

# BODYFLOW

90

## MUSIC

### EXPRESS FORMATS

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#### 02A. SUN SALUTATIONS

#### 02B. SUN SALUTATIONS

#### 03. STANDING STRENGTH

#### 04. BALANCE

#### 05. HIP OPENERS

#### 06. CORE – ABDOMINALS

#### 07. CORE – BACK

#### 08. TWISTS

#### 09A. FORWARD BENDS – HAMSTRINGS

#### 09B. FORWARD BENDS – HAMSTRINGS

#### 10. RELAXATION/MEDITATION

#### BONUS

#### 01. TAI CHI WARM-UP

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# TEACHING THE ESSENCE OF BODYFLOW

## 6 Keys to unlocking the Mind-Body

### Experience:

#### Stay in a Balance Frame of Mind

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

#### Don't Pose

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

#### Keep Cues Simple

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

- Set up clearly using 2 to 4 Layer 1 Setup cues. These cues should put people into the shape of the pose, explaining simple alignment and breathing. Think of "which body part are we moving in which direction". This helps people feel confident and comfortable.
- Teach any necessary Layer 2 options then pause to look around at your members.
- Layer 3 cues are often a response to what we see. Refer to the Technique Manual and choreography notes for a wide variety of these. You might need to add another breath cue, coach deeper into the feel of the pose, motivate, connect, explain a benefit of the pose, or just be SILENT.

## This is SBS

**S** Set it up, **B** Breathe it up, **S** Silence it up!

Our silence allows us to stay more

**IN THE MOMENT.**

## Don't Waste Words

People will naturally follow our movement; so choose follow-up cues that describe the feel or detail of the poses that they cannot see eg "*Arms light and long*" gives length to a move, rather than "*Take your arms out to the side*", which they can see. "*Big toes and heels together*" gives technical detail rather than "*Feet together*".

## Question Yourself

Ask yourself, "What do I want my class members to experience in each pose of this track?"

Using your own class-focused objectives will give you a powerful sense of purpose and allow your love of BODYFLOW to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

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

### Books:

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

*Journey Into Power*, Baron Baptiste (Simon and Schuster)

*Dynamic Yoga*, Kia Meaux (Dorling Kindersley Ltd)

*Awakening the Spine*, Vanda Scaravelli (Harper Collins)

### Videos/DVDs:

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

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

*Tai Chi for Health*, Terence Dunn (Healing Arts)



# MUSIC

- 01

**Animals** (3:43)  
KAWALA  
Courtesy of the Universal Music Group.  
Written by: Higson, McCarthy
- 02A

**Heavy, California** (3:02)  
Jungle  
© 2018 XL Recordings Ltd.  
Written by: Watson, McFarland
- 02B

**Stay In Love (Arrient Remix)** (6:09)  
Uppermost, Ofelia  
© 2017 Uppwind Records.  
Written by: Aitken, Cechal, Wagnberg, Nejatbakshe
- 03

**No Fear No More** (4:57)  
Madeon  
© 2019 Hugo Leclerq under exclusive license to Columbia Records, a Division of Sony Music Entertainment.  
Written by: Leclerq
- 04

**Teardrop** (5:29)  
Massive Attack  
Courtesy of the Universal Music Group.  
Written by: del Naja, Marshall, Vowles, Fraser
- 05

**Song for You** (5:57)  
Rhye  
© 2018 Loma Vista Recordings., Distributed by Concord Music Group, Inc.  
Written by: Milosh, Parker, Shapira
- 06

**First Body** (5:52)  
TNGHT  
© Courtesy of Warp Records.  
Written by: Birchard, Fermin Pierre II
- 07

**Oceans Away (Sam Feldt Remix)** (2:50)  
A R I Z O N A  
© 2017 Artist Parner Group, Inc. for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.  
Written by: Bianco, Esquite, Hannah, Labuguen
- 08

**5 Hand Clap** (3:11)  
Atomic Drum Assembly  
© 2019 Island Life Recordings.  
Written by: Serrell
- 09A

**Outro** (4:06)  
M83  
© 2011 M83 Recording Inc.  
Written by: Gonzales, Meldal-Johnson
- 09B

**Lay Down** (3:47)  
Son Little  
© 2015 Anti, Inc.  
Written by: Livingston
- 10

**Perfect Peace** (5:12)  
Stanton Lanier  
© 2020 Music To Light The World.  
Written by: Lanier
- BONUS 01

**Someday I'll Be With You** (4:00)  
Tyzo Bloom feat. JNNA  
© 2016 Tyzo Bloom Music.  
Written by: Unknown

# EXPRESS FORMATS

| 30-MINUTE STRENGTH |                        | 30-MINUTE FLEXIBILITY |                            |
|--------------------|------------------------|-----------------------|----------------------------|
| Track 02A & 2B     | Sun Salutations        | Track 01              | Yoga Warm-Up               |
| Track 03           | Standing Strength      | Track 02A & 2B        | Sun Salutations            |
| Track 04           | Balance                | Track 05              | Hip Openers                |
| Track 06           | Core – Abdominals      | Track 08              | Twists                     |
| Track 07           | Core – Back            | Track 09A             | Forward Bends – Hamstrings |
| Total Time         | 28:19                  | Total Time            | 26:08                      |
| Track 10           | Relaxation/ Meditation | Track 10              | Relaxation/ Meditation     |

| 45-MINUTE STRENGTH |                            | 45-MINUTE FLEXIBILITY |                            |
|--------------------|----------------------------|-----------------------|----------------------------|
| Track 01           | Yoga Warm-Up               | Track 01              | Yoga 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 05              | Hip Openers                |
| Track 07           | Core – Back                | Track 08              | Twists                     |
| Track 08           | Twists                     | Track 09A & 09B       | Forward Bends – Hamstrings |
| Track 09A          | Forward Bends – Hamstrings | Total Time            | 40:21                      |
| Total Time         | 39:19                      | 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](https://lesmills.com/release-feedback)

# KEY

|                |                                              |             |                                               |
|----------------|----------------------------------------------|-------------|-----------------------------------------------|
| <b>Alt</b>     | Alternate                                    | <b>B</b>    | Back                                          |
| <b>BPD</b>     | Body part and direction                      | <b>Bold</b> | Must-Do Cues                                  |
| <b>cts</b>     | Musical counts                               | <b>F</b>    | Forward                                       |
| <b>L&amp;R</b> | Left and right                               | <b>mins</b> | Minutes                                       |
| <b>O/H</b>     | Over head                                    | <b>OTS</b>  | On The Spot                                   |
| <b>Pose</b>    | Positions as explained in the Program Manual | <b>Seq</b>  | Sequence (repetition of exercise or position) |



# BODYFLOW 90



L–R: Sue Far-Ashton, Julea Cecil, Kylie Gates

Thank you for joining us in the experience that is BODYFLOW 90! This year has held massive change for all of us, and a huge amount of disappointment. When we choreograph BODYFLOW, we hold you, the instructors who pour your love and hard work into bringing it to the world, in our minds and hearts. We know that this is not an easy time. We miss being able to travel and see your beautiful faces, talk and hug and share. So we are using the opportunity we have to choreograph all the love, and hopefully the uplift we can, into these classes. This release holds music that inspires us, makes us sing and work hard, and the movements that challenge us and feel great. This is a class we have tried to make feel very connective in its simplicity and flow. We hope it lifts your spirits and helps you dream of the brilliant future.

