

BODYFLOW 86

MUSIC

EXPRESS FORMATS

01. TAI CHI WARM UP

02. SUN SALUTATIONS

03. STANDING STRENGTH

04. BALANCE

05A. HIP OPENERS

05B. HIP OPENERS

06. CORE – ABDOMINALS

07. CORE – BACK

08. TWISTS

09. FORWARD BENDS – HAMSTRINGS

10. RELAXATION/MEDITATION

BONUS

01. YOGA WARM UP

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TEACHING THE ESSENCE OF BODYFLOW

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. Refer to 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 BODYFLOW 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

Passionfruit (4:06)

Drake

Courtesy of the Universal Music Group.
Written by: Rogues, Graham, Shebib
- 02

Find You (4:14)

BAYNK

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Written by: Nowell-Usticke, Scott
- 03

On Hold (7:19)

The xx

© 2016 Young Turks.
Written by: Sim, Croft, Smith, Allen, Hall
- 04

Shallow (3:36)

Lady Gaga & Bradley Cooper

Courtesy of the Universal Music Group.
Written by: Germanotta, Ronson, Rossomando, Wyatt
- 05A

Forgive You (4:51)

Leon Bridges

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Written by: Bridges, Frederic, Mercereau, Tranter
- 05B

Company (2:23)

Baauer feat. Soleima

© 2018 LuckyMe.
Written by: Rodrigues, Marigaard, Vasco, Kwapis, Karaszewski
- 06

(Your Love Keeps Lifting Me) Higher & Higher (3:19)

East Fire

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Written by: Jackson, Smith, Miner
- 07

Safe (MELVV Remix) (5:47)

Petit Biscuit

© 2018 Petit Biscuit Music.
Written by: Mehdi
- 08

Aquarium (6:06)

Nosaj Thing

© 2006 Nosaj Thing.
Written by: Thing
- 09

All Fired Up (4:30)

Shoot Around

© 2019 Les Mills Music Licensing Ltd.
Written by: Hume, Corby
- 10

A Beautiful Thing (4:47)

Stanton Lanier

© 2018 Music to Light the World.
Written by: Lanier
- Stunningly Beautiful** (4:14)

Stanton Lanier

© 2018 Music to Light the World.
Written by: Lanier

BONUS

01

4AM In London (3:12)

Benjamin Francis Leftwich

© 2018 Dirty Hit.
Written by: Leftwich, Jones



L-R: Bram Prima Halim, Kylie Gates, Diana Archer Mills & Anthony G Deyn

Welcome to Bodyflow 86 – a magical experience with a great musical journey with simple choreography and transitions. This means more time to enjoy and explore the poses while allowing us to use silence, be quiet and breathe.

This release brings you a yoga warm up that will gently wake up the breath and the body. If you have a full hour class, it can be done as an additional warm-up just before the Tai Chi track. These two warm-up tracks combined are just so good for the body- and mind, too. Six rounds of simple athletic Sun Salutation allow our class participants to have plenty of time to get into the flow, familiarize and immerse themselves them into the sequence. *On Hold* is the beautiful song that will turn up the heat in our bodies with wrists/hands bind to help further advance the standing poses. The highlight track would have to be *Shallow Balance* track... to take your participants into their hearts and bodies. Two Track 5s: *Forgive You* and *Company* with different variations to explore hips/quads stretch and alternating in between isometric and passive stretching technique to deepen the stretch around the groin and adductors. Don't be fooled by the short, fun and simple Core track *Your Love Keeps Lifting Me* it's tough! Core Back involves a series of moves which help to strengthen the postural muscles and mobilizing the spine to the sounds of Safe. This release finishes with a beautiful sequence of twisting to nourish the spine and piriformis and simple hamstrings/forward bend to *All Fired Up* to wind down our bodies before entering the quiet space in the Relaxation/Meditation. Jackie and Diana would love you to explore this release with your class by being honest in our practice – focusing more in the journey of building strength and flexibility and being OK in whatever the body can do in the present time.

Jackie Diana

CREDITS

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Chief Creative Officer – Dr. Jackie Mills

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Program Coach – Kylie Gates

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Special thanks to – Kelly MacDonald

PRESENTERS

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.

Kylie Gates (New Zealand) is the Head Program Coach for BODYPUMP and Creative Director for BODYATTACK, BODYBALANCE/BODYFLOW, LES MILLS TONE, CXWORX and SH'BAM. She is based in Auckland.

Bram Prima Halim (United Kingdom) is a BODYBALANCE/BODYFLOW, RPM and LES MILLS TONE Trainer/Presenter and a BODYPUMP, LES MILLS SPRINT and SH'BAM Instructor. He is based in Edinburgh and is a BODYBALANCE/BODYFLOW Program Specialist for Les Mills UK.

Anthony G Deyn (New Zealand) is a BODYBALANCE/BODYFLOW and CXWORX Trainer/Presenter who is based in Christchurch. He has been a Les Mills Instructor for nine years and also works as a Brand Manager for Alpine Silk & Merino Skincare.



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 06	Core – Abdominals
Track 07	Core – Back
Total Time	24:15
Track 10	Relaxation/ Meditation

30-MINUTE FLEXIBILITY

Track 01	Tai Chi Warm Up
Track 02	Sun Salutations
Track 05A & 05B	Hip Openers
Track 08	Twists
Track 09	Forward Bends – Hamstrings
Total Time	26:10
Track 10	Relaxation/ Meditation (Shortened)

45-MINUTE STRENGTH

Track 01	Tai Chi Warm Up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 06	Core – Abdominals/Back
Track 07	Core – Back
Track 08	Twists
Track 09	Forward Bends – Hamstrings
Total Time	38:57
Track 10	Relaxation/ Meditation

45-MINUTE FLEXIBILITY

Track 01	Tai Chi Warm Up
Track 02	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05A & 05B	Hip Openers
Track 08	Twists
Track 09	Forward Bends – Hamstrings
Total Time	37:05
Track 10	Relaxation/ Meditation

PLEASE NOTE: The above times have been calculated excluding the Relaxation/Meditation Track timings. Please teach the Relaxation/ Meditation Track at the end of your workout and adjust it to fit your class.

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 WARM UP



TRACK FOCUS

I want my participants to slow down and be fully present in the moment with constant flow of movement and breath.

