

BODYBALANCE 85

MUSIC

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08B. FORWARD BENDS — HAMSTRINGS

09. RELAXATION/MEDITATION

BONUS [Workout for Water](#)

01. YOGA WARMUP

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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

Banana Clip (3:24)
Miguel
© 2017 ByStorm Entertainment and RCA Records, a division of Sony Music Entertainment Under license from Sony Music Commercial Group, a division of Sony Music Entertainment. Written by: Pimentel, Mostyn
- 02A

Happy Man (3:09)
Jungle
© 2018 XL Recordings.
Written by: McFarland, Lloyd-Watson
- 02B

Esta Noche (3:09)
Dillon Francis feat. Ximena Sarinana
© 2018 IDGAFOS.
Written by: Francis, Angelakos
- 03A

When We Were Young (3:13)
Lost Kings feat. Norma Jean Martine
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Written by: Martine, Potthoff
- 03B

I've Gotta Know (4:22)
Big Gigantic feat. Jennifer Hartswick
© 2016 Big Gigantic.
Written by: Lalli
- 04

Blanket Me (4:54)
Hundred Waters
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Written by: Miglis, Tryon, Tetreault
- 05A

Oh Happy Day (5:08)
The Edwin Hawkins Singers
Originally released 1969. All rights reserved by Sony Music Entertainment Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Hawkins
- 05B

10 Laws (4:21)
East Forest
© 2008 Aquilo.
Written by: Oswalt
- 06

Pyramids (8:35)
Frank Ocean
Courtesy of the Universal Music Group.
Written by: Kiemeneij, Nikogoshyan
- 07

Crying Shame (3:52)
The Teskey Brothers
© 2018 Half Mile Harvest Records, under exclusive license to Ivy League Records.
Written by: J. Teskey, S. Teskey, Gough, Love
- 08A

Fall On Me (4:17)
Andrea Bocelli & Matteo Bocelli
Courtesy of the Universal Music Group.
Written by: Axel, Vaccarino
- 08B

When The Party's Over (3:20)
Billie Eilish
Courtesy of the Universal Music Group.
Written by: O'Connell

- 09

Summer (Adaptation) (3:28)
M Jacek
© 2019 Marigold Music.
Written by: Martinuyk
- BONUS 01

Heads Up (3:36)
JAIN
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Written by: Galice





L-R: Diana Archer Mills & Dr. Jackie Mills

Welcome to BodyBalance 85 – what a charming release to flow ourselves into where all poses are familiar yet different in their delivery. Filmed in the South Island of New Zealand with at Lake Lochnagar in the background, this scenic backdrop brings a special feel into the masterclass – ORGANIC!

The simplicity of this release allows us to get into the flow of movement with plenty of time to explore, to feel and to connect with our bodies and breath. The music is simply divine with lots of contrast – a journey which takes you into immersion, chill and of course *Oh Happy Days!*

There are even more options, to continue to thrill the yogis who want a challenge – and of course, there are always options for those participants looking for a gently stretch as well. Quite possibly we have the best Balance track ever – the song gives me goosebumps just thinking about it...take on the emotion (hear and feel it) so you can open your class into the space it creates. In the Core Abdominals and Core Back track we spend some time coaching for pregnancy with the relevant options/adaptations (we hope this helps).

We encourage you to invite your participants to be mindful when doing BODYBALANCE™, taking time to allow the body to experience what is enough, be more reflective and learn to give ourselves permission to pull back if that's the best at that point.
Much love

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

Special thanks to – Kelly MacDonald

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.



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 02A	Sun Salutations	Track 01	Tai Chi Warmup
Track 03A & 3B	Standing Strength	Track 02A	Sun Salutations
Track 04	Balance	Track 05A & 05B	Hip Openers
Track 06	Core – Abdominals/Back	Track 07	Twists
Track 09	Relaxation/ Meditation	Track 08A	Forward Bends – Hamstrings
Total Time	27:41	Track 09	Relaxation/ Meditation
		Total Time	27:39

45-MINUTE STRENGTH		45-MINUTE FLEXIBILITY	
Track 01	Tai Chi Warmup	Track 01	Tai Chi Warmup
Track 02A & 2B	Sun Salutations	Track 02A & 02B	Sun Salutations
Track 03A & 3B	Standing Strength	Track 03B	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals/Back	Track 05A & 05B	Hip Openers
Track 08A & 8B	Forward Bends – Hamstrings	Track 07	Twists
Track 09	Relaxation/ Meditation	Track 08A & 08B	Forward Bends – Hamstrings
Total Time	41:51	Track 09	Relaxation/ Meditation
		Total Time	43:24

Note: Pay attention to the name of the track when mixing and matching with this release. The Core tracks have become one this round which means the track numbers are different to past releases.

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 feel the seamless flow of the circular movements and to create a continuous breath.

MUSIC			SEQUENCE/EXERCISE		CTS
0:05	Intro	2x8	Wide Wu Chi, arms down		16
0:16	V1 / War on love	10x8	A	5x Tai Chi Arm Circle L&R	
				Inhale – Weight Shift L, circle L arm F and open to side	2
				Repeat to R	2
				Exhale – Weight Shift L, circle L arm F and open to side	4
				Repeat to R	8
1:13	V2 / Down way	8x8	A ¹	8x Tai Chi Arm Circle Over Head L&R	
				Inhale – Weight Shift L, circle L arm O/H and open to side	4
				Exhale – Weight Shift R, circle R arm O/H and open to side	4
1:58	Br / Oh! Le le	8x8		4x Tai Chi Birds Tail Arms L&R	
				Inhale – Arms up mid-line of body to O/H, palms together	4
				Exhale – Weight Shift L, L arm to Birds Tail, R arm wide to side and down	4
				Repeat R	8
2:43	Rep / A ha ha	7x8		10x Breath Swings	
				Inhale – Step feet to Narrow Wu Chi, arms O/H	2
				Exhale – Bend knees, swing torso F, arms B	2
				After 2 reps, Heel Lift with arms O/H	



01. BANANA CLIP 3:24mins

TECHNIQUE & COACHING

TAI CHI ARM CIRCLE

Layer 1

- Feet wide apart
- Knees pushing out
- Circling
- Come to the side
- Side, then slow down
- Side, side and slow
- Just breathe
- Press your knees out over toes

Layer 3

- Can you feel the circles you are making through your entire body?
- Circling arms and circling breath that never ends
- Relax your shoulders – feels good

TAI CHI ARM CIRCLE OVER HEAD

Layer 1

- Slow down
- Bring arm over head
- Other arm
- Shift the weight into your legs

Layer 3

- Where can you feel the breath in your body?
- Can you bring the breath between your ribs as you lift and circle higher?

TAI CHI BIRDS TAIL ARMS

Layer 1

- Hands up the mid-line
- Breathe in
- Breathe out, open wide
- Shift the weight
- Breathe in and roll up
- Breathe out to side

Layer 3

- How soft can you make your hands?
- Does it feel good to come deeper, then roll up through your spine?

BREATH SWINGS

Layer 1

- Step feet under hips
- Reach up, swing down
- Breathe in, breathe out
- Lift onto balls of feet

Layer 3

- Lift up onto the balls of your feet if you want to warm more
- Just release

ESSENCE TIPS

Start your journey together with your class with four warming movements that encourage internal connection and practicing being present in the moment. The choreography's simplicity makes it a perfect way to invite participants into the class and into their bodies as we repeat the same moves for a while. We can get comfortable here, let go of the outside world, and focus on our breath and how it feels to move today.

Base your coaching on the Tai Chi principles of warming, focusing, breathing and releasing to connect to the feel of the track. Take a moment to consider what these principles mean to you, and where you find the space within this track to really acknowledge them. It is a worthwhile tool to get to know the feel of the choreography as a participant before teaching so we can authentically coach the feel and focus of each movement.

In Tai Chi breath, aim for long, continuous breath without a pause. Like the circular choreography of the track, which flows from one move to the next, create breath that complements the seamless flow of the movements. As Diana says, "circling breath, never ending".



