

BODYFLOW 87

MUSIC

EXPRESS FORMATS

01. TAI CHI WARM-UP

02A. SUN SALUTATIONS

02B. 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

BONUS

05. HIP OPENERS

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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

Cheer Up, My Brother (5:08)

Dear Fellow

© 2019 Les Mills Music Licensing Ltd.
Written by: Cederberg
- 02A

Come Home (4:04)

BAYNK feat. Shallou

© 2017 BAYNK Under Exclusive License To AllPoints.
Written by: Nowell-Usticke, Boston
- 02B

Go With The Flow (4:22)

Lika Morgan

© 2018 No Definition, A Division Of GNKP Goodnight Kiss
Productions GmbH.
Written by: Vasilcov, Hirt
- 03

Ain't Nothing Like It (3:20)

Wasted Nights

© 2019 Les Mills Music Licensing Ltd.
Written by: Chiari, Kroper, Barreau, Seferian
- 04

Brain (4:41)

BANKS

Courtesy of the Universal Music Group.
Written by: Banks, Lauffer
- 05A

Somebody Like Me (2:17)

070 Shake feat. 070phi

Courtesy of the Universal Music Group.
Written by: Balbuena,Nystrom
- 05B

Talk (2:54)

Ayelle

© 2019 Ayelle.
Written by: Lundstedt, Baker, Stevens
- 06

Don't Leave (Gryffin Remix) (5:42)

Snakehips & MØ

© 2017 Sony Music Entertainment UK Limited.
Written by: Keen, Dickinson, Djafari, James, Janiak, Maren
- 07

No Pare (3:10)

Dillon Francis feat. Yashua

© 2018 IDGAFOS.
Written by: Camacho, Baez, E-Stack, Francis, Hunter, Rushent
- 08

Better (6:45)

Khalid

© 2018 RCA Records, a division of Sony Music
Entertainment.
Written by: Vojtesak, Eriksen, Hermansen, Chammas
- 09

One Step Ahead (2:34)

Aretha Franklin

© 2011 Sony Music Entertainment.
Written by: Singleton, Snyder
- 10

Fearne (7:44)

Peake

© 2019 Marigold Music.
Written by: G.Peake
- BONUS 01

Superstar (4:54)

Lupe Fiasco feat. Matthew Santos

© 2007 Atlantic Recording Corporation for the United States
and WEA International Inc. for the world outside of the
United States.
Written by: Jaco, Lopez
- BONUS 05

I've Got You Under My Skin (3:42)

Frank Sinatra

Courtesy of the Universal Music Group.
Written by: Porter



L-R: Corey Baird, Dr. Jackie Mills, Deidre Douglas-Washington, Tor Andersen, Hussein Bosmans, Caley Jäck

This release starts with a simple Tai Chi Warm-Up, with the most soothing sound of *Cheer Up My Brother*, where we have an opportunity to explore the moves through range and breath. We have 2 Sun Salutation tracks, *Come Home* and *Go With The Flow*, bringing us into dynamic Vinyasa flow. The first Sun Salutation is focusing on getting the whole body warm and open, while the second one is about bringing more heat into the body through a series of upper body strength sequences. The Standing Strength track is a class favorite with the most exquisite feeling from Half-Moon Pose transitioning to Aeroplane – divine!

We have two short Track 5's with different variations to explore hips/adductor stretches with side bends to get the body ready for the Core tracks... plus we have a Bonus Track 5 so you can change up the musical feel of the class, just with 1 song. The choice is yours.

The Abdominals track, *Don't Leave*, is upbeat and challenging, as we work the core in different positions that are not only good for strengthening the core but also the whole body. The Core Back track involves a series of moves that work on spinal and hips stability that will contribute to building strength around our postural muscles. Jackie's fave is Twists and you can certainly linger in the sounds of *Better* – quite simply what feels better than this?

You will also find that this release provides coaching through pregnancy options for all relevant tracks and a Bonus Yoga Warm-Up for your preference.

Enjoy and thanks for all you do!

CREDITS

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- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultant** – Bryce Hastings
- Program Coach** – Kylie Gates
- Production Coordinator** – Monique Whareumu

PRESENTERS

- Dr Jackie Mills** (New Zealand) is the Les Mills Chief Creative Officer and co-Program Director for BODYBALANCE/BODYFLOW. She is based in Auckland.
- Corey Baird** (New Zealand) is a BODYBALANCE/ BODYFLOW Instructor and a CXWORX Trainer. He is based in Auckland, where he is also a personal trainer and Pilates instructor.
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- Tor Andersen** (Denmark) is a BODYBALANCE/ BODYFLOW, BODYSTEP and LES MILLS TONE Trainer and a CXWORX Presenter. He is based in Copenhagen where he is the owner of two fitness clubs. He has been a Les Mills Instructor for 16 years.
- Hussein Bosmans** (Belgium) is a LES MILLS TONE, BODYATTACK, BODYPUMP and BODYSTEP Trainer, an RPM and LES MILLS GRIT Presenter and a BODYBALANCE/BODYFLOW and BODYCOMBAT Instructor. He is also a Boxer in the National Belgium Boxing Team, based in Brussels.



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 02A & 02B	Sun Salutations	Track 01	Tai Chi Warm-Up
Track 03	Standing Strength	Track 02A & 02B	Sun Salutations
Track 04	Balance	Track 05A & 05B	Hip Openers
Track 06	Core – Abdominals	Track 08	Twists
Track 07	Core – Back	Track 09	Forward Bends – Hamstrings
Total Time	25:19	Total Time	28:04
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation
45-MINUTE STRENGTH		45-MINUTE FLEXIBILITY	
Track 01	Tai Chi Warm-Up	Track 01	Tai Chi Warm-Up
Track 02A & 02B	Sun Salutations	Track 02A & 02B	Sun Salutations
Track 03	Standing Strength	Track 03	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals	Track 05A & 05B	Hip Openers
Track 07	Core – Back	Track 08	Twists
Track 08	Twists	Track 09	Forward Bends – Hamstrings
Track 09	Forward Bends – Hamstrings	Total Time	36:05
Total Time	39:46	Track 10	Relaxation/ Meditation
Track 10	Relaxation/ Meditation		

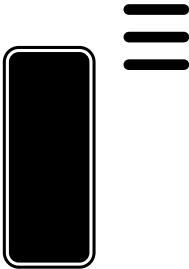
PLEASE NOTE: The above times have been calculated excluding the Relaxation/Meditation Track timings. Please teach the Relaxation/ Meditation Track at the end of your workout and adjust it to fit your class.

RELEASE FEEDBACK

Tell us what you think of this release.
Visit lesmills.com/release-feedback

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 create seamless movements and transitions, complemented by flowing breath.

MUSIC			SEQUENCE/EXERCISE		CTS
0:05	Intro	1x8	Narrow Wu Chi , feet under hips, arms down		4
			Step L foot B to Wide Wu Chi facing L diagonal		4
0:09	Instr	8x8	A	8x Tai Chi Press Palms L	
				Inhale – Weight Shift L, arms sweep down and B, palms facing	4
				Exhale – Weight Shift R, arms sweep across and F, palms facing	4
				After 4 reps, deepen Weight Shift	
0:44	C / Brothers	4x8	A ¹	4x Tai Chi Circle Arms Overhead, Press Palms L	
				Inhale – Weight Shift L, arms sweep down, B to O/H	4
				Exhale – Weight Shift R, press palms F	4
				Last 4 cts, step L foot F to Narrow Wu Chi, arms remain O/H	
1:02	PC / Tried we're	10x8	B	10x Breath Swing with Heel Lift	
				Exhale – Bend knees, torso F, swing arms B	2
				Lift torso, straighten legs, swing arms F to O/H	2
				Inhale – Heel Lift, press palms O/H	4
				⇩Option: No Heel Lift	
				Last 2 cts Step R foot B to Wide Wu Chi , facing R diagonal, arms down	
1:46	Rep / _ All by	8x8	A	8x Repeat Tai Chi Press Palms R	8
2:23	C / Brothers	4x8	A ¹	4x Repeat Tai Chi Circle Arms Overhead, Press Palms R	8
2:40	PC / Tried we're	8x8	B	8x Repeat Breath Swing with Heel Lift	8
3:16	C / Brothers	4x8	A ¹	4x Repeat Tai Chi Circle Arms Overhead, Press Palms L	8
				Last 4 cts, Step L foot F to Narrow Wu Chi, arms F and down	
3:34	Brothers	4x8	A ¹	4x Repeat Tai Chi Circle Arms Overhead, Press Palms R	8
3:52	Instr / (Flute)	4x8	B	4x Repeat Breath Swing with Heel Lift	8
4:09	(Piano)	4x8	A ¹	4x Repeat Tai Chi Circle Arms Overhead, Press Palms L	8
4:27	(Quiet)	4x8	A ¹	4x Repeat Tai Chi Circle Arms Overhead, Press Palms R	8
				Last 4 cts, Step L foot F to Narrow Wu Chi, arms remain O/H, palms together	
4:45	Outro / (Fade)	6x8		3x Forward Fold, Extended Mountain Pose	
				Exhale – Bend knees, Forward Fold , palms together down mid-line of body	8
				Inhale – Extended Mountain Pose , arms wide to O/H, palms together	8