MUSIC		SEQUENCE/EXERCISE			CTS
0:05	Intro	2x8		Wide Wu Chi , arms down	16
0:13	Instr	10x8	A	5x Tai Chi Breath with Push And Pull Arms Inhale – Arms up mid-line of body to O/H Exhale – Press palms F Inhale – Pull elbows B, fists to waist Exhale – Press palms F Last rep, open arms to side, Press Palms	4 4 4 4
0:56	C / Passionate	12x8	B	3x Weight Shift With Press Palms L&R Inhale – Weight Shift L, R arm sweeps down, across to L side Exhale – Double Hand Press to L side Inhale – Wide Wu Chi , R arm circles O/H Exhale – Bend knees, Press Palms to sides Repeat to R side	4 4 4 4 16
1:47	V1 / Listen	8x8	A	4x Repeat Tai Chi Breath with Push And Pull Arms	16
2:21	C / Passionate	16x8	B	4x Repeat Weight Shift with Press Palms L&R	32
3:31	Instr / (Beat)	8x8	A	4x Repeat Tai Chi Breath with Push And Pull Arms	16



01. PASSIONFRUIT 4:06mins

TECHNIQUE & COACHING

TAI CHI BREATH WITH PUSH AND PULL ARMS

Layer 1

- Step feet wide to Wide Wu Chi
- Toes turned out, knees out
- Tail bone down
- Breathe arms up
- Press arms down
- Pull elbows in
- Press forward
- Inhale, exhale
- Inhale, pull hands in
- Exhale to press
- In through the nose
- Out through the nose
- Roll up as you lift
- Squeeze as you pull

Layer 3

- Bring your breath into your body and yourself into this space
- Release and roll, draw in, release down into your hips
- Feel the release in your shoulders
- If it feels good, release hands to the floor
- Releasing and warming the body
- Release and roll, warm and ready to go

WEIGHT SHIFT WITH PRESS PALMS

Layer 1

- Arms open wide
- Arms sweep low
- Double push
- Arm sweeps high and wide
- Knees bend
- Sweep low, push, sweep high and wide
- Breathe in through the nose
- Out through the nose
- Eyes follow your hands

Layer 3

- Constant flow of breath
- Really slow down
- Sweep, press; as you lift, a Side Bend and sit into a Squat
- Make the movement bigger, really warming the body
- Warming into the legs, ribs and arms
- Slow down the move, slow down your breath, slow down your thoughts

ESSENCE TIPS

We start the class with two beautiful, simple sequences to help us explore the Tai Chi principles of warming, breathing, releasing and focusing. Welcome your participants to the class and movement, through your words, tone, facial expressions and body language.

Bram used simple Layer 1 to set up the sequence and allow the class to get into each movement as soon as possible. We want to get people moving confidently quickly so they can then bring their focus internal; to acknowledge how it feels to move in this way, where their body and mind are at today.

Anthony's coaching focus was to introduce one of the four types of movement into each block, allowing participants to explore each of the principles. He encouraged the constant flow of breath with movement, no beginning or end.

This track provides plenty of opportunity to slow down and really get into the feeling of each movement. Invite your class members to quieten their minds, move bigger, breathe deeper and to be fully present in the moment.



02. SUN SALUTATIONS



TRACK FOCUS

I want my participants to feel that through quality of movement and breath, they can create strength and control.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	6x8		Mountain Pose , facing L side Pregnancy Option: Feet hip-width apart Inhale/Exhale – Extended Mountain Pose , arms wide to O/H, palms together ⬆️Option: Baby Back Bend	16 32
0:23	C / _ I can't	10x8	A	Sun Salutation Sequence R Exhale – Forward Fold Inhale – Step B to Plank Pose ⬆️Option: Jump B to Plank Pose ⬇️Option: Knees down Exhale: Crocodile Pose ⬇️Option: Knees down Pregnancy Option: Cat Pose Inhale: Baby Cobra Pose ⬆️Option: Up Dog Pregnancy Option: Cow Pose Exhale – Down Dog Inhale – 3-Legged Dog R (R leg lifts) Exhale – Lunge R , R leg F Inhale – Forward Fold Exhale – Intense Pose , arms F to O/H Inhale – Extended Mountain Pose , palms together O/H ⬆️Option: Baby Back Bend	 8 8 8 8 8 8 8 8 8 8 8
1:02	V1 / _ Yeah, I	10x8	A	Repeat Sun Salutation Sequence L	80
1:41	Ref / _ Hey ho	10x8	A	Repeat Sun Salutation Sequence R	80
2:20	Rep / Oh	10x8	A	Repeat Sun Salutation Sequence L	80
3:00	Ref / _ Hey ho	10x8	A	Repeat Sun Salutation Sequence R	80
3:38	Rep / Oh	9x8	A	Repeat Sun Salutation Sequence L Finish in Intense Pose	72



02. FIND YOU 4:14mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE / BABY BACK BEND

Layer 1

- Turn to the side
- Pregnancy option: feet hip-width apart
- Otherwise bring big toes together
- Extend your Mountain Pose
- **Squeeze your butt**
- Breathe in
- Baby Back Bend

Layer 3

- Find the flow of the breath
- A simple sequence, powerful and athletic
- Connect to yourself, your breath and your movements

FORWARD FOLD

Layer 1

- **Bend knees**
- Forward Fold
- Breathe out
- Step in to Forward Fold, in-breath
- Head drops
- **Lift belly strongly**

Layer 3

- Fold your body in

PLANK POSE

Layer 1

- Step back to Plank
- Knees down
- Jump or step back
- Strong in-breath
- Brace your belly

Layer 3

- Jump or step, strong in the arms
- Strong in the core

CROCODILE POSE

Layer 1

- Crocodile
- If pregnant, Cat Pose
- Out-breath, slowly lower
- On knees or toes

Layer 3

- Strong in the core
- Slow it down
- Feel the strength

BABY COBRA POSE/UP DOG

Layer 1

- Cobra
- Pregnancy option: Cow Pose
- **Squeeze the butt**
- Breathe into Up Dog

Layer 3

- Feel the hips come through and forward to create that beautiful extension
- Breathe into our bodies
- Feel the shoulder blades squeeze together
- Power through your legs

DOWN DOG

Layer 1

- Down dog
- Lift the hips high

Layer 3

- Take hips back
- Connect to yourself
- Power through your breath

3-LEGGED DOG

Layer 1

- Front leg lifts
- 3-Legged Dog
- Square the hips
- Back leg, breathe in

Layer 3

- Lift it high
- Eyes to knees if you can



02. FIND YOU 4:14mins

LUNGE

Layer 1

- Bring leg through into Lunge
- Hips low
- Breathe out, sweep leg through

Layer 3

- Power through the back leg
- High chest

INTENSE POSE

Layer 1

- Intense Pose
- Sit low, arms high
- Out breath, sit hips low

ESSENCE TIPS

This powerful Sun Salutations track has six rounds, giving time to warm the body and connect with the breath. Kylie's focus in this track was to slow down her coaching in order to let her cues really land and have plenty of space. Instead of one focus per round, she chose to keep the same focus for two rounds each to help participants learn the sequence well, and then delve into the experience.

For the first two rounds, Kylie focused on the must do's. Clear Layer 1 cues (name of Pose, BPD – alignment, Breath). Basic cues and easy-to-understand options allow participants to learn where they are moving, and have control over their flow. In the first round, give the option for pregnant participants to move into Cat/Cow Pose. This will cover any women who may get to class late, or who aren't comfortable asking for options at the beginning of class. If you notice anyone taking the options, you can then cater to them throughout the class.

In rounds 3 and 4, Kylie chose to focus on power. The sequence is athletic and strong, no matter what level you take. Stating the flow as powerful brings participants' attention to where they feel the power and strength in their body as they flow from one pose to the next. Not only can we bring focus to the power in the body and muscles, but we can also coach to power the breath to complement the flow. Purposeful, flowing breath enhances every aspect of the sequence. It holds SO much power in our practice!

