

# BODYFLOW 92

## MUSIC

## EXPRESS FORMATS

### 01. YOGA WARM-UP

### 02. SUN SALUTATIONS

### 03. STANDING STRENGTH

### 04. BALANCE

### 05. HIP OPENERS

### 06. CORE – ABDOMINALS

### 07. CORE – BACK

### 08. TWISTS

### 09A. HAMSTRINGS STRETCHES

### 09B. FORWARD FOLDS / 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

No Ordinary (5:03)

The Elusive

© 2021 Les Mills Music Licensing Ltd.  
Written by: McKenzie
- 02

6's to 9's (6:14)

Round The Clock

© 2021 Les Mills Music Licensing Ltd.  
Written by: Stell, Fazakerley
- 03

Family (6:08)

Table Time

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Written by: Jeberg, Blacc, Ormandy
- 04

Californian Soil (3:40)

London Grammar

Courtesy of the Universal Music Group.  
Written by: Major, Reid, Rothman
- 05

Mystery Of Love (5:25)

Respectfully Denied

© 2021 Les Mills Music Licensing Ltd.  
Written by: Stevens
- 06

Superlove (3:24)

Whethan feat. Oh Wonder

© 2018 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.  
Written by: Snoreck, West, Vander
- 07

Dusk Till Dawn (Radio Edit) (4:02)

ZAYN feat. Sia

© 2017 RCA Records, a division of Sony Music Entertainment.  
Written by: Furler, Kurstin, Malik
- 08

Sugar (4:42)

Ant Babies

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Written by: Stevens
- 09A

Back to The Sky (6:47)

Ólafur Arnalds & JFDR

Courtesy of the Universal Music Group.  
Written by: Arnalds
- 09B

Mercy (5:26)

Max Richter & Mari Samuelsen

Courtesy of the Universal Music Group.  
Written by: Richter
- 10

By The Ash Tree (4:39)

Slow Meadow

© 2020 Hammock Music.  
Written by: Kidd
- BONUS 01

OK Not to Be OK (2:45)

Marshmello & Demi Lovato

Courtesy of the Universal Music Group.  
Written by: Lovato, Bailey, Comstock, Gutch, Hein



# EXPRESS FORMATS

| 30-MINUTE STRENGTH |                        | 30-MINUTE FLEXIBILITY |                            |
|--------------------|------------------------|-----------------------|----------------------------|
| Track 01           | Yoga Warm-Up           | Track 01              | Yoga Warm-Up               |
| Track 02           | Sun Salutations        | Track 02              | Sun Salutations            |
| Track 03           | Standing Strength      | Track 05              | Hip Openers                |
| Track 04           | Balance                | Track 08              | Twists                     |
| Track 06           | Core – Abdominals      | Track 09a             | Forward Bends – Hamstrings |
| Track 07           | Core – Back            | Total Time            | 28:11                      |
| Total Time         | 28:31                  | 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 02           | Sun Salutations            | Track 02              | 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 09              | Forward Bends – Hamstrings |
| Track 09a          | Forward Bends – Hamstrings | Total Time            | 43:25                      |
| Total Time         | 40:00                      | 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

|       |                                              |        |                                               |
|-------|----------------------------------------------|--------|-----------------------------------------------|
| 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                               |



# BODYFLOW 92



Joash Fahitua, Kylie Gates, Diana Archer Mills

This class, for us, is very significant. When we put the music together, it seems to form a single unit without almost any effort. The choreography seemed more than natural, it felt like it fit so clearly to both of us (which is a rarity as you can imagine, we often have somewhat different ideas that we must flow together). Hopefully this class feels as balanced and easy as it did for us. Then, the filming in nature, deeper in the elements than we have had the chance to explore with a filming, lent itself to even more peace, and a lot of noticing and self-awareness. The filming process was very long and often held challenges. Which put us into an often meditative state. After we finished the week, we sat together for hours and just talked through every tiny occurrence and mindstate shifts. It was profound for us, we feel incredibly lucky to share this with you.

Let us know what you think,  
Jackie and Diana

*Jackie* *Diana*

# PRESENTERS

**Diana Archer Mills** (New Zealand) is co-Program Director for BODYFLOW/BODYBALANCE, Creative Director for BODYJAM, BODYPUMP and RPM, and choreographer for LES MILLS BARRE, LES MILLS CORE and LES MILLS TONE. She is based in Auckland.

**Kylie Gates** (Australia) Creative Director for BODYFLOW/BODYBALANCE, BODYATTACK, LES MILLS CORE, LES MILLS BARRE and SH'BAM and is the Head Program Coach for BODYPUMP. She is based in Auckland.

**Joash Fahitua** (New Zealand) is a LES MILLS GRIT, LES MILLS CEREMONY and LES MILLS CONQUER Instructor. He is a dancer and choreographer and lives in Auckland.

# 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** – Fenella Bowater



# 01. YOGA WARM-UP



## TRACK FOCUS

Connect to the mid-line through breath for whole body activation .

| MUSIC |                               | SEQUENCE/EXERCISE |                |                                                                                                                      | CTS                    |
|-------|-------------------------------|-------------------|----------------|----------------------------------------------------------------------------------------------------------------------|------------------------|
| 0:05  | Oh <b>this</b> no             | 4x8               | A              | <b>Extended Mountain Pose</b>                                                                                        |                        |
| 0:28  | This <b>song</b> call         | 4x8               | A <sup>1</sup> | L <b>Side Bend</b><br>L arm to L thigh<br>Repeat R side                                                              | 8<br>8<br>16           |
| 0:51  | <b>La</b> , la                | 4x8               | B              | <b>Chest Stretch</b> , hands clasped behind back<br><b>Forward Fold</b> knees bent, arms O/H                         | 16<br>16               |
| 1:14  | (beat)                        | 4x8               | B <sup>1</sup> | 2x Chest Stretch & Forward Fold Sequence<br>Repeat <b>Chest Stretch</b><br>Repeat <b>Forward Fold</b>                | 8<br>8                 |
| 1:36  | Oh <b>this</b>                | 8x8               | B              | <b>Forward Fold</b> , hands to floor<br>Alt knee bends, R side 2cts, L side 2cts                                     | 16<br>48               |
| 2:21  | <b>Hey</b> I know             | 4x8               | C              | <b>Horse Stance</b><br>Elbows bend to touch floor<br><b>Horse Stance</b>                                             | 16<br>8<br>8           |
| 2:44  | Ooohhh (beat)                 | 8x8               | C <sup>1</sup> | 2x <b>Horse Stance Sequence</b><br>Left Knee lifts<br>Elbows bend<br>Elbows straighten<br>L knee down<br>Repeat on R | 4<br>4<br>4<br>4<br>16 |
| 3:29  | Oh <b>this</b>                | 4x8               | D              | <b>Down Dog</b><br>Lift heels<br>Lower heels                                                                         | 16<br>8<br>8           |
| 3:51  | Now I've got a <b>purpose</b> | 8x8               | D <sup>1</sup> | 2x <b>Kneeling Lunge</b><br>L Kneeling Lunge<br>R Kneeling Lunge                                                     | 16<br>16               |
| 4:37  | Ooohhh (beat)                 | 4x8               | D              | <b>Down Dog</b> , alt heel lifts<br>Finish walk feet to hands, <b>Forward Fold</b>                                   | 16<br>16               |



