



BODYFLOW

94

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

02. SUN SALUTATIONS

03A. STANDING STRENGTH

03B. STANDING STRENGTH

04. BALANCE

05. HIP OPENERS

06. CORE — ABDOMINALS

07. CORE — BACK

08. TWISTS

09. FORWARD BENDS / HAMSTRINGS

10. RELAXATION / MEDITATION

BONUS

01. TAI CHI WARM-UP

RELEASE FOCUS

DECLARATION OF INTENT

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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 Set-up 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

Can You Feel It (2:40)

Ethan Anson

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Written by: Anson
- 02

Love 4 Nothing (4:56)

Ted Jasper

© 2020 Ted Jasper.

Written by: Attlee
- 03a

With Or Without You (4:53)

Tall Coast

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Written by: Clayton, Evans, Hewson, Mullen
- 03b

Mannequin (4:52)

Crystal Knives feat. Casey Cook

© 2018 Elysian Records.

Written by: Kath, Glass
- 04

Exile (4:44)

Taylor Swift feat. Bon Iver

© Courtesy of the Universal Music Group.

Written by: Bowery, Swift, Vernon
- 05

Pick Me (2:57)

Wafia feat. Pam Anshisa

© 2021 Atlantic Recording Company.

Written by: Augustiano, Ailin, Al Rikabi, Hill
- Pick Me** (1:55)

Wafia feat. Pam Anshisa

© 2021 Atlantic Recording Company.

Written by: Augustiano, Ailin, Al Rikabi, Hill
- 06

Impossible (Madism Remix) (1:09)

Nothing But Thieves

© 2021 Sony Music Entertainment UK Limited.

Written by: Langridge-Brown, Mason, Craik, Irvin, Emery, Crossey
- Impossible (Madism Remix)** (2:28)

Nothing But Thieves

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Written by: Langridge-Brown, Mason, Craik, Irvin, Emery, Crossey
- 07

FREEDOM (2:56)

Jon Batiste

© Courtesy of the Universal Music Group.

Written by: Rowe, Person, Batiste
- FREEDOM** (1:09)

Jon Batiste

© Courtesy of the Universal Music Group.

Written by: Rowe, Person, Batiste

- 08

Put Your Records On (3:25)

Ritt Momney

© 2020 Disruptor Records/Columbia Records.

Written by: Christanthou, Beck, Rae
- Put Your Records On** (3:27)

Ritt Momney

© 2020 Disruptor Records/Columbia Records.

Written by: Christanthou, Beck, Rae
- 09

This City (3:15)

Sam Fischer

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Written by: Morgan, Fischer, Robbins
- 10

There Comes A Time (4:21)

Peake

© © Marigold Music 2021.

Written by: Peake
- Little Sunset** (3:42)

Peake

© © Marigold Music 2021.

Written by: Peake
- BONUS 01

88 (3:34)

Sky Castle

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Written by: Tetaz, Hemerlein



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 02	Sun Salutations	Track 01	Yoga Warm-up
Track 03a	Standing Strength	Track 02	Sun Salutations
Track 03b	Standing Strength		
Track 04	Balance	Track 05	Hip Openers
Track 06	Core – Abdominals	Track 08	Twists
Track 07	Core – Back	Track 09	Forward Bends/ Hamstrings
Total Time	27:07	Total Time	22:35
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 03a	Standing Strength	Track 03b	Standing Strength
Track 03b	Standing Strength	Track 03a	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 09	Forward Bends/ Hamstrings	Total Time	37:04
Total Time	44:46	Track 10	Relaxation/ Meditation
Track 10	Relaxation/ Meditation		

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

RELEASE FEEDBACK

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

KEY

Alt	Alternating	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



RELEASE FOCUS LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



BODYFLOW 94



From L-R: Fraser Beck,
Diana Archer Mills, Joash Fahitua

Hello from New Zealand all of you incredible BODYFLOW lovers. Thank you so much for continuing to inspire those around you with your passion and grace, even in such uncertain times. First of all, let's briefly talk about Tai Chi. We promise that this track is not going anywhere! It is my (Diana's) favorite and even though I (Jackie) don't particularly enjoy it, we would never remove it from the class. We just need to keep broadening the class offering so that we get to keep making this thing we love making! And we LOVED making this one. Right now, we are back in lockdown, but when we made this release, we were in a wildly flowing creative space – the intergenerational collaboration was epic! (Even Luna joined in the choreography sessions for a while.) Secondly, we continue to try to balance the class between being modern and emotive, whilst slowing down and creating space for us all to stretch how we need to. We always love to hear what you think, so please let us know. Lots of lockdown love J&D

PRESENTERS

Diana Archer Mills (New Zealand) is co-Program Director for BODYBALANCE/BODYFLOW®, 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.

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

Fraser Beck (New Zealand) researches and explores the science of breathing in relation to the physical, mental, emotional, and spiritual dimensions of our health and wellbeing. He is currently located in Queenstown, where he works in the field of holistic health.