The last two rounds are to bring people back to their bodies and internal connection. Kylie says "To be able to connect outside of our practice, we must connect back to ourselves first, so I invited participants to explore what it feels like in their bodies. How does it show up? Be in your body and feel."

Remember, the focus you bring to each round needs to be authentic to you. As you practice the choreography, be aware of the feelings that occur in your body physically, mentally and emotionally. Then tailor these focuses to suit your practice and way of teaching. Connect with your participants through authentic, relatable and encouraging coaching.



03. STANDING STRENGTH



TRACK FOCUS

I want my participants to create heat (Yoga tapas) in the body by exploring how to deepen their poses once they have established a good foundation.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro				
0:04	V1 / I don't	4x8	A	Standing Strength Sequence L Inhale/Exhale – Warrior 2 L, arms down	32
0:20	PC / You	4x8	A ¹	Inhale/Exhale – Lift arms wide to side ⬆Option: Heel Lift L	32
0:35	C / Hold	4x8	A ²	Inhale/Exhale – Lift arms O/H, R hand holds L wrist	32
0:51	C / Hold	4x8	B	Inhale/Exhale – Extended Warrior 2 L ⬇Option: L elbow to thigh	32
1:06	Rep / _ Where does	4x8	C	Inhale/Exhale – Sun Warrior L ⬇Option: R arm down	32
1:21	V2 / My young	4x8 4x8	D	Inhale/Exhale – Warrior 1 L, facing L side, hands on hips Inhale/Exhale – Lift arms O/H	32 32
1:52	PC / You	12x8	D ¹	3x Extended Warrior 1, Warrior 1 L Inhale/Exhale – Extended Warrior 1 L, arms wide, clasp hands behind, tip F over thigh Inhale/Exhale – Warrior 1 L. Come back up to standing, hands remain clasped behind Last 8cts, turn to front, set up Warrior 2 L	16 16
2:38	Rep / Where does	4x8	B	Repeat Extended Warrior 2 L	32
2:53	Rep / When does	4x8	C	Repeat Sun Warrior L	32
3:09	C / _ And every	8x8	E	Triangle Pose L Inhale/Exhale – Extend torso to L, arms wide Inhale/Exhale – Triangle Pose L, L hand to ankle ⬇Option: Bend L knee, L hand to shin ⬆Option: Float L hand off leg Inhale/Exhale – Wrap R arm behind	16 16 32
3:39	V3 / I don't	56x8	A–E	Repeat Standing Strength Sequence R	448



03. ON HOLD 7:19mins

TECHNIQUE & COACHING

WARRIOR 2

Layer 1

- Step legs out wide
- Warrior 2
- Right toes turn out
- Back heel is back
- If your hips are tight, align your front heel with any part of your back foot
- Square hips to the front
- Breathe the arms up
- Stack the knee over your toes, if it feels good to lift the heel
- Lift the arms
- Clasp your right wrist
- Deep breath in, let it go
- Shoulder blades slide back

Layer 3

- Turn all 10 toes; bend knee over ankle
- Press into your back foot and lift your thigh up
- Shoulders over hips
- Let's create heat in our body. In Yoga we call this tapas and it starts with a breath
- Inhale, hold the back of your hand and press the palm upwards, creating length in our upper body

EXTENDED WARRIOR 2

Layer 1

- Come to Extended Warrior
- Hold here; maintain that beautiful line
- If you want to touch down, forearm to thigh
- Inhale to extend
- Exhale, press into your back foot

Layer 3

- Clasp the wrist and reach
- Feel that beautiful long extended line all the way down to your hip
- If you want to, take your hand to floor
- Press into your back foot, rebound up through thigh, through your waist and out through your hands
- Give it everything you've got right now
- Explore deeper into your legs and create that tapas, that heat

SUN WARRIOR

Layer 1

- Sun Warrior
- Maintain the depth in your legs
- C-shape your spine
- Feel that beautiful curve
- Press into the outside edge of the foot

Layer 3

- Power through your back leg
- Feel the breath; feel the heat build
- Breathe in, reach up and over
- Exhale deeper into your legs
- Keep exploring into your legs – you know when you're there when you feel the fire in your thighs

WARRIOR 1

Layer 1

- Turn to Warrior 1
- Square hips to side
- Knee presses out
- Breathe in, sink into the floor
- Breathe the arms up
- Breathe out, a little Baby Back Bend
- Rise and squeeze shoulder blades together

Layer 3

- Start to feel the heat building in the back of your body and your lower body
- Press into your back foot, lift up your thigh and draw your belly in
- Reach to the stars
- Exhale reach up and back with your arms
- Open your heart

EXTENDED WARRIOR 1

Layer 1

- Exhale, clasp hands behind back
- Squeeze shoulder blades together
- Tip forward over your thigh
- Draw your belly to your spine
- Tuck in your chin

Layer 3

- Reach forward with your heart



03. ON HOLD 7:19mins

TRIANGLE POSE

Layer 1

- Straighten the front leg or a micro-bend
- Reach to Triangle
- Touch down to where it feels good
- Breathe in
- Breathe out and revolve
- Take a bind
- Lift your chest

Layer 3

- Take hips back and lean, one hand to ankle, one hand to the sky
- Top shoulder lifts up and back and hold
- That's how we create heat, tapas in the body

ESSENCE TIPS

Our Standing Strength track gives plenty of time to set up. Diana wanted to take time to help participants move into a solid Warrior 2 foundation as we will need our lower body to be grounded and strong in order to take the pose further through the upper body. Simple Layer 1 (BPD and alignment) will get participants in the shape of the pose, then use the extra time to coach how the pose should feel, and where the energy should be directed.

Anthony's coaching focus was to introduce the Yoga concept of TAPAS, or heat. He did this by speaking to "initiating each move with a breath, press down into the floor, rebound up through the thighs and waist areas and out through the palm of the hand". As Anthony says in the Masterclass, "You know you're there when you feel the fire in your thighs." Anthony also wanted to make the most of the length of the track by exploring his use of Layer 3 cues. "I wanted to coach to the whys. Why do we flex the hand and press the palm away? It encourages length in the upper body."

In both Warrior 1 and Warrior 2, he brought attention back to the alignment of knee over ankle, especially when moving into a Side Bend in Sun Warrior, or adding a Baby Back Bend. When the upper body moves in the opposite direction from the bended knee, the lower body naturally wants to move with it, even just slightly. Keep the work in the legs by maintaining that alignment, and encouraging to press down into the outside edge of the back foot.

This track is a perfect opportunity to team-teach with the music, and complement the highs and lows of the track with your coaching and tone. Know your music well so you can work your script around the quiet moments and the contrasting builds in the song. Connect with the music, and the people in front of you. Make the most of the moments when you are facing your participants. Look at them, smile with them and acknowledge the challenge of this powerful track!



