



BODYBALANCE

96

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

02A. SUN SALUTATIONS

02B. SUN SALUTATIONS

03. STANDING STRENGTH

04. BALANCE

05. HIP OPENERS

06. CORE — ABDOMINALS

07. CORE — BACK

08. TWISTS

09A. FORWARD BENDS / HAMSTRINGS

09B. FORWARD BENDS / HAMSTRINGS

10. RELAXATION / MEDITATION

BONUS

01. TAI CHI WARM-UP

DECLARATION OF INTENT

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TEACHING THE ESSENCE OF BODYBALANCE

6 Keys to unlocking the Mind-Body Experience:

Stay in a Balance Frame of Mind

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

Don't Pose

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

Keep Cues Simple

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

- Set up clearly using 2 to 4 Layer 1 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 BODYBALANCE to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

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

Books:

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

Journey Into Power, Baron Baptiste (Simon and Schuster)

Dynamic Yoga, Kia Meaux (Dorling Kindersley Ltd)

Awakening the Spine, Vanda Scaravelli (Harper Collins)

Videos/DVDs:

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

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

Tai Chi for Health, Terence Dunn (Healing Arts)



MUSIC

- 01

Blink 182 (3:09)
Half an Orange
© 2019 Monstercat.
Written by: Maloof, Spellman
- 02a

Avalanche (6:03)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts
- 02b

Messin' Me Up (3:31)
What So Not Feat. EVAN GIILA
© 2021 Sweat It Out.
Written by: Emerson, Giarusso, Doherty
- 03

Sexual Healing (4:40)
Hot 8 Brass Band
© 2007 Tru Thoughts.
Written by: Gaye, Ritz, Brown
- 04

Unknown (To You) (3:51)
Jacob Banks
© 2018 Interscope Records.
Written by: Velazquez, Mosley, Banks, Lopez, Lowe, Newman
- 05

Skyline (5:41)
Dan Draper feat. Connor Youngblood
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley
- 06

I Don't Wanna Leave (4:30)
3 Flights Away
© 2022 Les Mills Music Licensing Ltd.
Written by: Evigan, Hunt, George, Lindqvist
- 07

Wavy (4:08)
LUCKSON
© 2020 LUCKSON.
Written by: Gittens, Teeguarden, Rahming
- 08

Beautiful Life (Edit) (4:01)
Michael Kiwanuka
Courtesy of the Universal Music Group.
Written by: Gaffney, Kiwanuka
- 09a

Stand Still (4:38)
Sabrina Claudio
© 2017 SC Entertainment, LLC.
Written by: Bhattacharyya, Claudio
- 09b

Wildfire (2:32)
Cautious Clay
© 2021 Cautious Clay.
Written by: Hindlin, Torrey, Clay, Kaplan

- 10

Stratus (8:30)
Wingspan
Courtesy of Les Mills Music Licensing Ltd.
Written by: Drabble
- BONUS 01

wanderer (3:11)
Tails feat. Iris Penning
© 2021 bitbird.
Written by: A. Hinds, W. Hinds



EXPRESS FORMATS

30-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02a	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 06	Core – Abdominals
Track 07	Core – Back
Total Time	26:21
Track 10	Relaxation/ Meditation

45-MINUTE STRENGTH

Track 01	Yoga Warm-up
Track 02a	Sun Salutations
Track 02b	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 06	Core – Abdominals
Track 07	Core – Back
Track 08	Twists
Track 09a	Forward Bends/ Hamstrings
Track 09b	Forward Bends/ Hamstrings
Total Time	41:03
Track 10	Relaxation/ Meditation

30-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02a	Sun Salutations
Track 02b	Sun Salutations
Track 05	Hip Openers
Track 08	Twists
Track 09a	Forward Bends/ Hamstrings
Track 09b	Forward Bends/ Hamstrings
Total Time	29:35
Track 10	Relaxation/ Meditation

45-MINUTE FLEXIBILITY

Track 01	Yoga Warm-up
Track 02a	Sun Salutations
Track 02b	Sun Salutations
Track 03	Standing Strength
Track 04	Balance
Track 05	Hip Openers
Track 08	Twists
Track 09a	Forward Bends/ Hamstrings
Track 09b	Forward Bends / Hamstrings
Total Time	38:06
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



BODYBALANCE 96



Joash Fahitua



Kylie Gates



Fraser Beck



Yayoi Matches (shadow)



Khiran Huston

Hello and thank you for continuing to bring joy and movement to your classes with BODYBALANCE! We truly treasure the knowledge that the work we do helps you to give your energy and passion to the world through Yoga, Pilates and Tai Chi.

Track 1 is one of Diana's favorite Tai Chi tracks in a while! So flowing, so strong and with so much spinal mobility. Followed up with one of Jackie's all-time favorite Sun Salutations tracks (with building poses each sequence!).

Another highlight for us this round is the beautiful Track 4. The hip opening suits the poignancy of the lyrics and the glute burn echoes the pain in his powerful vocals right?

We had some fun in Tracks 6 and 7. Is this the most challenging core sequences in a while? Anything with hundreds... And the descent through Tracks 8 and 9 feels like sinking into a peaceful ocean of calm.

We truly loved making this release and we love hearing from you. Let us know what you think. Loads of love, Jackie and Diana

Jackie *Diana*

PRESENTERS

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.

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

Khiran Huston (New Zealand) is a LES MILLS TONE™, LES MILLS SPRINT™, LES MILLS THE TRIP™, LES MILLS GRIT, BODYPUMP and RPM™ Trainer/Presenter. She is a Les Mills x Stages Ambassador and on the New Zealand TAP team. She is based in Auckland where she works as an Agile Coach.

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 to mobilize and activate the body.

