

BODYBALANCE 88

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

09A. FORWARD BENDS — HAMSTRINGS

09B. FORWARD BENDS — HAMSTRINGS

10. RELAXATION/MEDITATION

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TEACHING THE ESSENCE OF BODYBALANCE

6 Keys to unlocking the Mind-Body

Experience:

Stay in a Balance Frame of Mind

This means coming to class with a positive, respectful attitude. Acknowledge that your participants are on individual journeys and your class will gain a more authentic mind-body feel.

Don't Pose

That super calm, faux-spiritual voice comes across as inauthentic and ill-fitting. Your class is an adult space so respect your participants enough to teach in your own voice, just keep it calm.

Keep Cues Simple

Although Yoga poses are often technically complex, your class will not hear you if you 'talk their ears off' with too much cueing. Use the three-part process to keep it simple and effective:

- Set up clearly using 2 to 4 Layer 1 Setup cues. These cues should put people into the shape of the pose, explaining simple alignment and breathing. Think of "which body part are we moving in which direction". This helps people feel confident and comfortable.
- Teach any necessary Layer 2 options then pause to look around at your members.
- Layer 3 cues are often a response to what we see. 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 BODYBALANCE to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

And if you want to further develop your expertise, revise and relearn your Program Manual and your filming footage. Try a Yoga, Tai Chi or Pilates class taught by an expert (remember, we do modify some exercises to safely fit into a Group-Fitness setting). There are also some excellent texts, videos and music available, such as:

Books:

Moving Towards Balance, Rodney Yee with Nina Zolotow (Rodale)

Journey Into Power, Baron Baptiste (Simon and Schuster)

Dynamic Yoga, Kia Meaux (Dorling Kindersley Ltd)

Awakening the Spine, Vanda Scaravelli (Harper Collins)

Videos/DVDs:

Power Tai Chi, Master Jerry Alan Johnson (Goldhill Videos)

Yoga Journals, Yoga Step by Step, Natasha Rizopoulos (Natural Instincts)

Tai Chi for Health, Terence Dunn (Healing Arts)



MUSIC

- 01

Start A Riot (3:11)
BANNERS
Courtesy of the Universal Music Group.
Written by: Kozmeniuk, Clark, Nelson
- 02A

Carry On (3:34)
Lady Love
© 2020 Les Mills Music Licensing Ltd.
Written by: Kidron, Cumbee, Salmani, Dunn
- 02B

I Can't Get Enough (5:19)
benny blanco, Tainy, Selena Gomez & J Balvin
Courtesy of the Universal Music Group.
Written by: Levin, Gomez, Osorio, Cortez, Chiluza, Masis, Sabath
- 03

Higher Love (7:22)
KYGO & Whitney Houston
© 2019 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Jennings, Winwood
- 04

I Don't Care (3:57)
Under Sorrow
© 2020 Les Mills Music Licensing Ltd.
Written by: Sheeran, Martin, Bieber, Shellback, Boyd, Gibson
- 05A

i'm so tired... (2:41)
Lauv & Troye Sivan
© 2019 Lauv.
Written by: Leff, Gorres, McLaughlin, Mellet, Pollack
- 05B

Wade In Your Water (3:03)
Common Kings
© 2013 Island Empire Records.
Written by: Grey, Kirimaaua, Maliga, Reed, Taito, Napoleon
- 06

Walking On A Dream (3:15)
Empire Of The Sun
Courtesy of the Universal Music Group.
Written by: Steele, Littlemore, Sloan
- 07

Old School Is For Lovers (4:47)
DJ Shub feat. Morningstar River
© 2016 DJ Shub.
Written by: Shub, Robinson
- 08

I Heard It Through The Grapevine (3:10)
Marvin Gaye
Courtesy of the Universal Music Group.
Written by: Strong, Whitfield
- 09A

Glory (Explicit) (4:30)
Common & John Legend
© 2014 ARTium/Def Jam Recordings a div. of UMG Recordings & Getting Out Our Dreams/Columbia Records/ Sony Music Entertainment.
Written by: Lynn, Stephens, Smith
- 09B

Apology To An Ex Lover (3:36)
PRYNNE
© 2019 The Sound Of Everything UK.
Written by: McArtney

- 10

Through Winter Eyes (3:18)
Levi Patel
© 2019 Marigold Music.
Written by: Patel
- Pillar Of Light** (10:15)
Nagamo
© 2019 Marigold Music.
Written by: Faucher
- ALT
09A

No Divides (4:30)
Samarth
© Black Lotus 2019.
Written by: Newport, Langveld, van de Geer



L-R: James Brennan, Kester Lim, Thiago Meneses, Shelley Townsend, Kylie Gates, Hussein Bosmans, Inge Gnatt, Laura Donnelly & Hayley Gaspar

Filmed at Sydney's FOX Studio, Australia, BODYBALANCE 88 is a unique experience with great contrasts in every aspect of this release: music selection, dynamic flow vs static and reflective poses, 9 presenters to show that every teacher brings their uniqueness in the program and it just works beautifully. Oh, and a few hundred people in the masterclass filming travelling from all over the world. Can you imagine when the whole room moving and breathing at the same time? Simply magic! What about the release itself? What's different? What's new?

Tai Chi style Warm-Up: a building-up sequence that leads into big, dynamic, fun with lots of mobility and balance work with this sequence repeated in Track 9.

2 Sun Salutations to warm-up and mobilize the body further with *Carry On* and the mesmerizing *I Can't Get Enough* with striking cobras...

Higher Love is the epic sound for the Standing Strength – watch out for arm lines that will take your standing poses grow into a new space. #feelital

A Quirky and playful Balance track that will put smiles on everyone's faces, then 2 Hip Tracks; Standing Dancer's Pose with Mermaid's arms is back along with PNF stretches to open up even more. The Core tracks will not disappoint; taking strength and mobility to another level with *Walking On A Dream* and *Old School Is For Lovers* with Firefly's and Wild Thing poses to challenge and open the body. We slow the pace twisting with an old favorite *I Heard it Through The Grapevine* and then 9A revisits the Tai Chi feels with the song *Glory* and more PNF stretches to complete. We included "extra outro music" at the end of the Relaxation/Mediation tracks so you have gentle music on as your participants leave the class... We hope you love this and thanks for all you do!

Jackie Diana

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

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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 09A & 9B	Forward Bends – Hamstrings
Total Time	20:52	Total Time	29:04
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 09A & 9B	Forward Bends – Hamstrings
Track 09A & 09B	Forward Bends – Hamstrings	Total Time	40:23
Total Time	42:41	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 enjoy exploring the new movements, as the flowing breath works to create warmth in the body.

MUSIC		SEQUENCE/EXERCISE			CTS
0:05	V1 / _ I will march	3x8	A	Set up Intense Pose , feet together, arms O/H Pregnancy Option: Feet hip-width apart	24
0:20	V2 / _ I will burn	7x8	A ¹	1¾x Intense Pose Rotation with Press Hands L&R Inhale – Heel Lift L, hands to Heart Center, turn torso to L Exhale – Hands press wide, R hand F, L hand B Inhale – L heel down, L arm down, F, arms lift to O/H Exhale – Deep knee bend, Intense Pose Repeat R	4 4 4 4 16
0:55	C / Instr / Riot	8x8	B	4x Tai Chi Knee Lift, Open with Press Hands L&R Inhale – Knee Lift L, hands to Heart Center to O/H Exhale – Step L foot B on diagonal, lift R toes, hands press wide and down Inhale – Step L foot in, feet together, Knee Lift R, hands to Heart Center to O/H Exhale – Step R foot B on diagonal, lift L toes, hands press wide and down	4 4 4 4
1:36	V3 / _ I will wade	10x8	A ¹	Intense Pose 2½x Repeat Intense Pose Rotation with Press Hands L&R	8 32
2:26	C / Instr / Riot	8x8	B	4x Repeat Tai Chi Knee Lift, Open with Press Hands L&R	16
3:07	Outro / (Fade)	½x8	A	Inhale/Exhale – Intense Pose , arms F to O/H	4



01. START A RIOT 3:11mins

TECHNIQUE & COACHING

INTENSE POSE

Layer 1

- Come to the top of your mat
- Feet together
- Intense Pose
- Inhale, arms up
- Exhale, press hips back and down
- Gently tuck your tail bone under
- Soften your shoulders
- Lift your belly

