 慢慢将膝盖放下，髌放下

第三层

- 让后背的肌肉发力
- 我们不用着急，尤其是当我们创建力量时

拍腿

第一层

- 手臂向后，大拇指向上
- 让我们开始拍腿
- 肩胛骨向后向下
- 收下巴

第三层

- 漂亮的小幅度拍腿 PRETTY LITTLE KICKS
- 保持转动大拇指向上

精华提示

侧平板是强化整个身体的非常好的训练。给需要出参与者清晰的选择动作，以及适当的激励来尝试不同的级别以找到最适合他们自己的。最难的选择动作可能并不适合大多数参与者，或是教练员。我们要教授将上方臀部旋转向前来保持对斜肌的训练。在这个动作的保持需要很多力量，且在移动时需要更多的力量来保持核心参与。在教授时，展示每一个选择，然后回到最适合你的那一个。

展示出你对今天身体的状态一个接受的态度，保持你教授的真实可以给参与者鼓励并真正了解他们的身体。这是和课堂联结的极佳机会。赞美尝试每一个级别的参与者并鼓励他们挑战。

慢速上犬式是教授如何执行这个动作的最佳时机；和往常一样，用教授收臀肩胛骨向内向下来开始这个动作。当身体下降时，保持上背伸展是这个动作的关键；因此要教授保持肩胛骨向后，向下并参与到保持这一有力的动作中来。以拍腿动作结束将大家带回到一个快速，充满乐趣和终极身体姿态肌群挑战。



08. 扭转



小节焦点

我希望我的参与者可以以开放和好奇的心态进入他们的扭转并体会他们的身体在每一个体式中的感受

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro	2x8	A	Childs Pose , facing R side	16
0:13	V1 / Say	3½x8	A¹	Inhale/Exhale – Twisted Childs Pose L R arm reaches under L	28
0:37	C / Wild love	4x8	A¹	Repeat Twisted Childs Pose R	32
1:04	V2 / Call you	8x8	B	Inhale/Exhale – Seated Twist Pose R (facing front) R foot over L knee, L hand outside R thigh ⇓ Option: R foot to mid shin ⇓ Option: Extend L leg Pregnancy Option: Open Seated Twist Pose	64
1:59	Instr	9x8	C	Kneeling Lunge Twist Sequence R (facing L side) Inhale/Exhale – Kneeling Lunge Twist R, R hand on R thigh, L hand on floor Inhale/Exhale – Reach R arm B, palm F Inhale/Exhale – Kneeling Lunge Twist R with Prayer Hands , L elbow to outer R thigh Inhale/Exhale – Lunge Twist R with Prayer Hands ⇓ Option: Kneeling Lunge Twist with Prayer Hands Pregnancy Option: Stay in Kneeling Lunge Twist	16 16 16 24
3:01	Rep / Wild love	2x8		Inhale/Exhale – Draw B leg in and sit, facing front	16
3:15	V3 / Call you	8x8	B	Repeat Seated Twist Pose L (facing front)	64
4:09	Instr	9x8	C	Repeat Kneeling Lunge Twist Sequence L (facing R side)	72
5:11	Rep / Wild love	2x8	A	Repeat Childs Pose (facing R side)	16



08. WILD LOVE 5:27mins

技术与教授

婴儿式

第一层

- 向上向后推到婴儿式
- 髋关节下沉
- 放松肩膀和脖子

第三层

- 简单的放松呼吸

扭转婴儿式

第一层

- 深吸气，后面手臂向前
- 向前侧扭转
- 肩膀和耳朵放到地板上
- 让呼吸进入体式
- 如果需要，可以调整膝盖分开更宽

第三层

- 吸气，吐气并扭转
- 调整你的身体来给扭转创造更多空间
- 也许你上面的手臂需要伸展更多

坐姿扭转

第一层

- 起身，将后面腿收回
- 坐姿扭转
- 右腿在下，左腿在上
- 稳定髋关节
- 如果你臀部离开地面，将双腿解开
- 吸气，抱住膝盖延伸脊柱
- 吐气，扭转

第三层

- 尝试将坐骨更多向下推送来给大腿外侧充分伸展
- 保持呼吸并跟随呼吸向后扭转
- 检查你的根基 - 坐骨和脚
- 尝试更多扭转，利用呼吸来加深动作
- 有更多伸展吗？有更多打开吗？或是更放松？

弓步扭转序列

第一层

- 来到弓步
- 将身体转向一侧
- 右脚向后
- 前面膝盖在脚踝正上方
- 放松后面膝盖脚背
- 将胸口转向前方

- 吸气，左手向后伸展
- 保持膝盖靠近胸口
- 打开胸口
- 如果你想加深，吸气，掌心在前方合十
- 双手来到祈祷式
- 吸气，调整双手更靠近胸口
- 也许你想将后面的腿抬离地面

第三层

- 吸气手臂向外伸展；吐气让肩膀远离耳朵
- 吸气找到你手臂的力量；吐气找到它的放松

精华提示

在普拉提小节核心训练之后，我们回归到优美，持久的体式。将注意力带回到瑜伽的呼吸和疗愈，释放潜力。

在扭转中，如果我们配合呼吸，就能让体式更深入。

坐姿扭转体式是邀请参与者向内观察的好机会。在课堂上建立动作，确保教授关键部位（坐骨，大脚趾）稳定，教授呼吸和对齐。为启发大家对自己身体内部空间的觉知，使用最少的教授提示来让音乐突出引领，来保持和参与者的连结。在课程即将进入尾声的时候，参与者会更多的感受他们的身体和呼吸。引导他们去感知，从意识层面和身体层面。

在弓步扭转动作中，利用简单的第一层教授提示来建立动作（BPD 和基本的对齐）。然后将注意力引到呼吸，最后鼓励参与者尝试不同的级别动作来找到今天最适合他们的。提供不同难度级别选择可以帮助每个人接受当下自己的状态并去体会这一动作的感觉，而不是他们看上去怎么样。

BRAM在这一小节的重点是引导参与者拥有开放，探索的意识和身体。他们今天可以做到什么程度？他们的身体需要什么？



09. 前弯-股后肌群



小节焦点

我希望参与者可以找到在伸展和屈曲之间的优雅流动给股后肌群带来的拉伸

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Childs Pose, facing R side		16
0:11	V1 / You know	4x8	A	Inhale/Exhale – Forward Fold, facing R side, feet hip-width apart Pregnancy Option: Elbows to thighs	32
0:34	C / I don’t know	4x8	A ¹	Flat Back Extend, Forward Fold Sequence Inhale – Flat Back Extend, hands to shins Exhale – Forward Fold	16 16
0:57	Instr / Now	4x8	A ²	Inhale – Flat Back Extend, hands to thighs Exhale – Intense Pose With Flat Back Extend, arms wide Inhale – Clasp hands behind Exhale – Forward Fold with clasped hands behind ⇩ Option: Forward Fold, hands on floor	8 8 8 8
1:20	V2 / There is	4x8		Inhale – Mountain Pose, clasped hands behind Exhale – Baby Back Bend, clasped hands behind Inhale – Wide-Legged Stick Pose (facing front) Exhale – Wide-Legged Forward Fold, hands on floor Pregnancy Option: Elbows to thighs	8 8 8 8
1:43	C / All that I	4x8	B	Wide-Legged Forward Fold L&R Inhale – Walk hands to L foot Exhale – Hands hold outside of L ankle Repeat to R side	8 8 16
2:07	Rep / Now	12x8	B ¹	3x Wide Flat Back Extend, Wide-Legged Forward Fold Sequence Inhale – Wide Flat Back Extend, hands to thighs Exhale – Bend knees, arms wide Inhale – Clasp hands behind Exhale – Wide-Legged Forward Fold with clasped hands behind	8 8 8 8
3:16	C / All that I	8x8	B ²	Inhale/Exhale – Wide-Legged Forward Fold, hands on floor ⇩ Option: Hands on floor Pregnancy Option: Elbows to thighs	64



09. STAY 4:06mins

技术与教授

前弯

第一层

- 站立前弯
- 吸气，手掌膝盖撑地起身
- 脚趾抓地，双脚与髌同宽
- 深屈膝
- 肚子放到大腿上，放松
- 收下巴
- 肚脐向脊柱方向上提

平背伸展，前弯序列

第一层

- 吸气，手来到小腿
- 伸展双腿和脊柱
- 保持，腹部内收
- 吐气，更深的弯曲膝盖
- 肚子和胸口贴向腿的方向
- 在前弯中放松，手来到地面
- 手来到大腿，吸气
- 起身更高些，视线向前
- 更多屈膝
- 手臂打开
- 手指背后交叉，吸气
- 收肚子
- 身体向前折叠时吐气

第三层

- 感受肩膀深度伸展

小后弯

第一层

- 吸气，慢慢起身
- 屈膝，卷动身体来到站立
- 收臀
- 指关节向脚跟方向滑

第三层

- 打开心胸

分腿前弯 左&右

第一层

- 收下巴
- 双脚大大分开，面向前方
- 脚尖指向前方
- 屈膝
- 收腹
- 双手来到地面
- 双手来到右腿
- 轻柔的将胸口贴向大腿
- 你可以尽管根据你的需要来弯曲膝盖
- 吸气，换到另一边
- 吐气，抱住贴向大腿

分腿平背伸展，分腿前弯序列

第一层

- 回到中间
- 双手来到大腿
- 吸气，挺胸
- 视线向前
- 弯曲膝盖，吐气
- 手臂大大分开
- 吸气，双手在背后十指交叉
- 吐气，肚脐向内向上收保护下背部

