



BODYFLOW

95

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

09A. FORWARD BENDS / HAMSTRINGS

09B. 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

Mercy (3:46)

MØ feat. What So Not & Two Feet

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Written by: Ku, Emerson, Flanningan, Daniels, Ørsted
- 02

Enough (5:09)

Appleby

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Written by: Burns, Bennett
- 03a

Lions (3:27)

Skip Marley

Courtesy of the Universal Music Group.

Written by: Ilya, Kotecha, Marley
- 03b

Outnumbered (1:39)

James Bay feat. Julia Michaels

Courtesy of the Universal Music Group.

Written by: Michaels, Bay
- Outnumbered (4:04)**

James Bay feat. Julia Michaels

Courtesy of the Universal Music Group.

Written by: Michaels, Bay
- 04

Peer Pressure (1:51)

Wafia feat. Pam Anshisa

Courtesy of the Universal Music Group.

Written by: Augustiano, Ailin, Al Rikabi, Hill
- Peer Pressure (2:55)**

Wafia feat. Pam Anshisa

Courtesy of the Universal Music Group.

Written by: Augustiano, Ailin, Al Rikabi, Hill
- 05

Nothing Burns Like The Cold (3:29)

Snoh Aalegra feat. Vince Staples

Courtesy of the Universal Music Group.

Written by: K. Hassan, T. Hassan, Staples, Aalegra, Hayes
- Nothing Burns Like The Cold (3:30)**

Snoh Aalegra feat. Vince Staples

Courtesy of the Universal Music Group.

Written by: K. Hassan, T. Hassan, Staples, Aalegra, Hayes
- 06

Mount Everest (2:18)

Labrinth

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Written by: McKenzie
- Mount Everest (0:40)**

Labrinth

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Written by: McKenzie

- 07

Slow Dance (2:55)

AJ Mitchell feat. Ava Max

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Written by: Hansson, Bell. J. Johnson, S. Johnson, Kalisch, Peterhof, Vlasenko
- Slow Dance (2:59)**

AJ Mitchell feat. Ava Max

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Written by: Hansson, Bell. J. Johnson, S. Johnson, Kalisch, Peterhof, Vlasenko
- 08

Where's My Love (6:42)

SYML

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Written by: Fennell
- 09a

sunday (3:13)

Joy Oladokun

Courtesy of the Universal Music Group.

Written by: Oladokun
- 09b

Infinity (3:17)

Bobby Weaving

Courtesy of Les Mills Music Licensing Ltd.

Written by: Arts
- 10

Gaze Upon The Beauty (4:51)

Stanton Lanier

© 2021 Music to Light The World.

Written by: Lanier
- BONUS 01

Every Colour (4:01)

Luca Fogale

© 2020 Amelia Recordings.

Written by: Fogale



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 03a	Standing Strength		
Track 04	Balance	Track 05	Hip Openers
Track 06	Core – Abdominals	Track 08	Twists
Track 07	Core – Back	Track 09b	Forward Bends/ Hamstrings
Total Time	26:00	Total Time	25:53
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 03a	Standing Strength
Track 03b	Standing Strength	Track 03b	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals	Track 05	Hip Openers
Track 07	Core – Back	Track 08	Twists
Track 08	Twists	Track 09a	Forward Bends/ Hamstrings
		Track 09b	Forward Bends / Hamstrings
Track 09b	Forward Bends/ Hamstrings	Total Time	43:02
Total Time	41:42	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 COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session**?

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

“Squeeze your biceps to curl the bar” – internal

“Drive the bar up and away from you” – external

Layer 1

Our set-up and safety cues will be mainly internally focused – “brace your abs to stabilize your trunk”, “bent knee landing” on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue – (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective – (“make that bar fly”) creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” – both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



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Joash Fahitua



Kylie Gates

Hello you wonderful humans! All the way down here in somewhat sunny New Zealand, it feels like we have been separated physically for far too long now. We, like the rest of the Group Fitness department, cannot wait to get back out into the world and see you all once again!

When we made this release, Auckland was back in lockdown. Choreographing over Zoom and through videos, while feeling somewhat unnatural, we find allows for more introspection and an even more thoughtful, balanced release.

This release honestly has some of our most favorite music for quite some time. We both enjoy the fact that we have brought back a bit of the Pop genre, but that it feels calm and 'chill', rather than being overpowering within the class structure. We hope you feel the same! As always, we want to hear what you think, and how we can improve this. This class is both an escape and a recentering for us, and this is our hope for you: that the practice brings you back into yourself and out of your heads in this wild world.

