

BODYBALANCE 84

MUSIC

EXPRESS FORMATS

01. TAI CHI WARMUP

02. SUN SALUTATIONS

03A. STANDING STRENGTH

03B. STANDING STRENGTH

04. BALANCE

05A. HIP OPENERS

05B. HIP OPENERS

06. CORE — ABDOMINALS

07. CORE — BACK

08A. TWISTS

08B. TWISTS

09A. FORWARD BENDS / HAMSTRINGS

09B. FORWARD BENDS / HAMSTRINGS

10. RELAXATION/MEDITATION

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



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, Terence Dunn (Healing Arts)



MUSIC

- 01

Princess Of China (3:47)

Royal Lush

© 2019 Les Mills Music Licensing Ltd.
Written by: Martin, Berryman, Buckland, Champion, Eno
- 02A

Nobody Else (DJ eSenTRiK Remix) (3:50)

Full Crate x Mar

© 2014 Copy Control.
Written by: Kiemeneij, Nikogoshyan
- 03A

Steal (3:38)

Maribou State feat. Holly Walker

© 2015 Counter Records.
Written by: Davids, Ivory, Walker
- 03B

Girls Like You (3:34)

Maroon 5

Courtesy of the Universal Music Group.
Written by: Levine, Hazzard, Walter, Evigan, Stone
- 04

take care (5:16)

EDEN

Courtesy of the Universal Music Group.
Written by: Ng
- take care** (1:16)

EDEN

Courtesy of the Universal Music Group.
Written by: Ng
- 05A

Up To Something (2:33)

Naaz

Courtesy of the Universal Music Group.
Written by: Van Der Tang, Arzbach, Bedawiarjan, Bruin, Dirksen, Kanhai, H. Mohammad, N. Mohammad
- 05B

Inner City Blues (Make Me Wanna Holler) (5:25)

Marvin Gaye

Courtesy of the Universal Music Group.
Written by: Nyx, Gaye
- 06

Save Tonight (3:17)

Campsite Dream

© 2015 Epic Amsterdam, a division of Sony Music Entertainment Netherlands B.V.
Written by: Cherry
- 07

Waterfall (3:28)

Petit Biscuit & Panama

© 2017 Petit Biscuit Music.
Written by: McCleary, Benjelloun
- 08A

Heard ‘Em Say (3:23)

Kanye West, Adam Levine

Courtesy of the Universal Music Group.
Written by: Levine, Unknown
- 08B

if i tremble (3:55)

Jack Grace

© 2018 Of Leisure.
Written by: Britten

- 09A

Princess of China (Acoustic) (3:22)

Royal Lush

© 2019 Les Mills Music Licensing Ltd.
Written by: Martin, Berryman, Buckland, Champion, Eno
- 09B

Tears In Heaven (3:24)

Small Horizon

© 2019 Les Mills Music Licensing Ltd.
Written by: Clapton, Jennings
- 10

Winters That Melt (8:34)

Gabrielle Peake

© 2018 Marigold Music.
Written by: Peake



L-R: Jia Mou (Maree), Lynn Chen, Corey Baird, Diana Archer Mills, Dr. Jackie Mills Otto Danoko, Yosuke Hagimoto, Derick Hong and Grace Wang

Welcome to BODYBALANCE 84 – a beautiful release to explore and discover how the postures feel in your own body and then share this with your participants through your coaching. As always, physically immerse yourself in the poses so you can express how it feels from a truly authentic place.

The amazing tunes of *Princess Of China* starts the class, finding the warmth in our bodies and connection of breath through a Tai Chi sequence including the ‘sword dance’, which embraces strength and flow.

Track 2 is simple with the challenge of a progression into Warrior 3 – such a great strength and balance move which you will love.

There are two Track 3’s: 3A has a soft musical feel with a focus on learning alignment in Warrior 1; *Girls Like You* is the 3B – an uplifting musical feel with our favorite Standing Strength poses.

The Balance track is a long one with plenty of time to find an internal focus and calmness with the music, moving you through the sequence of poses that culminate in Twisted Flower and Fallen Angel poses.

Two Hip Opener tracks with long held poses create lots of space for your body to open and surrender.

As always, challenging core work carries us through Tracks 6 and 7 to the sounds of *Save Tonight* and *Waterfall*. We lose ourselves in immersive Twist poses that prepare us for 2x Track 9’s that bring us back full circle to our ‘sword dance’. This allows us to acknowledge and explore the different sensations in our bodies towards the end of our practice.

Jackie and Diana

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

CREDITS

- Program Directors** – Dr. Jackie Mills and Diana Archer Mills
- 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.

Corey Baird (New Zealand) is a BODYBALANCE/ BODYFLOW Instructor and a CXWORX Trainer. He is based in Auckland, where he is also a personal trainer and Pilates instructor.

Yosuke Hagimoto (Hagi) (Japan) is a BODYBALANCE/BODYFLOW Trainer and a CXWORX and BODYCOMBAT Instructor. He is from Tokyo.

Derick Hong (China) is a BODYBALANCE/ BODYFLOW Trainer, a LES MILLS GRIT Presenter and a BODYJAM and BODYSTEP Instructor. He is from Shanghai.

Otto Danoko (Hong Kong) is a BODYBALANCE/ BODYFLOW and BODYJAM Presenter, a BODYPUMP and RPM Instructor and a LES MILLS SPRINT Coach. He is from Hong Kong.

SHADOWS

- Lynn Chen** (Taiwan)
- Maree Mou** (China)
- Grace Wang** (Hong Kong)



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 02	Sun Salutations	Track 01	Tai Chi Warmup
Track 03A & 3B	Standing Strength	Track 02A	Sun Salutations
Track 04	Balance	Track 05B	Hip Openers
Track 06	Core – Abdominals	Track 08A	Twists
Track 07	Core – Back	Track 09A	Forward Bends – Hamstrings
Track 10	Relaxation/ Meditation (short, 5 min)	Track 10	Relaxation/ Meditation (short, 5 min)
Total Time	29:16	Total Time	24:47

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 03A & 3B	Standing Strength	Track 03B	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals	Track 05B	Hip Openers
Track 07	Core – Back	Track 08A & 8B	Twists
Track 09A & 9B	Forward Bends – Hamstrings	Track 09A & 9B	Forward Bends – Hamstrings
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation
Total Time	43:21	Total Time	43:42

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



01. TAI CHI WARMUP



TRACK FOCUS

I want my participants to start their journey by warming the breath and then experience power in the Sword Dance sequence.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro / Oh	2x8	Wide Wu Chi , arms down		16
0:15	Instr / (Snare drum)	6x8	6x Tai Chi Breath Arms		
			Inhale – Arms up mid-line of body, palms up		4
			Exhale – Press arms F		4
0:47	(Beat)	2x8	Sword Clasp Hands		
			Inhale – Clasp hands F, lift to O/H		4
			Exhale – Drop clasped hands behind head		4
			Inhale – Extend clasped hands O/H		4
			Exhale – Lower clasped hands F		4
0:58	C / Could've	4x8	A	2x Sword Circle L&R (Slow)	
				Inhale – Circle clasped hands around head L, behind to R side	4
				Exhale – Weight Shift L, clasped hands slice across to L side	4
				Repeat R	8
1:19	Rep / Star lala	5x8	A ¹	5x Sword Circle L&R (Fast)	
				Inhale – Circle clasped hands around head L, behind to R side	2
				Exhale – Weight Shift L, clasped hands slice across to L side	2
				Repeat R	4
1:45	V1 / Once upon	6x8		3x Weight Shift, Single Arm Pull L&R	
				Exhale – Weight Shift L, pull L elbow to L side, L palm to L shoulder, R arm to side palm down	4
				Exhale – Weight Shift R, extend L hand down R arm, hands stacked	2
				Weight Shift L, circle arms F to L side	2
				Repeat R	8
2:17	C / Could've	4x8	B	Sword Circle, Weight Shift, Single Arm Pull R&L (Slow)	
				Circle Head, Sword Slice R&L	
				Weight Shift, Single Arm Pull R&L	16
				Note: Last 2 cts, hold Weight Shift R, arms to R side	16
2:38	Rep / Star la la	13x8	B ¹	3½x Sword Circle, Weight Shift, Single Arm Pull L&R (Fast)	
				Circle Head, Sword Slice L&R	8
				Weight Shift L, pull elbow to L side, L palm to L shoulder, R arm to side palm down	2
				Weight Shift R, extend L hand down R arm, hands stacked	1
				Weight Shift L, circle arms F to L side	1
				Weight Shift R, pull R elbow to R side, palm to R shoulder, L arm to side, palm down	2
				Weight Shift L, extend R hand down L arm, hands stacked	2
				Repeat R	16
				⤴Option: After 1 rep Single Arm Pull with Leg Raise	