MUSIC		SEQUENCE/EXERCISE			CTS
0:05	Intro /	6x8	A	Childs Pose, facing R, mat on diagonal	48
0:44	PC / I know	4x8	A ¹	2x Cow Pose to Childs Pose	
				Inhale – Cow Pose	8
				⬆ Extended Cow Pose, hips drop further forward	
				Exhale – Childs Pose	8
1:09	Instr /	4x8	B	Inhale/Exhale – Down Dog	16
				Inhale/Exhale – walk through feet	16
1:35	V1 / We could	4x8	C	Inhale – Kneeling Lunge L (front leg F)	8
				Exhale – Kneeling Lunge Twist L, L hand to L thigh	8
				Inhale/Exhale – Lunge Twist L, L arm up	12
				⬇ Kneeling Lunge Twist	
				Transition to other side through Down Dog	4
2:00	PC / I know	4x8	C	Repeat Kneeling Lunge, Kneeling Lunge Twist, Lunge Twist to R	32
				Note: On last 4 counts, step into Forward Fold	
2:26	Outro /	6x8	D	3x Extended Mountain Pose to Forward Fold	
				Inhale – Extended Mountain	8
				⬆ Baby Back Bend	
				Exhale – Forward Fold , palms press, travel down mid-line	8



01. BLINK 182 3:09mins

TECHNIQUE AND COACHING

CHILDS POSE – COW POSE

Layer 1

- Knees wide
- Big toes together
- Lengthen your arms forward
- Lower the chest down towards the floor
- Come forward into Cow Pose and back to Childs Pose
- Roll through the spine and feel the stretch into the belly

Layer 3

- Use the breath to release the mind and release any tension in the body
- Sinking into the hips
- Lengthen the spine on the Cow Pose

DOWN DOG

Layer 1

- Inhale, tuck the toes to Down Dog
- Exhale, hips push up and back
- Lift the belly high, chest to thighs and heels towards the floor

Layer 3

- Take the time to pedal through the feet, breathe
- Feel how your body is today

KNEELING LUNGE TWIST

Layer 1

- New move
- Front leg to Kneeling Lunge
- Knee over ankle
- Hand on thigh to twist as you breathe in
- Exhale and relax
- Reach the top arm high and straighten the bottom leg

Layer 3

- Feel the twist coming into the spine
- Keep the chest close towards the thigh

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

Layer 1

- Step in, feet hip-width apart
- Roll up to Extended Mountain
- Squeeze glutes to Baby Back Bend
- Hands down the mid-line
- Long spine as you fold down
- **Bend knees and lift belly in fold**

Layer 3

- Allow yourself to grow through these movements
- Make this the biggest movement

ESSENCE TIPS

Coach your participants to angle their mat so they can see you easily. This Yoga Warm-up is simple and beautiful.

We are starting on the floor in Childs Pose. 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 your participants for the workout ahead.



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

BODYBALANCE 96



02A. SUN SALUTATIONS

MUSIC			SEQUENCE/EXERCISE		CTS
3:34	V / You're	14x8	A ²	Sun Salutations Sequence with 3-Legged Dog and Sun Warrior L Inhale – Extended Mountain Pose ⬆ Baby Back Bend Exhale – Forward Fold Inhale – Lunge L (back leg B) Exhale – Down Dog Inhale – Plank Pose Options: On knees or toes Exhale – Crocodile Pose Inhale – Baby Cobra Pose ⬆ Up Dog ⬇ Pregnancy Option: Cow Pose Exhale – Down Dog Inhale – 3-Legged Dog R (back leg lifts) Exhale – 3-Legged Dog with Open Hip R , R knee bends Inhale – Lunge R (back leg F), back heel lands ⬇ R hand to R thigh Exhale – Sun Warrior R Inhale – Lunge R Exhale – Forward Fold	8 8 8 8 8 8 8 8 8 8 8 8 8 8
4:40	Instr / _ <i>da duh</i>	14x8	A ²	Repeat Sun Salutations with 3-Legged Dog and Sun Warrior R	112
5:45	V / _ <i>just the way</i>	4x8		Inhale – Extended Mountain Pose Exhale – Forward Fold Inhale/Exhale – Down Dog , walk through feet	8 8 16



02A. AVALANCHE 6:03mins

TECHNIQUE AND COACHING

FORWARD FOLD

Layer 1

- **Lift the belly strongly, knees bent**
- Feet apart or together

Layer 3

- Tuck the chin in to release the neck

EXTENDED MOUNTAIN POSE TO FORWARD FOLD

Layer 1

- Round the spine and roll up, Extended Mountain Pose
- Press palms together
- **Squeeze glutes for back bend**
- Forward fold, **lifting belly and deep knee bend**

Layer 3

- Energizing every movement with the breath
- Energize the back of the body with back bend
- You and your breath in the final sequence

LUNGE

Layer 1

- Back leg steps to Lunge
- Knee over ankle
- Hips low
- Lunge forward, foot inside or outside ankle

Layer 3

- Lift the chest
- Feel more space in the hip now

DOWN DOG

Layer 1

- Exhale and press back to Down Dog

Layer 3

- Feel the length and strength in this pose

PLANK POSE

Layer 1

- Inhale, roll forward to Plank
- Shoulders over wrists

Layer 3

- Roll the spine like a wave
- Flow with the Vinyasa

CROCODILE POSE

Layer 1

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

Layer 3

- Shoulder blades back and down, creating stability as you lower
- Control the descent

BABY COBRA POSE / UP DOG

Layer 1

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

Layer 3

- Open heart creating space in front of body

3-LEGGED DOG

Layer 1

- Inhale, lift back leg to 3-Legged Dog, open hip
- Exhale, bend the knee
- Square shoulders to front

Layer 3

- Full point of the toes to create full expression

SUN WARRIOR

Layer 1

- Step the foot through to Sun Warrior
- Anchor the back heel
- C-shape the spine

Layer 3

- Make it flow



02A. AVALANCHE 6:03mins

TECHNIQUE AND COACHING

ESSENCE TIPS

When the flow starts, focus on the must-do coaching so everyone can follow easily for the first two rounds. This is a progressive flow, which means we keep adding on poses as the body unfolds and opens more as you warm up. 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 when you get to Baby Cobra/Up Dog. Encourage them to take Crocodile to help build upper body strength. This will cover any women who may get to class late, or who aren't comfortable asking for options at the beginning of class. If you notice anyone taking the options, you can then cater to them throughout the class.