Lots of love, Jackie and Diana

PRESENTERS

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

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

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Program Coach – Kylie Gates

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01. YOGA WARM-UP



TRACK FOCUS

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

MUSIC		SEQUENCE/EXERCISE		CTS
0:05	V1 / You got	2x8	Lie supine, facing L, palms up	16
0:13	_ / I know	6x8	A 3x Bridge Lift	
			Inhale – Lift hips to Bridge	8
			Exhale – Lower hips to floor	8
		4x8	A ¹ Bridge Sequence R	
			Inhale – Lift hips to Bridge	8
			Exhale – Extend R leg up	8
			Inhale – Lower hips to floor, R leg to 45°	8
			Exhale – Crunch up, hands reach past legs, R leg at 45°	8
			Exhale – Lower R foot to floor, upper body to floor	8
		4x8	A ¹ Repeat Bridge Sequence L	32
1:07	V2 / _ Oh babe	2x8	Set up Horse Stance , facing R	16
1:15	V2 / I'm a sweet	6x8	B 3x Cow Cat Sequence , facing R	
			Inhale – Cow Pose	8
			Exhale – Cat Pose	8
1:38	C / _ Mercy	8x8	C 2x Down Dog, Bear Sequence	
			Inhale/Exhale – Down Dog	16
			Inhale/Exhale – Bear Pose	16
2:09	V3 / _ Got out	8x8	D Kneeling Lunge with Side Bend Sequence L	
			Inhale/Exhale – Kneeling Lunge L (front leg F), R knee to floor, hands to floor	32
			Inhale/Exhale – Kneeling 90°/90° Lunge with Side Bend L , R arm O/H, L hand to L thigh	32
			Repeat Kneeling Lunge with Side Bend Sequence R	64
2:40	C / _ Mercy	8x8	D	
3:11	Outro / Ah ahh	8x8	E Inhale/Exhale – Rag Doll Pose , hands cup elbows, feet hip-distance apart	16
			Inhale – Extended Mountain Pose	16
			Exhale – Forward Fold , hands to floor	32



01. MERCY 3:46mins

TECHNIQUE AND COACHING

BRIDGE SEQUENCE

Layer 1

- Come on down to the floor, side-on
- Roll down and bring the feet in close to the butt for Hip Bridges
- Arms wide, palms up
- **Squeeze the glutes** and lift the hips
- Roll through spine to lower
- Inhale to lift, exhale to lower
- Let's add on – lift the hips, knee to chest
- Extend the leg to the ceiling, lower hips, and leg to 45 degrees
- Crunch up, ribs to hips

Layer 3

- Start to feel the glutes engage

CAT, COW SEQUENCE – DOWN DOG, BEAR SEQUENCE

Layer 1

- Roll up and come to all fours
- Inhale, Cow Pose
- Draw belly to floor
- Exhale, round your back and come to Cat Pose
- Push back to Down Dog
- Come forward to Bear Pose
- Shoulders over wrists

Layer 3

- Warming up the spine
- Knees hover off the floor in Bear Pose
- Feel the core igniting

KNEELING LUNGE WITH SIDE BEND SEQUENCE

Layer 1

- Lower knees down
- Front leg forward to Kneeling Lunge
- Hands on the inside
- Inhale and lift the chest
- Exhale, drop hips
- Pull back to 90°/90°, both legs
- Inhale, back arm lifts and C-shape

Layer 3

- Feel the stretch in the side body
- Move into your hips
- Opening up the psoas

RAG DOLL POSE, EXTENDED MOUNTAIN POSE, FORWARD FOLD

Layer 1

- Step in, feet hip-width apart
- Hold the elbows
- **Bend knees, lift belly**
- Inhale and rise up to Extended Mountain
- Exhale and fold
- Resting in Forward Fold, lift the belly strong
- Chin tucks in

ESSENCE TIPS

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

We are starting on the floor and facing the side for this track. Simple, clear coaching is paramount to getting your class moving with a breath focus, creating the mind-body connection. These poses mobilize and awaken the spine, shoulders and hips, preparing participants for the workout ahead.



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

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02. ENOUGH 5:09mins

TECHNIQUE AND COACHING

CHEST STRETCH

Layer 1

- Bend your knees and roll up to standing
- Feet apart or together
- Take your hands behind for a chest and shoulder stretch
- Inhale and press the hips forward

Layer 3

- Open the heart space
- Second opportunity to open and feel
- Allow your uniqueness to shine out

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

Layer 1

- Let's extend our Mountain
- Inhale and extend, palms together
- Exhale – Forward Fold
- **Bend knees and lift belly**

Layer 3

- Energy, breath and music – best things in life
- Tuck the chin in as you fold

FLAT BACK EXTEND

Layer 1

- Inhale, hands to shins
- Shoulders in line with hips

Layer 3

- Lifting all the way up and folding all the way down as you exhale
- Feel the breath coming up through your body

LUNGE

Layer 1

- Inhale back leg to Lunge
- Knee over ankle
- Hips low

Layer 3

- Keep the chest lifted
- Your body knows where to go, trust that

DOWN DOG

Layer 1

- Exhale and press back to Down Dog

Layer 3

- Feel your body stretch all the way back
- Flowing and breathing

PLANK POSE

Layer 1

- Inhale, roll forward to Plank

Layer 3

- Roll through the spine
- Feel your strength as you lower

CROCODILE POSE

Layer 1

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

Layer 3

- Trust yourself as you lower your body

COBRA POSE / UP DOG

Layer 1

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

Layer 3

- Press through the feet

SUN WARRIOR

Layer 1

- Inhale, back leg to Lunge, anchor back heel
- Hand on thigh to push off
- Exhale, Sun Warrior

Layer 3

- Beautiful Sun Warrior, power in the back leg



02. ENOUGH 5:09mins

TECHNIQUE AND COACHING

WARRIOR 2

Layer 1

- Inhale, Warrior 2, front knee pushes out over toes

Layer 3

- Feel your strength

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) help 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 class.

Once your participants have an understanding of the sequence, add the link to the breathing pattern. Because we turn away from our participants, be super clear with the pose names – making it easy to follow.