01. CHEER UP, MY BROTHER 5:08mins

TECHNIQUE & COACHING

TAI CHI PRESS PALMS

Layer 1

- Come to the front of your mat
- Feet under hips
- Right foot to the back corner
- Wide Wu Chi
- Arms circle back, push hands forward
- Breath flows, breathe in, breathe out
- Circle bigger, push hands
- Weight shifts into back leg, into front leg
- Eyes softly follow your hands
- Other side, step back to left corner

Layer 3

- Seamless, continuous movements
- How fluidly can you move your body and your breath?
- Move with the music, take your time
- Feel how moving fluidly calms your body and calms your mind

TAI CHI CIRCLE ARMS OVERHEAD, PRESS PALMS

Layer 1

- Circle bigger
- Circle back, over and down

Layer 3

- Relax your shoulders, relax your palms and fingers
- Big circle and breathe into your body
- How present are you in your body right now?

BREATH SWING WITH HEEL LIFT

Layer 1

- Back foot steps in
- Feet under hips
- Swing, arms rise, press towards the ceiling
- Come onto the balls of your feet

Layer 3

- Try to lift your heels high
- Release through your fingers, release through your shoulders – release any tension in your upper body
- Relax your face, your jaw and just release
- Feel the freedom in your body

FORWARD FOLD, EXTENDED MOUNTAIN POSE

Layer 1

- Back foot steps in
- Slowly roll down
- Bend the knees
- Arms through mid-line
- Forward Fold
- Roll all the way up
- Extended Mountain Pose
- Inhale, rise
- Exhale, roll down

Layer 3

- Continue the flow of the breath
- Let the breath carry on up your spine

ESSENCE TIPS

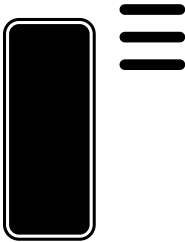
As your participants arrive, encourage them to set their mats up vertically.

Starting with a new perspective, we begin at the front of the mat, and step back diagonally to set up our Wide Wu Chi. Stepping back and facing the diagonal in this position gives our participants an opportunity to see us role-model technique from a different angle. Practice this initial transition in a mirror to check you are stepping back into a great first position to make sure you're moving easily.

The transition from the Tai Chi Press Palms to the Tai Chi Circle Arms is incredibly smooth. The energy, intensity and focus all stays the same. Keep your participants within that calm, graceful feel by cueing simply, and using your tone of voice to indicate a change of move. When you know the music inside and out, you will be able to role-model those beautiful, flowing transitions with ease.

Tor says: My objective was to help my participants become present in their bodies by focusing on seamless, flowing movement and breath. I wanted to experience how complimentary movement and breath can bring calmness to their body and mind.

In the last rounds of the Circle Arms, Press Palms sequence, Tor wanted to use as few cues as possible to encourage participants to feel the combination of music, movement and breath more deeply. He says: 'The song is just beautiful and I wanted my tone of voice to match the emotion of both the music and movements.'



02A. SUN SALUTATIONS

TRACK FOCUS

I want my participants to feel the opening of the hips in the Warrior 2, keeping the front knee over the ankle to bring warmth into the lower body.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8	Mountain Pose , feet together Pregnancy Option: Feet hip-width apart Hands clasped behind	32
0:18	C / Home	12x8 A	Sun Salutation L Inhale – Extended Mountain Pose , arms wide to O/H ⬆Option: Baby Back Bend Exhale – Forward Fold , arms wide and down Inhale – Flat Back Extend , hands to shins Exhale – Forward Fold Inhale/Exhale – Step B to Down Dog ⬆Option: Jump feet B to Down Dog Inhale – 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 – Lunge L , L leg F Exhale – R heel down, L hand on L thigh Inhale – Warrior 2 L , facing R side, R arm circles O/H to B Exhale – Lunge L , hands on floor Forward Fold	8 8 8 8 8 8 8 8 8 8 8 8 4 4 8 4 4
1:14	Rep / Love for you	12x8 A	Repeat Sun Salutation R	96
2:09	V1 / Say this	12x8 A	Repeat Sun Salutation L	96
3:04	Ref / Not all	12x8 A	Repeat Sun Salutation R	96



02A. COME HOME 4:04mins

TECHNIQUE & COACHING

MOUNTAIN POSE

Layer 1

- Roll up, hands over head
- Circle hands down behind your spine
- Interlace hands
- Feet together
- Pregnancy option: Feet under hips

Layer 3

- Open the chest with breath

EXTENDED MOUNTAIN POSE

Layer 1

- Rise to Extended Mountain
- Hands over head
- Inhale, rise

Layer 3

- Keep the breath flowing

FORWARD FOLD

Layer 1

- Forward Fold
- **Belly lifts**
- **Knees bend**
- Chin tucks under
- Hands to floor
- Exhale, fold

Layer 3

- Keep the sequence flowing
- Exhale, fold; relax shoulders
- Release and ground

FLAT BACK EXTEND

Layer 1

- Flat Back Extend
- Hands to shins
- Shoulders to hip height
- Inhale, along your spine

Layer 3

- Breath from tail bone to crown of head
- Inhale, Flat Back Extend

DOWN DOG

Layer 1

- Step back to Down Dog
- Hips high
- Heels sink low
- Inhale, step back
- Exhale, ground your hands and heels
- Jump or step
- Brace your belly if jumping

Layer 3

- Brace belly if jumping back
- Inhale, jump; exhale, press back

PLANK POSE

Layer 1

- Roll forward to Plank Pose
- Shoulders over wrists
- Lower to knees
- Inhale, roll through your spine

Layer 3

- Take a seamless breath along the spine as you roll forward

CROCODILE POSE

Layer 1

- Sink down to Crocodile
- Pregnancy option: Cat Pose
- On knees or toes, exhale to lower

Layer 3

- Take an energizing exhale as you lower halfway

BABY COBRA POSE/UP DOG

Layer 1

- Baby Cobra
- Shoulders roll back
- Or Cow Pose
- Invite a big breath in to Up Dog or Baby Cobra
- **Squeeze your butt**

Layer 3

- Feel the strength, feel the power, feel how it opens your chest



02A. COME HOME 4:04mins

LUNGE

Layer 1

- Right foot steps between hands
- Exhale, step through

WARRIOR 2

Layer 1

- Back heel anchors to floor
- Hand to knee
- Open to Warrior 2
- Chest opens
- Hip pulls back
- Inhale, a big energizing breath

Layer 3

- Anchor your heel to set a strong foundation for your Warrior
- Square the hips

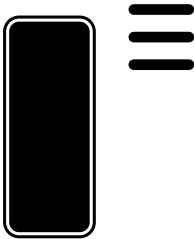
ESSENCE TIPS

This Sun Salutations track flows on beautifully from Tai Chi, where again we want to create a feeling of seamless transitions and sequences.

Caley found the first Mountain Pose with Clasped Hands was the perfect moment to connect with the class, as well as acknowledge any pregnant women participating and give them their first option of a wider stance. Connecting in with your class, and giving an option so early in the track, shows all of your participants that you are here, present with them and that you will guide them along the way.

Caley says: In the first round, my focus was on coaching clear Layer 1 cues (Name of Pose, BPD and simple Alignment). I took the opportunity of coaching the pregnancy options of Cat to Cow Pose straight away to help pregnant participants feel safe and included. In the Warrior 2, I found that emphasizing the openness in the hips as we turn to the side was very important so we could move into the pose effectively and get the desired warmth and work into the lower body.

In the second round, I introduced breath to each pose and transition, together with simple follow-up cues, to help each person really settle into their bodies and memorize the sequence. In round 3, I wanted to bring attention to the feeling that occurs in the body throughout the movements where we feel the strength in the Crocodile, the opening into Warrior 2. Flowing into round 4, I found that the music provided so much emotion and heightened the sequence for me personally. My goal was to help my participants immerse themselves in their own experience too. To do this, I chose to limit my coaching, using only a few follow-up breath cues to encourage seamless transitions from one pose to the next. What a stunning track!