Once your participants have an understanding of the sequence, add the link to the breathing pattern. Notice how we start the sequence with the back leg so we do the Sun Warrior to a room of smiling faces. As the sequence adds poses on – give early pre-cues so the class stays with you on the flow.

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.



02B. SUN SALUTATIONS



TRACK FOCUS

Focus on alignment and breath to enhance the standing poses to feel powerful, strong and grounded.

MUSIC				SEQUENCE/EXERCISE	CTS
0:00	V1 / Yeah I know	16x8	A	Sun Salutations Sequence 2 R (slow) Inhale/Exhale – Down Dog , walking through feet Inhale/Exhale – 3-Legged Dog R (back leg lifts) Inhale/Exhale – 3-Legged Dog with Open Hip R, R knee bends Inhale/Exhale – R foot between hands, L heel lands, hands on floor Inhale – Warrior 1 , arms F to O/H, palms facing F Exhale/Inhale – Bend elbows , open arms, palms facing F Inhale/Exhale – Warrior 3 , arms F, palms facing F	32 16 16 8 8 16 32
1:02	V2 / _ Yeah I know	17x8		Repeat Sun Salutations Sequence 2 L (slow) Note: Down Dog – 40 counts	136
2:07	Br / (Synth)	8x8		Sun Salutations Sequence 2 R (fast) Inhale/Exhale – Down Dog Inhale – 3-Legged Dog R Exhale – 3-Legged Dog with Open Hip R Inhale/Exhale – R foot between hands, L heel lands, hands on floor Inhale – Warrior 1 R Exhale – Bend elbows , open arms, palms facing F Inhale/Exhale – Warrior 3 , arms F, palms facing F	16 8 8 8 4 4 16
2:38	C / me up _	8x8		Repeat Sun Salutations Sequence 2 L (fast)	64
3:09	Outro / (Synth)	6x8		Inhale/Exhale – Down Dog Inhale/Exhale – Forward Fold , walk feet towards hands Inhale/Exhale – Mountain Pose , roll up to standing	16 16 16



02B. MESSIN' ME UP 3:31mins

TECHNIQUE AND COACHING

DOWN DOG

Layer 1

- Staying in Down Dog
- Pedal the feet and move in your body

Layer 3

- We make the sequence faster now keeping the fluid rhythm of postures

3-LEGGED DOG WITH OPEN HIP

Layer 1

- Inhale, lift the back leg to 3-Legged Dog
- Exhale, bend the knee and open the hips

Layer 3

- Create power and stability in the lower body as you breathe

WARRIOR 1

Layer 1

- Inhale, top leg swings all the way through to Warrior 1
- Land back heel
- Breathe arms high and over head
- Exhale, draw the elbows wide and open

Layer 3

- Breathe the arms higher
- Occupy even more space, opening chest and heart even wider
- Bend the front knee more to bring more power to the hips

WARRIOR 3

Layer 1

- Shift weight into Warrior 3
- Transition low and slow
- Back leg to hip level

Layer 3

- Total control and focus to hold the posture
- Supporting leg is a pillar of strength in this movement
- Feel the energy as you step through

FORWARD FOLD

Layer 1

- Slowly walk the feet to hands
- Chin tucks in and knees bend
- Roll through the spine and come up to Mountain Pose

ESSENCE TIPS

The most powerful music matches the powerful foundations of these big, traditional standing poses. These movements develop incredible leg and core strength along with mobility in the hips and shoulders for our second flow.

Integrate your alignment and breath cues to help participants achieve the pose intensity and rhythm and flow of the sequence. We start the sequence slowly where participants learn the postures, then we flow a little faster with focus on seamless movements.

Keeping the Layer 1 cues simple allows space to pause and look out at your class and then follow-up with Layer 3 cues to deepen the pose/ experience for the participants when the flows becomes faster.

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...



03. STANDING STRENGTH



TRACK FOCUS

Set the foundation of the lower body to provide stability and space for upper body extension.

MUSIC		SEQUENCE/EXERCISE			CTS
0:00	Intro /	8x8	A	Intense Pose , facing F	64
0:37	(Base horns)	14x8	B	Standing Strength Sequence L	
				Inhale/Exhale – Warrior 2 L	32
				Inhale/Exhale – Triangle Pose L	80
1:43	PC /	8x8	C	Inhale/Exhale – Extended Warrior 2 L	16
				⬇ Elbow to L thigh	
				Inhale/Exhale – R arm wraps behind , fingers to L thigh	16
				Inhale/Exhale – Double wrap , hands behind back, cupping opposite elbow	32
				⬇ Extended Warrior 2 L	
2:20	C /	4x8	D	Inhale/Exhale – Floating Half Moon L	32
2:38	(Base horns)	26x8	B-C	Repeat Standing Strength Sequence R	208



03. SEXUAL HEALING 4:40mins

TECHNIQUE AND COACHING

INTENSE POSE

Layer 1

- Bring mat back to the front
- Intense Pose – breathe the arms up
- As you breathe out, sit your hips back
- Try this: tuck your tail bone under
- Feel how that engages your lower abs

Layer 3

- Breathe your arms high then drop your body as low as you can
- Squeeze the knees together
- Let's wake up the legs – create some vitality, strength and energy in our whole body

WARRIOR 2

Layer 1

- Warrior 2, set the feet wide
- Right toes to side, back heel pushes out
- Deep knee bend and breathe your arms wide