02A. SUN SALUTATIONS



TRACK FOCUS

I want my participants to slow down and enjoy the simplicity of the sequence, connecting their breath to each pose.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	1½x8	Mountain Pose, feet together Option: Feet hip-width apart, facing R side	12
0:08	V1 / Troubled	13x8	A Sun Salutation Sequence 1 L Inhale – Extended Mountain Pose , arms wide to O/H, palms together Exhale – Forward Fold , arms wide and down Exhale – Lunge R , L leg B Exhale – Down Dog Inhale – Plank Pose Exhale – Crocodile Pose ⇩Option: On knees Pregnancy Option: Cat Pose Inhale – Baby Cobra Pose ⇧Option: Up Dog Pregnancy Option: Cow Pose Exhale – Down Dog Inhale – Lunge L , L leg F Exhale – Kneeling Lunge L , arms F to O/H, palms F Inhale – Arms F and down to floor Exhale – Forward Fold	8 8 8 8 8 8 8 8 8 8 8 8
1:01	Nothing _	12x8	A Repeat Sun Salutation Sequence 1 R	96
1:55	Instr	12x8	A¹ Repeat Sun Salutation Sequence 1 L ⇧Option: Lunge L, arms F to O/H, palms F	96
2:47	Outro / Won't let	12x8	A¹ Repeat Sun Salutation Sequence 1 R Note: Last round is completed in following track	96



02A. HAPPY MAN 3:09mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE

Layer 1

- Face into the middle of the room
- Feet together or for more support, under hips
- Arms come wide and high
- Bend knees to roll up and rise
- Breathe in
- Knee pressing out over toes

Layer 3

- Flow your breath completely with your movement
- Roll and rise

FORWARD FOLD

Layer 1

- **Bend your knees**
- **Lift your belly**
- Fingertips to floor
- Exhale, tip forward

Layer 3

- Breathe out and fold

LUNGE

Layer 1

- Lunge
- Front leg steps back
- Bend knees, Lunge
- Foot up between hands
- Breathe in, back foot steps back

Layer 3

- Straighten the legs
- Breathe in deeply

DOWN DOG

Layer 1

- Step back to Down Dog
- Push up and back
- Breathe out, hips high

Layer 3

- Press through your palms
- Feel the body opening
- Breathe out fully
- Flow the out-breath

PLANK POSE

Layer 1

- Roll shoulders forward over wrists
- Knees down
- Breathe in, roll forward

Layer 3

- Roll the spine forward

CROCODILE POSE

Layer 1

- Elbows pull back to Crocodile
- Lower halfway down
- If pregnant – Cat Pose
- Knees or toes, breathe out
- Squeeze shoulder blades together

Layer 3

- Strength as you come to Crocodile
- Exhale strongly

BABY COBRA POSE/UP DOG

Layer 1

- Baby Cobra
- **Squeeze the butt**
- Option: Cow Pose
- Inhale, Up Dog

Layer 3

- Lift the chest high to the sky
- Long breath in

KNEELING LUNGE

Layer 1

- Front leg steps Forward
- Back knee comes down
- Lift chest and arms
- Hands come down
- Exhale, lift high

Layer 3

- Option on knees or toes – lift
- So strong



02A. HAPPY MAN 3:09mins

ESSENCE TIPS

Two fantastic Sun Salutation tracks this round to bring warmth and mobilization to the body. We begin the Yoga-influenced portion of the class with a simple flow to a wonderful song.

In the first round, the objective is to name the pose first to help participants, new and experienced, learn the sequence. Use simple, precise Layer 1 cues to get people into the pose and begin to flow. Moving into the second round, we bring in the Yoga breath, in through the nose and out of the nose, to bring internal warmth. Once the Layer 1 (BPD, basic alignment and breath) is established, we can start threading in Layer 3. Consider what focus you would like to bring to this third round. Diana chose to bring attention to the strengthening occurring, which then connects beautifully to the option of keeping the knee lifted in the Lunge, bringing more strength work to the lower body. In the final round, which moves into the next song, Jackie wanted to bring attention back to the Yoga breath, and how it helps to create a flow from one pose to the next. Having a clear focus on this final round will help you and your participants with the transition from one track to the next.

Pregnancy Options: Pregnant women may like to take their foot outside of the hand in the Lunge for a wider stance and keep feet outside of hands in the Forward Fold. As Jackie coaches, and Diana demonstrates, pregnant women can either move through Crocodile to Cat Pose, or they may like to press back to Cow from Plank, then move into Cat.



02B. SUN SALUTATIONS



TRACK FOCUS

I want my participants to feel the warming in the hips through the Wide Lunges and the opening in the chest and shoulders through the Baby Back Bends.

MUSIC			SEQUENCE/EXERCISE		CTS
0:39	PC / Tu manera	4x8	B	Inhale/Exhale – Extended Mountain Pose , arms wide to O/H, palms together ⬆Option: Baby Back Bend Inhale/Exhale – Arms wide and down, hands clasped behind	16 16
0:57	Instr	12x8	C	Sun Salutation Sequence 2 Inhale – Forward Fold , arms down Exhale – Step B to Down Dog ⬆Option: Jump to Down Dog Inhale – 3-Legged Dog L (L leg lifts) Exhale – Bend L knee Inhale – Wide Lunge L, L foot outside L hand Exhale – Lunge Twist L Pregnancy Option: Open Lunge Twist Inhale – Down Dog Exhale – 3-Legged Dog R (R leg lifts) Inhale – Bend R knee Exhale – Wide Lunge R, R foot outside R hand Inhale – Lunge Twist R Exhale – Forward Fold	8 8 8 8 8 8 8 8 8 8 8 8 8
1:52	PC / Tu manera	4x8	B	Repeat Extended Mountain Pose , arms wide to O/H, palms together ⬆Option: Baby Back Bend Arms wide and down, hands clasped behind	16 16
2:10	Instr	12x8	C	Repeat Sun Salutation Sequence 2	96



02B. ESTA NOCHE 3:09mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE

Layer 1

- Bend knees, roll up and rise
- Inhale

Layer 3

- Roll up and rise

BABY BACK BEND POSE

LAYER 1

- Lift the chest and arch the back
- **Squeeze the butt**
- Pull hands down the back

FORWARD FOLD

Layer 1

- Forward Fold
- Inhale
- Arms down to floor

DOWN DOG

Layer 1

- Jump or step feet back to Down Dog
- Exhale

Layer 3

- Flow the out-breath

3-LEGGED DOG

Layer 1

- 3-Legged Dog
- Front leg lifts high, breathe in
- Open the hip, squeeze gluts
- Keep arms strong, square shoulders
- Bend the knee, exhale
- Take foot across towards opposite shoulder

Layer 3

- Other leg, lift high and open
- Press both hands; bend the knee to opposite shoulder
- Feel that beautiful opening

WIDE LUNGE

Layer 1

- Swing leg forward
- Foot outside of hand
- Breathe in

Layer 3

- Lower your hips

LUNGE TWIST

Layer 1

- Now we twist
- Breathe and open front arm
- Hand down inside of foot

Layer 3

- Open and twist to the back
- Press firmly into your palm

ESSENCE TIPS

Moving seamlessly from one Sun Salutation track to the next finds us finishing off the fourth round of the first sequence. Stay with your focus from the previous track, following it all the way through until we get to Forward Fold.

This second Yoga flow sequence lifts the energy. Start in a Baby Back Bend, which is amazing work for our back body. Sweeping arms back and down helps us create more length in the front of the hips and opening in the chest and shoulders, an area where many of us hold tension. The transition from Back Bend with Arms Behind to Forward Fold, without rising to Mountain Pose, is a new feel. Allow your arms to be heavy, as they sweep forward and almost pull the rest of the upper body down. Let the arms lead the movement, along with a releasing out-breath.

With a longer sequence, and only two rounds, the structure of your script can be a bit more fluid than in the previous track. For the entire first round, the focus still needs to be on creating clear, easy-to-follow Layer 1 cues, but the breath cues can start threading through during this first round also.

This track brings a focus to the opening of the hips. The 3-Legged Dog has an open hip, and then the foot lunges to the outside of the hand. Twisting in a Wide Lunge gives a bit more room to find rotation through the upper back and shoulders as the grounded hand can be used as a lever to bring the bottom shoulder into the rotation. When stepping forward into Forward Fold, feet are outside of hands giving more space to fold from and creating a different pathway for the hip joint.