*Jackie* <sup>①</sup> *Diana*

## CREDITS

- Program Directors** – Dr. Jackie Mills and Diana Archer Mills
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultant** – Bryce Hastings
- Program Coach** – Kylie Gates
- Production Coordinator** – Michelle Farrier

## PRESENTERS

- Julea Cecil** (New Zealand) is a BODYBALANCE/ BODYFLOW, BODYCOMBAT, LES MILLS CEREMONY, LES MILLS CONQUER and a LES MILLS GRIT Instructor. She is based in Auckland.
- Sue Far-Ashton** (New Zealand) is a BODYBALANCE/BODYFLOW presenter and instructor and she is based in Wellington.
- Kylie Gates** (Australia) is Creative Director for BODYBALANCE/BODYFLOW, BODYATTACK, CXWORX, LES MILLS BARRE, LES MILLS TONE and SH'BAM and is the Head Program Coach for BODYPUMP. She is based in Auckland.

## TALENT

- Alina Larinina** (Russia)
- Amal Fatta** (Saudi Arabia)
- Angeliki Beligianni** (Greece)
- Arame BA** (Senegal)
- Daniela Elena Cirlig** (Romania)
- Daniela Gajardo** (Chile)
- Eleni Ioannou** (Cyprus)
- Elin Atlebond** (Sweden)
- Ender Biscaia** (Brazil)
- Francy Velosa** (Colombia)
- Inbal Amran** (Israel)
- Janine Brassé** (Netherlands)
- Jarno Tynkkynen** (Finland)
- Jasna Zunic** (Serbia)
- Jean Bart Eventz** (France)
- Jessica Wong** (United States)
- John Arvin Fernando** (United Arab Emirates)
- Jubilee Viforj** (Australia)
- Maja Krašovec** (Slovenia)
- Maria Bottaniz** (Spain)
- Maria Gonçalves** (Portugal)
- Mariana Ascencio** (Mexico)
- Munfainjah Illip** (Indonesia)
- Natalia Litwiniuk** (Poland)
- Nesreen Kadars** (Saudi Arabia)
- Olaf Lips** (Switzerland)
- Ragnhild Lien** (Norway)
- Robin Yu** (China Mainland)
- Sachiko Suzuki** (Japan)
- Skarley Fabiola Bilbao Becerra** (Bolivia)
- Tarsia Tharun** (Germany)
- Torie Green** (United Kingdom)
- Uno Yang** (China Taiwan)
- Viviane Neves** (Brazil)
- Yasmeen Alawieh** (Lebanon)



# 01. YOGA WARM-UP



## TRACK FOCUS

Breathe, stretch and activate the body.

| MUSIC |              | SEQUENCE/EXERCISE |                                           | CTS |
|-------|--------------|-------------------|-------------------------------------------|-----|
| 0:07  | Call me      | 4x8               | <b>Extended Mountain Pose</b>             | 16  |
|       |              |                   | <b>Forward Fold</b>                       | 16  |
| 0:22  | All we need  | 4x8               | <b>Childs Pose</b>                        | 32  |
| 0:38  | Running away | 4x8               | <b>Cow Pose</b>                           | 16  |
|       |              |                   | <b>Cat Pose</b>                           | 16  |
|       |              |                   | <b>All Fours</b>                          | 4   |
| 0:56  | He's a dog   | 4x8               | From <b>All Fours</b>                     |     |
|       |              |                   | Bent <b>Leg Circle L</b>                  | 16  |
|       |              |                   | Bent <b>Leg Circle R</b>                  | 16  |
| 1:12  | He's a dog   | 4x8               | 2x bent <b>Leg Circle L</b>               | 16  |
|       |              |                   | 2x bent <b>Leg Circle R</b>               | 16  |
| 1:27  | Call me      | 8x8               | <b>Down Dog</b> (moving as it feels good) | 64  |
| 1:59  | Running away | 4½x8              | Lift heels, bend knees                    | 34  |
| 2:16  | He's a dog   | 8x8               | From <b>Down Dog</b>                      |     |
|       |              |                   | 2x bent <b>Leg Circle L</b>               | 16  |
|       |              |                   | 2x bent <b>Leg Circle R</b>               | 16  |
|       |              |                   | 2x fast bent <b>Leg Circle L</b>          | 16  |
|       |              |                   | 2x fast bent <b>Leg Circle R</b>          | 16  |
| 2:48  | Hold onto    | 4x8               | <b>Forward Fold</b>                       | 32  |
| 3:04  | He's a dog   | 4x8               | <b>Hindi Squat</b>                        | 32  |
| 3:20  | He's a dog   | 4x8               | <b>Forward Fold</b>                       | 32  |
| 3:35  | Hold onto    | 2x8               | <b>Hindi Squat</b>                        | 16  |



# 01. ANIMALS 3:43mins

## TECHNIQUE & COACHING

### EXTENDED MOUNTAIN POSE TO FORWARD FOLD

#### Layer 1

- Extended Mountain
- In-breath as you lift the arms up
- Press hands together and stretch the body long exhale
- Inhale, Forward Fold
- **Belly to spine and bend knees**
- Exhale, hands on either side of the feet

### CHILDS POSE

#### Layer 1

- Start in Childs Pose
- Knees wide
- Big toes together
- Sit your hips back
- Reach your arms forward
- Hands shoulder-width apart
- Breathe in and out through your nose

#### Layer 3

- Feel length and space coming into your arms and spine
- Follow your breath; relax your body and soften

### COW & CAT POSE

#### Layer 1

- Breathe in and come forward to Cow Pose
- Hands under shoulders
- Chest through your arms
- Let your hips lower and heart open
- Take a breath in and come to Cat Stretch

#### Layer 3

- Tuck the chin in and draw the belly in and up to round

### LEG CIRCLE – ALL FOURS

#### Layer 1

- Come back to All Fours
- Scorpion the front leg up and hold
- Knees circle to front and hold
- Lower and change legs
- Let's move a little faster
- Breathe and smooth out the circles
- Same leg again

#### Layer 3

- Mobilizing the hip joints with breath
- Keep your arms strong as the leg circles

### DOWN DOG

#### Layer 1

- Inhale, tuck toes under
- Down Dog
- Hands shoulder-width apart
- Feet hip-width apart
- Exhale, push up and back
- Walk your Dog if you want
- Move through your shoulders

#### Layer 3

- Press into the palms of your hands
- Breathe and move your body in a way that feels really good for you to stretch
- Deep breaths in, slow breaths out

### LEG CIRCLE – DOWN DOG

#### Layer 1

- In-breath and lift the front leg
- Press evenly through both arms
- Circle the knee open and lower leg
- Other side
- Let's do again little faster and smoother

#### Layer 3

- Press the bottom heel down for stability
- Make it feel good in your body

### FORWARD FOLD

#### Layer 1

- Walk feet towards hands
- Forward Fold
- **Bend your knees as much as you need to**
- Chest rests towards your thighs
- Drop your head
- **Lift your belly**

### HINDI SQUAT

#### Layer 1

- Turn the heels in, toes out
- Inhale, lower hips to Hindi Squat
- Might be halfway, might be a bit further
- Exhale, lower to where feels good



# 01. ANIMALS 3:43mins

## TECHNIQUE & COACHING

### Layer 3

- Push into the outside edges of the feet
- Lift up through the chest
- Lift up a little as you breathe so you start to energize your muscles

### ESSENCE TIPS

We are facing the side for this track, so simple, clear coaching is paramount to getting your class moving and warming quickly. Remember, it is OK to strip your script way back as we begin and let people really explore the music and acknowledge how their bodies feel today. There is so much time and space to bring more depth to your coaching as we move through the release. Let this warmup be about simply connecting to the body and breath. We have a new Leg Circle to really warm the hip joints.