第三层

- 双手到大腿，吸气，吐气张开你的翅膀；吸气，双手背后十指交叉，吐气做到你需要的最大程度。

分腿前弯

第一层

- 手松开来到地面
- 前弯
- 腹部上提

第三层

- 随时可以调整脚的位置 - 更向前，向外或向内
- 你可以随时从体式中出来



09. STAY 4:06mins

精华提示

BRAM’ S 在这一小节的重点是使用“恢复性”这一词语作为他教授提示和语音语调的基础。我们选择的词语，尤其是现在的课堂中，会影响到你参与者的体验和感受。当你为这一小节编写教案时，要考虑你可以使用的语言和声调，以带来滋养身心的感觉，并帮助参与者放松，鼓励他们在课程尾声部分认知自己的感觉。

我们通过平背伸展接深度前弯并拉伸打开肩膀来让动作流畅。韧带的反复拉伸可以很好的激活腿部。就像柔和滋养的腿部后侧按摩一样。再加上肩部伸展，就像是处于人间天堂！

BRAM 希望利用这一小节来鼓励身心进入放松和反思的状态。来到专注于平复身心的前弯/韧带拉伸小节伴随恰当的语音语调为我们后面的放松和冥想做好准备。

享受这一优美的小节



10. 放松/冥想

KUTUMBA 9:34mins



小节焦点

我希望鼓励参与者重新将呼吸和身体连结，体会这种感觉和他们身体的需求

保持你的体温，最好可以把眼睛盖上。花点时间找到你的呼吸，然后，有意识的，小心并恭敬的让你的身体来到舒适的位置。无论你是弯曲膝盖，或是双腿伸直，侧躺或者坐立，都是你自己的选择。当你稳定下来，开始通过鼻子吸气和吐气，在你自己的空间，你自己的时间内。下面的几分钟，我们将邀请你开始和自己的身体连结，围绕着自己的关节来创造出空间，让你周围的肌肉可以更放松。从左右脚的踝关节开始。然后放松膝关节，开始感觉你的大腿放松且柔软。给你的髋关节创造空间，下背，中背，和你的上背。从手腕开始感觉柔软，你的手肘，和你的肩关节。放松下巴，以及你头骨中的所有关节。

在你创造的空间中，享受身体深度的放松。空间带来自由。从这里开始，我们花时间和呼吸关联，与呼吸产生特殊的连结。想象呼吸是你的客人，邀请呼吸来到身体。给你的呼吸热情的欢迎，让你的呼吸想要留下来。一旦你的呼吸停留，你可以选择轻柔的呼吸来让你的身体感觉非常沉重，或者也可以选择加深呼吸让身体变得轻盈和轻松。选择今天适合你的呼吸并让你，你的呼吸，你的身体和意识之间的练习不断推进。从所有广袤的空间和充分的呼吸中，用你自己的方式，你觉得最适合的，开始将你带回到自己的身体。小心，温柔的。现在你最想做什么？伸个懒腰？抱住你的膝盖？你随时可以转向侧卧，在那里停留几秒，最终来到坐姿。一旦你坐起来，深吸气，充盈你的空间，吐气并享受你的空间。



教授BODYBALANCE精髓

解锁身心体验的6大关键：

保持心境平衡

这意味着要带着积极，尊重的态度来上课。认识到每一个学员都是独立的个体来体验你的课程并将获得更多真实的身心感受。

不要装模做样

超级冷静，做作的声音是不真实也是不适合的。你的课堂是成年人的空间，所以要足够尊重你的学员，用自己真实的声音，保持冷静。

保持提示语简单

尽管瑜伽体式通常都很复杂，你的学员不会想要“听到耳朵起茧”，如果你给出太多的提示语。用下面三步进程来保持教授简单有效：

- 利用2到4句第一层教授清晰的建立动作。这些提示应该让学员进入动作的状态，简单说明对齐和呼吸。考虑“身体哪个部位向哪个方向移动”。这让大家感到自信和舒适。
- 必要时运用第二层教授，暂停并观察学员。
- 第三层教授一般都是基于我们的观察。阅读技术手册和波形图上大量的相关内容。你也许需要增加呼吸提示，更深入的教授动作的感觉，激励，连接，说明动作的好处，或者只是保持沉默。

这是SBS

S建立，B呼吸，S保持安静！安静让我们在这一刻留住更多。来到当下。

不要浪费口舌

人们会自然的跟随我们的动作；所以使用描述他们看不到的动作感觉和细节的跟进提示，比如“手臂轻盈伸长”给出了动作的长度，而不是用“手臂向外到侧面”这类他们可以看见的动作。“大脚趾和脚跟并拢”相对于“双脚并拢”而言给出了技术细节。

自问

问问自己“我想让我的学员在这一小节中的每一个动作体会到什么？带着你针对你课堂的目标可以强大的使命感并是你对身心平衡的热爱贯穿闪耀。这将让你的学员更多沉浸在这种体验中，通过在课前规划目标，指导课程的多样性和灵活性，是课程保持新鲜有趣。

如果你像进一步发展专业技能，修改并重新学习你的教学手册和视频注解。尝试专业教授的瑜伽，太极或者普拉提（记住我们的确修改了一些健身动作为了更安全的适合团操课程）。也有一些优秀的教科书，视频和音乐，比如：

书籍：

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)

视频/DVD：

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)



音乐

- 01

Never Be The Same (3:19)

KLP

© 2017 Cereus Records.

Written by: Peters, Burford, Harding
- 02

Pineapple Skies (4:42)

Miguel

© 2017 ByStorm.

Written by: Pimental, Gaye, Fisher, Brown, Remi, Federman, Swift, Ritz
- 03

This Is Me (6:43)

Week Atlas

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Written by: Pasek, Paul
- 04A

Daydream Believer (2:46)

The Monkees

© 1968 Colgems Records.

Written by: Stewart
- 04B

Meant To Be (2:44)

Bebe Rexha feat. Florida Georgia Line

© 2017 Warner Bros. Records Inc.

Written by:Miller, Garcia, Hubbard, Rexha
- 05A

Unstoppable (5:13)

Squashed

© 2018 Les Mills Music Licensing Ltd.

Written by: Barnes, Epworth
- 05B

January December (4:51)

Tool Pound

© 2018 Les Mills Music Licensing Ltd.

Written by: Unknown
- 06

White Flag (3:48)

Bishop Briggs

Courtesy of the Universal Music Group..

Written by: Bassett, Briggs, Jackson, Scott
- 07

Pretty (3:55)

Hypercolor feat. Che Ecu

© 2016 Vitalic Noise.

Written by: Young, Wheeler
- 08

Wild Love (3:14)

James Bay

Courtesy of the Universal Music Group.

Written by: Green, Bay

Wild Love (2:13)

James Bay

Courtesy of the Universal Music Group.

Written by: Green, Bay
- 09

Stay (4:06)

Chet Porter feat. Chelsea Cutler

© 2016 Foreign Family Collective.

Written by: Cutler, Porter
- 10

kuTumba (9:34)

Sacred Earth

© 2015 Real Music

Written by: P. Williams, J. Williams, Hart



L-R Back: Bram Prima Halim, Caley Jäck (Shadow) & Corey Baird
L-R Front: Jackie Mills & Diana Archer Mills

全新的音乐和独特的动作让BODYBALANCE 82 非常特别。课堂亮点：Never Be The Same 是开启课堂的完美歌曲，将大家与简单的太极动作和呼吸连结并使他们从思想向动作转换。拜日式重复六遍可以让你的课堂热身。随着他们投入到Pineapple Skies这首超酷的歌曲同时也为随后的大强度（将近7分钟）站姿力量 体式做好准备，那首歌的名字叫This Is Me. 这是一个让参与者完成体式调整以及将他们的瑜伽体验提升到另一个层次的机会，无论是在身体上还是情感上，都是最受课堂欢迎的。二个截然不容的平衡小节并提供手臂平衡和站立动作的选择；提供出这二种选择，每次上课的时候让课堂自由选择他们最想和最需要的。 这是新瑜伽！二个有很多丰富多彩体式的髋关节小节不会让人失望，并且可以让腕部臀部和下背部释放，随后有力的核心小节会带来力量和灵活性。Wild Love 为扭转带来空间，而Stay则为前屈和伸展带来美感。最后的音乐KuTumba 带给每个人稳定。

请享用 xx

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致谢

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- 创意总监**Chief Creative Officer - Dr. Jackie Mills
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展示者

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小节设置

30分钟小节设置		30分钟小节设置	
Track 02	Sun Salutations	Track 01	Tai Chi Warmup
Track 03	Standing Strength	Track 02	Sun Salutations
Track 04	Balance	Track 05b	Hip Openers
Track 06	Core – Abdominals	Track 08	Twists
Track 07	Core – Back	Track 09	Forward Bends – Hamstrings
Track 10	Relaxation/ Meditation (short)	Track 10	Relaxation/ Meditation (short)
Total Time	28:03	Total Time	29:25
45分钟小节设置		45分钟小节设置	
Track 01	Tai Chi Warmup	Track 01	Tai Chi Warmup
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03	Standing Strength	Track 03	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals	Track 05	Hip Openers
Track 07	Core – Back	Track 08	Twists
Track 09	Forward Bends – Hamstrings	Track 09	Forward Bends – Hamstrings
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation
Total Time	41:37	Total Time	44:51

缩略语

ALT	Alternate	B	Back
BPD	Body part and direction	B up	Build up
Br	Bridge	C	Chorus
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
Rep X	Perform the Sequence/Exercise x times	Rep	Reprise (part of the chorus repeated)
Ref	Reference	QC	Quiet chorus
Pose	Positions as explained in the Program Manual	Seq	Sequence (repetition of exercise or position)
Tempo	Normal pace of the music	Italic	Breathing Coaching Cues
Bold	Must-Do Cues	↑	Easier Option
V	Verse	↓	Advanced Option



我们是莱美部落

我们是全球领导人物的大家庭，充满热情，致力于打造一个健康的星球。

我们毫不畏惧，激励大家，热爱健身，发掘自己真实的潜力。

健身是我们开展的全球性运动。每天有数以百万计的爱好者，通过挥洒汗水，联系在一起。我们开展的运动，撼动了整个世界。

音乐是我们的灵魂。它驱使我们坚持，集中我们精神，带给我们激情。

我们的宗旨声明

莱美全球大家庭包括17500家健身俱乐部组成，来自全球100个国家的13万名教练员，和数以百万计的运动爱好者。

我们来自不同地域、不同宗教、不同种族、不同肤色和不同的信仰。我们出于对运动和音乐的热爱，以及对健康生活的追求，为了自己，也为了整个星球，而团聚一起。

在莱美，我们主张我们社区每个成员个人的尊严，努力尊重所有人的权利和自由。

在选择示范、音乐和运动套路时，我们明白，不同人群和不同社会，对着装、流行文化和舞蹈姿势存在着不同的标准。

我们也清楚，某些情境下适合的东西，换个场合就会显得不合时宜。

我们不做指指点点的评判，然所有人享受运动带给我们的独特好处。我们既尊重传统，又为未来设定方向。我们渴望，遵从人类真实的自我，去启迪，去革新，去创造。

我们坚信，我们能够改变世界。

我们就是莱美部落。.