# 01. NO ORDINARY 5:03mins

## TECHNIQUE & COACHING

### EXTENDED MOUNTAIN POSE

#### Layer 1

- Lets begin with breath
- Take a breath in and extend arms overhead
- Palms together
- Draw yourself into the mid-line
- Exhale, ground yourself to the earth, strong & stable
- Lets side bend

#### Layer 3

- Exhale
- Ground yourself to the earth, strong and stable
- Feel the side body awaken

### CHEST STRETCH TO FORWARD FOLD

#### Layer 1

- Clasp hands behind your back
- Squeeze shoulder blades together
- Take a deep breath in to the open chest
- **Exhale, bend knees and fold yourself forward**
- Chest on thighs
- **Draw the belly in strongly**
- Keep hands clasp and rise up
- Open and fold again

#### Layer 3

- Lengthen the back of the neck
- Squeeze glutes and shoulder blades to pull yourself back up
- Breathe in to rise, breath out to fold

### FORWARD FOLD WITH WALKING FEET

#### Layer 1

- This time hold down
- Release arms, touch fingers down
- Let your head relax down
- Tread through the legs
- Bend one leg at a time

#### Layer 3

- Feel the weight shift side to side and the warmth increasing
- Could our practice today between the sacred dance of breath & movement

### HORSE STANCE

#### Layer 1

- Hands under shoulders
- Knees under hips
- Brace core lengthen neck
- Breathe and lower elbows to the floor tipping forward
- This time, lift one leg and press heel to sky
- Lower elbows and leg at the same time

#### Layer 3

- Squeeze glutes tight, square hips
- Draw into the mid-line
- Fill yourself with breath

### DOWN DOG WITH LUNGE SEQUENCE

#### Layer 1

- Press palms to Down Dog
- Hips high
- Aim heels towards the floor
- Relax head
- Lets add the Lunge
- Foot outside the hand, knee down and open chest

#### Layer 3

- Take a deep breath into the hips and letting it go to release further
- Open and feel the stretch through the hips
- Let the radiant breath entwine with the vibrational mid-line energy

### ESSENCE TIPS

We are facing the front and side for this track; so simple, clear coaching is paramount to getting your class moving and warming quickly. Remember, it is okay 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 simple connection to the body and breath and as Diana says: a sacred dance of breath & movement. We also have a new variation on the Horse Stance to warm from the core, connecting to the mid-line and back body. Enjoy this powerful music.



# 02. SUN SALUTATIONS



## TRACK FOCUS

Breath & movement creating warmth & opening.

| MUSIC |   |          |      | SEQUENCE/EXERCISE |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | CTS                                                                 |
|-------|---|----------|------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| 0:00  | V | Intro /  | 4x8  | A                 | Roll to stand, <b>Chest Stretch</b> , hands clasped behind back                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 32                                                                  |
| 0:19  | V | Hold me  | 12x8 | B                 | Sun Salutations<br>Inhale – <b>Baby Back Bend</b><br>Exhale – <b>Forward Fold</b><br>Inhale – <b>Flat back extend</b><br>Exhale – <b>Down Dog</b> – step back<br>↑Option: Jump back<br>Inhale – <b>Plank Pose</b><br>↓Option: Knees down<br>Exhale – <b>Crocodile</b><br>↓Option: Knees down<br>Inhale – <b>Baby Cobra</b><br>↑Option: <b>Up Dog</b><br>↓Pregnancy Option: <b>Cat Pose</b><br>Exhale – <b>Down Dog</b><br>Inhale – L <b>3 Legged Down Dog</b> , open hip<br>Exhale – L <b>Side Lunge</b><br>Inhale – L <b>Side Twisting Lunge</b><br>Exhale – <b>Forward Fold</b> | 8<br>8<br>8<br>8<br><br>8<br><br>8<br><br>8<br><br>8<br>8<br>8<br>8 |
| 1:18  | C | _ to 9's | 12x8 | B                 | Repeat on R                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 96                                                                  |
| 2:17  | C | _ to 9's | 24x8 | B                 | Repeat <b>Sun Salutations</b> Sequence, L&R                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 192                                                                 |
| 4:14  | C | _ to 9's | 24x8 | B                 | Repeat <b>Sun Salutations</b> Sequence, L&R                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 192                                                                 |





## 02. 6'S TO 9'S 6:14mins

### TECHNIQUE & COACHING

#### CHEST STRETCH

##### Layer 1

- Bend knees and roll yourself up to standing
- Chest stretch, hands clasp behind
- Feet hip-width or together

##### Layer 3

- Breathe in and open through the chest
- Press the knuckles down

#### BABY BACK BEND

##### Layer 1

- Inhale take the arms overhead
- **Squeeze glutes**
- Press the hips forward

##### Layer 3

- Let's feel the breath now
- Let's celebrate being alive

#### FORWARD FOLD

##### Layer 1

- Exhale, **bend the knees** and fold all the way down
- **Lift the belly**
- Hands on either side of the feet