INTENSE POSE ROTATION WITH PRESS HANDS

Layer 1

- New move
- Little lift of right heel
- Turn, press hands away
- Lift your belly
- Inhale, exhale
- Back to Intense Pose
- Other side
- Lift the heel
- Twist and turn
- Breathe in through your nose
- Breathe out through your nose

Layer 3

- Twist and turn and stay really low
- Release throughout your thoracic spine
- Start to feel the energy – the energy next to you, in your arms, your heart space

TAI CHI KNEE LIFT, OPEN WITH PRESS HANDS

Layer 1

- New move
- Right knee lifts up
- Open and step back on the diagonal
- Step in
- Breathe in, lift and open
- Step back, breathe out
- In breath, lift
- Exhale, step back, gently pull the toes back

Layer 3

- Big beautiful circles
- Testing our balancing muscles
- Start to feel the warming
- The most graceful and elegant move, so feel it in your body
- Breathing and moving all the feels today – take it into your body

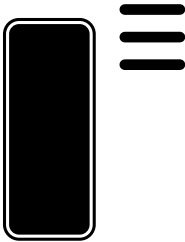
ESSENCE TIPS

A Warm-Up Tai Chi track that is designed to bring fluidity and warmth to the body.

Moving through Intense Pose brings an instant warmth to the lower body. Then we add rotation through the torso to begin to mobilize the spine and shoulder joints. Be sure to coach the lifting of the belly while in Intense Pose, so we are moving the spine safely as we rotate and not putting pressure on the lower back. Offer pregnant participants the choice to take feet a little wider in their Intense Pose to create a steady place to move from.

Our four Tai Chi principles come into play beautifully in this track. Find the warming as the muscles engage and the breathing as air flows in and out of the nose, creating an internal warmth. Focus will be found as we take our participants through the new movements, and then, once they are comfortable, encouraging them to feel the moves in their body. Our out-breath helps us to discover the fourth principle of releasing: feeling the exhalation, encourage the shoulders to relax, and dissolve any tension we may unconsciously bring into class with us.

Begin your class with a smile, as Kylie did in the masterclass, welcoming participants to spend this time with you. This track gives us a great opportunity to connect, make eye contact, and share the joy of movement and breath together.



02A. SUN SALUTATIONS

TRACK FOCUS

I want my participants to learn the sequence quickly and to then be able to bring their focus internal and acknowledge the feeling of each pose.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Mountain Pose, feet together, hands clasped behind back Pregnancy Option: Feet hip-width apart	16
0:08	V1 / Walking	11½x8	A Sun Salutation Sequence 1 L Inhale – Extended Mountain Pose , arms wide to O/H Exhale – Forward Fold , arms wide and down Inhale – Flat Back Extend , hands to shins Exhale – Forward Fold Inhale – Step B to Plank Pose ⤴Option: Jump feet B to Plank Pose Exhale – Down Dog Inhale – Plank Pose , knees down ⤴Option: On toes Exhale – Crocodile Pose ⤴Option: On toes Pregnancy Option: Cat Pose Inhale – Baby Cobra Pose ⤴Option: Up Dog Pregnancy Option: Cow Pose Exhale – Down Dog Inhale – Lunge L , L foot F Exhale – Forward Fold	8 8 8 8 8 8 8 8 4 8 8 8
0:53	Instr	12x8	A Repeat Sun Salutation Sequence 1 R Note: Baby Cobra/Up Dog for 8 cts	96
1:40	Instr	12x8	A Repeat Sun Salutation Sequence 1 L	96
2:27	Instr	12x8	A Repeat Sun Salutation Sequence 1 R	96
3:15	Instr	4½x8	A ¹ Inhale – Extended Mountain Pose , arms wide to O/H Exhale – Forward Fold , arms wide and down Inhale – Flat Back Extend , hands to shins Exhale – Forward Fold Step feet B to Down Dog	8 8 8 8 4



02A. CARRY ON 3:34mins

TECHNIQUE & COACHING

MOUNTAIN POSE

Layer 1

- Feet together or hip-distance apart if pregnant
- Bring your arms behind
- Hips back and down

Layer 3

- Open the front of your body

EXTENDED MOUNTAIN POSE

Layer 1

- Extended Mountain
- Breathe arms to over head
- Breathe in to extend

Layer 3

- The magic is here, breath and movement together

FORWARD FOLD

Layer 1

- Knees bend
- Forward Fold
- Hands to outside of feet
- Fold, **lift the belly**
- Breath out to fold

Layer 3

- Start to become more internal
- We now have a short sequence as we have one more Sun Salutation Sequence

FLAT BACK EXTEND

Layer 1

- Flat Back Extend
- Hands to shins
- Long spine, hips to shoulders
- Inhale, to the length of your spine

Layer 3

- Feel the breath in the room, in your body

PLANK POSE

Layer 1

- Step back to Plank
- Shoulders over wrists
- Hips level with shoulders
- Tuck chin in, roll to Plank, breathe in
- Step or Jump back to Plank
- If jumping, bend knees and **brace the core**

Layer 3

- Step or Jump to Plank
- Ask yourself: what are you feeling here today?

DOWN DOG

Layer 1

- Down Dog
- Press back, exhale
- Spread your fingers

Layer 3

- Step back to Down Dog

CROCODILE POSE

Layer 1

- Knees on floor
- Elbows in
- **Abs braced**
- Crocodile
- On knees or toes
- If pregnant, Cat Stretch
- Breathe out to Crocodile

Layer 3

- Are you feeling lightness or strength?

BABY COBRA POSE

Layer 1

- Roll shoulders back to Baby Cobra
- **Butt squeeze**
- Cow Pose, if pregnant
- Inhale, Up Dog or Baby Cobra
- Chest higher

Layer 3

- Maybe you feel it's all about the opening
- The feelings are all yours



02A. CARRY ON 3:34mins

LUNGE

Layer 1

- Knees bend, right foot between hands
- Lunge
- Knee over ankle
- Chest up
- Lift your eyes, breathe in

ESSENCE TIPS

In this release, we have two dynamic Sun Salutation tracks, inviting participants to warm, mobilize and strengthen while acknowledging how their body feels today.

Thiago used the first round to teach participants the sequence and timing. Using simple Layer 1 cues (Name of Pose, BPD and Basic Alignment) early on allows us to set our class up with the basics, so we can then explore different aspects of this beautiful Yoga flow. Round two begins to incorporate the breath, helping participants get the real feel of the poses and transitions. Once you have coached and demonstrated the sequence and breath, and can see your participants moving well, consider what you would like your focus to be on during the last two rounds. Is there a feeling that stands out for you in this track? Is there a particular technique focus you want to share? Thiago chose to encourage his participants to bring their attention internal and really acknowledge the different sensations that occur as they move through the sequence. He wanted to motivate them to trust that their bodies know where to go, and to shift the focus to the magic that occurs when we let go and be present in our bodies.

The order of the poses in this track gives a great opportunity to look at the shoulder positioning in our Down Dog. When we step/jump into Plank, bring attention to the solid strength needed in the upper body. When we stabilize the shoulder joint by pressing down into the hands, we can put more weight into the upper body, brace the core and jump back with control, landing softly. Moving from this strong foundation back into Down Dog sets the shoulders up beautifully. Coach to press back with even weight through the hands to make it feel amazing!



I want my participants to find the flow of movement and breath easily by providing clear Layer 1, and plenty of breath cues.