作为一家公司，我们引领集体健身体验，每天为数以百万健身爱好者带来活力。我们在提供尖端创新产品的同时，也保证所有公认的规范都得到确实的尊重和坚持。

选择运动套路，为其获得授权并为其配上合适音乐是一项巨大工程！我们须从众多音乐作品中，筛选出符合我们需要的，并尽可能避免可能会引起问题的内容。如果可能，我们有时会为你准备其他运动小节，供选择使用（动作小节清单下方）。

我们欢迎我们全球大家庭成员，敞开心扉，与我们交流沟通，这样我们可以获得不同的观点，实现大家都能接受的结果。

最重要的是，我们致力于随时随地为大家提供能改变人生的健身体验。



BODYBALANCE 82

01. TAI CHI WARMUP

02. SUN SALUTATIONS

03. STANDING STRENGTH

04A. BALANCE

04B. BALANCE

05A. HIP OPENERS

05B. HIP OPENERS

06. CORE – ABDOMINALS

07. CORE – BACK

08. TWISTS

09. FORWARD BENDS – HAMSTRINGS

10. RELAXATION/MEDITATION

MUSIC

EXPRESS FORMATS

Hey instructors, we'd love your feedback on our new notes. Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. TAI CHI WARMUP



TRACK FOCUS

I want participants to confidently explore new moves and feel the contrast between fast and slower movements.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	1x8	Wide Wu Chi , arms down	8
0:11	V1 / You will	2x8	2x Tai Chi Breath Arms Inhale – Arms mid-line of body, palms up Exhale – Press palms down mid-line of body	4 4
0:24	V2 / Maybe	4x8	A 4x Weight Shift with Double Hand Sweep R&L Inhale – Weight Shift R, sweep hands across to R side, palms F Exhale – Weight Shift L, sweep hands across, L side, palms F	4 4
0:50	C / Never be	4x8	B 2x Circle Arms with Soft Block R&L Inhale – Bend knees, circle arms down to R side to O/H, extend legs Bend knees, circle arms to L side, down to O/H extend legs Exhale – Bend knees, Soft Block to R side Repeat to L side	2 2 4 8
1:15	V3 / Even though	5x8	A ¹ 5x Weight Shift With Double Hand Sweep Low R&L Inhale – Weight Shift R, sweep hands across to R side, L hand low Exhale – Weight Shift L, sweep hands across to L side, R hand low	4 4
1:48	C / Never be	4x8	B 2x Repeat Circle Arms with Soft Block R&L	16
2:13	Instr / (Quiet)	6x8	A ¹ 6x Repeat Weight Shift With Double Hand Sweep Low R&L	8
2:52	Outro / (Beat)	4x8	B 2x Repeat Circle Arms with Soft Block R&L	18



01. NEVER BE THE SAME 3:19mins

TECHNIQUE & COACHING

TAI CHI BREATH ARMS

Layer 1

- Step feet wide to Wide Wu Chi
- Sink into your hips
- Tuck the tail bone under
- Breathe in
- Breathe out, let it go

WEIGHT SHIFT WITH DOUBLE HAND SWEEP

Layer 1

- Draw your fingertips across
- And back
- Weight shift side to side
- Breathe in and out

WEIGHT SHIFT WITH DOUBLE HAND SWEEP LOW

- Allow the back arm to fall

Layer 3

- It's like you're finger painting – can you release through the shoulders and feel the breath?
- We have no time to rush – move from thinking to feeling. Stretch your fingers and feel them move through the air

CIRCLE ARMS WITH SOFT BLOCK

- Full circle with your arms
- All the way around
- All the way to the top
- Slowly lower down, soft block
- Other way
- All the way around
- Halfway again and down
- Add the breath – in, out, in, out
- Pressing your knees out

Layer 3

- Start to roll through the spine, dropping the head forward
- Feel the shape of the circles then let your shoulders come right down
- Deepen the breath and let it go out through your nose
- Hold your knees wide as you relax your upper body

ESSENCE TIPS

We start this release with fresh choreography and a great song. The movements complement the music, as we change tempo throughout the track finding softness in the slower movements, and warmth and release in the quicker Arm Circles.

Each time we encounter new moves, find the time to practise in front of a mirror to ensure you have easy-to-follow, flowing movements. Your timing, range and fluidity of motion are all important in getting the right feel of the choreography, which you can then coach from. Practise will also help you discover the 4 types of movements of Tai Chi and coach to these movements (warming, breathing, releasing, focusing).

Coach the Circle Arms with Soft Block very simply and clearly for participants using body-part and direction so they have the basic move. This allows them to let go and embrace the feel of the movements.

Then, once participants have found the rhythm and feeling in their bodies, we can add the breath and alignment cues of pressing knees out to stabilize the lower body as they swing and release the upper body.

Sometimes moving quickly can be alarming for some, especially newer participants. Set them up for success by minimalizing cues, then look out and see what they need. What cues can you deliver to bring your participants their focus internally?

02. SUN SALUTATIONS

TRACK FOCUS

I want participants to enjoy the simplicity of the sequence, and immerse themselves in the harmony of the poses, breath and music.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8		Mountain Pose , facing L side Pregnancy Option: Feet hip-width apart	16
0:10	V1 / _ Are the trees	10x8	A	Sun Salutation Sequence L Inhale – Extended Mountain Pose , arms wide to O/H, palms together ↑ Option: Baby Back Bend Exhale – Forward Fold , arms wide and down Inhale – Lunge L , R leg B Exhale – Down Dog Inhale – Plank Pose ↓ Option: On knees Exhale – Crocodile Pose ↓ Option: On knees Pregnancy Option: Cow Pose Inhale – Baby Cobra Pose ↑ Option: Up Dog Pregnancy Option: Cat Pose Exhale – Down Dog Inhale – Lunge R , R leg F Exhale – Forward Fold	8 8 8 8 8 8 8 8 8 8 8 8
0:57	V2 / Dancing	10x8	A	Repeat Sun Salutation Sequence R	80
1:46	V3 / Ground	10x8	A	Repeat Sun Salutation Sequence L	80
2:34	Rep / Back	10x8	A	Repeat Sun Salutation Sequence R	80
3:22	Back	10x8	A	Repeat Sun Salutation Sequence L	80
4:10	Outro / _ Say	8x8	A	Repeat Sun Salutation Sequence R Finish in Down Dog	64



02. PINEAPPLE SKIES 4:42mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE

Layer 1

- Feet together
- Arms lift, palms together
- Inhale, as we rise to Extended Mountain

Layer 3

- Take your time as you breathe
- **Squeeze your butt, and if it feels good go to Baby Back Bend**
- Feel the breath come into the body even more

FORWARD FOLD

Layer 1

- **Bend knees** a lot
- **Belly in**
- Hands to floor
- Breathe out, fold, tuck chin in

Layer 3

- Feel the music – tune into the music, into how it feels in your body when you move
- Last round, just float and flow

LUNGE

Layer 1

- Front leg steps back to Lunge
- Front knee over ankle
- Front foot between hands
- Breathe in, lift your chest, hips low

Layer 3

- Help the foot forward with your hand if you need to
- Shift your weight into your back leg
- Bring length to your spine

DOWN DOG

Layer 1

- Hands down
- Step back into Down Dog
- Lift hips high
- Breathe out, push back

Layer 3

- Keep exhaling as you press chest to thighs
- Push your body weight towards your legs

PLANK POSE

Layer 1

- Chin tucked in
- Roll forward to Plank
- Shoulders over wrists
- Breathe in, push into your hands

CROCODILE POSE

Layer 1

- Knees down
- Lower all the way down to the floor
- Breathe out, lower halfway on knees or toes

Layer 3

- Gently lower
- Can you hear your breath?

BABY COBRA POSE/UP DOG

Layer 1

- **Squeeze your butt**
- Baby Cobra
- Shoulders back
- Breathe in, to Baby Cobra or Up Dog
- Open chest

Layer 3

- Open your heart
- Pull your body weight forward and up



02. PINEAPPLE SKIES 4:42mins

ESSENCE TIPS

This Sun Salutations track is simple, clean and incredibly nourishing for the body.

The sequence returns to the foundation flow that we all know and love! Your regular participants will pick up the choreography quickly, and with 6 energizing rounds, newer class members will find the flow in no time.

As always, the first round is dedicated to clear, precise coaching to set your class up. Layer 1 cues (pose name, BPD and simple alignment) are perfect to begin with. In the second round, introduce the beautiful Yoga breath, breathing in through the nose and out of the nose to create internal warmth. Bram chose to then use the third round to combine the cues from the first two rounds – a fantastic idea to ensure all participants are moving and breathing through their flow.

One of the wonderful things about having a more simple sequence, and 6 rounds of it, means that we have a perfect opportunity to experiment with Layer 3 cues to refine and enhance the flow. Take a moment to consider what you could give to your class in these final rounds. More advanced alignment cues, information about the benefits of the poses, further exploration of breath with movement, or perhaps more time to be internal and connect with their bodies. What would your class benefit from most? What can you, as an instructor, deliver that will take their experience to the next level? Having a focus for these last two rounds will help to keep your cues flowing and uncluttered, but remember: look out and see what your class needs from you. As we progress through the rounds, the cues become less and less to take the class deeper into their bodies.