04. BALANCE



TRACK FOCUS

I want my participants to connect with the passion of the music, and then feel that beautiful strength in their bodies and breath.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro	3x8	A	Mountain Pose	16
				Standing Modified Half Lotus Pose L, L foot on R thigh, arms down	8
				⇩Option: L foot crosses R ankle, toes on floor	
0:15	V1 / _ Tell me	4x8	B	Standing Modified Half Lotus Pose Sequence L	16
				Inhale/Exhale – Arms up sides of body to O/H, palms facing	16
				Inhale/Exhale – Open arms to side, palms up	
0:35	PC / I'm falling	4x8		Inhale/Exhale – Torso F, arms reach B, palms down	32
0:55	Instr / (Guitar)	2x8	A	Inhale – Mountain Pose	8
				Exhale – Standing Modified Half Lotus Pose R, R foot on L thigh, arms down	8
1:05	V2 / _ Tell me	8x8	B	Repeat Standing Modified Half Lotus Pose Sequence R	64
1:45	C / I'm off	8x8	C	Floating Half Moon Pose Sequence R	
				Inhale – Step on R foot	8
				Exhale/Inhale – Floating Half Moon Pose R, L leg lifts, arms wide	24
				Inhale/Exhale – Arms cross, hands on shoulders	32
2:25	Br / _ Oh	3½x8		Inhale/Exhale – Mountain Pose , lift heels	8
				Inhale/Exhale – Divers Pose , arms reach B, palms down	20
2:45	C / I'm off	8x8	C	Repeat Floating Half Moon Pose Sequence L	64
3:25	Outro / (Fade)	1½x8		Finish in Mountain Pose	12



04. SHALLOW 3:36mins

TECHNIQUE & COACHING

STANDING MODIFIED HALF LOTUS POSE SEQUENCE

Layer 1

- Step feet together
- Settle the eye gaze
- Lift right leg
- Cross ankle so it rests on the left thigh
- Breathe the arms over head
- Breathe out, feel your toes on the floor
- Open the arms with breath
- Dive forward, arms come back
- Chest towards thigh
- Gaze to the floor
- Deeply bend
- Breathe and then let it go

Layer 3

- Other side, left ankle onto right thigh
- Breathe up, let it go
- Open, inhale, exhale
- Fall forward, squeeze between the shoulder blades
- Power your arms back
- Press your big toe firmly into the floor

FLOATING HALF MOON POSE SEQUENCE

Layer 1

- Left foot down to the side
- Open to Floating Half Moon
- Knee bends, square your hips to front of room
- Breathe and hold
- Keep opening your hips to the front
- Cross your arms across your chest
- Hold yourself lightly

Layer 3

- Be brave, go deep
- Powerfully place your right foot and open
- Take this where you want to go
- If you can, cross your arms

DIVERS POSE

Layer 1

- Both feet together
- Divers Pose
- Lift the heels
- Take a deep breath in
- Open your chest
- Fall forward

ESSENCE TIPS

Many of your participants will recognize this song from the very beginning. It's big and emotive and the choreography matches that feel perfectly.

In Balance tracks, speak to the importance of setting the eye gaze. This makes a huge difference in our ability to balance and hold a pose. It does, however, limit our ability to look out at our participants, and their ability to look at us for physical cues. Take the challenge away by using the clearest cues possible. Your focus is Layer 1 coaching, especially on the first side of this track. Take out any cues that aren't vital for getting participants into the shape of the pose safely. Then, once they have an idea of what the sequence looks like, we can explore Layer 3 coaching that complements the intensity of the poses and music. The song does so much of this for you. All we need to do, as instructors, is set people up and then invite them to lose themselves in the incredible experience of moving with graceful power to amazing music.

After the strong beginning to the class, this is the perfect time to come back to that quiet internal connection that was established in Track 1.



05A. HIP OPENERS



TRACK FOCUS

I want my participants to be given clear options and be encouraged to choose what feels good for them on their journey to increased mobility and flexibility.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8	Set up Swan Pose L, facing L side Option: 90/90 Pose		32
0:17	V1 / _ Did I	14x8	A	Extended Swan Pose, Quad Stretch Sequence L Inhale/Exhale – Extended Swan Pose L Inhale/Exhale – Quad Stretch R Inhale/Exhale – Extended Swan Pose with Quad Stretch ⬆Option: Mermaid Pose ⬇Option: Extended Swan Pose	64 16 32
1:19	V2 / _ When we	18x8	A	Repeat Extended Swan Pose, Quad Stretch Sequence R , facing R side Last 8cts, begin transition. Get onto hands, one knee and transition up to standing.	144
2:38	Instr	4x8	Exhale – Walk feet F, hip-width apart Inhale/Exhale – Forward Fold Pregnancy Option: Elbows to thighs		8 24
2:54	C / Forgive	8x8	B	Dancers Pose Variations L Inhale/Exhale – Curl up, turn to front, Mountain Pose Inhale/Exhale – Dancers Pose L , L hand holds L foot, R arm F, palm down Inhale/Exhale – R hand holds L foot ⬆Option: L elbow hooks L foot, bind hands together O/H ⬇Option: Dancers Pose L, L hand holds L foot, R arm F, palm down	8 24 32
3:30	C / Maybe	8x8	Inhale – Mountain Pose , feet hip-width apart, toes out Exhale – Bend knees Inhale/Exhale – Hindi Squat , hands to heart center ⬇Option: Sumo Squat		8 8 48
4:05	C / Forgive	8x8	B	Repeat Dancers Pose Variations R Note: Hands to floor, curl up to Mountain Pose	64
4:40	Outro / (Fade)	1½x8	Mountain Pose		12



05A. FORGIVE YOU 4:51mins

TECHNIQUE & COACHING

EXTENDED SWAN POSE, QUAD STRETCH SEQUENCE

Layer 1

- Come down to the floor
- Swan Pose, facing the side
- Turn your knees to a 90/90
- Flex your front foot to protect the knee
- Choose if you want to extend the back leg
- Breathe in
- Breathe out and reach forward
- Extended Swan Pose
- If this is too much, come up onto your forearms
- Bring some movement into the pose
- Move side to side, forward and back
- Quad Stretch
- Breathe in, come up
- Bend your back leg
- Reach to your back foot
- Either sitting low or lifting up
- Extended Quad Stretch
- Extend forward and come down
- Or Mermaid Pose
- Hook big toe into the crease of your elbow and stay here

Layer 3

- Explore, find the sweet spot
- If you're working on Mermaid Pose, try hooking the foot. Halfway is great.
- This time, move slower
- Search for the deeper stretch
- Wherever you are, explore the feeling in your body

FORWARD FOLD

Layer 1

- Come to hands and knees
- Tuck your toes
- Come to standing Forward Fold
- Feet under your hips
- **Soften knees**
- **Lift your belly**

Layer 3

- Let your upper body be really heavy

DANCERS POSE VARIATIONS

Layer 1

- Curl up to standing
- Breathe in to roll up
- Turn to the front
- Dancers Pose Variation
- Variation 1: Right hand to right foot
- Breathe in, kick and lift
- Variation 2: Both hands to the foot
- Option three is Dancers Pose with Mermaid
- Hook the foot with your elbow
- Link your fingers over head
- Breathe

Layer 3

- Allow your body to go wherever it wants to go
- First variation, Dancers Pose; second, both hands; or the third, one hand
- Or maybe somewhere in between
- Wherever you are, take your time to understand your body

HINDI SQUAT

Layer 1

- Land gently
- Feet just outside shoulder-width
- Wide Squat or come lower
- Press your palms
- Rock side to side

Layer 3

- Rocking side to side to massage through your feet, your ankles and release, through your hips



05A. FORGIVE YOU 4:51mins

ESSENCE TIPS

This Hip track is all about the journey. Imagine if we could strip away the idea that poses have a certain beginning or end goal. If we could all just explore our bodies within a pose, adjusting, moving from one variation to another and the only goal is to find a place that feels good. No need to look around and see what the person next to you is doing, or placing judgment on ourselves for not being “flexible enough” to get to a certain level. Let’s help move our classes to this accepting place by offering these variations and encouraging exploration from the very beginning. Give participants power over their experience and help them to tune into their bodies.