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02B. I CAN'T GET ENOUGH 5:19mins

TECHNIQUE & COACHING

WALKING DOWN DOG

Layer 1

- Start to walk out through your feet
- One foot at a time
- Feel the back of your legs

Layer 3

- Use your upper body strength to push back and walk out your Dog
- Pressing your heels, your own timing
- The whole sequence the other side

LUNGE ROTATION WITH PRESS HANDS

Layer 1

- Both knees bend
- Lunge right leg forward
- Knee over ankle
- Back knee bends
- Arms rise on the in-breath
- Come low and scoop tail bone under
- Arms, press palms down
- Arms come up
- Breathing out, arms press wide
- Inhale, lift arms up

Layer 3

- This move is beautiful and elegant as well – feel that in our bodies
- Same leg steps through between hands
- Down, out and up
- Use your breath, breathing out then breath in and rising a little
- More breath into your body
- You might want to turn your eyes; you might want to keep them to the front but together we are breathing and moving

STRIKING COBRA

Layer 1

- Exhale, hands to floor
- Childs Pose
- Knees come wide
- Hips back
- Cat, Cow for pregnancy
- Striking Cobra
- Chin and chest through
- Either to Cobra or Up Dog, **squeeze your butt**
- Curl your spine, pull your hips back
- Breathe in, elbows go wide
- Elbows draw in
- Exhale, curl and release back
- Last one, stay here
- Gently turn your head to the right

Layer 3

- Feeling the breath
- Open through the heart space then round – all the way back
- Bring your hips forward a little more, creating a great extension through our spine
- Big breath in and hold, gently look over your left shoulder – maybe towards your left foot

90°/90° LUNGE

Layer 1

- Same leg steps through between hands
- Bend knees
- Front knee over midfoot
- Arms rise
- Exhale, deeper knee bend
- Tuck tail bone under, **squeeze the glutes**
- Baby Back Bend

Layer 3

- Feel your ribs coming off your hips
- Shoulders down into your back ribs
- Create space within your body – feel this incredible pose
- Beautiful breath in, fill up, then see what happens when it comes from the heart



02B. I CAN'T GET ENOUGH 5:19mins

ESSENCE TIPS

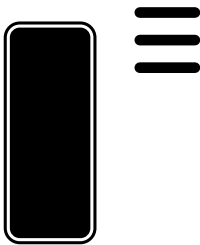
The second Sun Salutations sequence adds a new feel of Yoga flow as we explore some arm-lines, and a fresh pattern of movements and poses. Inge and Kylie found this was a perfect opportunity to enhance the sense of warmth and body awareness developed through the first Sun Salutations track.

Given that this track is a different format to other Sun Salutations, Inge wanted to provide clear Layer 1 cues (BPD, Name of Pose and Basic Alignment) at the beginning of each new move. This allowed participants to learn how to get into each pose effectively, and then begin to learn the sequence. From there, she added in the complementary Yoga breath: in through the nose, out of the nose. This is particularly important when exploring the elegant feel of the arm movements, and the gentle spinal rotation that we began to see in Track 1.

Once the class had mastered the basics, and incorporated the breath, the focus was to begin helping participants navigate back to their internal focus, allowing them to come deeper into the Yoga by using cues that encourage each person to observe and feel what happens in their bodies as they move through the sequence.

“Choose your words carefully, and help participants find what is special for them by teaching with clear purpose and speaking with your own unique, heartfelt expressions of joy.”

Inge and Kylie found this was a great track to team-teach. Inge says: “It’s a wonderful way of connecting with one another, and the class, and you might like to do this in your classes too. If you do, we recommend that you prepare each of the sections with your fellow instructor so that you can enhance the experience for the people in your classes by maintaining clear objectives and coaching to them. When you do this, you will allow everyone to connect and have a wonderful time together. Enjoy!”



03. STANDING STRENGTH

TRACK FOCUS

I want participants to build strong lower body foundations, so they can get the most out of the upper body movements.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	Intro	2x8	A	Standing Strength Sequence L Set up Warrior 1 L, facing L side	16
0:09	V1 / About it	8x8	A ¹	Warrior 1, Extended Warrior 1 L Inhale/Exhale – Arms up sides of body to O/H Inhale/Exhale – Open arms wide to shoulder height Inhale – Extend arms B Exhale – Torso F, Extended Warrior 1 L	32 16 8 8
0:46	C / _ Bring me	4x8	B	Standing Split Pose L Inhale – Hands to floor, lift R foot, knees together Exhale/Inhale – Extend R leg ⇩Option: Bend R knee Pregnancy option: Flat Back Extend, fingertips on floor	8 24
1:05	Rep / _ Bring	8½x8	C	Warrior 2, Sun Warrior L Inhale/Exhale – Warrior 2 L, facing front, arms down Inhale/Exhale – Lift arms to side ⇧Option: Heel Lift Inhale/Exhale – Sun Warrior L, L arm O/H	16 16 36
1:44	V2 / Turning	8x8	D	Triangle Pose L Inhale – Straighten L leg, extend torso to L, arms wide Exhale/Inhale – Triangle Pose L, L hand to ankle ⇩Option: Bend L knee, L hand to shin ⇧Option: Float L hand off leg	8 56
2:20	C / _ Bring me	8x8	C ¹	2x Sun Warrior, Extended Warrior L Inhale – Sun Warrior L, L arm O/H Exhale – Press L hand O/H, press R hand down Inhale – Extended Warrior L, R arm O/H Exhale – Press R hand O/H, press L hand to R hip ⇩Option: L elbow to L thigh	8 8 8 8
2:58	Rep / _ Bring me	8x8	D ¹	2x Sun Warrior, Triangle Pose L Inhale – Sun Warrior L, L arm O/H Exhale – Press L hand O/H, press R hand down Inhale – Triangle Pose L, R arm O/H Exhale – Press R hand O/H, press L hand down L leg ⇩Option: Bend L knee, L hand to shin	8 8 8 8
3:35	Br / _ Bring me	46x8	A-D ¹	Repeat Standing Strength Sequence R	368
7:09	Outro / _ Bring me	2x8		Inhale/Exhale: Wide Squat , arms to a high 'V'	16



03. HIGHER LOVE 7:22mins

TECHNIQUE & COACHING

WARRIOR 1, EXTENDED WARRIOR 1

Layer 1

- Warrior 1, facing the side
- Long stride back
- Back heel grounded
- Hips square
- Arms rise over head
- Front knee bending in line with third toe
- Back leg straight and strong
- Back bend, open arms wide
- Breathe in, open wide
- Breathe out, draw shoulder blades in
- Arms all the way down, breathe in
- Extended Warrior, breathe out
- Tip forward from the hips

Layer 3

- Feel the energy on the outer ridge of the heel, getting that strength in the glutes
- Other side, turn your entire body to the other side
- As you scoop the tail bone under, that's the standing strength feel we want in the legs and the core

STANDING SPLIT POSE

Layer 1

- Standing Split
- Hands to floor
- Knees together
- Stay here or lengthen front leg towards the sky
- Hold
- Breathe in, deep exhale out

Layer 3

- Feel that deep release in the hamstrings
- Land hands, knees in line or where are you going to take this today?
- Forget about the shape: come into your body; come into the feel

TRIANGLE POSE

Layer 1

- Triangle Pose
- Legs straight
- Extend long first
- Hand lands on your shin
- You can bend your knee if you want to
- Breathe in, reach up and open
- Breathe out, shoulders down

Layer 3

- Creating space – scoop through your tail bone, allow your ribs to soften and when you've got that feeling, breathe into the length of your spine
- Take a really deep breath in, exhale and where does your body want to go?

SUN WARRIOR, EXTENDED WARRIOR

Layer 1

- Bend the knee, Sun Warrior
- Breathe in, rise
- Breathe out, push hands away
- Hand to back leg if needing more support
- Extended Warrior
- Inhale, come long
- Exhale, push hands away
- Or elbow to thigh for more support

Layer 3

- You know what feels right for your body today – go there; choose what feels right for you
- Breath in, breath out powerfully
- It feels like waking up and having a big stretch
- Explore new possibilities for our bodies today

SUN WARRIOR, TRIANGLE POSE

Layer 1

- Sun Warrior again
- Straighten the leg
- Triangle Pose
- Breathe in, go long
- Breathe out, press hands away
- Or if you need support, hand to leg
- Inhale, Sun Warrior
- Exhale, press away
- Inhale, go long
- Exhale, press hands

Layer 3

- Bring some love to your body



03. HIGHER LOVE 7:22mins

WIDE SQUAT

Layer 1

- Wide Squat
- Bend the knees
- Arms high and open

Layer 3

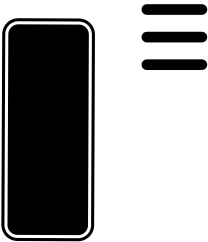
- Hold all the love in your body

ESSENCE TIPS

Hayley, Thiago and Hussein take us through this stunner of a Standing Strength track. The song has an uplifting energy, encouraging us to go that little bit further with our poses. This track offers many moments to connect with your class. Not only are we facing participants for the majority of the track, but the choreography and music have an energy that just needs to be shared.