03. STANDING STRENGTH



TRACK FOCUS

I want participants to find the strength and power in their poses that complements the incredible energy of the music.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Down Dog , facing L side Inhale – Step L foot F, Warrior 1 L, hands on floor		8 8
0:10	V1 / _ I’m not	6½x8	A	Standing Strength Sequence L Exhale/Inhale – Warrior 1 L, arms down Exhale/Inhale – Warrior 1 L, arms up sides of body to O/H, palms facing Inhale/Exhale – Arms wide to side, palms up	16 16 20
0:45	C / Sharpest	6x8	A¹	3x Extended Warrior 1, Warrior 1 with Arm Sweeps L Exhale – Extended Warrior 1 L, arms wide to O/H, palms down Inhale/Exhale – Arms wide to side, palms up	8 8
1:16	Br / Oh	3x8	B	Exhale/Inhale – Warrior 2 L facing front, palms down	24
1:31	V2 / Another	4x8	B¹	Inhale/Exhale – Heel Lift L, palms down Turn R palm up 4cts, turn L palm up 4cts ⇅ Option: No Heel Lift	32
1:51	PC / _ I won’t	2x8	C	Inhale/Exhale Extended Warrior 2 L, L elbow to thigh ↑ Option: L hand to ankle	16
2:01	C / Sharpest	6x8	D	3x Sun Warrior, Extended Warrior 2 with Arm Sweeps L Inhale – Sun Warrior L, arms wide O/H Exhale – Extended Warrior 2 L, arms O/H ⇅ Option: L elbow to thigh	8 8
2:31	Br / Oh	3x8	B²	Inhale/Exhale – Warrior 2 L, arms wide, palms up	24
2:45	Oh	3x8	B³	Inhale/Exhale – Joyous Warrior 2 L, arms wide to high V, palms up	24
3:01	V3 / _ I’m not	33½x8	A-D	Repeat Standing Strength Sequence R	268
5:52	QC / Sharpest	3¼x8		Inhale/Exhale – Wide-Legged Forward Fold ⇅ Option: Elbows on thigh	26
6:08	Rep / _ Look out	6x8	C¹	3x Extended Warrior 2 with Arm Sweeps L&R Inhale – Extended Warrior 2 L, arms O/H Exhale – Extended Warrior 2 R, arms O/H ⇅ Option: Elbow to thigh	8 8



03. THIS IS ME 6:43mins

TECHNIQUE & COACHING

WARRIOR 1

Layer 1

- From Down Dog, step your back leg forward between your hands
- Knee over ankle
- Back heel down
- Rise up to Warrior 1
- Square hips to front leg
- Breathe in, arms lift
- Breathe out, sink low into legs
- Shoulders drop down
- Squeeze butt
- Breathe in, arms open wide
- Squeeze shoulder blades together to open chest

Layer 3

- Soften the ribs and let the opening come from your chest – more from your heart
- Open and expand

EXTENDED WARRIOR 1, WARRIOR 1 WITH ARM SWEEPS

Layer 1

- Let's flow
- Breathe out, reach forward
- Breathe in, open wide

Layer 3

- Reach and flow – immerse yourself in the music
- Reach and open

WARRIOR 2

Layer 1

- Open to the front, Warrior 2
- Toes directly to the side
- Knee pushing back
- Level through your hips
- Push the entire sole of your foot away
- Advanced option: Lift heel
- If you don't want it, press into the foot
- Breathe in, breathe out, draw belly in
- Turn the palm up and reach
- Other side, palm up
- Breathe out, reach forward
- Breathe in, open wide

Layer 3

- The entire sole of your foot presses the earth away
- Create some radiant energy – breathe in, draw it into your belly, right up into your heart center, and radiate!

EXTENDED WARRIOR 2

Layer 1

- Reach to Extended Warrior
- Touch down on your thigh or reach to the ankle

Layer 3

- Are you ready to flow?

SUN WARRIOR, EXTENDED WARRIOR 2 WITH ARM SWEEPS

Layer 1

- Sun Warrior
- Breathe in, 'C' shape
- Flow over to Extended Warrior
- Touch elbow to thigh if needed

Layer 3

- Feel the strength in your 'C' shape
- Just move – move unapologetically with your breath and beautiful body

JOYOUS WARRIOR 2

Layer 1

- Arms wide
- Press feet into the floor
- Draw belly in
- Breathe in, and rise
- Breathe out, sink lower

Layer 3

- Feel the fire in your lower body
- Feel the lift and the lightness come through your chest
- Time to celebrate – strong, powerful!



03. THIS IS ME 6:43mins

WIDE-LEGGED FORWARD FOLD

Layer 1

- Turn toes forward
- Come down
- Touch hands down to floor
- Breathe

Layer 3

- Breathe and release

EXTENDED WARRIOR 2 WITH ARM SWEEPS

Layer 1

- Bend knees, come up
- Extended Warrior 2 side to side
- Turn your feet, arms reach
- Pick up balls of both feet
- Turn feet to other side
- Stretch again

Layer 3

- Full body expression – take a big breath in and radiate out

ESSENCE TIPS

This track is a perfect example of the power of the music. What a song! With such a huge, emotive piece of music, it's our job, as instructors, to complement its intensity with minimal, precise cues.

In Warrior 1, we are facing the side and we want participants to stay in their bodies and movements. They need us to coach clearly so they don't need to turn back and look at us. To deepen the Warrior 1 hip stretch and help participants alignment, coach to turning the back foot to the side wall, along with the knee and hip rolling in and forward. Once they have this, coach to lifting the lower belly to engage the lower abdominals to avoid pinching into the lower back. The flowing transitions to Extended Warrior 1 from the chest stretch is a beautiful moment to be internal and connect with the music. Diana found saying only what was needed to keep people moving meant this soulful part of the song could shine through.

The Warrior 2 pose is held for a while, so it's a great opportunity to clarify your coaching focus for this pose and what you want your participants to feel and experience. There are so many great cues that can be used in this pose to advance technique. As always, coach the alignment of front knee over ankle, shoulders over hips and pressing into the outside edge of the back foot. Jackie chose to bring attention to the pressing out of the front knee and leveling of the hips. We can also speak to the drawing up of the back leg to give strength to the foundation of our pose, the legs. From this strong base, we can play with the upper body, bringing lightness and energy as we change the arm positions and move from one Warrior to the next. We are here for a while so the biggest focus is to coach the breath to help participants to sustain the poses!

In the final move, moving Extended Warrior 2 from side to side coach the feet positions to align knees and hips, lifting and turning the balls of the feet to set your Warrior on each side.

Enjoy this incredible track. Look out and connect with your participants. As Bram and Diana say, this is us - strong, powerful and moving unapologetically!



04A. BALANCE



TRACK FOCUS

I want participants to feel the freedom and energy that come from moving between balancing poses with breath.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Mountain Pose, feet together		16
0:08	V1 / Hide	8x8	A	Knee Lift, Warrior 3 Sequence L Inhale: Knee Lift L ⇩ Option: L foot to R ankle Exhale – L arm reaches B Inhale/Exhale – R hand to L shoulder Inhale/Exhale – Extend R arm F, palms up Inhale – L arm circles down F, both arms to O/H, palms facing	8 8 16 24 8
0:38	C / Cheer up	4½x8	B	Exhale/Inhale – Warrior 3 L, arms sweep B ⇧ Option: Diving Warrior 3 L	36
0:55	V2 / You once	12½x8	A-B	Repeat Knee Lift, Warrior 3 Sequence R	100
1:43	C / Cheer up	15½x8		Dancers Pose L&R Inhale/Exhale – Dancers Pose L, R arm O/H Inhale/Exhale – Extended Dancers Pose L, R arm F Inhale/Exhale – Dancers Pose R, L arm O/H Inhale/Exhale – Extended Dancers Pose R, L arm F	16 36 16 56



04A. DAYDREAM BELIEVER 2:46mins

TECHNIQUE & COACHING

KNEE LIFT, WARRIOR 3 SEQUENCE

Layer 1

- Set feet to Mountain Pose
- Knee lifts
- Toes lightly on the floor, or lift to alongside the knee
- Extend right hand to the back
- Left hand on your right shoulder
- Use left hand to press shoulder away to twist
- Breathe in, extend left hand forward
- Palms facing up
- Eye gaze to front, floor or to the side
- Warrior 3, lift arms up
- Breathe in, tip forward from the hips
- Send your right leg back
- Arms back, alongside the body
- Aim to bring your chest to thigh
- Go further if you want more

Layer 3

- Other side, toes to knee, extend left arm back, hand to shoulder
- Breathe in and stand tall
- Breathe out and relax
- Front arm extends forward
- Square your hips to the front by squeezing your inner thighs in
- Relax your face
- Sweep arms back and sink down into your legs
- Breathe in and lift back leg higher, breathe out to dive

DANCERS POSE

Layer 1

- Dancers Pose
- Left hand goes up
- Right hand finds right foot
- Knee to knee
- Breathe in, steady your gaze
- Breathe out, kick your foot up to the ceiling
- Stay and hold

Layer 3

- Search for a little more lift
- Keep the breath coming

ESSENCE TIPS

We have two Balance tracks in this release, both with upbeat, lighthearted music and plenty of opportunity to connect with the people in your class. Balancing can be difficult, and we can acknowledge this by bringing a positive attitude to our coaching. Encourage and celebrate your participants' efforts!

Bram's focus for this track was to match the light, calm energy of the music by keeping coaching fun, relaxed and simple, just like daydreaming.