Mobility is a journey, and regardless of where we are on that journey, there are options for everyone. Moving within a pose, like the rock from side to side in Swan or Hindi Squat, is another tool we can offer to encourage exploration and self-awareness. You know your class best, so teach the options that cater to those who want a challenge, and those who are wanting to slow down.

Bram says, “It’s the journey that matters most.”



05B. HIP OPENERS



TRACK FOCUS

I want my participants to experience the deep stretch around the groin and inner thighs area by alternating between the two simple poses.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	V1 / Feels like	2x8		Set up Wide-Knee Childs Pose, facing front Option: Fold mat under knees	16
0:11	V2 / Put down	6x8	A	Inhale/Exhale – Wide Knee Childs Pose Reach arms F on floor, torso F	48
0:41	Instr	4x8	B	Inhale/Exhale – Frog Pose Feet open out, rest on forearms	32
1:00	V3 / Feels like	8x8	A	Repeat Wide Knee Childs Pose	64
1:40	Instr	4x8	B	Repeat Frog Pose	32
2:01	Outro / All I want	4x8	A	Repeat Wide Knee Childs Pose	32



05B. COMPANY 2:23mins

TECHNIQUE & COACHING

WIDE-KNEE CHILDS POSE

Layer 1

- Come down onto your hands and knees
- Knees wide
- Toes together into Wide-Knee Child's Pose
- Reach out
- Breathe in
- Breathe out, hips back
- Chest towards the floor

Layer 3

- As you breathe, you might want to reach longer or not. You might want to pull back a little
- Breathe and settle into it; soften through your shoulders
- If the chest can touch the floor, go for it
- Where do you want to release right now?
- Release through your hands, soften your wrists
- Soften through your groin

FROG POSE

Layer 1

- Frog Pose
- Come onto your forearms
- Kick your feet out
- Knees in line with your ankles
- Turn toes out
- Lift your belly
- Sit back
- Breathe in, lengthen through the crown of your head
- Breathe out, sit back further

Layer 3

- This time, slide your knees wide
- How wide can you go with it?

ESSENCE TIPS

Our hips are going to love us for this one! Our minds may need a little help, though! Bram's focus was to keep his coaching simple and light-hearted. He wanted to reassure the class that the stretch can create mild discomfort and that it's OK to feel that way. We have tools that help us acknowledge these feelings; accept them, and let them go.

Notice how Bram uses words such as release, soften and deepen. The words we choose, the attitude and tone in the way we deliver them, helps to set the atmosphere of the room and track. Choose cues that encourage acknowledgment, acceptance and release.

It is so easy to hold our breath and struggle through challenging poses. The breath is the magic tool that is going to create release and comfort within these incredibly beneficial stretches. You cannot coach too much breath this is the Yoga. Bringing attention back to our breathing will always be valuable and make a difference to how we hold ourselves and the tension we either keep in our bodies, or choose to let go of.



06. CORE ABDOMINALS



TRACK FOCUS

I want my participants to power through this Core track with a focus on breath and technique, and feel uplifted by the energy of the song.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	3x8	Set up lying supine, facing R side, knees bent over hips, fingertips to temples ⇓Option: Knees bent, feet on floor Pregnancy Option: On elbows, knees bent, toes down	24
0:15	V1 / Love	4x8	A 8x Bicycle Twist L&R (F&B) Exhale – 2cts, Inhale – 2cts ⇓Option: Alt Toe Tap with Twist Pregnancy Option: Alt Toe Tap, on elbows	4
0:35	C / Love	4x8	B 8x Toe Tap, Legs Vertical, Reverse Curl Inhale – Toe Tap to floor, arms wide on floor Exhale – Extend legs to vertical, Reverse Curl ⇓Option: Knees bent, Reverse Curl Pregnancy Option: Toe Tap floor, extend legs to 45°	2 2
0:56	V2 / Once	4x8	A 8x Repeat Bicycle Twist L&R (F&B)	4
1:16	C / Love	8x8	B 16x Repeat Toe Tap, Legs Vertical, Reverse Curl After 8 reps, Option: Toe Tap further F on floor	4
1:56	V3 / Glad	4x8	C 2x Bicycle Twist, Scissor Legs Sequence Exhale/Inhale – 2x Bicycle Twist L&R Exhale/Inhale – 4x Scissor Legs L&R, arms wide on floor ⇓Option: 4x Alt Toe Tap Pregnancy Option: 4x Alt Toe Tap	8 8
2:16	C / Love	4x8	B 8x Repeat Toe Tap, Legs Vertical, Reverse Curl	4
2:35	Outro / Me	8x8	C 4x Repeat Bicycle Twist, Scissor Legs Sequence	16



06. (YOUR LOVE KEEPS LIFTING ME) HIGHER & HIGHER 3:19mins TECHNIQUE & COACHING

BICYCLE TWIST

Layer 1

- Facing the side
- Pregnancy Option: on your elbows
- Roll down to the floor
- Fingertips to temples
- Bicycle Twist
- Front leg, then back leg
- Knees are bent or straight legs
- Strong, powerful out-breath as we twist
- Twist from the center of your chest

Layer 3

- Work on the rotation, right from the center of your chest
- Pregnant members, anytime you need to tap down, take it, and make lots of space for your baby

TOE TAP, LEGS VERTICAL, REVERSE CURL

Layer 1

- New move
- Toe Tap, tail bone lifts
- Tap the floor
- Knees can be bent or extend up to the sky
- **Press your lower back towards the floor as your toes tap**
- Anchor your hands and shoulders

Layer 3

- Use that powerful out-breath, breathing in through your nose and out through your mouth
- If you want more of a challenge, take your toes further away from you. That will start to fire the lower abs
- Pregnant members, anytime you want to rest, take it
- Reverse Crunch – try and lift the tail bone off the floor

BICYCLE TWIST, SCISSOR LEGS SEQUENCE

Layer 1

- Bicycles, 4, 3, 2
- New move
- Scissor Legs 8 times, head down
- 8, 7, 6, 5, 4, 3, 2,
- Twist, Scissor with bent knees or straight
- Breathe
- **Brace hard; this will stabilize your hips and pelvis**

Layer 3

- This is how you get a six-pack!
- Breathe and finish strongly

ESSENCE TIPS

As Kylie says, this one is short and sweet! At only 3:19 minutes, we move quickly through the Pilates-based choreography but get a serious challenge for the core. Kylie found that the track worked best when she used short, sharp cues. The moves and transitions are fast. Offer options within the first couple of reps of each exercise so participants can try them out and find what works for them from the very beginning.