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 way of teaching. Connect with your participants through authentic, relatable and encouraging coaching.



03A. STANDING STRENGTH



TRACK FOCUS

Focus on alignment and breath to enhance the standing poses to build strength and length.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	Set up Warrior 2 L		16
0:08	V1 / Some say	13x8	A	Warrior 2 Sequence L	
				Inhale/Exhale – Warrior 2 L	32
				Inhale/Exhale – Sun Warrior with Press Palms L , L arm O/H, palm press away, R arm towards L hip, palm press away	32
				Inhale/Exhale – Extended Warrior 2 with Press Palms L , L arm towards R hip, palm press away, R arm O/H, palm press away	40
		1x8		⬇ L elbow to thigh	
				Transition feet to other side, arms O/H	8
1:04	Some say	13x8	A	Repeat Warrior 2 Sequence R	104
1:56	Br / _ Everyone	5x8	B	Inhale/Exhale – Wide Squat , arms O/H, palms facing	40
2:17	C / We are the lions	8x8	C	Extended Warrior, Wide Squat L	
				Inhale/Exhale – Extended Warrior 2 L	32
				⬇ R elbow to thigh	
				Inhale/Exhale – Wide Squat , arms O/H, palms facing	32
2:49	Some say	8x8	C	Repeat Extended Warrior, Wide Squat R	64



03A. LIONS 3:27mins

TECHNIQUE AND COACHING

WARRIOR 2 SEQUENCE

Layer 1

- Come to the front, feet wide
- Wrist and ankles line up for width
- Right foot turns to side wall, back heel pushes out
- Inhale, lift the arms to the side walls
- Exhale, bend deeply into the right leg
- Inhale, Sun Warrior
- Right arm lifts and left hand presses forward
- Option is to support with back leg
- Switch the arms over, Extended Warrior
- Bottom arm presses through elbow on thigh for more support

Layer 3

- Energy through the arm as you breathe
- Try and keep the top shoulder back, so open chest to front
- Create the C-shape in the spine
- Staying low in the legs
- Feel the strength in the legs building as you keep the energy into the arms
- Create more space through the breath

WIDE SQUAT

Layer 1

- Breathe the arms up
- Toes out
- Wide Squat
- Lift the chest, knees out over toes
- Draw the belly in and drop the tail bone

Layer 3

- Keep the rotation in the hips
- Always bring it back to the breath

EXTENDED WARRIOR

Layer 1

- Turn the toes and the heel as you breathe
- Hand on thigh or extend to the floor

Layer 3

- Wherever it feels comfortable for you
- Long and strong

ESSENCE TIPS

The most powerful song matches the powerful foundations of these big, traditional 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.

In the Sun and Extended Warriors, encourage participants to try the pressing palms arm-lines for more strength gains or stay with the single for more support. In all options/levels, we are aiming to drop hips low with a focus on tucking the tail bone and engaging lower abdominals to create the lower body foundation, allowing the upper torso to revolve.

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 your participants. When we give this follow up coaching, our 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...



03B. STANDING STRENGTH



TRACK FOCUS

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

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	6x8	A	Standing Strength Sequence R
				Inhale/Exhale – Intense Pose 24
				⬆ Heel Lift
				Inhale/Exhale – Wonderful Pose , open arms, palms up 24
0:36	V1 / _ I could’ve	4x8	B	Inhale/Exhale – Lunge R (front leg B), hands clasped behind back 32
				⬆ Baby Back Bend
1:01	PC / _ To all the	6x8	C	Inhale/Exhale – Warrior 1 R , hands clasped behind back 16
				Inhale/Exhale – R arm lifts O/H, L hand to back of L thigh 16
				Inhale/Exhale – Reach upper body F to 45°, open chest and hips to front 16
1:38	Pause / (Instr)	16x8	A–C	Repeat Standing Strength Sequence L 128
3:17	Instr /	5x8	D	Inhale/Exhale – Intense Pose with Chest Stretch , hands linked behind back 40
				⬆ Heel Lift after first 16 cts
3:48	PC / _ To all the	16x8	E	2x Wonderful Warrior Sequence R&L
				Inhale/Exhale – Wonderful Pose 16
				Inhale/Exhale – Warrior 3 L , L leg lifts, palms down 16
				Repeat to L 32
5:26	Outro /	2x8	E ¹	Inhale/Exhale – Wonderful Pose 16



03B. OUTNUMBERED 5:43mins

TECHNIQUE AND COACHING

INTENSE POSE / WONDERFUL POSE

Layer 1

- Side-on, top of the mat
- Intense Pose, breathe the arms up
- As you exhale, bend your knees
- Lift your heels off the floor
- Open your arms into Wonderful Pose
- Draw the elbows into the side ribs

Layer 3

- Heart space lifts
- Focus on stability with the breath as this will sustain you through this track today
- Squeeze shoulder blades down into the back ribs
- Feel the beauty in your body

LUNGE

Layer 1

- Lower heels, Lunge
- Long step back into Lunge
- Hands clasp behind
- Take a deep breath in
- As you exhale, drop hips bending front leg
- Square your body to the side wall

Layer 3

- Back leg is strong and powerful
- Squeeze glute hard to set the lower body foundation
- Keep opening through the heart space
- Press energy out through your back heel
- Drop evenly so the shoulders are stacked over the hips
- The key is to breathe