01. PRINCESS OF CHINA 3:47mins

TECHNIQUE & COACHING

TAI CHI BREATH ARMS

Layer 1

- Feet wide apart
- Turn your toes out
- Press your knees out over your toes
- Wide Wu Chi
- Breathe in through your nose
- Breathe out, push palms forward

Layer 3

- Breathe in to lift up, breathe out
- We are at the start of our journey, so we want to warm our breath, to make sure it becomes smooth and rhythmical

SWORD CLASP HANDS

Layer 1

- Bring your hands behind you
- Collect your Tai Chi Sword
- Bring it to the front

SWORD CIRCLE

Layer 1

- Circle your head
- Lunge to the side
- Circle the other way
- Lunge
- Breath flows in and out
- Speed up. Circle, Lunge. Circle, Lunge

Layer 3

- Feel the weight shift and the release in the shoulders
- As you move, can you let your shoulders relax?
- Feel that breath deep inside your body

WEIGHT SHIFT, SINGLE ARM PULL

Layer 1

- Pull back
- Circle through to the other side
- Pull back, circle back through
- Draw the breath in then let it go

SWORD CIRCLE, WEIGHT SHIFT SINGLE ARM PULL

Layer 1

- Add the two moves together
- Circle and Lunge
- Again, Circle and Lunge
- Pull back and release through the center
- Pull back, now we speed up
- Circle, Lunge, Circle, Lunge, pull back, release, pull back, release

Layer 3

- Smooth circles
- If you feel safe here, start to lift the leg
- Keep the standing knee bent and land in Wide Wu Chi
- Use your breath to attack and defend
- Let's spend time together fueling and nourishing our bodies with breath and movement





01. PRINCESS OF CHINA 3:47mins

ESSENCE TIPS

We start this release by creating an image of strength and power, with an incredible Sword Dance sequence.

As we move through the track, each move starts slowly, but we gradually increase the speed until we are seamlessly flowing quite quickly with the music. Starting with slow, calm breaths is a great opportunity to set the breath and mind before we begin moving and warming through the whole body. As Jackie says, this is the start of our journey together.

The Sword Circles bring warmth and mobility to the shoulders and upper back. The roll through the shoulders may be challenging for some. Encourage plenty of breath, and the absolute release through the muscles and joints to make the movement smooth and relaxed.

The choreography allows time to perfect each move before increasing the tempo, and then combining the moves. New Tai Chi sequences can be quite daunting for some participants. Simple, easy to follow Layer 1 cues when learning each of the moves will help participants feel successful, and then allow them to move into the combined sequence with confidence.

Adding the leg lift in the Single Arm Pull With Leg Raise adds another dimension and challenge to our Tai Chi Warm Up. Keep the standing knee bent and land the leg down softly in Wide Wu Chi. We want to maintain control in our movements, so only lift to a point where you can land back down gently and can keep in time with the quick flow of the sequence. Practise in front of a mirror before teaching this track and discover what feels best for you, and what you can role-model effectively. Teaching from a place of acceptance in our bodies and their abilities allows our participants to do the same!

Warriors, don't forget to put your sword away when you're finished!



02. SUN SALUTATIONS



TRACK FOCUS

I want my participants to feel confident moving from one pose to the next, and trying the different options.

MUSIC		SEQUENCE/EXERCISE		CTS
		Set up Extended Mountain Pose, palms together O/H, facing R side Pregnancy Option: Feet hip-width apart		
0:00	C / _ Nobody	16x8	A	Sun Salutation L
				Inhale/Exhale – Extended Mountain Pose 16
				⬆Option: Baby Back Bend
				Inhale/Exhale – Forward Fold 16
				Inhale – Lunge R (L leg B) 8
				Exhale – Down Dog 8
				Inhale – Plank Pose , on knees 8
				⬆Option: On toes
				Exhale – Crocodile Pose , on knees 8
				⬆Option: On toes
				Pregnancy Option: Cat Pose
				Inhale – Baby Cobra Pose 8
				⬆Option: Up Dog
				Pregnancy Option: Cow Pose 8
				Exhale – Down Dog 8
				Inhale – Lunge L (L leg F) 8
				Exhale – Kneeling Lunge L , arms F to O/H, palms F 8
				Inhale – Lunge L , arms F and down to floor 8
				Exhale/Inhale – Extended Lunge L , arms F to O/H, Palms facing 16
				Exhale – Forward Fold 8
0:57	_ Nobody	16x8	A	Repeat Sun Salutation R 128
1:54	V1 / Go nowhere	16x8	A ¹	Sun Salutation L
				Inhale/Exhale – Baby Back Bend 16
				Inhale/Exhale – Forward Fold 16
				Inhale – Jump feet B to Plank Pose 8
				⬇Option: Lunge R (L leg B)
				Exhale – Down Dog 8
				Inhale – Plank Pose on toes 8
				⬇Option: On knees
				Exhale – Crocodile Pose 8
				⬇Option: On knees
				Inhale – Up Dog 8
				⬇Option: Baby Cobra Pose
				Exhale – Down Dog 8
				Inhale – Lunge L (L leg F) 8
				Exhale - Lunge L arms F to O/H, palms F 8
				⬇Option: Kneeling Lunge
				Inhale – Lunge L , arms F and down to floor 8
				Exhale/Inhale – Warrior 3 L , (R leg lifts), arms F to O/H, palms facing 16
				⬇Option: Extended Lunge L
				Exhale – Forward Fold 8
2:51	C / _ Nobody	16x8	A ¹	Repeat Sun Salutation R 128



02. NOBODY ELSE 3:50mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE

Layer 1

- Turn to the side, feet together
- **Squeeze your butt**
- Baby Back Bend
- Inhale, climb to the top
- Exhale, stretch towards the ceiling

Layer 3

- Press into your feet
- Let's create more range this time
- Push hips forward to reach back
- Rise and explore the feeling of the movement

FORWARD FOLD

Layer 1

- Tip forward from your hips
- **Belly lifts**
- Hands to floor
- Inhale, dive over; exhale, release through your neck

Layer 3

- Release all the way down
- Descend slowly, feel grounded
- Fold and surrender

LUNGE

Layer 1

- Front foot steps back to Lunge
- Knee over ankle
- Inhale

Layer 3

- Something new: step back to Lunge or jump back to Plank Pose
- Brace your belly if jumping back
- Step or jump lightly

DOWN DOG

Layer 1

- Step back, feet hip-width apart
- Down Dog
- Tail bone high
- Exhale, press chest to thighs

Layer 3

- Push back into Down Dog
- Send energy back to your heels
- Tail bone to the stars

PLANK POSE

Layer 1

- Roll your spine to Plank Pose
- Knees down
- Inhale, roll forward, on knees or toes

Layer 3

- Slow chain-like movement through your spine
- Move through your spine to the crown of the head with control

CROCODILE POSE

Layer 1

- Lower down to floor
- Crocodile
- Exhale, lower halfway

Layer 3

- Elbows in as you lower
- Control

BABY COBRA POSE

Layer 1

- **Squeeze your butt**
- Shoulders back
- Baby Cobra
- Breathe in, press the floor away to Cobra or Up Dog

Layer 3

- Press your feet down to create more spine extension
- Beam through your chest



02. NOBODY ELSE 3:50mins

KNEELING LUNGE

Layer 1

- Front foot, knee over ankle
- Back knee down
- Breathe in
- Arms reach up and back
- Exhale, reach far back
- Lower hands to floor

Layer 3

- Option: Back knee on or off the floor
- Eye gaze to the sky
- Back leg strong, lift up to the open sky

EXTENDED LUNGE / WARRIOR 3

Layer 1

- Shift weight into front leg
- Lift your arms forward
- Hold
- Exhale, preparation of Warrior 3
- Inhale, create a long energy lines

Layer 3

- Keep the front leg bent and float the back leg off to Warrior 3 if you want to
- Fill your lungs and fly, defy gravity

ESSENCE TIPS

We are so fortunate to be given new Yoga Sun Salutation tracks each round. While we know our basic structure, each release has something that makes it different. This is why it is so important for the first round of each Sun Salutations track to be focused entirely on Layer 1 by clearly saying the name of the pose, and simple Body Pat and Direction coaching based on alignment to get participants in the pose quickly and safely. The first few times you teach this track, your class will be wondering what to expect and where/when within the track are the little gems that make it different. Help them find the magic in each sequence by being as clear and uncluttered as possible! Regular participants will be able to move straight into each pose as you name them, while you help newer participants to learn the phrasing and pose names.