##### Layer 3

- All about the energy into your body now

#### FLAT BACK EXTEND

##### Layer 1

- Inhale, hands to shins
- Chest lifts
- Inhale, shoulders in line with hips

##### Layer 3

- Feel the energy
- Feel the strength in your core to get more extension

#### DOWN DOG

##### Layer 1

- Exhale, fold and step back to Down Dog
- Hips high
- Try the little jump back

##### Layer 3

- Feel the length coming into the spine
- Eyes to knees
- Keep lifting tail bone high
- Strong core and arms when jumping

#### PLANK

##### Layer 1

- Inhale, Plank, tuck the chin and roll forward

##### Layer 3

- Powerful body in the Plank
- Slowing yourself even more so you are deeply connected into your body and breath

#### CROCODILE

##### Layer 1

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

##### Layer 3

- Feel the strength in the whole body
- Pull the shoulders back and down as much as you can

#### 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
- Front body opens



## 02. 6'S TO 9'S 6:14mins

### TECHNIQUE & COACHING

#### 3-LEGGED DOWN DOG

##### Layer 1

- Inhale, front leg, 3-Legged Down Dog with open hip,
- Square shoulders

##### Layer 3

- Feel the opening in the hips
- One thing we know for sure – it's going to feel good

#### LUNGING TWIST

##### Layer 1

- Exhale into Lunge
- Foot replaces hand
- Hips low
- Inhale, twist to the front

##### Layer 3

- Squeeze inner thighs to stabilize hips and pelvis
- Feel the length in the body
- Body is warm and open

#### ESSENCE TIPS

When the flow starts, focus on the must do's 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.

Having 6 rounds allows you to coach more simply each round and space out your cues to keep your participants connected to their bodies and breath.

Basic cues and easy-to-understand options allow participants to learn where they are moving, and have control over their flow.

In the first round, give the option for pregnant participants to move into Cat/Cow Pose. This will cover any women who may get to class late, or who aren't comfortable asking for options at the beginning of class. If you notice anyone taking the options, you can then cater to them throughout the class.

The music is inspirational and the best way to bring this into focus is to say less and allow the music to speak!



# 03. STANDING STRENGTH



## TRACK FOCUS

Whole body and breath, strength and stability in the legs, freedom through the upper body.

|      |    | MUSIC                  |      |                | SEQUENCE/EXERCISE                                 | CTS          |
|------|----|------------------------|------|----------------|---------------------------------------------------|--------------|
| 0:00 | V  | <i>I used to be</i>    | 4x8  | A              | R <b>Triangle Pose</b>                            | 32           |
| 0:18 | V  | <i><b>My</b> daddy</i> | 4x8  | A1             | Wrap top arm behind                               | 32           |
| 0:36 | C  | <i>Oooh</i>            | 4x8  | B              | R <b>Extended Warrior 2</b> – on hands or elbows  | 32           |
| 0:54 | C  | <i>Family</i>          | 2x8  | B <sup>1</sup> | Arms O/H<br><b>Heart Centre</b>                   | 8<br>8       |
| 1:04 | V  | <i>I read</i>          | 6x8  | C              | R <b>Lunge</b> – hands to <b>Heart Centre</b>     | 48           |
| 1:31 | PC | <i>Oooh</i>            | 10x8 | D              | 2½x <b>Twist</b> to F<br>Open arms<br>Repeat to B | 8<br>8<br>16 |
| 2:17 | PC | <i>Oooh</i>            | 2x8  | E              | <b>Wide Squat</b> , arms O/H                      | 16           |
| 2:26 | C  | <i>Oooh</i>            | 8x8  |                | Elbows pull down<br>Arms O/H                      | 8<br>8       |
| 3:03 | V  | <i>I used to be</i>    | 40x8 |                | Repeat on L                                       | 32           |



# 03. FAMILY 6:08mins

## TECHNIQUE & COACHING

### TRIANGLE

#### Layer 1

- Take your feet wide
- Turn front toes out and press back heel away
- Breathe in, reach and touch down, shin or ankle
- Try a wrap, pull the top shoulder up and back

#### Layer 3

- Take a big breath in, creating space in bottom ribs
- Pull the front thigh in and out to power the pose
- Draw both thighs in and up

### EXTENDED WARRIOR

#### Layer 1

- Extended Warrior, bend front knee
- If you like try the double wrap, grab both elbows
- Breathe the arms overhead and down to prayer, heart center

#### Layer 3

- Beautiful breath in, exhale keep revolving
- So strong
- Feel the mid-line energetic power – its flowing out of you

### LUNGE

#### Layer 1

- Lets come to Lunge
- Lift the back heel, back knee drops down
- Squeeze glutes to draw you into the mid-line
- Brace core and zip it
- Hold the hips still and twist to front, unfurl the arms
- Twist to the back, twisting from the thoracic

#### Layer 3

- Lets set a powerful foundation
- Feel the power in your lower body
- Power yourself with breath

### WIDE SQUAT

#### Layer 1

- Wide Squat, press your knees out over toes
- Breathe the arms up
- Pull the arms down
- Breathing and reaching

#### Layer 3

- Exhale retracting the shoulder blades back and together
- Stand in the full glory of this present moment
- What can you give this – even if its just your presence and breathe

### ESSENCE TIPS

The most powerful song matches the powerful foundations of these big standing poses developing incredible leg and core strength along with mobility in the hips and shoulders. Integrate your alignment and breath cues to help participants achieve the pose intensity.

We have the beautiful double wrap in the Extended Warrior or stay with the single for more support – in all options / levels we are aiming to drop hips low with a focus on tucking tail bone and engage lower abdominals to create the lower body foundation to then allow the upper torso to revolve.

The Lunge with Twist follows the same principal of setting the foundation; low in lunge, brace the core to stabilize the lower body, this way you can enjoy the freedom of twisting in the thoracic spine; medicine for the spine!