Moving swiftly from each pose creates a beautiful warmth in the body. Be sure to practice your transitions and technique in order to nail your timing and movements.



03A. STANDING STRENGTH



TRACK FOCUS

I want my participants to find a solid foundation in their Warrior 2 so they can then explore how far they can take their pose.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Warrior 2 , facing front		
			Inhale – Curl up from Forward Fold to stand		8
			Exhale – Step legs wide to Warrior 2 L , facing front		8
0:07	V1 / _ This isn't	5x8	A	Inhale/Exhale – Warrior 2 L , arms down	40
0:25	PC / Second	4x8	A ¹	Inhale/Exhale – Arms to side ⤴Option: Heel Lift L	32
0:40	C / We were	8x8	A ²	Inhale/Exhale – Reach torso to R side, R arm extended up at 45° angle	32
				Inhale/Exhale – Extended Warrior 2 L , L arm extended up at 45° angle	32
1:10	Instr	4x8	B	Inhale/Exhale – Lift R arm to O/H, palms facing ⤵Option: L elbow to thigh	32
1:25	V2 / _ Without our	20x8	A-B	Repeat Warrior 2 with Extensions Sequence R Note: Warrior 2 R, arms down 32cts	160
2:38	C / We were	9x8	B	Extended Warrior 2 L&R Inhale/Exhale – Extended Warrior 2 L , arms remain O/H, palms facing ⤵Option: L hand to ankle or elbow to thigh Repeat R	32 40



03A. WHEN WE WERE YOUNG 3:13mins

TECHNIQUE & COACHING

WARRIOR 2

Layer 1

- Step legs wide
- Right toes are out
- Back heel is pressing back
- Find the right position for your heel in line with your foot
- If hard to square your hips, bring your heel forward a little more
- Option to lift front heel
- Breathe your arms up
- Breathe out, let your arms relax down
- Knee pressing out over toes
- Inhale, reach back

Layer 3

- Exhale and go further
- Power that back leg out through the side of your back foot
- Draw in through your core from the base up
- Reach your arms back

EXTENDED WARRIOR 2

Layer 1

- Breathe in, reach back
- Inhale, reach forward
- Breathe out and lengthen
- Breathe in lift up your arms
- Option to rest forearm to thigh
- You may choose to bring your hand to your ankle

Layer 3

- Find that extended Warrior line, 45° angle all the way up
- Rotate your body to the sky
- Power from the floor, up your legs all the way to the tops of your fingers
- Turn your heart to the heavens

ESSENCE TIPS

There is an array of alignment cues you can use to help participants develop their technique in Warrior 2. Always coach to align the knee over the ankle. When participants choose to lift the heel, it's easy to lift slightly out of the legs, so be sure to coach the forward position of the knee to maintain the knee and ankle alignment. The goal is to set a strong, grounded foundation in the lower half of the body and that can take time to achieve. We are all built differently, and as we walk through life our bodies change, so what feels good once may not later on. Encourage curiosity and give cues that let participants check the basic technique and see what they may need to adjust. Take the time to encourage them to find the right foot position for them so they can square the hips, as Diana did.

Moving the upper body within Warrior 2 brings strength work into the entire body. Notice how the feel in the legs changes as we reach back, and then move forward to Extended Warrior. This is a great opportunity to bring attention back to where the energy is directed in the lower half of the body. Remembering to press down the back leg into the outside edge of the back foot to keep the leg muscles activated and joints stabilized as we move.

You are facing forward, so create moments of connection with your participants. Look out and really see what they need. Role-model the option of bringing the forearm to the thigh in the Extended Warrior 2. It's a fantastic starting point and stable place to explore the rotation through the chest. Bring yourself right there into the room, with your class. What can you say that will help the people in front of you today?



03B. STANDING STRENGTH



TRACK FOCUS

I want my participants to find their power and strength in these dynamic poses, and use the playful feel of the music to take each pose to the edge.

MUSIC				SEQUENCE/EXERCISE		CTS
0:02	Intro / Know	4x8	C	Standing Strength Sequence L		
				Inhale – Turn feet to L side, arms down	8	
				Exhale – Extend torso to L side, arms down	8	
				Inhale – Extend L arm to side	8	
				Exhale – Triangle Pose L , L hand to ankle	8	
0:21	C / Know	4x8	C ¹	Inhale/Exhale – Triangle Pose L	32	
				⇩Option: Bend L knee, L hand to shin		
				⇧Option: Float L hand off leg		
0:41	Rep / Know	4x8	C ²	Inhale/Exhale – Wrap R arm behind	32	
1:00	Instr / (Trumpets)	4x8	D	Inhale/Exhale – Sun Warrior L	32	
1:19	Instr / Know	4x8	E	Inhale/Exhale – Floating Half Moon Pose L , bend L knee, hands on thighs	16	
				Inhale/Exhale – Arms open wide, R arm vertical	16	
1:38	Instr / (Synthesizer)	4x8	F	Inhale/Exhale – Falling Star L (facing L diagonal), L leg lifts, clasp hands behind	32	
1:57	Instr / Know	24x8	C-F	Repeat Standing Strength Sequence R	192	
3:53	Outro / Know	5x8		Inhale/Exhale – Intense Pose , facing front, arms F to O/H Pregnancy Option: Feet hip-width apart	40	



03B. I'VE GOTTA KNOW 4:22mins

TECHNIQUE & COACHING

TRIANGLE POSE

Layer 1

- Turn your feet
- Tuck back toes in a little
- Toes out to side
- Press outside of back leg back
- Breathe in, push your hips to the side
- Lengthen your spine, arms long
- Let your arms come down, breathe out
- Breathe in, wrap arm behind back
- Lift your chest and turn shoulders
- If needed, slight bend in front knee

Layer 3

- Triangle Pose is long and really strong
- Push the floor away, squeeze the muscles right up into the core of your body
- Breathe and be strong and long
- This is the strongest pose you will do today!
- How strong can you make your body?
- Breathe into your upper chest and turn your shoulders

SUN WARRIOR

Layer 1

- Sun Warrior
- Deep knee bend
- Breathe in, arm high

Layer 3

- C-shape your spine and give it a little more juice
- Strong legs and mobility for the spine
- Breathe in and rise

FLOATING HALF MOON POSE

Layer 1

- Try a balance pose
- Standing knee bent
- Small hop in with back foot
- Lean your weight forward
- Pick up your back leg
- Open the arms wide
- Eye gaze down

Layer 3

- Breathe and open wide

FALLING STAR

Layer 1

- Falling star
- Step back
- Squeeze hands together down behind back
- Lift your leg up
- **Squeeze butt**
- Lift chest

Layer 3

- The strength comes from your butt in this pose
- Squeeze it strongly, lift your chest and see where you can go

INTENSE POSE

Layer 1

- Squeeze the legs together
- Reach the arms high
- Tuck the tailbone under
- Soften into the ribs

Layer 3

- Feel your breath pull deep into your body, then let it go slowly



03B. I'VE GOTTA KNOW 4:22mins

ESSENCE TIPS

Jackie's focus in this track was to bring attention to the strength work in each pose. Listen to the language she uses to set up and describe the length and strength of Triangle Pose. Working from the floor up, focusing on the energy, extension and power needed in each part of the body to make this the "strongest pose you'll do today". Offer the option to bend the front knee slightly in Triangle. For some participants this will actually bring more load into their front leg as some people may hyperextend their joints; locking the front knee in an effort to straighten which can put more pressure on the joint instead of power in the muscle. Think: pressing the foot into the floor and then drawing every muscle upwards towards the hip.

Both Floating Half Moon and Falling Star rely on the glute muscles to lift the leg, stabilize the hips and protect the lower back. Script how you can bring attention to this muscle activation to lead the transition into the pose so we move with strength and control instead of racing into the pose to see how high we can lift.

Have some fun with this track! We flow from one incredible pose to the next. Pick up on the funky feel to the music and let your joy flood into your coaching. Focusing on strength doesn't have to be completely serious. Set your participants up safely, explain why and how we activate the stabilizing muscles and then play with it!