Layer 3

- Opening the collarbones and hips
- Lengthen and reach as far as you can
- Feel strong and open in this pose
- When we feel open we can expand even more

TRIANGLE POSE

Layer 1

- Triangle Pose – breathe in and reach out to lengthen the spine
- Exhale, land either on your shin or ankle
- Micro knee bend to take pressure out of the hamstrings
- Breathe in and open your top shoulder
- We set the foundation from the floor up
- Spread the toes, draw energy up through the legs into the core of your body

Layer 3

- Let's shine out – keep breathing and keep lengthening
- Extend your body as far as you can
- We want to find this deep hip crease that allows us to get more extension from the waist to the armpit
- Feel where your body is today
- Keep opening and expanding as much as you can

EXTENDED WARRIOR

Layer 1

- Let's extend the Warrior
- Elbow to thigh or reach down towards ankle, hips are low
- Top arm comes around and we bind fingers to inner thigh
- If you want a bit more, grab both elbows
- Chest lifts high and we revolve

Layer 3

- Try and turn your body to the front bringing your lower ribs through
- So strong



03. SEXUAL HEALING 4:40mins

TECHNIQUE AND COACHING

FLOATING HALF MOON

Layer 1

- Half Moon
- Set the arms wide
- Shift the weight
- Move slowly, starting to lift your back leg
- Bend your standing leg
- Open the hip to the front
- Leg in line with spine

Layer 3

- Energy out through the back heel
- Open your whole body
- Feel your power

ESSENCE TIPS

We continue to grow and expand with our Standing Strength postures. 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 the powerful lower body foundations in the Triangle Pose, Extended Warrior and Floating Half Moon Pose.

Invite your class to find their 'edge of the pose' using breath, to give them vitality and energy. These poses send life through your whole body when we focus on the strong action of the legs to allow the torso and arms to shine out.

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 simply so everyone can have their own experience.

MUSIC			SEQUENCE/EXERCISE		CTS
0:04	Intro /	4x8	A	Inhale/Exhale – Angel Pose Arms O/H, palms facing out, heels lift	32
0:34	V1 / _ If I told	12x8	B	Balance Sequence L (slow) Inhale/Exhale – Knee To Chest Pose L, L knee lifts F, arms O/H, palms facing F Inhale/Exhale – Knee Side Lift L, L knee opens to L side, arms wide, palms facing down Inhale/Exhale – Diving Warrior 3 with Bent Knee , L knee bent, arms B Inhale/Exhale – Knee Side Lift L, L knee opens to L side, arms wide, palms facing down Inhale/Exhale – Knee To Chest Pose L, L knee F, arms O/H, palms facing out	16 16 16 8 8
1:33	V2 / _ Look at all	12x8	B	Repeat Balance Sequence R (slow)	96
2:32	Br / Oh oh _	4x8	B ¹	Balance Sequence L (fast) Inhale/Exhale – Knee To Chest Pose L, L knee lifts F, arms O/H, palms facing F Inhale/Exhale – Knee Side Lift L, L knee opens to L side, arms wide, palms facing down Inhale/Exhale – Diving Warrior 3 with Bent Knee , L knee bent, arms B Inhale/Exhale – Knee Side Lift L, L knee opens to L side, arms wide, palms facing down Inhale/Exhale – Knee To Chest Pose L, L knee F, arms O/H, palms facing out Inhale/Exhale – Knee Side Lift L, L knee opens to L side, arms wide, palms facing down Inhale/Exhale – Diving Warrior 3 with Bent Knee , L knee bent, arms B	4 4 8 4 4 4 4
3:01	C / it doesn't matter	4x8	B ²	Repeat Balance Sequence R (fast)	32
3:31	Outro /	3x8	A	Inhale/Exhale – Angel Pose , arms wide to O/H, heels lift, palms facing out	24



04. UNKNOWN (TO YOU) 3:51mins

TECHNIQUE AND COACHING

ANGEL POSE

Layer 1

- Feet together
- Steady your eyes to one point
- Lift the heels and arms
- Breathe your arms wide
- Just stay and breathe
- Lower the arms and heels

Layer 3

- We have the most beautiful Balance track today
- Can you lift your eyes?
- Definitely lift your heart space

BALANCE SEQUENCE – KNEE TO CHEST, KNEE SIDE LIFT, DIVING WARRIOR 3, KNEE SIDE LIFT, KNEE TO CHEST (SLOW)

Layer 1

- Breathe your right knee up high
- As you exhale, ground yourself
- Knee travels to the side
- Arms wide
- Knee stays high as we travel to the back
- Strong core as arms go back
- Squeeze the right butt cheek
- Lift the knee as high as you can as the heart comes forward
- Knee comes out to the side again
- Touch your foot down anytime
- Bring the knee to the front and release down
- Let's try the other side

Layer 3

- As you breathe out, extend a little more through the collarbones
- Relax your shoulders and face
- Be in your body
- As you breathe out, extend a little more through the collarbones
- Grow into your space
- Steady yourself and feel the energy lines in your body
- Shall we be brave? Let's dive

BALANCE SEQUENCE – KNEE TO CHEST, KNEE SIDE LIFT, DIVING WARRIOR 3, KNEE SIDE LIFT, KNEE TO CHEST, KNEE TO SIDE LIFT, DIVING WARRIOR 3 (FAST)

Layer 1

- Let's move faster now, let's flow it
- Breathe the right knee up
- Open to the side
- Keep coming around, all the way back
- Dive in
- One more time to the side
- Back again, dive again
- Other side

Layer 3

- Breathe high into the heart space
- This is your experience; feel your body
- Can you let go a little more?
- We know that's when the magic really happens

ESSENCE TIPS

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

We set up the class coaching the sequence slowly using clear body-part and direction (BPD) cues so participants do not need to keep looking back at you. That way, they can focus on your voice 'guiding' them through the poses and concentrate on their own experience.