# 02A. SUN SALUTATIONS



## TRACK FOCUS

Co-ordinate breath and movement to deeply warm the body.

| MUSIC |           | SEQUENCE/EXERCISE |                                                                                                                                                                                                                                                                                                                                                                                                                            | CTS                                                      |
|-------|-----------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
| 0:00  | Intro     | 1x8               | Roll to standing <b>Mountain Pose</b>                                                                                                                                                                                                                                                                                                                                                                                      | 8                                                        |
| 0:07  | Beat      | 10x8              | A <b>Sun Salutation Sequence L</b><br>Inhale – <b>Extended Mountain Pose</b><br>Exhale – <b>Forward Fold</b><br>Inhale – <b>Lunge L</b><br>Exhale – <b>Down Dog</b><br>Inhale – <b>Plank</b><br>⇅Option: Knees down<br>Exhale – <b>Crocodile</b><br>⇅Option: Knees down<br>Inhale – <b>Baby Cobra</b><br>Pregnancy Option: Cat Pose<br>Exhale – <b>Down Dog</b><br>Inhale – <b>Lunge R</b><br>Exhale – <b>Forward Fold</b> | 8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8<br>8 |
| 0:51  | Just hold | 10x8              | A <sup>1</sup> <b>Sun Salutation Sequence R</b>                                                                                                                                                                                                                                                                                                                                                                            | 80                                                       |
| 1:34  | Come on   | 10x8              | A Repeat <b>Sun Salutation Sequence L</b>                                                                                                                                                                                                                                                                                                                                                                                  | 80                                                       |
| 2:17  | Just hold | 10x8              | A <sup>1</sup> Repeat <b>Sun Salutation Sequence R</b><br><br>Hold in <b>Forward Fold</b> to finish                                                                                                                                                                                                                                                                                                                        | 80                                                       |



# 02A. HEAVY, CALIFORNIA 3:02mins

## TECHNIQUE & COACHING

### EXTENDED MOUNTAIN POSE, FORWARD FOLD

#### Layer 1

- Inhale, Extended Mountain Pose, circle the arms up
- Palms together
- Exhale, bend the knees and fold all the way down
- Lift the belly
- Hands on either side of the feet

#### Layer 3

- Now we flow
- Let's see if we can get the flow of breath even more

### LUNGE

#### Layer 1

- Inhale, front leg to Lunge
- Knee stacked over ankle
- Lift chest

#### Layer 3

- Power your back leg
- Keep opening the heart space

### DOWN DOG

#### Layer 1

- Exhale, step back to Down Dog
- Hands shoulder-width apart
- Feet hip-width apart
- Hips high

#### Layer 3

- Feel the length coming into the spine
- Eyes to knees
- Keep lifting tail bone high

### PLANK

#### Layer 1

- Inhale, float forward to Plank
- Knees come down first round
- Brace your core

#### Layer 3

- Powerful body in the Plank

### CROCODILE

#### Layer 1

- Exhale, Crocodile
- Bend your elbows, lower halfway
- Core engaged

#### Layer 3

- Feel the strength in the whole body

### BABY COBRA / UP DOG

#### Layer 1

- Inhale, Baby Cobra or Up Dog
- Pregnancy Option: Cow Pose
- **Squeeze your butt**

#### Layer 3

- Squeeze shoulder blades together
- Rise, chest to the sky

### ESSENCE TIPS

Simple classic Sun Salutation track. When the flow starts, focus on the Must-Do Cues so everyone can follow easily especially for the first 2 rounds. Clear Layer 1 cues: name of pose, alignment, body part and direction (BPD) helps everyone achieve the sequence. On the second round stay with Layer 1 cues adding the link to the breathing pattern.

Basic cues and easy-to-understand options allow participants to learn where they are moving, and have control over their flow. In the first round, give the option for pregnant participants to move into Cat/Cow Pose. This will cover any women who may get to class late, or who aren't comfortable asking for options at the beginning of class. If you notice anyone taking the options, you can then cater to them throughout the class.

Our objective in Sun Salutations is always to help participants immerse themselves in their experience. What helps to achieve this is to only say what is needed (especially when out of sight) to encourage seamless transitions from one pose to the next.



Breath and movement flow.

BODYFLOW 90



# 02B. STAY IN LOVE (ARRIENT REMIX) 6:09mins

## TECHNIQUE & COACHING

### EXTENDED MOUNTAIN POSE TO CHEST STRETCH

#### Layer 1

- Breathe in, rise up to Extended Mountain Pose
- Circle arms behind your back
- Clasp hands, palms together

#### Layer 3

- Breathe into the beautiful chest and shoulder stretch

### BABY BACK BEND

#### Layer 1

- Breathe in, arms lift over head
- **Squeeze butt**
- Hips press forward

#### Layer 3

- Create space in the spine
- Feel the extension in your body

### FORWARD FOLD

#### Layer 1

- Exhale and fold
- **Bend knees**
- **Lift belly**

#### Layer 3

- Tuck chin in and release neck
- Chest on thighs to release

### LUNGE

#### Layer 1

- Inhale, front leg to Lunge
- Knee stacked over ankle
- Lift chest

#### Layer 3

- Power your back leg
- Keep opening the heart space

### WARRIOR 1

#### Layer 1

- Exhale, back heel presses down
- Hold and square the hips
- Inhale, rise and lift arms

#### Layer 3

- Power the back foot down
- Even weight in both legs

### WARRIOR 2

#### Layer 1

- Exhale and open to Warrior 2
- Open the back foot
- Square hips to front

#### Layer 3

- Feel the back hip open up
- Stacking shoulders over hips

### SUN WARRIOR

#### Layer 1

- Inhale, Sun Warrior
- C-shape your spine

#### Layer 3

- Feel the freedom in the upper body
- Allow the flow to happen as you breathe and dance with it

### EXTENDED WARRIOR

#### Layer 1

- Exhale and extend your Warrior
- Elbow on thigh or ankle

#### Layer 3

- Lengthen your spine and breathe
- Keep the power in the back leg
- Revolve and open your body up



# 02B. STAY IN LOVE (ARRIENT REMIX) 6:09mins

## TECHNIQUE & COACHING

### DOWN DOG

#### Layer 1

- Inhale, step back to Down Dog
- Hands shoulder-width apart
- Feet hip-width apart
- Hips high

#### Layer 3

- Feel the length coming into the spine
- Eyes to knees
- Keep lifting tail bone high

### PLANK TO CROCODILE

#### Layer 1

- Exhale, Plank to Crocodile
- We move faster through this
- Brace your core as you lower

#### Layer 3

- Ride the wave forward and down
- Roll and lower strong
- Breathe out and keep breathing out as you lower

### BABY COBRA / UP DOG

#### Layer 1

- Inhale, Baby Cobra or Up Dog
- Pregnancy Option: Cow Pose
- **Squeeze your butt**

#### Layer 3

- Squeeze shoulder blades together
- Rise, chest to the sky

### ESSENCE TIPS

The second Sun Salutations sequence adds a new feel of Warrior Yoga flow as we explore a fresh pattern of movements and poses. This is the perfect opportunity to enhance the sense of warmth and body awareness developed through the first Sun Salutations track as you have 6 rounds.