04. BALANCE



TRACK FOCUS

I want my participants to feel like they are on a journey, using their breath to take the poses further each round.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	A Mountain Pose , feet together Inhale/Exhale – Angel Pose , lift heels, arms B, palms down	16
0:24	V1 / _ Shame	4x8	B Balance Variation 1 L Inhale/Exhale – Knee To Chest L, hands hold L knee Inhale/Exhale – Knee Lift Side L, L hand holds L knee, R arm side, palm down Inhale/Exhale – Flower Pose L, L hand holds L shin, open L knee, R arm F, palm down Inhale/Exhale – Diving Warrior 3 L, L leg extends B, R knee bent, arms B, palms down	8 8 8 8
1:12	Instr	4x8	B Repeat Balance Variation 1 R	32
2:00	C / Blanket	4x8	B ¹ Balance Variation 2 L Inhale/Exhale – Knee To Chest L, curl torso F, hands hold L knee Inhale/Exhale – Knee Lift Side L, L hand holds L knee, R arm side Inhale/Exhale – Flower Pose L, L hand holds L shin, open L knee, R arm F, palm down Inhale/Exhale – Diving Warrior 3 L, L leg extends B, R knee bent, arms B, palms down	8 8 8 8
2:48	B up / Blanket	4x8	B ¹ Repeat Balance Variation 2 R	32
3:36	Ref / _ Shame	2x8	B ² Balance Variation 3 L Inhale – Knee To Chest L, torso F, arms cross F Exhale – Knee Lift Side L, arms wide, palms down Inhale – Flower Pose L, L arm reaches B, R arm F, palms down Exhale – Diving Warrior 3 L, arms B palms down	4 4 4 4
4:00	Instr / (Piano)	2x8	B ² Repeat Balance Variation 3 R	16
4:24	Outro (Music tempo slows) / Blanket	2x8	A ¹ Mountain Pose , feet together, lift heels Inhale – Arms up side of body to O/H Exhale/Inhale – Arms wide and down, arms B to Angel Pose	4 4 8



04. BLANKET ME 4:54mins

TECHNIQUE & COACHING

ANGEL POSE

Layer 1

- Feet together
- Steady your eyes
- Lift your heels
- Lift your heart
- Open your arms back

Layer 3

- Breathe in and lift your arms up
- Breathe out, arms back and down, Baby Back Bend
- What if you fall? What if you fly?

KNEE TO CHEST

Layer 1

- Knee to chest
- Lift right leg
- Breathe

Layer 3

- This time, if it feels good roll your back and hug your knee
- This time, no hands – steady as a rock

KNEE LIFT SIDE

Layer 1

- Open knee to side
- Arm side for counterbalance
- Breathe and open

Layer 3

- Open, breathe in and strengthen your resolve
- Bravery is the internal solitude of this movement
- Let your breath fill you with lightness

FLOWER POSE

Layer 1

- Leg to the back
- Arm comes forward
- Reach chest forward
- Leg lifts high

Layer 3

- Revolve, deep breath in, let go of your fear
- Strong and powerful, always on a journey

DIVING WARRIOR 3

Layer 1

- Dive forward
- Bend standing knee
- Float arms back

Layer 3

- Dive
- Breathe in bravery, breathe out all the worry. So, what if you fall, so what if you wobble – we just try again

ESSENCE TIPS

Balance tracks often feel like a journey in themselves and this track is no exception. The poses are simple and repeated, but with the option to go a little further and try something different as we move through the sequences.

As Jackie says, we repeat 4 poses. In the first round, the key is simple Layer 1. We want participants to feel confident in moving from one position to the next without looking up. Use the name of the pose, so in the following rounds, they can follow you easily just by listening to what pose or direction they are moving to. In the second round, bring in the Yoga breath, which will take the poses and the transitions to the next level. How good does it feel to let go and dive into Warrior 3 with a releasing out-breath?!

As you move into Flower Pose, coach to move the hand further down to the lower shin/ankle in order to get the full rotation through the hip.

Diana wanted to bring attention to the mental and emotional journey of balance. Balancing is challenging on the body, but a huge part of that challenge is also in our minds. If we, or our participants, start Balance tracks concerned about what we look like, anxious about whether we wobble or fall, our poses and breath are going to be affected by that state of mind. Always remind your class (and yourself!) that the success is in the effort. Breath is a powerful tool to calm the mind and bring the focus to the body. The choreography is simple enough that when participants know the sequence, they can trust that their body knows where it's going, and just focus on the breath and feel.



05A. HIP OPENERS



TRACK FOCUS

I want my participants to feel the uplifting energy of the poses that complements the music.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	5x8	Set up Forward Fold , feet hip-width apart, facing front Pregnancy Option: Bend knees, elbows to thighs Inhale/Exhale – Forward Fold	16 24
0:22	C / _ Day	7x8	A Inhale/Exhale – Hindi Squat , hands at heart center ⇩Option: Sumo Squat	56
0:52	Rep / _ Day	4x8	A ¹ Hindi Squat with Twist L&R Inhale – R hand to floor, L arm diagonally B Exhale – Rotate torso L Inhale – L hand to floor, R arm diagonally B Exhale – Rotate torso R	8 8 8 8
1:08	When Jesus washed	3x8	A Repeat Hindi Squat , hands heart at center	24
1:21	V1 / How	8x8	B Spiral Hip Lift L Inhale – Sit B, hands behind on floor, knees lower to L side, 90°/90° Pose L Exhale/Inhale – Spiral Hip Lift L, R arm O/H, eyes down to L hand on floor Inhale/Exhale – Chest and eyes up	8 24 32
1:54	C / Day	7x8	Seated Star Pose with Extension Inhale/Exhale – Seated Star Pose , hands on ankles Inhale/Exhale – Extend torso F	16 40
2:23	V2 / How	8x8	B Repeat Spiral Hip Lift R	64
2:55	Rep / Day	3x8	Down Dog Inhale – Hands to floor, Horse Stance facing R side Exhale/Inhale – Down Dog	8 16
3:07	Rep / _ Oh happy	18x8	4½x Yoga Lunges L&R Inhale – Bend knees Exhale – L foot F outside of L hand to Lunge L Inhale – Step L foot B to Down Dog , bend knees Exhale – R foot F outside of R hand to Lunge R ⇧Option: After 2 reps, Jumping Lunges L&R ⇩Option: To slow down Yoga Lunges	8 8 8 8
4:17	C / Happy day	12x8	C Inhale/Exhale – Frog Pose , facing front ⇩Option: Wide Knee Childs Pose	96



05A. OH HAPPY DAY 5:08mins

TECHNIQUE & COACHING

FORWARD FOLD

Layer 1

- Step feet hip-width apart
- Bend your knees
- **Lift your belly high**

Layer 3

- Let yourself hang and release down through your spine

HINDI SQUAT TWIST

Layer 1

- Come to low Squat
- Turn toes out
- Sink your hips down between your heels
- You might stop halfway
- You might be able to go all the way down
- Move your feet around to find a place that feels comfortable
- Press hands together
- Breathe in, lift your chest
- **Strongly press your knees out**
- If you want more, reach arm high
- Twist as you breathe in
- Other side
- Push your knee out with your other arm

Layer 3

- Press your hands and lift your heart
- Let your tail bone press down

SPIRAL HIP LIFT

Layer 1

- Spiral Twist
- Sit butt back
- Knee around to 90°/90° Pose
- Press your palm into the floor
- **Squeeze your glutes**
- Lift your body up and away
- Breathe in, let it go and revolve your body skywards
- Chin tucked in, keep neck safe

Layer 3

- Spiral away, eyes and heart to the heavens
- Breathe in to lift and feel the beautiful opening through your side body
- Deep breath in and open – feel the joy!
- Feel the front of your hip open up

SEATED STAR POSE WITH EXTENSION

Layer 1

- Sit down
- Star Pose
- Soles of feet together
- Hips back
- Hold your ankles gently
- Use your arms to push legs down

Layer 3

- A deep stretch right through the groin

YOGA LUNGES

Layer 1

- Come to Down Dog
- Hands under shoulders
- Yoga Lunge
- Bend knees
- Spring front foot outside your hand
- Lower the hips
- Step back
- Bend knees, other foot springs forward

Layer 3

- Do what feels good for you – speed up, slow down or Jumping Lunge
- If doing Jumping Lunge, bring your weight into your upper body and land softly
- Brace the core, maintain neutral spine

FROG POSE

Layer 1

- Come down
- Frog Pose
- If you need to, double your mat
- Option: Wide Childs Pose, feet together
- Knees wide, come onto forearms
- Ankles behind knees
- Draw belly in tight
- Long straight spine
- Chin tucked in



05A. OH HAPPY DAY 5:08mins

ESSENCE TIPS

This track is all about celebration – acknowledging and celebrating where our bodies are today and reveling in the options that feel good. Remember, options aren't necessarily about strength or flexibility levels but what feels best for each person on that day. You may find the most flexible person in your class chooses the first option, just because it feels great! As an instructor, you can role-model this by showing each option, and then settling in the pose that is right for your body.