Keeping the Layer 1 cues simple, allows space to pause and look out at your class and then Follow-up with Layer 3 cues to deepen the pose / experience for the participants. When we give this follow-up 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

Coach to concentration to internalize .

| MUSIC |       | SEQUENCE/EXERCISE            |     |                                                                      | CTS |
|-------|-------|------------------------------|-----|----------------------------------------------------------------------|-----|
| 0:00  | Intro | 6x8                          | A   | Raise heels, lift arms to sides, look up                             | 48  |
| 0:35  | V     | <i>I left my</i>             | 4x8 | B L <b>Tree Pose</b><br>L arm O/H,<br>R hand to right ankle or thigh | 32  |
| 0:58  | V     | <i>I never had</i>           | 4x8 | C L <b>Floating ½ Moon</b>                                           | 32  |
| 1:21  | PC    | _ <b>but</b> <i>I never</i>  | 4x8 | B R <b>Tree Pose</b>                                                 | 32  |
| 1:43  | C     | _ <i>and</i> <b>they</b>     | 4x8 | C R <b>Floating ½ Moon</b>                                           | 32  |
| 2:00  | V     | _ <b>I'm young</b>           | 4x8 | B L <b>Willow Tree Pose</b>                                          | 32  |
| 2:25  | PC    | _ <b>but I'm</b> <i>glad</i> | 4x8 | C L <b>Floating ½ Moon</b>                                           | 32  |
| 2:46  | C     | <b>They</b> <i>keep on</i>   | 4x8 | B R <b>Willow Tree</b>                                               | 32  |
| 3:09  | Instr | <i>(beat)</i>                | 4x8 | C R <b>Floating ½ Moon</b>                                           | 32  |
| 3:32  | Outro | <i>Fade</i>                  |     |                                                                      |     |



# 04. CALIFORNIAN SOIL 3:40mins

## TECHNIQUE & COACHING

### MOUNTAIN POSE WITH HEEL LIFT

#### Layer 1

- Bring you feet together
- Steady your eyes, find your breath
- Focus inwards as you follow my voice
- Breathe in lift heels as arms lift to side
- Slowly lower

#### Layer 3

- Lift sternum, chin tucks in

### TREE POSE / WILLOW TREE

#### Layer 1

- Foot comes to ankle or above the knee
- Hold the ankle and raise the arm
- Breathe in and square hips
- Release the bottom hand, start to Willow Tree
- C shape your spine

#### Layer 3

- Press the foot into the leg and leg into foot
- Creates a strong foundation for our balance
- Relax shoulders
- Breathe space in between your ribs

### HALF MOON POSE

#### Layer 1

- Set up Half Moon
- Release the foot
- Turn the hips and shoulders to side wall
- Breathe in, tip forward
- Bottom leg bends
- Aim to lift the top leg in line with spine
- Soften to lower
- Challenge yourself without touching down

#### Layer 3

- Breathe and tip
- Steady breath and eye gaze
- Go to where ever you can go – what's possible

### ESSENCE TIPS

To create strong, grounded balancing poses, we must use and coach the breath. The objective is for participants to not only feel the breath in the poses but also how it can allow us to go a little further, or stay a bit longer. The breath can also move you from one pose to another. Allow participants to stay connected to the breath as they move, by integrating the B, breath, cues along with alignment cues. The breath is the gateway to our 'Concentration', our C from our ABC's of BODYFLOW, for internalization.

By being super clear with Body part & direction (BPD ) cues allows participants to focus on your voice “guiding” them through the poses and avoid looking back at you. Tree Pose has a different feel when we hold the ankle, helping to draw you up from the roots and into the sky. It gives even more stability to the pose especially for those participants that struggle with balance poses.

So with that in mind... Look out at your class and see the effort. Regardless of what options your participants choose, whether they can hold their pose, or touch down regularly, celebrate their efforts. They are here, giving it a go, and it's all about practice.

Lastly, spend time getting to know the song, so you can teach alongside it, without obstructing the incredible journey it takes us on.



# 05. HIP OPENERS



## TRACK FOCUS

Know how to get more stretch out of each of the 3 poses .

|      |       | MUSIC              |      |   | SEQUENCE/EXERCISE                                                | CTS      |
|------|-------|--------------------|------|---|------------------------------------------------------------------|----------|
| 0:00 |       | Intro              | 4x8  |   | Set <b>Star Pose</b>                                             | 32       |
| 0:18 | V     | <b>Oh</b> to see   | 8x8  | A | <b>Star Pose PNF</b>                                             | 64       |
| 0:53 | C     | <b>Oh</b> , wee-oh | 8x8  | A | <b>Twist</b> , R arm reaches B<br><b>Twist</b> , L arm reaches B | 32<br>32 |
| 1:28 | V     | Lord, I know       | 8x8  | B | <b>Wide Leg PNF</b> and extend F                                 | 64       |
| 2:04 | C     | Oh, wee-oh         | 8x8  | B | <b>Twist</b> R<br><b>Twist</b> L                                 | 32<br>32 |
| 2:40 | Instr |                    | 2x8  | C | L <b>Swan Pose</b> sequence                                      | 16       |
| 2:49 | V     | <b>How</b> much    | 8x8  | C | Extend F                                                         | 64       |
| 3:24 | C     | <b>Oh</b> wee-oh   | 8x8  | C | <b>Quad Stretch</b><br>⤴Option: <b>Mermaid Pose</b>              | 64       |
| 4:00 | Instr |                    | 18x8 | C | Repeat <b>Swan Pose</b> sequence R                               | 144      |



# 05. MYSTERY OF LOVE 5:25mins

## TECHNIQUE & COACHING

### STAR POSE WITH TWIST

#### Layer 1

- Sit down
- Star Pose
- Soles of the feet together
- Get comfortable, so your up on your sit bones
- Lets try some PNF
- Grab your ankles, breath in create pressure from the legs into the arms and arms to legs
- Hold that contraction, take another breath in
- As you breathe out, draw the belly in and open the knees
- Breathe in, right arm lifts and we Twist

#### Layer 3

- Come forward as you can
- Breathe out & turn the shoulders to the side wall
- As you breathe out feel the incredible opening through your thoracic

### WIDE LEG STICK POSE WITH TWIST

#### Layer 1

- Let's work from wide Leg Stick Pose
- Bent legs and you press the arms into the legs
- Otherwise straighten your legs
- Think about pressure from the back of the thighs to the earth
- Take the breath in, pressure strong
- As you breathe out come forward to feel the stretch
- Lets Twist again

#### Layer 3

- Feel the energy from the bottom hand to the top fingers
- Use the bottom hand to give you more length & space

### SWAN POSE

#### Layer 1

- Swan Pose
- Heel into groin or 90/90
- Roll the top hip towards the heel
- On your elbows, reach out or create a cushion for your forehead
- Try a Quad Stretch, Mermaid or come forward
- Mermaid hook the foot into the elbow and swing the top arm up and square your body to the side