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 – Laura Jackson



01. YOGA WARM-UP



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:06	Intro / Can you feel it	8x8	A	Side Bend Sequence Inhale/Exhale – Extended Mountain Pose ⬆ Baby Back Bend Inhale/Exhale – Side Bend L Inhale/Exhale – Extended Mountain Pose Inhale/Exhale – Side Bend R	16 16 16 16
				On last 2cts, inhale – back to Extended Mountain Pose	
0:44	V1 / _ It's coming	9x8	B	4½x Extended Mountain Forward Fold Sequence Exhale – Forward Fold, hands down mid-line, palms press together Inhale – Roll up to Extended Mountain Pose Hands up mid-line, palms stay pressed together	8 8 8
1:27	VB / ...moving	4x8	C	Inhale/Exhale – Rag Doll Pose Option: Head nod, swing from side to side	32
1:41	C / feel the heat	2x8	D	Inhale/Exhale – Down Dog	16
1:50	feel the heat	10x8	D¹	5x Down Dog, Bear/Cow Sequence Inhale – Bear/Cow ⬇ Cow Pose, land knees Exhale – Down Dog	8 8



01. CAN YOU FEEL IT 2:40mins

TECHNIQUE AND COACHING

SIDE BEND SEQUENCE

Layer 1

- Let's begin with Extended Mountain Pose
- Feet where comfortable
- Take a breath in and extend the arms over head
- Palms together
- Take a Side Bend
- C-shape your spine
- Extended Mountain
- Side bend the other way

Layer 3

- Feel the side body getting warm
- Let the breath out and reach away

EXTENDED MOUNTAIN FORWARD FOLD SEQUENCE

Layer 1

- Extended Mountain, palms together and roll down
- Roll up the same way
- Exhale, **bend knees** and fold yourself forward
- Chest on thighs
- **Draw the belly in strongly as you fold**
- Chin tucked in on the way down and up

Layer 3

- Link the breath as you move
- Feel the glutes at the top of the extension
- As you press the palms together feel the shoulder blades moving down
- Beautiful roll through the spine

RAG DOLL POSE

Layer 1

- This time, hold down
- Come into Rag Doll Pose
- Cradle elbows with hands
- **Bend the knees and lift the belly**

Layer 3

- Nod the head up and down and relax the body
- Gentle swings from side to side releasing lower back

DOWN DOG BEAR/COW SEQUENCE

Layer 1

- Down Dog
- Hands under shoulders
- Feet hip-width
- Draw the belly and hips high
- Shift the weight forward into Bear, Cow
- Knees can come to floor or Hover
- Chest comes through in between your arms

Layer 3

- Push out of your hands
- Rotate the shoulders away from ears
- Feel that long belly stretch
- Lengthening the spine in the Down Dog
- Breathe into the stretch

ESSENCE TIPS

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

We are facing the front for this track; connection starts right from the beginning of the class so simple, clear coaching is paramount to getting your participants moving with a breath focus. We are basically moving the spine to warm and mobilize. Offer the option in the Bear-Cow-Down Dog sequence to have knees down to decrease intensity. Simply wonderful.



Breath and movement creating strength and length, warmth and opening.

BODYFLOW 94



02. LOVE 4 NOTHING 4:56mins

TECHNIQUE AND COACHING

PLANK

Layer 1

- Inhale, roll forward to Plank
- Chin tucks in
- Knees down or off the floor

Layer 3

- Staying with the flow
- Feel the wave of energy rolling through the body

CROCODILE POSE

Layer 1

- Exhale, Crocodile, knees down
- Bend elbows, lower halfway
- Core strong

Layer 3

- Controlling the descent

BABY COBRA POSE/UP DOG

Layer 1

- Inhale, Baby Cobra or Up Dog
- Pregnancy option – Cow Pose
- **Squeeze butt**

Layer 3

- Express through the heart

DOWN DOG

Layer 1

- Exhale to Down Dog
- Hips high

3-LEGGED DOG – NOSE TO KNEE

Layer 1

- Inhale, 3-Legged Dog, square hips to front
- Exhale, knee to nose
- C-shape the spine
- Hips high
- Inhale, back to 3-Legged Dog

Layer 3

- Deep core compression
- Can we get the nose closer to the knee?

LUNGE

Layer 1

- Inhale, Lunge
- Lift chest, back knee down
- Keep the back knee off the floor

Layer 3

- Inner thighs engaged to stabilize your body

TWISTED KNEELING LUNGE

Layer 1

- Inhale – reach arms over head, palms together
- Exhale, twist, turning shoulders
- Rotate over the knee
- Inhale – extend arms high again

Layer 3

- Reaching higher out of the hips
- Finding length through front of the body

FORWARD FOLD

Layer 1

- Exhale, step into Forward Fold
- **Belly lifted**
- **Bend knees**

Layer 3

- Tuck the chin in to release the neck

EXTENDED MOUNTAIN POSE

Layer 1

- Inhale, extend the Mountain
- Palms together

Layer 3

- Big circle, extend your Mountain



02. LOVE 4 NOTHING 4:56 mins

TECHNIQUE AND COACHING

ESSENCE TIPS

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. 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 the class. If you notice anyone taking the options, you can then cater to them throughout the session.