In each pose, we want to create a solid foundation in the lower body. Take the time to consider what it is you need to coach in each pose to ensure participants have a strong base to move from. There is space in this track to explain the need and benefits of having a secure lower body, and great alignment. When we give information to our classes that describes why we set up the way we do, participants are more likely to hear and retain that information, which then helps to develop their practice. For example, in Warrior 1, when we coach to press down into the outside edge of the back foot, we engage the muscles in the leg and glutes and stabilize the knee. These little pieces of information help participants get more out of their pose; there's more energy, more intention, when we know why we are doing certain things. Help your class bring their poses to life.

Hayley, Hussein and Thiago found this track to be incredibly empowering. They found that creating an atmosphere of encouragement and positivity really helped them connect with each other, and with the participants in the class. They wanted each participant to shift from thinking about the poses, into feeling the energy in their bodies, acknowledging and accepting the level that was right for them.



04. BALANCE

TRACK FOCUS

I want my participants to let go, and feel the joy in the challenge and music.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	1x8	Set up Mountain Pose , feet together, hands to Heart Center	8
0:05	V1 / _ I'm at	8x8	A Intense Pose with Heel Lift	
			Inhale – Heel Lift , hands to Heart Center	8
			Exhale/Inhale – Bend knees	24
			Inhale – Lift hands to O/H	8
			Exhale/Inhale – Intense Pose with Heel Lift , arms O/H, palms together	24
0:42	C / Care	8x8	B Knee Lift with Press Hands, Heel Lift L	
			Inhale – Knee Lift L, hands down mid-line of body to Heart Center	8
			Exhale – Turn torso to L, hands press wide, R hand F, L hand B	8
			Inhale/Exhale – Heel Lift R	48
			Repeat Heel Lift R, no set timing or number of reps	
1:20	V2 / _ We're at	8x8	A Repeat Intense Pose with Heel Lift	64
1:58	C / Care	8x8	B Repeat Knee Lift with Press Hands, Heel Lift R	64
2:35	Br / _ I don't	8x8	C 4x Knee Lift, Diving Warrior 3 L	
			Inhale – Knee Lift L, arms F to O/H	8
			Exhale – Diving Warrior 3 L , arms sweep B	8
3:13	C / Care	8x8	C Repeat 4x Knee Lift, Diving Warrior 3 R	16
3:51	Instr / (Fade)	1x8	Mountain Pose	8



04. I DON'T CARE 3:57mins

TECHNIQUE & COACHING

INTENSE POSE WITH HEEL LIFT

Layer 1

- Mountain Pose
- Hands to Heart Center
- Breath in, lift heels
- Breathe out Intense Pose
- Bend knees deeply
- Long spine
- Scoop tailbone under
- Belly lifts
- Shoulders over hips
- Breathe in, arms lift
- Exhale, sink deeper, lift heels higher

Layer 3

- Let's explore the power of our Yoga balance
- Can we feel the strength in our legs and our ankles?
- No matter where we are today, as long as we're together you know it's going to be OK

KNEE LIFT WITH PRESS HANDS, HEEL LIFT

Layer 1

- Heels down
- Hands down to Heart Center
- Right toes to left knee
- Turn chest
- Press down through entirety of foot
- Reach arms front and back
- Set eye gaze steady
- Play with the Heel Lift
- Up and down
- Keep going at your own pace

Layer 3

- Push through the ball of your foot, breathe in and rise, breathe out to lower
- Knee, twist and reach
- What will happen if we just had fun? Let's go there!
- Another challenge – how long can you stay up? It's OK to stumble!

KNEE LIFT, DIVING WARRIOR 3

Layer 1

- Right knee lifts
- Swing back to Warrior 3
- **Belly lifted, abs braced**
- Breathe in, chest rise
- Breathe out, dive
- Switch sides

Layer 3

- We don't care if you touch your hands to the floor as we swing through – anything to help your balance
- Another challenge – how quietly can you swing through? Can you go faster?
- Great stability work for our hips and torso, plus a whole lot of fun!

ESSENCE TIPS

James draws his inspiration and coaching for this track from the playful energy of the moves and music.

We want participants to be able to steady their eye gaze early, so simple Layer 1 cues are vital to get everyone into the pose quickly without having to look back at the instructor. Consider the cues you can use first. While they can look towards you, that will set them up well before coaching to steady the eyes. Then you can really dive into your Layer 3 cues, while providing space for that fantastic music to be heard and influencing the atmosphere of your class.

The language and tone of voice you use influences how readily participants will jump into the challenge.

James says: "The music is very playful and adds lightness and fun to a track that can be quite challenging to execute. Connect to the energy within the music and show your enjoyment in your words, actions, and even in your smile. It's not about perfection: it's about letting go and really showing how much fun it can be when we do."

In the swing through to Warrior 3, James' focus was to set up the foundation of the pose and movement through clear Layer 1 to get everyone moving on the first side. On the second side, he chose to create connection through the challenge of racing to Warrior 3. James felt this helped to get people moving freely and find the fun in the track.

Commend and congratulate everyone for letting go and having fun!



05A. HIP OPENERS



TRACK FOCUS

I want my participants to choose the option that feels good early on, and then turn their full attention to the sensations that occur within.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	1½x8	Mountain Pose , feet together	12
0:08	C / I'm so	8x8	A Dancers Pose L Inhale/Exhale – Bend L knee, knees together, hold inside of L foot, R arm down Inhale/Exhale – Reach R arm F, palm down Inhale/Exhale – Extended Dancers Pose L, bend R knee, lift L thigh ⤴Option: Standing Mermaid Pose	8 8 48
0:45	V1 / _ Hate it	8x8	A Repeat Dancers Pose R	64
1:22	V2 / _ Strangers	8x8	B Swan Pose Quad Stretch L Inhale/Exhale – Swan Pose R, facing R side ⤴Option: 90°/90° Pose R Inhale/Exhale – Quad Stretch L, hold L foot with L hand Inhale/Exhale – Hold Quad Stretch L ⤴Option: Half Mermaid Pose L, L elbow hooks L foot ⤴⤴Option: Mermaid Pose L, L elbow hooks L foot, bind hands together O/H	16 16 32
1:59	C / I'm so	8x8	B Repeat Swan Pose, Quad Stretch R (facing L side)	64



05A. I'M SO TIRED... 2:41mins

TECHNIQUE & COACHING

DANCERS POSE

Layer 1

- Dancers Pose
- Right hand inside right foot
- Knees close
- If you can, Standing Mermaid
- Big toe to hook at elbow
- Palms meet over head
- **Square your hips**
- Breathe in, steady your eyes
- Breathe out, bend your standing knee
- Other side

Layer 3

- If you fall, just find your way back in – it's all part of it
- Ground your bottom big toe and bend your standing knee
- Take a breath and drop in – see what happens when you breathe; exploration
- Find the option that feels good on your hip and back

SWAN POSE, QUAD STRETCH

Layer 1

- Come to the floor
- Swan Pose
- Left heel into groin
- You can be seated or square yourself around to the side
- Back heel to butt
- Release into your quad
- Mermaid again, if it feels right for you today
- Other side

Layer 3

- To really feel the stretch in your quad, we want to lift the chest
- Listen to your body and work with where it is today
- It's not about where you should be but where you can breathe and honor your body

ESSENCE TIPS

Laura says: "We're slowing down the pace of the class and this piece of music helps us to ease into the deep hip and quad stretches. Be sure to coach square hips in Dancers Pose/ Standing Mermaid to effectively access the hip opening. We know flexibility feels unique for each individual so we want to coach all the options from a compassionate place. It's important for our members to feel empowered to make the choice that feels good in their body and to honor where they are in their Yoga journey today."

Offering options to our class is so important. We want everyone to feel like they are included, accepted and have a place here. In our day-to-day lives, it's not often that we stop to really feel where our body is at. When we have options in a track/pose, we are encouraging that curiosity. How does my body feel here? Is this right for me today?

Laura created beautiful space in her coaching to welcome this sense of exploration and acceptance. Remember what a powerful tool silence can be.