#### Layer 3

- Feel the stretch into the hips and lower back, keep moving into the stretch
- Stay deeply connected to the breath
- Feel how the outbreath just softens you down
- Keep rolling the hips in towards the heel to get the deep stretch
- What we want to do is lengthen the lower spine – lets find the position to enable this to happen
- See if you can slide your back knee away a little more

### ESSENCE TIPS

We start with Star and Wide Leg Stick Pose using PNF stretches. Adding PNF (Proprioceptive Neuromuscular Facilitation) brings a different energy to the poses as they stay active. PNF involves stretching a muscle, and then creating an isometric contraction of that same muscle. Once the contraction is released, a greater range of motion is achieved, and then we can repeat it if it feels good. Ujjayi Yoga breath is a great partner for this type of stretching. We can deepen the release in the PNF stretch when we add the breath at the same time. PNF fatigues the muscles faster than held poses, so in either option, encourage participants to transition from one pose to the other gently. This takes care of and respects the body and the hips.

In these poses, acknowledge we are all built differently, our body structure is unique, so Let's help move our classes to this accepting place by offering these variations and encouraging exploration. It's all about the attitude we bring to teach this hip track.

Give participants power over their experience and help them to tune into their bodies through coaching "how to achieve" and "why they would want to achieve".





# 06. CORE – ABDOMINALS



## TRACK FOCUS

Stability of pelvis in all moves and coaching of breath for control.

| MUSIC |                                        | SEQUENCE/EXERCISE |    |                                                                                       | CTS          |
|-------|----------------------------------------|-------------------|----|---------------------------------------------------------------------------------------|--------------|
| 0:00  | Intro                                  | 6x8               | A  | <b>Hover</b> – hands by opposite elbows<br>⇓Option: Knees down                        | 48           |
| 0:29  | V    _ <b>slow</b>                     | 10x8              | A¹ | 5x <b>Rolling Hover</b> to F<br>5x <b>Rolling Hover</b> to B                          | 8<br>8       |
| 1:17  | V <b>I've</b> been                     | 6x8               | B  | Roll to supine<br><b>C-Crunch</b><br>Legs Shoot Out<br>⇓Pregnancy Option: On forearms | 16<br>8<br>8 |
| 1:46  | PC <i>I might be a</i><br><b>rebel</b> | 8x8               | B¹ | 8x Pulse 3 times on <b>C-Crunch</b><br>Legs Shoot Out                                 | 6<br>2       |
| 2:24  | IB                                     | 6x8               | C  | 3x Arms wide on floor, legs to L diagonal<br><b>U Shape</b> to R diagonal             | 8<br>8       |
| 2:53  | C <b>Super</b> love                    | 6x8               |    | 3x Lift chest and reach R hand to feet on L side<br>Repeat on R                       | 8<br>8       |



# 06. SUPERLOVE 3:24mins

## TECHNIQUE & COACHING

### HOVER TO ROLLING SIDE HOVER

#### Layer 1

- Lets come to Hover
- Cross forearms
- Elbows under shoulder, hands to elbows
- Knees or toes
- **Brace abs, back long & straight**
- Square everything to the floor
- Roll to the front, roll back through Hover to the back and back through Hover
- Breathe in through your nose & out through your mouth
- Body moves as one
- Bend one knee or scissor the feet

#### Layer 3

- Bottom hip is lifted to engage the oblique muscles
- Stay lifted through top arm

### SHOOT OUTS

#### Layer 1

- Come down and lay on your back
- Crunch, Shoot Out combination
- Crunch your hands towards your feet
- Shoot hands & feet away
- **Lower back presses down towards the floor**
- Pregnancy – come up to your elbows and give your baby lots of space, lift chest
- 3 pulses
- Breathe into the crunches
- Ribs to hips, 3 inhales and slow long exhale

#### Layer 3

- If your lower back is lifting shoot your legs higher
- Draw into the mid-line – feel your power

### U SHAPED LEGS

#### Layer 1

- Take the arms wide and legs to the front corner
- Draw a smile with your feet
- Knees bent or straight
- **Brace abs hard to stabilize hips and pelvis**
- Breathe in through nose and out through mouth
- Add a reach now

#### Layer 3

- The bigger the smile you draw the harder your working
- Keep pressing the shoulders evenly into the floor
- Tempting to hold your breath – use your exhale to power the movement

### ESSENCE TIPS

We begin the track with Rolling Hovers – set the foundation and pre-cue what is coming so participants are successful with the transitions. Knee options or Scissor feet as we move the whole body as one strong unit coaching with breath to help them.

Always be sure to check in with your 3 B's (Back, Belly and Breath) in each exercise so we are keeping people safe.

As soon as we transition to the back – visually and verbally coach Pregnancy options for the class.

The lower abdominal muscles have to react & respond to stabilize the hips & pelvis as well as keeping lower back towards the floor as we move. We focus on lifting & extending in the Crunch Shoot Out combination. Coach a powerful breath (in through the nose and out through the mouth).

The final movement is the U shape with Crunch sequence so the track builds in intensity so again be mindful to offer options for bent or straight legs so everyone is included. The crunch adds an extra strength challenge so use this opportunity to bring in some playful encouraging cues to connect your participants into their bodies and discover what they are capable of!!! They often surprise themselves and we know the results are so worth it... Enjoy!