On the 3rd and 4th rounds, add the link to the breathing pattern with the option to add more intensity with the high Lunge. Coach squeezing inner thighs and core to stabilize hips and pelvis in this position.

Finally, we finish with 2 Plank flows. Be sure to pre-cue this early on so participants can follow easily.

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



03A. STANDING STRENGTH



TRACK FOCUS

Focus on hip stretches to enhance the standing poses for strength and length.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	6x8	A Inhale/Exhale – Down Dog Option: Walk through feet	48
0:26	V1 / _ see the	20x8	B Inhale/Exhale – 3-Legged Dog with Open Hip L, L leg lifts, L knee bends Repeat to R	80 80
1:53	C / give yourself	16x8	C Standing Strength Sequence L Inhale/Exhale – Sun Warrior L, L leg F, arms windmill B Inhale/Exhale – Twisted Lunge L, R arm over L leg, L arm B Inhale/Exhale – Warrior 3 with Twist L, R arm over L leg, L arm Back/up Inhale/Exhale – Extended Mountain, sit B into Intense Pose	32 32 32 32
3:03	Br / Ohhh	16x8	C Repeat Standing Strength Sequence to R	128
4:10	Outro /	9x8	D Hold Intense Pose	72



03A. WITH OR WITHOUT YOU 4:53mins

TECHNIQUE AND COACHING

DOWN DOG

Layer 1

- Let's bring the focus to strength
- Walk your feet if that feels good
- Press firmly between both arms
- Draw your belly in and lift your hips even higher

Layer 3

- Feel the earth between each finger
- Feel your muscles

3-LEGGED DOG WITH OPEN HIP

Layer 1

- Take 3-Legged Dog with an open hip this time
- Lift the right leg, bend the knee and open your hip
- Square shoulders to the floor as you exhale

Layer 3

- Breathe into that open space
- We want to work power here – so can you powerfully press out through your fingers? And up through your arms and through your knee, pressing away from your body?
- Feel your incredible strength
- Breathe and release anything that's holding tension in the body

SUN WARRIOR

Layer 1

- Stepping the foot in between your arms into Sun Warrior
- Anchor the back foot and windmill the arms
- C-shape the side body
- Back arm sliding down the leg

Layer 3

- Revolving the arms
- Breathing length out of the hips
- Breathe joylessly in

TWISTED LUNGE

Layer 1

- Lift your back heel
- Come to Twisted Lunge
- Back arm reaches forward over front thigh
- Press your knee out over toes
- Use your hand to lever you away

Layer 3

- Inhale up your long spine
- Exhale to revolve
- Feel the chest and shoulders open
- Elbow on thigh or reach down
- Bottom arm reaches up and out

WARRIOR 3 WITH TWIST

Layer 1

- Shift the weight forward to Warrior 3
- Lift the back leg to hip level
- Tap down anytime you need to

Layer 3

- Float into Warrior 3
- Use your breath to maintain your balance

INTENSE POSE

Layer 1

- Feet together, Intense Pose
- Breathe high and sit low
- Squeeze knees together
- Lower belly draws in as you inhale

Layer 3

- Where are we going to take this pose?
- Can you sit deeper?
- Pull the shoulders down, draw in the belly and breathe



03A. WITH OR WITHOUT YOU 4:53mins

TECHNIQUE AND COACHING

ESSENCE TIPS

This track is a perfect opportunity to team-teach with the music and complement the highs and lows of the track with your coaching and vocal tone. Know your music well so you can work your script around the quiet moments and the contrasting builds in the song.

We start building strength through our entire body as well as beginning to open the hips with 3-Legged Dogs from the opening of the track. Integrate your alignment and breath cues to help participants achieve the pose's intensity.

The next 3 poses move seamlessly – Sun Warrior, Twisted Lunge into Warrior 3 with Twist.

Keeping the Layer 1 cues simple allows space to pause and look out at your class making sure they are with you.

The second time through you can follow-up with Layer 3 cues to deepen the pose/experience for the participants. When we give this follow-up coaching, they 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...



03B. STANDING STRENGTH



TRACK FOCUS

Set the foundation for the lower body to provide stability for upper body mobility.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	Inhale – Step B to Lunge R, R leg B Exhale – Bend knees to 90/90 Lunge		8 8
0:10	V1 / Out of sight	8x8	A ¹	Standing Strength Sequence 2 R Inhale/Exhale – 90/90 Lunge R, R leg B, hands to hips Inhale/Exhale – Arms and torso reach F	32 32
0:45	C / just a mannequin	8x8	A ²	2x Warrior 3, Lunge Sequence R Inhale – Warrior 3 R, arms O/H Exhale – 90/90 Lunge R, arms O/H ⬆ Baby Back Bend	16 16
1:20	V2 / Behind the glass	8x8	B ¹	Inhale/Exhale – Warrior 1 R, arms O/H, palms facing Inhale/Exhale – Extended Warrior 1 R, arms and torso F	32 32
1:54	C / just a mannequin	8x8	B ²	4x Warrior 1 Arm Flow R Inhale – Chest lifts , arms in towards chest, then wide Exhale – Arms F to Extended Warrior 1	8 8
2:29	V3 / Behind the glass	32½x8	A ¹ -B ²	Repeat Standing Strength Sequence 2 to L Note: Extended Warrior 1 in sequence B ¹ – 36cts	260