Follow the same structure as the first Sun Salutations: Layer 1 cues (BPD, name of pose and basic alignment) at the beginning of each new move. This allows participants to learn how to get into each pose effectively, and then begin to learn the sequence. Second round, Yoga breath: in through the nose, out of the nose.

Unique points to coach: Timing is faster (8 counts) through the Plank to Crocodile creating this wave like feeling into Up Dog. We also have time to set the Warrior 1 back foot placement along with squaring of the hips (8 counts) to then rise with the breath and arms over head (8 counts). Coach to the back foot opening up as you flow from Warrior 1 to Warrior 2 (8 counts).

Once the class has mastered the basics, and incorporated the breath, the focus is to help 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.



# 03. STANDING STRENGTH



## TRACK FOCUS

Discovering how unstable positions add to the strength challenge.

| MUSIC                        |                  | SEQUENCE/EXERCISE |      |                                                                          | CTS            |
|------------------------------|------------------|-------------------|------|--------------------------------------------------------------------------|----------------|
| 0:00                         | Intro            | 4½x8              | A    | Set <b>Intense Pose</b> facing front<br>Arms O/H, palms together         | 16<br>20       |
| Standing Strength Sequence L |                  |                   |      |                                                                          |                |
| 0:22                         | You used to      | 4x8               | B    | <b>Warrior 2</b> L, Inhale/Exhale<br>⬆Option: Lift heel                  | 32             |
| 0:42                         | Just like before | 4x8               | B¹   | <b>Extended Warrior</b> L<br>⬇Option: Forearm to thigh                   | 32             |
| 1:02                         | Instr            | 4x8               | B²   | <b>Floating Half Moon</b> L<br>⬆Option: Clasp hands O/H last 8cts        | 32             |
| 1:22                         | Just like before | 4x8               | B    | <b>Warrior 2</b> L                                                       | 32             |
| 1:43                         | Instr            | 4x8               | B²   | Repeat <b>Floating Half Moon</b> L<br>⬆Option: Clasp hands O/H last 8cts | 32             |
| 2:02                         | Instr            | 20½x8             | B–B² | Repeat <b>Standing Strength Sequence</b> R                               | 160            |
| 3:45                         | Instr            | 2x8               | C    | <b>Wide Squat</b> hands clasped O/H                                      | 16             |
| 3:55                         | Instr            | 8x8               | D    | Heel lift L and <b>Side Bend</b> L<br>Repeat R<br>Repeat L&R             | 16<br>16<br>32 |
| 4:35                         | Just like        | 4x8               | A    | Repeat <b>Intense Pose</b>                                               | 32             |



# 03. NO FEAR NO MORE 4:57mins

## TECHNIQUE & COACHING

### INTENSE POSE

#### Layer 1

- Stay in your Forward Fold
- Breathe in, coming up sitting your hips back
- Arms over head, palms together
- Exhale and sink in your legs
- Tuck your tail bone under
- Lengthen the lower back
- Draw your belly in

#### Layer 3

- Let's get strong, squeeze the knees together
- Draw into the mid-line

### WARRIOR 2

#### Layer 1

- Come to Warrior 2
- Feet come wide
- Turn toes directly to the side
- Press back heel away
- Inhale, bend the front knee
- Exhale, straighten the back leg
- Square the hips to the front as much as you can
- Option to lift your heel for more strength

#### Layer 3

- Pull the muscles of your back thigh up
- Super strong legs while opening the hips
- Ground yourself down

### EXTENDED WARRIOR

#### Layer 1

- In-breath reaches you long, extend your spine
- Land either elbow on thigh or down to ankle
- Tail bone tucks under

#### Layer 3

- Feel the opening through the side body
- Keep strong in your lower body then you can create lift and length with your in-breath through your spine, exhale freedom of movement
- Do what feels good in your body

### FLOATING HALF MOON

#### Layer 1

- Arms wide
- Back foot steps in
- Set your eyes
- Shift the weight
- Lift your back leg opening your hip
- Press through the heel of the foot
- Standing leg bent
- Open arms wide as you breathe in
- Hips and shoulders square to front

#### Layer 3

- Keep the leg in line with spine
- Core is on, pelvis is stable
- If you want to advance, breathe your bottom hand up and clasp hands together
- Turn and revolve body to the front

### WIDE SQUAT

#### Layer 1

- Come to Wide Squat with arms over head
- Knees press out, belly lifts
- Breathe in, lift the heel
- Exhale and Side Bend
- Breathe to other side

#### Layer 3

- Lift and C-shape from the sternum
- Lifting the heel strengthens our ankles
- Stay low in the legs to feel the beautiful stretch in the side body



# 03. NO FEAR NO MORE 4:57mins

## TECHNIQUE & COACHING

### ESSENCE TIPS

Short and strong Standing Strength! Coaching points – the progression of Floating Half Moon, allows us to drop off people into where they want to be in this pose.

Option with the most stability opening both arms wide; and then the advanced option of clasping both hands over head. In all options we're aiming to square our hips and shoulders to the front and notice when you strongly press out through both heels this really helps to activate our glutes which helps to steady us no matter which option we choose to work at.

In the Wide Squat the instability challenge comes from lifting just one heel and adding a Side Bend. Feel how this really challenges our ankle strength – ensure you keep both knees bent and equal weight in both legs as this in turn anchors our hips to allow the beautiful stretch up our side body.

Keeping the Layer 1 cues simple, allows space to pause and look out at your class and then followup with Layer 3 cues to deepen the pose/ experience for the participants. When we give this followup coaching our class participants are more likely to hear and retain the information (because we have paused and given space in between cues) which then helps to develop their practice. And of course everyone learns differently; some participants learn through technical instructions and some learn through feeling/emotive instruction. Try to teach from a mix of both so you are helping them to bring awareness to their bodies and their experience; trust they will find their way...



# 04. BALANCE



## TRACK FOCUS

Challenge and hone concentration and exploration skills.

| MUSIC |              | SEQUENCE/EXERCISE |                                                                |                                                     | CTS |
|-------|--------------|-------------------|----------------------------------------------------------------|-----------------------------------------------------|-----|
| 0:00  | Intro        | 10x8              | <b>Intense Pose</b> heels lifted, <b>Prayer Hands</b> at chest |                                                     | 24  |
|       |              |                   | Arms O/H                                                       |                                                     | 32  |
|       |              |                   | Hands to chest                                                 |                                                     | 24  |
| 1:02  | Love, love   | 8x8               | A                                                              | <b>Dancers Pose Sequence</b> L                      |     |
|       |              |                   |                                                                | Set <b>Dancers Pose</b>                             | 16  |
|       |              |                   |                                                                | <b>Dancers Pose</b>                                 | 16  |
|       |              |                   |                                                                | Bend knee                                           | 16  |
|       |              |                   |                                                                | Lift arm                                            | 16  |
| 1:52  | Night, night | 8x8               | A                                                              | Repeat <b>Dancers Pose Sequence</b> on R            | 64  |
| 2:42  |              | 2x8               | B                                                              | <b>Extended Mountain Pose</b> arms O/H              | 16  |
| 2:54  | Water is     | 7x8               | C                                                              | <b>Star Pose</b> L                                  | 28  |
|       |              |                   |                                                                | <b>Fallen Star</b> L                                | 32  |
| 3:38  | Instr        | 7½x8              | C                                                              | Repeat <b>Star Pose</b> and <b>Fallen Star</b> on R | 60  |
| 4:25  | Instr        | 4x8               | D 2x                                                           | L knee to chest, arms O/H 8cts                      |     |
|       |              |                   |                                                                | <b>Aeroplane Pose</b> L, arms at side 8cts          | 32  |
| 4:50  | Instr        | 4x8               | D 2x                                                           | Repeat on R                                         | 32  |
| 5:15  | Instr        | 2x8               | B                                                              | Finish in <b>Extended Mountain Pose</b>             | 16  |