02B. SUN SALUTATIONS

TRACK FOCUS

I want my participants to use the lifting energy of the music to move them through the challenging, lively sequences.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Forward Fold , feet together Pregnancy Option: Feet hip-width apart Inhale/Exhale – Intense Pose , arms F to O/H		8
0:08	V1 / What is	9½x8	A Intense Pose, Lunge Sequence Inhale/Exhale – Intense Pose , arms O/H Inhale/Exhale – Lunge R, L foot B arms remain O/H Exhale – Step L foot F to Intense Pose , arms sweep F to B Inhale/Exhale – Lunge L, R foot B, arms sweep F to O/H Inhale – Hands F on floor Exhale – Step L foot B to Down Dog		40 12 4 12 4 4
0:46	Go with	9x8	B 3x Sun Salutation Sequence Inhale – Plank Pose Exhale – Crocodile Pose ⇅Option: On knees Inhale – Up Dog ⇅Option: Baby Cobra Pose Pregnancy Option: Cat Pose Exhale – Down Dog		8 4 4 8
1:22	Instr	3x8	C Inhale/Exhale – Walk feet F to Forward Fold , feet together		24
1:34	V2 / What is	9½x8	A Repeat Intense Pose, Lunge Sequence		76
2:12	C / Go with	9x8	B 3x Repeat Sun Salutation Sequence		24
2:47	Instr	1x8	C Forward Fold		8
2:52	V3 / How we	9½x8	A Repeat Intense Pose, Lunge Sequence		76
3:30	C / Go with	12x8	B 4x Repeat Sun Salutation Sequence Finish in Down Dog		96



02B. GO WITH THE FLOW 4:22mins

TECHNIQUE & COACHING

FORWARD FOLD

Layer 1

- Feet together
- Pregnancy option: Feet hip-width apart
- Walk feet forward
- **Lift your belly**

Layer 3

- Feel length down the back of your body

INTENSE POSE LUNGE SEQUENCE

Layer 1

- Come into Intense Pose
- Bend your knees
- Breathe in
- Lift your arms to the ceiling
- Breathe out, sink down into your legs
- Check feet together, knees together
- Tuck your tail for a strong base

Layer 3

- Let's find some love for our Intense Pose!
- Let's get really warm with our Yoga flow
- Feel every cell of your body fill up with love; breathe out and come deeper
- The more you breathe, the more you energize the pose
- Last round, challenge your leg strength – come deeper and pull your arms back

LUNGE

Layer 1

- Right leg, long Lunge back
- Breathe in, lift your chest
- Breathe out, bend your back knee
- Step in
- Breathe in, other leg back
- Breathe out
- Squeeze your butt

Layer 3

- Bend your front leg heaps
- Breathe in, energize! Lift everything up
- Feel the stretch right up through the front of your body
- Feel the extension through your upper back

DOWN DOG

Layer 1

- Hands to floor
- Step back to Down Dog, exhale

SUN SALUTATION SEQUENCE

Layer 1

- Inhale to Plank
- Exhale, Crocodile to Up Dog, breathe in
- Slowly back to Down Dog, breathe out
- Tuck chin, roll to Plank
- Moving quicker, breathe out and in
- Take your time, breathe out

Layer 3

- Breathe in, Crocodile, breathe out, Up Dog, breathe in
- Move a little faster then slow down, take your time
- Squeeze your buttocks in Plank, then keep squeezing in Crocodile and Up Dog
- Release your glutes to Down Dog
- Feel the strength and stability throughout this sequence
- Start to feel real warmth through your body – with the warmth notice the ease of movement
- Flow of your breath to move you with power



02B. GO WITH THE FLOW 4:22mins

ESSENCE TIPS

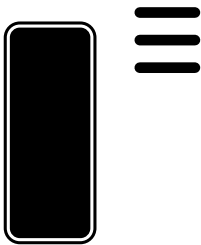
We increase the pace and welcome more warmth into the body with this second Sun Salutations track. The sequence is perfect as preparation for Standing Strength, as we begin to bring more heat into the lower body with the Lunges, but flow quickly from one pose to the next.

In the Lunge, cue to bend both knees. The back knee should be dropped towards the floor, and the front knee is directly over the ankle. Great alignment and equal weight through the legs and feet will allow us to load both legs effectively, getting us warm and ready for Standing Strength.

Here is an awesome opportunity to develop your Layer 3 cues for the Plank, Crocodile, Up Dog sequence. Corey, our master of the core, focuses on the power and stability that occurs when we brace the core and the glute muscles. He also brings attention to how the warmth in the muscles brings an ease and mobility to the sequence.

Consider what it is you feel; what alignment and technique focuses do you always come back to during this sequence in your personal practice? How can you share that with your participants? Authentic cues, that reflect the learning which has occurred in your own journey, can be so powerful.

Always bring attention back to the breath as this is what sustains our poses. As Corey says, “the more you breathe, the more you can energize your pose.” With such an upbeat, energetic song, this is your moment to connect and play with your class. You can mirror the feeling of the music through your coaching and tone. Go with the Flow!



03. STANDING STRENGTH

TRACK FOCUS

I want my participants to create strong, solid bases to move from so they can transition from one pose to the next with control.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Down Dog Step L foot F to Lunge L, R heel down		16
0:09	V1 / Brain	4x8			
			Warrior 2, Extended Warrior 2 Sequence L Inhale/Exhale – Warrior 2 L, facing R side, arms wide palms down ⬆Option: Heel Lift		32
0:27	C / Up up	4x8	B	2x Inhale – Extend L leg, arms wide to O/H, palms together Exhale – Warrior 2 L, arms wide to side, palms up	8 8
0:46	Instr	4½x8	A¹	Inhale/Exhale - Extended Warrior 2 L, L elbow on L thigh, R arm O/H ⬆Option: L hand to ankle Inhale/Exhale – R arm wraps behind back Inhale – Hands to floor, step L foot B through Down Dog	16 16 4
1:06	V2 / Word	1x8		Exhale – Step R foot F to Lunge R, L heel down	8
1:11	Turn all	3x8	A	Repeat Warrior 2, Extended Warrior 2 Sequence R Inhale/Exhale – Warrior 2 R, facing L side, arms wide, palms down	24
1:24	C / Up up	4x8	B	2x Inhale – Extend R leg, arms wide to O/H, palms together Exhale – Warrior 2 R, arms wide to side, palms up	8 8
1:43	Instr	4x8	A¹	Inhale/Exhale – Extended Warrior 2 R, R elbow on R thigh, L arm O/H Inhale/Exhale – L arm wraps behind back	16 16
2:01	QC / Up up	4x8	C	Inhale/Exhale – Floating Half Moon Pose R, L arm vertical, R arm down	32
2:19	Instr	4x8	D	Inhale/Exhale – Aeroplane Pose R, facing front, arms wide, palms down ⬇Option: Foot on floor	32
2:37	QC / Up up	4x8	C	Inhale/Exhale – Floating Half Moon Pose L, facing R side	32
2:56	Outro	4x8	D	Inhale/Exhale – Aeroplane Pose L, facing front	32



03. AIN'T NOTHING LIKE IT 3:20mins

TECHNIQUE & COACHING

DOWN DOG

Layer 1

- Hold Down Dog
- Step back through Down Dog; switch sides

WARRIOR 2, EXTENDED WARRIOR 2 SEQUENCE

WARRIOR 2

Layer 1

- Bend your knees
- Step right foot between your hands
- Back heel down
- Lift your upper body
- Come into Warrior 2
- Extend your arms
- Front knee presses out
- Press strongly down your back leg
- Tail bone tucks under
- Option to lift your front heel
- Inhale, extend front leg and lift
- Exhale, land back to Warrior 2
- Once again, stretch tall
- Exhale, sink

Layer 3

- Take a deep breath in, exhale and go wide
- Inhale, arms go up, up, up and slowly down
- Breathe out and sink strongly into your legs

EXTENDED WARRIOR 2

Layer 1

- Extended Warrior
- Inhale, reach forward
- Elbow to thigh, arm over head
- Revolve chest to sky
- Wrap your arm behind your back
- Turn your shoulders around

Layer 3

- Create length from your back heel to the top of your fingers

FLOATING HALF MOON POSE

Layer 1

- Back foot taps in
- Floating Half Moon
- Steady your eyes
- Open arms wide as you breathe in
- Lift your back leg
- Exhale, top arm further back

Layer 3

- Extend your arms to open the front of your chest
- Step in, right foot back, other side
- Open wide, open top arm back to open the front body even more

AEROPLANE POSE

Layer 1

- Aeroplane
- Inhale, turn your upper body
- Hips square to the floor
- Slight knee bend, exhale

Layer 3

- A slight knee bend will keep you strong and stable in your legs to keep your balance
- Create length from the crown of your head all the way to your back heel
- Breathe power to the back of your body



03. AIN'T NOTHING LIKE IT 3:20mins

ESSENCE TIPS

This release continues to deliver beautiful transitions from one track to the next. Landing in this Standing Strength after the warming Sun Sal's creates a feeling of anticipation for the work that is about to occur. The track finds us moving in and out of Warrior 2, and strengthening our ankles and stabilizer muscles as we play with some balancing poses.