03B. MANNEQUIN 4:52mins

TECHNIQUE AND COACHING

LUNGE

Layer 1

- Long step back to Lunge with left leg
- Drop the back knee down
- Front knee out over toes
- Tuck the pelvis under
- Extend your Lunge, reach arms forward

Layer 3

- Draw your belly in and up to the mid-line
- Engage your glutes
- Let's stay deep in the work in this track

WARRIOR 3 / LUNGE SEQUENCE

Layer 1

- Stay low, moving slowly to Warrior 3
- Shift the weight forward
- Lift the back leg to hip level

Layer 3

- Lunge and Baby Back Bend
- Breathing out of hips and opening your heart
- Can you take the back knee even lower as you open?
- Express yourself into the posture

WARRIOR 1

Layer 1

- Warrior 1, landing back heel
- Arms high
- Square hips to front

Layer 3

- Continuously press down through outside edge of back foot
- Inhale – breathing length out of hips
- When we set the foundation, it's like the roots of a tree. We find strength to grow and evolve in this posture

EXTENDED WARRIOR 1 WITH ARM FLOW

Layer 1

- Let's extend forward into Warrior 1
- Stay low in the legs and flow the arms
- Open wide and reach forward

Layer 3

- Loading weight into the front heel and hip
- Beautiful extension as you open up as much as you can
- Feel the grace in the upper body growing each time

ESSENCE TIPS

Keeping the strength growing; this track provides a wonderful opportunity for your class to explore the progression of the space, freedom and length around their ribcage and side body, and powerful lower body foundations.

Invite your participants to find their "edge of the pose" using breath to sustain them.

There is a strong, powerful Back Bend in the Lunge. Take your time to set this up clearly with BPD alignment cues, keeping your class safe, aware of their bodies and confident to expand and challenge themselves in this beautiful spinal extension.

Share your enjoyment of how this song connects you and your body to some fantastic feelings.

Breath is the thread linking this sequence of poses. Aim to breathe with each pose as well as leading with breath throughout each transition.

And lastly, how will you show your love and enjoyment of breathing and moving in this way?



04. BALANCE



TRACK FOCUS

Coach to duality in the poses.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	Mountain Pose , facing F	16
0:13	V1 / I can see	4x8	A Inhale/Exhale – Eagle Pose L, L leg over R, L arm under R	16
			⬇ L toes on floor	
			Inhale/Exhale – Folded Eagle Pose L, torso F	16
0:40	PC / I think I’ve	6x8	B Inhale/Exhale – Tree Pose L, L leg to R inner thigh, calf or toes to floor, fingers linked, arms O/H, palms press up	48
			⬆ Eyes up	
1:20	V2 / I can see	4x8	A Repeat Eagle Pose and Folded Eagle R	32
1:46	PC / I think I’ve	4x8	B Repeat Tree Pose R	32
			Note: 32cts	
2:12	C /_So step right	6x8	C Inhale/Exhale – Dancers Pose L, R arm O/H	16
			Inhale/Exhale – Extended Dancers Pose L, R arm F	32
2:50	/ So many signs	6x8	D Inhale/Exhale – Angel Pose , arms O/H, fingers linked, palms press up, heels lift off floor	48
3:28	/_ So step right	6x8	C Repeat Dancers Pose and Extended Dancers Pose R	48
4:06	/ So many times	6x8	D Repeat Angel Pose	48



04. EXILE 4:44mins

TECHNIQUE AND COACHING

EAGLE POSE

Layer 1

- Feet together
- Bend your knees
- Cross the right foot over the left
- Foot either down on the floor or wrap toes behind calf
- Squeeze the legs together
- Inhale – right arm wraps under the left
- Exhale – tuck the tail bone under
- Bring your hands forward and round the upper spine

Layer 3

- Feel the open space in your back body

TREE POSE

Layer 1

- Foot comes to ankle or above the knee
- Clasp fingers and extend high to the sky

Layer 3

- Full breath and maybe lift the gaze if the option is there
- Find the duality of pressing the foot into the leg and the leg back into the foot will help you balance

DANCERS POSE

Layer 1

- Set up Dancers Pose
- Grab the inside of the foot
- Kick the back foot high to the sky
- Breathe the other arm up

Layer 3

- The more you kick back with the foot, the easier the balance will become, creating the duality of the pose
- We are exploring the beautiful duality of maintaining control and letting go
- What have you got to lose?

ANGEL POSE

Layer 1

- Extend the Mountain
- Clasp hands over head and breathe
- Lift heels off floor

Layer 3

- Maintaining balance of all the small muscles of the feet
- Reach your heart to the sky

ESSENCE TIPS

The duality of standing balance poses means that to enable that lifted leg to go higher, the standing leg must root deeper towards the earth. In other words, the lifted leg has to do the opposite of what the standing leg is doing. If we focus on rooting down into the earth and playing with that amazing force that wants to take us downwards, resisting it with the strength of our muscles and the integrity of our alignment, we will reap the power of lift and expansion in that other leg. That lifted leg will then be able to do that safely, with integrity, without injury.