# 04. TEARDROP 5:29mins

## TECHNIQUE & COACHING

### INTENSE POSE WITH HEEL LIFT

#### Layer 1

- Stay and bring the hands to Prayer
- Lift heels
- Tuck the tail bone
- Sink low
- Breathe the arms up and hold
- Draw belly in and work the heel lift
- Breathe the arms back down

#### Layer 3

- Sink deeper on the out breath
- Squeeze ankles, knees together
- So strong keep the breath flowing

### DANCERS POSE

#### Layer 1

- Grab the inside of the right foot
- Thumb and big toe connect
- Lift the arm up
- Breathe in and kick the foot into the hand
- Chest reaches forward
- Bend the standing leg

#### Layer 3

- Feel how the glute engages when you bend the knee
- Steady yourself and play with it
- Explore what's possible
- Lift the top arm and feel the incredible extension in the back body

### EXTENDED MOUNTAIN POSE

#### Layer 1

- Breathe your arms over head
- Lift heels

#### Layer 3

- Draw everything into the mid-line of the body
- Find your strength

### STAR & FALLEN STAR POSE

#### Layer 1

- Lift the left leg as you breathe in
- Exhale, Star Pose with wide arms
- Draw the energy into the mid-line

#### Layer 3

- Long held Star so play with it
- Weight balance is there to challenge
- Dive in and play with it as you fall into the Star
- Allow the pose to fit your body

### KNEE TO CHEST – AEROPLANE POSE

#### Layer 1

- Knee Lift as you inhale
- Lift arms high
- Exhale, and Aeroplane Pose
- Arms go back behind you
- Belly strong

#### Layer 3

- Grow into the pose
- If you want, try and dive

### ESSENCE TIPS

Coaching points – invitation to challenge and hone our concentration and exploration skills in the balance poses today.

Star/Falling Star variation – notice how we move into Star Pose a little differently with a simple lifting of the leg to the side and tipping. You'll feel how much this activates and challenges our glute-med!

The music feels quite ethereal, like you want to float and explore through space. This presents some of the biggest opportunities for us to invite our class to 'discover and explore', inviting them to simply explore and discover what happens for them as they do so. You can play with using open ended questions like 'see what happens when....' and let them discover what happens when they try.



# 05. HIP OPENERS



## TRACK FOCUS

Autonomy and finding space in the poses.

| MUSIC |               | SEQUENCE/EXERCISE |   |                                                                            | CTS |
|-------|---------------|-------------------|---|----------------------------------------------------------------------------|-----|
| 0:00  | Intro         | 11x8              | A | Sit down <b>Wide Childs Pose</b>                                           | 88  |
| 0:45  | Sorry for you | 16x8              | B | <b>Frog Pose</b>                                                           | 128 |
| 1:52  | Need          | 18x8              | C | <b>Swan L</b><br>Options: Extend F or diagonal or Quad Stretch             | 144 |
| 3:10  | (Music lifts) | 10x8              | D | <b>Cow Faced Pose</b><br>⇅Option: Modified Half Lotus<br>⇅Option: Extend F | 80  |
| 3:52  | Need          | 19x8              | C | <b>Swan Pose R</b>                                                         | 152 |
| 5:10  | I feel your   | 11x8              | D | <b>Cow Faced Pose</b>                                                      | 88  |



# 05. SONG FOR YOU 5:57mins

## TECHNIQUE & COACHING

### WIDE CHILDS POSE

#### Layer 1

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

#### Layer 3

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

### FROG POSE

#### Layer 1

- Come onto your forearms
- Kick your feet out
- Knees in line with your ankles
- Turn toes out
- Lift your belly

#### Layer 3

- Breathe in, lengthen through the crown of your head
- Breathe out, sit back further
- We have lots of time to play with the pose
- Move forwards, move back – see what your body needs
- You can always shift back to Wide Childs Pose

### SWAN POSE

#### Layer 1

- Heel into groin or 90/90
- We have lots of space to explore this pose
- Quad Stretch – pick up the back foot
- Roll the top hip towards the heel
- Turn shoulders to side wall

#### Layer 3

- Square and deepen the stretch
- We have lots of space to explore this pose and see what we discover
- You can come forward, you might stretch on the 45, you can stay up, take a Mermaid Pose
- Breathe as much as you can wherever you are

### COW FACE POSE

#### Layer 1

- Breathe in, swing leg around into Cow Face or stop at Modified Half Lotus Pose
- If you're doing Cow Face you're trying to stack your knees
- Half Lotus on shin or knee, flex foot to protect ankle
- Everybody ground sit bones down as you exhale
- Lift the back up and over
- You can link fingers of gently press the elbow down
- Inhale to lift belly
- Exhale, keep the length in spine and come forward

#### Layer 3

- Keep pressing the sit bones down to ground
- Breathing length into the lower back
- Try to breathe and relax the jaw and face

### ESSENCE TIPS

Long held stretches, just allowing our bodies to be in a pose. Notice how this gives lots of opportunities to really stay and play with whatever variations feel right for your body and state of mind! We have our favorites of Wide Childs, Frog, Swan – and Cow Face is back! The aim is to try and stack the knees and of course we can stay in Modified Half Lotus. We add the upper body stretch in the arms to help deepen the stretch.

Imagine if we could strip away the idea that poses have a certain beginning or end goal. If we could all just explore our bodies within a pose, adjusting, moving from one variation to another and the only goal is to find a place that feels good. No need to look around and see what the person next to you is doing, or placing judgment on ourselves for not being 'flexible enough' to get to a certain level. Let's help move our classes to this accepting place by offering these variations and encouraging exploration from the very beginning. Give participants power over their experience and help them to tune into their bodies. Mobility is a journey, and regardless of where we are on that journey, there are options for everyone. Moving within a pose, like the rock from forward and back in Frog or the choices in Swan is another tool we can offer to encourage exploration and self-awareness. When we give the offerings and choices then participants have autonomy over their workout; this is empowering for their experience of the class.



# 06. CORE – ABDOMINALS



## TRACK FOCUS

Side hip lift in Hovers for foundation.

| MUSIC |       |      | SEQUENCE/EXERCISE                 |                                                                                                                 | CTS |
|-------|-------|------|-----------------------------------|-----------------------------------------------------------------------------------------------------------------|-----|
| 0:00  |       |      | Facing to L side set <b>Hover</b> |                                                                                                                 |     |
| 0:05  | Instr | 4x8  | A                                 | <b>Hover</b> forearms across body                                                                               | 32  |
| 0:25  | Instr | 4x8  | B                                 | <b>Side Hover</b> L<br>⇩Option: Lower knee down<br>⇧Option: Lift knee<br>⇧⇧Option: Hold foot and straighten leg | 32  |
| 0:46  | Instr | 4x8  | A                                 | Repeat <b>Hover</b>                                                                                             | 32  |
| 1:06  | Instr | 4x8  | B                                 | Repeat <b>Side Hover</b> on R                                                                                   | 32  |
| 1:27  | Instr | 8x8  | C                                 | <b>Supine Abdominal Crunch</b> with pulse 2cts                                                                  | 64  |
| 2:08  | Instr | 10x8 | C <sup>1</sup>                    | 2 pulses, head & shoulders down                                                                                 | 4   |
|       |       |      |                                   | Legs out wide                                                                                                   | 2   |
|       |       |      |                                   | Legs together                                                                                                   | 2   |
|       |       |      |                                   | Repeat x9                                                                                                       | 72  |
|       |       |      |                                   | Pregnancy Option: Prop yourself up on your elbows and toe tap                                                   |     |
| 2:59  | Instr | 34x8 |                                   | Facing to R side set <b>Hover</b>                                                                               |     |
|       |       |      | A–C <sup>1</sup>                  | Repeat on R                                                                                                     | 272 |