Moving into Warrior 2 from Down Dog, it is really easy for the front knee to turn in when we square our hips. Bring attention back to the alignment of knee over ankle, the knee traveling out over the toes and the grounding down through the outside edge of the back foot. As we press up out of Warrior 2, let the movement be led by pressing down into the front foot, letting that energy travel up the leg as it straightens so the movement is controlled and strong. Moving back down into Warrior 2 needs to have the same feel. Lower slowly, keeping the muscles engaged instead of bending the knee quickly and dropping straight into the pose.

Tor found the transition from Floating Half Moon to Aeroplane was strong and challenging. He wanted to bring attention to the power needed in the legs and glutes, in order to create a stable base to balance and rotate through the upper body with ease.

Tor's coaching objective was to deliver clear yet powerful cues to match the music. He wanted to incorporate the breath in a way that made it easy to breathe during the transitions from one pose to the next.

In the Floating Half Moon and Aeroplane, give pregnant participants the option of leaving their back foot just touching the floor. Their center of gravity will be changing each week, so remind them they are welcome to move in whatever way they feel comfortable and safe.

TRACK FOCUS

I want my participants to feel an internal connection to the music, their breath and power in their bodies through my simple, uncluttered coaching.

MUSIC		SEQUENCE/EXERCISE		CTS	
Mountain Pose					
0:00	Intro	12x8	A	Tree Pose L Inhale/Exhale – Tree Pose L, L foot to ankle, calf or inner thigh, hands to heart center Inhale/Exhale – Clasp hands together, press palms O/H	32 64
1:04	C / Struggling	12x8	A	Repeat Tree Pose R	96
2:08	V1 / Same	24x8		3x Lunge, Warrior 3 Sequence L&R Inhale – Lunge L, R foot B, arms remain O/H Exhale – Bend elbows wide to side, palms F Inhale – Torso F, press palms F Exhale – Warrior 3 L, arms remain F, palms down Step R foot F, L leg B Inhale – Lunge R, arms lift F to O/H Exhale – Bend elbows wide to side, palms F Inhale – Torso F, press palms F Exhale – Warrior 3 R, arms remain F, palms down	8 8 8 8 8 8 8 8
4:16	Outro / (Instr)	4x8		Inhale – Mountain Pose , Heel Lift, arms up side of body to O/H Exhale/Inhale – Arms wide, down and B to Fallen Angel Pose	8 24



04. BRAIN 4:41mins

TECHNIQUE & COACHING

TREE POSE

Layer 1

- Feet together
- Tree Pose
- Right foot down, under or over your knee
- Hands to heart center
- Wherever your foot is, press it strongly into your leg for stability
- Clasp hands together, breathe in
- Extend arms overhead
- Breathe out, shoulders back and down
- Steady your eyes

Layer 3

- Breathe and extend your arms further back to open your chest and shoulders a little more
- Foot comes low, medium or high, it doesn't matter where. What does matter is our concentration
- Bringing our focus deep inside our bodies and having our own experience
- Take a deep breath in and push your hands away, push down into the sole of your foot

LUNGE

Layer 1

- Left foot steps back
- Reach up and bend
- Arms down and extend
- Push hands forward
- Weight shifts
- Other side
- Breathe in
- Breathe out and open
- Breathe in, push hands forward

Layer 3

- Breathe in to come high, breathe out to come low
- Can your knee skim the ground?
- Pull your shoulders back to feel the stretch across your chest
- Push away, keep your weight coming forward
- Feel your body, feel your fingers, your toes

WARRIOR 3

Layer 1

- Press off the back leg
- Stay down, lift the back leg
- Breathe out and lift strongly

Layer 3

- Lift your foot then your leg
- Feel this extraordinary powerful sensation in your whole body
- Push and fly bravely

FALLEN ANGEL POSE

Layer 1

- Back foot steps in
- Heels together
- Lift your heels, breathe in
- Extend your arms over head
- Breathe out and lower your arms slowly down
- Fallen Angel
- Baby Back Bend, **squeeze your butt** to protect your lower back

Layer 3

- Open your beautiful heart

ESSENCE TIPS

This is the most glorious Balance track, created to make us and our participants feel the power in our amazing bodies. The music adds an incredible intensity to the choreography, so it is up to us as instructors to let it shine through and heighten the experience for all.

Tor's objective in the Warrior 3 sequence was to use simple Layer 1 cues for the first round. He wanted participants to learn the movements as quickly as possible, so they could then start to bring their focus internal, and find that strength and power inside themselves. Then, adding the flowing breath brings even more life and energy to the sequence. Once participants have learned the flow, added the breath, and started to become aware of the feeling behind the poses, Tor wanted to pull his coaching back, and allow space for the music.

Tor says: By the end I wanted my participants to experience the power throughout their body and their beautiful hearts.



05A. HIP OPENERS



TRACK FOCUS

I want my participants to experience how the breath can relax the body and mind.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Seated Wide-Legged Stick Pose ⇩Option: Bend knees		16
0:12	V1 / _ Ha ho	6x8	A	Seated Wide-Legged Side Bend L Inhale – Arms up sides of body O/H Exhale/Inhale – Side Bend L, R arm O/H, L hand or elbow on floor inside L leg	8 40
0:50	V2 / _ Open it up	6x8	A	Repeat Seated Wide-Legged Side Bend R	48
1:22	C / Name	4x8	B	Spiral Hip Lift L Inhale/Exhale – 90°/90° Pose L , L knee F, L hand on floor behind Inhale/Exhale – Lift hips to Spiral Hip Lift L , R arm O/H	8 24
1:47	Rep / Name	4x8	B	Repeat Spiral Hip Lift R	32



05A. SOMEBODY LIKE ME 2:17mins

TECHNIQUE & COACHING

SEATED WIDE-LEGGED SIDE BEND

Layer 1

- Turn your mats
- Have a seat
- Legs come out
- Knees are soft
- Re-adjust to get sit bones down
- Breathe in, arms rise
- Come over to the right side, exhale
- Hand down
- Arm by your ear
- Lift your chest
- Top shoulder comes back
- Breathe in, come up through the center
- Breathe out, come over to the left
- Eye gaze can be up or down to your hand

Layer 3

- Create some space between your ribs and your thigh
- Calm breath into the hips – let it flow
- Just feel your breath flow

SPIRAL HIP LIFT

Layer 1

- Spiral Twist
- Pick up both knees
- Lay them to the side
- Hand comes to the back
- Breathe in, lift yourself high
- Breathe out, **squeeze your butt**
- Sit down
- Other side

Layer 3

- Open the front of your body
- Knees over, plant your hand and push off it
- Feel that spiral right up through your body and out to your fingertips
- Squeeze your butt and push your hips forward more

ESSENCE TIPS

We have two luxurious Hip Opener tracks this round. In both tracks, the choreography is simple and unrushed, so we can really bring focus to our breath and the release that it can create.

In the Wide-Legged Stick Pose, coach as Deirdre did: to pull the sit bones back so we aren't sitting back and compressing the spine. For some participants this will be difficult. Encourage participants to find what feels good for them; this might mean taking a slight bend of the knees, or bringing their legs a little closer together. The Side Bend brings such a lovely stretch to the side body, right down into the hip. When we have the correct base and pelvis alignment to begin with, we get so much more out of this beautiful stretch. Look out at your participants and see what they need to be successful.

Deirdre says: Breath and patience are the keys to success with our hips. At the start, I wanted to keep my cues simple, bringing more attention to the use of breath to relax the body. By doing so, we can explore how it feels to open the hips and muscles of the side body. The gentleness of free-flowing breath signals the mind to relax, which in turn gives the body the ability to follow.