Coach from a place of encouragement. 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.



05. HIP OPENERS



TRACK FOCUS

Breath and acceptance to sustain the poses.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	4x8	Set up Frog Pose , facing front		32
0:22	Intro cont. / _ oh oh	14x8	A	Inhale/Exhale – Frog Pose , facing front	112
1:41	oh oh oh	2x8	Transition out of Frog Pose, big toes together, up onto hands, turn to L side		16
1:52	V1 / _ and I think	10x8	B	Inhale/Exhale – Swan Pose L, L leg F ↓ 90/90 Pose	16
				Inhale/Exhale – Extended Swan Pose	64
2:48	Instr /	10x8	B ¹	Inhale/Exhale – Swan Pose with Quad Stretch L ↑ Mermaid Pose	80
3:44	V2 / _ and I think	20x8	B-B ¹	Repeat Swan Pose and Swan Pose with Quad Stretch R, facing R	160

SMARTSTART

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



05. SKYLINE 5:41mins

TECHNIQUE AND COACHING

FROG POSE

Layer 1

- Come on down to hands and knees for Frog Pose
- Inhale, take your knees wide
- Exhale, ankles in line with your knees
- Gently lowering to forearms
- **Belly braced to protect the lower back**
- Bring your big toes together and push up

Layer 3

- Today we are going to acknowledge that our hips are a vessel for our emotions
- We will bring awareness and acceptance that we may experience some unexpected emotions
- We might feel sensations of pulling and strength
- Whatever you experience is fine

SWAN POSE WITH QUAD STRETCH / MERMAID POSE

Layer 1

- Right side for Swan Pose
- 90/90 is our first level
- Otherwise, heel to groin for Swan Pose
- Roll the hip forwards towards the heel
- You may come forward or explore on the 45-degree angle
- Breathe into your body
- Inhale, push up and set up for Quad Stretch or Mermaid Stretch
- Reach back and grab your foot
- If you're doing Mermaid, bring the foot into the elbow crease and link the fingers together overhead

Layer 3

- Feeling the deep and powerful stretch into the glutes and hips
- Do what feels good for you today
- When we hold tension in our hips it's unconscious; let's bring focus to this tension and let it go
- Every breath allows us to sink deeper into the pose
- Whatever emotions were released today, just know it's right for you

ESSENCE TIPS

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

When we give the choices with a focus on awareness and acceptance, participants have autonomy over their workout; this is empowering for their experience of the class.



06. CORE – ABDOMINALS



TRACK FOCUS

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	Lie supine, facing L, arms wide, knees over hips ⬇️ Pregnancy Option: On elbows		16
0:13	V1 / _ Head in	4x8	A Scissor Crunch Sequence L&R (slow) Inhale – Scissor Crunch L, L leg lifts, R leg long, arms reach F ⬇️ Hold L leg Exhale – Lower down , knees bend, toes touch floor Repeat to R ⬇️ Pregnancy Option: Knees wide, alternate leg lift, knees bent		8 8 16
0:40	PC / I got nowhere	6x8	A ¹ 3x Scissor Crunch Sequence L&R (fast) Inhale – Scissor Crunch L, L leg lifts, R leg long, arms reach F Exhale – Lower down , knees bend, toes touch floor Repeat to R End of last rep, both legs straighten to 90°, arms wide		4 4 8
1:20	V2 / _ 'Cause this	10x8	B 5x Circle Legs with Crunch Inhale – Legs circle wide to 45° , knees bend Exhale – Crunch , arms reach F Inhale – Legs circle from 45° back up to 90° Exhale – Reverse Crunch , tail bone lifts ⬇️ Pregnancy Option: On elbows, knees slightly bent, no Reverse Crunch		4 4 4 4
2:26	Instr /	4x8	C Inhale/Exhale – Pilates 100s , knees bent Inhale/Exhale – Legs to 45° ⬇️ Keep knees bent ⬇️ Pregnancy Option: Come up onto hands, lift or turn chest to stretch/take a break		16 16
2:53	(Faster beat)	6x8	B Repeat 3x Circle Legs with Crunch		16
3:32	C / _ I don't wanna	4x8	A ¹ Repeat 2x Scissor Crunch Sequence L&R (fast)		16
3:59	Outro / more night _	4x8	A ² 4x Scissor Crunch with Double Pulse L&R Inhale – Scissor Crunch with Double Pulse L Exhale – Lower down Repeat to R ⬇️ Pregnancy Option: Knees wide, big toes together, lift feet, pulse legs towards torso, touch toes to floor		3 1 4



06. I DON'T WANNA LEAVE 4:30mins

TECHNIQUE AND COACHING

SCISSOR CRUNCH SEQUENCE

Layer 1

- Lie down, side-on
- Arms out wide
- Knees over hips
- Shins parallel
- **Brace the abdominals**
- Crunch – front leg lowers, back leg extends high
- Straightening the legs as much as you can
- As we lower, anchor shoulders, feet touch the floor
- As we curl up, ribs to hips and chin tucks in
- **Lower back stays close towards the floor**
- Moving faster now
- Breathe in through the nose and out through the mouth
- If this move is too challenging, hold your leg and work up to the strength
- Finisher – double pulse now

Layer 3

- Feel the connection from the ribs to hips as we crunch
- Do what you can do well to get to the end of the track
- Upper, lower abs and flexibility

LEG CIRCLES WITH CRUNCH

Layer 1

- Legs up, arms wide
- New move
- Circle the leg down and around
- Knees over hips and crunch up
- Reverse it back
- **Brace abdominals** to stabilize pelvis as the legs extend
- **Keep lower back close towards the floor**
- Take the legs out wide and circle up
- Small tail bone lift, micro lift
- Same as before if you need to reduce the range – work up to it
- Power to your breath

Layer 3

- Shoulder blades off the floor
- Breathe into the side and back ribs
- Pregnancy option: take a break anytime
- We are only as strong as our core, right?
- Challenge is to stay slow

PILATES 100S

Layer 1

- Knees over hips
- Curl up, arms straight, pump the arms
- **Lower back pressing towards the floor**
- Keep breathing
- **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.