The poses within this track were chosen for the energy they bring to the body, to go alongside the feel of the music.

The Spiral Twist is back, this time with a focus on stretching the Piliolos, at the front of the hip, a notoriously difficult area to stretch! Notice how the feeling of the pose changes, and the stretch intensifies when we open the chest to the ceiling and find more extension in the spine. Not only do we get a hip stretch from the Spiral Twist, but it also opens our front body, strengthens the back muscles and it feels incredible. Now that's something to celebrate!

Adding to the energy of this track, we have the option of a Jumping Lunge. Be sure to coach the bracing of the belly and a neutral spine. The weight is in your upper body so the feet can land lightly. Think of pressing down into the hands, almost screwing them into the floor to stabilize through the shoulders. Give your class this option, and then use Layer 2 to pause and see how they are doing. Go between both options so your members feel comfortable trying out each pace and then choosing what is right for them.

We finish this track in Frog Pose, or Wide Childs Pose, trying out some PNF stretching which then takes us over to the next track.



05B. HIP OPENERS



TRACK FOCUS

I want my participants to learn the basics of PNF stretching and how the breath can help create more release.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro / (Bird song)	2x8	Hold Frog Pose		16
0:12	Instr / (Piano)	16x8	C ¹	Frog Pose with P.N.F Stretch Inhale – Press knees into floor Exhale – Release	128
1:23	Instr / (Beat)	4x8	Inhale/Exhale – Bring feet and legs in together Inhale/Exhale – Sit facing front, set up Modified Half Lotus Pose L		16 16
1:41	Instr / (Beat)	4x8	D	Modified Half Lotus Pose L Inhale/Exhale – L foot on R thigh, calf or floor Exhale – Torso F, hands on floor	24 8
1:59	Instr / (Piano)	4x8	D ¹	Inhale/Exhale – Extended Modified Half Lotus Pose L	32
2:16	V1 / Resource is	10x8	D ²	2x Modified Half Lotus Pose with P.N.F Stretch L Inhale/Exhale – Press forearms onto thighs Inhale/Exhale – Release	32 8
3:01	V2 / _ Ten fingers	4x8	D	Repeat Modified Half Lotus Pose R	32
3:18	Instr / (Beat)	4x8	D ¹	Extended Modified Half Lotus Pose R	32
3:36	V3 / Always	10x8	D ²	2x Repeat Modified Half Lotus Pose with P.N.F Stretch R	80



05B. 10 LAWS 4:21mins

TECHNIQUE & COACHING

FROG POSE WITH P.N.F STRETCH

Layer 1

- Inhale, try and pull your knees together
- 1, 2, 3
- Let it go
- Take a deep breath
- See if your Frog wants to come a little wider
- Try again

Layer 3

- Big breath in, pull the knees in and feel the inner thighs contract
- Hold for 1, 2, 3
- Breathe out, let go
- If comfortable, start to play with your Frog, rocking forward and back, finding your edge then back off
- Long, slow breaths

MODIFIED HALF LOTUS POSE

Layer 1

- Come up, hands back in
- Bring feet together, come up slowly
- Modified Half Lotus
- Bring legs around
- Tuck one leg under
- Fold other leg on top
- You might be cross-legged, foot on calf or up on your knees
- Strengthen your feet by pulling toes back to stabilize the knees

Layer 3

- Straighten your feet, weight yourself into your hips
- Find your breath

EXTENDED MODIFIED HALF LOTUS POSE

Layer 1

- Weight your hips
- Lean forward a little
- Breathe

Layer 3

- Weight the stretch
- Find a breath that can create a wave of relaxation right down through your shoulders, down through your hips

MODIFIED HALF LOTUS POSE WITH P.N.F STRETCH

Layer 1

- Bring forearms up onto your legs
- Push your knees up into your arms
- Hold for 3 counts
- Breathe out and let your body relax entirely

Layer 3

- Try again – an incredible way to get flexibility fast
- Breathe in, lean on in, breathe out and let go
- Strong muscle contraction, then let it go, relaxing your shoulders, relaxing your breath

ESSENCE TIPS

Proprioceptive Neuromuscular Facilitation (PNF) stretching is one of the most effective forms of stretching to increase flexibility and range of motion. It involves stretching a muscle, and then creating an isometric contraction of that same muscle. Once the contraction is released, a greater range of motion is achieved, and then the pattern can be repeated.

Jackie and Diana give us the option of trying PNF stretching in a couple of poses. Starting in Frog or Wide Childs Pose from the previous track, you can coach participants to press their knees into the floor, drawing them together, for a count of 3. Then as that pressure is released, they may find their knees can move a little wider. This is entirely dependent on each individual body, level of flexibility and what kind of work they want from the class. Some of your members may prefer to hold their pose or play with a Weight Shift and that is completely OK.

As you move out of Frog/Wide Child, take your time. Be gentle with your body. The isometric contraction in PNF stretching fatigues the muscles faster than held poses.

Modified Half Lotus sees our toes pulled back to protect the ankle and knee, and sit bones grounded evenly. Once you have set up the foundation and anchor points of the pose, you can then offer the option to try PNF again.

Yoga breath is a great partner for this type of stretching. Be sure to coach lots of breathing to help participants stay in and get the most out of their poses.

Spending time increasing the flexibility and mobility of the hips has so many benefits. Strong, flexible hip flexors makes all of our workouts and exercise more effective as they allow muscles to move quicker and with better range and support. Remind your participants that these stretches are very worthwhile to do.



06. CORE – ABDOMINALS/BACK



TRACK FOCUS

Abdominals

I want my participants to experience how anchoring the shoulders allows for deep strengthening work in the obliques.

Back

I want my participants to feel the connection between building strength in the back muscles and exploring spinal mobility.

Note: As this is filmed in a different way, teach the track side-on as you normally would.

Pay attention to the name of the track when mixing and matching with this release. The Core tracks have become one this round which means the track numbers are different to past releases.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	3½x8		Set up lying supine, facing R side, knees over hips, extend legs diagonal L (front of room), arms wide palms up Options: Knees bent Pregnancy Option: On elbows	28
0:18	Rep / Ah , ah	8x8	A	2x Oblique U-Shape Scoop L&R (Slow) Inhale – Lower legs down to center at 45° Exhale – Lift legs up to diagonal R Inhale – Lower legs down to center at 45° Exhale – Lift legs up to diagonal L ↓Option: Bend knees over hips	8 8 8 8
0:53	V1 / Back for	4x8	A ¹	2x Oblique U-Shape Scoop L&R (Fast)	16
1:11	Instr	20x8	B	10x Pulse Curl, Shoot Legs and Arms Out Inhale/Exhale – 4x Pulse Curl, knees over hips, arms F Inhale/Exhale – Shoot legs and arms out, legs to 45° Pregnancy Option: 4x Pulse knees wide to chest Use last 4cts to take arms to side and legs to diagonal L	8 8
2:40	V2 / Jewel of	8x8	A ¹	4x Repeat Oblique U-Shape Scoop L&R (Fast)	16
3:15	Rep / Ah , ah	8x8	A ²	2x Oblique U-Shape Scoop with Reach L&R Exhale/Inhale – Lower legs down to center at 45°, lift legs up to diagonal R Exhale – Reach L hand to feet, curl up Inhale – Lower down, arms wide, palms up Exhale/Inhale – Lower legs down to center at 45°, lift legs up to diagonal L Exhale – Reach R hand to feet, curl up Inhale – Lower down, arms wide, palms up Pregnancy Option: Toes on floor, knees bent, hands on floor behind Roll knees to R, extend L leg, reach L hand to floor Repeat to L	8 4 4 8 4 4
3:51	Instr	8x8	B	4x Repeat Pulse Curl, Shoot Legs and Arms Out	16