# 06. FIRST BODY 5:52mins

## TECHNIQUE & COACHING

### HOVER

#### Layer 1

- Come to Hover, on knees or toes
- Stack your forearms
- Brace the belly
- Keep back long, strong and still
- Pilates breath in through nose, out through mouth

#### Layer 3

- Making it strong is where the magic is, searching to be just a little stronger than the day before
- Press through the forearms to stabilize shoulders
- Press the heels away

### SIDE HOVER

#### Layer 1

- Side Hover
- Turn to front
- Bottom knee bent
- Lift bottom hip
- Breathe in, take hold of the top knee
- Pull it in as far as you can
- Lift your chest, raise the bottom hip more
- If it's too strong on the shoulders drop the bottom hip down and stay lifted in the chest
- Peace fingers hold your big toe
- Straighten the leg from here
- Reach leg and arm away as you exhale
- Or you can straighten the bottom leg
- Peace fingers hold your big toe
- Brace your belly, squeeze your glutes to keep the bottom hip lifted

#### Layer 3

- Whichever level you are on; the focus is to keep lifting the bottom hip and breathe
- Square your hips to the front
- Breathe into this amazing core strength
- Whole body training – give it a go

### SUPINE ABDOMINAL CRUNCH COMBINATION

#### Layer 1

- Lie on your back
- Pregnancy Option: Prop yourself up on your elbows and toe tap

- Pulse Crunch
- Knees over hips
- Crunch up with a pulse
- Arms reach long
- Ribs squeeze towards hips
- Breathing in through the nose, out through the mouth
- Lift the tail bone if you want more
- Combination: 2 Crunches and Scissor Legs 2 times
- Legs out cross, out cross
- Head down, palms up on the scissor
- Press the lower back down towards the floor as you extend the legs

#### Layer 3

- If the back is close towards the floor challenge legs to a 45 degree angle to work the lower abs
- Keep the power in the core
- Use the breath and stay still and locked
- Stay in the top half – keep the Crunch small

### ESSENCE TIPS

This abdominal track allows us to experience Yoga poses that challenge and strengthen the stabilizer muscles, as well as Pilates feel lower abdominal work to build fire.

We begin in Hover and Side Hover to fire up the obliques and glutes. There are heaps of options / levels to make everyone feel successful. Explain these options early, so everyone gets the most out of the pose quickly. The key is to lift the bottom hip and tuck the tail bone under, working the pose from this alignment, slowly progressing as you can. Pregnant participants are safe to explore this Side Plank and its options. Some women may prefer to take the Side Hover to create a more stable base. Coach to the 3 Bs: Belly, Back and Breath to help participants feel success in this track.

This track is such a wonderful opportunity to explore our core strength. How often in our day to day life do we get to move our bodies with curiosity, seeing where we can go and how it feels? Adopt a playful, inquisitive attitude and enjoy the challenges alongside your participants.

When you enjoy the strength and powerful feel of the song, you encourage your participants to do the same. You give permission for others to connect with and be moved by the energy. Positivity and a smile makes even the most challenging tracks a little lighter!



# 07. CORE – BACK



## TRACK FOCUS

Opening front body and strength back body.

| MUSIC |               |     | SEQUENCE/EXERCISE |                                                                                            | CTS |
|-------|---------------|-----|-------------------|--------------------------------------------------------------------------------------------|-----|
| 0:00  | Instr         | 2x8 | A                 | <b>Down Dog</b>                                                                            | 16  |
| 0:08  | _ I never let | 8x8 | A <sup>1</sup>    | <b>3-Legged Down Dog</b> L                                                                 | 16  |
|       |               |     |                   | <b>Plank, Nose To Knee</b>                                                                 | 16  |
|       |               |     |                   | Repeat R                                                                                   | 32  |
| 0:42  | Instr         | 8x8 | A <sup>1</sup>    | 2x <b>3-Legged Down Dog</b> L                                                              |     |
|       |               |     |                   | <b>Plank, Nose To Knee</b>                                                                 | 32  |
|       |               |     |                   | Repeat R                                                                                   | 32  |
| 1:15  | Instr         | 2x8 | B                 | Set <b>Horse Stance</b>                                                                    | 16  |
| 1:23  | _ I never     | 8x8 | B <sup>1</sup>    | <b>Diagonal Pointer</b> L arm R leg                                                        | 16  |
|       |               |     |                   | <b>Nose To Knee</b> repeat                                                                 | 16  |
|       |               |     | B <sup>1</sup>    | Repeat R                                                                                   | 32  |
| 1:56  | Instr         | 8x8 | B <sup>2</sup>    | Hold <b>Diagonal Pointer</b> L and pulse                                                   | 32  |
|       |               |     |                   | Repeat on R                                                                                | 32  |
| 2:30  | Instr         | 4x8 |                   | <b>Prone Cobra</b> with hands clasped behind back, pulsing<br>Pregnancy Option: Camel Pose | 32  |



# 07. OCEANS AWAY (SAM FELDT REMIX) 2:50mins

## TECHNIQUE & COACHING

### 3-LEGGED DOWN DOG – PLANK, NOSE TO KNEE

#### Layer 1

- Inhale, grab the back of the legs
- Exhale, Down Dog
- Inhale, front leg lifts to 3-Legged Dog with closed hip
- Square shoulders to the floor
- Exhale, knee to chest, nose to knee
- Draw belly in and brace
- Hips low
- Tuck chin in
- Change legs

#### Layer 3

- Breathe in and keep breathing in as you lift the leg
- Breathe out and round the upper spine to engage the upper abs
- All about power through the breath
- Come forward so your shoulders are over your wrists

### DIAGONAL POINTER – NOSE TO KNEE

#### Layer 1

- Come to Pointer, All Fours
- Hands under shoulders
- Knees under hips
- Breathe in, front arm and back leg out on the 45
- Breathe and stabilize your body
- Elbow and nose as you come in
- This time we pulse, very small movements
- Squeeze the butt

#### Layer 3

- Press everything down into the floor
- Feel your shoulder blade working into the spine as you lift
- Working the slings of the body from the shoulder to opposite butt

### PRONE COBRA

#### Layer 1

- Pregnancy Option: Camel Pose
- Lay down on belly for Cobra
- Feet together
- Squeeze butt
- Hands behind and clasp
- Pulse the upper body

#### Layer 3

- Squeeze the shoulder blades together
- Work the postural muscles

### ESSENCE TIPS

The 3-Legged Dog to Plank is amazing training for the core, and shoulders, as well as stretching hips and hamstrings. 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. The same principals of stability come into the Pointer work as well as the postural gains.

Keep your coaching simple and easy to follow with a breath focus!