05B. HIP OPENERS



TRACK FOCUS

I want participants to use breath to create length in the spine, which allows us to get more from our poses.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Modified Half Lotus Pose R, R foot on thigh, calf or floor		16
0:10	V1 / Much	2x8	A	Modified Half Lotus Pose R Inhale/Exhale – Modified Half Lotus Pose R, hands on floor at sides	16
0:21	V2 / Ready	6x8	A ¹	Inhale/Exhale – Twisted Modified Half Lotus Pose R, L hand to outside R thigh, R hand on floor behind	48
0:53	C / _ Now	1x8	A ²	Inhale – Reach arms O/H	8
0:59	_ Feelings	5x8	A ³	Exhale/Inhale – Extended Modified Half Lotus Pose R, hands F on floor	40
1:25	V3 / Mind	2x8	A	Repeat Modified Half Lotus Pose L, hands on floor at sides	16
1:35	V4 / Deserve	6x8	A ¹	Repeat Twisted Modified Half Lotus Pose L, R hand to outside L thigh, L hand on floor behind	48
2:08	C / _ Now you	1x8	A ²	Repeat Reach arms O/H	8
2:18	_ Feelings	7x8	A ³	Repeat Extended Modified Half Lotus Pose L, hands F on floor	56



05B. TALK 2:54mins

TECHNIQUE & COACHING

MODIFIED HALF LOTUS POSE

Layer 1

- Modified Half Lotus
- Fold one foot in
- Place the other one on top of your leg in a place where you can keep your sit bones down
- **Ankles are strong**

Layer 3

- Breathe in, quietly unfold and re-fold to the other side
- Find a place where both sit bones are down, so your spine is straight
- Your strong ankle stabilizes your knee

TWISTED MODIFIED HALF LOTUS POSE

Layer 1

- Hand across
- Other hand on the floor behind
- Twist
- Breathe

Layer 3

- Breathe in so much that it comes right up under your collarbones and lifts your chest, straightens your spine
- On your next exhalation, use your hands to lever your twist even more
- Medicine for your spine
- Push your back arm down and turn
- Breathe deeply, right up your spine
- Exhale slowly, down your spine into heavy hips

EXTENDED MODIFIED HALF LOTUS POSE

Layer 1

- Come to the front
- Slow breath in
- Arms reach over head, find your full height
- Hands come forward
- Relax your chest all the way down

Layer 3

- Stay and breathe
- Breathe in fully and come down
- Bring a gentle attention to your breath and relax

ESSENCE TIPS

This continues on with the importance of finding your anchor points in this second Hips track. Jackie wanted to focus her coaching on alignment and breath – two vital components of our practice and mobility journey.

In the Twisted Modified Half Lotus, Jackie gives options clearly and early, taking the time to explain that once our sit bones are grounded evenly, our pelvis straightens. Like the first Hips track, this alignment then allows us to take our poses further. It gives a feeling of ease when we move from a strong, centered base. Continuing on with alignment, and adding the breath, Jackie wanted to focus on creating length in the spine to twist from – as she says: “like medicine for the spine”. The lengthening of the spine is just as important as we fold forwards. Having a long spine to move from brings the stretch in the back body right down to the back of the hips and glutes. Divine!

If your pregnant participants are uncomfortable twisting in their Modified Half Lotus, they may like to take their hands behind on the floor, giving their baby plenty of space and supporting their spine. This will still give a lovely stretch in the hips. When we move forward, encourage pregnant women to fold forward only as far as it feels comfortable.



06. CORE – ABDOMINALS



TRACK FOCUS

I want my participants to experience how the different movements target different areas of the core.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8	Set up Down Dog , facing L side		32
0:16	V1 / _ You know	16x8	4x 3-Legged Dog, Firefly Sequence R&L		
			Inhale – 3-Legged Dog R, R leg lifts (Front leg)		8
			Exhale – Firefly R, R knee to R elbow		8
			Repeat to L (B leg)		16
			⇓Option: On knee		
1:18	C / _ Love you	8x8	4x Crouch Pose, Pulse Pullback, Firefly Sequence R&L		
			Inhale – Crouch Pose, Pulse Pullback		4
			Exhale – Firefly R, R knee to R elbow (Front leg)		2
			R knee to L elbow		2
			Repeat to L (B leg)		8
			⇓Option: Crouch Pose on knees, Firefly on one knee		
1:50	V2 / _ In a room	2x8	A Lower to knees, lie supine facing R side, wide knees over hips, feet together, arms O/H, palms together		16
			Pregnancy Option: On elbows, feet together on floor, knees wide		
1:58	V3 / _ When we	6x8	B 6x Knees Wide Reach To Feet, Shoot Legs And Arms Out		
			Exhale – Curl up, reach palms together to feet		4
			Inhale – Shoot legs to 45°, arms O/H, palms together		4
			⇓Option: Toe Tap to floor, arms O/H, palms together		
			Pregnancy Option: Walk R foot out, L foot out, R foot in, L foot in		
2:21	PC / Don't leave	8x8	B ¹ 8x Knees Wide Reach To Feet Pulse, Shoot Legs And Arms Out		
			Exhale – Curl up, Pulse, reach palms together to feet		4
			Inhale – Shoot legs to 45°, arms O/H, palms together		4
			Pregnancy Option: Knees together, knees open		
2:53	C B up / (Instr)	4x8	C Hover , facing L side		32
			⇓Option: On knees		
3:08	_ Love you	8x8	C ¹ 2x Rolling Hover L&R		
			Inhale/Exhale – Side Hover L facing front, R arm to vertical		16
			Inhale – Hover		4
			Inhale/Exhale – Side Hover R, facing B, L arm to vertical		12
			⇓Option: On knees		
3:40	V4 / _ In a room	2x8	A Repeat lower to knees, lie supine facing R side – wide knees over hips, feet together, arms O/H, palms together		16
3:48	V5 / _ When we	6x8	B 6x Repeat Knees Wide Reach To Feet, Shoot Legs And Arms Out		8
4:11	PC / Don't leave	8x8	B ¹ 8x Repeat Knees Wide Reach To Feet Pulse, Shoot Legs And Arms Out		8
4:43	C B up (Instr)	4x8	C Repeat Hover , facing L side		32
4:58	_ Love you	8x8	C ¹ 2x Repeat Rolling Hover L&R		32
5:31	Outro (Fade)	2x8	C Repeat Hover		16



06. DON'T LEAVE 5:42mins

TECHNIQUE & COACHING

3-LEGGED DOG, FIREFLY SEQUENCE

Layer 1

- Come side on, on all 4's
- Tuck your toes
- Breathe in, lift hips to Down Dog
- Breathe out, relax shoulders
- Front leg lifts to 3-Legged Dog, open the hip
- Rock forward to Firefly, knee to outside of elbow
- Change legs to 3-Legged Dog
- Forward to Firefly, option drop to knee
- Breathe in, squeeze the hip as you change legs
- Breathe out, tuck chin

Layer 3

- Breathe out and squeeze your abdominals tightly
- Breathe in, pushing down through your hands firmly
- Notice as you come forward your shoulder blades hug your ribcage
- As you move back and forward you've got lots of shoulder strength and stability

CROUCH POSE, PULSE PULLBACK, FIREFLY SEQUENCE

Layer 1

- Crouch, feet down
- Pulse back 1, 2
- Front knee to front elbow, back elbow
- Pullback 1, 2, breathe in
- Back knee, elbow to elbow
- Breathe out through your mouth

Layer 3

- Breathe in, breathe out hard through your mouth
- Feel your abdominals brace strongly for a super stable foundation to move from
- Spring forward with power

KNEES WIDE REACH TO FEET, SHOOT LEGS AND ARMS OUT

Layer 1

- Lie on your back
- Pregnancy Option: Prop yourself up on your elbows
- Feet together
- Crunch up
- Extend legs to 45 degrees
- Ribs squeeze towards hips
- **Lower back presses towards the floor**
- Inhale, extend long
- Exhale, curl into a little ball

Layer 3

- Come down again, press the balls of your big toes together
- Big breath focus. Inhale, stretch as long as you can, exhale, peel shoulder blades off the floor

KNEES WIDE REACH TO FEET PULSE, SHOOT LEGS AND ARMS OUT

Layer 1

- Add a double pulse
- Reach to feet, pulse 1, 2
- Breathe in, stretch long
- Pregnancy Option: Take a breather anytime you like and then join in again when ready

Layer 3

- Roll your shoulder blades off the floor
- As your legs extend and your lower back is lifting, reduce the load by tapping the feet down
- Try and reach right past your toes to feel that wicked abdominal stress
- As you crunch up, press your hands together firmly and feel how that helps you crunch up higher to challenge your core



06. DON'T LEAVE 5:42mins

HOVER

Layer 1

- Grab the back of your legs
- Roll over into Hover
- Elbows under shoulders
- Forearms run parallel
- On knees or toes for more loading
- Feel your abdominals brace

Layer 3

- Quietly set your Hover, on knees or toes
- Brace your abs to feel that cast-iron corset
- Push down through your forearms to engage your shoulder girdle

ROLLING HOVER

Layer 1

- Rolling Side Hover
- Breathe in, open to the front
- Breathe out, lift bottom hip high
- Come down through Hover
- Open to Side Hover to the back
- **Brace your abs**
- Open to the front
- Hips and shoulders roll as one

Layer 3

- Feel the strength in the underside of your waist
- Breathe in to Side Hover; breathe out push down through your forearm
- Feel your abs glue your spine and ribcage together, then your shoulder girdle orchestrates the movement
- Shoulders, obliques and hips getting stronger

ESSENCE TIPS

Ready to create Corey's cast-iron corset? This track is dynamic and athletic. We move through a variety of challenging poses, all designed to give our entire core a serious workout. The upbeat music moves us through the track, providing energy and lift.