05B. HIP OPENERS



TRACK FOCUS

I want my participants to tune into the easy-going feeling of the music, and allow that feeling to cross over into their breath to release any tension.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	2x8	Set up Supine Hip/Glute Stretch R, facing L side. Lie supine, knees bent, feet on floor, R ankle on L thigh, R hand between legs to hold B of L thigh with hands		16
0:13	V1 / Sponsored	8x8	A	Supine Hip/Glute Stretch with PNF R Inhale/Exhale – Lift L foot off floor ⬆Option: Extend L leg to vertical Pregnancy Option – L foot on floor 3x Supine Hip/Glute Stretch with PNF R Inhale – Press L leg into hands Exhale – Release pressure into hands	16 8 8
1:04	V2 / Sun I can	8x8	A	Repeat Supine Hip/Glute Stretch with PNF L	64
1:55	Br / _ When the	2x8	Inhale/Exhale – Roll to sit facing front, set up Seated Wide-Legged Stick Pose , knees bent		16
2:08	C / Wade in	4x8	B	Seated Wide-Legged Stick Pose with Side Bend L Inhale – R arm reaches diagonally B, L arm inside L leg Exhale/Inhale – Side Bend L, R arm O/H ⬆Option: Extend legs	8 24
2:34	V3 / Deeper	4x8	B	Repeat Seated Wide Legged Stick Pose with Side Bend R	32



05B. WADE IN YOUR WATER 3:03mins

TECHNIQUE & COACHING

SUPINE HIP/GLUTE STRETCH WITH PNF

Layer 1

- Hug knees in, roll down and lie onto your back
- Front ankle to knee
- If pregnant, you may want to stay here
- Knee to chest or leg extends up
- Explore PNF Stretch
- Inhale, press the back of your thigh into your palms
- Gently push elbow into your inner thigh
- Hold for 3, 2, 1
- Gently release
- Try again
- Breath in, feel the tension
- Breathe out, let go

Layer 3

- Breathe in, feel the contraction in your hips and glutes, breathe out, stay but relax
- Take your time to explore where you can find a comfortable stretch – this is where you want to start your PNF
- Breathe in; as you put effort into your elbow, feel the warmth in your hips and glutes then gently let go again
- Breathe in through your nose, feeling the benefits of how flexible you start to become
- Breathe out and feel that wave of relaxation coming through

SEATED WIDE-LEGGED STICK POSE WITH SIDE BEND

Layer 1

- Hug knees in
- Roll to sit up
- Take feet wide into Wide-Legged Pose
- Anchor your hips
- Hinging and grounded through your hips
- Knees bent
- Lift chest
- Take right hand and anchor on right leg
- Lift and open left arm, breathe in
- Exhale, 'C'-shape the spine and Side Bend
- If it feels good, maybe start to straighten the knees

Layer 3

- Bring the intensity into the side body, hips and hamstrings
- This is where you want to start exploring what feels good for you to maintain
- Enjoy this luxurious feeling

ESSENCE TIPS

Kester says: "This music is so apt for this track and my focus was to coach waves of relaxation through breath, during the PNF Stretch.

As the first part of the track was lying on our back, the key is to quickly set participants up using simple and direct Layer 1 cues, and then from there use Layer 3 cues to help them to experience the PNF. So, focus on the effort used during the contraction phase from the elbow, as well as readjusting to a comfortable stretched position in the relaxed phase.

The music is such a catchy, 'chill' song, so we want to balance our coaching to ensure the music can be heard and to influence the feeling of the track. Also, we want our participants to, wade in the water – playing, exploring and eventually finding comfort in their stretch.

Moving into the Wide-Legged Side Bend, take the opportunity to reconnect by making eye contact, and acknowledging the challenge and effort, while continuing to support participants to explore their options and find what feels best for them."



06. CORE – ABDOMINALS



TRACK FOCUS

I want my participants to feel confident in the quick transitions, and the options available, by using clear Layer 1 cues.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8	Set up Hover on toes facing R side, forearms crossed under shoulders ⇓Option: On knees	32
0:15	V1 / Walking	8x8	A 8x Hover with Alt Knee Drop L&R (F&B) Inhale – L knee to floor, R knee to floor Exhale – Extend L leg, extend R leg ⇓Option: Hover with Alt Knee Lift L&R	4 4
0:45	C / _ Is it real	4x8	B Side Hover R Inhale/Exhale – Side Hover R (facing front), L arm to vertical ⇓⇓Option: R knee on floor ⇓Option: Leg Lift L, R knee on floor ⇑Option: Straight legs with Scissor Split ⇑⇑Option: Straight legs with Leg Lift L	32
1:00	Instr	4x8	B Repeat Side Hover L (B of room) Set up Hover on knees or toes	28 4
1:15	V2 / Thought	8x8	A ¹ 8x Repeat Hover with Alt Knee Drop L&R ⇑Option: After 2 reps bent knees stay off floor	8
1:45	C / _ Is it real	4x8	B Repeat Side Hover R (facing front)	32
2:01	Rep / _ Is it real	4x8	B Repeat Side Hover L (B of room)	32
2:16	Br / _ Catch me	2x8	Roll onto back facing L side, legs to vertical, arms wide, palms up Pregnancy Option: On elbows, knees bent, toes on floor	16
2:23	Br / _ Catch me	14x8	3½x Speed Leg Drop Sequence L&R Exhale – Bend R knee, drop L leg straight to 45° Inhale – Extend R leg to 45° Exhale/Inhale – Lift legs to vertical Repeat on R Pregnancy Option: Leg Extension L 8 cts Leg Lift to vertical L 4 cts Bend L knee, toes to floor 4 cts Repeat on R 16cts	4 4 8 16



06. WALKING ON A DREAM 3:15mins

TECHNIQUE & COACHING

HOVER WITH ALTERNATE KNEE DROP

Layer 1

- Stack your forearms
- Come to Hover, on knees or toes
- **Brace the belly**
- Knee drop
- Down, down, up, up
- You can start from the bottom and go up
- Draw navel to spine and brace
- Keep back long, strong and still
- Pilates breath in through nose, out through lips
- If you want to, no knee touch to the floor

Layer 3

- Try and make the Drop super light or maybe just levitate so no touch to the floor at all
- Making it harder is where the magic is as we're always pushing up that hill, searching to be just a little stronger than the day before

SIDE HOVER

Layer 1

- Side Hover
- Breathe in, reach arm up
- Exhale through the underside of body
- Option knee down, leg up or straighten both and scissor split
- **Keep the brace**
- Rotate to the other side
- Set elbow under shoulder
- Leg choice on floor or lifted
- Keep hips square

Layer 3

- Breathe in and lift the underside of your body; breathe out and feel your obliques
- This is stability training. If you want to go there, lift the leg off the floor
- Keep hips square by squeezing your butt
- Revolve with control – big breath in, powerful breath out

SPEED LEG DROP SEQUENCE

Layer 1

- Slowly lower down to floor
- One more combo on our backs
- Pregnancy option on elbows
- Legs in the air
- Arms wide, palms up
- **Brace your belly**
- Fast Leg Drop
- Drop, push out through balls of feet
- Lift both legs back up to 'L' shape
- One knee bent, drop fast, exhale
- Press out to 45 degrees on the inhale
- Breathe out, legs lift up
- Inhale, reset
- **Lower back towards the floor**

Layer 3

- As our leg drops, our core acts like a handbrake to keep the lower back stable and close to the floor
- Pilates breath, out through the lips, in through the nose and reset
- The music is fading but not us!



06. WALKING ON A DREAM 3:15mins

ESSENCE TIPS

Shelley says: “There is a real shift in the feel of the music when we hit this first Pilates track. I find the song uplifting and motivating and I wanted to highlight this contrast right from the energized intro, as well as to connect and create a little magic.”

This track is short but challenging, with some particularly great high-intensity options for those of your participants who like that challenge.

Clear Layer 1 cues were essential in this track to help participants through the quick transitions. Set them up with basic, efficient cues, then give plenty of time to coach options early and get people moving at the level that is right for them. Be sure to coach to the 3 B's (belly, back and breath). Plan what you will say in each move to create a strong connection between these 3 vital components of our Pilates – inspired training. Shelley found that by knowing the music and timing well, and having well-scripted Layer 1, this then gave her space to add in her Layer 3 cues.

Connecting with your participants, being present with them there amongst the challenge, is a powerful way to motivate when fatigue sets in. Find what works for you in this track to create authentic connection. Shelley found that hooking into the music and lyrics, and encouraging participants to find some joy in the challenge were effective tools to keep them engaged.