06. CORE – ABDOMINALS/BACK



MUSIC			SEQUENCE/EXERCISE		CTS
4:26	Instr	5x8	Lying prone, facing L side, elbows under shoulders, chest lifted, legs together		8
			Pregnancy Option: Camel Pose		
			Inhale/Exhale – Sphinx Pose		32
4:52	V3 / Big sun	7x8	7x Back Extension, Arm Sweep		
			Inhale – Press hands down sides of body to B		4
			Exhale – Arms wide to O/H, thumbs up		4
			Pregnancy Option: On knees, reach arms B		
			Lift arms wide to O/H		
5:53	V4 / Pimping in	6x8	6x Iguana Pose Lift		
			Inhale – Elbows bent, fingertips on floor, lift chest		2
			Exhale – Extend arms wide to side, palms down		2
			Inhale – Elbows bend, fingertips on floor		2
			Exhale – Lower chest		2
			Pregnancy Option: Horse Stance, arms wide on floor, chest Press Up		
6:35	C / Tonight	4x8	A	Roll onto back, knees bent, feet on floor hip-width apart	8
				Inhale/Exhale – Bridge Pose , clasp hands underneath	24
7:05	V5 / Showed up	10x8	A ¹	5x Bridge Pose, Leg Extension R&L	
				Inhale – R knee to chest (front leg)	2
				Exhale – Extend R leg to vertical	2
				Inhale – Bend R knee to chest	2
				Exhale – R foot to floor	2
				Repeat L	8
				⤴Option: After 2 reps, Back Bend Pose with Leg Extension	
8:02	Outro / Tonight	2x8	A	Inhale/Exhale – Bridge Pose	16
				⤴Option: Back Bend Pose	



06. PYRAMIDS 8:35mins

TECHNIQUE & COACHING

OBLIQUE U-SHAPE SCOOP

Layer 1

- Bring your feet into the center
- Roll down
- Arms wide, shoulder blades push into floor
- Feet lift high
- Knees bent and come to the side
- You're on one butt cheek
- Slowly make a U-shape
- Down through the middle
- Up to the other side
- Breathe in through the nose
- Slow U-shape
- Breathe out through your mouth up to the other side
- **If lower back is lifting, bring knees in more**
- **Back down towards the floor**

Layer 3

- Roll from side to side, butt cheek to butt cheek
- Press shoulder blades down into floor
- A strong contraction through the core muscles, an incredible move
- Breathing and moving, keeping the core strong and tight
- Most importantly, think about the position of your lower back. Avoid lifting it, press it down towards the floor

PULSE CURL, SHOOT LEGS AND ARMS OUT

Layer 1

- Come in for 4 Pulse Crunches
- Open out, arms over head, legs extend away
- Breathe out, ribs to hips
- Breathe in, push back down towards the floor
- Breathe out, go long

Layer 3

- If you are pregnant, it's so good to strengthen your core in a BodyBalance class. Simple rules:
 - Try not to lie flat on your back for an extended period of time, so come up onto elbows or hands if you can't lift your chest anymore
 - Keep your chest lifted in any position
 - If heavily pregnant and your balance is compromised, keep one foot or both feet on the floor at all times
- Most importantly, if you are uncomfortable, stop when you're ready to. Come back and keep going, keep strengthening

OBLIQUE U-SHAPE SCOOP WITH REACH

Layer 1

- Hold the legs to the side
- Bring left arm up
- Reach to the feet
- Lower down
- Other side
- Lift hip up
- Breathe out and reach
- Breathe in, lower down

Layer 3

- Feel the squeeze through the obliques, through the side of your waist
- Breathing in through the nose and out, relaxing the jaw

SPHINX POSE

Layer 1

- Roll over
- Lie flat
- Rest on your forearms
- Feet together
- Push chest forward between your arms

Layer 3

- Feel that lovely deep stretch

BACK EXTENSION, ARM SWEEP

Layer 1

- **Squeeze the butt**
- Hands sweep back
- Circle them low
- Sweep back, breathe in
- Lift chest
- Arms wide, breathe out
- Reach over head

Layer 3

- Squeeze the entire back body
- Sweep, breathe, squeeze
- Slowly breathe out
- Breathe right down to your toes
- Camel is a really useful pose to take if pregnant; squeeze your glutes and tuck your chin in



06. PYRAMIDS 8:35mins

IGUANA POSE LIFT

Layer 1

- Fingertips to floor, breathe in
- Lift, open arms wide, exhale
- Fingertips to floor, inhale
- Lower down, breathe out
- Lift chest, lift hands
- Touch fingertips, come down

Layer 3

- Zip up the back of your body, make it super strong
- Keep the breath flowing easily

BRIDGE POSE, LEG EXTENSION

Layer 1

- Roll over
- Tuck feet in by your butt
- Feet hip-width apart
- Roll up from your tail bone, up through your spine
- Bridge Pose
- Roll your shoulders underneath
- Clasp your hands together
- Push hands and arms down strongly
- **Squeeze your glutes**
- Leg work
- Knee Lift
- Straighten leg
- Knee bends
- Foot touches down
- Other side
- In, straight, knee, down
- If you're ready, and want to, come to Back Bend

Layer 3

- Whatever option you are choosing, you are squeezing your back body so hard skyward
- Keep pushing your arms into the floor and breathe high into your upper chest
- Climbing high up onto your shoulders, squeezing your back body

BACK BEND POSE

Layer 1

- Bring your hands by the side of your head
- Feet in close to your butt
- Tuck in the chin and lift
- **Squeeze your glutes**
- Add the leg line if you want to

ESSENCE TIPS

Abdominals

Staying in our mellow, calming feel, this Core track will give you an incredible burn but alongside a more 'chilled' piece of music than our typical Pilates training. This is a Core track with an opportunity to stay internally connected. Start your coaching by setting the shoulders before we move. Anchoring down through even, relaxed shoulders gets us in the perfect position to move from and work out our oblique and lower abdominals. Similar to the Rainbow in previous releases, we are moving from one glute to the other. Check in with your 3 B's – belly, back and breath. Belly should be drawn in, breath flowing in through the nose and out of the mouth. Give options early so everyone can move at the right level for them. When you reach the center of the U-shape, check in with the spine position as this is the point of this move with the most load for the lower abdominals. If the spine is lifting, coach to bring knees further in. If shoulders cannot stay grounded as we move from side to side, reduce the U-shape and amount of rotation in the torso.

Play with your Layer 3 cues and the different feel of the track. How will you keep participants connected and encouraged, but also provide space and moments of quietness? Are there cues you can use that encourage intrinsic motivation?

Back

Moving into the back work, we play with the idea of building strength with grace and control. This is a true workout for the postural muscles as we explore some glorious spinal extensions.

For those who want a little more intensity, give the option of a full Back Bend. This may be something that people want to try to get a feel of if it is right for them, but then they may like to come back to a Bridge. Adding the leg movements while in full Back Bend is an incredible challenge. You know your class best. Consider whether it would be best to teach the leg lift in the Bridge for the first few times you teach this release and then add the Back Bend option once your class is comfortable with the choreography and ready to take it to new heights. In either option, be sure to coach landing the foot lightly to keep the movement controlled, the glutes activated and the hips level.

Remember the power of the breath. It helps nourish our bodies, keeping it moving and flowing, particularly in a challenging sequence. If in doubt, breathe it out!

Pregnancy options: During Locust, pregnant participants have the option of using the same arm movement while in Camel Pose. As pregnant women get further along in their pregnancy, it may feel better to leave out the arms, or maybe do one at a time and use the other hand as additional support for the lower back. Encourage your mothers to be open to explore what feels right for them as they move through their pregnancy.