In the second round, we continue with simple cues, but layer in the Yoga breath. Each transition from one pose to the next has a complementary breath to enhance the movement and allow participants to come into their bodies.

In the third round, we shift the intensity and encourage participants to explore different transitions. There is the option to back into Plank from Forward Fold. Coach to brace the belly and land softly when jumping. We also add the lift to Warrior 3 from Lunge. Bring all the body weight forward into the front leg before lifting to Warrior 3 so the back leg can lift with ease and lightness. It will take time for participants to get the right balance as it's easy to hold ourselves back and not move confidently into the next pose if we aren't quite sure where it is we are going. Strip your cues back, being sure to include clear Layer 1 (name of pose, BPD) so you can help your class to know exactly what is coming next, how to get there and what it should feel like. Encourage a deep knee bend to bring real strengthening work into the front leg and stabilizer muscles.

Otto's focus for the last round was to allow the music to shine and encourage internal connection through imagery cues.

Otto says: This track has a relatively fast pace, so choose short, sharp cues to get participants moving effectively and avoid talking over the music. Practise your coaching with the music so that they get the best experience of music and movements.



03A. STANDING STRENGTH



TRACK FOCUS

I want my participants to feel evenness and centered in their body in each pose.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x7	Set up Intense Pose, facing R side Pregnancy Option: Feet hip-width apart		14
0:09	V1 / _ You were	6x7	A	Intense Pose Inhale/Exhale – Arms F to O/H	42
Standing Strength Sequence L					
0:32	PC / _ Sometimes	2x7	B	Down Dog Inhale – Hands to floor Exhale – Step B into Down Dog	7 7
0:39	C / _ Call you	4x7	B ¹	3-Legged Dog L Inhale/Exhale – L leg lifts	28
0:54	_ What if	3x7	C	Crouch Pose Inhale – Lower L foot to floor Exhale/Inhale – Bend knees to Crouch Pose	7 14
1:05	Different	1x7	D	Lunge L Exhale – L foot F into Lunge	7
1:08	_ And now	4x7	E	Warrior 1 Pose L Inhale – Arms wide to O/H, palms facing Exhale/Inhale – Warrior 1 Pose L	7 21
1:24	V2 / _ Pulling	6x7	E ¹	Extended Warrior 1 Pose L Inhale/Exhale – Extend F	42
1:47	PC / _ Sometimes	20½x7	B-E ¹	Repeat Standing Strength Sequence R Note: Warrior 1 Pose R, 24cts Extended Warrior 1 Pose R, 49cts	143
3:06	Rep / What if	8x7	A ¹	Intense Pose Inhale – Turn to face front, legs together, arms remain O/H Exhale/Inhale – Bend knees Exhale/Inhale – Open arms wide, clasp hands behind Pregnancy Option: Feet hip-width apart	7 14 35



03A. STEAL 3:38mins

TECHNIQUE & COACHING

INTENSE POSE

Layer 1

- Intense Pose, feet together
- Lower your hips way down
- Lift your arms high
- Toes are light
- Big breath in
- Clasp hands behind your back
- Pull your hands down

Layer 3

- Feel the breath in your body. Create a feeling of evenness between the front and back
- As you breathe, you're breathing evenly through your entire ribcage
- Pull your hands down behind and feel that stretch across your chest and down your arms
- Make it even bigger with your breath

DOWN DOG

Layer 1

- Hands come down
- Step back to Down Dog
- Breathe out, press back

Layer 3

- Let's do the entire sequence on the other side

3-LEGGED DOG

Layer 1

- 3-Legged Dog
- Breathe your right leg high
- Hip is open
- **Glutes squeezed**
- Breathe out and broaden your shoulders

Layer 3

- Create an even sense of broadness across your shoulders, right and left
- Both your right arm and left arm long and strong

CROUCH POSE

Layer 1

- Lower foot down to floor
- Knees bend and crouch
- Knees one inch off the floor

Layer 3

- Crouch, ready and agile

WARRIOR 1 POSE

Layer 1

- Right foot between your hands
- Back heel presses down
- Breathe in, arms reach back
- Arms rise to Warrior 1

Layer 3

- Full height, full power
- Breathe and rise
- Feel the width, feel the height

EXTENDED WARRIOR 1 POSE

Layer 1

- Extend your Warrior forward
- Breathe in
- Breathe out, reach your fingers away
- Tuck right hip into your mid-line
- Push strongly into your back heel

Layer 3

- Feel your entire body working right now
- Pull the breath deep inside your body
- Breathe out and push it everywhere around your body so your whole body is strong
- Feel the beauty; feel the power that's inside you



03A. STEAL 3:38mins

ESSENCE TIPS

In this first Standing Strength track, we play with the idea of evenness, and the balance of strength in the upper and lower body. In each pose, we are aiming to feel centered and grounded.

Notice how Jackie uses the tone of her voice to complement the stages of the track, starting with calm, conversational cues and tones, bringing all the focus to the power and strength in the body and the simplicity of each pose. As the intensity of the music builds, Jackie's tone of voice changes. Her Layer 3 cues pull the participants' attention to the feeling in their bodies.

The Crouch Pose is a new position in BODYBALANCE. Keeping the knees just off the floor ignites the muscles in the core. Be sure to coach the bracing of the abdominals and a straight spine. Pressing down into the hands will stabilize the shoulders and give a base to move from as we lunge forward to Warrior 1.

This track provides an opportunity to really bring attention to the technique of Warrior 1, encouraging participants to move within the pose and find what feels best for them. Some participants may feel more comfortable taking their back foot a little wider; most will benefit from the cue to draw the front hip back, in order to square the hips. Whenever we Lunge forward, the front hip naturally wants to rotate. There is a unique feeling in Warrior 1 of a push/pull as we draw the front thigh bone back towards the hip, and, in turn, pulling the back hip forward, creating balance and a beautiful stretch. The power in the back leg, pressing down into the heel is what helps to keep the hips squared. Explore this in your own body, so you can find the cues that will allow your participants to comfortably find the right amount of effort within Warrior 1.



03B. STANDING STRENGTH



TRACK FOCUS

I want my participants to connect to the playfulness in the music, and demonstrate that same energy through my tone and expression.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8		Set up leg position for Warrior 2 Pose L, arms down	16
Warrior 2 Pose, Extended Warrior 2 Pose Sequence L					
0:08	V1 / Twenty-four	4x8	A	Warrior 2 L, facing front, arms down	32
0:23	V2 / Late nights	12x8		Inhale/Exhale – Warrior 2 Pose L, arms to side	32
				⤴Option: Heel Lift after 16cts	
				Inhale/Exhale – Extended Warrior 2 Pose L, L elbow to thigh	32
				⤴Option: L hand on L ankle	
				Inhale/Exhale: Warrior 2 L, L arm O/H, R arm to side, palms up, chest and eyes up	32
1:09	V3 / Last night	16x8	A	Repeat Warrior 2 Pose, Extended Warrior 2 Pose Sequence R	128
2:10	Instr	4x8	B	Wide Squat	
				Inhale/Exhale – Wide Squat, hands on thighs	32
				⤴Option: Heel Lift after 16cts	
2:26	Rep / _ Maybe	4½x8	B¹	Wide Squat with Side Bend L&R	
				⤴Option: Heel Lift	
				Inhale/Exhale – Side Bend L, L elbow on thigh, R arm O/H	16
				Inhale/Exhale – Side Bend R, R elbow on thigh, L arm O/H	16
				Inhale – Step feet together, arms down	4
2:43	QC / Girls	2½x8	C	Exhale/Inhale – Intense Pose, arms down	16
				Exhale – Arms sweep F to O/H	4
2:53	C / Girls	8x8	C¹	Warrior 3, Intense Pose R&L	
				Inhale/Exhale – Warrior 3 R (L leg B), arms sweep B, palms down	16
				Inhale/Exhale – Intense Pose, arms sweep F to O/H	16
				Inhale/Exhale – Warrior 3 L (R leg B), arms sweep B, palms down	16
				Inhale/Exhale – Intense Pose, arms sweep F to O/H	16
3:24	Instr / (Fade)	2½x8	C	Inhale/Exhale – Deepen Intense Pose, arms O/H	20