For the Fast Leg Drop Sequence Shelley says: “We alternate the bent knee on the Leg Drop, push through the ball of the foot Yoga-style to extend to 45 degrees and then lift both legs slowly to an L-shape start position. Here I was able to add a little more education cues with the image of how the abdominal muscles work like a handbrake to protect the lower back. Finishing the track with Connection by asking your participants to try one or two more, not to fade even though the music does, motivates them to stay with you ‘til the end. Magic!”



07. CORE – BACK



TRACK FOCUS

I want my participants to feel the journey of the track as we work different parts of the back body, feeling the energy and strength work in each pose.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	16x8	Lying supine facing L side, knees bent over hips, arms wide, palms up Pregnancy Option: On elbows, knees bent, toes on floor	
			8x Double Leg Scoop	
			Inhale – Scoop legs down towards floor	4
			Extend legs to 45°	4
			Exhale – Lift legs to vertical	4
			Bend knees over hips	4
			⇩Option: Reduce ROM, keep knees bent	
			Pregnancy Option: Single Leg Scoop on elbows L&R Last 2 cts, lower feet to floor, hip-width apart	
0:55	Instr / (Drum)	4x8	A Bridge Pose	
			Inhale/Exhale – Lift hips to Bridge Pose	16
			Inhale/Exhale – Hands clasped behind back	16
			⇩Option: Hands support hips	
1:08	Instr / (Drum/ Chant)	8x8	A ¹ 2x Bridge Pose with Leg Extension R&L (F&B)	
			Inhale – R knee to chest	4
			Exhale – Extend R leg to vertical	4
			Inhale – R knee to chest	4
			Exhale – R foot to floor to Bridge Pose	4
			Repeat on L Pregnancy Option: 8x Bridge Pose with Calf Raise	16
1:36	Instr / (Keyboard)	8x8	B Wild Thing Pose R	
			Inhale/Exhale – Roll up, set up Crouch Pose facing R side	16
			Inhale/Exhale – R leg F under L leg, lift L arm, lift hips, L arm O/H	16
			Inhale/Exhale – Hold Wild Thing Pose R	32
			⇧Option: Back Bend Pose Pregnancy Option: R leg straight, Heel Lift L, Side Plank R	
2:03	Instr / (Chant)	8x8	B Repeat Wild Thing Pose L	
			Inhale/Exhale – Lower hips to floor, L hand on floor under shoulder, lift R arm	16
			Inhale/Exhale – Lift hips, R arm O/H	16
			Inhale/Exhale – Hold Wild Thing Pose L	32
2:31	Instr / (Drum/ Chant)	4x8	C Iguana Pose	
			Inhale/Exhale – Lower hips to floor, roll over, lie prone, legs together, facing R side	16
			Inhale/Exhale – Arms wide, elbows bent, fingertips on floor	16
			Pregnancy Option: Horse Stance	
2:45	Instr / (Keyboard)	8x8	C ¹ 4x Iguana Pose Lift	
			Inhale – Lift chest	4
			Exhale – Extend arms wide, palms down	4
			Inhale – Elbows bent, fingertips to floor	4
			Exhale – Lower chest halfway down	4
			Pregnancy Option: 2x Kneeling Diagonal Pointer L&R 32 cts	



07. CORE – BACK



MUSIC			SEQUENCE/EXERCISE	CTS
3:12	Instr / (Chant)	2x8	Inhale – Plank Pose	8
			Exhale – Plank Pose Pullback , bend knees	8
			⇩Option: On knees	
3:19	Instr / (Chant)	16x8	8x Firefly Pose with Plank Pose Pullback L&R (F&B)	
			Exhale – L knee to L elbow, Firefly Pose L	4
			Inhale – Plank Pose Pullback	4
			Repeat to R	8
			⇩Option: On knees	
			⇧Option: After 4 reps, Jumping Firefly Pose with Plank Pose Pullback L&R	
4:13	Instr / (Drum/ Chant)	8x8	Pregnancy Option: On knees	
			Bow Pose	
			Inhale/Exhale – Lower to floor, lie prone	16
			Inhale/Exhale – Bow Pose	48
			⇩Option: Half Bow Pose L, 24 cts, Half Bow Pose R 24 cts	
			Pregnancy Option: Camel Pose, hands on hips	



07. OLD SCHOOL IS FOR LOVERS 4:47mins

TECHNIQUE & COACHING

DOUBLE LEG SCOOP

Layer 1

- Bend knees over hips
- Legs scoop, extend, rise and bend
- Down, out, rise, bend
- Pregnancy option: extend one leg at a time
- **Brace abs to keep lower back close to floor**
- Breathe in, breathe out
- If your back starts to lift away from floor, bend your knee and resume same pattern

Layer 3

- Let's start to bring fire to the back body

BRIDGE POSE WITH LEG EXTENSION

Layer 1

- Hip Bridge
- Feet down, Hip-width apart, heels close to butt
- **Squeeze butt**
- Hips rise
- Walk up high on shoulders, blades into spine
- Clasp hands, fists to heels
- Chin tucked in
- Pregnancy option: heel lifts
- Knee, toes, bend, switch
- Inhale, exhale, breathe in, breathe out

Layer 3

- Explore the power through the back of our body
- Great strength building to bring us power to move

WILD THING POSE

Layer 1

- Release hands, roll down to floor
- Hold legs, roll over onto hands and knees
- Wild Thing
- Back leg scoops through to front
- Pivot, take hand off
- **Squeeze butt**, lift hips
- If it feels good, come into Back Bend
- Tuck in chin to come down
- Other side
- Other hand back
- Breathe in, squeeze butt, lift up
- Tuck in chin, lower down

Layer 3

- Keep squeezing your inner thighs for stability and strength
- It's not just power, it's mobility as well
- How does it feel? Can you stay a little longer?

IGUANA POSE LIFT

Layer 1

- Roll over
- Iguana or Pointer if pregnant
- Lie down, toes together
- **Squeeze your butt**
- Fingertips under elbows
- Lift chest, fingertips wide
- Light touch down, lower halfway
- Lift, open, touch, lower
- Inhale, exhale, inhale, exhale

Layer 3

- What are you feeling? The whole back of your body
- This is getting you ready for the next move – lots of power!

FIREFLY POSE WITH PLANK POSE PULLBACK

Layer 1

- Set up Firefly
- Hands come in under shoulders
- Push yourself up
- Start in the Pullback
- Front knee to front elbow
- Pullback
- Other side
- Either on your toes or on your knees
- Breathe out as you come forward
- Round your upper spine
- Jumping Firefly
- **Jump, brace abs strongly**

Layer 3

- Round the upper spine to engage the upper abs
- One more level, Jumping Firefly – little jump and catch the landing
- Brace your abs super hard, soften your elbows and feel your core react
- Bring fire into your back body, your front body, your entire body



07. OLD SCHOOL IS FOR LOVERS 4:47mins

BOW POSE

Layer 1

- Pregnancy option: Camel Pose
- Bow Pose
- Either single, lifting thigh and chest or double, bring knees together
- Breathe in, kick feet into hands
- Lift chest high
- On single leg, switch legs now
- **Squeeze your glutes**

Layer 3

- Breathe into your back body
- Release, push back to Childs Pose

ESSENCE TIPS

Continuing with our Pilates-inspired training, we have a fantastic Back track led by James, Inge and Kylie. This is another track that works well to team-teach as there are clear sections of work. This dynamic trio of presenters all wanted to allow the track to be driven by the music – matching their tone and coaching to the energy of the song, and allowing space to let the steady beat be heard and guide us through.

"To team-teach with the music, begin by keeping your coaching simple and direct. Save your words." James' coaching focus was to begin with clear Layer 1, always important, but even more so when it's better for participants to not look back at us. He then brought attention to the 3 B's (belly, back and breath). Take the time to explain the options, and describe when/why you would choose to move up or down an intensity level. We want to build that strong heat in the posterior muscles. Giving options will allow each participant to find that strength work, at the level that works for them.