07. TWISTS



TRACK FOCUS

I want my participants to feel how shortening their stance in Twisted Down Dog gives a steady place to twist from.

Note: As this is filmed in a different way, teach the track side-on as you normally would.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro	4x8	A	Supine Twist L Lying supine, facing R side, knees over hips, arms wide Inhale/Exhale – Lower knees to R	8 24
0:28	C / Mean to	6x8	A ¹	Supine Twist with Leg Extension L Inhale/Exhale – Extend L leg on floor ⇩Option: No Leg Extension Pregnancy Option: Hold L leg and hip	48
1:12	V1 / Almost anything	6x8	B	Twisted Down Dog L Inhale – Roll over to Horse Stance , facing front Exhale – Down Dog Inhale/Exhale – Twisted Down Dog L L hand holds R ankle ⇩Option: Bend knees	8 8 32
1:55	Instr / (Trumpet)	4¾x8	A	Repeat Supine Twist R, facing back, lying supine, knees to chest Lower knees to L	8 30
2:29	V2 / Little child	6x8	A ¹	Repeat Supine Twist with Leg Extension R	48
3:12	Outro / Gone with	6x8	B	Repeat Twisted Down Dog R	48



07. CRYING SHAME 3:52mins

TECHNIQUE & COACHING

SUPINE TWIST WITH LEG EXTENSION

Layer 1

- Bring your arms wide
- Knees to chest
- Roll knees to right
- Lying Twist
- Rest your knees on the floor
- Turn your head away from your knees
- You might want to straighten the top leg; breathe out
- Hold the leg in your hand
- Reach leg away
- Pull back through opposite shoulder
- Breathe

Layer 3

- If you're pregnant, just ensure your baby is not resting on your inferior vena cava. Roll further onto your side, maybe holding your baby
- Now take your knees to the other side
- A very restful pose
- Breathe out, straighten the top leg to deepen the stretch down the IT Band
- Lie here and breathe
- Let all the muscles around our spine relax so we can increase our mobility, which is very important as we age

TWISTED DOWN DOG

Layer 1

- Roll over to Down Dog
- Come up onto all fours
- Push up and back into Down Dog
- Bring your feet in half a step
- Left arm across to your front leg
- Start to turn
- Your shoulders are pulling through under your arm

Layer 3

- Take a deep breath and push the floor away with your hand, strong and even in both legs
- Strong arm, strong legs, mobile spine – delicious!

ESSENCE TIPS

Supine Twists are a wonderful way to allow the body and breath to slow right down after our Pilates training. Use simple Layer 1 cues to set participants up, giving options to adjust and choose the intensity and then invite them to return their attention back to the Yoga breath and the music. It is one of those poses that feels amazing to hold, breathe and let go of any tension.

As you move into Twisted Down Dog, take a small step forward to shorten your stance. This will also make it easier to lower the heels onto the floor to give a more stable place to move from. It may help to take the feet a little wider too. These slight adjustments can make all the difference in giving us, and our participants, the confidence to take the first hand off the floor and twist. Always aim to keep a long spine. Some participants may find it easier to maintain an elongated spine if they bend their knees slightly. Press down evenly into the grounded hand as you twist, spreading the fingers wide and screwing down into the floor to keep the wrist safe.

The combination of the restorative Supine Twist and the quiet energy of the Twisted Down Dog takes us on a journey as we nourish the spine and muscles in the torso. Good Yoga allows us to be, just as we are, embracing and appreciating how our bodies move today.



08A. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want my participants to explore how moving within the Supine Hamstring Stretch changes the feeling and intensity of the pose.

Note: As this is filmed in a different way, teach the track side-on as you normally would.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	1¾x8	Lying supine, facing back, knees bent, feet on floor		14
0:15	V1 / Sooner or	4x8	A	Supine Hamstring Stretch Sequence L 2x Inhale – Extend L leg, flex L foot ⬆Option: Extend R leg on floor Exhale – Bend L knee to chest, point L foot	8 8
0:49	C / _ Fall on me	4½x8	A¹	2x Inhale – Extend L leg, flex L foot Exhale – Point L foot Inhale – Lower L foot to floor	8 8 4
1:27	V2 / Presto	8x8	A-A¹	Repeat Hamstring Stretch Sequence R	64
2:36	Instr	1½x8	Inhale – Hold knees to chest Exhale – Roll over to Horse Stance		8 4
2:49	Br / _ I close	3x8	B	Inhale/Exhale – Forward Fold , feet hip-width apart, facing R side ⬆Option: Rag Doll Pose Pregnancy Option: Elbows to thighs	24
3:16	B up / _ Fall on me	2x8	Inhale/Exhale – Flat Back Extend , hands to shins		16
3:33	Outro / _ Fall on me	5x8	B	Inhale/Exhale – Forward Fold ⬆Option: Clasp arms behind legs	40



08A. FALL ON ME 4:17mins

TECHNIQUE & COACHING

SUPINE HAMSTRING STRETCH SEQUENCE

Layer 1

- Come down to floor, roll onto your back
- Lift your leg
- Knee to chest
- Straighten the leg out, flex the foot
- Hold behind your knee
- Your other leg can be bent or straight
- Bend the knee, point the toes
- Again, extend, and then flex the foot hard
- Breathe in
- Exhale, bend and point
- Breathe it up
- Hold here
- You might like to hold behind the shin
- Point the toes
- Flex, point
- Change legs

Layer 3

- Heel presses to the sky – feel the stretch right up the back of your leg
- Bend the knee, pull the knee into your chest
- Bent lower leg or straighten
- Hold the knee where it is and straighten out, heel presses
- Breathe and pull the knee to the chest further
- Stretch up, heel skywards
- Soft breath
- Really use this – it's not a relaxed pose; this is a working pose

FORWARD FOLD

Layer 1

- Tuck knees in
- Hold behind them
- Chin to chest, roll up
- Roll over
- Forward Fold
- Feet under hips
- Knees bent
- Chest lays on thighs
- **Belly lifts high into the spine**

Layer 3

- Let your back cascade downwards
- Crown of your head down towards the floor
- Take a breath and let it go slowly
- Hands softly into your elbows
- If you want more challenge, clasp your hands behind your legs
- Stay and breathe

FLAT BACK EXTEND

Layer 1

- Hands to shins
- Flat Back Extend
- Full breath in and lift
- Straighten your legs fully
- Straighten your arms
- Reach out through the crown of your head

ESSENCE TIPS

Another beautiful piece of music as we continue exploring where our bodies are at, and what feels good.

We revisit the Supine Hamstring Stretch that we see often, but with a bit of movement this time. Start by extending the first leg with a flexed foot which creates length up the back of the leg and a strong stretch. Then bend the knee, drawing it in. Taking the knee slightly to the side here will make it easier to ground the hips when the leg extends again, and focuses the stretch straight up the back of the leg. Take some time to feel how the stretch changes as you flex and point the foot.

Even as you are lying, look out and see what your class needs. A simple cue regarding hand placement or relaxing the shoulders can take one person's experience from challenging to successful. Often participants will wait to be given an option while attempting to hold a position that isn't right for them. Create cues that make all options OK, where there isn't a set "hold here, or here" but "hold where it feels good". Keep aiming to create a feeling of success and inclusion.

Holding in Forward Fold at the end of the track feels amazing. Give your basic Layer 1 cues, and compulsory lifted belly, knee bend cues to move into the pose and then just be. Let the music and your breath hold you here.