# 08. TWISTS



## TRACK FOCUS

Drawing into midline for Twisted Triangle.

| MUSIC |       |     |                | SEQUENCE/EXERCISE                                            | CTS      |
|-------|-------|-----|----------------|--------------------------------------------------------------|----------|
| 0:00  | Instr | 4x8 | A              | <b>Hindi Squat</b><br>⇩Option: Squat with forearms on thighs | 32       |
| 0:25  | Instr | 4x8 | A <sup>1</sup> | <b>Twist L</b><br><b>Twist R</b>                             | 16<br>16 |
| 0:48  | Instr | 2x8 |                | <b>Forward Fold</b>                                          | 16       |
| 1:00  | Instr | 8x8 | B              | <b>Twisted Triangle Pose L</b><br>Wrap top around back       | 32<br>32 |
| 1:47  | Instr | 8x8 | B              | Repeat on R                                                  | 64       |
| 2:34  | Instr | 6x8 |                | <b>Extended Mountain Pose</b><br><b>Standing Camel Pose</b>  | 16<br>32 |



# 08. 5 HAND CLAP 3:11mins

## TECHNIQUE & COACHING

### HINDI TWIST

#### Layer 1

- Come to the front into Hindi
- Breathe in as hips lower
- You may stop halfway down in Sumo or come all the way down
- Exhale, hands to heart space
- Use your elbows to gently press knees open
- Let's twist
- Right arm lifts high as you breath in
- As you exhale turn shoulders and eyes

#### Layer 3

- Use your elbow to anchor the twist
- Beautiful twist in the thoracic

### FORWARD FOLD

#### Layer 1

- Come to Forward Fold
- Turn toes
- Lift belly and bend knees

#### Layer 3

- Stay low and turn yourself to the side

### TWISTED TRIANGLE POSE

#### Layer 1

- Twisted Triangle
- Back leg steps back 1 meter
- Anchor the back heel
- Breathe in and lengthen the spine
- Land on fingertips
- Front hand to squeeze hip into the mid-line to square
- Pregnancy Option: Open Twist – make space for your baby
- Lift the top arm as you breath in
- If you need more space, hand to shin to lift upper body
- Wrap the top arm
- Change sides

#### Layer 3

- Keep squeezing hips and inner thighs together to consolidate the pose, then from there breathe deeply to achieve more length into the spine
- Searching for more length
- From the strong base we can soften the upper body creating more mobility

### STANDING CAMEL

#### Layer 1

- Rolling up, Extended Mountain
- Squeeze butt
- Standing Camel
- Bring hands to lower back
- Press hips forward and create space as back bend

#### Layer 3

- Breathe into the open heart

### ESSENCE TIPS

Everything in this Twist track feels strong.

Strong music for strong poses to elicit an equally strong release in these twists!

Coaching points – set up the Twisted Triangle well on the first side as you are out of people's line of sight on the second side as they turn away from you. Opportunity to use some visual cues here – e.g. the lift of the chest and back arm to create length in the spine before setting up Twisted Triangle and demonstrating hand to hip to draw back into the mid-line to set your strong base to twist from.

As with all twisting 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. Coach to creating space and length and discover what's possible in their bodies.



# 09A. FORWARD BENDS – HAMSTRINGS



## TRACK FOCUS

Calm quiet start in Forward Folds then slow progressions in the Standing Twist.

| MUSIC |           | SEQUENCE/EXERCISE |                |                                                              | CTS    |
|-------|-----------|-------------------|----------------|--------------------------------------------------------------|--------|
| 0:00  | Intro     | 7x8               | A              | <b>Forward Fold</b>                                          | 56     |
| 1:00  | (Silence) | 3x8               | A <sup>1</sup> | <b>Shoulder Stretch</b> extend with hands clasped O/H        | 24     |
| 1:23  | Instr     | 2x8               | B              | <b>Flat Back Extend</b><br>Walk hands up legs to stand       | 8<br>8 |
| 1:42  | If I was  | 6x8               | C              | <b>Standing Twist</b> L<br>⬆Option: Hold foot and extend leg | 48     |
| 2:32  | Instr     | 6x8               | C              | Repeat <b>Standing Twist</b> on R                            | 48     |
| 3:24  | (Quiet)   | 4x8               |                | <b>Forward Fold</b>                                          | 32     |



# 09A. OUTRO 4:06mins

## TECHNIQUE & COACHING

### FORWARD FOLD WITH SHOULDER STRETCH

#### Layer 1

- Tuck your chin in
- Inhale, Forward Fold
- Bend knees and lift belly as you exhale
- If you like, Rag Doll, cradle elbows
- Tuck the chin in and release the neck
- Take a shoulder stretch
- Arms over head, palms together

#### Layer 3

- Let your body hang and support the spine with the strong belly lift
- Create space from shoulders to ears

### FLAT BACK EXTEND

#### Layer 1

- Breathe in, Flat Back Extend
- Bring hands to shins
- Shoulders in line with hips
- Draw belly in
- Slowly walk hands up thighs and come to standing

### STANDING TWIST

#### Layer 1

- Reach back and stabilize the back arm
- Keep the foot down
- Or lift the foot to the knee
- Opposite hand on front knee
- Turn your shoulders again
- If you'd like more, you can open your arm or take your front foot and extend

#### Layer 3

- Steady yourself and go – breathe and revolve
- Everybody feel your foot on the floor, lift right up through the leg, out through the spine and out
- Steady your eye gaze

### ESSENCE TIPS

After the intensity of the previous track, this one begins with a beautiful sustained Forward Fold to recapture and reconnect with our breath.

Coaching points – key to enhance the feel of calm is for minimal cues and an equally calm delivery.

As we come back into Twists, the Standing Twist Pose is strong and uplifting! Take your time to set the foundations really well – the strong back arm; coach the lifted chest to set the length in the spine and the principals of rotation – turning the shoulders. Progressively add the leg options (be super clear so participants don't have to look back at you) to intensify as the music also builds – go with it!



# 09B. FORWARD BENDS – HAMSTRINGS



## TRACK FOCUS

Foundations of grounded spine then surrender our bodies as we lengthen.

| MUSIC |                | SEQUENCE/EXERCISE |    |                                                          | CTS |
|-------|----------------|-------------------|----|----------------------------------------------------------|-----|
| 0:00  | Baby won't you | 4½x8              | A  | <b>Lying Hamstring Stretch</b> L                         | 36  |
| 0:34  | Lay down       | 4x8               | B  | <b>Lying Twist</b> L leg across body & foot on the floor | 32  |
| 1:05  | Baby won't     | 4x8               | A  | Repeat <b>Lying Hamstring Stretch</b> on R               | 32  |
| 1:37  | Let your       | 4x8               | B  | Repeat <b>Lying Twist</b> on R                           | 32  |
| 2:08  | Lay down       | 4x8               | C  | <b>Wide Leg Adductor Stretch</b>                         | 32  |
| 2:41  | Lay down       | 4x8               | C¹ | <b>Happy Baby Pose</b>                                   | 32  |
| 3:14  | Instr          | 4x8               | D  | <b>Extended Butterfly Pose</b>                           | 32  |



# 09B. LAY DOWN 3:47mins

## TECHNIQUE & COACHING

### LYING HAMSTRING STRETCH

#### Layer 1

- Come down to the floor
- Hold the back of your thighs
- Roll down through the spine
- Inhale, front leg lifts to Hamstring Stretch
- Exhale, hold somewhere on the leg
- Extend the other leg out or keep bent
- Tail bone down
- Square hips as much as you can

#### Layer 3

- Breathe length into the hamstring

### LYING TWIST

#### Layer 1

- Inhale and leg comes across the body all the way to the floor
- Let the foot land
- Breathe out and open shoulders to the floor
- Pregnancy Option: come to side on to one shoulder and relax

#### Layer 3

- Maybe close your eyes here

### HAPPY BABY POSE

#### Layer 1

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

### WIDE LEG ADDUCTOR STRETCH

#### Layer 1

- Take your legs wide
- Support inside, outside or peace fingers to big toes
- Tail bone lengthens

### EXTENDED BUTTERFLY POSE

#### Layer 1

- Soles of the feet together
- Take the arms overhead and relax

#### Layer 3

- Use your breath to feel more

### ESSENCE TIPS

Great to get horizontal on our mats and just allow our bodies to become heavy and to surrender after all the big work during the rest of the class.