WARRIOR 1

Layer 1

- Back heel down; if you need more space, take a wider stance to square your hips to the side wall
- Keep the back bend coming, squeeze glutes
- Inhale, back arm lifts
- Exhale, square shoulders to side wall
- Inhale, extend the Warrior
- As you reach out, open the hips to the front
- Even weight in both legs
- Ear to shoulder

Layer 3

- Really get that strong butt squeeze to bend back from – our foundation
- Press the energy through your feet and let it grow up through your body
- See what's possible in your body today
- You're extending yourself, always

WARRIOR 3

Layer 1

- Keep the arms coming down; lift front leg
- Leg comes to hip level
- Squeeze shoulder blades together to engage the upper back
- Standing leg bent
- Stepping in, Wonderful Pose again
- Warrior 3 again

Layer 3

- Draw the energy into you
- If you get the wobbles, touch down and try again; that's the important thing – we try
- Dive in if you want to 'go for it'
- We can be anything we want to be
- Feel your life force



03B. OUTNUMBERED 5:43mins

TECHNIQUE AND COACHING

ESSENCE TIPS

Keeping the strength growing and expanding; 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 class to find their “edge of the pose” using breath to sustain them.

There is a strong, powerful Back Bend in Warrior 1 – 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. As the pose extends and arm reaches forward, coach the importance of opening back hip and ear to shoulder for alignment cues.

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 through 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 /	13x8	A	Balance Sequence L Inhale/Exhale – Heel Lift , arms wide Inhale/Exhale – Divers Pose	48 56
0:46	V1 / _ When we met	18x8	B	Inhale/Exhale – Tree Pose L , L foot on R inner thigh, calf or toes to floor Inhale/Exhale – L hand under L knee , R arm wide Inhale/Exhale – Extend L leg , L hand to L foot, or L hand under L thigh ⬇ Keep L knee bent Inhale/Exhale – Flower Pose L , R palm down	48 32 32 32
1:51	Pause / (Instr)	31x8	A–B	Repeat Balance Sequence R	
3:41	Br / _ When we met	2x8	C	Inhale/Exhale – Mountain Pose , shake out arms and legs	16
3:48	C / Put your hands	16x8	D	2x Star Pose L&R Inhale/Exhale – Star Pose L Repeat to R	32 32



04. PEER PRESSURE 4:46mins

TECHNIQUE AND COACHING

DIVERS POSE

Layer 1

- Feet together
- Take a breath and lift heels
- Arms by your side
- Inhale and dive forward
- Tip from the hip
- Brace the belly and keep spine long

Layer 3

- Keep the upper body engaged, energy flowing

TREE POSE

Layer 1

- Foot below the knee or above
- Square the hips to the front
- Hands to prayer
- You can stay here, or we advance to next level
- Grab under the knee, arm out to counterbalance
- Extend the leg for more power or place fingers on big toe

Layer 3

- Wobbles are all part of the journey
- Change your level if you need to

FLOWER POSE

Layer 1

- Inhale as we transition to Flower Pose
- Exhale, grab the ankle
- Hip open to side wall
- Take the knee to the back to align with front hip
- Arm forward to help balance
- Soften supporting leg

Layer 3

- Feel your body opening and expanding

STAR POSE

Layer 1

- Step out to Star Pose
- Transfer weight
- Soften the supporting leg
- Try and lift the back leg in line with the body

Layer 3

- Try and dive a little bit deeper, tap the floor anytime
- Stay open, use the breath, stay strong

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 how it can also allow us to go a little further, or stay a bit longer. The breath can move you from one pose to another. The breath is the gateway to our "Concentration", our C from our ABCs of BODYFLOW, for internalization. Allow participants to stay connected to the breath as they move, by integrating the B, breath cues, along with alignment cues.

Be super clear with pose names/alignment (BPD) cues so participants do not need to look up at you and can focus on your voice 'guiding' them through the poses, along with this powerful music. Tree Pose is the foundational pose, which then has levels to increase intensity if participants want to give them a try. Encourage them to playfully try. Flower Pose is with an open hip where we are trying to open the back hip to align with the front – opening up just like a flower.

The final sequence is the beauty of Star Pose – again, encourage your class to use the breath, dive in and star gaze!



05. HIP OPENERS



TRACK FOCUS

Breath and acceptance to sustain the poses.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	9x8	Inhale/Exhale – Forward Fold , facing front Option: Move through body	72
0:31	C / Talk about us	24x8	A Hip Opener Sequence L, facing L Inhale/Exhale – Kneeling Lunge Inhale/Exhale – Kneeling Lunge with Quad Stretch L, R hand inside R foot, L hand to L ankle ⇓ Kneeling Lunge L Inhale/Exhale – Kneeling 90°/90° Lunge with Side Bend L, R arm O/H	32 96 64
1:53	V2 / _ Good mornin’	28x8	B Inhale/Exhale – Modified Half Lotus L, L foot on R thigh, calf or floor Inhale/Exhale – Extended Modified Half Lotus L, hands F on floor Inhale/Exhale – Modified Half Lotus with Side Bend , R hand to L knee, L arm O/H Inhale/Exhale – Modified Half Lotus with Twist L, L hand behind on floor	64 32 96 32
3:29	Instr /	9x8	C Inhale/Exhale – Seated Star Pose , hands B on floor	72
4:00	C / Talk about us	52x8	A–B Repeat Hip Opener Sequence	416