03B. GIRLS LIKE YOU 3:34mins

TECHNIQUE & COACHING

WARRIOR 2 POSE

Layer 1

- Step feet wide to Warrior 2
- Hands to thighs
- Turn right foot to the side
- Opposite foot in
- Heels aligned
- Bend knee over ankle
- Roll thighs out to square and level your hips
- Breathe in, arms lift
- Breathe out, press scapulas into back ribs to lift chest
- Option to lift the heel

Layer 3

- Other side
- How are your thighs feeling?
- Roll the thighs out and feel how that engages your glutes and strengthens your core so you're strong and stable
- Breathe in, breathe out and search for daylight
- Lifting the heel, challenges ankle, knee and hip stability

EXTENDED WARRIOR 2 POSE

Layer 1

- Breathe in, lengthen the side body
- Elbow to thigh
- Breathe out, arm reaches over

Layer 3

- If you want to deepen the stretch, take your hand to your ankle or floor and press your arm into your knee
- Breathe in and stretch to the side; breathe out and turn your heart to the ceiling
- Soften your top rib so your spine is long and straight

WARRIOR 2 POSE WITH ARM VARIATION

Layer 1

- Warrior 2
- Breathe in, arm lifts
- Lift your heart to the ceiling
- Look up
- Breathe out, press shoulder blades into your back ribs

Layer 3

- Feel your spine extend through your upper back
- Breathe in all the way from your belly up to the base of your throat
- Look up, keep lifting your heart and feel that wonderful extension through your back body

WIDE SQUAT WITH SIDE BEND

Layer 1

- Hands to thighs
- Wide Squat
- Press your knees out
- Sink really deep
- Option to lift your heels
- Side Bend, heels down or up
- Breathe in, arm lifts
- Breathe out and bend
- Other side

Layer 3

- Lift your heels to add a stability challenge
- How does your body feel? Do you feel really alive?

INTENSE POSE

Layer 1

- Feet together
- Squeeze your thighs
- Tuck your tailbone for a strong core
- Stretch arms up
- Exhale, sit deep

Layer 3

- Come down, down, down, down!



03B. GIRLS LIKE YOU 3:34mins

WARRIOR 3, INTENSE POSE

Layer 1

- Warrior 3
- Right leg sweeps to the back wall
- Breathe in
- Breathe out, dive your heart forward
- Inhale, slowly back to Intense Pose
- Exhale, come down into the strength of your legs
- Change legs

Layer 3

- Breathe in and stretch leg back; breathe out and dive. Inhale slowly, legs together; exhale, feel the power of your legs

ESSENCE TIPS

A change of energy as we shift into another Standing Strength track with playful music and choreography. Corey's objective was to mirror the music's energy through his coaching, while providing some more detailed technique cues to help participants connect the poses to particular parts of the body. His thoughtful Layer 3 cues, such as drawing the scapular to the lower ribs in order to lift the chest in Warrior 2, give us a fresh perspective on how the body works harmoniously moving into, and staying in, a pose.

Regardless of whether participants choose to lift the heel, coach to align the knee over the ankle, bringing strengthening work into the front leg. Remember how the power comes from our back leg in Warrior positions; it creates our foundation to move from. As we press down through the outer edge of the back foot, aim to lift the arch, creating a little pocket of space. This helps to activate and strengthen the muscles in the leg and stops the knee from collapsing.

This track is a perfect opportunity to connect with your participants. After the previous two tracks facing the side, you are back facing them for most of the track. Enjoy the opportunity to look out and acknowledge the people who are there with you. Notice how Corey is so authentically enthusiastic about where he is and what he is doing. His joy radiates from his body, face and voice. Spend some time considering the best way for you to feel connected and present with your class. For some participants, this comes naturally, but others may need to plan a few strategies to get them out of their heads and into the room. What will help you be present with your class during this playful track?



04. BALANCE



TRACK FOCUS

I want my participants to explore the space within their bodies and poses, using it to take every pose further.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	1x8		Mountain Pose	8
0:07	V1 / Careless	4x8	A	Balance Sequence L Inhale/Exhale – Eagle Twist Pose L, L leg over R, L arm under R ⇓Option: Toes on floor	32
0:29	PC / Thinking	4x8	A¹	Inhale/Exhale – Fingers and torso F	32
0:51	C / _ I got a	4x8	B	Inhale – Tree Pose L, L foot to inner thigh or calf ⇓Option: Toes on floor Exhale/Inhale – Arms up sides of body to O/H	8 24
1:14	V2 / All	4x8	B¹	Inhale/Exhale – Arms down mid-line of body to heart center	32
1:36	Instr / (Strings)	5x8	C	Inhale – Knee Lift Side L, L hand behind L thigh, R arm to side Exhale/Inhale – Extend L leg, R arm to a high ‘V’ ⇑Option: Peace Fingers around big toes ⇓Option: Knee Lift Side Exhale – Lower L leg to Mountain Pose , arms down	8 30 2
2:04	Br / Forget	4½x8	D	Twisted Flower Pose L Inhale – Bend R knee, hold R foot in R hand behind Exhale – L hand holds R foot behind, R arm down Inhale/Exhale – Bend L knee, reach R arm F Note: Tempo of music slows	8 8 20
2:37	PC / Thinking	4x8	D¹	Inhale/Exhale – Deepen Twisted Flower Pose L Exhale – Lower R leg to Mountain Pose , arms down	24 8
2:59	C / _ I got a	3x8	E	Inhale/Exhale – Fallen Angel Pose , lift heels, arms wide to O/H in a high ‘V’ ⇑Option: Baby Back Bend Exhale – Lower heels, arms down	20 4
3:16	Instr	1x8		Mountain Pose	8
3:21	V3 / Careless	32½x8	A-E	Repeat Balance Sequence R	260



04. TAKE CARE 5:16mins

TECHNIQUE & COACHING

EAGLE TWIST POSE

Layer 1

- Eagle Twist
- Right leg crosses over left
- Right arm under left
- Breathe in, breathe out
- Gaze to the floor if it helps you
- Breathe in, fingers forward
- Exhale, let it hollow your belly
- Fold into that space it creates

Layer 3

- Inhale and feel even more space between each rib
- Left over right, left arm under
- Breathe and find your space in this pose
- Exhale, create that hollow and let your in breath open your back body
- Feel that beautiful stretch

TREE POSE

Layer 1

- Tree Pose
- Foot is below or above the knee
- Breathe in, arms up
- Breathe out, bring shoulders down
- Square the hips
- Bring hands to heart center

Layer 3

- Take a breath and use it to consolidate your pose
- There is a long journey ahead of us with this track
- Breathe your arms up
- Try and take the tension out of your shoulders
- Take a moment, find your breath and prepare

KNEE LIFT SIDE

Layer 1

- Extend the arm to the side for balance
- Hook your hand under your knee, ankle or two fingers to the big toe
- Reach high
- Draw your pelvis in tightly to help you balance
- If it feels safe, look up

Layer 3

- Balance and hook. Choose your option – knee, ankle or toes
- Reach high, feel the celebration, wherever you are today
- Feel your heart center

TWISTED FLOWER POSE

Layer 1

- Foot down
- Other foot lifts
- Hook it into the same hand
- Then switch so it's in your right hand
- Bend the knee
- Twisted Flower
- Reach away

Layer 3

- Breathe in and anchor yourself more firmly into the floor
- Feel the music
- Twisted Flower Same hand then cross
- Deep knee bend and reach away
- We've all got a long way to go, wherever we are on this journey. Just accept it and love it
- Feel the energy from the floor move up your body



FALLEN ANGEL POSE

Layer 1

- Foot touches down
- Lift your heels
- Extend the arms
- Fallen Angel
- Squeeze the back of your body

Layer 3

- Let yourself go
- Lift heels, extend and fall away
- You are all beautiful angels



04. TAKE CARE 5:16mins

ESSENCE TIPS

As Diana says, we have a long, challenging Balance track in this release. It's dramatic, powerful and full of quiet strength.

Diana's objective in this track was to create space. Spacious cues, which allow the music to shine through, and coaching to find space within the body. To discover where we may find more space to enable us to go further in our poses. The enhancing breath plays a vital role in the exploration of our poses, the space within them, and how much further we can take these movements.

Begin by coaching to set the eye gaze, and a gentle breath. The gaze will be up to each individual but works best when set about 6 feet (a couple of meters) in front of us on the floor – a spot that participants can easily come back to as we move between poses. With the eye gaze set, it comes down to us, as instructors, to provide the clearest, easiest-to-follow Layer 1 cues so participants don't need to look up at us and break their concentration. The focus of the first side of this strong track should be simplicity – simple Layer 1 (Pose name and BPD) with the inclusion of the Yoga breath to enhance each transition. Then on the second side, once participants have an idea of where they are going, begin to thread in explorative, thoughtful Layer 3 cues, while remembering the importance of Layer 2. Pause. See your class and what they need.