It is vital to offer options early to make sure everyone feels successful, so qualify what the options are and why you would choose them. This will help participants improve their technique and their understanding of the moves, enabling them to dial the intensity up or down. Role-model a few reps of each option, so your class knows exactly where they can move to have control over their workout.

The 3-Legged Dog to Firefly is amazing training for the core, and shoulders, as well as providing active recovery to the hips after our Hips tracks. In addition to your 3 B's (back, belly and breath), bring attention to the importance of stabilizing through the shoulders by pressing down into the hands, and creating even weight through both arms as you push back.

With a range of dynamic moves, it's easy to get lost in the importance of technique cues. Deliver the coaching that you need to, to get participants moving safely and effectively, then take a moment to let the music come through. Considering what Layer 3 cues you want to focus on before you teach, and taking the time to script your ideas, will allow you to deliver your cues well and give you time to be present, enjoying the challenge with your participants. Celebrate their efforts and enjoy the moment alongside them.



07. CORE – BACK



TRACK FOCUS

I want my participants to feel how bracing the core and keeping hips square allows us to isolate and target the glute muscles.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Horse Stance facing L side, extend R leg B (Front leg)	16
0:09	V1 / Has deja	8x8	A 16x Kneeling Pointer with Leg Arc R	
			Lift R leg up and across to L side B	2
			Lift R leg up and open to R side (Front)	2
			Inhale 4 cts, exhale 4 cts	
0:44	PC / Escapas	4x8	B Half Camel Pose R	
			Inhale – Lift arms F to O/H	8
			Exhale/Inhale – Reach R arm B to R heel or lower back	24
			⇓Option: Hands on lower back	
1:02	C / To do si	4x8	C Flutter Kick	
			Inhale/Exhale – Lie prone, lift chest, hands on floor under shoulders	8
			Inhale/Exhale – Flutter Kick	24
			Pregnancy Option: Horse Stance, Scorpion Pulse R	
1:20	V2 / Has deja	1x8	Repeat Horse Stance facing L side, extend L leg B (B leg)	8
1:24	Claro	7x8	A 14x Repeat Kneeling Pointer With Leg Arc L	4
1:55	PC / Escapas	4x8	B Repeat Half Camel Pose L	32
2:13	C / To do si	4x8	C Repeat Flutter Kick	32
			Pregnancy Option: Horse Stance, Scorpion Pulse L	
2:31	Instr	4x8	C ¹ Flutter Kick with Arms	32
			Arms reach B, thumbs up	
2:48	Outro / Quiero	4x8	Inhale/Exhale – Childs Pose	32



07. NO PARE 3:10mins

TECHNIQUE & COACHING

KNEELING POINTER WITH LEG ARC

Layer 1

- Come to all fours, Horse Stance
- Front leg extends out
- **Squeeze the glutes**
- Take front leg back, front, back, front
- Your leg is straight
- Lift your leg up and over
- **Brace your abdominals** to stabilize your spine and pelvis

Layer 3

- By stabilizing your spine and pelvis you're isolating the glute to lift and lower the leg
- How still can you keep your hips by bracing tighter?
- See if you can take the leg a little wider across and back
- Feel your tail bone – how still can you keep it so it doesn't move? That's how you know you're really isolating the glutes
- Abdominal brace is stabilizing your spine and ribcage along with the strength of your back to support you

HALF CAMEL POSE

Layer 1

- Camel Pose
- Knees hip-width apart
- Tuck your toes under or flat
- **Squeeze your butt**
- Push hips forward
- Breathe in, arms lift
- Breathe out, find one heel
- Lift your chest
- Option: Hands to lower back

Layer 3

- Breathe out, squeeze your butt and keep tucking your tail under
- Breathe in and lift your heart and extend through your upper back

FLUTTER KICK

Layer 1

- We're going to swim
- Pregnancy Option: Scorpion Pulse
- Come down to the floor, tuck chin in
- **Squeeze your butt**
- Pump your legs as fast as you can
- Legs straight, hands by your chest

Layer 3

- Breathe in and try lifting your chest, squeeze your shoulder blades tight
- It's a race! Pump your legs as fast as an outboard motor – a super strong butt squeeze!
- Lift your chest, squeeze your elbows in to engage your big, strong lat muscles

FLUTTER KICK WITH ARMS

Layer 1

- Shoot your arms out behind you
- Thumbs up

Layer 3

- Feel all those wonderful postural muscles working as you lift your chest higher
- Race!

CHILDS POSE

Layer 1

- Hands under shoulders
- Push back to Childs Pose

Layer 3

- Hold here and breathe slowly and deeply



07. NO PARE 3:10mins

ESSENCE TIPS

Corey's focus in this track was to provide motivation by clearly explaining the benefits of each move, and how to achieve great technique.

In the Pointer with Leg Arc, the goal is to have the body so strong and controlled that the only thing moving is the extended leg. We can achieve this by bracing the core tightly to stabilize the spine and pelvis which keeps our hips and tail bone from being rocked by the movement. It also creates an incredible isolation in the glute muscles. Each lift and lower of the leg should be initiated and controlled by that glute activation. The muscles in our glutes play such a vital role in so many of the movements that we encounter through everyday life. Having strong glutes relieves pressure off the lower back and knees. They really are one of the powerhouses in our bodies and this type of training is so beneficial!

In the Flutter Kicks, notice how much more work can be brought into the back body when we bring some attention to the arm and shoulder position. Squeezing the shoulder blades together isolates the muscles in the thoracic spine area, which are the keys to improving posture.

Camel Pose is back, with a few options to help participants find the right level of challenge. The lower back is a sensitive area, with many people finding extension in that area difficult. Focus your coaching on the lifting of the chest, and a powerful butt squeeze, instead of leaning back. When we create the correct spinal position for the pose through the stabilizing of the lower body and pelvis, the extension and feeling of moving backward slightly occurs naturally.

Corey uses his facial expressions and voice to play and connect with his class. A fun and playful energy is an excellent tool for keeping your class moving and motivated. You will be surprised how many people will take you up on a Flutter Kick race!



08. TWISTS



TRACK FOCUS

I want my participants to explore each pose with an attitude of kindness and grace, accepting where their body is today.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8		Childs Pose , facing L side	32
0:19	V1 / Love to	8x8	A	Kneeling Lunge Twist R Inhale/Exhale – Step R foot (Front foot) F, R hand to R thigh, L hand on floor inside foot Inhale/Exhale – Lift R arm to vertical and B Inhale/Exhale – Wrap R arm around back Pregnancy Option: Open Kneeling Lunge Twist	16 16 32
0:59	C / This	4x8	B	Kneeling Hamstring Stretch R Inhale/Exhale – Extend R leg, hands on floor, torso F	32
1:18	V2 / You say	8x8	A	Repeat Kneeling Lunge Twist R	64
1:57	C / This	4x8	B	Repeat Kneeling Hamstring Stretch R	32
2:17	Br / Left , right	12x8	C	Seated Twist R Inhale/Exhale – Bend L knee in behind R foot to sit, facing front Inhale/Exhale – Seated Twist R , R foot across L knee or mid shin, L hand to R thigh Pregnancy Option: Open Seated Twist	16 80
3:16	V3 / Love to	8x8	A	Repeat Kneeling Lunge Twist L (facing R side)	64
3:55	C / This	4x8	B	Repeat Kneeling Hamstring Stretch L	32
4:14	V4 / You say	8x8	A	Repeat Kneeling Lunge Twist L	64
4:54	C / This	4x8	B	Repeat Kneeling Hamstring Stretch L	32
5:13	Br / Left , right	12x8	C	Repeat Seated Twist L	96
6:12	Outro / Better	6x8		Inhale/Exhale – roll onto all fours, facing R side, walk feet F to hands on floor, feet together Inhale/Exhale – Forward Fold ⤴Option: Clasp hands behind Pregnancy Option: Feet hip-width apart, elbows on thighs	16 32



08. BETTER 6:45mins

TECHNIQUE & COACHING

CHILDS POSE

Layer 1

- Stay in Childs Pose

Layer 3

- Where do you feel the breath in your body? Is it in your nose, chest or belly?
- Bring your attention to it as we take our Twist poses

KNEELING LUNGE TWIST

Layer 1

- Come up
- Bring the leg closest to the stage forward into a Lunge
- Knee comes down
- Take your hips down
- Turn your chest
- Breathe your arm up and back
- Fold it around the back of your body