SMARTSTART

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



05. NOTHING BURNS LIKE THE COLD 6:59mins

TECHNIQUE AND COACHING

FORWARD FOLD

Layer 1

- Feet hip-width apart
- **Bend your knees** and find the floor as you fold
- **Lift your belly** strong

Layer 3

- Give your shoulders a shake and move about in your legs – do what feels good

KNEELING LUNGE WITH QUAD STRETCH

Layer 1

- Come on down to the right side for Kneeling Lunge
- Hands come to the inside
- Relax the toes at the back
- Breathe and drop the hips down
- This may be enough for you – otherwise, reach back and pick up the foot
- Heel is working into the butt
- Inhale and lift the chest

Layer 3

- The key is to come off the kneecap to get the deep stretch in the hip flexor
- It's a big stretch so it needs a big breath
- Breathe in and out through your nose
- See where you want to go today – every day is a little different
- An easier way to get into this is to pull back a little, pick up the foot and then drop into the hips
- You can work up to this stretch
- Breathe with the music
- Breathing right down into your hips

KNEELING 90°/90° LUNGE

Layer 1

- Come onto back
- Set the 90°/90°
- Squeeze butt to press the hip forward
- Belly lifts up
- Breathe the front arm up and over to C-shape

Layer 3

- Feel the stretch in the front of the hip – psoas muscle
- Hold the pelvis positioning to deepen the stretch

MODIFIED HALF LOTUS

Layer 1

- Come on down to the floor, tuck the back leg in
- Options – foot on the floor, shin or knee
- Lift your butt up and back to floor
- Inhale, draw the belly in to lengthen the spine
- Come as far forward as you can
- Inhale, front hand over the back knee
- C-shape again
- Top arm comes to the back
- Inhale and lift the chest
- Inhale, turn shoulders and eyes as much as you can

Layer 3

- Even weight in both butt cheeks
- Little bit of pressure to open the hips more
- Under shoulder is trying to sneak around to get more twist into the thoracic area
- Use your breath to soften you

SEATED STAR POSE

Layer 1

- Soles of the feet together
- Take the hands back
- Press the knees down
- Squeeze shoulder blades together

Layer 3

- Head of the shoulder pulls back
- Might want to really work the stretch or relax into it – your body will respond



05. NOTHING BURNS LIKE THE COLD 6:59mins

TECHNIQUE AND COACHING

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.

This track has the best mixture of our favorite hip stretches! The Kneeling Lunge with Quad Stretch is a BIG pose – let participants know they can build up to this stretch over time. Take the time to show participants how to achieve the stretch easily if they want to.

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 then participants have autonomy 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	Intro /	4x8	Lie supine, knees over hips, palms press lower thighs, arms straight ⬇️ Pregnancy Option: On elbows	32
0:21	V1 / You could touch	2x8	A Inhale/Exhale – Crunch with Palm Press , head and shoulders lift, palms press onto thighs	16
0:32	Instr / (Beat)	10x8	A ¹ 9½x C-Crunch with Arm and Leg Extension R Exhale – Single Extension , R arm extends O/H, R leg extends to 45° Inhale – Single C-Crunch , R arm and leg reach up, R palm touches R shin Last rep, extend out 4 cts, reset Crunch with Palm Press , 4 cts ⬇️ Pregnancy Option: On elbows, knees bent, feet on floor. R leg extends 4 cts, back to bent 4 cts	4 4
1:25	V2 / Tell ‘em	9x8	A ¹ 9x C-Crunch with Arm and Leg Extension L	72
2:13	Br / Mount Everest	1x8	A Inhale/Exhale – Crunch with Palm Press	8
2:19	Instr / (Beat)	4x8	B 8x Side Crunch R&L, arms extended, hands outside legs Inhale – Side Crunch R, crunch up and F Inhale – Lower down Exhale – Side Crunch L, crunch to B Exhale – Lower down	1 1 1 1
2:40	Br / Mount Everest	3x8	A Inhale/Exhale – Crunch with Palm Press ⬇️ Pregnancy Option: Legs lifted, knees wide, big toes together	24



06. MOUNT EVEREST 2:58mins

TECHNIQUE AND COACHING

CRUNCH WITH PALM PRESS

Layer 1

- Lie down, side-on
- Knees over hips
- Shins parallel
- Hands press against the knees
- **Brace the belly to keep lower back towards the floor**
- Lift the shoulders, ribs to hips
- Breathe in through the nose and out through the mouth

Layer 3

- Energy in your arms as you press away

C-CRUNCH WITH ARM AND LEG EXTENSION

Layer 1

- Front arm and leg extend away
- Then crunch up, reach somewhere on your leg
- Might start small, stopping leg at 45 degrees
- **Lower back towards the floor as the leg lowers**
- Keep breathing in through the nose and out through the mouth

Layer 3

- Keep some pressure on the back arm onto your knee to fire up the abdominals
- This may look easy but it's very challenging – slow burner
- Shoulder blades coming off the floor, tucking the chin in as well
- Feeling the lower abs with the weight of the leg and the upper abs as we are crunching
- Big song, big energy

SIDE CRUNCH

Layer 1

- Stay up in C-Crunch
- Take a side reach and crunch the side body
- **Brace abs to stabilize hips and pelvis**
- Rib to hip connection

Layer 3

- Crunching and twisting
- Keep breathing – stay with it

ESSENCE TIPS

Begin your track by offering pregnancy options. Look out and acknowledge if anyone takes them. Let them know you see them, either verbally or just with a smile.