08B. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want my participants to find comfort so they can completely surrender into their pose and immerse themselves in the music.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro		Set up Seated Wide-Legged Stick Pose ⇓Option: Bend knees	
0:17	V1 / Don't you know	A	Side Bend L Inhale/Exhale – R arm O/H, L arm on L leg or on floor inside of leg	
0:59	C / Lie say I like	B	Seated Wide-Legged Forward Fold L Inhale/Exhale – Fold F over L leg, arms at sides of L leg	
1:17	V2 / Don't you know	A	Repeat Side Bend R	
1:58	C / Lie say I like	B	Repeat Seated Wide-Legged Forward Fold R	
2:13	V3 / Nothing is better		Seated Wide-Legged Forward Fold Inhale/Exhale – Arms F on floor TIMING AND COUNTS IRREGULAR – FOLLOW LYRICS FOR MUSICAL CUES	



08B. WHEN THE PARTY'S OVER 3:20mins

TECHNIQUE & COACHING

SEATED WIDE-LEGGED STICK POSE

Layer 1

- Take a seat
- Legs very wide

SIDE BEND

Layer 1

- Breathe in
- Lift the arm over head
- Exhale, Side Bend

Layer 3

- This can be an active pose, lifting and rotating the chest, or just a restful pose
- Try and press evenly through both glutes to keep your hips square on the floor
- Breathe in, reach high, then let it go

SEATED WIDE-LEGGED FORWARD FOLD (Single Leg)

Layer 1

- Breathe in
- Let your chest rest forward over your leg

Layer 3

- Inhale, lift and turn, rest down

SEATED WIDE-LEGGED FORWARD FOLD

Layer 1

- Final pose
- Forward Fold
- Roll the hips forward
- Bring your belly to your spine
- Breathe in, breathe out and let it go

Layer 3

- Pancake – delicious, fluffy pancake
- Whatever sort of pancake you are – fluffy American, thin and crisp – enjoy your moment here

ESSENCE TIPS

Finishing off this incredible block of slow, good Yoga, this track is the perfect wind-down to Relaxation/Meditation. Invite participants to really settle down into their poses and let the music wash over them like a wave. At this stage of the class, remember: less is more. Set each pose up simply, then use the in-breath to lengthen, out-breath to release and fold.

In the Seated Wide-Legged Forward Fold, or Pancake as Diana calls it, aim to keep the spine long, and roll the thighs out to take the pressure out of the back and bring the stretch into the hamstrings and glutes. Being comfortable in the pose for some members may mean keeping the hands or forearms on the floor and gently tucking in the chin while keeping the spine long. Flexibility takes time and patience, and our ultimate goal as instructors is to help people feel comfortable and successful; so take a moment to consider what that may mean for your class. Once we find those comfortable, restorative positions, the surrender is easy.

Trust that the music and your presence are enough.



09. RELAXATION/MEDITATION

SUMMER 3:28mins



TRACK FOCUS

I want my participants to be comfortable in the stillness, acknowledging sounds and sensations, and then letting them go.



Take a quiet breath in. Use your hands to walk your body back up. Gather your legs together. Come in for our Meditation/Relaxation.

You might like to lie on your back with your legs apart and your arms wide. You might like to bend your knees up or fold them together. If you're pregnant, you're going to be lying on your side, or you might like to sit up. The main thing is to get really comfortable, so that you can start to focus on a deep sense of relaxation. So hear the sounds around you. Just let them come to you. No effort. If you haven't already, close your eyes and breathe evenly and quietly. Feel all the muscles of your face relax, jaw unhinge, dropping away through your shoulders, through your face and through your shoulders, your belly and down your legs to your feet. Can you make yourself completely still?

Once again, quietly relaxing down through your face, your shoulders, your belly and your legs – bringing yourself to a place of stillness.

Slowly start to bring a little bit of movement into your body, gently through your hands, roll through your wrists and move your ankles. You might like to move your head from side to side if you're lying down. Take a big breath in. Some people like to stretch, some people like to roll. Do what feels good. What a beautiful experience. We hope you love this release.



BONUS Workout for Water

01. YOGA WARMUP



TRACK FOCUS

I want my participants to feel their bodies mobilizing and warming gently.
Coach your participants to angle on 45 degree or get them to face in towards the center of the room.
This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia.
Join us here: <https://www.workoutforwater.org/>

MUSIC		SEQUENCE/EXERCISE		CTS
0:05	Intro	3x8	Mountain Pose , facing R side, feet hip-width apart	24
0:15	C / Up	4x8 A	Inhale/Exhale- Extended Mountain Pose , arms wide to O/H, palms – together	16
			Inhale/Exhale – Forward Fold , arms wide and down	16
0:30	C / Up	4x8 A ¹	2x Inhale – Extended Mountain Pose	8
			Exhale – Forward Fold	8
0:45	V1 / Heads up	8x8 B	2x Inhale/Exhale – Flat Back Extend , hands to shin	16
			Inhale/Exhale – Intense Pose , arms F to O/H	16
1:14	C / Up	8x8 A ¹ +B	2x Yoga Flow Sequence	
			Inhale – Extended Mountain Pose	8
			Exhale – Forward Fold	8
			Inhale – Flat Back Extend	8
			Exhale – Intense Pose	8
1:43	V2 / Heads up	8x8	Cat & Cow Pose Sequence	
			Inhale – Forward Fold , arms F and down	8
			Exhale – Horse Stance	8
			Inhale – Cat Pose	8
			Exhale – Cow Pose	8
			Inhale/Exhale – Look over L shoulder	16
			Exhale/Exhale – Look over R shoulder	16
2:12	C / Up	8x8 C	4x Down Dog Sequence	
			Inhale – Down Dog	8
			Exhale – Bend knees, lift heels	8
2:41	Br / Let's see	8x8	Inhale – Knees to floor	8
			Exhale/Inhale – Childs Pose	56
3:10	C / Up	7x8 C ¹	Down Dog, Cat and Cow Pose	
			Inhale/Exhale – Down Dog	16
			Inhale – Cat Pose	8
			Exhale – Cow Pose	8
			Inhale/Exhale – Down Dog	16
			Inhale – Walk feet F, feet together	8
	Outro / (NO MUSIC)	3x8	Exhale – Forward Fold	8
			Inhale – Extended Mountain Pose	8
			Exhale – Mountain Pose	8



BONUS Workout for Water

01. HEADS UP 3:36mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE

Layer 1

- Feet under hips
- Legs strong
- Breathe in
- Arms overhead
- Extended Mountain
- Breathe out, relax shoulders

Layer 3

- Breathe in, roll and rise

FORWARD FOLD

Layer 1

- Breathe in
- Forward Fold
- Bend knees
- **Lift your belly**
- Fingertips to floor
- Exhale, and fold

Layer 3

- Breathe out, bend and fold

FLAT BACK EXTEND

Layer 1

- Flat Back Extend
- Hands to shins
- Breathe in and lift
- Exhale, stretch the legs

Layer 3

- Breathe in and lift the belly

INTENSE POSE

Layer 1

- Breathe in
- Sit the hips low
- Arms high, Intense Pose
- Exhale, go lower

Layer 3

- Breathe out, Intense Pose, sit low

CAT POSE

Layer 1

- Come down, Forward Fold
- Hands and knees
- Cat Pose
- Draw the belly up into the spine

Layer 3

- Breathe in, knees down to Cat

COW POSE

Layer 1

- Cow Pose
- Press chest through your arms
- Look over one shoulder
- Other shoulder

Layer 3

- Breathe out, to Cow

DOWN DOG

Layer 1

- Tuck the toes in
- Push yourself back, exhale
- Down Dog
- Breathe, take a deep bend of the knees
- Push chest down into your thighs
- Exhale, press heels down

Layer 3

- Feel length through your arms and right down through your spine
- Down Dog is a beautiful warming pose for the entire body
- Stay and breathe; move yourself around a little if it feels good
- If you can, press your heels down

CHILDS POSE

Layer 1

- Come down to Childs Pose
- Sit the knees wide
- Sit your hips back over your heels

Layer 3

- Feel the length right down through your arms, right down through your back
- Stay and breathe – take a quiet focus on your breath



BONUS Workout for Water

01. HEADS UP 3:36mins

ESSENCE TIPS

We have heard your feedback about how much you are loving the Yoga Warmups, so here is another!

In the first Forward Fold sequence, be sure to keep the knees bent as we warm through the spine and the back of the legs. Then when we move into the Flat Back Extend, we can bring the focus to the length up the back of the legs and that glorious stretch in the Hamstrings.

Remember to coach plenty of breath. As we warm up, our bodies need a little more encouragement to get into positions easily, but the breath is the magic tool that gets us there quicker. In through the nose, and out of the nose to create internal warmth.

Enjoy teaching this warming track that gently mobilizes and nourishes the body as you begin your class. It's like a massage for the entire body!



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.