Always be sure to check in with your 3 B's (back, belly and breath). The lower abdominal muscles have to react quickly in the Toe Tap to Reverse Crunch as we press the lower back down, to tap, and then lift the tail bone off the floor. This move is going to create awesome strength work for these muscles as we use different moves to target the same area. The speed of the movement will make it challenging, so coach to press down the lower back as we tap and revisit the safety cue throughout the track. Quick movements and transitions need even more strength and control, so providing education around benefits, and the reason behind the safety cues will help participants be more aware of their lower back position throughout the track.

Again, begin your track by offering pregnancy options. Look out and acknowledge if anyone takes them. Let them know you see them, either verbally or just with a smile.

As we move along the musical journey of the release, this is one of the peaks. The song creates an excellent contrast. When you enjoy the uplifting feel of the song, you encourage your participants to do the same. You give permission for others to connect with and be moved by the energy. Positivity and a smile makes even the most challenging tracks a little lighter!



07. CORE BACK



TRACK FOCUS

I want my participants to understand how breath enhances the feel of the stability and mobility work and to understand the benefits of this type of training.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro / (B up)	16x8	A	Back Strength Sequence L Inhale/Exhale – Camel Pose , facing L side ⇩Option: Toes curl under, hands on lower back Option: Half Camel Pose L, L arm up ⇧Option: Hands on heels Exhale – Tuck chin in, feet flat Inhale – Arms wide to O/H, palms F	112 8 8
0:56	Instr / (Heavy beat)	8x8	B	4x Waiters Bow Exhale – Torso F, hips B, arms remain O/H Inhale – Lift torso, hips F, arms remain O/H	8 8
1:25	Instr / (Quiet)	8x8	C	Kneeling Diagonal Pointer L Exhale – Horse Stance Inhale – Extend L arm and R leg to diagonal Exhale/Inhale – Diagonal Pointer L	8 8 48
1:54	(Heavy beat)	8x8	C ¹	4x Kneeling Dynamic Pointer L Exhale – L elbow to R knee under body Inhale – Extend L arms and R leg to diagonal	8 8
2:22	Instr / (Quiet beat)	8x8	D	Bow Pose Exhale – Lower to floor Inhale/Exhale – Hold ankles Inhale/Exhale – Bow Pose ⇩Option: Half Bow Pose R for 24cts, L for 32cts Pregnancy Option: Cat Pose for 32cts Cow Pose for 32cts	8 24 32
2:51	Instr / (B up)	48x8	A–D	Repeat Back Strength Sequence R	384



07. SAFE 5:47mins

TECHNIQUE & COACHING

CAMEL POSE

Layer 1

- Come up onto your knees
- Knees are hip-width apart
- Toes flat or tuck toes to make it easier
- **Squeeze butt**
- Press the hips forward
- Option to reach one arm up
- You might reach back for your feet
- Hips stay over your knees
- Breathe space into your spine
- Chin tucked in

Layer 3

- Relax through your shoulders
- A beautiful extension
- If you choose the one arm, use the other arm this time
- Feel grounded in your foundation and start to feel the opening in your front body and the strength and mobility in the back body
- On each out-breath see where you can soften, find a sense of relaxation

WAITERS BOW

Layer 1

- Tuck the chin in
- Relax the feet down
- Circle the arms up
- Waiters Bow
- Breathe out, hinge forward from your hips
- Rise, breathe in
- Glue your arms to your ears
- **Core strong – brace abs**

Layer 3

- Press down through your feet
- Front core and back core, super strong

KNEELING DIAGONAL POINTER

Layer 1

- Pointer
- Hands to the floor
- Front leg out on 45°
- Back arm, thumb up
- Roll hips square
- Lift up through your belly
- **Brace abs**

Layer 3

- Everything on the floor, make it really stable. Press down through the hand, press down through the foot
- Take an enormous breath in, give your pose some energy
- Working the slings of the body from the shoulder to the opposite butt-cheek

KNEELING DYNAMIC POINTER

Layer 1

- Elbow and knee join together
- Round the spine
- Extend out
- Breathe out to bring it in
- Breathe in and extend

Layer 3

- Curl up and see if you can get your nose to your knee
- Feel the upper abs as you extend out to 45°
- Use the out-breath as you round; feel the in-breath make you long and strong



07. SAFE 5:47mins

BOW POSE

Layer 1

- Come down to the floor
- Bow Pose
- Pregnancy option: Cat and Cow Poses
- You can take a Half Bow
- Hold the ankle
- Lift chest and thigh off the floor
- Or two, knees are hip-width apart
- **Squeeze the butt**
- Breathe in, kick the feet into your hands
- Breathe out
- Lift the chest
- Eyes forward or down, to relax your neck

Layer 3

- Breathe some goodness into your back body
- If you're on the Half Bow, take the other ankle
- Can you let your shoulder blades slide down into your back ribs? Soften and breathe into that part of your body

ESSENCE TIPS

Kylie says: Here we have a game of halves! The first round is to simply get a feel for the sequence, so use basic Layer 1 (Name of Pose, alignment – BPD and Breath). Be sure to offer options, too. We want people to feel like they have a choice, and that there is always a way for them to move effectively and successfully. In the second round, it's a chance to see what's possible in your body when it's warm. Encourage your class to go a little further and give benefits to motivate them to reach for more.

The Waiters Bow is an incredible move to strengthen the muscles in the back and shoulders, whilst challenging the core. The core has to be engaged in order to maintain control, and change direction as we lift back up. As Kylie mentions, secure the arms in close to the ears, but relax the shoulders down as much as possible so they aren't shrugging upwards. Lift the arms, move them in close, and then draw the shoulder blades down and together. Help participants feel the control and strength in their bodies and then the fluidity of the movement by providing plenty of breath cues. We are nearing the end of the class and the breath will help each person sustain their poses and movements as our bodies are working hard. Acknowledge the effort your participants are putting in and celebrate their decision to be here with you, doing something that is so beneficial for them!