"After igniting the fire through the back of the body, Wild Thing gives us an opportunity to feel a different kind of strength in the arms, shoulders and back. Clear setups will allow our participants to feel the powerful strengthening into the sides and back of the body, and create mobility in extension, for those who choose it. To help people feel successful in this pose, ensure that you coach the setup really clearly on the first side with lots of breath and options along the way, then leave space for them to explore their way, right to the edge if they want to. When you go there, the feeling is invigorating and uplifting!"

After the Locust/Iguana work we move into Firefly's to ignite fire even more into the back. Teach with options so everyone finishes well and successful.



08. TWISTS



TRACK FOCUS

I want my participants to understand the benefits of twisting while connecting to the music.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro	5x8	Set up Childs Pose facing R side		40
0:21	V1 / Bet you're	10x8	A	Lunge Twist Sequence L Inhale/Exhale – Step L foot F (front foot), L hand on L thigh, R hand on floor Inhale – Lift chest Exhale – Turn torso to L Inhale/Exhale – Kneeling Lunge with Prayer Twist L , R elbow on L thigh, hands to Heart Center Inhale/Exhale – Lunge with Prayer Twist L , lift R knee off floor ⇅Option: Kneeling Lunge with Prayer Twist L Inhale/Exhale – Lunge Twist Open Arms L , L arm to vertical, R arm outside L thigh ⇅Option: Kneeling Lunge Twist Open Arms L Pregnancy Option: Kneeling Open Lunge Twist Sequence L	16 8 8 8 8 32
1:01	Rep / Heard it	2x8	Inhale/Exhale – Hands to floor, pivot 180° to face L side		16
1:09	V2 / Man ain't	10x8	A	Repeat Lunge Twist Sequence R , facing L side	80
1:50	Rep / Heard it	2x8	Inhale/Exhale – Hands to floor, L knee in behind R ankle to sit, facing front		16
1:58	Instr	8x8	B	Seated Twist Sequence R Inhale/Exhale – R foot over L knee, L hand outside of R thigh ⇅Option: R foot to mid shin Inhale/Exhale – Seated Twist with Leg Extension R Hold R foot in L hand Inhale/Exhale – Reach R arm B ⇅Option: R hand on floor Pregnancy Option: Open Seated Twist Sequence R	16 8 40
2:30	C / Heard it	10x8	B	Repeat Seated Twist Sequence L Note: Hold Seated Twist with Leg Extension L for 40 cts	80



08. I HEARD IT THROUGH THE GRAPEVINE 3:10mins

TECHNIQUE & COACHING

LUNGE TWIST SEQUENCE

Layer 1

- Front foot steps forward
- Hand on thigh
- Anchor the hips down
- Chest up, breathe in
- Turn into front leg, breathe out
- If pregnant, or it feels better, twist the other way
- Bring back arm across, elbow in to anchor
- Prayer Twist
- Lift chest high, long spine
- Back knee is either up or down
- Everyone open the arms, breathe in
- Open your fingers
- Eyes down, hands down, pivot around to other side

Layer 3

- Feel the length then the twist
- Have power in the back leg so the heel pushes back and the top fingers open out
- Really actively twist as fingertips reach away

SEATED TWIST SEQUENCE

Layer 1

- Hands down
- Tuck right knee in
- Sit, both hips down
- Foot down, either across knee or open out
- Breathe in, find length
- Exhale, twist, either towards or away from leg
- Hold the foot
- Back arm reaches back or hand on floor
- Other side

Layer 3

- Can you feel this in your lower back?
- Use the hand on the floor behind to gain more height
- You've got the moves – find your breath and choose maybe the foot but always with space in your body
- Always go to where it feels good
- Where do your eyes want to go? Maybe a little further back. Where can you relax? Where do you need to be long?

ESSENCE TIPS

Inge says: "This is an energizing Twists track with a classic song, and your classes will love singing along to it!"

Use simple Layer 1 setup cues (Name of Pose, BPD, Simple Alignment) so that everyone is successful in setting a solid base to twist from. Inge found that cues around bringing length to the spine before twisting was a vital part of her script, and considered these part of her Layer 1 setup. When we find the steady grounding of the anchor points, and then combine that with the full length of the spine, we have a beautiful foundation to move from, and therefore can get so much more out of our twisting poses.

I heard through the grapevine that Inge's Layer 3 focus in this track was to bring attention to the benefits of each Twist, while letting the music come through. She says: "When preparing to teach this track, take time to feel the sensations in your own body, and then simply take that to your classes."



09A. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want my participants to feel a sense of reflection and self-awareness as we return to Tai Chi.

Please note: This track contains explicit content. The Alternative song can be used in its place. Please use *No Divides* with the same choreography.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	C / One day	4x8	A	Forward Fold , facing front Inhale/Exhale – Step feet hip-width apart, hands on floor to Forward Fold Pregnancy Option: Feet hip-width apart, bend knees, rest elbows on thighs	32
0:23	C / Glory	2x8	B	Flat Back Extend Inhale/Exhale: Hands to shins, Flat Back Extend	16
0:34	V1 / Hands to	8x8	C	2x Tai Chi Knee Lift, Open with Press Hands L&R Inhale – Knee Lift L, hands through Heart Center to O/H Exhale – Step L foot B on diagonal, lift R toes, Press Hands wide and down Inhale/Exhale – R hand touches R toes Repeat to L	4 4 8 16
1:21	C / One day	4x8	A	Repeat Forward Fold	32
1:44	C / Glory	2x8	B	Repeat Flat Back Extend	16
1:56	Br / War is not	4x8	A ¹	Repeat Forward Fold ↑Option: Clasp hands behind back	32
2:19	Br / _ Glory	2x8	B	Repeat Flat Back Extend	16
2:30	V2 / Now for	8x8	C	2x Repeat Tai Chi Knee Lift, Open with Press Hands L&R	32
3:17	C / One day	4x8	D	Seated Half Forward Fold L Inhale – Hands to floor to sit, extend L leg F, R foot to inside L thigh Exhale/Inhale – Seated Half Forward Fold L, R hand outside of L foot, L arm F on floor	16 16
3:40	C / Glory	2x8	E	Seated Half Stick Pose with Twist R Inhale/Exhale – R arm reaches diagonally B, L hand on floor or on L leg	16
3:52	Rep / Glory	4x8	D	Repeat Seated Half Forward Fold R	32
4:14	Outro / _ Glory	2x8	E	Repeat Seated Half Stick Pose with Twist L	16



ALT

09A. FORWARD BENDS – HAMSTRINGS
NO DIVIDES 4:30mins



Please use this song in place of Glory when teaching Track 9A

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro	4x8	A Forward Fold , facing front Inhale/Exhale – Step feet hip-width apart, hands on floor to Forward Fold Pregnancy Option: Feet hip-width apart, bend knees, rest elbows on thighs	32
0:23	Instr / (Synth)	2x8	B Flat Back Extend Inhale/Exhale: Hands to shins, Flat Back Extend	16
0:34	Instr / (Clap)	8x8	C 2x Tai Chi Knee Lift, Open with Press Hands L&R Inhale – Knee Lift L, hands through Heart Center to O/H Exhale – Step L foot B on diagonal, lift R toes, Press Hands wide and down Inhale/Exhale – R hand touches R toes Repeat to L	4 4 8 16
1:21	Instr / (Piano)	4x8	A Repeat Forward Fold	32
1:44	Instr / (Synth)	2x8	B Repeat Flat Back Extend	16
1:56	Instr / (Synth)	4x8	A ¹ Repeat Forward Fold ↑Option: Clasp hands behind back	32
2:19	Instr / (Synth)	2x8	B Repeat Flat Back Extend	16
2:30	Instr / (Clap)	8x8	C 2x Repeat Tai Chi Knee Lift, Open with Press Hands L&R	32
3:17	Instr / (Piano)	4x8	D Seated Half Forward Fold L Inhale – Hands to floor to sit, extend L leg F, R foot to inside L thigh Exhale/Inhale – Seated Half Forward Fold L, R hand outside of L foot, L arm F on floor	16 16
3:40	Instr / (Piano)	2x8	E Seated Half Stick Pose with Twist R Inhale/Exhale – R arm reaches diagonally B, L hand on floor or on L leg	16
3:52	Instr	4x8	D Repeat Seated Half Forward Fold R	32
4:14	Outro	2x8	E Repeat Seated Half Stick Pose with Twist L	16