The track begins with a Knee Lift and upper body twist through the Warrior 3 sequence. By keeping cues simple and clear, using pose name, body parts and direction will allow participants to keep their eyes steady without having to look up at you. Once you have people in the correct position, you can then coach the goal of finding rotation through the shoulders. The aim of New Yoga is to move however your body needs to each day. The shoulder rotation is a perfect example as participants can choose how far to twist and whether using the front arm as a lever to go further is right for them today.

The transitions within this track come to life when we add the Yoga breath. Not only does it feel amazing but using the breath to move between poses also helps us keep our balance. Use plenty of descriptive breath cues to help participants feel the difference moving with the breath can make.



04B. BALANCE



TRACK FOCUS

I want participants to be aware of their options, being comfortable finding a balance between choosing what is right for them today and challenging themselves.

MUSIC			SEQUENCE/EXERCISE		CTS
2:46	Instr / (Piano)	1x8	Mountain Pose , feet together Hands to heart center		8
2:51	V1 / Lay on	4x8	Inhale – Extended Mountain Pose , arms O/H, palms together		8
			Exhale – Heel Lift		8
			Inhale/Exhale – Bend knees, Intense Pose		16
3:16	C / Be	4x8	Inhale/Exhale – Wide Squat , arms down		8
			Exhale – Heel Lift		8
			Inhale/Exhale – Arms up side of body to O/H, palms facing		16
			⇩ Option: No Heel Lift		
3:42	V2 / Need to be	2x8	A	Inhale/Exhale – Wide Squat , hands down to heart center ⇧ Option: Hindi Squat	16
3:54	V3 / Tired of	6x8	B	Bird Pose ⇩ Option: Feet down or Single Foot Lift ⇩⇩ Option/Pregnancy Option: Hindi Squat or Wide Squat Hands to heart center	48
				Hindi Squat Twist L, R arm diagonal B	16
				Hindi Squat Twist R, L arm diagonal B	16
4:31	C / Ride	2x8	A	Repeat Hindi Squat	16
4:44	Br / Do	7x8	B	Repeat Bird Pose ⇧ Option: Bird In A Basket ⇧ Option: Bird In Flight ⇩ Option/Pregnancy Option: Star Pose Sequence Inhale – Forward Fold , feet hip-width apart Exhale – Mountain Pose Inhale – Extended Mountain Pose , arms O/H Exhale/Inhale – Star Pose R, L leg lifts Exhale/Inhale – Star Pose L, R leg lifts	56
					8
					8
					8
					16
					16



04B. MEANT TO BE 2:44mins

TECHNIQUE & COACHING

MOUNTAIN POSE / INTENSE POSE

Layer 1

- Feet together, Mountain Pose
- Hands to heart center
- Breathe in, lift your arms
- Lift your heels when ready
- Sit into Intense Pose
- Tail bone down
- Belly in

WIDE SQUAT

Layer 1

- Land the heels
- Hands to thighs
- Step feet to Wide Squat
- Toes and knees out
- Option to lift your heels
- Breathe in, arms up
- Breathe out and deepen

Layer 3

- Breathe in, breathe out and explore how low you want to go in this pose or maybe not so low

HINDI SQUAT

Layer 1

- Land the heels
- Deepen your Squat
- Or go all the way down to Hindi Squat
- Press palms together at heart center

Layer 3

- Land into your Squat and maybe a little wrist release
- Lift your chest and relax your shoulders

BIRD POSE

Layer 1

- Options to stay in Hindi Squat or if you know Bird Pose, go straight away
- Hands to floor, shoulder-width apart
- Lift tail bone and belly
- Shift body forward and back
- Bird Pose, knee to tricep
- Lift your belly
- Breathe in, try lifting one foot
- Look forward

BIRD IN A BASKET

- Shift your weight back
- Bring toes together

BIRD IN FLIGHT

- Extend one leg or both legs

Layer 3

- We can try Bird Pose again or maybe Bird In A Basket
- Land softly and carefully!

HINDI SQUAT TWIST

Layer 1

- If you're in Hindi Squat, twist to one side
- Right arm lifts, opens and reaches back
- Breathe in extend arm; breathe out twist
- Other side

FORWARD FOLD, EXTENDED MOUNTAIN POSE

Layer 1

- If you are in Hindi Squat place hands down and come to a Forward Fold
- Lift your belly
- Breathe in rise to Extended Mountain Pose

STAR POSE

Layer 1

- Step on left leg and lift right leg to the side
- Breathe in open; breathe out to stabilize
- Other side



04B. MEANT TO BE 2:44mins

TECHNIQUE & COACHING

ESSENCE TIPS

This is the new way of teaching an arm balance track. There will be the options within the hand balancing poses, to enable participants to master them at their own pace, if they choose to and if it is something they want to work towards. We have introduced entirely different options for those who do not feel comfortable in the hand balancing poses. Similar to pregnancy options, both the hand balancing poses and standing poses need to be offered at each class. If you are team-teaching, one person can demonstrate the alternative poses. If you are teaching on your own, you may like to explain at the beginning of the track that there will be a variety of options so participants look out for the different levels and choices. As the Instructor, try to demonstrate all options to the best of your ability and as participants become familiar with the track you will see that half the class will do the arm balances and half the class will do the standing ones.

This is why we must show both. Knowing your music, scripting and practising will all help you to find where you can move between options. Our goal is for everyone to feel successful, either by practicing their Bird In A Basket pose, or in a beautiful Star Pose.

You can also tailor this to suit your particular class. If they are just beginning to grasp Bird Pose, offer Bird In A Basket for those who know it and feel comfortable, but then stay going over your Bird pose cues. Then after a few weeks you may like to begin talking through the Bird In A Basket setup in the second block.

While having lots of options to coach may feel overwhelming, try to go into these tracks with an attitude of acceptance. Bram says, "Think inclusive, no expectations, going with the flow and be playful. 'If it's meant to be, it will be' is the mantra for this track."



05A. HIP OPENERS



TRACK FOCUS

I want participants to immerse themselves in the breath as they hold, and move between poses, finding how the breath allows us to connect with our bodies and movements.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro	4x8	A	Seated Star Pose , facing front, hands behind on floor	32
0:20	Instr	12x8	A ¹	Inhale/Exhale – Lift chest and eyes up Inhale/Exhale – Hip Lift ⇩ Option: No Hip Lift	32 64
1:23	PC / I was	4x8	B	Inhale/Exhale – Wide-Leg Forward Fold ⇩ Option: Bend knees Inhale/Exhale – Wide-Leg Forward Fold , hands B on floor	16 16
1:44	C / Unstoppable	8x8	B ¹	Wide-Leg Stick Pose With Twist L&R Inhale – Wide Seated Stick Pose, bend knees Exhale – L arm inside L leg, R arm reach diagonally B Inhale/Exhale – Extend legs Repeat to R side	8 8 16 32
2:26	Instr	12x8	B ²	Repeat Wide Leg Forward Fold , hands F on floor	96
3:29	C / Unstoppable	12x8		Inhale/Exhale – Frog Pose , facing front, hands F Option: Fold mat in half under knees	96
4:31	Instr	4x8		Inhale/Exhale – Wide Knee Childs Pose	32
4:52	(Quiet)	4x8		Broken Toe Pose Inhale/Exhale – Knees together, sit B on heels, toes curled under, hands on thighs	32



05A. UNSTOPPABLE 5:13mins

TECHNIQUE & COACHING

SEATED STAR POSE

Layer 1

- Sit down, soles of feet together
- Hands behind hips
- Shuffle hips towards heels
- Press knees towards the floor
- Breathe in and spread collar bones wide
- Breathe out, shoulder blades press into your back ribs
- Tuck tail bone a little
- Lift sit bones just off the floor
- Pressing up through your heart centre

Layer 3

- Breathe and feel softness through your body and a stretch into your adductors
- Explore this stretch, Try rocking your pelvis around a little and intuitively move into the stretch position that feels good for you – that's the position where you can breathe calmly and you feel at ease in the position
- If your shoulders start to fatigue, lower your sit bones back down
- Breathing and softening

WIDE-LEG FORWARD FOLD (HANDS BACK)

Layer 1

- Lower hips down
- Wide-Legged Forward Fold
- Legs bent or straight
- Roll your thighs back
- Stretch out through the soles of your feet
- Hands behind
- Breathe in, lengthen through your spine

Layer 3

- Shift your hips around to find your adductor stretch

WIDE-LEG STICK POSE WITH TWIST

Layer 1

- Bend your knees
- Anchor your hand inside the ankle
- Pull opposite arm to the back wall
- Breathe in, lift your chest
- Breathe out, slowly extend the legs
- Keep them bent if it feels better

- Keep pulling the arm back, twisting through the upper back
- Other side
- Bend knees, anchor, arm back

Layer 3

- Breathe in, breathe out and melt into softness
- Feel that wonderful stretch through the upper back, hamstrings and adductors

WIDE-LEG FORWARD FOLD (HANDS FORWARD)

Layer 1

- Come forward
- Hands forward

Layer 3

- Breathe in and feel the underside of your body lift
- Breathe out, tip forward from your hips and find that sweet spot
- Find that stretch position where you feel absolutely wonderful and at ease
- Move around a little, staying in tune with your body
- If at any point you start to feel uncomfortable or hold your breath, back off a little
- The more you relax and breathe, the more your body softens and sinks deeper into the pose

FROG POSE

Layer 1

- Slowly walk your hands in
- Frog Pose
- Legs around to the side
- Set your knees wide
- Ankles in line with knees
- Flex your feet
- Come down onto your forearms
- Tuck your tail bone
- Gently lift your belly

Layer 3

- Rock your hips forward and back. Search for the stretch position where it feels really good – that point where you just want to linger, where your whole body wants to glow
- Breathe calmly and let gravity do the rest

05A. UNSTOPPABLE 5:13mins

WIDE-KNEE CHILDS POSE

Layer 1

- Bring big toes together
- Push hips back towards your heels
- Wide-Knee Childs Pose
- Walk hands forward

Layer 3

- Feel the wonderful release through your lower back and the stretch through your adductors

BROKEN TOE POSE

Layer 1

- Walk hands in slowly
- Broken Toe Pose
- Bring knees together
- Tuck toes under, spread toes wide
- Slowly bring your weight back



Layer 3

- Feel that wonderful stretch through the soles of your feet – something we don't get to do very often

ESSENCE TIPS

In these two luxurious Hip tracks, we explore the concept of New Yoga - moving as our bodies need to today. Corey's intention in both tracks was around using the breath to open the hips, and taking the time to move within each pose - finding that perfect spot.