08. TWISTS



TRACK FOCUS

I want my participants to feel rejuvenated by the spinal release that occurs in each pose.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro	2x8	A	Twist Sequence R Set up Forward Fold , facing L side Inhale – Horse Stance Exhale – Walk feet F, feet together Option: Feet hip-width apart	8 8
0:10	Instr	2x8	B	Inhale/Exhale – Forward Fold Pregnancy Option: Elbows on thighs, feet hip-width apart	16
0:21	Instr / (Beat)	8x8	C	Intense Twist Pose R Inhale – Intense Pose , arms F to O/H Exhale – L arm lowers across to outer R thigh Inhale/Exhale – Intense Twist Pose R ⬆Option: L elbow across to outer thigh	8 8 48
1:03	Instr / (Beat + Voice)	4x8	D	Lunge Twist R Inhale – L hand to floor, L foot steps B Exhale/Inhale – Lunge Twist R , R arm to vertical ⬇Option: Kneeling Lunge Twist ⬆Option: L arm across to outer R thigh Pregnancy Option: Open Kneeling Lunge Twist	8 24
1:24	Instr / (Guitar)	8x8	E	Seated Twist Pose R Inhale – Bend L knee in behind R leg to sit facing front, R foot over L knee Exhale/Inhale – L elbow to outer R thigh, fingers up Inhale/Exhale – Seated Twist Pose R ⬇Option: L hand holds outer R thigh ⬇Option R foot to mid-shin ⬇Option: Extend L leg Pregnancy Option: Open Seated Twist Pose	8 8 48
2:06	Instr / (Voice)	10½x8	F	Seated Twist Pose with Side Bend R Inhale/Exhale – Lower arms to floor at sides, facing front Inhale – Lift L arm wide to O/H Exhale – Side Bend R Inhale/Exhale – Seated Twist Pose with Side Bend R ⬇Option: Cross-Legged with Side Bend	8 4 4 68
3:02	Instr	34½x8	A–F	Repeat Twist Sequence L , facing R side	276



08. AQUARIUM 6:06mins

TECHNIQUE & COACHING

FORWARD FOLD

Layer 1

- Come up onto your hands and knees
- Tuck toes
- Walk feet towards your hands
- Feet together or hip-width apart
- **Bend the knees**
- **Lift your belly**
- Relax your neck

Layer 3

- Other side, turn to face the other way

INTENSE TWIST POSE

Layer 1

- Intense Pose
- Bend your knees
- Inhale, lift your arms
- Sit low
- Open your arms to the front
- Intense Pose with Twist
- Knees together
- Hook your hand to the knee
- Hips level
- Lengthen the spine, open your chest
- Breathe in, breathe out
- If you want more, slide your arm down lower
- Squeeze your inner thighs

Layer 3

- Squeeze your inner thighs so your base is strong
- Use the breath to lengthen into the back body
- We know the principles, the anchoring the lengthening, the turning, this round use the breath to feel the pose. Bring freedom to your spine

LUNGE TWIST

Layer 1

- Twisting Lunge
- Bottom hand touches down
- Back leg steps back
- Option: Knee down, back leg straight or back arm outside the knee
- Pregnancy Option: Open Twist. Make space for your baby

Layer 3

- Squeeze your inner thighs to anchor your base
- Where do you feel this one?

SEATED TWIST POSE

Layer 1

- Hands down
- Slide the back leg in
- Seated Twist
- Plant the foot and sit bones
- Elbow outside of thigh
- If you prefer, hug your knee or release the foot

Layer 3

- Anchoring through the base, lengthening up through the crown and then turning
- With Yoga poses, it's important to recognize where the struggle is and know it's OK to pull back if it's not for you today

SEATED POSE TWIST WITH SIDE BEND

Layer 1

- Turn to the front
- Come into a Side Bend
- Breathe in, lift right arm
- Breathe out, lift from your waist and C-shape your spine
- If it's uncomfortable, unhook your leg to cross-legged

Layer 3

- The same thing as before: create a strong base through your hips to create a lot of space in your side body
- Once you get the opening, the lengthening, find the softening
- Where can you soften?
- Softening and lifting at the same time
- Try to close your eyes – are you present?



08. AQUARIUM 6:06mins

ESSENCE TIPS

Bram wanted to focus on using 3 simple steps to twist in each pose – anchoring, lengthening and turning/twisting. Anchoring down through the points of connection on the floor, lengthening up through the spine to create space to move from, and then exhaling to twist.

In the Seated Twist and Seated Side Bend, Bram found that creating moments of silence allowed participants time to really feel and enjoy the stretch in their bodies. He enjoyed encouraging them to reflect on how it feels, and consider if they need to adjust so it feels as good as it possibly can. Creating a balance of energy as we twist or lift, and then a surrender and release as we settle in. Moving with our breath is a beautiful way to bring the attention to how our bodies feel. When we breathe as we move into a pose, we create a beautiful support for the movement of the body. Think of a Seated Twist. Inhaling to lengthen brings a natural lift to the chest and straightening of the spine, as well as a lifting energy. Then using the exhalation to rotate supports the natural twist of the body and lets us go as far as we can. And lastly, that glorious, very final part of the out-breath, right before we need to inhale, is where we let go and relax into our pose.

Take time to breathe and feel the track with your participants. This is a wonderful opportunity to show absolute care and respect for the people who have taken time out of their busy day to join you.



09. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want my participants to feel in control of their poses and be confident choosing the option that feels good and allows them to find release in the stretches.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2½x8	Seated Stick Pose , facing R side Pregnancy Option: Legs apart L heel on top of flexed R toes ⇓Option: Cross L ankle over R, bend knees		20
0:19	V1 / _ We could	6x8	A	Cross-Legged Forward Fold with Feet Flexed L Inhale/Exhale – Cross-Legged Forward Fold with Feet Flexed L , arms on floor Pregnancy Option: Wide-Legged Forward Fold	48
1:03	C / You fall	6x8	A	Repeat Cross-Legged Forward Fold with Feet Flexed R	48
1:49	V2 / _ We could	4x8	B	Supine Abductor Stretch L Inhale/Exhale – Roll down to floor, extend L leg Inhale/Exhale – Supine Abductor Stretch L , L leg across body, R hand to L ankle, L arm wide on floor ⇑Option: Extend R leg on floor Pregnancy Option: Roll L hip off floor	8 24
2:19	C / _ You got	3x8	B	Repeat Supine Abductor Stretch R	24
2:41	Br / _ Try a	6x8		Inhale/Exhale – Supine Adductor Stretch , hands to thighs, calf or fingers, hold big toes Pregnancy Option: Rock Supine Adductor Stretch	48
3:26	C / You fall	4x8		Inhale/Exhale – Happy Baby Pose , hold inside or outside of feet ⇓Option: Hold B of thighs Option: Rock Happy Baby Pose	32
3:55	Outro / (Instr)	4x8		Inhale/Exhale – Extended Butterfly Pose , soles of feet together, hold elbows, arms O/H Pregnancy Option: Seated Star Pose, hand on floor behind	32



09. ALL FIRED UP 4:30mins

TECHNIQUE & COACHING

CROSS-LEGGED FORWARD FOLD WITH FEET FLEXED

Layer 1

- Turn to the side
- Send your legs out in front of you
- Draw your sit bones back
- Place front heel on top of toes
- Inhale, lift up, **belly in**
- Exhale, Forward Fold
- Option to cross your legs or **bend your knees**

Layer 3

- With the heel on top of your toes you get a great stretch down the back of your leg
- Focus on your breath – take a deep breath in, gently release deeper into the stretch as you exhale
- You have the strength and control to choose the options that are right for you today
- Recognize what feels good for you and explore

SUPINE ABDUCTOR STRETCH

Layer 1

- Hold the back of your thighs
- Roll down through the spine
- IT Band Stretch
- Extend your front leg
- Flex your foot
- Guide your foot towards your back shoulder
- Arms and legs can extend out
- If you're pregnant, roll over onto your side
- Otherwise, draw your hips down towards the floor