Short, sweet and challenging is the feel of this track... Always be sure to check in with your 3 B's (Back, Belly and Breath). The lower abdominal muscles have to react and switch on to stabilize the hips and pelvis as we set the Crunch with Palm Press. When we move with the Single-Arm and Leg Extension, coach a powerful breath (in through the nose and out through the mouth). This move is going to create awesome strength work for these muscles. It's slow and controlled and challenging so offer the levels/options early on in the track.

The C-Crunch and Side Crunches create a bite into the obliques as well as a great mobility/stability movement. Use this opportunity to bring in 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

Activate opening and strength in the back body.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	1x8		Lie supine	8
0:07	V1 / you stay for	16x8	A	4x Dynamic Hip Bridge R&L	
				Inhale – Bridge Pose	4
				Exhale – Arms reach up and O/H	4
				Inhale – R knee bends, extends to 90°	4
				Exhale – Lower hips, R leg lands, arms back to sides	4
				Repeat to L	16
2:07	Br / We'll work	2¼x8	B	Camel Pose Sequence	
				Roll up, set up Camel Pose, facing R	8
				Inhale/Exhale – Camel Pose	10
2:24	C / Slow dance	4x8	B ¹	Inhale/Exhale – Reaching Camel Pose L, L arm to L ankle, R arm O/H	16
				↴ Camel Pose	
				Inhale/Exhale – Reaching Camel Pose R, R arm to R ankle, L arm O/H	16
2:55	Pause / (Instr)			Set up Horse Stance Pointer	10
3:04	V2 / You stay for	16x8	C	4x Pointer Sequence L&R	
				Inhale – Pointer L, R arm, L leg extend	4
				Exhale – Curl in , R elbow to L knee	4
				Inhale – Diagonal Pointer L, R arm, L leg extend to 45°	4
				Exhale – Horse Stance	4
				Repeat to R	16
5:04	Br / We'll work	6¼x8	B–B ¹	Repeat Camel Pose Sequence	50



07. SLOW DANCE 5:54mins

TECHNIQUE AND COACHING

DYNAMIC HIP BRIDGE

Layer 1

- Feet close to butt for Bridge
- Lift hips, **squeeze butt**
- Breathe arms up and over
- Extend front leg up
- Slowly lower hips and arms down

Layer 3

- Lift the hips as high as you can, keeping the glutes engaged
- Working the glutes and spine
- Enjoy the growth of your movement with your breath

CAMEL POSE SEQUENCE

Layer 1

- Grab the thighs, roll up
- Knees hip-width apart
- **Squeeze butt**
- Press hips forward so they are stacked over the knees

Layer 3

- You can have your hands into the lower back and then create space from there
- You can take one arm up, reach back and grab your ankle
- The key is to breathe

POINTER SEQUENCE

Layer 1

- Hands shoulder-width apart
- Feet hip-width apart
- Inhale, extend back arm and front leg
- Exhale, crunch in nose to knee
- Inhale, arm and leg to 45 degrees and exhale, return to start position
- **Brace the belly into the spine** as you extend
- **Squeeze glutes** as leg extends

Layer 3

- Let it grow now as the body finds stability and strength

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. Set the strong glute squeeze to protect the lower back in the Hip Bridge sequence.

Again, take time to set the foundation for the Camel Pose. Bring attention to lifting up and out of hips to create space and then discover where participants can grow from there.

Lastly, we have the Pointer Sequence to develop stability and strength through the entire body. 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

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	6x8	A	Twist Sequence L Supine Twist Sequence L Set up for Supine Twist Sequence L, lying supine, facing L	16
				Inhale – Land knees to front, arms wide	8
				Exhale – Roll onto L side, L palm on R palm	24
0:29	V1 / Does she know	10x8	A ¹	2½x Supine Rainbow Twist L Inhale – Reach L hand F on floor	8
				Exhale – Sweep L arm in arc O/H to B	8
				Inhale – Hold Supine Twist	8
				Exhale – Sweep L arm back O/H to front	8
1:15	PC / Don't want to	6½x8		Last round, hold Supine Twist L	52
1:45	C / Come home _	4x8	B	Inhale/Exhale – Roll over, set up Down Dog	16
				Inhale/Exhale – Twisted Down Dog L , R hand to L ankle	16
2:03	V2 / I got a	12x8	C	Inhale/Exhale – Kneeling Lunge Twist L , (front leg F), L hand to L thigh, R hand to floor	32
				⬇ Pregnancy Option: Wider stance or Open Twist	
				Inhale/Exhale – Lunge Twist L , lift R knee, L arm lifts	32
				⬇ R knee to floor	
				Inhale/Exhale – Dynamic Lunge Twist L , R arm over L knee, L arm wide	32
				⬇ Lunge Twist or Kneeling Lunge Twist	
3:00	Instr / _ Home (Instr)	4x8	D	Inhale/Exhale – Rag Doll Pose	32
3:20	Outro /	42x8	A–D	Repeat Twist Sequence R	336