# 07. CORE – BACK



## TRACK FOCUS

Opening front body and gaining back body strength.

| MUSIC |       |                        | SEQUENCE/EXERCISE |                                          | CTS |
|-------|-------|------------------------|-------------------|------------------------------------------|-----|
| 0:00  | Intro |                        | 2x8               | A Set up Bridge Pose                     |     |
| 0:10  | V     | Not trying to be indie | 6x8               | A Bridge Pose                            | 48  |
| 0:42  | PC    | Light it up            | 4x8               | A <sup>1</sup> L lift knee               | 4   |
|       |       |                        |                   | Straighten leg                           | 4   |
|       |       |                        |                   | Bend knee                                | 4   |
|       |       |                        |                   | Bridge                                   | 4   |
|       |       |                        |                   | Repeat R leg                             | 16  |
| 1:04  | C     | But you'll             | 6x8               | A <sup>1</sup> 3x                        |     |
|       |       |                        |                   | Repeat on L on 4cts                      | 8   |
|       |       |                        |                   | Repeat on R                              | 8   |
| 1:37  | V     | We were shut           | 4x8               | B Roll down to Childs Pose               | 16  |
| 2:00  | V     | Cause I wanna          | 6x8               | B <sup>1</sup> 3x                        |     |
|       |       |                        |                   | Striking Cobra                           | 8   |
|       |       |                        |                   | Childs Pose                              | 8   |
| 2:32  | C     | But You'll             | 4½ x8             | ↑Option: On 4cts                         |     |
| 2:53  | V     | Go give love           | 4x8               | C Hold Up Dog                            | 8   |
|       |       |                        |                   | Set Camel Pose                           | 24  |
| 3:17  | C     | But you'll             | 6x8               | C <sup>1</sup> Camel Pose                | 48  |
|       |       |                        |                   | Option: 1 arm O/H or hands on lower back |     |
| 3:50  | Outro | Fade                   | 1x8               | B Childs Pose                            |     |



# 07. DUSK TILL DAWN (RADIO EDIT) 4:02mins

## TECHNIQUE & COACHING

### BRIDGE

#### Layer 1

- Bring your feet close to butt
- **Squeeze the glutes** to lift hips high
- Square the hips
- Clasp your hands together
- Slide your shoulders under your ribs to create the strong platform for extension
- Bend the knee and press the heel away

#### Layer 3

- Hold the hips level for symmetry
- As you press the leg away use your entire back body to feel the work

### CHILDS POSE

#### Layer 1

- Quick respite in Childs Pose
- Knees wide
- Ease the hips back

#### Layer 3

- If your pregnant give your baby lots of space

### STRIKING COBRA

#### Layer 1

- Thread the chest through
- **Squeeze the butt as you strike**
- Keep the elbows in close to your ribs
- Breathe as you move

#### Layer 3

- You can stay slow or go faster
- Feel your power

### CAMEL POSE

#### Layer 1

- Knees under hips
- **Squeeze the back body** powerfully
- Lift the chest and breathe into it
- You can take one arm up, hold your waist or hands to ankles

#### Layer 3

- Feel the extension
- You may choose to bring your hands to your hips and press your hips forward and up for more extension

### ESSENCE TIPS

The choreography in this tracks allows you space to set the foundations of each pose so participants move from the safe and stable base to enhance their pose experience. Starting with Bridge pose, coach from the ground up with the foundation coming from the arms. Bring attention to pressing down with the shoulders, inflating the upper body lifting the shoulder blades and thoracic into the chest and keep the knees hip width. With the Knee Lifts, cue to land the foot lightly to keep the glutes engaged and the hips level.

Again, take time to set the foundation slowly for Striking Cobra ; Bring attention to elbows going wide and drawing close to ribs as you lay belly to floor opening the chest and thoracic. Once your participants achieve the slow strikes give choices to move faster.

Lastly, a long held Camel, bring attention to knees directly over hips, glute squeeze, pressing down with the feet and lower legs in order to lift up with the thoracic spine and chest for a strong foundation

Remember the power of the breath. It helps nourish our bodies, keeping it moving and opening spaces, particularly in these challenging poses.



# 08. TWISTS



## TRACK FOCUS

Allow the Twist to happen using breath

|      |   | MUSIC                       |      |                | SEQUENCE/EXERCISE                                                                                                | CTS |
|------|---|-----------------------------|------|----------------|------------------------------------------------------------------------------------------------------------------|-----|
| 0:00 | V | <b>Is</b> someone cut       | 8x8  | A              | <b>Seated Twist</b> L                                                                                            | 64  |
| 0:30 | V | <b>You</b> stand up         | 8x8  | A <sup>1</sup> | <b>Modified ½ Lotus Twist</b> L                                                                                  | 64  |
| 1:04 | V | _ <b>Is</b> that the weight | 16x8 | A <sup>1</sup> | Repeat <b>Seated Twist</b> and <b>Modified ½ Lotus Twist</b> R                                                   | 128 |
| 2:08 | V | _ <b>All</b> the            | 4x8  | B              | <b>Down Dog</b>                                                                                                  | 32  |
| 2:24 | V | <b>Don't</b> break          | 16x8 | C              | Kneeling <b>Lunge Twist</b> L<br>⬆Option: Elbow outside thigh<br>⬆Option: Straight back leg<br>⬆Option Open arms | 128 |
| 3:28 | C | Don't make me wait          | 16x8 | C              | Kneeling <b>Lunge Twist</b> R<br>⬆Option: Elbow outside thigh<br>⬆Option: Straight back leg<br>⬆Option Open arms | 128 |



# 08. SUGAR 4:42mins

## TECHNIQUE & COACHING

### SEATED TWIST/MODIFIED HALF LOTUS TWIST

#### Layer 1

- Seated Twist
- Come around to the front
- Anchor bottom foot down, right leg crosses over
- Knee in front of foot or crossed
- Hug in or elbow to thigh
- Pregnancy twist the other way
- Stay with the twist and bring the top knee into Modified Half Lotus
- Flex the foot to protect the ankle and knee

#### Layer 3

- See if you can get more rotation into the spine using the breath
- Feel the hips opening up
- Twist and breathe
- Anchor the base to lengthen the spine

### DOWN DOG

#### Layer 1:

- Release and come into Down Dog
- Hips high, bend knees if you need to

#### Layer 2:

- Breathe and lengthen spine

### KNEELING LUNGE TWIST

#### Layer 1:

- Front leg steps forward for Lunge Twist
- Pregnancy turn the other way
- Lets try the Prayer Twist
- Back arm over the front knee, palms press together
- Breathe in to lift the chest
- As you exhale turn the shoulders
- Tuck toes and power the back leg, knee off the floor
- Option to open the arms
- As you exhale turn the shoulders
- Tuck toes and power the back leg, knee off the floor

#### Layer 3

- Squeeze inner thighs to stabilize and level the hips
- Come up higher to create more space and length
- Find the choice that's right for you
- Push the ground away to anchor your base
- Wherever you are – invite the twist into the spine by using the breath

### ESSENCE TIPS

As with all Twisting poses, once we find our base (anchor) grounding down, we can then move and explore different ways to stretch and mobilize our upper body. Coach the importance creating space and length and discover what's possible in their bodies.