05A. HIP OPENERS



TRACK FOCUS

I want my participants to explore how shoulder rotations can change the feeling of hip stretches.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	V1 / All that	4x8	Set up Hindi Squat, hands to heart center or on floor ⇓Option: Sumo Squat	32
0:18	PC / _ I’m running	4x8	A Inhale/Exhale – Hindi Squat	32
0:35	C / Just a girl	4x8	A ¹ Hindi Squat with Twist L&R Inhale – Rotate shoulders L Exhale – Look over L shoulder Repeat to R	8 8 16
0:51	V2 / Don’t want	4x8	B Seated Wide Leg Stick Pose Inhale – Hands behind to sit Exhale – Extend legs wide, hands F on floor ⇓Option: Knees bent Inhale/Exhale – Seated Wide Leg Forward Fold	8 8 16
1:08	PC / _ I’m running	8x8	B ¹ Twisted Seated Wide Leg Forward Fold L&R Inhale/Exhale – R arm F on floor, L arm reaches diagonally B Inhale/Exhale – L arm F on floor, R arm reaches diagonally B	32 32
1:42	Br / Show them	4x8	C Frog Pose Inhale – Feet B, on knees, elbows facing front Exhale/Inhale – Frog Pose ⇓Option: Wide Knee Childs Pose	8 24
1:59	C / Just a girl	8x8	C ¹ Twisted Frog Pose L&R Inhale/Exhale – L hand on floor, torso twists to L side Inhale/Exhale – L arm to floor, R hand on floor, torso twists to R side	32 32



05A. UP TO SOMETHING 2:33mins

TECHNIQUE & COACHING

HINDI SQUAT

Layer 1

- Hindi Pose
- Feet shoulder-width apart
- Bend your knees
- Hands together or down on the floor
- Knees press out
- Breathe in, lift your chest
- Breathe out, deep into your hips

Layer 3

- Just relax

HINDI SQUAT WITH TWIST

Layer 1

- Let's twist
- Breath in, turn your shoulder to the right
- Breathe out, look back
- Change sides
- Breathe in to turn
- Breathe out to twist

SEATED WIDE LEG STICK POSE

Layer 1

- Hands behind
- Take a seat
- Open your legs wide
- Breathe in, roll your hips back
- Breathe out, open your hips more

TWISTED SEATED WIDE LEG FORWARD FOLD

Layer 1

- Breathe in, right hand up
- Breathe out, shoulder blades down to open your chest
- Other side

Layer 3

- Breathe in, breathe out
- Breathe up your spine from the bottom to the top

FROG POSE

Layer 1

- Hands down
- Frog Pose
- Legs together, feet to the back
- Open your knees wide
- Ankles in line with your knees
- Elbows under shoulders
- Lift your belly
- Option – Wide Knee Childs Pose – Pregnancy option

TWISTED FROG POSE

Layer 1

- Let's twist
- Right hand to the floor
- Breathe in, lift your chest
- Breathe out, turn your shoulders to the right
- Other side

Layer 3

- Breathe in, breathe out, push your hand into the floor and turn your chest more

ESSENCE TIPS

A new pairing: Exploring Hip Stretches while adding Shoulder Rotations. Moving back to a more light-hearted energy, Derick uses his facial expressions and tone to create warmth and connection with his class. Connection in this track also comes from the simple use of Layer 1 (Name of Pose, BPD) to set up each pose, always giving options so participants can find the best position for them. Once in each pose, we stabilize and ground through the lower body, in order to use the arms as levers to rotate through the shoulders. Coaching plenty of breath during the Twists will help your participants find more rotation and therefore stretch in the torso. Keeping the hips square and level keeps a constant stretch in the hip flexors also.

As hip stretches can be challenging, there are always options, so each person can find a position that they can comfortably sit in and move from. In Hindi, offer the option to keep hands on the floor, and then lifting one hand to thigh when rotating through the shoulders to give more space to move from.

Pregnancy Options:

Hindi – hands down

Seated Wide Leg Stick Pose – Bent legs



05B. HIP OPENERS



TRACK FOCUS

I want my participants to find their internal connection by providing plenty of space to allow the music to shine through.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	8x8	A	Low Bow Pose , facing R side Inhale/Exhale – Hold ankles, heels to buttocks, forehead on floor ⇩Option: Half Low Bow Pose L Pregnancy Option: Half Camel Pose	64
0:41	V1 / Rockets	6x8	B	Inhale/Exhale – Modified Half Lotus Pose L, hands on floor at sides, L foot on R thigh, calf or cross-legged ⇧Option: Cow Face Pose	48
1:11	V2 / This ain't	7x8	C	Modified Half Lotus Pose With Shoulder Stretch R Inhale – Lift arms O/H, R hand down back Exhale – L hand holds R elbow Inhale/Exhale – L hand behind back, hold R hand ⇩Option: L hand holds R elbow	8 24 16
1:43	C / Make me	8x8	C ¹	Inhale/Exhale – Extended Modified Half Lotus Pose L with Shoulder Stretch R, Chest lowers forward Repeat Modified Half Lotus Pose with Shoulder Stretch Sequence R	64 72
2:29	V3 / Hang ups	6x8	B	Repeat Modified Half Lotus Pose R	48
2:59	V4 / Crime is	6x8	C	Repeat Modified Half Lotus Pose with Shoulder Stretch L	48
3:30	Rep / Dah, Dah	10x8	C ¹	Repeat Extended Modified Half Lotus Pose R with Shoulder Stretch L	80
4:20	Instr	1½x8		Inhale/Exhale – Release shoulders	12
4:30	Br / Mother	6x8	A	Repeat Low Bow Pose , facing R side ⇩Option: Half Bow Pose R Pregnancy Option: Half Camel Pose R Note: Tempo of music slows; counts are approximate	48
5:01	Outro / _ Yah, yah	4x8	A ¹	Bow Pose ⇩Option: Low Bow Pose Pregnancy Option: Camel Pose	32



05B. INNER CITY BLUES 5:25mins

TECHNIQUE & COACHING

LOW BOW POSE

Layer 1

- Come down to the floor
- Hold your ankles, one or both legs
- Bring your heels towards your buttocks
- Low Bow Pose
- Rest your forehead to the floor
- Relax your neck
- **Squeeze your butt**
- Feel the stretch in your quadriceps

Layer 3

- Feel relaxed with smooth breathing
- You can stay in Low Bow or lift up to high Bow Pose

MODIFIED HALF LOTUS POSE

Layer 1

- Release your legs
- Push yourself up to sitting
- Modified Half Lotus Pose
- Right foot on left thigh, calf or floor
- If you are comfortable, Cow Face Pose
- Breathe in, lift your chest
- Breathe out, anchor hips down

Layer 3

- Choose the best option for you, thigh – calf or Cow Face Pose
- Can you feel the stretch in your glutes?

EXTENDED MODIFIED HALF LOTUS POSE WITH SHOULDER STRETCH

Layer 1

- Hold your left elbow
- Inhale, push your arm back with your head
- Exhale, pull your shoulder blades down
- If you can, connect your hands behind your back
- Breathe in, breathe out, bring your chest forward

Layer 3

- Breathe in, with a long spine; exhale and plant your hips down
- You can release your arms at any time
- Would you like to connect your hands?
- Keep breathing as you come forward
- Arms in a comfortable position for you

BOW POSE

Layer 1

- You can stay in Low Bow or lift up to high Bow Pose
- Lift your thighs
- Chest off the floor
- Kick your feet into your hands
- **Squeeze your butt**

ESSENCE TIPS

Low Bow Pose offers a great stretch in the quadriceps, without adding the full intensity of a Full or Half Bow. Squeezing the glutes draws the stretch up into the front of the hips. The back muscles are activated just enough to keep the body safely in the stretch. In Low Bow, our goal is to stretch the front of the legs and hips, instead of strengthening the back body, which we usually use Bow Pose for. The muscles in the back will automatically be activated, which is like a bonus to the primary focus of the deep quad stretch.

Modified Half Lotus has the option of moving to Cow Face. In Cow Face, we are aiming to stack the knees. No matter what option, coach the grounding of the sit bones, as though your whole lower body is pulling down, grounding so we can play and explore with the upper body.

Hagi's focus in this track was inviting participants to explore their own pose by providing plenty of silence. Allow time for each person to tune into their body, acknowledging how each pose feels and how their breath feels within the pose. You can never coach too much breath, and it is such an important part of the internal connection that occurs in the body. Try experimenting with your language, to find cues that draw participants in, without saying much at all.