The hips are an area that can hold so much tension for many. These days, we spend so much time sitting, causing our hip flexors to relax and deactivate, becoming progressively weaker and shorter. Here, we have some incredible hip stretches and plenty of time to move within them to give back some length and movement to such an important muscle group. The hip flexor group is what connects the legs to the torso and Assists in stabilising the lower back and pelvis, so these stretches are really worth doing to keep the muscles healthy and flexible.

Corey wanted to place emphasis on moving within the poses, taking time to explore how the body feels in each posture. Then, we can find exactly which part of our muscles needs the most care and nourishment. Discovering these areas of tension, or places that just feel really good to stretch, continues to encourage the body awareness we strive for. In these nourishing positions, you cannot over-coach the breath. Breath is what helps us stay in the pose and, ultimately, to release tension and find peace within the movements.



05B. HIP OPENERS



TRACK FOCUS

I want participants to move within their poses until they find the perfect spot that allows them to stretch and release tension.

MUSIC			SEQUENCE/EXERCISE		CTS
5:13	Instr	2x8	A	Hip Opener Sequence R Down Dog , facing R side	16
5:25	V1 / Know our	4x8	B	Inhale – 3-Legged Dog R (B leg lifts) Exhale/Inhale – Bend R knee	8 24
5:44	V2 / Miss	8x8	C	Inhale/Exhale – Swan Pose R ⇓ Option: 90°/90° Pose Exhale/Inhale – Extended Swan Pose R, arms F on floor	24 40
6:21	V3 / _ Speaking	8x8	D	Seated Half Forward Fold L Inhale/Exhale – Seated, facing front, R foot to L inner thigh, R arm O/H Inhale/Exhale – Seated Half Forward Fold L, R arm O/H, L arm rest on L leg	16 48
7:00	C / Be	4x8	E	Inhale/Exhale – Spiral Hip Lift R, R hand on floor, L arm O/H Inhale/Exhale – Chest and eyes to ceiling	16 16
7:19	Instr /	26x8	A-E	Repeat Hip Openers Sequence L Note: Down Dog, facing L side	208
9:22	V4 / _ Come around	8x8		Supine Hip Butt Stretch L&R (facing R side) Inhale – L foot on R thigh Exhale/Inhale – Roll to supine, hold B of R thigh Repeat Supine Hip Butt Stretch R ⇓ Option: Seated Hip, Butt Stretch	8 24 32



05B. JANUARY DECEMBER 4:51mins

TECHNIQUE & COACHING

3-LEGGED DOG

Layer 1

- Down Dog
- Hands under shoulders
- Lift hips back
- Breathe in, lift back leg to ceiling
- Breathe out, bend your back leg
- Press your hands evenly into the floor to square your shoulders

Layer 3

- Spread your fingers
- Bend the back knee and if it feels good keep opening the hip

SWAN POSE

Layer 1

- Bring back knee through between your hands
- Flex front foot to protect the knee
- Back leg either straight or bent
- Breathe in and lengthen the front of your body

Layer 3

- Breathe in and lift up through the heart centre; breathe out and come forward

EXTENDED SWAN POSE

Layer 1

- Breathe out and come forward

Layer 3

- Find the sweet spot in this hip stretch – try rocking your pelvis side to side and feel that position where you feel most at ease and relaxed
- Make it effortless
- You might find this side feels different so maybe rock forward and back a little
- Where's that position where you want to linger?

SEATED HALF FORWARD FOLD

Layer 1

- Come up
- Bring the heel into your inner thigh
- Breathe in, lift ribs off the hips
- Breathe out, 'C' shaping your spine
- Feel the stretch through your side body and waist

Layer 3

- Pull the bottom shoulder forward and rock it back. Find the position where you can let go all of effort
- Where can you let go? Maybe relax your shoulders, your face. See if you can let go an ounce of effort somewhere in your body

SPIRAL HIP LIFT

Layer 1

- Hand behind the hip
- Breathe in, stretch your fingers to the back wall
- Breathe out, squeeze your butt and tuck tail bone under
- Feel the stretch down through the front hip

Layer 3

- Anchor the hand; breathe in and feel length from your big toe to fingertips
- Breathe out and press down through the heel of your palm; search for the hip stretch

SUPINE HIP/BUTT STRETCH

Layer 1

- Turn side-on
- Roll onto your back
- Front ankle crosses back knee
- Reach through to hamstring or knee
- Soften tail bone to the floor
- Relax your shoulders

Layer 3

- Rock around a little, staying in tune with your body



06. CORE ABDOMINALS



TRACK FOCUS

I want participants to feel how reaching high and rotating through the shoulders in the Rope Climb Sequence brings more load to the abdominals.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Lie supine, facing R side, knees bent, feet on floor, arms at sides Pregnancy Option: On elbows, knees bent, feet on floor	16
0:13	V1 / Take a hit	6x8	A 12x Abdominal Pulse Curl With Rope Climb R&L Curl up, R hand reaches diagonally high Pulse Curl, L hand reaches diagonally high Pregnancy Option: Alternate Leg Raise, knees bent	2 2
0:51	C / Oh , I won't	6x8	B 3x Abdominal Sequence Inhale – Reach To Feet, legs to vertical, curl up, hands to feet ⇓ Option: Bend knees Exhale – 2x Pulse Curl , hands to feet Inhale – Lower legs to 45°, arms O/H Exhale – 4x Scissor Legs ⇓ Option: Alternate Toe Tap Pregnancy Option: Alternate Leg Lift Sequence Double Leg Extension, knees wide Alternate leg raise Feet draw back in Alternate leg raise, knees	4 4 4 4 4 4 4 4
1:29	V2 / Put an X	4x8	A 8x Repeat Abdominal Pulse Curl With Rope Climb L&R	4
1:54	C / Oh , won't	6x8	B 3x Repeat Abdominal Sequence	16
2:32	Br / White flag	3x8	B ¹ Inhale – Reach To Feet 10x Pulse Curl , hand to feet Exhale 4cts, inhale 4cts ⇓ Option: Bend knees Pregnancy Option: Alternate Leg Raise with knees wide	4 20
2:51	C / Oh , won't	9x8	B 4½x Repeat Abdominal Sequence Note: 1st rep, 4x Pulse Curl . Last ½ rep is 3 Crunches	16



06. WHITE FLAG 3:48mins

TECHNIQUE & COACHING

ABDOMINAL PULSE CURL WITH ROPE CLIMB

Layer 1

- Feet on floor, hip-width apart
- Rope climb
- Back hand reaches up
- Reach up through the center of your body
- Gently tuck in your chin
- Looking towards your thighs
- Breathe out, in, out, in
- Breathe in through the nose, out through the mouth
- Bring some rotation through your shoulders

Layer 3

- Focus on the rotation through your shoulders - how high can you lift?
- Feel more work and burn into your obliques – more core strength

ABDOMINAL SEQUENCE

Layer 1

- Arms and legs go up to the ceiling
- Tail bone lifts
- Tuck in chin
- 2 Crunches
- Arms extend over head, legs to 45°
- Scissor legs, 4, 3, 2, 1
- Breathe in through the nose
- Breathe out as you crunch
- Breathe in, go down slowly
- Scissor
- **Strong abdominal brace**
- **Keep lower back towards the floor**
- If back is lifting, bend your knees

Layer 3

- Feel tail bone lift to engage lower abdominals
- Reach higher and squeeze abdominals more
- Go as low as you can with your lower back staying close to the floor
- Whatever you do, don't give up the fight!
- Keep focusing on the breath and feel how it fuels the movement and keeps your core super strong

REACH TO FEET, PULSE CURL

Layer 1

- Come on up
- Hold and Crunch
- Up, down, up, down

Layer 3

- Can you lift your tail bone more? Feel your lower abdominals on fire; keep breathing

ESSENCE TIPS

Moving into Pilates training and one awesome Core track! After the cruisy Hip tracks, the music and choreography bring back some power and intensity.

The 3 B's (Belly, Back and Breathing) in the Core track are vital for ensuring everyone is breathing and moving safely and at the correct level. In the Rope Climb coach as Corey did to reach higher and rotate through the shoulders for more load in the core. The goal is to keep the arms in line with the center of the torso. The shoulders and upper back lift higher in this move than in a usual Crunch motion, making it a fantastic exercise for the completely top half of the body. Coach to look towards the thighs with the chin tucked for neck safety. Participants may need to be reminded of this when we return to the move; we have a lot of ropes to climb!

Know your music well so you can nail your transitions. As we extend out to 45 degrees, the core needs to brace strongly to keep the lower back close to the floor. We want everyone to feel that great burn in their abdominals, so coach the option to bend the knees in the Scissor legs early on, to make sure everyone can keep moving and stay immersed in their workout. Look out and acknowledge their effort! What can you say to keep your class moving with you, motivated right to the end?