The Seated Twist has a new feel where we set the foundation of the twist ; then hold the rotation moving the lower body into Half Lotus opening the hips and encouraging a long spine. Practice your language so your class can follow your verbal cues and stay in the upper body rotation.

We then transition simply up to the Lunge Twists with prayer hands, finding a strong, anchored base in the legs to allow for the opening of the arms and revolution through the spine. Coach lots of choice here, inviting the individual, present twisting journey to be explored and enjoyed.



# 09A. HAMSTRINGS



## TRACK FOCUS

Breath to encourage energy and softening in the body.

| MUSIC |                      |      | SEQUENCE/EXERCISE |                                                                                             | CTS     |
|-------|----------------------|------|-------------------|---------------------------------------------------------------------------------------------|---------|
| 0:00  | Intro                | 3x8  | A                 | <b>Down Dog</b><br>Roll to lying on back<br><b>Hamstring Stretch R</b><br>Repeat Sequence L | 16<br>8 |
| 0:21  | V / Over the moon    | 4x8  | B                 | <b>Knee to Shoulder Pose</b>                                                                | 32      |
| 0:48  | V / I could          | 5x8  | C                 | <b>Lying Hamstring Stretch</b>                                                              | 40      |
| 1:21  | Instrumental         | 3x8  |                   | Lift chest                                                                                  | 24      |
| 1:42  | V / What do I        | 8x8  | C <sup>1</sup>    | <b>Lying Twist</b> legs straight                                                            | 64      |
| 2:35  | V / Where did you go | 6x8  | C                 | <b>Seated Hamstring Stretch</b>                                                             | 42      |
| 3:16  | in / ...going home   | 4x8  | D                 | <b>Happy Baby Pose</b>                                                                      | 32      |
| 3:45  | V / Over the moon    | 30x8 | C                 | <b>Hamstring Stretch Sequence</b><br>Repeat on R                                            |         |



# 09A. BACK TO THE SKY 6:47mins

## TECHNIQUE & COACHING

### DOWN DOG

#### Layer 1

- Press back into Down Dog
- Hips are high

#### Layer 3

- Body is warm so breathe & lengthen out

### KNEE TO SHOULDER POSE

#### Layer 1

- Come down to knees and turn over
- Grab the back of the legs and roll down
- Start with the back leg, knee to shoulder pose
- Bottom leg extends out long and strong
- Head relaxes down

#### Layer 3

- As you breathe in try and bring the knee towards the ribcage
- As you exhale lengthen your entire body to the earth

### LYING HAMSTRING STRETCH

#### Layer 1

- Now straighten your leg
- Check in with the bottom leg, do you need to bend the knee up
- If not, breathe energy into both legs now and stay
- Try lifting your upper body, Nose To Knee Pose

#### Layer 3

- Soften the elbows to relax the shoulders
- Find the edge of your pose through your breath

### LYING TWIST

#### Layer 1

- Head down, arms wide
- Take your leg across the body
- Twist and IT Band Stretch
- Foot lands
- If you're pregnant, you may want to come more on your side for comfort

#### Layer 3

- Think about your top hip rolling down towards your bottom heel
- Searching for more space in your body

### SEATED HAMSTRING TWIST

#### Layer 1

- Grab the back of the legs and roll up
- Seated Hamstring Stretch
- Front leg tucks in, start to straighten the back leg
- Focus on keeping your spine long
- Breathe into a high chest

#### Layer 3

- You can walk your hands up your leg holding your foot
- Home is our bodies, breathe into it

### HAPPY BABY POSE

#### Layer 1

- Grab the back of the legs and roll down
- Happy Baby Pose
- Knees wide, grab ankles or feet

#### Layer 3

- Lengthen the tail bone towards the earth





# 09A. BACK TO THE SKY 6:47mins

## TECHNIQUE & COACHING

### ESSENCE TIPS

Beautiful long held stretches to release our Hamstrings and bring relief to lower backs. The beauty of this track lies so much in the music; minimal cues will help bring the music to the fore and allow your participants to truly connect into their bodies with a sense of honoring where they are at today.

Hamstring stretches are difficult for most, so acknowledge this helping participants to let go of effort and come into acceptance.

Coaching points: offer options throughout the track and coach for pregnant participants so they are comfortable. In the supine work we are supported, so use the earth to ground down bringing energy into all limbs for more length into the bodies . The Seated Hamstring stretch requires a straight spine to set the foundation – again coach to the levels so everyone feels success. You can never coach enough breath!



# 09B. FORWARD BENDS - HAMSTRINGS



TRACK FOCUS

Breathe, stretch and quiet.

| MUSIC |              | SEQUENCE/EXERCISE |                |                      | CTS |
|-------|--------------|-------------------|----------------|----------------------|-----|
| 0:00  |              | 19x8              | A              | Wide Leg Foward Fold | 152 |
| 1:40  | (Bell sound) | 6x8               |                | Side Bend L          | 48  |
| 2:13  | (Bell sound) | 6x8               |                | Side Bend R          | 48  |
| 2:45  | (Bell sound) | 6x8               | A <sup>1</sup> | ½ Forward Fold L     | 48  |
| 3:17  | (Bell sound) | 6x8               | A <sup>1</sup> | ½ Forward Fold R     | 48  |
| 3:45  | (Bell sound) | 9x8               | B              | Tabletop Pose        | 72  |
| 4:33  | (Bell sound) | 9x8               | C              | Extended Butterfly   | 72  |



# 09B. MERCY 5:26mins

## TECHNIQUE & COACHING

### WIDE LEG FORWARD FOLD

#### Layer 1

- Wide Leg Stick Pose
- Bent legs or straight
- Get comfortable, up on your sit bones
- You may want to come forward or you can work the stretch with the hands to the back of the room

#### Layer 3

- Breathe in and come forward as you can
- Allow the power of the breath move tension from your body and allow the breath to heal

### WIDE LEG WITH SIDE BENDS

#### Layer 1

- Breathe in and lift the right arm up
- As you exhale start to C shape your spine
- Soften the inside elbow down

#### Layer 3

- Allow the breath to take over the pose and feel the relaxation
- Letting go of effort

### HALF FORWARD FOLDS

#### Layer 1

- Turn side on
- Bring the foot to inner thigh
- Take a breath in and fold forward
- Nose to knee
- Bend your knee as much as needed

#### Layer 3

- Align the middle of your chest with the middle of your thigh
- Deep release in the hamstring and lower back

### TABLETOP

#### Layer 1

- Lets ignite the back body 1 more time
- Tabletop
- Fingers to the side walls
- Breathe in and lift hips, squeeze butt
- Legs bent, one leg extends or both legs extend

#### Layer 3

- Feel the incredible opening in the front body and strength in the back body

### EXTENDED BUTTERFLY POSE

#### Layer 1

- Roll down
- Knees wide
- Arms clasp overhead

#### Layer 3

- Stay and breathe into your body

### ESSENCE TIPS

We move into one more Hamstrings track that sets us up beautifully for Relaxation/Meditation.