08. WHERE'S MY LOVE 6:42mins

TECHNIQUE AND COACHING

SUPINE RAINBOW TWIST

Layer 1

- Roll yourself down
- Take your arms wide and drop your knees to the front
- Reach the back arm forward, palms together
- Rest your ear down lightly
- Inhale and reach your top arm forward
- Circle all the way to the back
- Then circle the arm back again
- This time we hold the supine stretch

Layer 3

- Feel your shoulder open
- Allow the breath to soften you and allow the twist to happen in your body

TWISTED DOWN DOG

Layer 1

- Press yourself up to Down Dog
- Step your feet in a little
- Back arm reaches somewhere on your leg
- Bring your back shoulder through to feel the twist

Layer 3

- Feel the energy in the arms

KNEELING LUNGE TWIST

Layer 1

- Knees come down, front foot forward
- Hand on thigh
- Breath in high into your chest
- As you exhale, turn your shoulders
- Take another deep breath in, tuck the back toes under and extend the top arm
- Bottom knee can come down anytime
- Squeeze inner thighs to stabilize hips and pelvis
- Push off the back arm and bring hand to knee
- Inhale to lift and exhale to reach the arm to get the rotation

Layer 3

- Soften your shoulders down
- Keep extending through the breath
- Big breath and drop evenly through both hips
- Feel that extension through your entire body
- Power through the back leg

RAG DOLL POSE

Layer 1

- Feet under hips
- Cradle the elbows
- **Bend knees and lift belly**

Layer 3

- Quiet the breath



08. WHERE'S MY LOVE 6:42mins

TECHNIQUE AND COACHING

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.

In this track, we start with Rainbow Twists which have a rejuvenating feel, then we build to the strength of the Down Dog. From there, we progress to the Kneeling Lunge Twist with the option to come into the full-glory Dynamic Lunge Twist. It's big and requires strength and power but mostly breath!

We are always working on creating 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. 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.



09A. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Strong lower body foundations to open and expand upper body.

	MUSIC			SEQUENCE/EXERCISE	CTS
0:00	Intro /	2x8		Set up, seated, legs extended, facing L	16
0:12	Intro cont. / Ah ah a _	5x8	A	Inhale/Exhale – Reverse Seated Twist Pose L, R knee bends, R foot on floor close to R glute, L arm wraps over R leg, rotate chest, R hand B on floor	40
0:44	C / _ Sunday	4x8	B	Inhale/Exhale – Wild Thing Pose L	32
1:09	Instr / Mmm	9x8	A–B	Repeat to R	72
2:06	V2 / _ Sunday come	4x8	C	Inhale/Exhale – Wide-Legged Stick Pose , facing front ↓ Bend knees	32
2:32	C / Sunday	6x8	C ¹	Inhale/Exhale – Wide-Legged Stick Pose with Side Bend L, R arm O/H Repeat Side Bend to R	24 24



09A. SUNDAY 3:13mins

TECHNIQUE AND COACHING

REVERSE SEATED TWIST POSE

Layer 1

- Come on down to the floor
- Extend the legs out
- Lift the flesh away so you are up on your sit bones
- Front leg bends up, heel close in to the sit bone
- Back arm wraps around the front knee
- Big breath up to use the hand at the back to twist and revolve

Layer 3

- Extend your bottom leg out
- Eyes follow in the twist
- Trying to bring your chest into the leg and your ribs to go past the thigh

WILD THING POSE

Layer 1

- Set your fingers to the side wall
- Wrist under shoulder
- Deep breath to lift your hips
- Squeeze glutes
- Let the arm come over the ear

Layer 3

- Explore where you can go – make it feel good
- Feel how incredible your body is

WIDE-LEGGED STICK POSE WITH SIDE BEND

Layer 1

- Bent legs or straighten the legs
- Lift the flesh away so your spine is straight and pelvis is solid
- Take a Side Bend
- Inhale and C-shape

Layer 3

- Keep reaching and grounding down both hips
- Let your bottom shoulder relax

ESSENCE TIPS

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

Coaching points: Reverse Seated Twist Pose feels fresh and it's a big pose; coach the principles of rotation as well as length through the bottom leg. We revisit Wild Thing Pose slowly with a sense of expansion and ease to get there. Lastly, we finish with Wide-Legged Stick Pose with Side Bends. All the poses require setting the foundation to create space to find freedom in the body.



09B. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

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

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	<i>Instr /</i>	4x8	A Hamstring Stretch Sequence R, lying supine, facing L Inhale/Exhale – Knee To Shoulder Pose R	32
0:24	Ahh	4x8	A ¹ Inhale/Exhale – Lying Hamstring Stretch R ↓ Bend L knee	32
0:48	Ahh (<i>Beat</i>)	4x8	A ² Inhale/Exhale – Lying Hamstring Stretch with Crunch R, arms extend F, lift upper body and L leg hovers above floor ↓ Hold R leg	32
1:12	(<i>Synth</i>)	4x8	B Inhale/Exhale – Adductor Stretch , hands under or over thighs ↑ Peace fingers to big toes	32
1:36	<i>Outro /</i>	16x8	A–B Repeat Hamstring Stretch Sequence L	128



09B. INFINITY 3:17mins

TECHNIQUE AND COACHING

KNEE TO SHOULDER POSE

Layer 1

- Grab the back of the legs, roll down
- Knee to shoulder stretch
- Grab the shin or back of the knee and work the knee to shoulder
- Breathe energy out of the bottom leg