06. CORE – ABDOMINALS



TRACK FOCUS

I want my participants to feel challenged in the exercises no matter what level they are at.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Hover , facing R side ⇓Option: On knees		16
0:08	V1 / Close the	4x8	A	Inhale/Exhale – Hover	32
0:24	V2 / Know	4x8	A ¹	2x Hover To Plank Pose L&R Inhale – L hand to floor, R hand on floor Exhale – L elbow to floor, R elbow down to Hover Repeat R ⇓Option: On knees	4 4 8
0:41	C / Tonight	4x8	A ²	4x Hover Walk Feet L&R Inhale – L foot out, back in Exhale – R foot out, back in Repeat R ⇓Option: On knees	4 4 8
0:57	Instr / (Beat)	8x8	A ³	4x Hover To Plank Pose, Hover Walk Sequence L&R Inhale/Exhale – Hover to Plank Inhale/Exhale – Hover Walk Feet L Repeat R ⇓Option: On knees	8 8 16
1:29	(Quiet)	2x8	Lie supine, facing L side, knees bent, feet on floor, arms wide, elbows bent, fingers up Pregnancy Option: on elbows		16
1:38	V3 / Log on	8x8	B	8x Oblique Curl, Diagonal Reach High L&R Exhale – Curl up, L hand reaches diagonally high Inhale – Lower down, L elbow to floor Repeat R Last 2 cts, knees over hips, arms at sides Pregnancy Option: On elbows	2 2 4
2:10	QC / Tonight	4x8	4x Bicycle Legs R&L Exhale – Extend R leg to 45° Inhale – R knee returns over hip Repeat L ⇓Option: Toe Tap Pregnancy Option: Alternating Knee Lift		2 2 4
2:26	Instr / (Beat)	12x8	B ¹	6x Oblique Curl, Diagonal Reach High, Cross Crawl Sequence L&R 2x Oblique Curl, Diagonal Reach High L&R 2x Cross Crawl R&L ⇓Option: Toe Tap Pregnancy Option: On Elbows	8 8



06. SAVE TONIGHT 3:17mins

TECHNIQUE & COACHING

HOVER TO PLANK POSE

Layer 1

- Elbows under your shoulders
- Fists together
- Knees hip-width apart
- Lift hips to shoulder height
- On knees or toes
- Back long and straight
- **Abs braced**
- Squeeze your butt for an extra level of stability
- Climb to Plank
- Front arm, back arm, down, down
- Change arms
- Up, up, down, change sides

Layer 3

- Feel your abdominals and glutes working hard to stabilize your spine

HOVER WALK FEET

Layer 1

- Hold down
- Front foot taps out, in
- Back foot, out and in
- Fight to keep your hips level to the floor

Layer 3

- Touch your toes lightly on the floor like a ninja rather than a sumo wrestler

HOVER TO PLANK POSE, HOVER WALK SEQUENCE

Layer 1

- Let's add on Walking Plank
- Come up, front arm, back arm, down, down
- Front foot taps softly
- Back arm
- **Strong ab brace to stabilize**

Layer 3

- If you start to fatigue, feeling your back more than your core, it's OK to drop to your knees – you will still get a strong workout

OBLIQUE CURL DIAGONAL REACH HIGH

Layer 1

- Drop to your knees
- Roll onto your back
- Feet hip-width apart
- Elbows wide
- Oblique Crunch
- Back arm reaches over the center
- Other side
- Chin stays gently tucked in
- Look towards your thighs
- Breathe in through your nose
- Breathe out through your mouth
- Lower back towards the floor

Layer 3

- Press down through your opposite elbow and see if you can reach higher
- Squeeze your ribs to the opposite hip to fire up your obliques

BICYCLE LEGS

Layer 1

- Knees over hips
- Front leg extends out, in
- Back leg
- Lower back close to the floor
- Squeeze your abs

OBLIQUE CURL DIAGONAL REACH HIGH, CROSS CRAWL SEQUENCE

Layer 1

- Combination
- Four fast Oblique Crunches
- Four fast Cross Crawls
- Feet down
- Back arm, 1, 2, 3
- Cross Crawl front
- 4, 3, 2
- Go again

Layer 3

- Reach and push through your elbow
- Cross Crawl, spread your elbows wide
- Use your breath; inhale, exhale
- Inhale, fill your lungs; exhale and blow it out – feel how that really fires up your core
- Are you tucking in your chin?
- Tonight, we got a burn in our core; come tomorrow, we've got a super strong core



06. SAVE TONIGHT 3:17mins

ESSENCE TIPS

In each Core track, our objective is to clearly coach the 3 B's (Belly, Back and Breath) in each move and this dynamic track is no exception! Brainstorm how you can use Layer 1 cues to set your class up in each position quickly and give options early, so everyone is moving at the intensity that is right for them as soon as possible.

Bring attention to the glute squeeze in the Hover and Plank Sequence to stabilize the hips and keep them square and level. This stable base will help keep the foot tap light and controlled.

Our Pilates guru, Corey, introduces us to a new move, the Oblique Crunch. Start by laying upper arms on the floor, elbows bent at 90 degrees with fingertips pointing up to the ceiling. Coach to look towards the knees so the chin is tucked in. As you crunch up, use the opposite shoulder and arm to support you. We still get the same amount of oblique and upper abdominal load as we would in a Rope Climber, but having the opposite arm grounded gives us a broader base to reach from.

In the Oblique Curl Cross Crawl sequence, our head and shoulders are off the floor for the whole time. To ensure neck safety, cue to gently tuck in the chin, and at the end of the track, land the head back down softly and with control.



07. CORE – BACK



TRACK FOCUS

I want my participants to feel how stabilizing the shoulders and hips by activating the back muscles creates a strong base to move from.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8	Set up Down Dog, facing L side		32
0:16	V1 / _ Don't know	8x8	A	3-Legged Dog, Scorpion Pose Sequence R Inhale/Exhale – 3-Legged Dog R, R leg lifts (F leg) Inhale/Exhale – Scorpion Pose R, bend R knee, chest F Inhale/Exhale – Bend elbows ⇓Option: On knee Lie prone, hands on floor under shoulders	32 16 12 4
0:48	C / Water fall	4x8	B	Flutter Kick L&R Inhale 4cts Exhale 4cts Pregnancy Option: Pointer Position – Alternating opposite arm and leg	32
1:04	V2 / I wanna	8x8	A	Repeat 3-Legged Dog, Scorpion Pose Sequence L	64
1:37	C / Water fall	4½x8	B	Repeat Flutter Kick L&R Roll onto L side facing front, L elbow on floor	32 4
1:55	Rep / Water fall	8x8	C	Side Hover L Inhale/Exhale – Side Hover L, R arm vertical, lift R leg ⇓Option: L knee on floor, R toes on floor ⇓Option: L hip on floor Inhale/Exhale – R arm O/H, towards floor	32 32
2:27	Instr / (Beat)	8x8	C	Repeat Side Hover R, facing back of room	64
2:59	(Quiet)	1x8	Lower hips and arm down, roll to prone		8
3:03	Outro / Oh oh	4x8	Inhale/Exhale – Childs Pose		32



07. WATERFALL 3:28mins

TECHNIQUE & COACHING

3-LEGGED DOG, SCORPION POSE SEQUENCE

Layer 1

- Roll onto your stomach
- Come onto all fours
- Hands under shoulders, knees under hips
- Spread fingers, tuck toes under
- Lift sit bones to Down Dog
- Breathe in, lift front leg, 3-Legged Dog
- Stamp hands into the floor to square your shoulders and hips
- **Feel your butt squeeze**
- Scorpion
- Bend the front leg
- Breathe in, lift your heel
- Bring your shoulders forward of your hands
- Breathe out and try lifting the leg higher
- Inhale, come to Crocodile
- Option – Drop to the knee
- Exhale, come all the way down

Layer 3

- Lift the opposite leg
- Squeeze your butt tight and lift your leg to feel your whole back fire up
- Scorpion, come forward, keep lifting the leg and feel your back ignite
- Slowly lower to Crocodile with strength

FLUTTER KICK

Layer 1

- Lift chest, press hands down
- Flutter-kick your legs
- **Squeeze your glutes**
- Legs are straight and strong
- Crush your shoulder blades together to open your chest

Layer 3

- Your legs are straight and strong, and your glutes are squeezing around your tail bone, press hands down more with elbows in close
- Feel your whole back ignite

SIDE HOVER

Layer 1

- Roll to the front
- Side Hover
- Elbow under the shoulder
- Bottom knee is bent or straight
- Lift the bottom hip
- Leg reaches away
- Breathe in and reach up
- Breath out, lift bottom hip high
- Push down into your forearm
- Something new
- Breathe in, stretch over
- Breath out and keep going
- Reach into that side bend
- Roll the shoulder back
- Squeeze your underneath rib to hip

Layer 3

- Roll to the back of the room, knee bent or straight, your option
- Lift hip and arm
- Squeeze your elbow towards your knee or foot and feel how that fires up your obliques
- Breathe in, arm comes over, breathe out and try and touch the floor, keeping your shoulders square

CHILDS POSE

Layer 1

- Roll onto your stomach
- Hands under your shoulders
- Push back to Childs Pose



07. WATERFALL 3:28mins

ESSENCE TIPS

Continuing with our strong Pilates-based work, now bringing the party to the back of the body! In this track we find fresh new challenges in some favorite positions.