Take Dancers Pose for example – the legs play that subtle dance of duality to keep the standing leg stable and strong, balancing the entire weight of the body while the other leg, extended and arching behind the back of the body passively lengthens. Honor the function and the power of the standing leg in balance poses and you'll be able to take the lifted leg along for a ride to great heights.

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

Breath and acceptance to sustain the poses.

MUSIC			SEQUENCE/EXERCISE		CTS
0:01	Intro /	1x8	Set up Wide-Legged Forward Fold, facing R		8
0:07	V1 /	6x8	A	Inhale/Exhale – Wide-Legged Forward Fold , facing R, hands or elbows F on floor	48
0:41	C / I pick me _	4x8	A ¹	Inhale/Exhale – Wide-Legged Flat Back Extend , hands F on floor, chest lifted	32
1:04	V2 / I don't need	20x8	B	Modified Half Lotus Sequence L, tuck L leg under, face front Inhale/Exhale – Modified Half Lotus L, L foot F, on R calf or thigh, hands B on floor ⬆ Cow Face Pose, knees stacked Inhale/Exhale – Modified Half Lotus with Tricep Stretch L, R arm over, elbow bends, L hand to R elbow ⬆ Link fingers behind back Inhale/Exhale – Modified Half Lotus with Side Bend L, R arm over Inhale/Exhale – Extended Modified Half Lotus L, chest F, hands F on floor	32 32 32 64
2:58	V3 / I don't need	20x8	B	Repeat Modified Half Lotus Sequence R	160

At 2:58 please follow the choreography notes for this sequence, the video is incorrect.

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



05. PICK ME 4:52mins

TECHNIQUE AND COACHING

WIDE-LEGGED FORWARD FOLD

Layer 1

- Side-on, take the feet super wide
- Bend knee and fold forward
- Draw belly in strongly
- Press through the palms and come into flat back

Layer 3

- Walk your feet out to feel the stretch in your body
- Strong abdominals
- Energy shooting out through the crown of your head

MODIFIED HALF LOTUS SEQUENCE

Layer 1

- Take a seat down on the floor
- Modified Half Lotus or Cow Face Pose
- Cross legs, foot on shin or knee
- Anchor the hips down
- Take a shoulder stretch
- You can link the fingers
- Release the arms and come into a Side Stretch
- Now, fold forward, tucking the chin in

Layer 3

- Press the head up to deepen the stretch
- Feel the stretch in the Side Bend
- Tuning into your breath and body

ESSENCE TIPS

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 Openers 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".

When we give the options, participants have control over their workout. This is empowering for their experience of the class.



06. CORE – ABDOMINALS



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	V1 / Took a breath	3x8	A	Inhale/Exhale – Down Dog Inhale/Exhale – Plank Pose	16 8
0:15	PC / drown myself	7x8	B	Plank Pose Sequence L 3½x Plank Pose, Knee To Nose Sequence (slow) L Inhale – Knee To Nose , L knee bends Exhale – Extend L leg B ⇩ R knee to floor	 8 8
0:48	C / drown myself	4x8	B¹	4x Plank Pose, Knee To Nose Sequence (fast) Exhale – Extend L leg B Inhale – Knee to Nose , L knee bends	4 4
1:09	V2 / Took a breath	31/2x8	A-B¹	Inhale/Exhale – Down Dog Inhale/Exhale – Plank Pose	16 8
1:24	PC / drown myself	11x8	B-B¹	Repeat Plank Sequence R	88
2:17	V3 / I'll take the	3x8		Lie supine, knees over hips, facing L ⇩ Pregnancy Option: On elbows Extend R leg to 45°	16 8
2:32	C / drown myself	4x8	C	2x Single-Leg Extension Pulse R&L Inhale – 3x pulse up, hands alongside legs, R leg at 45° ⇩ L toes on floor Exhale – Lie upper body B, bend knees, fingertips to temples Repeat to L	6 2 8
2:51	Br / Somebody	5x8	D	5x Shootouts Inhale – C-Crunch, arms reach past legs Exhale – Legs to 45°, arms O/H ⇩ Pregnancy Option: Knees bent, slide toes F on floor to extend legs and back	4 4
3:15	C / drown myself	4x8	C	Repeat 2x Single-Leg Extension Pulse R&L	32



06. IMPOSSIBLE (MADISM REMIX) 3:37mins

TECHNIQUE AND COACHING

PLANK POSE SEQUENCE

Layer 1

- Turn the mat sideways
- Start in Down Dog
- Lift the hips high
- Come to Plank, on knees or toes
- Front knee to chest
- Extend leg to hip level and squeeze glutes

Layer 3

- Try and keep the leg at hip level
- Isolating the body so the only thing that moves is the leg and upper spine
- Keep the shoulders stacked over the wrists to build strength
- Keep the hips low as you round your spine