Layer 3

- Take your hips down so you're stable and grounded through your pelvis
- Take a big breath in; let it go and relax right down into your hips
- Push away from the floor to open your chest more, reach way up and back
- Arms wrap, relax and feel the flow of the breath again in your body
- Let the in-breath unfold you, the out-breath slips out
- Bring a light attention to your breath
- Feel your heart center open – lift loving kindness up into it

KNEELING HAMSTRING STRETCH

Layer 1

- Hamstring Stretch
- Hand comes down
- Breathe in, sit your hips back
- Straighten out your front leg
- Breathe out, relax down your front leg

Layer 3

- Feel that stretch right down the back of your leg
- Ride the wave of your breath again
- Exhale your nose down towards your shin
- Feel your entire body – fingers, toes, arms, your legs

SEATED TWIST

Layer 1

- Seated Twist
- Weight comes forward
- Slide the back knee in
- Sit down
- Hug your knee in
- Pregnancy option: Go the other way for an open twist
- If you need to, adjust your foot so both sit bones can be down

Layer 3

- Breathe; nothing feels better than this
- A good deep breath right up and under your collarbones so your chest lifts
- When we twist we want a straight spine so use your breath to help create that
- Just your breath, just your experience
- Hug, lift breath and turn

FORWARD FOLD

Layer 1

- Standing Forward Fold
- Stay low
- Feet under your hips
- **Lift your belly**, tuck your chin
- Bend your knees
- If you want a shoulder stretch, clasp your hands, let them fall over the top of your head

Layer 3

- Breathe your hips high; breathe your belly high
- Stay; relax as much as you can



08. BETTER 6:45mins

ESSENCE TIPS

From the beginning of this Twists track, Jackie wanted to bring the focus back to the calming Yoga breath. Take the time to reset and slow right down after our energizing core training, and allow participants to drop right back into their breathing and internal connection.

As with many of our poses, once we find our base and really ground down, we can then move and explore different ways to stretch and mobilize our upper body. In the Lunge Twist, coach as Jackie did, with a real focus on sinking right down into the hips. From this place, we can then lift and wrap the top arm. As Jackie says, this is big. The stretch in the legs and hips is a powerful one so always come back to the breath. It will feel tempting for some to lift up out of the legs as the arm lifts, so encourage participants to stay down with you, and allow their breath to melt away some tension.

Then, playing with that length created in the lower body, shifting back and forth between the Lunge and Hamstring Stretch brings some warmth and flow. Say only what you need to, and then encourage participants to move with the music and their breath. Bringing their focus inwards will allow them to learn more about how their body feels and what it needs as we move through this hypnotic track. As Jackie suggests, let's move our bodies gently, radiating love, kindness and acceptance of where we are at today.



09. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want my participants to choose the options that are going to feel best for their body and give them the full benefit of each pose.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Forward Fold , facing R side, feet together, hands on floor Pregnancy Option: Feet hip-width apart, elbows on thighs		16
0:11	C / _ One step	5x8	A	Twisted Triangle L Inhale – Step R foot B (B foot) Exhale – L hand on L thigh Inhale/Exhale – Extend L arm to vertical, Twisted Triangle ⇓Option: Bend L knee, L hand on shin Pregnancy Option: Open Triangle Pose	4 4 32
0:40	_ One step	5x8	A	Repeat Twisted Triangle R Inhale – Step R foot F, L foot B Exhale – R hand on R thigh Inhale/Exhale – Extend R arm to vertical, Twisted Triangle	4 4 32
1:08	V1 / _ Your warm	10x8		Seated Forward Fold , facing R side Inhale – Bend L knee in behind R ankle to sit facing R side Exhale – Extend legs F Inhale/Exhale – Seated Forward Fold Pregnancy Option: Feet Hip width Inhale/Exhale – Hands on floor, under shoulders, fingers out	4 4 64 8
2:04	Rep / One step	5x8		Inhale/Exhale – TableTop Pose , lift hips ⇓Option: Bend R knee, Half Table Top Pose L Bend L knee, extend R leg, Half TableTop Pose R ⇓⇓Option: Bend knees Exhale – Lower hips to floor	32 16 8



09. ONE STEP AHEAD 2:34mins

TECHNIQUE & COACHING

FORWARD FOLD

Layer 1

- Feet hip-width apart
- **Lift your belly**
- Hands to the floor

TWISTED TRIANGLE POSE

Layer 1

- Come through Pyramid Pose Twisted Triangle
- Back foot steps back 3 feet (1 meter)
- Heel down
- Front arm lifts up, breathe in
- Square your hips
- If you need more space, hand to shin to lift your upper body
- Hand down, change sides
- Breathe in, extend back arm all the way up
- Exhale, lengthen your back

Layer 3

- Hand to shin to lift your upper body and lengthen your spine
- Press your feet firmly down to feel the length on the back side of your front leg and also on the back side of your back leg

SEATED FORWARD FOLD

Layer 1

- Hands down
- Back leg slides in to sit
- Seated Forward Fold
- Breathe in, lift your chest
- Breathe out and fold
- Relax your shoulders and your neck

Layer 3

- Just breathe through your body
- Every time you exhale, come forward a tiny bit more to feel the length and expansion of the back side of the body

TABLETOP POSE

Layer 1

- Slowly sit up
- Hands under shoulders
- Fingers out
- **Squeeze your butt**
- Lift your hips to TableTop, breathe in
- Toes down, breathe out

Layer 3

- Strong back side of your body
- Press firmly and down into your hands to stabilize and protect your shoulders
- Slowly lower down to the floor

ESSENCE TIPS

After a full release so focused on seamless transitions and flowing breath, we move into a Hamstrings track that sets us up beautifully for Relaxation/Meditation.

Tor's objective was to coach options to make sure everyone feel successful and get the most out of each pose. We move through Pyramid into Twisted Triangle quickly; so, offering those options as clearly and early as possible allows each participant a chance to find the feeling of a long spine, and length down the back of the hamstrings. Coaching to press down into the feet, in particular the heels, helps to create that feeling of length and a glorious stretch down the back of the legs.

In Tabletop, Tor wanted each participant to be able to achieve a safe spinal extension, that was right for their body. He coaches the different levels so participants can explore the feeling in their body, and then settle into the option that feels best for them.



10. RELAXATION/MEDITATION



FEARNE 7:44mins

TRACK FOCUS

I want my participants to stay connected to their body and allow their breath to move through like a wave of release.



Hold your knees and roll gently down to the floor. Draw your knees in and come to **Happy Baby Pose**, holding your ankles or maybe hands to the soles of your feet. Maybe you want to move a little from side to side to release your lower back. Just breathe.

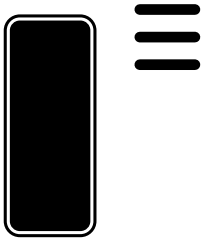
We are about to go into Relaxation/Meditation so take your time and get comfortable. Feel free to stretch your legs, maybe roll onto your side. Open your arms wide. Relax your entire body. Feel free to close your eyes, maybe grab something to keep you warm and now start to slow your respiration to in your own pace. Today, I would like to invite you to connect with your body to create spaces between every joint – your knees, between your hips, your shoulders, your arms. Relaxing your face - feel your whole body sinking into the earth. Now start to connect with your respiration, feel your respiration in your whole body, between every joint like a big wave. Through your nose, your belly, between your hips, your legs, your shoulders, your arms. Every time your mind starts to wander I would like you to bring back your focus to your respiration – letting go of any thoughts.

Slowly, in your own time, start to bring some movement to your body, your legs, your arms, your neck, maybe stretching out. When you're ready, come sit with me.

Thank you for joining us today.

BONUS

01. YOGA WARM-UP



TRACK FOCUS

I want my participants to connect with their breath, and feel comfortable letting their breathing lead their movements.