09A. GLORY 4:30mins

TECHNIQUE & COACHING

FORWARD FOLD

Layer 1

- Come into Forward Fold, hands down
- Feet underneath hips, wider if pregnant
- Soften your knees
- **Lift belly to spine**
- Chin tucks in
- Breathe
- Shoulder Stretch, clasp hands behind

Layer 3

- Find yourself surrendering to this moment
- Let your shoulders and head drop
- If you need more support, bend your knees as much as you need to
- Breathe into the back of the body
- Clasp hands; as you exhale, knuckles reach to the ceiling, shoulders and head drop

FLAT BACK EXTEND

Layer 1

- Flat Back Extend
- Breathe in, hands to shins
- Shoulders and hips in line
- Breathe out, lengthen

Layer 3

- Inhale, straighten your arms, your legs, the back of your body
- Breathe energy to the back of the body

TAI CHI KNEE LIFT, OPEN WITH PRESS HANDS

Layer 1

- Tai Chi
- Right knee
- Step back and wide
- Stay, hold your toes and deepen
- Breathe in, exhale back
- Breathe in to stay, breathe out, let go

Layer 3

- Consciously slow this down and internalize the experience
- Breathe in, breathe out and stay
- Your body knows where to go, you've been here before
- Be present – it's all yours

SEATED HALF FORWARD FOLD

Layer 1

- Have a seat, cross back leg in behind
- Half fold
- Square your hips, foot to inner thigh
- Lift your chest
- Opposite hand to opposite leg
- Breathe in and reach
- Breathe out and Fold
- Chin to your chest

SEATED HALF STICK POSE WITH TWIST

Layer 1

- Breathe in, open the arm wide and back
- Breathe out, open chest, reach high

ESSENCE TIPS

Our first Hamstrings track creates a glorious feeling of coming full circle, returning back home as we revisit our Tai Chi. We slow the choreography right down, and shift to a different, quieter energy. We are now searching for the stretch and release in the Tai Chi movements. Part of the magic of returning to our Tai Chi is that it encourages reflection. We can explore how our bodies feel now, nearing the end of the class, compared to the beginning where we were just starting to get warm.

Hayley and Thiago both found that the music holds all the power in this track. They both wanted to say as little as possible, so there is ample opportunity to connect to the music and let it take center stage. When we trust in the silence, we give our participants permission to do the same; to trust that what they are doing is enough. That they don't need any more direction – it is entirely their journey from here.



09B. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

I want my participants to find an attitude of acceptance of their bodies in their poses.

MUSIC		SEQUENCE/EXERCISE	CTS
0:00	Intro	Set up Seated Wide-Legged Stick Pose , facing front, knees bent, hands on floor behind ⤴Option: Extend legs, hands F on floor ⤴⤴Option: Hook big toes with fingers, flex feet	
0:43	We really thought	Seated Wide-Legged Forward Fold with PNF Inhale – Press legs into floor Exhale – Release pressure into floor, Forward Fold Option: Repeat PNF in Seated Wide-Legged Forward Fold	
1:30	We went back and forth	Inhale – Lift torso, legs together, face L side Exhale – Roll down to floor, knees bent, feet on floor Inhale/Exhale – Extend R leg (front leg), L hand holds R foot, R hand on R hip	
1:45	Running to my	A Supine Abductor Stretch R Inhale/Exhale – R leg across body ⤴Option: Extend L leg on floor Pregnancy Option: Supine Twist R, extend L leg to 45°, hold L leg in R hand	
2:20	You jumped	A Repeat Supine Abductor Stretch L	
3:09	Push came to shove	Inhale/Exhale – Extended Butterfly Pose , arms O/H or holding elbows O/H (NOTE: counts are irregular; use lyrics for musical cues)	



09B. APOLOGY TO AN EX LOVER 3:36mins

TECHNIQUE & COACHING

SEATED WIDE-LEGGED STICK POSE

Layer 1

- Seated Wide-Legged Pose
- Sit up on your sit bones
- Lower back lengthens
- Perhaps with knees bent, hands behind
- If your hips allow, straighten out your legs
- Arms in front on floor
- If it feels good, hold big toes

Layer 3

- A real acceptance of how unique and individual is the structure of our hips

SEATED WIDE-LEGGED FORWARD FOLD WITH PNF

Layer 1

- Flex your feet
- Adding some PNF
- Tense all the muscles on the top of the legs
- Push down on the underside
- Breathe in and hold
- **Draw belly up**
- Breathe out, fold forward

Layer 3

- Make the out-breath big
- If you want to do this again, use the in-breath to tense the muscles, press down through the underside and then release – see where the out-breath can take you

SUPINE ABDUCTOR STRETCH

Layer 1

- Breathe in, lift the body
- Bend your knees, legs in
- Roll onto back
- Lift front leg to sky
- Hold it with your opposite hand
- Anchor the hips down
- Take the leg across your body
- Pregnancy option: drop both knees to the front, extend top leg to 45 degrees
- Other side
- Inhale, find your anchor; exhale, take the foot across

Layer 3

- Wherever you are, allow yourself to anchor down, keep breathing into this wonderful stretch
- Take time to really find what your body wants today
- Just breathe

EXTENDED BUTTERFLY POSE

Layer 1

- Extended Butterfly Pose
- Soles of feet together
- Knees wide
- Arms over head or holding elbows

Layer 3

- As you find comfort and acceptance here, hold that intention and breathe

ESSENCE TIPS

One more Hamstrings Track to ease us into Relaxation/Meditation. To encourage participants to begin this descent into rest and recovery, soften your tone and slow down your movements to help create a seamless transition.

Shelley says: "In Seated Wide-Legged Stick Pose I wanted to encourage participants to take the option that allowed them to find pelvic and spinal alignment by acknowledging how unique and individual our hips are structured. I introduced the concept of acceptance of our bodies and we threaded this through the track and into the Meditation. Once the best position for each individual is found we add the PNF Stretch introduced in Track 5b. We flex the feet, roll the thigh bones back, tense the muscles on the top of the legs, press down through the underside of the legs and inhale for 3 counts. Then we release the contraction, fold forward as we exhale, while keeping the spine long. Again, the range of the Forward Fold will be unique, depending on hip structure as well as flexibility. The PNF Stretch is repeated and by simply giving this instruction, without repeating all the cues, we minimize our words and give more space for silence and surrender."

Kester adds: "Shelley and I both had the idea of acceptance in this track, encouraging participants to accept this part of their Yoga journey, accepting what is meant to be for them today. During the Abductor stretch, it almost felt like it was time to have a conversation with our own body. Use simple Layer 1 cues to set up participants and give them lots of space and opportunities to carry out that conversation. Reinforce the idea of acceptance in Extended Butterfly Pose to continue that intention into the Relaxation."



10. RELAXATION/MEDITATION THROUGH WINTER EYES/PILLAR OF LIGHT 13:33mins



TRACK FOCUS

I want my participants to find a sense of acceptance and relaxation through stillness and connection of mind, body and breath.



Slowly start to come out of your pose. You want to be warm and comfortable so do what you need, whether you take some water, get some extra clothing or make your way into the most comfortable position that you need right now. Maybe you're lying down on the floor; maybe you're sitting. Begin to make some small adjustments so your body feels ready to relax. Tuck in the chin, back of the neck is long, slide your shoulder blades back together so your chest and heart are open. You might like to wiggle your hips a little so you're even and balanced, left and right. That way your legs can both evenly relax into the floor. Check in with your hands and feet; they have worked really hard in this class, so allow them to feel light now. If there's any residual tension across your face, take a breath, let it soften. You might like to close your eyes so we can really be in our body. Start to bring your awareness to the movement of your breath – maybe it's in your chest or your belly. Notice the natural rhythm and pace without trying to change it. See if you can be with your breath from the beginning of your inhale all the way to the end of the exhale. This breath is the reminder of this moment. Just like we allow our bodies to move into the poses from a place of acceptance, let's allow this feeling of relaxation wash over our body without expectation – just be.

When we learn to accept what is, we can relax into the journey of our lives and we hold this acceptance, take it with us off the mat and into our day.

When you're ready, very slowly bring movement back into your body, whatever feels good now. You might like to hug your knees into your chest to release your lower back once more. From there, rolling to one side, use your hands to push yourself up slowly.

Open your eyes when you're ready. Feeling grounded, feeling tall.

Thank you.



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