SINGLE-LEG EXTENSION PULSE

Layer 1

- Come down and lie on your back
- Pregnancy option – work from your elbows
- Knees over hips
- Extend the front leg, pulse 3 times
- Lower down and switch
- **Ribs to hips on the Crunch**
- Chin tucks in to keep the neck safe
- Breathe in through your nose and out through the mouth

Layer 3

- Let's feel the upper abdominals getting warm

SHOOTOUTS

Layer 1

- Crunch in and extend to 45 degrees
- **Lower back pressing towards the floor**
- **Brace abs to stabilize hips and pelvis**

Layer 3

- Extend as long as you can
- Option to toe tap if lower back is lifting

ESSENCE TIPS

We begin the track with Plank Pose Sequence to build incredible whole body strength. This sequence is tough so use the knees down option to decrease intensity. Be sure to check in with your 3 B's (Back, Belly and Breath) in each exercise so we are keeping people safe. Offer pregnancy options – Look out and acknowledge if anyone takes them. Let them know you see them, either verbally or just with a smile.

We love Shootouts; the lower abdominal muscles have to react and respond to stabilize the hips and pelvis as well as keeping the lower back towards the floor as we move. Coach to a powerful breath (in through the nose and out through the mouth).



07. CORE – BACK



TRACK FOCUS

Activate opening and strength in the back body.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Lie prone facing R, set up Iguana Pose, fingertips to floor	16
0:08	C / _ When I move	12x8	A ¹	Iguana Pose Sequence	
				Inhale – L hand reaches F	4
				Exhale – R hand reaches F	4
			A ²	Inhale – Back Extension , arms lift	4
				Exhale – Lower down	4
			A ¹	Inhale – L hand wide	4
				Exhale – R hand wide	4
				Inhale – Wide Arm Back Extension , arms lift	4
			A ³	Exhale – Lower down	4
				🔻 Pregnancy Option: Camel Pose	
				Repeat to front	16
	Inhale/Exhale – 24x Iguana Pulse , 1ct lift, 1ct lower	48			
	🔻 Camel/Cow Pose				
	Pregnancy Option: Cat Pose – 4cts, Cow Pose – 4cts				
0:58	C / _ When I move	12x8	A ¹ -A ³	Repeat Iguana Pose Sequence	96
1:49	Br / _ Cause when I	3x8	B	Inhale/Exhale – Childs Pose	24
		1x8		Lie prone, setting up for Half Bow Pose	8
2:05	V / _ dance floor	12x8	C	Inhale/Exhale – Half Bow Pose L, L hand hold L ankle, R arm F on floor	48
				🔼 Bow Pose	
				Repeat Half Bow Pose R	48
2:56	Br / _ Cause when I	3x8	D	Roll to supine	16
				Inhale/Exhale – Bridge Pose	8
3:09	C / Everybody come	13x8	D ¹	13x Walking Bridge	
				Inhale – R foot steps F, L foot steps F	4
				Exhale – R foot steps B, L foot steps B	4
				🔼 After 7 reps, option – Baby Back Bend	



07. FREEDOM 4:05mins

TECHNIQUE AND COACHING

IGUANA POSE SEQUENCE

Layer 1

- Roll over on to your belly
- Pregnancy work – Camel/Cat/Cow Pose
- Front arm goes forward
- Now the back arm and both arms lift
- **Squeeze butt**
- Arms out to the side, one side then the other
- Lift and lengthen the body
- Iguana pulse
- Fingertips close to body
- Lift chest and pulse
- Squeeze shoulder blades together

Layer 3

- Even higher in the last sets
- Big-time glute activation
- Take some weight out of the fingertips
- Aim to strengthen the mid-back and protect the lower back
- Don't stop breathing

BOW POSE

Layer 1

- Half Bow to begin
- Reach back for your foot, grab your ankle
- Lift chest and thigh off the floor
- Stay on the half or the full bow
- Breathe as you lift both thighs off the floor now

Layer 3

- Let's find freedom in the back body
- Squeeze inner thighs together

BRIDGE POSE

Layer 1

- Roll over and bring your feet close to your butt
- **Squeeze butt** to lift hips high
- Let's walk the feet forward and back
- **Spine and pelvis still**
- Option to find the full Back Bend
- Hands close to ears and push off the floor
- Tuck in the chin and lower slowly as you roll down

Layer 3

- We build lumbar and pelvic stability to protect the lower back
- Using the mind and breath, how motionless can you keep the hips and pelvis?

ESSENCE TIPS

The choreography in this track allows you space to set the foundations of each pose so participants move from the safe and stable base to enhance their pose experience. Set the strong glute squeeze to protect the lower back in the Iguana Pose Sequence. Pregnancy have choices of Camel/Cat/Cow poses.

Again, take time to set the foundation for Bow Pose. Bring attention to inner thighs to help bring support to your pelvis and hips, which in turn supports your spine.

Lastly, a long held Bridge with a progression to Back Bend. 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 body, keeping it moving and opening spaces, particularly in these challenging poses.