07. CORE BACK



TRACK FOCUS

I want participants to explore the options in the strong Side Plank work, choosing what feels best for them, and find the beautiful strength in moving slowly to and from Up Dog.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	1x8	Set up Plank Pose, facing L side ⇓ Option: On knees		8
0:08	V1 / Found you	2x8	Inhale/Exhale – Plank Pose		16
0:24	V2 / I don't	2x8	A	Side Plank Sequence L Inhale/Exhale – Side Plank L , facing front L hand on floor, R arm to vertical ⇓ Option: On knees Option: Side Hover L	16
0:39	V3 / Soft	2x8	A ¹	Inhale/Exhale – Side Plank With Leg Lift L ⇓ Options: On knee or no Leg Lift	16
0:55	C / _ She don't	4x8	A ²	4x Inhale – R arm reach O/H, R leg lifts Exhale – R leg lower, R arm wide and down to side	4 4
1:28	V4 / All in my	8x8	A-A ²	Repeat Side Plank Sequence R	64
2:32	Br	2x8	Lie prone, facing R side, hands on floor under shoulders Pregnancy Option: Camel Pose		16
2:48	C / _ She don't	6x8	3x Up Dog Lift Inhale/Exhale – Up Dog ⇓ Option: Baby Cobra Pose Pregnancy Option: Camel Pose Inhale/Exhale – Lower down Last rep, arms reach B at sides, thumbs up		8 8
3:36	Rep / Will , she will	2x8	Flutter Kick L&R Inhale 8cts, exhale 8cts Pregnancy Option: Horse Stance, Alternate Leg Extension		16



07. PRETTY 3:55mins

TECHNIQUE & COACHING

PLANK POSE

Layer 1

- Come into Plank Pose
- Hands shoulder-width apart
- **Brace core**
- Come up, make sure shoulders are over your wrists
- On knees or stretch legs out in front

Layer 3

- Push the floor away; create stability through the shoulder girdle

SIDE PLANK SEQUENCE

Layer 1

- Turn to Side Plank
- Turn to front, fingers to side wall
- Shoulder over wrist
- One foot behind the other or bottom knees down
- Push the floor away
- Broaden across your chest and up into your top arm

SIDE PLANK WITH LEG LIFT

- If you want more, lift the top leg
- **Brace the belly** to stabilize your body
- If too much on your wrist, come down onto your forearm
- Breathe in, lift the leg and the arm over head
- Breathe out, lower down
- Keep lifting the hips high
- Roll top hip forward to keep the hips square

Layer 3

- A beautiful challenge, but where can you find the peace?
- How far can you push your hands away from each other?
- If you want more, take the leg off the floor
- Bring your shoulder further over your wrist
- Use your breath, fill yourself up to lift you higher
- Strong and steady

UP DOG LIFT

Layer 1

- Come onto the front of your body
- Set up for Slow Up Dog

- Thumbs by your ribs
- Lift your shoulders up and back
- Pull your elbows to the ceiling
- Eyes are forward, long neck
- **Squeeze your butt**
- Breathe in and rise
- You may stop in Baby Cobra or push to Up Dog
- Slowly knees come down, hips come down

Layer 3

- Keep the muscles working in the back
- We have no time to rush, especially when we are creating strength

FLUTTER KICK

Layer 1

- Arms back, thumbs rise
- Let's flutter
- Draw shoulder blades back and down
- Tuck in the chin

Layer 3

- Pretty little kicks
- Keep rolling the thumbs up

ESSENCE TIPS

The Side Plank is an amazing exercise for strengthening the entire body. Participants will need clear options, and the encouragement to try try the levels and see what is best for them. The highest option may not be the right choice for most participants, or instructors. We coach to the top hip rolling forward to keep the load in the oblique. It takes a lot of strength to hold the position, and even more to move within it while keeping the core engaged. When instructing, demonstrate each option, but then return to the option that is right for you. Role-modeling acceptance of where your body is at today keeps coaching authentic and gives participants the encouragement to explore and be really aware of their body. This is a lovely opportunity to connect with your class. Celebrate every level, and the courage to give it a go!

The Slow Up Dogs are the perfect time to coach how to execute this movement; as always, coach to squeezing of the butt and shoulder blades back and down to initiate the movement. As you come down, maintaining the upper back strength is the key in this move; so coach to keeping the shoulder blades back, down and engaged to hold the strong posture. Finishing with the Flutter Kicks brings back a faster, playful energy and one final challenge for the posterior muscles.



08. TWISTS



TRACK FOCUS

I want participants to move into their Twists with an open and inquisitive mind, to discover how their bodies feel in each pose.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	A	Childs Pose , facing R side	16
0:13	V1 / Say	3½x8	A¹	Inhale/Exhale – Twisted Childs Pose L R arm reaches under L	28
0:37	C / Wild love	4x8	A¹	Repeat Twisted Childs Pose R	32
1:04	V2 / Call you	8x8	B	Inhale/Exhale – Seated Twist Pose R (facing front) R foot over L knee, L hand outside R thigh ⇓ Option: R foot to mid shin ⇓ Option: Extend L leg Pregnancy Option: Open Seated Twist Pose	64
1:59	Instr	9x8	C	Kneeling Lunge Twist Sequence R (facing L side) Inhale/Exhale – Kneeling Lunge Twist R, R hand on R thigh, L hand on floor Inhale/Exhale – Reach R arm B, palm F Inhale/Exhale – Kneeling Lunge Twist R with Prayer Hands , L elbow to outer R thigh Inhale/Exhale – Lunge Twist R with Prayer Hands ⇓ Option: Kneeling Lunge Twist with Prayer Hands Pregnancy Option: Stay in Kneeling Lunge Twist	16 16 16 24
3:01	Rep / Wild love	2x8		Inhale/Exhale – Draw B leg in and sit, facing front	16
3:15	V3 / Call you	8x8	B	Repeat Seated Twist Pose L (facing front)	64
4:09	Instr	9x8	C	Repeat Kneeling Lunge Twist Sequence L (facing R side)	72
5:11	Rep / Wild love	2x8	A	Repeat Childs Pose (facing R side)	16



08. WILD LOVE 5:27mins

TECHNIQUE & COACHING

CHILDS POSE

Layer 1

- Push up and back into Childs Pose
- Sink into your hips
- Relax your shoulders and neck

Layer 3

- Just relax and breathe

TWISTED CHILDS POSE

Layer 1

- Deep breathe in, back arm comes forward
- Twist to the front
- Shoulder lands, ear down on the floor
- Breathe into the pose
- If you need to, adjust your knees wider

Layer 3

- Breathe in, breathe out and turn away
- Adjust your body to create more space to twist
- Maybe you need more length in your top arm

SEATED TWIST POSE

Layer 1

- Rise up, slide back leg in
- Seated Twist
- Right leg goes under, left leg on top
- Anchor your hips
- If your hip can't touch the floor, unhook the leg
- Breathe in, hug your knee to lengthen your spine
- Breathe out to twist away

Layer 3

- See if you can push your sit bone down a little more to get a good stretch on the outside of your thigh
- Continue with your breath and continue to revolve towards the back
- Check your anchor points – sit bones and foot
- Search for more turn then use the breath to give you a little more
- Is it more length? Is it more opening? Or is it more relaxation?

KNEELING LUNGE TWIST SEQUENCE

Layer 1

- Come into a Lunge position

- Turn your body to the side
- Slide the right foot back
- Front knee over the ankle
- Relax back knee and foot down
- Turn the chest to the front
- Breathe in, reach your left arm back
- Keep your knee close to your chest
- Open up your chest
- If you want more, breathe in, stack your arm on top
- Bring hands to Prayer
- Breathe in, adjust hands to come closer to your chest
- Maybe you want to extend your back knee off the floor

Layer 3

- Breathe in to lengthen your arm out; breathe out and drop your shoulders away from your ears
- Breathe in and look for strength in your arms; breathe out and relax into it

ESSENCE TIPS

We return to some beautiful, longer-held poses after working the core muscles in the Pilates tracks. Bring the attention back to the Yoga breath and it's healing, releasing potential. In Twists, we can always go further when we incorporate the breath.

Seated Twist pose is a lovely place to invite participants to become internal. Setting your class up in the pose, being sure to coach to ground down through the anchor points (sit bones and big toe) and coach the breath with the alignment. To allow an internal space to happen, let the music shine through by offering minimal cues to keep participants connected. Participants will be even more aware of their bodies and breath now, nearing the end of the class. Invite them to acknowledge how they feel, mind and body.

In the Lunge Twist, set up using simple Layer 1 cues (BPD and basic alignment). Then bring attention to the breath, and finally encourage participants to explore each level to find exactly what is right for them today. Offering the different levels helps each person to accept where they are today and tune in to how the pose feels, not what it looks like.

Bram's focus for this track was to invite participants to have an open, enquiring mind and body. Where can they go today? What does their body need?



09. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

I want participants to find how the beautiful flow between extension and flexion creates length in the Hamstrings.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Childs Pose, facing R side		16
0:11	V1 / You know	4x8	A	Inhale/Exhale – Forward Fold , facing R side, feet hip-width apart Pregnancy Option: Elbows to thighs	32
0:34	C / I don’t know	4x8	A ¹	Flat Back Extend, Forward Fold Sequence Inhale – Flat Back Extend , hands to shins Exhale – Forward Fold	16 16
0:57	Instr / Now	4x8	A ²	Inhale – Flat Back Extend , hands to thighs Exhale – Intense Pose With Flat Back Extend , arms wide Inhale – Clasp hands behind Exhale – Forward Fold with clasped hands behind ⇓ Option: Forward Fold, hands on floor	8 8 8 8
1:20	V2 / There is	4x8		Inhale – Mountain Pose , clasped hands behind Exhale – Baby Back Bend , clasped hands behind Inhale – Wide-Legged Stick Pose (facing front) Exhale – Wide-Legged Forward Fold , hands on floor Pregnancy Option: Elbows to thighs	8 8 8 8
1:43	C / All that I	4x8	B	Wide-Legged Forward Fold L&R Inhale – Walk hands to L foot Exhale – Hands hold outside of L ankle Repeat to R side	8 8 16
2:07	Rep / Now	12x8	B ¹	3x Wide Flat Back Extend, Wide-Legged Forward Fold Sequence Inhale – Wide Flat Back Extend , hands to thighs Exhale – Bend knees, arms wide Inhale – Clasp hands behind Exhale – Wide-Legged Forward Fold with clasped hands behind	8 8 8 8
3:16	C / All that I	8x8	B ²	Inhale/Exhale – Wide-Legged Forward Fold , hands on floor ⇓ Option: Hands on floor Pregnancy Option: Elbows to thighs	64