Coaching points – minimalist cues are key here to allow people to simply descend towards relaxation whilst creating that last bit of length.

To evolve the IT Band Stretch in the Supine Twist with the leg across the body, try the subtle shift of drawing top hip back and notice how combined with the weight of your leg it deepens the IT Band stretch.

The last moment of this track is to come full circle to finish really connected with our breath.



# 10. RELAXATION/MEDITATION

## PERFECT PEACE 5:12mins



### TRACK FOCUS

Mindfulness practice.

Time for relaxation.

You might like to stay in Extended Butterfly for a bit longer, otherwise find a comfortable position on the floor.

You might like to extend your legs out long and bring your hands by your side, you might like to come into a seated position. If you have any discomfort in your lower back bring your feet hip-width apart and let the knees fall into the mid-line.

Take your time to get into a comfortable position.

Finding a position that allows your mind and body to fully relax.

Start to become aware of your breath. Breathing in through the nose, breathing out through the mouth. Breathing in, and out. In and out.

Feeling the weight of your body melting into the floor. Feeling grounded and supported.

If your mind starts to wander that's OK. Draw your awareness back to your breath. Your breath is your anchor.

Start to bring some movement back into the body. Start to wriggle your fingers and toes, you might like to draw circles with your wrists and ankles, maybe taking a big stretch, reaching your arms overhead, stretching your legs out long. Draw your knees into your chest and give yourself a nice big hug, maybe a little rock side to side massaging out your lower back. Then gently come into a seated position, keeping the eyes closed or soft.

Take a few more breaths here. Breathing in, and out. In and out.

Thank you so much for joining us today. Thank you for your energy and time. Try to take that calmness/ stillness into the rest of your day.



BONUS

# 01. TAI CHI WARM-UP



## TRACK FOCUS

Coach to the Tai Chi principals of warming, breathing, releasing, and focusing.

| MUSIC |         |     | SEQUENCE/EXERCISE      |    |                                                                                                                                                                                                     | CTS    |
|-------|---------|-----|------------------------|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 0:05  | Intro   | 2x8 | Set <b>Wide Wu Chi</b> |    |                                                                                                                                                                                                     | 16     |
| 0:15  | Someday | 2x8 | A                      | 2x | <b>Roll &amp; Press Open Sequence</b><br>Inhale – hands up mid-line to chest, palms up<br>Exhale – press hands down                                                                                 | 4<br>4 |
| 0:25  | Who     | 4x8 | A <sup>1</sup>         | 4x | Inhale – hands up<br>Exhale – hands press F at shoulder height and wide to side, opening chest                                                                                                      | 4<br>4 |
| 0:44  | Instr   | 4x8 | A <sup>2</sup>         | 4x | Inhale – hands to knee height<br>Roll up through spine, hands to chest height<br>Exhale – press F and open                                                                                          | 4<br>4 |
| 1:03  | Someday | 4x8 | A <sup>3</sup>         | 4x | Inhale – bend knees more, hands towards the floor<br>Roll up through spine, hands to chest height<br>Exhale – press F and open                                                                      | 4<br>4 |
| 1:22  | Instr   | 8x8 | A <sup>4</sup>         | 8x | Inhale – bend knees more, hands towards the floor<br>Roll up through spine, arms O/H<br>Exhale – circle arms wide and down                                                                          | 4<br>4 |
| 2:00  | Instr   | 8x8 | A <sup>2</sup>         | 4x | <b>Lift &amp; Birds Tail Sequence</b><br>Inhale – hands to knee height<br>Roll up through spine, arms O/H, hands to chest height<br>Exhale – shift weight L, <b>Birds Tail L</b>                    | 4<br>4 |
|       |         |     | B                      |    |                                                                                                                                                                                                     |        |
|       |         |     |                        |    | Repeat to R                                                                                                                                                                                         | 32     |
| 2:39  | Someday | 4x8 | A <sup>1</sup>         | 4x | <b>Roll &amp; Press Open Sequence</b><br>Inhale – hands up<br>Exhale – hands press F at shoulder height and wide to side, opening chest                                                             | 4<br>4 |
| 2:58  | Instr   | 8x8 | A <sup>4</sup>         | 8x | <b>Lift &amp; Birds Tail Sequence</b><br>Inhale – hands to knee height, bend knees more, hands towards the floor<br>Roll up through spine, arms O/H<br>Exhale – shift weight L, <b>Birds Tail L</b> | 4<br>4 |
|       |         |     | B                      |    |                                                                                                                                                                                                     |        |
|       |         |     |                        |    | Repeat to R                                                                                                                                                                                         |        |
| 3:37  |         | 4x8 | A                      | 2x | Inhale – hands up mid-line to chest, palms up<br>Exhale – press hands down                                                                                                                          | 4<br>4 |



BONUS

# 01. SOMEDAY I'LL BE WITH YOU 4:00mins

## TECHNIQUE & COACHING

### ROLL AND PRESS OPEN SEQUENCE

#### Layer 1

- Step out to Wide Wu Chi
- Feet outside hips
- Press knees out
- Tuck tail bone under
- Let the arms come wide
- Press down through the centre
- Fill yourself with breath
- Let's open and press away now
- Bend knees more and lift the belly as you roll
- Come down to the knees
- Come a little lower with the roll as you breathe in
- Circle arms fully now and breathe out

#### Layer 3

- It's like we are clearing space for new energy to come in
- Expansive deep breathing
- Focus the eyes to the hands
- Feel the warming and mobilizing in your body now
- Sink low into your legs
- Where can you let go as you exhale?

### LIFT & BIRDS TAIL SEQUENCE

#### Layer 1

- Stay tall and take the arms overhead
- Shift weight and Birds Tail down
- Snake creeping down and press knee open
- Spine is long
- Keep pressing knees out as you move to warm

#### Layer 3

- Breathe out and allow your body to soften down
- Feel the release in the spine
- Where can you breathe into more?

### ESSENCE TIPS

Whether you choose the Tai Chi or the Yoga warmup to start your class, both have opportunities to invite people to clear a space, in mind and/or body and to just do what feels good in the moment.

- Classic Tai Chi inspired movements that we know and love to move to, that are a collaboration of warming, breathing, releasing and focusing movements to start the breath, mind and body connection to this class.
- Warming – mobilising in our spine and hips as we roll up and down; also through the long lever arm movements
- Breathing – connecting with our breath in and out through our nose into our Tan Tien which feels really centring
- Releasing – deeply through our exhalation, completely letting go as we roll down and circle wide
- Focusing – soft eye gaze to our hands eg as we follow the heavy decent of our 'snake'
- Setting up the concept of 'Clearing a Space' for the rest of class.



# WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

# OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