08. TWISTS



TRACK FOCUS

Feel rejuvenated by the spinal release that occurs in each pose.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	V1 / Three little birds	6x8	A	Lie supine, set up for Twist Sequence L Inhale/Exhale – Supine Cross-Legged Twist Pose L L leg cross over R, lower knees to front, arms wide	48
0:42	C / Girl put	5½x8	A¹	Inhale/Exhale – Supine Twist with Leg Extension L, straighten L leg, R hand holds L foot or leg	44
1:12	V2 / Blue as the	8½x8	B	Inhale/Exhale – Seated Twist Pose L, L foot over R knee ⬇ L foot in front of R shin, or R leg extends F ⬇ Pregnancy Option: Open Seated Twist Pose	68
1:56	C / Girl put your	5x8	B¹	Inhale/Exhale – Seated Twist with Leg Extension L, R hand hold L foot, extend L leg, L arm reaches B ⬇ Seated Twist Pose L ⬇ Pregnancy Option: L hand holds L foot, extend L leg	40
2:24	Br / Just more	10x8	C	Inhale/Exhale – Seated Wide-Leg Stick Pose	16
			C¹	Inhale/Exhale – Seated Wide-Leg Stick Pose with Twist R, L arm inside L leg, R arm reaches B	24
				Repeat Seated Wide-Leg Stick Pose with Twist L	24
				Inhale/Exhale – Seated Wide-Leg Forward Fold	16
3:26	V3 / Three little birds	35x8	A-C¹	Repeat Twist Sequence R	280



08. PUT YOUR RECORDS ON 6:52mins

TECHNIQUE AND COACHING

SUPINE CROSS-LEGGED TWIST POSE

Layer 1

- Bring your back leg and cross it over the front leg
- Arms open side
- Press shoulders down towards the floor
- Fill yourself with breath
- You can stay with this or straighten out the front leg, holding the foot or the leg

Layer 3

- As you let it go feel yourself unravel

SEATED TWIST POSE

Layer 1

- Sitting up for Seated Twist
- Foot in front of knee or crossed
- Sitbones down
- Breathe in, lift chest, and turn shoulders
- Pregnancy option – stay with Open Twist
- Grab the foot and extend away if you can keep the spine straight

Layer 3

- Keep the knee close to the chest; feel the stretch in the hips and glutes
- Soften belly to twist more
- Feel that nice rotation through the spine
- Deep breath to deepen the Twist
- Press the foot firmly into your front foot and extend the back arm working dynamically

SEATED WIDE-LEG STICK POSE WITH TWIST

Layer 1

- Take the legs wide, bent or straight
- Breathe in and lift the chest
- Right hand to anchor
- Open the left arm to the sky
- Take a rest and fold forward like a pancake, hands forward

Layer 3

- Feel the twist in the thoracic spine
- Feel the rhythm of your breath slow down

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.

Create a balance of energy as we twist or lift, and then a surrender and release as we settle in. Moving with our breath is a beautiful way to bring the attention to how our bodies feel. When we breathe as we move into a pose, we create a beautiful support for the movement of the body.

Think of a Seated Twist. Inhaling to lengthen brings a natural lift to the chest and a straightening of the spine, as well as a lifting energy. Then using the exhalation to rotate supports the natural twist of the body and lets us go as far as we can.

And lastly, that glorious, very final part of the out-breath, right before we need to inhale, is where we let go and relax into our pose.

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



09. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Prepare the body for relaxation with these final stretches using the breath.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro / Instr	9x8	A	Inhale/Exhale – Seated Wide Forward Fold , facing F ↴ Bend knees, hands behind on floor Inhale/Exhale – Side Bend L Repeat Side Bend R	40 16 16
0:58	Instr /	1x8		Bring legs in, come up to standing, facing R	8
1:05	V2 / I remember	4x8	B	Inhale/Exhale – Forward Fold	32
1:30	C / This city	4x8	C	Inhale/Exhale – Flat Back Extend	32
1:56	Ooo	4x8	B ¹	Inhale/Exhale – Forward Fold with Shoulder Stretch ↴ Forward Fold	32
2:23	C / This city	4x8	C	Repeat Flat Back Extend	32
2:48	Ooo	2x8		Sit, then lie supine facing L	16
3:01	Outro / break my	2x8	D	Inhale/Exhale – Extended Butterfly Pose	16



09. THIS CITY 3:15mins

TECHNIQUE AND COACHING

SEATED WIDE FORWARD FOLD

Layer 1

- Let's stay here in Forward Fold
- Let your head come down as low as you can
- Side Bend
- Breathing in and lift up and over
- C-shape your spine

Layer 3

- Feeling the beautiful stretch through the lower body

STANDING FORWARD FOLD

Layer 1

- Come to standing Forward Fold
- Feet hip-width apart
- Bend knees and lift belly
- Chest on thighs
- Flat Back Extend – counter pose
- Fold down again
- If it feels good, take the Shoulder Stretch
- Lace fingers and let the arms go over head

Layer 3

- Create length up your spine by using the breath
- Keep the chin tucked in to get the neck release

EXTENDED BUTTERFLY POSE

Layer 1

- Extended Butterfly
- Let's come down and roll on to your back for Extended Butterfly
- Soles of the feet together
- Hold the elbows

ESSENCE TIPS

This is a simple 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



THERE COMES A TIME / LITTLE SUNSET 8:05mins

TRACK FOCUS

Create a breathing practice.