09. STAY 4:06mins

TECHNIQUE & COACHING

FORWARD FOLD

Layer 1

- Standing Forward Fold
- Breathe in, come to hands and knees
- Tuck in your toes, feet hip-width apart
- Deep knee bend
- Rest your belly on your thighs
- Tuck your chin in
- **Lift belly button to your spine**

FLAT BACK EXTEND, FORWARD FOLD SEQUENCE

Layer 1

- Breathe in, hands to shins
- Lengthen your legs and spine
- Hold, **draw belly in**
- Breathe out, bend knees deeply
- Belly and chest to legs
- Rest in Forward Fold, hands to floor
- Hands to thighs, breathe in
- Come up higher, eyes forward
- Bend knees a lot
- Arms open wide
- Clasp hands behind, breathe in
- **Draw belly in**
- Breathe out, as you fold

Layer 3

- Feel the deep shoulder stretch

BABY BACK BEND

Layer 1

- Breathe in, slowly come up
- Bend your knees, roll your body to stand
- **Squeeze your butt**
- Slide your knuckles down to your heels

Layer 3

- Open your heart

WIDE-LEGGED FORWARD FOLD L&R

Layer 1

- Tuck chin in
- Step wide, face forward
- Feet to the front

- **Bend your knees**
- **Belly in**
- Hands come to floor
- Bring your hands to your right leg
- Gently pull your chest to thigh
- Bend your knee as much as you need
- Breathe in, to change sides
- Breathe out, hug your leg in

WIDE FLAT BACK EXTEND, WIDE-LEGGED FORWARD FOLD SEQUENCE

Layer 1

- Back to the middle
- Hands come to your thighs
- Breathe in, lift your chest
- Eye gaze forward
- **Bend your knees**, breathe out
- Spread your arms wide
- Breathe in, clasp your hands behind
- Breathe out, **pull your belly button up high to support your lower back**

Layer 3

- Hands to thighs, breathe in, breathe out and spread your wings; breathe in, clasp hands behind, breathe out and go as far as you need to

WIDE-LEGGED FORWARD FOLD

Layer 1

- Release hands to floor
- Forward Fold
- **Lift your belly**

Layer 3

- Feel free to adjust your feet – more forward, out or in
- You can come out of the pose anytime you need to



09. STAY 4:06mins

ESSENCE TIPS

Bram's focus for this track was to use the word "restorative" as the foundation of his coaching and vocal tone. The words we choose, especially at this point in the class, affect how your participants feel about their experience. As you script this track, consider the language and tone you can use to bring a nourishing feel and help participants wind down, encouraging acknowledgment of how they feel nearing the end of the class.

We flow the movements of extending the spine through flat back extension and then taking that length forward into deep folds with shoulder stretches to open. Allowing the hamstrings to move between extension and flexion creates a wonderful warmth and length. Like a gentle, nurturing massage for the back of the legs. Add in the shoulder stretch and it's like heaven!

Bram wanted to use this track to encourage the mind and body to enter a state of reflection and relaxation. Coming into the Forward Fold/ Hamstrings track with a calming focus and tone of voice sets us up perfectly for the Relaxation and Meditation to follow.

Enjoy this beautiful track.



10. RELAXATION/MEDITATION

KUTUMBA 9:34mins



TRACK FOCUS

I want to encourage participants to reconnect with their body and breath, acknowledging how this feels and what their body needs.



Make sure you are warm and having something to cover your eyes would be great. Take a moment to find your breath and then, mindfully, carefully and respectfully place your body in the right position. So, whether you bend your knees, extend your legs, lying on your side or sitting up, you choose. Once you feel settled start to breathe in through your nose, out through your nose, in your own pace, in your own time. For the next few minutes, we would like to invite you to connect with your body to start with, to create space within your joints so that the muscles around the joints can relax further. Start by relaxing your ankle joints both right and left. Then relaxing your knee joints and start to feel your thighs relaxing and softening. Create space in your hip joints then create spaces along your spine in between your spinal columns from tail bone, lower back, middle back and your upper back. Soften through your wrists, your elbow joints and your shoulder joints. Softening through your jaw and all the joints in your skull. From all these spaces you've found, enjoy the relaxation that comes into your body. The freedom that comes with the space. From here we take our time to connect with our breath, create a special bond with our breathing. Think about your breath as your guest; invite your breath into your body. Give your breath a warm welcome so that your breath wants to stay. Once your breath is staying, you can choose to breathe lightly and allow your body to be very heavy, or you can choose to breathe heavily while keeping your body very light and effortless. Choose the one that works for you today and allow this connection between you, your breath, your body and your mind to continuously evolve. From all these generous spaces and generous breathing, in your own way, which makes sense to you, start to bring yourself back into your own body. Move carefully, gently. What makes sense to you at the moment? Stretching out? Hugging your knees in? Feel free to roll onto your side at any point, stay there for a few seconds and eventually find your way back to seated. Once you sit tall, take one deep breath, fill up your space, breathe out and enjoy your space.



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:

- 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 cannot 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 music 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

- 01

Never Be The Same (3:19)

KLP

© 2017 Cereus Records.

Written by: Peters, Burford, Harding
- 02

Pineapple Skies (4:42)

Miguel

© 2017 ByStorm.

Written by: Pimental, Gaye, Fisher, Brown, Remi, Federman, Swift, Ritz
- 03

This Is Me (6:43)

Week Atlas

© 2018 Les Mills Music Licensing Ltd.

Written by: Pasek, Paul
- 04A

Daydream Believer (2:46)

The Monkees

© 1968 Colgems Records.

Written by: Stewart
- 04B

Meant To Be (2:44)

Bebe Rexha feat. Florida Georgia Line

© 2017 Warner Bros. Records Inc.

Written by: Miller, Garcia, Hubbard, Rexha
- 05A

Unstoppable (5:13)

Squashed

© 2018 Les Mills Music Licensing Ltd.

Written by: Barnes, Epworth
- 05B

January December (4:51)

Tool Pound

© 2018 Les Mills Music Licensing Ltd.

Written by: Unknown
- 06

White Flag (3:48)

Bishop Briggs

Courtesy of the Universal Music Group..

Written by: Bassett, Briggs, Jackson, Scott
- 07

Pretty (3:55)

Hypercolor feat. Che Ecu

© 2016 Vitalic Noise.

Written by: Young, Wheeler
- 08

Wild Love (3:14)

James Bay

Courtesy of the Universal Music Group.

Written by: Green, Bay

Wild Love (2:13)

James Bay

Courtesy of the Universal Music Group.

Written by: Green, Bay
- 09

Stay (4:06)

Chet Porter feat. Chelsea Cutler

© 2016 Foreign Family Collective.

Written by: Cutler, Porter
- 10

kuTumba (9:34)

Sacred Earth

© 2015 Real Music

Written by: P. Williams, J. Williams, Hart



L-R Back: Bram Prima Halim, Caley Jäck (Shadow) & Corey Baird
L-R Front: Jackie Mills & Diana Archer Mills

The music is fresh and the moves are unique, that's what makes BODYBALANCE 82 so special. Class highlights: *Never Be The Same* is the perfect song to open the class, connecting people into simple Tai Chi movements and breath making their shift from thinking to moving. Six rounds of Sun Salutations will get your class warm as they morph into the cool sounds of *Pineapple Skies* preparing them for the bigness (nearly 7 minutes) of the Standing Strength poses and the sounds of *This Is Me*. This is an opportunity for your participants to work on their alignment of poses as well as taking their Yoga experience to another level, both physically and emotionally, its a class favorite. Two contrasting Balance tracks with options to do arm balances or standing work; offer both choices and allow the class to have freedom on what they want and need on any given day. This is New Yoga! The two hip tracks will not disappoint with lots of juicy poses to free the hips, glutes and lower backs, along with strong Core tracks to create strength and mobility. *Wild Love* brings a groundless to the Twists and *Stay* brings the beauty to the folds and Extensions. Finally the sounds of *KuTumba* bring everyone into stillness.

Enjoy xx

BE LOUD AND HEARD Tell us what you think of this release. Visit lesmills.com/BLAH

CREDITS

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Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Technical Consultant – Bryce Hastings

Program Coach – Kylie Gates

Production Coordinator – Monique Whareumu

PRESENTERS

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

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

Bram Prima Halim (UK) is a BODYBALANCE/ BODYFLOW, LES MILLS TONE and RPM Trainer and an Instructor for BODYPUMP, SH'BAM and LES MILLS SPRINT.

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EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 02	Sun Salutations	Track 01	Tai Chi Warmup
Track 03	Standing Strength	Track 02	Sun Salutations
Track 04	Balance	Track 05b	Hip Openers
Track 06	Core – Abdominals	Track 08	Twists
Track 07	Core – Back	Track 09	Forward Bends – Hamstrings
Track 10	Relaxation/ Meditation (short)	Track 10	Relaxation/ Meditation (short)
Total Time	28:03	Total Time	29:25

45-MINUTE STRENGTH		45-MINUTE FLEXIBILITY	
Track 01	Tai Chi Warmup	Track 01	Tai Chi Warmup
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03	Standing Strength	Track 03	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals	Track 05	Hip Openers
Track 07	Core – Back	Track 08	Twists
Track 09	Forward Bends – Hamstrings	Track 09	Forward Bends – Hamstrings
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation
Total Time	41:37	Total Time	44:51

KEY

ALT	Alternate	B	Back
BPD	Body part and direction	B up	Build up
Br	Bridge	C	Chorus
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
Rep X	Perform the Sequence/Exercise x times	Rep	Reprise (part of the chorus repeated)
Ref	Reference	QC	Quiet chorus
Pose	Positions as explained in the Program Manual	Seq	Sequence (repetition of exercise or position)
Tempo	Normal pace of the music	Italic	Breathing Coaching Cues
Bold	Must-Do Cues	↑	Easier Option
V	Verse	↓	Advanced Option



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