This is a super challenging Abdominals track so physically prepare to be able to teach this track well. 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 Scissor Crunch and Leg Circle moves. Coach to a powerful breath (in through the nose and out through the mouth). These moves are going to create awesome strength work. It's slow, controlled and challenging so offer the levels/options early on in the track.

We only do the 100s once, so that could be a motivation for participants to give it 100%. Use this opportunity to bring in encouraging cues to connect your participants with their bodies and discover what they are capable of! They can 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 /	4x8	Lie supine, facing L		32
0:16	V1 / Let's just be	8x8	A	4x Hip Bridge	
				Inhale – Lift hips	8
				Exhale – Lower down to floor	8
0:48	C / Oh good	12x8	A ¹	6x Single-Leg Hip Bridge with Thread-Through L	
				Inhale – L knee lifts as hips lift to Bridge	8
				Exhale – L foot lowers, threads through behind R calf, hips remain in Bridge	8
				⬇ Tap L foot onto floor instead of threading through	
1:36	Oh good	12x8	A ¹	Repeat 6x Single-Leg Hip Bridge with Thread-Through on R	96
2:24	Oh good	8x8	A ²	Inhale/Exhale – Hip Bridge , hands clasp together	64
				⬆ Back Bend	
2:56	V2 / Let's just be	4x8		Roll down	8
				Roll onto R side	8
				Onto hands and knees, set up for Camel Pose	16
3:12	V2 / Right on	4x8	B	Inhale/Exhale – Camel Pose L, L arm O/H, R hand to R ankle	32
				⬇ R hand to lower back	
3:28	C / Oh good	4x8	B	Repeat Camel Pose to R	32
3:44	Oh good	4x8	B ¹	Inhale/Exhale – Full Camel Pose , both hands to ankles	32
				⬇ Hands to lower back	
4:00	Outro /	2x8		Hands to lower back, moving into Childs Pose	16



07. WAVY 4:08mins

TECHNIQUE AND COACHING

HIP BRIDGE

Layer 1

- Feet close to butt for Bridge
- Hip-width apart
- Press lower back towards the floor, tuck tail bone in
- Lift hips, **squeeze butt**
- Slowly releasing, rolling down through spine

Layer 3

- Keeping the core braced will help to stabilize the spine and bring more energy and focus into the glutes

HIP BRIDGE WITH THREAD-THROUGH

Layer 1

- Front leg rises, Single-Leg Hip Bridge
- Hips are high
- Inhale, thread the needle
- Exhale, foot comes behind the calf
- Option to take the thread out and tap the foot down lightly
- We can stay in Bridge and link hands together
- Or come to a full Back Bend
- Hands close to ears and push up out of legs and arms

Layer 3

- A lot of focus is on the supporting heel
- The more pressure we can apply through the foot, the more activation in the back body
- Hips are high and still
- Pressing the back and shoulders into the floor to help add more support to the posture
- Using the glutes to lift the hips higher instead of the lower back
- Use the breath to power the pose
- Continue to integrate your core into the postures

CAMEL POSE

Layer 1

- Toes tuck under
- Knees in line with hips
- Front arm rises as you breathe in
- Hand to ankle or lower back
- Exhale, **squeeze glutes**

Layer 3

- Where can you express the posture a little more?
- Feel the heart space release and open

ESSENCE TIPS

New move – Hip Bridge With Thread-Through! We know Hip Bridges strengthen the glutes, erector spine and hamstrings while enhancing core stability. We target all 3 glute muscles, maximus, medius and minimus, when performing a Hip Bridge.

Strong glutes can help decrease knee pain (the glutes play a big part in controlling the femur at the hip joint which affects how the other bones of the knee joint work together) as well as any lower back pain.

The Single-Leg Thread-Through has a focus on muscle imbalance. We drive through the one leg to isolate the glute muscles which brings extra load to the hamstrings and lower back. Coach to keeping hips high and still as you thread through and remember, coach to the option of tapping the toes down lightly then encourage participants to build up to the thread action.

We then progress to holding the Bridge with arm clasp support or progressing to a full Back Bend. A great way to help participants master a Back Bend is to offer some brief tuition at the end of class.

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



08. TWISTS



TRACK FOCUS

Anchor base for full twist benefits.

MUSIC		SEQUENCE/EXERCISE		CTS
0:05	V1 / _ Colors fool	5x8	A Inhale/Exhale – Childs Pose , facing R	40
0:40	PC / beautiful life	1½x8	B Inhale/Exhale – Down Dog , walk feet towards hands	12
0:51	V2 / All my dreams	1x8	C Inhale – Extended Mountain Pose	8
0:59	I need something	3x8	D Intense & Lunge Twist Sequence L Exhale – Intense Pose Twist L, L arm B, R hand to outside of L knee, palm facing F	24
1:21	PC / give me life	2x8	D¹ Inhale/Exhale – Intense Pose Twist with Single Heel Lift L, R heel lifts	16
1:35	C / good life	4x8	E Inhale/Exhale – Lunge Twist L, R leg steps B Inhale/Exhale – Lunge Twist with Lifted Arm L, R arm O/H, L hand to back of R thigh	16 16
2:04	Instr /	1x8	C Straighten legs, turn to face L side, into Extended Mountain Pose	8
2:11	V3 / _ Someone	10x8	D-E¹ Repeat Intense & Lunge Twist Sequence to R Note: Intense Twist R – last 32 cts	80
3:24	C / good life _	5x8	F Inhale – Extended Mountain Pose Exhale – Forward Fold , walking through feet	8 32