The transition from 3-Legged Dog to Scorpion takes stability and strength in the shoulders and glutes. As soon as the leg is lifted in 3-Legged Dog, coach to press down into the hands, to square and stabilize the shoulders, and then maintain that same feeling of pushing the floor away, activating through the back body as the leg bends and weight shifts forward. In order to keep the leg lifted and spine long, the glutes must be engaged. Lifting the leg without squeezing the glutes and bracing the core takes the work out of the muscles, and creates pressure into the lower back. Keep spinal extension controlled by using the stabilizing glute and core muscles. Practise this transition in front of the mirror in order to confidently role-model great technique. And be honest with yourself! If it suits you better to drop to the knee, do so. Participants aren't likely to take the option that is best for them if we don't give them permission to do so, by choosing what is right for us. Acceptance breeds acceptance.

The Side Bend in the Side Hover gives our obliques an extra challenge, focusing on rolling the top shoulder back before lengthening so the spine is straight with plenty of space to move from.

Using your Layer 3 cues around benefits and the feel of the pose encourages participants through these strong tracks. What can you say that reminds them how worthwhile it is to be here, to be working hard and strengthening their bodies? What will they be able to take away? What are they achieving? Keep your delivery encouraging and ALWAYS acknowledge and celebrate the effort.



08A. TWISTS



TRACK FOCUS

I want my participants to explore each twist with breath and length, discovering how far they want to go today.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Childs Pose , facing R side		16
0:10	V1 / _ And I heard	7½x8	A	Kneeling Lunge Twist with Rotation L (facing F) Inhale/Exhale – L leg F, turn toes out, R hand on floor, L hand on thigh	60
0:48	C / Nothing	3½x8	A¹	Inhale/Exhale – Extend L arm diagonally B	
1:06	V2 / _ They say	7½x8	A	Repeat Kneeling Lunge Twist with Rotation R (facing B)	60
1:43	C / Nothing	3½x8	A¹	Repeat Extend R arm diagonally B	28
2:01	Instr / (Piano)	4x8	Wide Leg Forward Fold with Twist L Inhale – Hands on floor, pivot to face front Exhale – R hand on floor, L hand on back Inhale – Lift chest Exhale – Extend L arm to vertical		8 8 8 8
2:21	(Piano)	3½x8	B	Hold Wide Leg Forward Fold with Twist L	28
2:39	(Flute)	3x8	Wide Leg Forward Fold with Twist R Exhale – L hand on floor, R hand on back Inhale – Lift chest Exhale – Extend R arm to vertical		8 8 8
2:54	(Beat)	2½x8	B	Inhale/Exhale – Wide Leg Forward Fold with Twist R	20
3:07	Outro / Instr	3x8	B¹	Wide Leg Forward Fold Inhale/Exhale – Hands F on floor	24



08A. HEARD ‘EM SAY 3:23mins

TECHNIQUE & COACHING

KNEELING LUNGE TWIST WITH ROTATION

Layer 1

- Kneeling Lunge
- Front foot outside of your hand
- Turn toes out
- Place your hand onto upper thigh
- Inhale, lift your chest
- Roll your thigh out
- Exhale to rotate
- Option to roll onto the edge of your foot
- Eye gaze to the floor
- Deep inhale, reach top arm up and back
- Exhale, sink low on your hips, keep reaching back
- Other side, step foot back, other leg forward outside of hand

Layer 3

- Keep rolling your thigh out and if it feels good, shift your weight to the edge of your foot
- Bring awareness to this side; Keep moving your chest away from your thigh and knee
- As you exhale, feel how much room we have this side compared to the other side
- By twisting we try to achieve more mobility and balance on both sides
- Breathe in, reach top arm up; Exhale and get a full-body expression

WIDE LEG FORWARD FOLD WITH TWIST

Layer 1

- Top arm down
- Tuck back toes
- Turn to the front
- Wide Leg Twist
- Left hand plant in front
- Right hand on your lower back
- Level your hips
- Push the floor, lift your chest
- Reach up tall into your top hand
- Switch sides, left hand down

Layer 3

- Can you extend out by moving your head, hips and hands away from your body?
- Check that your hips are level; inhale and lift your chest
- Exhale, keep moving your top arm up, keep separating
- How far can you go?

WIDE LEG FORWARD FOLD

Layer 1

- Bring top arm down
- Just fold
- Deep breath in

Layer 3

- Relax through the shoulders and arms

ESSENCE TIPS

Otto says: In the Lunge Twist we incorporate hip opening. Initiate this by pressing the knee out and rolling the thigh outwards. If it feels good, participants can lift the inner sole of the front foot to deepen the stretch. When we lift the top arm, encourage your participants to challenge their range of motion, alongside complementary breath cues. On the first side my focus was on getting the participants into the pose, and then I wanted to bring attention to the feel and benefits of the pose on the second side.

We have a quick setup for the Wide-Legged Forward Fold with Twist. Establish a long spine parallel to the floor before twisting, to allow great rotation. I found using imagery cues as if we are in a square box helped participants to lengthen and expand out and become aware how the pose felt internally. Practising and acknowledging how my body felt in each pose helped me coach more effectively.



08B. TWISTS



TRACK FOCUS

I want my participants to feel how anchoring the shoulders creates a foundation that allows smooth rotation through the spine and releasing through the lower back.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro	3x8		Lie supine facing L side, knees over hips, arms wide	24
0:24	V1 / _ Close	3x8	A	Supine Twist R Inhale/Exhale – Lower knees to R (front of room)	24
0:48	V2 / _ Hand	4x8	A ¹	Inhale/Exhale – Extend L leg on floor Exhale – Bend L knee	32 4
1:20	C / If I cross	6x8	B	1½x Supine Twist Knee Roll L&R Inhale – Lift knees over hips Exhale – Lower knees to L (back of room) Repeat to R	8 8 16
2:08	V3 _ Thought	2x8	A	Repeat Supine Twist L (Back of room)	16
2:24	C / If I cross	4x8	A ¹	Repeat Extend R leg on floor Bend R knee	32 4
2:56	Rep / If I cross	6x8	B	1½x Repeat Supine Twist Knee Roll R&L	16



08B. IF I TREMBLE 3:55mins

TECHNIQUE & COACHING

SUPINE TWIST

Layer 1

- Come down to the floor
- Lie down on your back
- Open your arms wide
- Roll your knees to the front
- Bring knees high towards elbow
- Breath in, breathe out
- Plant shoulders on the floor
- Straighten your top leg
- Breathe and relax your shoulders

Layer 3

- Melt your body with your breath
- Breathe into your lower back and feel it relax



SUPINE TWIST KNEE ROLL

Layer 1

- Bend your knees
- Slowly lift up your top knee
- Other knee lifts
- Lower one knee to the back
- Other knee lands on top
- Inhale, gently lift
- Exhale, come to the front
- Once again, moving slowly
- One knee at a time

Layer 3

- Inhale to lift, exhale to lower down with control
- Moving slowly with breath and a sense of relaxation

ESSENCE TIPS

Hagi's objective in this track was to bring attention to the release created by breathing. He found in the second Twists track, the focus needed to be on relaxing, releasing and breathing.

The choreography is beautiful and nourishing in its simplicity. Participants are lying on their back for the most part of this track, so cues need to be precise and easy to follow. Make your Layer 1 cues uncluttered and direct, think Body Part and Direction and Simple Alignment. Then create space to let the melancholic music be heard and be a part of each person's journey.

Before rolling from one Supine Twist to the other, bring attention back to the anchoring of the shoulders. The upper body should be relaxed and grounded, with the movement and spinal rotation being led, ever so gently, by the lifting and rolling of the lower body from one side to the other.