Layer 3

- Breath in to extend the leg, flex the foot; exhale to cross your foot over towards your shoulder
- This is a great stretch for your IT Band – you can feel it all along the outside of your thigh

SUPINE ADDUCTOR STRETCH

Layer 1

- Bend your knees
- Wide-legged stretch
- Abductor Stretch
- Hold your inner thighs, calves, or reach for your toes
- Anchor your tail bone to the floor
- Lengthen through your spine

Layer 3

- If you're pregnant, you might want to rock side to side
- Take a deep breath in and feel the release in your inner thighs as you exhale

HAPPY BABY POSE

Layer 1

- Happy Baby Pose
- Bend your knees
- Reach for the insides or outsides of your feet
- Draw your knees wide towards your ribs
- Anchor your tail bone to the floor

Layer 3

- Simply breathe
- If it feels good, rock side to side

EXTENDED BUTTERFLY POSE

Layer 1

- Extended Butterfly Pose
- Soles of feet together
- Down to the floor
- Hold your elbows
- Release your arms over head
- Tuck in your chin, neck is long

Layer 3

- Take a deep breath in, long breath out



09. ALL FIRED UP 4:30mins

ESSENCE TIPS

Here is our space to unwind and slow things right down, ready for Relaxation/Meditation.

Anthony says: This track is like a bedtime story. Come from a kind place and gently guide participants into each move and coach the whys. I wanted to keep this track conversational and educational. What benefits do we have by placing the heel on the toes? Try it – how does it feel? It increases the stretch along the back of the legs by forcing a straight leg. Yoga is for everyone, so coach options and give your class the control to choose what feels right for them on the day.

For the IT Band Stretch, coach to flexing the foot and guiding the foot across to the opposite shoulder to get the full benefit from this stretch. Offer the pregnancy option of rolling onto the hip to take away pressure from the spine; otherwise, the goal is to draw the hip down towards the floor.

Find the balance between coaching technical cues and leaving space for people to breathe and immerse themselves in the pose and music.



10. RELAXATION/MEDITATION



A BEAUTIFUL THING/STUNNINGLY BEAUTIFUL 9:01mins

TRACK FOCUS

I want my participants to find stillness with conscious breathing and be open to soaking up all the benefits from the class they have just experienced.



Everything we do in class brings us to this moment, our relaxation and meditation. So, gently stretch out your legs, rest your arms down by your sides with the palms facing upward. Maybe bend your knees or if you're pregnant, roll onto your side or come and sit up. Wherever you are, close your eyes and be still. Be kind to your body; allow yourself to be still and when we find this stillness we have an opportunity to soak in all the benefits of today's practice. Let's scan the body from head to toe. Bring your focus up into your head space; soften the muscles of your forehead, your eyebrows; relax the corners of your eyes, relax your cheeks, relax your jaw. Relax your neck and shoulders and let the sensation of relaxation ripple down into your arms, hands and fingers. Soften your torso, relax the muscles in your back, soften your calves and relax your feet and toes.

Bring your focus to your breath – consciously breathe in through your nose; consciously breathe out through your nose. Breathing in, breathing out.

Be aware of your thoughts and if they start to drift away, that's OK, that's natural. Just observe your thoughts and then bring your focus back to your breath. Follow the flow of your breath and when we focus we may find a sense of stillness. When we reach this stillness that's when we can truly absorb all the benefit's of todays practice – so breathe deep into your body. Take a deeper breath and let's get ready to bring ourselves back into the day. Bring your focus into your hands and feet. If it feels good, rotate your wrists, your ankles, maybe even give yourself a full body stretch, maybe draw your knees into your chest and give yourself a big hug. When you're ready, roll onto your side and gently come on up to standing.

Let's get ready to take this sense of calm into the rest of our day.



BONUS

01. YOGA WARM UP



TRACK FOCUS

I want my participants to feel mentally and physically focused for their practice by bringing attention to breath.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Childs Pose , facing L side		16
0:12	V1 / London	4x8	Inhale/Exhale – Childs Pose		32
0:36	PC / Birds	6x8	3x Cat, Cow Pose Sequence		
			Exhale – Cat Pose		8
			Inhale – Cow Pose		8
1:13	V2 / London	1x8	A	Inhale/Exhale – Down Dog	8
1:20	Feeling	3x8	A ¹	Inhale/Exhale – Walking Down Dog	24
1:38	Instr	1½x8	Inhale – Bend knees		8
			Exhale – Walk feet F to Forward Fold , feet hip-width apart		4
1:47	C / Alive	4x8	B	2x Extended Mountain Pose, Forward Fold Sequence	
				Inhale – Extended Mountain Pose , hands up mid-line of body to O/H, palms together	8
				Exhale – Forward Fold , hands down mid-line of body to floor	8
2:12	Br / Alive	2¼x8		Inhale/Exhale – Rag Doll Pose , hold elbows ⇩Option: Hands on floor	18
2:26	Br / Be on time	6x8	B	3x Repeat Extended Mountain Pose, Forward Fold Sequence ⇧Option: Baby Back Bend	16



BONUS

01. 4AM IN LONDON 3:12mins

TECHNIQUE & COACHING

CHILDS POSE

Layer 1

- Childs Pose
- Take knees out wide
- Big toes together
- Forehead on the floor
- Breathe in through the nose
- Breathe out through the nose

Layer 3

- Get a sense of where you want to stretch from
- Softening your entire body

CAT, COW POSE SEQUENCE

Layer 1

- Come to Horse Stance
- Cat Stretch
- Tuck your chin in
- Round through your spine
- Reverse
- Lifting your eyes, tail bone and awareness to your belly
- Breathe out to Cat
- Breathe into Cow, open through the collarbones

DOWN DOG

Layer 1

- Down Dog
- Tuck the toes under
- Lift the hips high
- Walk out your Dog
- This is at your own pace
- You might move through the shoulders
- Lift your heels, bend your knees
- Lift your tail bone

Layer 3

- This is all about awakening our bodies
- Breathing and moving

EXTENDED MOUNTAIN POSE, FORWARD FOLD SEQUENCE

Layer 1

- Walk feet into hands, feet under hips
- Roll up through your spine
- Extend arms up
- Roll back down, **belly lifts**, hands to floor
- Breathe in, breathe out
- Press your hips forward
- **Squeeze your butt**

Layer 3

- Big breath in and feel the energy rising
- You might want to try Baby Back Bend
- Let your breath move your body

RAG DOLL POSE

Layer 1

- Rag Doll Pose
- **Bend your knees**
- Cradle your arms
- You might want to swing out a little
- **Lift your belly strongly**

ESSENCE TIPS

This Yoga Warm up is super short, so feel free to put this in your track list to use before the Tai Chi track. Everyone wins when we take extra time to warm up! You may need to shorten the Meditation if you choose to do this. Consider what works well for your class.

We are facing the side for this track; so simple, clear coaching is paramount to getting your class moving and warming quickly. Remember, it is OK to strip your script way back as we begin and let people really explore the music and acknowledge how their bodies feel today. There is so much time and space to bring more depth to your coaching as we move through the release. Let this Warm up be about simply moving and breathing. There is power in the quietness!



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.