Layer 3

- Work the knee to the ribs
- Slow your breath down a little more

LYING HAMSTRING STRETCH WITH CRUNCH

Layer 1

- Start to straighten the top leg
- If it's too strong, bring the knee up
- Lift the bottom leg
- Lift the shoulders and reach the arms forward
- Option is to hold your legs

Layer 3

- Energy out through both legs
- Stay deeply connected to yourself
- Give it a try – whole body is engaged and active
- Inhale and feel the contraction
- When we release our hamstrings we release our lower back

ADDUCTOR STRETCH

Layer 1

- Roll down, take the legs wide
- Hands on the inside, outside, peace fingers to big toes
- Lower back and tail bone down towards the floor

Layer 3

- Relax your body down
- Let's dissolve and extend out
- When we contract we find more release

ESSENCE TIPS

The final working track provides an opportunity to contract the muscles, then have this deeper sensation of releasing/dissolving which sets us up beautifully for Relaxation/Meditation.

The Lying Hamstring Stretch has the fresh upper body lift with the arms reaching forward as well as the bottom leg lift and contraction. Give the options for more support – bottom leg down and hold the top leg.

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

GAZE UPON THE BEAUTY 4:51mins



TRACK FOCUS

Create a breathing practice.

Ok, so find the position that's right for you. If you do want to sit up you can; otherwise, extend your legs out, coming out into the full Corpse Pose. You can have your palms up so your shoulders can open. If you feel your lower back's a little tight, then bring your feet up, and let your knees fall in, just to support your back a little more. So, the first part is to just really get your body into a position where you can fully relax, and then contact your breath. Just however it shows up right now. Bring our minds and attention to the breath, so perfect. We have this incredible piece of music, so follow it if you wish. Or following your breath. Just giving yourself this time to rest. Just following the inhalation, and the exhalation. Knowing wherever you are, right now, is perfect. Just see if you can drop another layer of yourself. So as you take another deep breath in, on the exhalation, just let your muscles really soften. It's almost like you dissolve. Allow your body to dissolve. Allow yourself to have this time. Rest, the art of not doing. So simple. And so profound. Stay with your breath; stay with your heart space. That's all we need. And just hold onto that beautiful feeling in your heart. And when you're ready, just bring a bit of energy into your hands, into your feet, and just roll over to your right-hand side; make your way up to a seated position, whatever's comfortable for you. Thank you so much for joining us today, from Joash and myself, Kylie, BODYFLOW 95. Much love.



BONUS

01. TAI CHI WARM-UP



TRACK FOCUS

Be fully present in the moment with the focus of your breath to connect deeply with your body.

MUSIC		SEQUENCE/EXERCISE		CTS
0:05	Intro / Ah huh	2x8	Wide Wu Chi , heels of hands together, L hand on top	16
0:17	V1 / Ceiling	24x8	A 6x Tai Chi Weight Shift L&R	
			Inhale – Palm Press , extend arms, L arm O/H, R arm down	4
			Exhale – Weight Shift L, arms open wider, L O/H Birds Tail	
			Arms to L, R low to R, palm down	4
			Inhale – Weight Shift R, R hand Birds Tail Arms O/H, L	
			arm low, palm down	4
			Exhale – Palm Press, Wide Wu Chi , hands down to touch	
			mid-line to heels	
				4
			Repeat to R	16
2:15	Br / Ah huh	12x8	B 12x Roll and Circle Arms	
			Inhale – Bend knees, arms cross to front O/H	4
			Exhale – Extend legs, open arms	4
			After last rep, 4 cts to set up Weight Shift	
3:16	Ah huh	8x8	A 2x Tai Chi Weight Shift L&R	64



BONUS

01. EVERY COLOUR 4:01mins

TECHNIQUE AND COACHING

TAI CHI WEIGHT SHIFT

Layer 1

- Come into Wide Wu Chi position
- Press the knees out over toes
- Tuck the tail bone under
- Bring the heel of the hands together
- Lifting up and weight shift to one side then the other
- Then come back into the mid-line
- Inhale now as you move
- Birds tail and snake creeping down
- Press your knees out as you move
- Tuck your tail bone under
- Eyes can follow hands

Layer 3

- We are staying low in the legs
- What's important is to come into your body
- Eyes can be up or down
- Let's lose ourselves in this beautiful breath and movement
- Flow it now
- Grow into your body to all corners
- Hopefully you're smiling right now
- Find the energy lines in your body
- Breathing and moving together – we are warm and focused
- Come back into yourself

ROLL AND CIRCLE ARMS OVERHEAD

Layer 1

- Let's come out of the legs
- Circle the arms down and release them up overhead
- Bend the knees as you fold
- Scoop the belly as you fold
- Tuck the chin in

Layer 3

- Feel this beautiful release

ESSENCE TIPS

An internal musical and moving experience to prepare for the Yoga journey ahead – take time to explore this and show it through your face and body.

Two simple movement sequences to bring energy, mobilization and the connection of breath to the body. The pace of the movement helps to provide much of the warming sensations, so coach simple alignment (BPD) cues and breath, allowing space for the music to shine through and create a feeling that there is plenty of time and space.

The movement sequences are repeated within the choreography – a fantastic opportunity to coach to all 4 types of Tai Chi movement: breathing, releasing, warming and focusing.

Enjoy this internal mind-body connection!



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.