MUSIC			SEQUENCE/EXERCISE		CTS
0:05	Intro	4x8		Mountain Pose , feet together or hip-width apart Pregnancy option: Feet hip-width	32
0:29	C / Are what	8x8	A	2x Extended Mountain Pose, Forward Fold Inhale/Exhale – Extended Mountain Pose , arms wide to O/H, palms together ⤴Option: Baby Back Bend Inhale/Exhale – Forward Fold , hands together down mid line of body to floor	16 16
1:09	V1 / _ Uh	2x8	B	Side Bend L Inhale – Roll up to stand, R arm wide to O/H Exhale – Side Bend L	8 8
1:19	V2 / Improve	2x8	B	Repeat Side Bend R	16
1:30	V3 / Hit me	2x8	B ¹	Side Bend with Wrist Clasp L Inhale – Arms O/H, L hand holds R wrist Exhale – Side Bend L	8 8
1:39	V4 / Shadow	2x8	B ¹	Repeat Side Bend with Wrist Clasp R	16
1:50	C / Are what	4x8	A	Repeat Extended Mountain Pose, Forward Fold	32
2:10	V5 / Better	2x8		Inhale – Step feet B to Down Dog Exhale – Horse Stance	8 8
2:20	V6 / Magnify	6x8		3x Cow Pose, Cat Pose Inhale – Cow Pose Exhale – Cat Pose	8 8
2:50	C / Are what	4x8		Down Dog, Walking Down Dog Inhale/Exhale – Down Dog Inhale/Exhale – Walking Down Dog	8 24
3:11	V7 / Chauffeur	8x8		2x Wide Lunge, Down Dog L&R Inhale/Exhale – Step L foot F, wide of L hand Inhale/Exhale – Step L foot B to Down Dog Repeat R	8 8 16
3:51	C / Are what	4x8		Forward Fold, Rag Doll Pose Inhale – Walk feet F to Forward Fold Exhale – Hold elbows to Rag Doll Pose ⤵Option: Hands on floor Inhale/Exhale – Sway torso L&R	8 8 16
4:11	Rep / Are what	8x8	A	2x Repeat Extended Mountain Pose, Forward Fold Finish in Mountain Pose (no music)	32



BONUS

01. SUPERSTAR 4:54mins

TECHNIQUE & COACHING

EXTENDED MOUNTAIN POSE, FORWARD FOLD

Layer 1

- Come to the front of your mat
- Heels can be under your hips or feet together
- Mountain Pose
- Tuck tail bone forward
- Lift your ribcage
- Soften your ribs
- Arms by your sides
- Breathe in, Extended Mountain Pose
- Fingertips touch
- Hold here
- Breathe in, then out
- Forward Fold, **lift your belly**
- Hands come down the mid-line of the body
- Hands on floor, in front of your feet
- **Tuck your chin, lift your belly**
- Breathe in, option Baby Back Bend, **squeeze your butt**

Layer 3

- Breathe in and lift, come into Baby Back Bend if it feels good
- Begin to explore the back of your body as you breathe out to Baby Back Bend
- Express your breath
- Have no fear, come down and relax

SIDE BEND

Layer 1

- Roll up through the center of your body
- Side body stretch over to the right
- Breathe in, breathe out
- Over to the left side

Layer 3

- Allow your breath to explore your body

SIDE BEND WITH WRIST CLASP

Layer 1

- Breathe in, breathe out
- Right hand clasps left wrist
- Pull over, C-shape your spine
- Other side, hand grabs the wrist gently

COW POSE, CAT POSE

Layer 1

- Step feet back to Down Dog
- Lower knees under your hips
- Hands under shoulders
- Cow and Cat
- Push forward to Cow
- Shoulders over wrists
- Pull back into Cat
- Tuck tail bone under slightly and chin in
- Breathe in, breathe out

Layer 3

- Push forward and lengthen your spine
- Pull back gently

WALKING DOWN DOG

Layer 1

- Tuck your toes
- Push up to Down Dog
- Explore your Dog
- Begin to walk
- Gently press your heels towards the floor

Layer 3

- Go at your own pace

WIDE LUNGE, DOWN DOG

Layer 1

- Right foot steps into Wide Lunge
- Foot by your hand
- Chest up, hips down
- Push back to Down Dog
- Breathe in, left foot comes forward

Layer 3

- Continue the breath flow

FORWARD FOLD, RAG DOLL POSE

Layer 1

- Lift your hips
- Walk your feet in towards your hands
- Forward Fold
- Gently clasp the elbows
- Roll through your upper body as needed
- **Lift your belly**



BONUS

01. SUPERSTAR 4:54mins

ESSENCE TIPS

This Yoga Warm-Up is full of energy and has a soulful melody.

Deirdre says: Yoga is a blissful and luminous journey so keep the coaching clear and concise. There is plenty of time to coach more in depth later in this release. My goal was to make the breath the focus so we can allow it to guide the movements and the transitions.

I wanted to get the class moving confidently and then guide participants to become more aware of and confident with breathing through each movement sequence. Throughout the track, the essence I chose to focus on was calmness. I mirrored this in my tone and the words I used.

In this track, bring awareness to the inner light we all have, the *Superstar* within who is capable of moving in the Yoga journey freely and without fear.



BONUS

05. HIP OPENERS



TRACK FOCUS

I want participants to lose themselves in the music and feel comfortable choosing the options that feel good for them today.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	3x8		Set up Seated Wide-Legged Stick Pose	24
0:11	V1 / Got you	8x8	A	Seated Wide-Legged Stick Pose with Side Bend L Inhale – Reach arms O/H, palms up Exhale/Inhale – Side Bend L , R arm O/H, L hand or elbow on floor inside of leg	8 56
0:41	V2 / Tried so	8x8	A	Repeat Seated Wide Legged Stick Pose with Side Bend R	64
1:11	V3 / Sacrifice	4x8	B	Modified Half Lotus Pose L Inhale/Exhale – L foot on R thigh ⇩Option: L foot on calf or cross-legged	32
1:27	PC / Know little	4x8	B ¹	Twisted Modified Half Lotus Pose L Inhale/Exhale – R arm across to L thigh, L hand on floor behind	32
1:42	C / Time	8x8	B ²	Extended Modified Half Lotus Pose L Inhale – Reach arms O/H Exhale/Inhale – Extended Modified Half Lotus Pose L, arms F on floor	8 56
2:08	Instr	1x8		Exhale – Lift torso up, 90°/90° Pose L , L knee F, L hand behind on floor	8
2:15	(Trumpet)	8x8		2x Spiral Hip Lift L&R Inhale/Exhale – Lift hips to Spiral Hip Lift L Exhale – Lower hips, 90°/90° Pose L , L knee F, L hand on floor behind Inhale/Exhale – Lift hips to Spiral Hip Lift R Exhale – Lower hips, 90°/90°Pose R , R hand on floor behind	14 2 14 2
2:45	V4 / Sacrifice	4x8	B	Repeat Modified Half Lotus Pose R	32
3:01	PC / Know	4x8	B ¹	Repeat Twisted Modified Half Lotus Pose R	32
3:15	C / Time	6x8	B ²	Repeat Extended Modified Half Lotus Pose R	48



BONUS

05. I'VE GOT YOU UNDER MY SKIN 3:42mins

TECHNIQUE & COACHING

SEATED WIDE-LEGGED SIDE BEND

Layer 1

- Take legs wide
- Take a breath in, up along your spine
- C-shape to the side
- Roll your knees back
- Anchor your hip bones down
- Big breath in, lift up both arms
- C-shape the other side

Layer 3

- Stretching is quite a personal journey so find what works best for you. You might want to roll your top shoulder back; you might want to tuck your bottom elbow under
- Create space along your ribcage
- Notice how your hip bone might lift – anchor it down
- Inhale, exhale out through your fingertips

MODIFIED HALF LOTUS POSE

Layer 1

- Come up to standing
- Modified Half Lotus
- 3 variations
- Foot to floor, in the bend of the knee or with a strong ankle on the top
- Hip bones down

Layer 3

- Choose your variation, press the top knee down and anchor your sit bones

TWISTED MODIFIED HALF LOTUS POSE

Layer 1

- Use the back of your arm to anchor your twist
- Breathe in, up and along your spine
- Pull your back shoulder towards the back of the room

Layer 3

- Opening your back shoulder opens your chest
- Back of the arm, anchor, lift and breathe up into your chest
- Carry your eyes across to the back
- Press your shoulders down and feel the breath grow along your spine

EXTENDED MODIFIED HALF LOTUS POSE

Layer 1

- Face the front
- Big breath in, create space along your spine
- Arms reach high
- Tip forward, exhale

Layer 3

- Soften your belly and relax your shoulders
- Maybe relax your jaw if it feels good
- Feel a soft belly breath in your tummy
- Relax your top knee, soften your elbows

SPIRAL HIP LIFT

Layer 1

- Press on up
- Knees to 90 degrees
- Hand at the back
- Breath in, lift hips
- **Squeeze your butt**
- Hips forward
- Sit down, knees lift to the other side

Layer 3

- Take a big breath up into your chest
- Carry the breath along the arm and open the chest
- Try closing your eyes and enjoy the journey of the song

ESSENCE TIPS

Caley says: Some days, we really just need to disconnect from reality and allow music to take us back in time, on a lovely, lyrical journey. This song was such a highlight for me!

In this Bonus track, we integrate the poses from both of the Hip Openers tracks. It was important for me to coach my participants through their options to ensure their personal journey of stretching and opening the hips could be met with a feeling of success. I wanted to bring attention to the anchor points for each pose, and how creating that base gives us a safe space to move from, together with the releasing of breath.

This track is a real opportunity to create connection with your class. Your tone of voice, words and attitude all contribute to the experience. Consider how you will incorporate this track, and how you will lead your participants to find joy in the music, their breath and the feeling of each pose.



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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.

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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.