Less is more here as the music is so exquisite, you want participants to immerse themselves into the music and emotion so they can take themselves into their own state and experience. Magical!



# 10. RELAXATION/MEDITATION

## BY THE ASH TREE 4:39mins



### TRACK FOCUS

Create a breathing practice.

Let's take a moment now to just relax and be in our bodies. So find the most comfortable position for you...

That might be sitting, lying down or coming onto your side. Take a deep full breath into your belly... as you let it go, relax down.

When you are warm and comfortable, you can start to relax even more. Take a deep breath in... and as you let it go, relax around your eyes... relax your cheeks... your jaw. Let your shoulders fall down and away.

Another deep breath in... even deeper now... Exhale, let your hips soften, your belly soften, let your thighs fall apart. Feel your body against the ground. Start to notice what's around you, what can you hear?...

What do you feel? Any minor discomforts? You could shift your position and try to alleviate them.

Any distractions? Try to take hold of each one and place it into the box in your mind... labeled for later. And come back into this moment. A simple moment of peace within your worthy body.

So often, especially at the moment in this life, we can feel out of control. Blown around in the whirlwind of existence.

So let us bring our minds to what we can control, our mindset, what we choose to spend our precious time focusing on.

I wonder... could we choose love? Could we choose hope? For buried just beneath the snows of suffering, lay the greenest seeds of hope, just waiting for the sunshine of your mind to fall upon them. So, let's choose hope, as we continue on in this dance of life.

Take one more deep breath... and let it go.

Start to feel the movement in your fingers and your toes. When you're ready, roll to the side and come up to sitting. Open your eyes.

Thank you so much for sharing that with us today. I hope you had a great time, we'll see you for the next one.



BONUS

# 01. TAI CHI WARM-UP



## TRACK FOCUS

Connect into the body and the breath with positive energy to prepare for class.

| MUSIC |    |                     | SEQUENCE/EXERCISE |   |                                                  | CTS |
|-------|----|---------------------|-------------------|---|--------------------------------------------------|-----|
| 0:05  |    | Intro               | 2x8               |   | Set <b>Wide Wu Chi</b>                           | 16  |
| 0:14  | V  | A drop in the ocean | 8x8               | A | 4x <b>Circle &amp; Bird Tail Sequence</b>        |     |
|       |    |                     |                   |   | Arms circle wide & down to O/H                   | 4   |
|       |    |                     |                   |   | Shift weight L, R hand presses down to side down | 4   |
|       |    |                     |                   |   | L hand Birds Tail                                |     |
| 0:52  | C  | _be <b>okay</b>     | 4x8               | B | 2x <b>Push Hand Sequence</b>                     |     |
|       |    |                     |                   |   | Shift weight R, push hands                       | 4   |
|       |    |                     |                   |   | Double hand push R                               | 4   |
|       |    |                     |                   |   | Repeat L                                         | 8   |
| 1:10  | V  | Lifes an illusion   | 8x8               | A | 4x <b>Circle &amp; Bird Tail Sequence</b>        |     |
|       |    |                     |                   |   | Arms circle wide & down to O/H                   | 4   |
|       |    |                     |                   |   | Shift weight L, R hand presses down to side down | 4   |
|       |    |                     |                   |   | L hand Birds Tail                                |     |
| 1:47  | C  | be <b>okay</b>      | 4x8               | B | 2x <b>Push Hand Sequence</b>                     |     |
|       |    |                     |                   |   | Shift weight R, push hands                       | 4   |
|       |    |                     |                   |   | Double hand push R                               | 4   |
|       |    |                     |                   |   | Repeat L                                         | 8   |
| 2:06  | PC | When <b>you're</b>  | 4x8               | A | 2x <b>Circle &amp; Bird Tail Sequence</b>        |     |
|       |    |                     |                   |   | Arms circle wide & down to O/H                   | 4   |
|       |    |                     |                   |   | Shift weight L, R hand presses down to side down | 4   |
|       |    |                     |                   |   | L hand Birds Tail                                |     |
| 2:25  | C  | be okay             | 4x8               | B | 2x <b>Push Hand Sequence</b>                     |     |
|       |    |                     |                   |   | Shift weight R, push hands                       | 4   |
|       |    |                     |                   |   | Double hand push R                               | 4   |
|       |    |                     |                   |   | Repeat L                                         | 8   |



BONUS

# 01. OK NOT TO BE OK 2:45mins

## TECHNIQUE & COACHING

### CIRCLE & BIRDS TAIL SEQUENCE

#### Layer 1

- Step out to Wide Wu Chi
- Feet outside hips
- Press knees out
- Tuck tail bone under
- Circle & take the arms overhead
- Shift weight and Birds Tail down
- Snake creeping down and press knee open
- Breath in as your circle
- Breath out as you lower
- Spine is long
- Keep pressing knees out as you move to warm

#### Layer 3

- Lets move with more range
- Allow the breath to move your body
- Let your body be a illustration of your breath
- This time, be free

### PUSH HAND SEQUENCE

#### Layer 1

- New move, push hands across and double push
- Breath in and out through your nose
- Shifting weight and pressing knees out
- Turn from the shoulders

#### Layer 3

- Soften shoulders and feel your body slowing down
- Feel the energy and music coming into your body

### ESSENCE TIPS

Whether you choose the Tai Chi or the Yoga Warm- up 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’



# 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 honouring 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, colour 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.