Find your way to a position that's really comfortable for you. This might mean straightening out your legs, coming to Shavasana. Palms face up. Or if you're pregnant, it might feel good to lie on your side and draw your knees in. Or you may choose to come to sitting. Take a deep breath in and try closing your eyes. Wherever you are, allow the body to soften and take your focus inwards. Beginning meditation with a slow, full-body scan. Lifting from the base of the body, the feet and ankles. Moving with ease, noticing your hips. Feeling the focus lift through each vertebrae in the spine, finally lengthening through the crown of the head. The natural closure of the mouth as you take a full breath in, relaxing the body. And bring awareness to the position of your tongue, softening the inner and outer corners of your eyes, and then begin to allow the breath to guide your meditation. Watching the breath as it draws in through the nostrils, and the body passively compressing with each out-breath. Noticing where the mind may want to go, allowing any thoughts that may arise and choosing to accept them for what they are. With each breath, team, as you continue to relax your body, keep taking those deep breaths. Let the breath flow through your body, and as you exhale, continue to release the energy through the floor. I encourage you to try to focus on yourself; be kind to yourself. Bring a little smile to your face. Try to forget where you are, or where you've come from, and just be in the moment. Here. Safe. With us. Ease the mind, and let this time be yours. You deserve it. Try to just let the outer noise pass you by as you just relax and enjoy whatever position you are in. Whether you're listening to the music, or just listening to your breath, let it calm you. Release. Let go. Rest and enjoy. You are one of a kind. You are beautiful. You're amazing. Slowly start to come back into your body. Wiggle your fingers; wriggle your toes. Take a deep purposeful breath in, and let it go slowly. You can roll onto your side now; gently, quietly make your way back up to sitting. Let's take one last breath together, in... And out... And when you're ready, you can open your eyes if they're still closed. Thank you so much for sharing that with us today.



BONUS

01. TAI CHI WARM-UP



TRACK FOCUS

Slow down and be fully present in the moment with constant flow of movement and breath.

MUSIC			SEQUENCE/EXERCISE		CTS
			Set up starting position for Narrow Wu Chi Stance, Breath Swings with Heel Lift , arms O/H, heels lift, palms press up		
0:07	<i>Instr / beat</i>	9½x8	A	9½x Breath Swings with Heel Lift Exhale – Heels down, swing torso F, arms B Inhale – Arms O/H, heels lift, palms press up	4 4
0:42		½x8		Step feet to Wide Wu Chi	4
0:44	<i>V1 / Give it up</i>	8x8	B	8x Tai Chi Circling L&R Inhale – Weight Shift L, circle L arm F and open to side Exhale – Repeat to R	8 4 4
1:14	<i>C / Can't run away</i>	8x8	C	4x Roll, Weight Shift with Palm Press L&R Inhale – Weight in center, hands scoop up to chest, palms up Exhale – Weight Shift L, arms open to sides, palms press ⬆ Flex foot Repeat to R	 4 4 8
1:43	<i>V2 / Burn it up</i>	8x8	B	8x Repeat Tai Chi Circling L&R	8
2:13	<i>C / Can't run away</i>	7x8	C	3½x Repeat Roll, Weight Shift with Palm Press L&R	56
2:39	<i>_ Crystal clear</i>	1x8		Set up for Breath Swings with Heel Lift	8
2:43	<i>Outro /</i>	14x8	A	14x Repeat Breath Swings with Heel Lift	112



BONUS

01. 88 3:34mins

TECHNIQUE AND COACHING

NARROW WU CHI BREATH SWINGS

Layer 1

- Reach up high and lift heels
- Swing down
- Bend knees
- Breathe to rise
- Chest on thighs

Layer 3

- As we drop, use the breath
- Grow into your body
- Release the breath out and fill yourself up with each powerful exhalation
- Let go of anxiety so you can be fully present in your practice today

TAI CHI CIRCLING

Layer 1

- Step the feet wide
- Circling the arms
- Press the knees open
- Long spine
- Shift the weight side to side
- Turn from the shoulders

Layer 3

- Let your shoulders fall away from your ears
- Seamless movement and breath

ROLL WEIGHT SHIFT WITH PALM PRESS

Layer 1

- Breathe in from the floor and press away
- Weight shifting into one leg and press away
- Roll through the spine

Layer 3

- Create more energy into the movement
- If it feels good, lift the heel

ESSENCE TIPS

We start with Narrow Wu Chi Breath Swings to release any tension that may be manifesting in the body and face. Coach lots of knee bend, belly lift and chin tucks.

When we progress to the Wide Wu Chi position we have the seamless beauty of arm circling to bring focus to the mind-body connection along with warming the hips to prepare for the Roll/Palm Press Sequence.

Encourage participants to enjoy the release of the spinal roll and the expression and growth when they press away.

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



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.