08. BEAUTIFUL LIFE (EDIT) 4:01mins

TECHNIQUE AND COACHING

CHILDS POSE

Layer 1

- Come to Childs Pose, knees wide, hips back
- Reaching the arms forward
- Lengthen the spine

Layer 3

- You’ve done all the work; we encourage you to relax and use the breath to lower the body towards the floor

DOWN DOG

Layer 1

- Inhale, press yourself up to Down Dog
- Exhale and walk feet towards hands

EXTENDED MOUNTAIN POSE

Layer 1

- Rolling up
- Breathe in, palms together

INTENSE POSE & LUNGE TWIST SEQUENCE

Layer 1

- Inhale, bend the knees and hips
- Exhale, turn to the front
- Bring the back arms to front knee
- Front shoulder opens
- Hips square to side wall
- Back heel lifts
- Take a long step back for full Lunge Twist
- Back arm lifts high, front arm on leg

Layer 3

- Working on single-leg stability
- Keep the shoulders twisting to the front of the room
- Feel the twist in the body
- Using the breath to deepen the twist

FORWARD FOLD

Layer 1

- **Bend knees** and fold down, chest on thighs
- **Lift belly**
- Move your body as it feels good

Layer 3

- Feel the release in the lower back

ESSENCE TIPS

As with all twisting poses, once we find our base (anchor), we can then move and explore different ways to stretch and mobilize our upper body.

In this track, we start with Intense Pose and Lunge Twists which have a grounding and strength building feel. When in the Intense Pose Twist we bring stability into the front leg, preparing the back leg to step back into the full Lunge Twist. Big poses requiring 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

Explore flexion and extension of the spine to stretch the hamstrings.

MUSIC		SEQUENCE/EXERCISE		CTS
0:03	Intro /	2x8	A Inhale/Exhale – Forward Fold with Shoulder Stretch , facing L	16
0:27	Instr / (Humming)	2x8	B Inhale/Exhale – Flat Back Extend	16
0:50	(Beat)	6x8	C Inhale/Exhale – Pyramid Pose L (front foot B) ↓ Bend L knee	48
		4x8	C ¹ Inhale/Exhale – Pyramid Pose with Flat Back Extend L, hands to L thigh, lift chest ↑ Hands to L shin or floor	32
2:26	Instr /	¼x8	Hands to floor, walk through front to R side	2
2:29	V2 / Touch	10x8	C Inhale/Exhale – Pyramid Pose R	48
			C ¹ Inhale/Exhale – Pyramid Pose with Flat Back Extend R	32
4:04	Outro /	3½x8	D Walk hands to front Inhale/Exhale – Wide-Legged Forward Fold , hands or elbows to floor	28



09A. STAND STILL 4:38mins

TECHNIQUE AND COACHING

FORWARD FOLD WITH SHOULDER STRETCH

Layer 1

- Stay in fold, Shoulder Stretch
- Clasp fingers and reach arm down towards the floor
- Breathe into the stretch

Layer 3

- Allow the neck to relax
- Lengthen down the back of the legs

FLAT BACK EXTEND

Layer 1

- Hands to shins
- Breathe into flat back extension
- Tuck in chin
- Draw belly in and up to lengthen the spine forward
- Hands can be on the floor, ankle, or up higher

Layer 3

- Use the leverage of the hands to bring the focus to the back of the legs
- As you breathe in, find the extension in the posture
- As you press the hips back, we feel the stretch working into the hamstrings
- As your bring more energy into the core, we can extend and express the posture more

PYRAMID POSE

Layer 1

- Inhale, front foot steps back – Pyramid Pose
- Exhale, lie the body over the front leg
- Slight knee bend in the front knee
- Square hips to the front and brace abdominals

Layer 3

- Let's bring emphasis on lengthening the out-breath so the body can rest and recover
- Where can you let go?

WIDE-LEGGED FORWARD FOLD

Layer 1

- Slowly moving to the front, Wide-Legged Forward Fold
- **Bend knees, belly strong**
- Toes turn out slightly
- Release elbows to the floor

ESSENCE TIPS

Beautiful long held stretches to release our hamstrings and bring relief to our lower backs. 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: we work through Pyramid Pose (spinal flexion) and Flat Back Extend (spinal extension) to bring deep stretches into the hamstrings and lower back. Work on coaching solid foundations in the poses (with options), focusing on breath to stretch, rest and recover the body.



09B. FORWARD BENDS / HAMSTRINGS



TRACK FOCUS

Length and opening into the side body and hamstrings.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A Set up Seated Half Fold L, L leg extends, R foot to inside of L thigh	16
0:12	V1 / like weapons	6x8	A ¹ Inhale – Seated Half Fold L, R arm lifts O/H	8
			Exhale – Side Bend L, R arm O/H, L hand inside L leg on floor	24
			Inhale/Exhale – Reach R arm B	16
0:46	C / wildfire	4x8	B Inhale/Exhale – Spiral Twist R, L arm O/H	32
1:08	V2 / so costly	6x8	A ¹ Inhale – Seated Half Fold R, L arm lifts O/H	8
			Exhale – Side Bend R, L arm O/H, R hand inside R leg on floor	24
			Inhale/Exhale – Reach L arm B	16
1:42	C / wildfire	4x8	B Inhale/Exhale – Spiral Twist L, R arm O/H	32
2:05	Br / _ in my head	5x8	C Inhale/Exhale – Happy Baby Pose , facing L	40



09B. WILDFIRE 2:32mins

TECHNIQUE AND COACHING

SEATED HALF FOLD WITH SIDE BEND

Layer 1

- One leg long, one into the groin
- Breathe in to lengthen and lift arm
- Exhale, C-shape
- Reach back and open the side body

Layer 3

- Feel the opening up in the chest

SPIRAL TWIST

Layer 1

- Spiral Twist
- Top hand comes down, other hand under shoulder
- Feel the transfer of weight
- Spiral up and around
- Arm over the ear
- Squeezing glutes to lift up

Layer 3

- Go wherever you need to go today

HAPPY BABY POSE

Layer 1

- Roll down onto your back
- Grab your ankles, inside or outside of the feet
- Lengthen the spine, tail bone settles down

Layer 3

- You might want to rock from side to side
- Should feel like a gentle massage in the lower back
- Should feel like a big hug

ESSENCE TIPS

We move into one more Hamstrings track that provides an opportunity to stretch more into the side body and hamstrings that transitions 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

STRATUS 8:30mins



TRACK FOCUS

Create a breathing practice.