09A. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want participants to breathe and lengthen continuously in the deep active stretches, and then feel the full circle of our journey as we return to Tai Chi.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Horse Stance, facing L side Step R foot F (front foot), lift hips		8
					8
0:12	V1 / Once upon	4x8	A Pyramid Pose R Inhale – Lift chest Exhale – Lower chest ⇓Option: Bent R knee ⇓Option: Hands on thighs		8
					24
0:35	Instr / (Guitar)	4x8	B Standing Split Pose R Inhale/Exhale – Lift L foot, knees together Inhale/Exhale – Extend L leg, foot flexed ⇓Option: Bend L knee		16
					16
0:58	V2 / Once upon	4x8	Forward Fold Inhale – Lower L foot, feet hip-width apart Exhale/Inhale – Forward Fold Pregnancy Option: Elbows to thighs		8
					24
1:21	C / Could’ve been	4x8	A Repeat Pyramid Pose L		32
1:44	Rep / Star la la	4x8	B Repeat Standing Split Pose L		32
2:07	Oh oh	2x8	Inhale – Lower to R leg to Lunge Exhale – Hands to L thigh, face front, Wide Wu Chi		8
					8
2:19	Oh oh	10x8	1¼x Circle Head, Sword Slice, Weight Shift, Single Arm Pull R&L Circle Head, Sword Slice R&L Weight Shift, Single Arm Pull R&L Repeat to L		16
					16
					16
					32



09A. PRINCESS OF CHINA (ACOUSTIC) 3:22mins

TECHNIQUE & COACHING

PYRAMID POSE

Layer 1

- Pyramid Pose
- Roll over onto all fours
- Step front foot between your hands
- Back heel down
- Inhale, lift your chest
- Exhale, fold
- Square your hips
- Bend your front knee
- If it's too much, rest hands on thigh

Layer 3

- Other side, front leg steps back, heel down
- Breathe in to square; Breathe out and fold
- Push your big toes into the floor and feel the back of your legs stretch

STANDING SPLIT POSE

Layer 1

- Standing Split Pose
- Inhale, lean forward
- Exhale, knee to knee
- Tuck chin in
- Stay here or push your heel out
- Square your hips
- Nose to knee

Layer 3

- Come forward, knee to knee
- Breathe out and press out through your heel

FORWARD FOLD

Layer 1

- Forward Fold, feet hip-width apart
- Bend your knees
- **Lift your belly**
- Relax your shoulders

Layer 3

- Breathe in and out, feel the release come into your body

CIRCLE HEAD, SWORD SLICE, WEIGHT SHIFT SINGLE ARM PULL

Layer 1

- Foot comes down
- Hands to your thigh
- Slowly come up
- Turn to the front
- Back to Tai Chi
- Hands together
- Slow circle to the left
- Right
- Pull back, breathe in
- Breathe out, release

Layer 3

- Big breaths and open more
- Feel the flow of your body

ESSENCE TIPS

Sound familiar? We revisit the strength of *Princess Of China*, our Warmup track, but now with a calmer, relaxed feel.

The sequence of poses brings beautiful length to the back of the legs, while allowing the upper body to surrender into each pose. In Pyramid Pose, give options early on so participants can find the right place for them and get the most out of the pose. Notice how flexing the foot in the Standing Split re-creates the stretch of Pyramid, but with a different intensity.

Coming back to our Tai Chi sequence is an incredible way to experience how our body changes throughout a class. The roll through the shoulders may feel easier now, as the muscles are warm, or there may be that familiar feeling of worked muscles that wasn't there at the beginning! It is as if we are coming full circle, nearing the end of our journey together by acknowledging where we started from. Revisiting a familiar sequence means that less coaching is needed. The body's muscle memory will take over and move through the sequence with ease. Check to see how your class is moving, and once they are settled in their movement, let the music take over.



09B. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want my participants to find connection to their body and breath as we prepare for Relaxation/ Meditation.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Seated Half Stick Pose R, facing front, L foot to R thigh	16
0:13	V1 / _ Would you	7x8	A Seated Half Forward Fold R Inhale/Exhale – Chest and arms F ⇓Option: Bend R knee	56
0:55	Instr	2x8	B Seated Half Stick Pose with Twist R Inhale – Lift torso, L hand to R outer thigh, R hand on floor behind Exhale – Twist torso to R side Pregnancy Option: Open Seated Half Stick Pose with Twist	8 8
1:07	V2 / _ Would you	7x8	A Repeat Seated Half Forward Fold L	56
1:50	Instr	2x8	B Repeat Seated Half Stick Pose with Twist L	16
2:02	Br / _ Time can	4x8	C Supine Knees To Chest Pose Inhale – Roll to supine, facing L side Exhale/Inhale – Hold knees to chest Pregnancy Option: Happy Baby Pose	8 24
2:26	Instr	8x8	C ¹ Vertical Leg Extension Inhale – Extend arms O/H on floor Exhale/Inhale – Extend legs to vertical ⇓Option: Supine Knees To Chest Pose	8 56



09B. TEARS IN HEAVEN 3:24mins

TECHNIQUE & COACHING

SEATED HALF FORWARD FOLD

Layer 1

- Come down to the floor
- Half Forward Fold
- Tuck right foot in
- Left leg out straight
- Breathe in tall
- Breathe out and relax your body forward

Layer 3

- Stay and feel your breath becoming more smooth, more even and more rhythmical as you stretch
- Beautiful breath in and fold down over your leg
- Sit here in this music and breathe

SEATED HALF STICK POSE WITH TWIST

Layer 1

- Take a twist
- Lift your chest
- Right hand outside your leg
- Turn your chest away

Layer 3

- Big beautiful breath in and let it lift you and twist you
- As you exhale, feel a wave of relaxation

SUPINE KNEES TO CHEST POSE

Layer 1

- One more pose
- Lie on your back
- Bring your knees into your chest
- Hold them gently

Layer 3

- Very relaxed, comfortable

VERTICAL LEG EXTENSION

Layer 1

- You may choose to stay holding your knees or take your arms overhead to rest on the floor
- Legs extend straight up

Layer 3

- This is a deeply restorative pose, but if it doesn't feel that way, come down and bring your knees back to your chest and hold them lightly
- Feel your breath deep down inside your body

ESSENCE TIPS

In this release, we have a long luxurious decent to Relaxation, with two Twist tracks, and two Hamstring/Forward Fold tracks. This last working track is designed to give us room to check in with the body, acknowledging how it feels and how the breath is traveling. It is an invitation to be entirely internal, as the poses are simple and slow. At the end of the track, your class will be perfectly set up for Relaxation/Meditation with their attention already brought to their own bodies and experience.

You've brought your participants along on this journey with you and have delivered them to this destination. They will be ready to just be. The music is emotive and powerful; Let it speak by only saying what you need to get participants into each pose. Consider what you need to say verbally and what you can demonstrate physically.



10. RELAXATION/MEDITATION

WINTERS THAT MELT 8:34mins



TRACK FOCUS

I want my participants to be aware of their bodies, breath, and sense of self.

As we prepare for Relaxation/Meditation, stretch your arms and legs out on the floor or you may like to bend your knees up, place your feet flat. Close your eyes. Turn your attention to the feeling in your hands; notice how comfortable they are. Allow that feeling of relaxation to come up your arms to your elbows, up to your upper arms. That extra relaxation starts to move and flow; start to feel more comfortable, more relaxed. Feel the temperature of the air on your face and the roundness of your eyes as they relax – the muscles of your face softening, smoothing, relaxing just by noticing. The muscles of your neck relaxing all the way around the back, so your head can rest more comfortably, more easily on the floor. Start to feel that sense of relaxation, moving, spreading, flowing down through your body. Muscles of your upper back, your chest, around your hips, softening all the way around your spine, so your spine can lay more easily on the floor. Again, feel the relaxation in your hands, arms, face – continuing to breathe as we continue to relax. Breathe easy, smooth and rhythmical. Let go of the muscles of your legs, your feet – so easy, so comfortable. Relaxation flowing, moving, spreading through your entire body. Develop a profound inner peace from this.

We began this journey today thinking about breath and the gift that is our breath. This world has given us so much more than that – a life, a voice, an action – everything. So, let us meditate now as an individual or a group, to help this world, our planet, that so badly needs our assistance right now. One thought, one action, you can perform today to create change, just one.

Slowly start to wriggle your fingers, toes, lower onto your side and come back up. Close your eyes, breathe – this moment is all you have – this is the time to make our move, because our movement can shake the world.



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.