When you've had enough of Happy Baby Pose, let's come into a nice twist. So, just taking the back knee up and over, extending your arms wide. You may even want to extend your top leg, picking your head up and turning, looking down your back arm and just releasing here. Whatever feels good for you today. Just breathe into your body. Just let your body surrender right now. When you've had enough, quietly coming to the other side. Just see how it feels on this side. Might want to extend the leg out. Nice and soft through your belly. Now let's get ourselves ready for our Relaxation and Meditation.

So you may want to come into the full Cow Pose; allow your legs to extend out, arms out so your shoulders can open. Then just tuck your chin in so that your neck is really long. See how that feels on your lower back. If you need a bit more support, bring your feet out and let your knees fall in. Otherwise, you can sit up with me.

So, just use this time to get really comfortable in your body. I'm going to use the releasing breath just to bring us here, in this moment, right now. So, taking a deep breath in through your nose and then just letting the breath escape the mouth. Just do that as many times as you need to. Just to let your body soften, surrender completely. Once your body feels good, let's just contact our breath. Allow your eyes to shut; just however your breath is showing up right now is absolutely perfect. Just follow the inhalation and the exhalation. Try and let the eyes rest into the back of the head, letting go of all the expression through your face. If you can, bring the tongue to the roof of the mouth and allow the jaw to open slightly so you can relax. Just know if you go into your thinking mind, just bringing yourself back into this present moment experience.

Today, we're going to bring our breath into our heart space, so you may want to bring one hand onto your heart, the other onto your belly. Take a moment to appreciate our heart and all it gives us. Feel the warmth, feel the expansion, and mostly, feel all the love that's in your heart right now. Let that love fill up your entire body and of course have a check-in. Awareness of where you are right now. And as you soften down, find acceptance. Allow yourself to feel what acceptance is for you. Check in: how does it feel for you today? Keep topping up your heart space. Allow it to overflow. And just know, as you journey inward, your light shines brighter and brighter outward to the world. Have peace in that; feel that. Coming fully into acceptance of where you are today. Find peace in that. Stay with your breath. Just stay with your breath. Stay with acceptance of yourself.

So, maybe just moving your hands and fingers, just gently roll to the right hand side using your upper-body strength. Just bringing yourself up to a seated position, sitting really tall; face is soft. Let's just take one final breath together everyone. Take a deep breath in and just a really slow out-breath, grounding you to your incredible day. Thank you so much for joining us – see you next time.



BONUS

01. TAI CHI WARM-UP



TRACK FOCUS

Focus of your breath to connect deeply with your body with love and energy.

MUSIC		SEQUENCE/EXERCISE		CTS
0:05	Intro /	2x8	Set up Wide Wu Chi	16
0:19	V1 / Keep on	4x8	A Bow Sequence L&R (slow) Inhale/Exhale – Arms to shoulder height on L side, R arm draws O/H with bent elbow, weight shift to R leg Inhale – R arm reaches back to shoulder height on L side, weight shift to L leg Exhale – Palms sweep F to R side Repeat on R side	8 4 4 16
0:41	PC / Lost in my	4x8	A ¹ 2x Bow Sequence L&R (fast) Inhale/Exhale – Arms to shoulder height on L side, R arm draws O/H with bent elbow, weight shift to R leg Inhale – R arm reaches back to shoulder height on L side, weight shift to L leg Exhale – Palms sweep F to R side Repeat on R side	4 2 2 8
1:04	C / (Synth)	2x8	B 2x Arm Circles L (slow) Inhale – Arms circle down, to the R, to O/H Exhale – Soft Block to L	4 4
1:15	Wanderer _	2x8	B ¹ 4x Arm Circles L (fast) Inhale – Arms circle down, to the R, to O/H Exhale – Soft Block to L	2 2
1:27	_ With your eyes	10x8	A ¹ Repeat 5x Bow Sequence L&R (fast)	80
2:24	_ I’m a	1x8	Inhale – Arms O/H Exhale – Soft Block to R	4 4
2:29	PC / (Clap-like beat)	3x8	B Repeat 3x Arm Circles to R (slow)	24
2:47	C / wanderer	2x8	B ¹ Repeat 4x Arm Circles to R (fast)	16
2:58	Outro / (Synth)	2x8	C 2x Tai Chi Breath Inhale – Palms lift towards chest Exhale – Palms press down, knees bend	4 4



BONUS

01. WANDERER 3:11mins

TECHNIQUE AND COACHING

BOW SEQUENCE

Layer 1

- Wide Wu Chi position
- Knees out, tail bone tucks under
- Long spine
- Starting with Bow Sequence
- Inhale, draw the arm up and over
- Exhale, transfer the weight side-to-side
- Inhale, push the energy through
- Exhale, soft sweep across the body
- Let's move a little faster

Layer 3

- Come out of the thinking mind and come into your body and feel
- Find the energy you need
- Stay low in your legs to warm

ARM CIRCLES

Layer 1

- Circle down and around slowly
- Soft block, knees out over toes
- Little faster now
- Inhale to swing up
- Exhale to ground

Layer 3

- Feel this beautiful release
- Keep pressing the knees out over toes as you swing and brace your core

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) and breath cues, allowing space for the music to shine through and create a feeling that there is plenty of time and space.

Coaching points: 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, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

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

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

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

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

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

